



*"I used to think that **wanting to feel better** mentally, emotionally, or spiritually in any given moment was a luxury for which I had no time to take action during my typically busy day. Just keep "doing" whatever I'm doing, I thought, the results are what's important. I can take a walk later, and later never came.*

True, results may be important, yet nurturing myself while I'm working on a task is also important.

I learned that feeling better in any given moment could be accomplished by just noticing the contrast, and using it to make a shift. How do I feel, how would I rather feel?

Since there's usually no time to go out into nature, or turn to a crossword puzzle in the demands of a busy day, I began to find inner ways to feel better in the very moment I noticed the contrast.

One way I find relief is by consciously focusing on my breathing for a moment; quieting my mind to experience a simple positive shift in how I feel. I often notice that in the quiet moment of simple meditation I am influenced by a thought or idea – a hidden gift that seems to have come from a divine power or from my own soul's inner guidance."

Love, Nellie



Nellie's loving message in action



We often notice contrasts throughout our day, but fail to act for a variety of reasons. Let the contrast - the difference between how you feel and how you'd rather feel - be the trigger, then choose the appropriate action. Do you want to shift gears and nurture yourself for a few minutes, or is it best to continue your activity? Each situation may call for a different answer.

Deliberately choosing to find inspiration takes less than five minutes. With practice, it can become a regular part of daily living.

Focusing on breathing or using imagination may not always result in Divine inspiration. We can find "earthly" inspiration by asking a simple question that can help us shift into better spirits:

What's the best thing I can do for myself right now?

The answers might be:

- Set an intention that nurtures YOU (See Message 2)
- Shower with one minute of acceptance and self-love (See Message 1)
- Take five minutes to clear the chatter in your mind, focus on your breath. Guide yourself through a simple breathing meditation – *breathing in calm, breathing out tension; breathing in lightness, breathing out burdens; breathing in peace, breathing out turmoil.*

More ideas:

- Visualize yourself taking a walk in nature
- Sing or hum a comforting song
- Laugh out loud!
- Smile for 30 seconds
- State how you'd rather feel and visualize yourself in that state of being. Daydream for two or three minutes and use your imagination to create your ideal situation in your mind's eye.



The above possibilities require no budget increase, no electronic device for music, no external resources. YOU are the resource that's always available to you!



Practice Lovingly – Be gentle with yourself

Deliberately look for inspiration and expect to find some!

What are 3 ways you might find inspiration in any given moment?

1 _____

2 _____

3 _____



Use this space to reflect on the following question:

What is valuable for you about “finding inspiration in any given moment” as a regular skill in your daily life?

