

Timeless Transformations

Daily Inspirations – October 2022

(Daily Inspiration) Halloween is Dahloween! No tricks. Just pure beauty, love, and hope. Just fresh, kind, and fun. Just brave, authentic, and pure. Just a big sister, cousin, leader of the next generation. Just a daughter, niece, and granddaughter. Let us celebrate Dahl with just treats today!

(Daily Inspiration) There is a natural order in the day. We can choose to be free and accept things the way they are, or we can fret and interfere. The more in control we are of our mind, the less we feel the need to interfere in the lives of others. Why take part and intervene in another's opinions, actions, or activities if we aren't invited or if there isn't a specific reason? When we choose to interfere, we create chaos. We don't interfere with the sunrise or sunset because it's unshakeable. Let us look to the sun to bring order in our life today.

(Daily Inspiration) Every day is unpredictable. We may have great plans, intentions, and expectations, but we can't escape uncertainty. The day will go by anyway with or without us. Anything other than going with it brings self-created stress. There's no need to overthink things. There's no reason to get frustrated. There's no reason to resist and swim upstream. All we can do is our best to steer the flow in the right direction that works to our greatest advantage. Let us be the flow today.

(Daily Inspiration) A great day is a collection of joyful moments. It's up to us to decide what a joyful moment is. It may be an instance of extreme happiness, or a flash of sunshine, or a minute of hearing a child laugh and play, or the second of seeing a twinkle in someone's eye that we love. It is not as much about how we spend our day, but what brings us joy. Enjoyment usually comes from what we care about most. Let us enjoy many joyful moments as a way of living today.

(Daily Inspiration) We are never what happens to us. We are what we choose to be. If we allow ourselves to be defined by our situation, our success will be externally defined. If we are defined by our vision and values - and something greater - our success is our own. It's more about how we project our success internally to the external world. Let us define our success on our own terms and own it today.

(Daily Inspiration) A healthy, stable mind is the greatest gift. What good is it to be healthy if our mind is unhealthy? A healthy mind can still add value to an unhealthy, unstable body. Look at Stephen Hawking, the greatest mind of all! An unhealthy mind leads to being insecure, fearful, thinking about things out of our control, being unfocused and jumping to one thought after the other, and imagining things that aren't real. If we lose our mind, we lose ourselves. Let us protect our mind and be more mindful more than anything else and be grateful for its health today.

(Daily Inspiration) Our greatest success is being successful in the silent difficulty that no one else knows about. Even if others know about our success, most likely they can't understand what it took to reach that level of success. So, it's just a private victory, a victory that we can be personally proud of. Usually, all the private victories add up and at some point, those victories become public. Once public, others usually attribute it to good luck, good looks, or good timing. Let us be the most successful and accountable to ourselves when no one else is watching today.

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(Daily Inspiration) Fear of the unknown is one of the greatest fears of all. We fear we will lose who we love. We fear we won't have good health forever. We fear our world will be full of destruction. We fear for our children's future. The fears of the unknown are endless. Maybe it's not fear of the unknown. Maybe it's the fear of the known ending. Once we've had it this great, we never want it to change. Let us welcome the unknown anyway and be most grateful for what we know to be true today.

(Daily Inspiration) We Wei is the art of effortless action. The best feeling in the world is when we let things flow in their natural course without having to do anything rather than exerting extra energy to make something happen. Why not do less? We can do less when things happen effortlessly, and our lives are aligned with our values. That's when things that happen are meant to be. Let us get in the flow and we wei we all the way home today.

(Daily Inspiration) Notice when we have an open mind, we usually have an open heart. When we have an open heart, we feel more expansive, where we are more accepting and radiating from a higher-level of energy. Anytime we use or think of the word heart, it brings about feelings of love. It seems to invoke a more loving side to us, especially in stressful situations. When decisions are made with an open heart, we usually make the right choice. Let us rely on our heart to guide our actions today.

(Daily Inspiration) Sometimes the smartest thing we can do is to decide what to overlook. It's our choice to move on or be silent, especially if that thing is insignificant or we can't change it. Most people are dealing with their own set of issues. Most people act with good intentions. Most people are good. When we decide to be flexible and let things be, it's easier to live a life that's more peaceful. Let us decide what to notice and what to overlook so we realize greater harmony today.

(Daily Inspiration) When we get caught up in the busy cycle of life and find ourselves doing the same thing every day, over and over, we feel like we are on a hamster wheel, where no matter how hard we try or work or run, we can't get off. If we stay on the wheel too long, the wheel may keep spinning but we feel like we are dead or just being thrown around inside the wheel, bouncing from place to place. Let us find creative ways to step off the wheel and let it keep spinning behind us today.

(Daily Inspiration) As we plan the day it's more about what we plan to give back, who we plan to lift up and who plan to help be better. It is the intensity of our contribution that makes the day worth greater value. It is how grateful we are that makes the day even more special. If we question whether or not today is going to be a great day just question what it would be like if we didn't have this day. Let us create an unbelievably great day today.

(Daily Inspiration) The art of bringing order to chaos is a unique skill. When we add the power of working effectively through the chaos with order while it's happening in real time, we offer greater value. The messier the chaos is, the bigger the challenge is because there is greater uncertainty. When we can methodically find the order, then draw from our wisdom to calmly work through the challenge, we may set forth a clear path to the other side. Let us turn chaos into our opportunity to shine today.

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(Daily Inspiration) What if the first thought of our day is, wow, I'm so in love with my life. Isn't that what life is all about? Isn't that true joy, the motivation we need to get going? What else matters? Of course, to love our lives we must have a lot of other things in place, like health, safety, access to wealth to sustain ourselves, people that we love. That's why we work so hard. But we can still have all those things and not love who we are. Let us do whatever it takes to fall in love with our lives today.

(Daily Inspiration) How many times in our lives have we had nowhere to go, nothing to do, no one to become, no need to look to the past, and no need to think about the future? Isn't that the ultimate state of just being here, present, and in the now – knowing we are enough in this moment? For successful people, it's challenging to get into that state of mind. It's not realistic to get into that state often, but it's nice to carve out time to be present when we can. Let us breathe, relax, and be here and now today.

(Daily Inspiration) What might be our greatest purpose? That is to use every ounce of our enthusiasm for life to keep our inner light shining bright. That's the only light we can never let go out. The day that light goes out is the day we grow dark, even if we are physically alive. Even if we have the inner light, the world is full of light and there's always more light and love to give and receive. There's never too much light and love. Let us use our inner light to guide us into the light of life today.

(Daily Inspiration) Most of life's biggest questions are unsolvable. Some people are OK with that. Others make up an explanation. Usually, their answer suits their level of intellect or frame of reference. What if we turn the unknowable into wonder and experience life with the unknowingness to the fullest? Maybe it's OK to let our questions remain unsolved and know these are challenges for growth. Maybe it doesn't matter anyway because every answer usually leads to a new unsolvable question. There's a great sense of peace in not caring about knowing. Let us work towards outgrowing the need to know everything today.

(Daily Inspiration) Knowledge is about collecting information and knowing about things. Wisdom is using our mind to understand the information through the lens of our observation. The wisest of people observe what others don't see. They are usually the quiet observers, and they see the most. They process information at a deeper level and draw their own conclusions. Let us gain wisdom through observation and see what others think we don't see but see the most today.