

Something That Inspires You

Think of something that inspires you, moves you, or makes you feel in awe.
Something you find beautiful, magnificent, glorious, uplifting

Picking up a shell on a beach	Seeing the first flowering plant in the spring
A beautiful painting	Holding your child for the first time
Seeing the Milky way over a desert sky	Seeing the full moon on a clear night
Holding a new puppy	Seeing the sun sparkle on frozen trees
Feeling the waves rock you in the warm ocean surf	When you wonder "how does a tiny seed become a huge tree"
Feeling your baby lick the first time	Watching a flock of birds fly in perfect synchronicity
Seeing a sculpture you don't understand but it moves you	Singing An old Hymn
Hearing a beautiful song	Seeing golden edged clouds at sunset
Reading something in a Holy book	Saving a kitten from a busy street

Write down something that represents this or take a picture and print it.

Put it in your shoe every day for a week so you absorb it in your soul.

Every time you touch a spoon for the next 30 days you will find yourself being moved by this special feeling you have chosen. You will let this feeling flow throughout your body, lifting you up, renewing you, redeeming you, making you whole.

Imagine this feeling is pouring into you from a big spout.

Hold a bag under the spout and fill it up.

Fill another, and another, and another until you have a big pile of bags of this special feeling.

Load them on your boat and push away from the dock.

The boat knows where to go in your body so just relax and let the boat go there now.

It's a pleasant journey. You can just relax knowing the boat knows what to do.

Ahhhh the gentle waves and warm sun make your body feel loose lazy, calm and relaxed

As you near the shore look and notice where the boat has taken you. Maybe it is where you thought it would go maybe someplace else.

Open the bags of your special feeling and pour them out here.

This is medicine and all the tissues, organs, nerves, blood vessels in your body know how to use this medicine to restore and heal and put this medicine to good use right away.

You can see and feel all the tissues, organs, nerves, and blood vessels in your body brighten and vibrate as they go about restoring and healing your body.