

Timeless Transformations

Daily Inspirations – April 2016

Evolution is automatic. It is the gradual unravelling that develops over time, gains experience, and adapts along the way. How we evolve is based on each moment by moment choice we make. Choose to make a difference today.

Unconditional love is caring about the happiness of another person without any thought for what we might get for ourselves. The more our awareness expands the greater our ability to love unconditionally. Love those that you love unconditionally under all circumstances today.

Life is neutral. It does not have favorites. It does not treat one person better than another. It gives us what we believe. Realize that you get what you give today.

Our state of mind is our mood and the effect that mood has on our thinking and behavior. Being alone in the quiet of our own mind can be pure peace or pure suffering depending on our chosen state of mind. As you listen to your inner wisdom, guide your mood to happiness and optimism.

Life is not about attaining an end result. It is about being fully present in each and every moment doing what we love. Cultivate mindfulness of being present, achieve your goals and enjoy life more along the way today!

An awakening is an altered state of perception. It is to know without knowledge. To awaken is simply to change one's perspective. It is to know that the past has no relevance in our ability to create a new experience. Be awake and look to the future with great expectation.

Self-love is a state of appreciation for oneself that grows from actions that support our physical, psychological, and spiritual growth. Self-Love never needs the approval of others. Love yourself today!

Considering multiple perspectives allows us to make better decisions. True intelligence is the ability and speed in which we are able to see both sides of a situation. Blink and make your best choices today!

Everything we encounter can have a positive influence in shaping our life if our perspective is gratitude. Peace is when we can say we are grateful for everything in our lives. Appreciate the daily miracles that are in your life today.

The pursuit of a life with only happiness is an illusion. Contrast must exist as we live in a world of duality and it is essential to expand our awareness. Our goal then is to live a life on purpose knowing that contrast is a part of the journey. Enjoy the contrasts that come your way today!

How BIG is the “why” of your goal? When a goal is supported by our highest values and powered with a BIG enough why, we will be persistent and consistent enough to see it through. Make the why part of your goal setting today!

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Stupidity is doing the same thing over and over and expecting different results. It is when we hold on to an idea or a person because it is what we know, even if it is no longer serving us and it causes us pain. Let go of those things not serving you and start anew today!

Being authentic means coming from a real place within. The influence of authentic living is there are no imitations of what we think we should be or have been told we should be. There is no “should” in authentic. Make sure your actions and words are congruent with your beliefs and values today.

Boldness has genius, power, and magic in it. Once engaged in boldness, our inner knowing expresses the right decisions and the mind grows heated. When heated, our mind is fired up and our intentions are set into action. With calm assurance, be bold today.

Our life purpose is to discover and use our unique gifts and talents in a meaningful way that not only brings value to our life but also to the lives of others. Your purpose is like a golden thread that runs through your soul. Give your heart and soul to your purpose today!

Labeling ourselves or others in a negative way is demotivating. Get rid of all labels that hold you back and resonate with the labels that make you feel the best of who you are. Embrace only encouraging labels that you give yourself today!

Life is under no obligation to give us what we expect. To expect anyone to live up to our expectations is a lack of maturity and understanding that we are all unique. Don't let expectations get in your way of having a great life experience today.

To create pleasant, harmonious and prosperous living, we must see what we desire and place ourselves in the picture. By focusing on what we desire, feeling it real now, we bring these effects into our experience. Be conscientious about what you see today of because what you see is what you get!

Being true to yourself means your main source validation is from within. Though outside validation feels good, it can't be your truth. Whatever you believe becomes your truth. Your truth is personal to you - not everyone else. Only be concerned about validating yourself today!