

## **Timeless Transformations**

### ***Daily Inspirations – November 2016***

(Daily Inspiration) When we ask a question and let it go, silence will always bring us an answer. Silence is power. Resist the urge to leap into action and answer the question or attempt to solve the problem. Be patient and listen today.

(Daily Inspiration) When we are moving forward we are excited about life. When we are moving away from something we are fearful and uncertain. Will we move forward or backward? Set your path forward with excitement as a possibility in everything you do today.

(Daily Inspiration) When we don't know where we are going, any place will do. If we don't have a vision, we may only go in circles. It's only when we've really found where we are that we can look ahead and find our path. When we get there, we may realize there is nowhere to go except within. Be mindful of your direction today.

(Daily Inspiration) There is a quiet joy and sense of peace when we are grateful. The key to living fully in a state of gratitude is to find a way to be grateful for everyone and everything in our lives. There are two kinds of gratitude: the spur of the moment kind we feel for what we get; the expanded kind we feel for what we give. Be expanded and feel the actual vibration in your soul as you tune in to both types of gratitude today.

(Daily Inspiration) Most live their lives unaware, by default, and being influenced by everything around them. A unique life is one where we consciously choose how we live. Perceived luck is not luck at all. Luck is the quality of our awareness that is harmonious and aligned with our intentions. Take heart and use your power to choose in a more conscious and intentional kind of way today.

(Daily Inspiration) Love starts from within and works outwardly in all directions. When we open our hearts to love, love inwardly flows back to us. This love gives us more energy to move forward in our lives. Let your self-love uplift everyone around you today.

(Daily Inspiration) Many people in life give up on their dreams and settle. When we let go of our dreams they slowly float away and become a distant memory. When we settle we are telling the universe we are not worthy. The world needs dreamers to inspire the world. We need dreams to live an inspired life. Dare to dream big today.

(Daily Inspiration) Knowledge is limited to what we know now and understand. To create anything new, we must see it as a possibility. The only way to see it is to imagine it. Without imagination, nothing is possible. Imagination is what keeps us motivated toward the accomplishment of any goal. Use your imagination to visualize your future by the mental pictures you create today.

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(Daily Inspiration) Imagination is more important than knowledge. Whatever you imagine becomes a possibility. “Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world,

(Daily Inspiration) Simplicity brings balance, freedom, and peace to our lives. To simplify our lives is not about getting rid of everything but rather to only focus on those things that bring meaning to our lives. You and you alone are the designer of your life. Fill your day with meaningful things that bring simplicity today.

(Daily Inspiration) Resentment makes us miserable. Forgiveness sets us free. It is only through forgiveness that we can experience inner peace. It is only through letting go of resentment that we can live in the now. Find your path to inner freedom today.

(Daily Inspiration) Self-mastery is simply training our conscious mind to focus on only what we want. When our ability to take control of our lives without being blown off course by circumstances that are out of our control, our minds become our master. Master yourself and let all conditions be focused, timeless, continuous, and eternally present today.

(Daily Inspiration) Every great success starts with inspiration, but not every inspiration leads to success. It is though persistent and consistent dedication to a particular area of life that we become masters. It is our dedication to work through the challenges of the daily grind. Master your energy and be dedicated to achieving your goals today.

(Daily Inspiration) Our life is our life and we are the only judge of it. Our judge is our thoughts and we can control what we think about our thoughts. Judge yourself by your greatest strengths, what you have the ability to do, and the volume of people you can impact today.

(Daily Inspiration) All great change comes through chaos. The type of change depends on our focus. Use a time of chaos not to survive but to learn how to thrive. Keep your focus and use the circumstances of chaos to evolve today.

(Daily Inspiration) A smile is happiness we find right under our nose. When we smile at another person, it is an action of love. Smiling creates a happiness loop in our brains that increases creativity and encourages positive thinking patterns. Choose to smile and feel change start to occur automatically, internally and externally. Let your smile be a free gift you give to others today.

(Daily Inspiration) Everything we do reflects who we are. When we live a life that perfectly matches who we really are, it is expressed in our everyday routine and lifestyle. Living becomes the reflection of our core beliefs and intentions. This includes the choices we make and the choices we don't make. It is a new day so what will you choose today?

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(Daily Inspiration) Our life isn't perfect; it is what we make it. Our life becomes perfect when we see it as perfect. Our ability to grow to our highest potential is directly related to our willingness to act in the face of imperfection. Live today not by finding a perfect moment but by seeing life's imperfections perfectly.

(Daily Inspiration) We have about 25,000 mornings in our adult life. When we start our day in silence knowing we are one with the source of the universe, we claim our power and set the day on the right course. Rise and shine and make your morning count today!

(Daily Inspiration) We will never treat anyone better than we treat ourselves. Stop and do a self-check. What is your energy level, attitude and self-compassion saying about you and how you view life? Let how you treat yourself direct how others treat you today.

(Daily Inspiration) If we are asked how can we make a difference in the world? The simple answer is to be a little kinder today than we were yesterday. Everyone is dealing with their own personal battle and life challenges. Every person you come in contact with deserves your kindness today.