

*Look for the Spiritual in Your Everyday Life and be Inspired...*

*Sparkly Bits of Wisdom*

*On*

*Spirit*

Recognizing the spiritual in your everyday life is merely a matter of looking within, and listening to the soft whispers that speak to your heart and soul. We all have those moments of insight. They seem to arrive just when we need them. They come out of the blue. You know those, “ahhh” moments that cause you to pause and reflect. They are the moments that take you to a new level of understanding. Often we dismiss them as our imagination, or we give them little recognition, and just go on with what we were doing. Developing your spiritual wisdom requires that you become more attentive to those spiritual moments, and soft whispers that you hear.

Try to actively seek those, “ahhh” moments through meditation. I find that I can best communicate with my spiritual soul when my mind and body are relaxed. The most opportune times for me are early morning before I get up,

*Look for the Spiritual in Your Everyday Life and be Inspired...*

and in the evening when I retire. It is then that I am able to stop the chatter of my mind, relax my physical body, and concentrate on making that spiritual connection.

*Begin to communicate with spirit through silent reflection  
and meditation.*

*Look for the Spiritual in Your Everyday Life and be Inspired...*

### *Teachers of Spirit*

Helen Keller once said, “No pessimist ever discovered the secret of the stars or sailed to an uncharted land or opened a new heaven to the human spirit.” Helen Keller the first deaf and blind person to graduate from college. She was born June 27, 1880 and died June 1, 1968. Consider the extreme obstacles that she had to overcome to succeed. Consider her disabilities and the time in which she lived.

Certainly, our present day society is more accepting and understanding of people with disabilities. However, Helen Keller was born into a world that was not understanding nor accepting of people that were different, and yet she was an optimist. I can only smile when I search for meaning to her words, “...or opened a new heaven to the human spirit.” I can only imagine what it must have been like for her. I wish that I would have known her. She must have been strong, kind, loving, and adventuresome.

The gifts given to those who have a physical disability are far greater than any man can imagine. They

*Look for the Spiritual in Your Everyday Life and be Inspired...*

are gifts of beautiful insight and compassion in a world, which is less accepting of them. Their gifts are sometimes gifts of extreme creativeness. Their gifts are sometimes that of strength and understanding of the human soul. Strange how spirit fills their hearts with love and courage...we have so much to learn from them. They truly are teachers of spirit.

We can also be teachers of spirit. We can be the optimist who discovers the secret of the stars, or sails to an uncharted land, or opens a new heaven to the human spirit. Optimism can lead us to those uncharted lands and gateways to the human spirit. Think for a moment of a day filled with only positive thoughts. Think for a moment of how enjoyable that would be. Optimism is a powerful tool – a career builder!

Wayne Dyer, author and motivational speaker has a great way to dismiss any negative or pessimistic thoughts that come into his mind. When such a thought comes to his mind, he silently says to himself, “Next,” and he moves on. I try to use that method when a negative thought enters my

*Look for the Spiritual in Your Everyday Life and be Inspired...*

mind and it works. Just dismiss that thought, do not dwell on it, do not let it steer you down that path of negativity. Do not let pessimism stand in your way of living in the moment. Do not let pessimism put an end to your dreams. You can be a teacher of spirit by being an optimist and by opening those new heavens to the human spirit!

If Helen Keller who was deaf and blind could succeed at being an author, lecturer, and activist, you can reach your goals by positive thinking just as she did. She learned how to communicate in a world, which she could not see, nor could she hear. She was truly a teacher of the human spirit...

After graduating from college she traveled, and was outspoken in her opposition to war. She was active in the women's suffrage movement, workers' rights, and socialism, as well as many other progressive causes. Yes, spirit provides gifts of greatness to those with physical disabilities. They are in so many ways teachers of the human spirit. We can learn from them and sail to uncharted lands opening new heavens to the human spirit.

*Look for the Spiritual in Your Everyday Life and be Inspired...*

The next time negativity and pessimism enters my world I will try to remember the obstacles that Helen Keller had to overcome and like Wayne Dyer I will say, "Next," and I will move on to be all that I can be in a world where the optimist is the one who discovers the secret of the stars!  
Note: If you would like to do some reading on creating a richer life there is a wonderful little book that Deepak Chopra wrote titled "Creating Affluence – The A –to-Z Steps to a Richer Life." It is a quick read, only a little over 100 pages. It will fill your heart and mind with optimism!

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### *Free to Create*

Remember what it was like when you were a child and you were given a big, fresh, blank piece of paper and a new box of crayons? Remember what it was like when it was your turn to paint? Those were the days when you enjoyed creating. Those were the days when you were free to create - uninhibited you turned that blank piece of paper into your work of art. You used your imagination and created from within, loving every minute of it.

However, somewhere along the way some of us became discouraged with our creations. Maybe it was a classmate's giggle, or someone telling us that our flowers really did not look like flowers at all, or that the grass had to be green. Whatever it was in time some of us became discouraged and creating was no longer fun – it became an effort – we just felt that we were not good enough.

Yet, creating from within is how we give our spirit a voice. When we sketch, doodle, paint, take photos, scrapbook, or garden we are giving our spirit a voice. Ever

*Look for the Spiritual in Your Everyday Life and be Inspired...*

notice how you feel after you have spent some time doing something creative that you love to do? Maybe your passion is playing a musical instrument, writing poetry, journaling, sewing, woodworking, or singing in a choir. Whatever it is think of how you feel after you have spent time doing that creative thing that you totally love to do...think of the time you have spent when you are free to create.

The best part is that you are free to share or not to share what you have created. You see it can be just for you. You can give your spirit a voice that can just be heard by you if that is what you choose. When we create something, not only are we giving our spirit a voice but we are also feeling our spirit within.

Henry Ward Beecher the brother of Harriet Beecher Stowe once said, "Every artist dips his brush in his own soul, and paints his own nature into his pictures." Isn't that a beautiful thought? When we think of our artistic efforts in that vein it puts a whole different perspective on things – food for thought...It is no wonder that the creative process is used to heal, to help us to cope with stress and to work

*Look for the Spiritual in Your Everyday Life and be Inspired...*

through traumatic experiences – we put our soul into our creations.

Have you given your spirit a voice? Do you allow it to speak through some type of creative activity? For years, my excuse was that I just didn't have time. I mean after all, I was married, I had a family to take care of, a career, and I didn't have time.

Now, I wonder how I survived without my writing. I wonder why I didn't start journaling earlier in my life. I couldn't have been that busy! Therefore, if there is something creative that you used to love to do but no longer have time for - try making time for it. Your spirit will love having its voice again. Because when you are free to create you do, "dip your brush in your own soul, and paint your own nature into that which you create." Be free to create...give your spirit a voice...feel your spirit...and remember it is up to you if you want to share or not to share...

There is a wonderful book that I would like to recommend to you. It is written by Aviva Gold and it is titled,

*Look for the Spiritual in Your Everyday Life and be Inspired...*

*"Painting from the Source – Awakening the Artist's Soul in Everyone."* Be Free to Create!

*Look for the Spiritual in Your Everyday Life and be Inspired...*

### *Make Time for Your Spirit to Play*

When we think of a New Year, we think of new beginnings, we consider it a time for dreams, a time for hope, and a time for our spirits to play. Yes, all those thoughts come to mind by just thinking of a New Year! It can be a New Year all year long – we can begin anew whenever we want to! Therefore, as I consider a New Year my thoughts turn to finding more time for my creative pursuits – more time to write – more time to paint – more time to work in the garden – more time...

I feel my spirit longing to create, whispering to me to do what I love, and whispering to me that making time for my spirit to play will most certainly bring me the joy that I long for. You see, our spiritual creative pursuits are our spirits play time. I never really thought of it that way, but what a beautiful thought. My spirit wants to play and creative pursuits are how our spirits play.

We truly do need to take time to nourish our souls, our spirits, through creative activities. It doesn't have to be

*Look for the Spiritual in Your Everyday Life and be Inspired...*

for the whole world to see. No, we can choose to share or not to share our writing, our painting, our music, our photography, or whatever it is that we do creatively. We just need to give our spirits time to play – time to create.

Oh, I know it isn't easy to find time. Oh, I know some of you don't feel very creative. Oh, I know that you are tired. Believe me I know all of the reasons and excuses for not finding time to create. I too never had the time. Now, I make the time. Often I get up an hour early just to write and it is a glorious way to begin the day. On days that I write before I go to work, I have an extra bounce to my step. I have a little more energy because I began the day doing something that I love, something for me. Yes, my spirit sings!

For a moment think back to a time when you did have time to do what you love, for a moment think back to a time when you were creative, for a moment think back to a time when you were never too tired to do what you loved. Yes, just for a moment remember.

*Look for the Spiritual in Your Everyday Life and be Inspired...*

You can feel the joy that your creative pursuits brought you. You can probably even remember your last painting, the last afghan that you crocheted, or the last photo album you put together for a friend. I know that as you read this that a smile has come across your face as you remember. Now you're wondering where you even put your paints or your yarn. You are even wondering if you remember how to do what you so loved doing...

We all need to find time, make the time for our spirits to play. We need to slow down and we need to nourish our spirits and our souls with what they love.

Albert Einstein once said, "I lived in solitude in the country and noticed how the monotony of quiet life stimulates the creative mind." We all can't live in solitude in the country. We all probably don't even want that much solitude. Although on some of those hectic days when you simply run out of time for everything, you might dream of a life in the country! However, Albert Einstein was right that solitude would stimulate the creative mind. Yes, if we can slow down for just a moment and find or make some time for

*Look for the Spiritual in Your Everyday Life and be Inspired...*

solitude in our lives it will stimulate our creative minds and it will allow our spirits time to play...

Do you allow your spirit a little playtime? Do you remember the last time you took some time out of your busy life to do something creative? Do you remember the joy that you felt? Questions to ponder at this time of new beginnings, a time for dreams, a time for hope, and a time for our spirits to play – yes it can be a joyous New Year all year long!