



# LIGHTING YOUR WAY

Follow Your Bliss

Light your way by opening to all that becomes possible when you follow the nudgings of your heart!

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## Follow Your Bliss

Light Your Way by opening to the opportunities and all that becomes possible when you follow the nudgings of your heart. As you follow your heart, you allow your soul to bring you synchronicities and perfect timing. When you do, you express love in what you do and channel that love into our world. Allow your heart to guide you and be amazed by how your life transforms!

## Your Authentic Self

You are a unique expression of the love of Source. Source energy expresses through you in a way that is unique. It is like white light breaking into many different colors through a prism, each color is a unique expression. No one else expresses the energy of Source exactly as you do. No one else lives your purpose, that which you came here to be and do. Can you see how important it is for you to allow the uniquely individual expression of Source that is you?

## Take a Risk

*You gotta' go there!*

- [Abraham-Hicks](#)

As I began work on *Soul Doors*, I was so excited to finally make it happen. Yet, fear and self-doubt came up. 'Who am I to be teaching about spirituality?' The fear persisted even as I prayed for guidance. I sat reading over writings for the blog and looked out the patio doors. There was an opossum, white, raggedy hair standing up on its back, wandering in from the woods and searching the ground under the birdfeeder with its sharp nose. It stayed for quite a while eating fallen seeds in the broad daylight. Opossum are nocturnal animals. What's more, I had never seen one in our yard, even at night.

I believe that an animal that stands out and gets your attention is a message from Spirit. I looked up the message of opossum in [Animal Speak](#), a wonderful resource written by the late author, holistic healer and metaphysical teacher, Ted Andrews. *Animal Speak* gives detailed descriptions of the specific meanings of animal and bird totems.

The message of opossum is about the need to act in a way that you do not feel inside. If you are feeling afraid you need to act fearless. If you are feeling unworthy you need to act as though you are full of confidence.

The message for me from Spirit was to fake it till I make it! Spirit knew how I was feeling and was supporting me. Spirit knows how you are feeling too. Spirit is supporting you in going for your dreams.

[Esther Hicks](#), channeling the group of spiritual masters known as Abraham, says once your rocket of desire has shot up, “*You gotta’ go there.*” There’s no recalling it. Once you’ve identified what it is you want to be, or do, or have, you’ve got to fly with it and allow the unfolding of that which you desire. You’ve got to take the risk.

The truth is, you took a risk just coming into this life. Growth is about taking risks, putting one foot in front of the other when you can’t see how you’re going to get where you want to go. All you can see is the next step. Fortunately, your path is lit up by feelings of excitement and joy, guiding you. What do you desire? What are you excited about? Where is the sweetness? Be willing to take a risk. Be willing to sing a wrong note and sing it loud if it brings you joy. Be willing to ‘fake it till you make it.’ Jump in with both feet!

### Your Spiritual Toolbox – Daydream You Desire

Take time today to daydream. Feel into where your excitement is and allow your imagination to blossom. If negating thoughts arise place them gently inside a mental box and close it. Now is your time to dream.

Clarify your desire. See, feel and touch it. Feel that sweet excitement and revel in it for as long as feels good to you.

When you feel complete with your daydream take one outward step today toward allowing your dream into your life. That might look like writing down your ideas. It could be researching on the internet. Maybe you need to fill out an application. Perhaps you could visit a store and purchase supplies needed for a dreamed of project. You might want to rearrange your home, making space for your dream to manifest into your life. It doesn’t have to be a big step as you move energy into what you desire. Tomorrow you will take another step and then another. Allow yourself to take a risk for happiness.

### Feed Your Soul

*“That love, that passion IS the vibration of your true, natural self in the way you were actually created. That’s why it’s always the beacon to move toward. You’re actually moving toward yourself, and more and more and more of yourself every time you are willing to take a step toward your excitement...”*

- *Bashar, as channeled by Daryl Anka - Bashar’s YouTube video, [Finding your Highest Excitement](#).*

Do you enjoy how you spend your time? The big picture is not about what you do or do not do, it is about how you feel throughout the process. Are you excited about what you do? Does it feel good to you? Satisfying? Are you happy in what you are doing? If you are, you channel all the benefit, ability and serendipitous timing of your soul into everything you are doing.

It could be simple and yet it often isn't because of the conflict between what we innately know and what we are taught.

Society teaches that our inner urgings are hedonistic and self-indulgent. We are socialized to believe we have to be in control of these inner urgings. We believe we must do what it is that we 'should' be doing. We believe we must be responsible adults and toe the line.

These dictates of society run in opposition to what should be obvious and simple - we are here to do what brings us happiness. Because of this we are conflicted. Our inner urgings tell us one thing and our socialized selves tell us another.

Many people are so well socialized that they have difficulty identifying their inner urgings to happiness. They experience a vague sense of unease and cannot pin point the cause or know what to do about it.

There is a deep anger that comes with long-term silencing of the cravings of one's soul. Some respond to this situation by blaming others for their discomfort. Others turn the anger inward.

What could be simple often is not simple at all.

Our bodies let us know when we need to eat. Eating when we are hungry allows the body to maintain a constant level of energy. It is the same with our souls. Our souls let us know when we need to replenish energetic reserves. Our souls urge us to those activities which bring us joy and feed us energetically. Your soul needs feeding just like your body, according to its own rhythm and urgings. It will let you know when it is hungry if you are listening.

Is your soul hungry? Do you know what activities feed your soul? Let's take a look.

### **Your Spiritual Toolbox – What if You Had Today Free?**

Give yourself a half-hour, gather writing materials, sit comfortably and close your eyes. Now imagine with me. What if you had today free? What if you had no responsibilities, nothing you have to do today? What would you choose to do?

Perhaps you would choose just to catch up on sleep and rest. You can do that. This is your imagining. Now imagine that you have had as much rest as you need. How would you choose to spend your time? Imagine that there is no one demanding of your time. There are no jobs you must get done. This time is just yours to follow the urgings of your soul. Does your soul urge something that is beyond your current means? Go for it, imagine it fully.

Now, take your writing materials and make two columns. Write each of your imaginings down in a list on one side of your paper. On the other side of your paper list the major activities that compose your daily life right now. Is there overlap between your lists?

How can you create more of what you love in your life, more of what feeds your soul? Today, take one step toward making that happen.

## What is Your Bliss?

*"Bliss is that deep, fulfilling, sustainable, driving need you have. That thing that is the true 'you.' Your bliss is your life's purpose."*

- [Kenneth Benjamin](#)

For much of my life, if you asked me what my bliss was, my answer would have been changeable. I might have had to think some to come up with an answer. I might have said, "I don't really know."

I recently asked a friend what she likes to do more than anything. This woman works non-stop. She teaches during the day, then goes home to raise two teenagers. Her husband works constantly so much of the emotional investment of raising children is left to her. She puts her all into it. My friend had to think about my question. "I don't know, reading maybe?" Her own happiness is not her first priority.

How many of us don't really know what our bliss is?

What we most love, what makes us happiest, the areas in our lives which bring us joy and satisfaction, this is our higher-self speaking to us of our purpose for being here. Guiding us toward our purpose through the emotion of bliss.

Who doesn't want to repeat a pleasant or blissful experience? You can if you allow yourself to be guided and follow your bliss.

Some lucky people already know where their passion is, they pursue it actively, it is their vocation or their job, and consumes their life.

Then there are others like me who enjoyed lots of things and tried lots of different jobs, never settling. All the while I pursued my bliss, unaware that I did so. My difficulty with identifying my bliss came from the fact that it was too familiar, too much a part of my inner life. I journaled; it was my comfort. It was a place of flow and often, deep joy, connection and love. It certainly didn't feel like anything that could be my work or my purpose in life. It was too natural to me, like breathing.

I started journaling as a teenager, living away from home at boarding school in a room with three other girls. A naturally private person, I found the lack of privacy hard. My journal became my private space. A place where I could go to release the adolescent anguish of a fourteen-year-old learning about herself and others. I wrote furiously of whatever upset took me at the time. As my feelings scrawled over the pages, I felt calmer. As I calmed myself, solutions to problems presented themselves and I worked them through in my writing. Always I felt comforted. At times I had an "ah-ha" moment, feeling a sense of enlightenment, like a light bulb coming on in my head. Those were the best times, when I felt a tremendous sense of fulfillment, love and connection.

Fifty years later I am still journaling. My writing has expanded and I acknowledge it as having high priority in my daily life. It is my bliss.

Let's discover yours.

### Your Spiritual Toolbox – 3 Questions

What makes you happiest of all? Chances are your bliss is already an active part of your life however small. Today, make it a priority to discover your bliss.

1. Think about what comforted you, what cheered you up when you were feeling low. Where were you? What were you doing?

2. Now think about times when you experienced flow. Time flew by. You were absorbed completely in what you were doing, and what you were doing flowed through you almost without thought. You looked up to find that time had passed you unaware. You were in flow. Where were you? What were you doing?

3. Now think about peak experiences in your life. Those times when you experienced fulfillment, happiness, deep love. Where were you? What were you doing?

What common denominators do you see between all these activities? What patterns underlie these activities? Hidden within you will find your bliss.

### Your Path of Power

*"Hansel took his little sister by the hand. They followed the pebbles that glistened there like newly minted coins, showing them the way."*

- [Jacob and Wilhelm Grimm, Hansel and Gretel](#)

What is your Path of Power?

Your Path of Power is like that trail of shining pebbles from the story of *Hansel and Gretel*, laid out for you by your higher-self and guiding you home. Each pebble shines with joy, excitement and bliss.

You choose your Path of Power each time you choose the activity that aligns you with your higher-self, and through your higher-self to Universal energy. Alignment with your higher-self is your direct link to that source of power which is Universal energy.

Your higher-self gives you clear indication of what activities guide you along on your path and which activities do not.

Here's what that looks like.

When you have the choice between two possible activities, pay attention to how you feel about them. The feelings may be physical or emotional. Our higher-selves communicate through our bodies and subconscious with bodily sensations and emotions in response to activity choices.

If your higher-self is telling you that the activity will deplete your energy and take you off your Path of Power, you may feel a constricting sensation in your solar plexus. This might be combined with an emotion of feeling let down or disappointed.

If your higher-self is telling you that the activity will energize you, you may feel an expansive, opening sensation in your heart area, and positive, uplifting emotions.

It is as if you and your higher-self have your own secret code for communicating. As you pay attention you will become attuned to how your higher-self communicates with you.

Imagine choosing your daily activities based on what most appeals to you! That is how your higher-self guides you on your Path of Power.

It is a testament to the love of God that our Paths of Power are those which most attract us, those which are our dream and feel the best. You will find that these are the activities with which you choose to spend your spare time, even if you feel you cannot pursue them as your career or job.

Your Path of Power draws you like a magnet.

The following of your Path of Power is solely your own responsibility.

No one can tell you to do it. It must come from within. No one can give you permission to pursue your path. The permission must come from within.

Seeking your Path of Power is not a selfish seeking. It is Self-centered soul seeking. (The capital S of Self refers to the higher-self, the larger self, as opposed to the small ego self.) Additionally, in the pursuit of your path you are reenergized and have that much more to offer to others as well as to yourself.

As you follow your path on a daily basis you will find your world opening up, as you have more energy for yourself and more to offer to others. What may have felt like a selfish pursuit is actually for the benefit of all. Others will benefit from your energy flow and be energized and inspired by you.

You can choose to follow your Path of Power, one bright, shining pebble at a time, and creating more and more of the bliss and energy of alignment in your life.

### **Your Spiritual Toolbox – Look for the, ‘Yes!’**

Throughout your day, when you have the choice between two possible activities, view both in terms of the energy they hold for you.

Does one look brighter in your mind's eye, signaling a, "Yes!" in your heart? Does it feel lighter to you, giving you an expanded, relaxed feeling inside? That is the activity which will guide you on your Path of Power.

Does the other one cause you to clench up inside, a tightening feeling, perhaps one of constriction or tenseness? Does it feel darker to you, heavier? Or does it just feel bland? That one will deplete your energy. It is not on your Path of Power at this time and will sap your energy rather than energizing you.

Be energized as you align with your Higher-self, attuning to Universal energy and following your Path of Power.

## Your Authentic Self Expresses Through Joy

Your authentic self, that essence of you that is the love of Source, expresses through joy, excitement, happiness, fascination and delight. As you express your authentic self you quite naturally follow your bliss.

## Allowing Your Dreams

*"So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable."*

- [Christopher Reeve](#)

Allow yourself to dream, to believe that what you most want is possible.

God is within each one of us, present as our inner knowing. God within speaks to us through our imagination, our dreams, our deepest longings. As we allow ourselves the quiet time to access our inner knowing, we intuitively feel what is the best direction for us, the direction that will fulfill our dreams.

Still, it is one thing to trust God in an abstract, "I believe in something larger than myself out there," sort of way, and quite another to trust God within oneself.

The one can be comforting, but the latter is more practical. God within oneself is attainable and accessible. God within oneself is a part of your daily life.

Guidance and support are there for the asking and the willingness to believe it is possible. You start to believe that your desires are possible and your goals are attainable.

However, along with accepting and trusting your God within comes the necessity of taking responsibility for the direction of your life. You choose the path. You create the action. You choose what you think. You choose how you feel about what happens. You choose. You choose. You choose.

Wouldn't it be easier to just allow life to happen to you? Maybe, but it's not nearly as much fun! In denying your own dreams you fragment yourself from your source of power, your imagination. Your imagination is the conduit whereby God, your higher-self and your inner knowing communicate. In your imagination are the seeds of intuitive guidance letting you know the next step forward on your path.

It may feel like a gentle tug on your attention, or it may feel like a yearning desire. Sometimes you'll have pictures in your mind, or just a feeling, a direction you want to move in. It may come as a dream during sleep time that fills you with longing, or a lightbulb moment when an idea flashes into your awareness. It may come as a series of synchronistic events guiding you toward what you want.

Be aware of guidance from within. Pay attention to hints and synchronicities in your outer world. Attune to your imagination. Stay open and allow your dreams and longings.

### **Your Spiritual Toolbox – Focused Daydreaming**

Focused day dreaming can be a most productive activity. Take the time today to sit quietly. Take several deep breaths till you feel calm and centered. Ask your higher-self to be your guide in your day dreaming.

Ask yourself, "What would I most love to be doing?"

Imagine yourself doing, accomplishing, experiencing what you love, and allow your mind to drift with the ideas that come up.

Then, ask yourself, "What does my ideal day look like?"

Think about specifics here. Are you healthy? Energized? What does your morning look like? Your afternoon? Your evening? Who are you with? What are you doing? How does that all feel?

When you feel complete with imagining your ideal day move on to this next question.

"How do I want my life to look a year from now?"

Write down the ideas and images that come to you.

Throughout this process, set aside any negativity or fears that come up. You can release these later through journaling, or you might use [EFT](#) to release and reprogram your thought process. For now, focus only upon what attracts you and feels wonderful to imagine.

Over the next few days add to and expand upon what you have written until your dream feels exactly right to you, giving yourself time with this process.

Does what you've written feel expansive to you? Do you feel excited and happy about the possibilities? This is your intuitive guidance telling you that you are on your right path.

## Inspiration

Inspiration is the language of the heart. To feel inspired is to feel the longings of your heart. It is your soul speaking to you, nudging you along the path of love, showing you the next step.

### What Inspires You?

*“Approach life as an art form, creating each day rather than just surviving it. The key to being able to do this and do it on a continuing basis is inspiration.”*

- Author Unknown

Do you fill your life inside and out with what inspires you?

Do you inspire yourself in your thoughts, allowing yourself to travel new, exciting pathways, perhaps thinking thoughts you haven't had before? What kind of thoughts inspire you?

When you are relaxing, do you choose activities that inspire you? When you watch TV or a movie, or read a book or a magazine, do you choose those that uplift you, inspire new thoughts, leave you laughing, create cathartic emotions, inspire creativity? When you read or listen to social media, do you focus on those postings that inspire you and leave you feeling positive? Do you inspire others with your postings?

And here's a new one for me. I just cleaned out all the catalogs and old magazines out of the basket in my bathroom and replaced them with magazines and books that I find inspiring. Now, rather than entertaining my brain with fluff whilst I am enthroned 😊, I'll be inspiring myself with new thoughts and ideas.

Do you inspire yourself with your surroundings? Look around those places where you spend most of your time. Do they lift your energy and inspire you?

What is it about your surroundings that inspires you? Think about places that you have been that lifted your energy and gave you an expansive feeling inside. What is it about those places that you loved?

For me, beauty, order, light, simplicity, healthy plants, and a feeling of peace and sacredness in my surroundings all inspire me.

Then there are the less tangible things that inspire me, the laughter and play of happy grandchildren, the peacefully sleeping cherubic faces of my grandchildren, with their pink cheeks and lips, and long curling eyelashes, the laughter of my husband as he chuckles over some mistake he made or some story he is enjoying, the delighted play of my dog with her ball as she races back and forth playing catch, the smell of fresh, morning air, a gentle breeze on my cheek, the sound and feel of strong winds approaching through the tree tops and swirling through the yard, sunlight dappling through the leaves, the unexpected sight of a deer grazing in the back yard. All these things inspire and fill me. What inspires you?

## Your Spiritual Toolbox – Your Favorite Things

Surround and fill yourself with what inspires you.

Start with your environment. Look around the rooms where you spend the majority of your day, whether it is your home or your office. What do you love about these spaces? What inspires you and feels expansive to you? Focus on those aspects and make it a point to bring more and more of those elements into your environment. When you feel inspired by spaces in other's homes, in magazines or elsewhere, take note of what it is that feels so expansive and good to you. Then incorporate those elements as much as possible into your own spaces. Gradually you will become familiar with what inspires you and be able to bring more and more of it into your daily environment.

Pay attention to the small pieces of each day that lift your energy, feel good to you, bring a smile to your face, inspire you. It might be a beautiful flower in your garden, the smile of a clerk in the store, the drama of a multi-hued sunset, a cartoon on Facebook that has you laughing out loud, a new idea, project or direction that intrigues you.

Pay special attention to these things, your favorite things. Bring them to mind when negative thoughts seek center stage. Remember that just because you think a thought doesn't make it true. Then, rather than struggling against the negativity, thank that part of your mind for sharing, and refocus your attention on remembering and thinking about every detail you can muster of what pleases you. Soon you'll find that you can leave those negative thoughts behind, and once again feel that expansive feeling of inspiration.

## Inspiration or Motivation?

*"Inspiration comes forth from within... Motivation is making myself do something that I don't really want to do. Inspiration is having the clear picture of what I am wanting — and letting Universal forces come into play to get the outcome."*

- [Abraham-Hicks](#)

Do you do what you do because you are motivated by what needs to get done or because you feel that inner spark of inspiration?

Years ago, I was an overwhelmed mother of two teenagers, I had a part-time job at a local, spiritual magazine, and another part-time job as an EFT practitioner. I had a husband that traveled a lot, a large, old farmhouse to take care of and a tight budget.

I found myself feeling increasingly irritable, annoyed (and I'm sure annoying), and burdened by the care of our old house. Things were always dirty and broken and it weighed on me. Cleaning and maintenance of our home felt like too much in addition to everything else. Wrangling my kids into helping, well, I just didn't have the energy. Nor did there seem to be money to hire help, though I longed for it.

My inner griping went on for some time, until one day, tired of the inner negativity, as I vacuumed the never-ending cobwebs in our damp and ancient basement, I remembered how I loved to play imaginative games with my best friend as a child. We pretended to be other people, whoever captured our fancy at the time. We'd role play how we thought those people would feel, speak and act. It was fun.

That day, standing in our dark basement, vacuum hose in hand, I felt inspired to play an adult version of that game. I'd watched [Manor House](#) on PBS and marveled at the staff it took to run that enormous house. Continuing to vacuum, I made up characters in my imagination, my own staff. There was "Cookie," our cook (a less than imaginative choice, but I was busy at the time), and "Ceilie" our maid, and "Alfred" our man of all work, and then there was the Estate Manager, me.

As I cleaned, the Estate Manager, in proper English accent, had a running conversation of praise and appreciation with Alfred who was doing the vacuuming. (He had kindly taken over for Ceilie who was afraid of spiders.) The staff always got along, supporting and complimenting each other. The work flowed, and I was done before I knew it. It felt so good to work in this way that I continued the game whenever my chores felt like hard work. I began to look forward to having fun with "my staff" and the jobs transformed from drudgery to enjoyable.

The loving appreciation and feeling of support between the staff conjured in my imagination, had another unexpected benefit. The Universe stepped in and supported. When my husband was home, he started to help out more. Not because I nagged him to, but just because he thought of it. Together we decided to hire some jobs out, and I began to feel increasingly supported with the care of our big, old farmhouse. When you support yourself, the Universe supports you.

The point here is to be moving into what you want rather than struggling against what you don't want, because we know that, "what you resist, persists." Choose to find, create and move into that spark of inspiration in whatever aspect of life you are focused upon as if it were already your reality.

To do so I encourage you to do as Abraham-Hicks suggests, take action from inspiration rather than motivation.

Are you inspired or are you motivated? Inspiration can make play of hard work and is a lot more fun!

### **Your Spiritual Toolbox – Act as If**

Ask yourself, "What inspires me today?" If it's not what you need to be doing right now, or if it's not currently in your reality, employ a wonderful suggestion from [Red Feather](#) and, "Act as if."

What this means is that you use your imagination and pretend that you already are as you'd like to be.

For example, imagine you want to finally take charge of your diet and health, but the idea of yet another diet has you feeling less than enthused. What do you do?

Ask yourself, what would your ideal self feel like if you lost the weight you wanted to lose or were your most healthy self? Would your imagined self be more energetic and physically active? Would your imagined self dress better, get a new haircut, spend more time lovingly caring for your body? Would your imagined self love your body and focus upon what you like best about your body?

Now pretend that you already do. Act as if you have already accomplished your goal.

ENJOY feeling how you imagine you would feel living your inspiration.

Continuing our example, any time you look in the mirror, think loving thoughts to your body. Go to a clothing store and play dress-up. Try on the kind of clothes that make you feel good about yourself. Maybe they are dressier than your usual, maybe they look more put together.

Have fun with this!

Why not, “act as if” you had already attained your desire and do all those things for yourself now? Make it a game you play with yourself.

Think the thoughts of who you would be if you’d already attained your goal.

There’s every real reason to do so, because what you focus your attention on increases in your life. The more you, “act as if,” the more you live (even if it’s just in your imagination) your inspiration, the more the Universe responds guiding you to what it is that you want.

## Pay Attention

*“I just dropped in, to see what condition my condition was in. Yeah, yeah, oh-yeah, what condition my condition was in.”*

- [Mickey Newberry](#)

I have lately been more aware of the beauty surrounding me, especially outdoors. Yesterday morning I walked outside and it was as if the outdoors called to me. The fluttering leaves on the trees, flashing in the sunlight, a bird song, the air was bright and beautiful. It was like a “heads up!” message, pay attention! Yet I didn’t know what to do with it except to notice and appreciate.

The heads up continued even into my dreams that night. I dreamt of being driven in a van through the Alps. The beauty of the mountains was overwhelming. Tears of joy filled my eyes. I was glued to the window not wanting to miss one instant of the beauty.

Recently too, sunsets have attracted me and felt like a pathway to feeling the love of Spirit, a daily reminder of just how much we are loved.

Perhaps the message is to focus on the beauty of all that surrounds us, both inner and outer beauty. Focus on God's love and how that love is shown, both large and small. It is all there for us to be open to, to focus on every day. Pay attention to beauty as a reflection of God's love and you are choosing to allow more and more of it to enter your daily life.

Pay attention to what you are paying attention to. Look at where your attention goes. Is it something you want to increase in your life? It will.

And then there is this - pay attention to where your attention is, for it is not random. What attracts and entices you is your spirit communicating with you, guiding you to your inspiration.

What is your spirit saying to you today?

### **Your Spiritual Toolbox – Focus on Your Heart**

Focus on the positive, the beauty, what feels attractive to you, and give that your attention, because not only will that increase in your life, it is Spirit communicating with you.

One way to do this is to set yourself a reminder alert for every hour on your cell phone. Make it a celestial chime, or some other ring that reminds you of Spirit. If you don't have a cell phone you could use a pocket-size kitchen timer.

Step 1 - When it goes off each hour, check in and notice where your attention is focused. Is it positive, something you want to increase in your life? If it's not re-script your thought until it is positive. Then reset your timer and go back to what you were doing. Very quickly you'll find yourself more aware of the pattern of your thoughts and you'll be able to focus more upon the positive thoughts.

Step 2 – Now look at those positive thoughts. Look at what attracts and entices you. Look for what feels good today. This is more important than you may realize for there's a message from your spirit in this.

For example, you may find yourself drawn to gazing out the window instead of doing whatever it is you are working on inside. What is it that particularly attracts you as you look out the window? Perhaps your spirit is gently suggesting you need fresh air, time out of doors, a walk.

Follow this guidance as often as you are able to.

Allow yourself to feel the love of Spirit communicating with you through your heart, guiding you to a life of inspiration.

## Be Inspired

*“For one minute, walk outside, stand there, in silence. Look up at the sky and contemplate how amazing life is.”*

—Author Unknown

In the months before we moved into our new house, I came across a home show on TV hosted by a loving and humorous couple from Texas, [Fixer Upper](#).

There is much to love about the show, but what grabbed me was the decorating style. I loved the look, and studied everything I could find about it. By the time we moved into our new house I had incorporated those ideas into my own decorating style.

My home now inspires me as I walk from room to room and see the results of creating each room with love. Not because the rooms are fancy or elegant, they may not even be clean and neat (I must admit,) but the colors, the textures, the balance, still evoke a feeling of love within me.

Throughout this adventure I learned that decorating is fun and satisfying if you start with a look that inspires you. That inspiration gives you the colors, form and feeling that you want to convey in a room. It is like a master recipe from which to work, inspiring creativity. The same may be true in creating our lives. We can live creatively, approaching life as an art form, creating each day rather than just surviving it. To do this we need to find our inspiration.

What would inspiration for your daily life look like? Here are a few ideas.

My life inspiration is that feeling of love and appreciation I feel when I lose myself in the night sky, or the fresh, deep green of my yard and woods with its symphony of birdsong, or the laughing delight of my grandchildren in play, the centeredness I feel when writing and meditating, that feeling of tuning in with a client, my loving connections with family and soul family, the excitement of a new adventure, a new idea or understanding. All of that inspires me with love and appreciation.

What inspires you in your daily life?

### Your Spiritual Toolbox - Make an Inspiration List

Think through what you love and appreciate in your life. What excites you? What delights you? What entices you? What gives you a feeling of loving expansiveness?

Note each of these things on your list. You can use this list in several ways.

You can use your Inspiration List to give yourself a mini-vacation during a busy or stressful time. Here's how - give yourself several minutes to visualize and imagine enjoying each of these inspiring elements of your life. When you return from those few minutes of visualizing you will feel more relaxed, less stressed, better able to deal with things.

You can use your Inspiration List to add elements of inspiration to your day today.

For me that looks like getting out in Nature. An afternoon with my grandchildren, playing a board game with my husband, calling a family member on the phone, making a date for coffee with a friend, spending time writing and meditating, scheduling a session, planning a road trip to some place new. Focusing my attention on loving and appreciating each person and thing with whom I am connecting today.

You can use your Inspiration List to create a life filled with inspiration. Just as you can add elements of inspiration to your day today, you can gradually add more and more of what inspires you into every day. In time you will be living a life filled with inspiration.

Look for what inspires, delights, excites and fills you with an expansive sensation of love and appreciation. This is your master recipe for creating a life of inspiration.