

## **Timeless Transformations**

### ***Daily Inspirations – June 2023***

(Daily Inspiration) When we think of being rich, we usually think about having an abundance of possessions or wealth. It could be more about how rich we feel, which involves the values that embody richness. How many people are rich in money but don't feel rich? Feeling rich is the ability to experience life fully, whatever that means to each of us. If we want to feel rich, think about what money can't buy, like our health, relationships, energy, clean air, sunshine, freedom..... Let us cultivate richness in the depth of our souls and appreciate our worth today.

(Daily Inspiration) To be tired is to be exhausted and weary. We all get tired, but being tired shouldn't be constant. If being tired becomes a way of life, we burn out. When we burn out, we are no good to anyone, including ourselves. Then our dreams start to fade away. The worst kind of tiredness is dead dog tired - physically, emotionally, and mentally exhausted. But we have a choice. We can take a break and rest, but why quit if it's important or a vision we have for ourselves? Let us recognize when we are reaching our breaking point of tiredness today.

(Daily Inspiration) At the core of who we are, most want to be part of something bigger than themselves. We want to belong, feel connected, and leave a legacy. We want to depart the world, leaving it a better place. We want our lives to have meaning. Why else do we build relationships with others? Or join affiliations? Or stretch ourselves to accomplish great things? It's usually not about financial gain. We want to matter! We want to feel part of something big, not just be here, taking up space. Let us be part of something that makes us come alive today.

(Daily Inspiration) When we ponder our understanding of the world, we can think about what is happening now or in the past. That's just a narration of our lives. Or we can seek deeper insights by synthesizing how things will play out. We expand our awareness by reflecting on the cause and effect of every decision and action we take. Then we build a better future and create more significant meaning. There's no reason to rush around in a panic, trying to make things happen or be worried about what might happen. Let us pause, contemplate, and take responsibility for our future today.

(Daily Inspiration) Where is null? In computers, null is a space without value. It's just there with no effect, consequence, or significance. For us, null is a space where we seek nothing outside ourselves. It's a space that is neither positive nor negative. It's just a space where we cancel everything out and just be. In the busyness of our lives, we don't take time to be with ourselves within. Why can't we find more opportunities to pause in time, be idle, with time to do nothing? Let us see more moments of negative space and bring more peace into our lives today.

(Daily Inspiration) Are we just the way we are because of who we are and our conditions? Or is that a crutch, excuse, or a defense mechanism? It's easy to think if I had XYZ, then I could be ABC.... Or are we free to be anyone we want to be? Maybe, all we need to do is change how we see things. We can only do that if we gain a new perspective. And we can only do that if our mental well-being is in check. Let us look through a different set of lenses and see a new set of possibilities today.

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(Daily Inspiration) We have three time zones always going on in our minds. In the past time zone, we are focused on "why things happened." In the future time zone, we are focused on "what if something happens." In the current time zone, we are focused on where we are in the present. It's easier to live each moment with greater intensity. Those that are balanced are masters at controlling all three time zones simultaneously. The past is reflection, the future is planning, and the current is our best experience. Let us focus on healing the past, living in the present, and dreaming about the future today.

(Daily Inspiration) There is no such thing as instant success. Success is the result of our moment-by-moment decisions made over long periods of time. Those who skyrocket to the top in a short period of time are preceded by a long period of preparation, rehearsal, and trial-and-error experimentation. Most think of someone as an overnight success is in reality at least 10 years in the making. Let us smile, plan, breathe, sharpen our skills, work smart, and be kind today!

(Daily Inspiration) Ahhhhh, the guilt! But is it guilt when we make time for ourselves? Why should we feel guilty about that? How can we take care of anyone else if we don't take care of ourselves first? The definition of guilt is the state of committing an offense, crime, violation, or some wrongdoing. Carving out a slice of time and creating a better balance in our lives is not a crime. When we feel guilty, why not dig deeper and check the facts about why we feel guilty? Let us feel empowered when we make time for ourselves today.

(Daily Inspiration) To be an active participant in life is to keep learning. No matter how many times we've graduated, we will always be eternal students. There isn't a graduation date. Learning keeps our memory sharp. It makes us feel alive! It demonstrates that we are worth investing in ourselves. If we don't invest in ourselves, why would anyone else invest their time and energy in us? Let us be excited about mastering new skills and staying enrolled in the school of life today.

(Daily Inspiration) We rarely think of ourselves as our own best friend. When everyone else goes by the wayside, it may just be me, myself, and I. People pass on. New people arrive. We change. People change. One day we may be best friends with one person. Tomorrow the relationship may deteriorate, and then they are out of our lives. Relationship transitions may cause the worst pain and be the hardest lesson to overcome. Let us value our best relationships but be ready to endure life alone when the need arises today.

(Daily Inspiration) Living on point is to observe everything we see, touch, think, and feel. When it comes to hearing and listening to others, why not only accept what is good and aligns with our values? We have the power to reject everything else. Why not talk less and save our brainpower to think about more creative things in stillness? That's where our elegance lives, from within. Let us use the silence in the gap to be the space between our thoughts to energize ourselves today.

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(Daily Inspiration) Genuine givers are proactive helpers. Their motive is not authentic without the expectation of getting anything in exchange. They step up before anyone must ask. They make others feel comfortable about receiving their help. They don't need to brag about their good deeds. They will not accept a reward in return. Their reward is the harvest from their good deeds, and they know it will show up in mysterious ways. And if it doesn't, that's OK; they help regardless. Though challenging, who doesn't want to exude those qualities? I sure do! Let us trust the universal law and reap what we sow today.