

Timeless Transformations

Daily Inspirations – September 2022

(Daily Inspiration) The law of magnetism is that we are what we attract. Magnetism is the power of all powers. Creating magnetism inspires and expands us and others to be more. To be magnetic to others, we must exude energy from within. It is exercised by our actions and attitudes. We have the power to be fully charged with magnetism. Let us bring more of what we desire into our magnetic field, so we attract the things we love today.

(Daily Inspiration) When we are vibrant, we are pulsating with energy and full of life and vigor. Who isn't drawn to others like that, those that bring vitality to our space? The alternative is to emanate lethargy, where we feel listless and sluggish. The universe thrives on momentum, on creativity, on newness... to live life to the fullest and make the most of our time, we must be alive and find ways to harness our aliveness power. Let us radiate our light by being vibrant today.

(Daily Inspiration) We make choices every day to do the right thing or the easy thing. The right things are the things that align with our highest values. The easy thing is everything else. When we choose the right thing over the easy thing, success follows. The right thing is always easier in the long run because we don't have regrets, we don't need to be told, and we have greater peace of mind. Being accountable to ourselves matters most. Let us do the right things for us, no matter who is observing, because it's the right thing to do today.

(Daily Inspiration) When we start the day thinking about the one thing that will bring us closer to being the person we want to be, we start building energy and attracting that one thing. The momentum kicks in and jump starts our day. If we don't have that one thing in mind, we set ourselves up to let other things get in the way. Our dreams die when we lose focus and forget to immerse ourselves in thinking about what we desire. Let us create new momentum towards becoming our future self today.

(Daily Inspiration) One of the best questions we can ask ourselves is how do we create an atmosphere to bring out the best in others? We may not be able to shape others, but we can influence the energy and environment. We can lighten the mood, listen, smile, empathize, offer help, be inspiring, recognize their strengths, make them feel like a contributor... These are things we can control. Great leaders see and bring out the best in other people. Let us seek to give our best to others and ourselves today.

(Daily Inspiration) There is a rhythm to life whether it is the seasons of the year, to the time from sunrise to sunset, to the beginning and ending of a relationship, to the cycle of life from birth to death, to the tides of the ocean, to our sleep pattern, breathing, and heartbeat. Everything in the universe circulates. We can either jump into the spiraling circle of life or welcome the opportunities it brings. Or we can resist, which usually leads us into spiraling out of control. Let us spiral up into the natural rhythm of life and lead with the force of the flow today.

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(Daily Inspiration) Hopelessness is a gradual process of slowly losing our spark. That spark may be about our work, our relationships, our health, our situation.... our life. Without hope, without that spark, we start to lose our direction. We usually don't wake up one morning and feel completely hopeless. It's when we let too much time go by or may not recognize the downward spiral. When we hit rock bottom, we become paralyzed. It's up to us to renew hope every day. If we can't do anything else, at least we can bring hope. Let us spark hope in everything we do today.

(Daily Inspiration) Much of our stress comes from *shoulding* - those things that we feel we should do but don't want to. The stress creeps in when we avoid doing it, feel bad about it, make excuses, and then are left with I should have, I would have, I could have, but I didn't. We can minimize our stress when we opt to turn our *shoulding* into would, could, and did. Or we can let it go and turn our *shoulding* into I did or if it should have been, it would have. Let us master our stress by letting what should be, just be today.

(Daily Inspiration) There's little in life that's more important than our word. The quality of our character is partly measured by our word. Our persona is defined by our word. Our value is characterized by how reliable our word is. When others trust our word, our credibility is high. When we respect our word more than excuses, everything else falls into place. Let our word be the bond that builds our strength today.

(Daily Inspiration) We do our best work when our work makes us happy. When we aren't happy about doing the work, we usually can't hide it. Then we are left with two options. Change it and do something else. Or work on being happy with the work that is ours to do. Sometimes our level of happiness is just a shift in attitude. Happiness about our work usually comes from knowing we are adding value, the pride of achievement, and the rise of energy resulting from being creative. Let us do our work and be happy and grateful while doing it today.

(Daily Inspiration) No matter how evolved or accomplished we are, or how successful we feel, we sometimes need to give ourselves a pep talk. A pep talk is a short, meaningful, emotional message to influence how we approach the day. We can be anything or do whatever we want if we act like it. If we believe we are ___ and we act like ___, we're more likely to do ___ or at least try. A pep talk is when we say to ourselves, the only thing limiting my potential is me. Let us act and be who we already are today.

(Daily Inspiration) Hope is more than a mindset. It's an awareness backed with action. It's more than hoping for what we want. It's working towards what we are hoping for. Hope is not ignorant optimism. It's a mental strength that finds a way to move forward. Hope is that buzzing inside of us that gets us excited about the day. It's what speaks to us and says, get up and do something great. Hope trusts in the universe and knows great things are coming our way. No amount of money can buy hope. Let us bring real hope that is fresh, new, and exciting today.

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(Daily Inspiration) There is a rhythm to life... sunrise and sunset, cause and effect, trial and error, gain and loss, success and failure, joy and disappointment, happy and sad, love and hate, light and dark, life and death. During the pace of the day, our emotions go back and forth in this rhythm, straddled between holding on and letting go. Maybe the real mastery of the day is to stand firm but flexible. Be firm in what we can control, but flexible when we can't. Let us eloquently balance the ebbs and flows and find ourselves in a magical rhythm today.

(Daily Inspiration) Sometimes we find ourselves blinded, when we expect one thing, but then are surprised by a negative outcome, or something that doesn't work in our favor. That's when the energy is sucked right out of us. We're left thinking, "I sure didn't see that coming." We may feel taken advantage of, or shortsighted by a blind spot. It usually happens when we get too comfortable, when we think what we've done in the past, will keep working. Why not use a blind spot as an alert? Let us see what others don't see the most today.

(Daily Inspiration) Few people deal with change very well. Most people are stuck in how things were in the past. Others resist by using their energy to fight change. The remaining few of maybe 5%-10% are independent, flexible, and adaptable. Why not choose to change before we are forced to? Change is inescapable. The ability to change is a measure of self-awareness and intelligence. The willingness to change is optional. Let us face change as we do a breath of fresh air today.