

**Timeless Transformations**  
***Daily Inspirations – December 2023***

(Daily Inspiration) Generosity is a gift of giving graciously and freely and not expecting anything in return. If we give because others give to us, then the spirit of giving within ourselves is stifled, whether we realize it or not. There's no better feeling than to share because we know we have plenty. And know that when we give, we are the ones on the receiving end and benefit most. Even more significant, our gift multiplies when we give our genuine treasure, time, and talent - not tangible things. Let us consider the love we put into giving as our priority today.

(Daily Inspiration) Peace on earth is a place that begins with us from within. Joy to the world is a gift found in everything, and it's there when we set our intention on it. Light on earth shines in each of us, holding the power to bring others out of their darkness. Heaven on earth is a choice we must create, not a place we must wait for. Let us shine our light by spreading the energy of peace with the presence of joy and a slice of heaven that we experience and leave behind today.

(Daily Inspiration) We listen to our heart because it speaks of love, empathy, and emotions. We listen to our mind because it's impartial, usually with less judgment. Usually, neither is correct. That's when we must decide in accordance with our values and then move beyond our mind and heart. Sometimes, our gut is more rational than our heart. Our intuition picks up on negative vibrations. And our gut knows more than what our mind hasn't extrapolated yet. Let us use our inner guidance when our hearts and minds conflict today.

(Daily Inspiration) In the busyness of the day, it's easy to forget that our contribution isn't about us. It's not about what we accumulate. It's more about what we do to circulate goodness throughout the day. Our contribution isn't about what we do. It is what we do that inspires and brings out the best in others when we do what we do. If we aren't doing that, what is the point of doing anything at all? Let us contribute to ourselves and others and make the world a little bit better today.

(Daily Inspiration) The simple formula for having a great day is to feel the experience of being alive. The question is, how deep is our experience? Are we just breathing? Or do we find moments when our heart races with excitement? Or find instants of gut-busting laughter or a point of silence to experience overwhelming gratitude. Or pause and look at the beauty surrounding us or flutters of profoundly loving those that matter most in our lives. Let us approach every moment knowing we will never get to be alive on this exact day for the rest of our lives today.

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(Daily Inspiration) Life is an energy exchange. We all breathe the same air. We respond to others, and they react to us. We feed off one another. The energy we take, in turn, comes back to us. The power we give feeds back into us, then it's the energy that is the life of any relationship, whether with ourselves or another. What better way than to inspire others and create an atmosphere of increased well-being for all? Let us radiate our positive energy at the highest levels today.

(Daily Inspiration) Being relaxed is a sign of well-being. Well-being is an indication of a truly abundant and healthy life. Extraordinary living is a contentment-filled life with more than physical and material well-being. We project tranquil energy when we strive for peacefulness as our most elevated intent and organize our day around it. Our frequency then flourishes. Let us emerge from the strength of mind, body, and spirit today.

(Daily Inspiration) When we seek to progress in our status we are gaining. When we seek to maintain our status, we are declining. If we aren't advancing, we are withdrawing. By always learning and evolving we don't fall into the trap of plateauing. Once we master one set of skills, we advance and seek to be a master at something new. Let us be open to releasing the old so we can make quantum leaps in our progress today.

(Daily Inspiration) We can only receive when we make space to receive. When we give, we open that space and let the universe know we can receive more than we already have. In the act of receiving, we recognize that we are worthy of receiving. In the act of giving, we know we have plenty. There is no difference between receiving and giving because both are the same expressions of energy as a continuous cycle. Let us balance the flow of giving and receiving and feel the freedom of pure joy today.

(Daily Inspiration) The first 10 minutes of our productive work may be the most stressful. Our anxiety increases when we see what we are facing: a queued-up list of urgent emails and action items, unscheduled crisis meetings, or work that is due but incomplete. The easiest thing we can do is clear our minds and surroundings. We can't let the negative gravity of what is around us or working in us pull us down when we feel bogged down with overwhelming demands. Let us calm the chaos and get our work done in the calmness that lives within ourselves today.

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(Daily Inspiration) Our eyes reflect our spirit. And they sparkle when we are on fire on the inside. This spark ignites when we talk about our work, family and friends, and personal interests..... Whatever it is, our energy expands, and everything around us shines brighter. That sparkle is the small thing that can fire everyone else around us, too. It usually changes the energy in the room and lifts others up.... It gives them hope to pursue their dreams. Whether we realize it or not, we can ignite the flame in others. Let us kindle the flame in everyone we encounter today!

(Daily Inspiration) Are we ready? Ready for what? We are usually ready for anything that is of high value to us. We delay those things we need to see more returns or benefits from. That's when we usually procrastinate. Little is worse than the guilt of being slow, late when something needs to be done, or delaying doing something until later because we don't want to do it, making us feel lazy. Why add additional burden to our complex day? Let us be eager to accomplish those meaningful things and let the other things not of high-value blow in the wind today.

(Daily Inspiration) When encountering difficult people, we must see through to their core being, which involves understanding them through the lens of their emotions and egos. It does no one any good to add fuel to anyone's flame, especially when their egos influence them most. We can't do anything about that. All we can do is seek empathy first and remain calm. We add much more value when we are peacemakers. Let us tame any chaos that we encounter today.