

Timeless Transformations

Daily Inspirations – August 2016

Living an empowered life is all about having a sense of control over your life and believing you have what it takes to accomplish your goals. It is the act of investing in yourself with more authority. The key to an empowered life is examining where your choices are taking you and then adjusting them to fit your intended goals. Guide your power, passion, and purpose and be empowered today.

Success comes to those who are success certain. Failure resonates with those who are unsure of themselves. No person or event can determine our success or failure until we decide it is so. Surround yourself with success conscious people. Talk with them about ways to be successful and new ideas. Know that success comes from within today.

Key to experiencing true love is to let go of the idea that love comes from the outside or that it happens to me. True love comes from within. If we do not authentically love ourselves, how can we expect anyone else to truly love us? The way we treat ourselves shows others how we expect to be treated. Fall in love with yourself first today.

Our focus determines our reality. The more we focus on something the more of it we will experience. Are you complaining or are you praising? Praising takes more deliberate effort. Don't get taken over by the negative and get caught in an endless, complaining loop. Make proactive efforts to magnify your blessings today.

Our mental atmosphere is a combination of our current thoughts and feelings, and the sum of past thoughts and feelings that we have experienced. Our emotions bridge thought, feeling, and action to determine our emotional state. The mental atmosphere and the emotional state we are in determines the type of experience we will have. Use these indicators to determine your experiences today.

It's not what we say, it's what we do that tells the world what we believe. It's the feeling, emotion, and enthusiasm we put behind the words that has the impact. This is the wisdom that gives us the power to influence, motivate, and inspire others. Radiate your passion in your communication today.

Life is based on conditions. If we don't sleep, eat, or drink, we will not survive. Love is unconditional. It is more of a behavior rather than a feeling. Love is an act of true generosity. Base your relationships on unconditional love without any scorecards today!

Life is fun when we follow our dreams. Our dreams are what can get us through the most challenging days. They are what makes your entire life worth living. It becomes hard when we give up on our dreams and follow the dreams that someone else has for us. Without our dreams, we are nothing. Dream big today!

Awareness is our ability to see the whole picture. It is about finding some space in our mind where there is less judgement and a greater sense of perspective. Trust that it is here, we see everything is and has always been in balance. Know this to be true today.

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The mystery of life is that it is unpredictable. Everything changes. Nothing is permanent. When we accept life rather than explain it, we are better able to move forward instead of being stuck in our analytical mind. Embrace and celebrate life today.

Being silent is not a sad state of numbness, or lack of life force, or zest, or worthlessness. It is being able to tap into the vastness of limitless energy, full of love, and light. In the silence we can find our safe place from the chaos of the world. Practice silence and be in peace today.

Success occurs when preparation meets opportunity. Opportunities do not find us; we find them when we are open to new possibilities. Be skilled at creating and noticing opportunities when they knock at your door today.

If you are not living each day with enthusiasm, energy, and passion, you may not be living true to your life's purpose. Every day is a holiday when you are. You will know when there is a constant, inner excitement about life, like a "buzzing" sensation inside your soul, where you know your place in the world and that you're doing things to make it happen. Be on purpose today!

Chaos is a sign that things are changing. The old must be released to make way for the new. Embrace not knowing what will happen. This is the ultimate freedom. Allow yourself to have no predetermined outcome and trust anywhere you end up will be good. Be completely free to do anything. Allow chaos to put you in the flow of life today.

Our knowledge doesn't give us influence. Our knowledge coupled with an attitude of sincere care gives us influence. Others are drawn to us because of our positive attitude and the influence we have on them. People will not care how much you know until they know how much you care. Be caring and enjoy the power of your influence today.

Simply know that we are alive to the degree we serve. Service is not what we do but who we are. The service mindset shifts from consumption to contribution. When we are serving, we work and contribute from a space of abundance. Our cup fills and even overflows. Shift your service from me to we today.

We cannot give what we do not have. The principle of giving to yourself first is one key to finding inner peace and creating successful relationships. Giving to yourself first cultivates the ability to give to others so much more. All relationships begin and end with self-love. Give to yourself without hesitation today.

Synchronicity is a meaningful coincidence. When you are passionate about what you do, synchronistic events become frequent and they become part of daily life. People appear in your life. Money flows in. Opportunities are abundant. Be ready for the miracles that show up today!

The secret to having it all is knowing that you already do. If your thoughts support the idea that "I can't" then change it to "I choose not to" because the choice is yours. This small shift in language is a dramatic reframing of your thoughts. Let every area of your life thrive today.

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Are you the type of person that someone else would want to be with? The answer to that question is reflected in who we are attracting into our life. It all starts with the one we see in the mirror and it is us. Work on yourself first today and everything else you desire will find its own way to you.

Planting a seed is the simple act of setting something into motion that takes time to grow into something bigger for the future. Nothing is more exciting than seeing our seeds turn into something that blooms. Often seeds take time to grow and we never see the flower. Trust the universe that with time, good intentions, persistence, and hard work, what seems like a pile of dirt will be filled with blossoms and beauty in the future.

Most people aimlessly go through their day looking for the meaning of life when in reality it is theirs to create. Being happy is about feeling good. Meaning is derived from contributing to others or to society in a bigger way. Create and be alive. Be the spark that sets your world on fire with meaning today.

We cannot fix the whole world but what we can fix is that part of the world that is in our circle of influence. If you think we can't change the world, it just means you're not one of those that will. When you inspire one person or make one person feel better about themselves, you have already changed the world. Let your words and ideas change the world today.