



## **A life Inspired**

My friends

I strive everyday to lead an inspired life and in some small way to inspire others. Today I gave back to myself. I tell people they need to give to themselves in order that they can effectively give to others. So today I went for a run, at 9am – sis!! I couldn't help wonder what people were up to as I ran past office blocks and just gave thanks for my life. I truly am so grateful for what God serves up for me everyday. I was listening to Wayne Dyer and I learned 2 important lessons which I would like to share with you.

Lesson 1: Follow your heart and be detached from outcome. Too often we do things with expectations of wealth, happiness, better positions, salary increases etc. We survive, not live. We search for these things out there. Yet all we really want is to do is live. We strive to be Prominent – STOP!! If you want to make a difference in yours and others lives then strive to be Significant. Here is a great fable that illustrates my point.

An old alley cat was strolling down a road in a posh neighbourhood when he saw a young kitten chasing his tail. He asked the kitten what he was doing. The kitten replied that he had just graduated from cat philosophy school where he learned 2 truths: 1. A cat must be happy in life & 2. A cats happiness is located in his tail. The kitten concluded that if he could just get a grip of his tail in his mouth then he will always be happy.

The old alley cat responded. He said, you know I learned the same 2 things you did but I never attended cat philosophy school, I didn't have the same opportunities as you have had in life. He added further that what he has concluded that when he goes about his daily business, doing what he loves, what his heart tells him to, he has found that his tail always follows.... What a great fable!!

Do what you love & love what you do.....

Lesson 2: What I have learned is seen in this quote from a Course in Miracles:

“If you knew who walked beside you, at all times, on this path that you have chosen, you can never know FEAR or DOUBT again!!!”

I believe we all have our own personal angel who is always with us, guiding us, protecting us. When we were young we often communicated with our angel but as we grew older and learned that people just don't do that, we stopped. Our angel didn't go away though. Listen, look, feel, see, taste and you will hear...

Be inspired, live life, love always... Love is the key!!

With love

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