

## Timeless Transformations

### *Daily Inspirations – June 2016*

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Everything is a reflection of your awareness. In order to change the reflection in the mirror, we don't erase the reflection but rather we create a new image that we put in front of mirror. Change your interpretive lens to uncover the silver lining today!

What is your ikigai (a reason to get up in the morning that is bigger than yourself)? What creates an intense burning desire within you to carry out a personal mission that you have a strong affinity to? Find your ikigai and give new layers of meaning to your life today.

Isn't it nice to think that the start of today is a new day with no mistakes made yet? It's an opportunity to complete what we were unable to finish yesterday! Today will never happen again. Begin today as a new day with new thoughts followed by new actions resulting in a new life.

The best question to start with every day is "How can I use my unique talents today in a way that better serves myself and others." This question shifts us from a me-orientation to a we-orientation. Move from consumption to contribution and watch your cup overflow today!

Being self-actualized is being responsible for our values. Our inner experience is the out picturing of our alignment to living our highest values. Confusion results when we are not clear on what we value. Simplify your day by aligning to what you value most.

Thinking for oneself is a sign of unconditional self-love. Blindly or not blindly following what others think without regards for one's true beliefs is conditional and will only bring stress and self-dissatisfaction. Be deliberate, mindful, and courageous today!

We get what we attract by the way we are at the moment. Everything that happens causes our personal evolution by gradually awakening us to our relationship with the universe and the laws that govern life. Be mindful of what is awakening in you today!

One of the most important ingredients to having a great day is being in control of your life and setting high expectations. The only difference between yesterday and today will be your expectation and attitude that you bring to your day. Take a deep breath of enthusiasm and expect great things to happen!

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If we have the freedom to choose how we show up in the world, why wouldn't we be kind? Kindness is bigger than a periodic act; it is a mind-set, a way of being, "an attitude toward life." Shift your attitude to service and be kind with no expectation of reward!

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When we make up our minds, there is a power greater than we are that meets us and brings to bear all the resources necessary to achieve our goal. The lack of decision is what causes our worry. Make a decision and watch the universe support you today!

When we look at life through the eyes of thankfulness, the world becomes a wonderful place. The more we find to be thankful about, the more we find to be thankful about. Gratitude is a solution to despair. It lifts us out of our small self and gives us an expanded view. Be thankful for all things today!

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Perception always determines our experience. This is why two people experiencing the same event will have completely different experiences. The great thing about perception is that we get to change it whenever we want. Perceive the best day ever today!

Every time we wake up we have the choice to drag forward the past and continue where we have been or we can turn the page in our life's story and begin on a whole new chapter on a life we choose to create. Start your day on a fresh page today.

Everything that happens to us causes our personal evolution by gradually awakening us to our relationship with the universe and the laws that govern life. Our reactions evolve over time. Let your beliefs and perspectives evolve with each experience. See things differently today!

It is not how much knowledge we have but how hungry our mind is. To have knowledge and not apply it in our daily life is our greatest mistake. Be curious and create something special today!

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Inner conflict usually occurs when we are influenced by the opinions of others and uncertain about what we want from life. Inner conflict always leads to outer conflict. When we find peace within, our whole world changes. Be mindful of your internal well-being today.

Instant success is the result of our moment by moment decisions made over time. Those who soar to the top quickly are preceded by a long period of preparation, rehearsal, and trial-and-error experimentation. Plan, sharpen your skills, and work smart today!

Big dreams are the reasons why the world changes for the better. Dreamers often fail because they fail to align their thoughts, words, and action with their dreams. Dream in total alignment with your purpose and be fulfilled during the process today.

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Being in balance is the state of spreading out your time and priorities with the ability to move in different positions without losing control or falling. A balanced mind creates a balanced body creates a balanced life. Let your thoughts balance your mind first as you start your day.

Most of our happiness or unhappiness depends on our disposition not our circumstance. It can be tempting to be swept away by a bad mood. It is always up to us to choose how we feel in any moment. Manage your disposition and choose to be happy.