

WORDS OF WISDOM- posted Dec 30, 2014

Thank you all for the birthday wishes and all who participated in sending me a letter with words of wisdom for my special day- I really appreciate the sage advice I have received. Inspired by reading Regina Brett's book "**God Never Blinks**," she shares a story about asking 40 friends to write her husband a letter for his 40th birthday. Check out the book at http://www.amazon.com/God-Never-Blinks-Lessons-Detours/dp/0446556513/ref=sr_1_1?s=books&ie=UTF8&qid=1414638232&sr=1-1&keywords=regina+brett

This year for my birthday I asked friends to write a letter of advice, guidance, inspiration on the theme "the best is yet to come" and decided I would read 1 letter a day during my birthday month. I had no idea this would be like giving a child a bag of candy and asking them to restrain themselves. It has been such a treat to start my day reading one of these inspiring letters. I did cheat and sometimes read 2/day. A few of you whose letters arrived late, I look forward to reading them when I return to the US this spring. This was an amazing gift to ask for and I know some of you said you were inspired to do the same- I highly recommend it! It was a great way to celebrate my birthday month and I treasure all the outpouring of wisdom you shared. here are some **pearls of wisdom**:

Chitra- "know that everything, absolutely everything is about love. When you move from this place, connect to this larger field, everything opens, reveals itself, expands beyond what you can possibly imagine." and "When we feel loss of purpose or direction these experiences are gifts that recalibrate our energy and close the distance between who we think we are and who we are here to become."

Theresa- "the best surrounds us and we have to be open and allow it to flow into our lives. In order to welcome love, friendship, wealth into our lives, we have to let it flow freely out as well. Let the beauty and light of the future flow into you freely."

Kevin- "be optimistic and surrender to the process of life with joy and gratitude. Know that what is unfolding is in the highest good of all and that we are all healing and evolving together."

Priya- "try something new every year that pushes you." a beautiful quote from maya angelou "people will forget your name, what you wore, perhaps even what you've done, but they will always remember how you made them feel." lovely reminder to just be mindful of how we treat each other and how present we are in our interactions.

Koyen- shared a great quote from John Schaar futurist "the future is not a result of choices among alternative paths offered by the present, but a place that is created-created first in the mind and will, created next in activity. The future is not some place we are going to, but one we are creating. The paths are not to be found, but made, and the activity of making them, changes both the maker and the destination."

Richard- "each day the painting before us finds a new level of completion never before seen. so it is that each day and every day it is the most beautiful it has ever been. not only do we have the honor to bear witness, we live our lives and dance our dances in this painting."

Terri- "Believe that you can have, do, be anything you set your heart and mind to. Believe in yourself more than anyone else does." and "Do what makes you FEEL good."

May- "if we follow our heart and go on journeys that push our limits, the Gifts we receive will be countless and that journey will become the catalyst for the next journey." and "spending time in nature will teach you everything you will ever need to know."

Prashanti- on the importance of stillness: "we are eternal, remember not to get caught up with the fluctuations of the mind."

Sarah- "relax into the mystery"

Sonya- "life gets better every year by our outlook on life and keeping ourselves on the right frequency."

Scott- "don't accept average. Push against the grain of mainstream mediocrity and the resulting friction creates your spiritual spark. Be excellent in your spiritual practice and in your work. Your Shakti (energy) will create a stream that will carry you to success, wealth, joy, freedom."

Lina- "see everyone and every situation as a blessing. give thanks for every person in your life. Find beauty in all, mostly when it is hard to and especially when we don't want to."

Kim- "enjoy every moment, live in the present, stay active, dance every chance you get, share your gifts, and keep dreaming big!"

Roy- shared 2 quotes- "live as if you were to die tomorrow. Learn as if you were to live forever." Mahatma Gandhi and "be kind whenever possible. it is always possible." – dalai lama

Alicia- shared lessons she has learned:

- To say no (it was like learning a foreign language)
- To change and adapt and bend (flexible trees r the only ones who sound hurricanes)
- To believe that what other people think of me is none of my business
- To ask for help (I thought I was superwoman)
- That love is the ultimate and most powerful magic as Dumbledore wisely said
- That we all have our stories and perspectives
- That I believe in miracles
- That there is such a thing as karma

Karen- “i hope your time in india can help you also turn within and nurture yourself- may you experience the bliss of simply being.”

Eden- "i believe that the expression of truth and love is this life's purpose" and "the transformation of consciousness is through both hardship and joy.”

Diana- shared so many great lessons but a a few of my favorites were

- learn the middle path really well- when to use qi and when to surrender.
- relationships are spiritual practice.
- be really deeply accountable for one's own stuff.
- really trust intuition as guidance.

Erik- “just enjoy the ride, step boldly into the unknown, and know that you really have no idea of what you are capable of.”

Dawn- quote by jennifer lewis hall “each day is a new day. with each breath comes new opportunities. breath in the chance to change and the ability to grow.”

Barbara- "enjoy everything as a miracle in the moment”

Sheree- “willingness to take big risks to embrace uncertainty and the nonconventional in an experiential way.... embrace it fully. emerge on your own terms.”

Heather- found a quote to share- “its delayed not denied. it will come through for you! keep up the faith and refuse to give up. the best is yet to come!”

Chris- " you never know what doors could open for u that u did not even know existed.”

Love reading all of your comments! Feel free to post them directly on the blog!

I wish you all a happy luminous 2015 where your inner light can shine bright and guide you gracefully on your sacred journey.

