

Timeless Transformations

Daily Inspirations – January 2016

To say something is important or to decide it is important are very different actions. We show what we believe is important by how we live.

Two questions: Do you know what your highest purpose is? Why would we ever engage in anything that doesn't serve our highest purpose?

When a relationship goes bad, is it the other person's fault or did we have unrealistic expectations? Experiencing love is an inside job. Set your expectations high for yourself (and only for yourself) today.

You can change who you are with. You can change where you go. You can change what you do. But until you change who YOU ARE, nothing changes. YOU be the change that you want to see in the world today!

Have you ever noticed how much time, effort & thought goes into accomplishing the unimportant? What if we focused on what really matters.

Imagination is the key to all change. To live the life of our dreams we first must imagine it and second we must believe it is possible.

The meaning we give to any event or what a person has done can change instantaneously when we change the perspective in how we look at it.

When we go within and listen, we are guided by love and intuition. In love there is never regret. Be guided in love today.

Conscious living is the process of self-loving. In love there is only acceptance and no judgment. Without self-love, we cannot love anyone else. Practice acceptance and non-judgment today.

When we go within and listen, we are guided by love and intuition. In love there is never regret. Be guided in love today.

There will always be challenges in our day. The key is to see them as a part of the journey and not stop us from moving forward. Breakthrough all challenges today!

Nothing matters until you decide it matters. Decide to make it a great day

What makes today or any day special? Every day is filled with infinite possibilities. Our experience depends on how we choose to see it.

Remember what others think about us is based on their values. Our only concern should be am I living up to my values.

Being fully present eliminates the pain of the past and the fear of the future. In this moment the past and future do not exist.

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Every moment is a new beginning. Our choice is where do we want to go? Once decided it becomes a thought by thought, step by step process.

What you focus on magnifies your experience. Your freedom is your ability to choose where you focus.

Daily Inspiration: Letting go of what is or has been is essential to becoming or receiving something new. Let go and receive great things today!

When you know what you value it is easy to know whether something is right for you. Simply ask: does this serve my purpose and my highest values? Be in alignment with your values today!

We are not and cannot be responsible for everything that happens to us but we are responsible for how we deal with it.