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DailyOM

INSPIRATIONAL THOUGHTS
FOR A HAPPY, HEALTHY,
AND FULFILLING DAY

MADISYN TAYLOR



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INTRODUCTION



In 2004 I co-founded DailyOM with my husband with the vision of sending messages of hope, awareness, and love through e-mail. Every day we send stories on topics such as meditation, relationships, nature, as well as words that simply touch your heart. They are events and circumstances in life that we all go through as human beings on our path to growth.

Since the beginning of our journey, we have always wanted to put the wisdom of DailyOM in a book, and you are now holding the first volume in your hands. Allow the energy of the words within these pages to gently guide you on your path to awareness and self-fulfillment.

As editor-in-chief of DailyOM, I am often asked how I come up with story ideas every day. Indeed, this is one of the most difficult parts of my job—but then again, it can be the easiest as well. Most often the ideas are given to me in meditation, and sometimes the universe will have me look at my own life and write about my personal experiences. After all, we are all on the same earth together having very similar experiences. Nature is always a large part of my inspiration . . . and every day I am in awe of her beauty, wisdom, and willingness to help heal humanity.

We all experience joy, pain, love, and grief—none of us are immune, including me. I have walked the path just as all of you have, and I have examined my life in depth and made changes where I felt they were needed. I could not make these offerings to you without doing the work myself. It is my sincere hope that you can find comfort in these messages; that they perhaps spark a fire in you, create conversation, or bring about change; and even that you learn something new if you choose. I'm so happy to have you along on our journey.

Many blessings,
Madisyn

LINKING CENTER

CHECKING IN WITH YOUR HEART



Every day we experience a magical twilight between our dreaming and waking states. During this brief period of time, our minds still remember that all things are possible. We can smoothly transition into the physical world without losing a sense of hope when we first check in with our heart center before we even get out of bed.

Our heart center is the link between body and spirit, instinct and inspiration. It does not take long to hold a thought of loving gratitude for that which beats within us—in a mere moment we can review all we want to accomplish in the light of love. When we get into the habit of beginning our day from the heart, all of our activities glow with the infusion of conscious intent, and all interactions occur with compassion.

We can restart our day right now by imagining how love and inspiration feel. As light glows from our heart,

radiating out through our bodies into the space around us, any feelings of stress or frustration seem to melt away. Now we see each person we encounter as a fellow traveler along the journey of life, and every activity becomes part of a spiritual partnership. As conscious participants in the cycle of giving and receiving, we share our light with others as we become enlivened ourselves, with our heart leading the way.

In the intersection where the body and soul meet, our heart beats in time with the rhythm of the universe. It does the physical work of supplying our body with life force without our attention . . . but for its *spiritual* work, we need to be conscious. When we concentrate on its rhythm and glowing light, we remember that we are spiritual beings having a human experience. Then we know that we can choose any time to check in with our heart center, and in doing so, experience the joy of being in love with life.



ZEN COMMUTE
DISCOVERING OURSELVES IN TRAFFIC



No one wants to be angry with a fellow human being who is lost or confused, but if we get stuck driving behind one, we may find ourselves feeling wildly, uncharacteristically impatient. It is our earnest goal to have compassion and love for other people, but when one of them cuts us off, we feel personally offended, angry, and hurt. The good news is that by experiencing these difficult emotions, we have the opportunity to see ourselves and change our approach. In that light, being stuck in traffic can become a vital part of our spiritual practice.

Sages of all faiths agree that the current moment is the only thing that really exists. The past and future are equally irrelevant in the presence of the now. Therefore, at the deepest level, there is nowhere to go, because the only place we need to be is here, now. Just reminding ourselves of this in the midst of traffic can be extraordinarily helpful. The Zen

mantra “Nowhere to go / No one to be / Nothing to do” can work wonders on our panicky misperception that we need to get somewhere fast. By remaining in the moment, we inevitably get to our destination. We don’t need to push or rush or panic.

Another tool used throughout the ages to maintain enlightened awareness is breath meditation. The simple act of consciously inhaling and exhaling grounds us in our bodies, reminding us where we are, who we are, and how precious our life is. When we connect deeply to our own existence in this way, many of the petty thoughts and feelings that can dominate our minds dissolve without any effort. We have breathed our way back to sanity.

From this place of awareness, you can feel compassion for the drivers who are banging their steering wheels and blaring their horns, even if they are honking at *you*. You know it is not personal; they have simply lost perspective. On your exhale, send out a wish that they, too, find the cool ease of the present moment.



A GIFT OF THE HEART
LETTING PEOPLE KNOW YOU LOVE THEM



It is easy to take our feelings for granted and assume that the people we care about know how we feel about them. While they are often quite cognizant of our feelings, saying “I love you” is a gift we should give to our loved ones whenever we can. Letting others know how we feel about them is an important part of nurturing any kind of loving relationship.

Few tire of being told they are loved; and saying “I love you” can make a world of difference in someone’s life, take a relationship to a new level, or reaffirm and strengthen a steady bond. Everyone needs to hear “I love you.” Three simple words: *I . . . love . . . you*. When you declare your love for others, you proclaim that you care for them in the most significant way.

It can be difficult to convey your affection using words, particularly if you grew up around people who never

expressed it verbally. But you should never be afraid to say “I love you” or worry that doing so will thrust you into a position of excessive vulnerability. It is important to share your feelings with those who matter to you. Part of the fulfillment that comes with loving someone is *telling* him or her that you do. Love exists to be expressed, not withheld.

If you care for someone, let the person know. Do not be afraid of the strength of your emotions or worry that your loved one will not feel the same way. “I love you” is often best said to another without expectation of a return on this investment. Since each one of us is filled with an abundance of love, there is never any concern that you will run out of it if these words are not repeated back to you.

Saying “I love you” is a gift of the heart sent directly to the heart of a recipient. Even though it may not always look that way, this is an offering that is always unconditional and given without strings attached. That is the true essence of the gift of “I love you.”



POWER IN NUMBERS

SENDING OUR COLLECTIVE LIGHT TO THE WORLD



Like tiny ripples that merge to form great waves, combined human intent is worth more than the sum of its parts. A single individual can initiate worldwide improvement by emitting conscious frequencies of love, beauty, goodness, and wisdom. A group of people focusing their energy on sending out light to the planet can set the stage for positive global transformation.

All of us possess the ability to channel love energy, to heal, to be a conduit for white light, and to positively influence our fellow humans from afar. Yet one person can only do so much. Imagine if each of us took a few moments at the start of every day to send out light from our hearts to the world. Mother Earth would be quickly eased, and the planet—as well as every organism and being on it—would be bathed in loving radiance. The world would be an infinitely beautiful place.

You can help bring about an earth where love triumphs over violence, air and water nourish in their purity, and people take pleasure in simply being alive. Alone, the light you emit is a wonderful healing tool, but when you join with others who share your intent to shine compassion and positive energy over the globe, a powerful force is created. Your collective consciousness and cumulative light will wash over the planet, enveloping people, communities, cities, countries, and continents.

Inviting others to do this with you can be a beautiful thing if handled delicately. People may question the benefits of sending light to an already-broken world. You will likely need to explain that each person's light joins together, and through the joining all are strengthened. Assure them that it is not the technique used, the religion practiced, or the beliefs held, but rather the *intent* that matters.

As more people come in mindfulness to send their collective light to the world, the power of their planetary gift will increase exponentially. You may already be affiliated with groups who would gladly participate in such a noble project. Children, who often feel incapable of influencing their world yet are reservoirs of innate power, are usually enthusiastic about sharing their collective light. As you gather willing people together, your individual intent will become a great and powerful wave; and you will see results in your fellow humans, in the news, and in your daily life.



ACCEPTING THE GESTURE

LEARNING TO RECEIVE



As children, most of us are taught to give generously, but seldom are we provided with instructions on how to graciously *receive*. To give of ourselves—sharing our talent, our time, and our treasure—comes naturally, but being presented with a gift is often a source of embarrassment or confusion when it is not clear how to respond or we feel unworthy. Learning to receive is as much an art as giving, and it begins when we open our eyes and ears to the simple gifts that are bestowed upon us each day. If we fail to express gratitude, even for those things that seem insignificant, we are unconsciously denying the emotions of the giver. Receiving gratefully lets the individual know that he or she is valued.

Many people are uncomfortable receiving, and rather than acknowledging the spirit in which the gift was given, they disregard the sentiment with statements such as “You

shouldn't have." It is easy to forget that accepting a present, a charitable service, or a compliment with grace and sincere gratitude is often a gift in itself. Expressing appreciation means letting someone experience the joy of giving.

Offerings of love, service, help, communication, or material things all possess an emotional quality and, as such, have the power to forge or strengthen bonds. In this way, accepting them necessitates yielding to another, which may cause discomfort. We are told that receiving is a form of selfishness, but when the giving is done freely and with positive intentions, our doing so actually honors both the giver and the gift.

It is necessary to care for yourself and to feel deserving before it becomes possible to accept gifts without discounting the spirit of giving or worrying about relative values. Expressing appreciation need not take long. Letting someone know that you are truly grateful for their thoughtfulness is enough. Often a simple, heartfelt "Thank you" will suffice.

Giving and receiving are both blessings, and each builds its foundation on the other. As you learn to receive, you have that much more to give. Only when you are willing to accept both openly will you truly be able to experience the magic of generosity and abundance.



A TWISTING PATH
THERE ARE NO STRAIGHT LINES
IN NATURE OR IN LIFE



If you trek into the wilderness and look around with a careful gaze, you will see that the trees, flowers, and even the rocks have a tendency to flow: There is the arc of the branch that leads to the blossom, the smooth dip in a rock formation, the gnarled knot in a tree trunk, and the forking of shoots. As nature is overflowing with curves, corners, knots, and unexpected directions, so are our lives filled with unpredictable twists and turns.

While you may find yourself briefly on a straight path, there is sure to be a sudden change in route up ahead. The journey of life does not necessarily always bring you closer to your goals. In fact, sometimes you may find yourself backtracking or meandering off in a new direction. Since there is no way to foretell the outcome of your journey (just as there is no way to predict the way a new bud will form), living is in itself the path to wisdom.

Like a nature trail, this path can lead to unexpected destinations. You may be faced with direct questions such as “Who am I?” and “What is of value to me?” Or you may find yourself acquiring the answer to them through everyday experiences. The route to wisdom is only blocked when you expect it to be a straight line. It is important to remember that plans and predictions are not rigid, and as your world grows in complexity, they are likely to change. It is therefore necessary to be open to a multitude of different paths. Obstacles, weariness, curiosity, or circumstance may cause you to alter your direction abruptly. There may be forks along the way where you will need to make significant decisions based on the counsel of your inner voice.

There are both long and short roads that are sometimes curved and sometimes straight. Enjoy and learn from the adventure. Often when you look at nature, the beauty is in the unexpected. No two plants or minerals are exactly the same, and even the smallest buds curve gracefully. The winding path is often the most interesting one. The lesson you can take from that is to avoid becoming attached to what “needs” to happen and remain flexible as you continue on your journey. If you are determined to achieve certain goals, you will do so, no matter how many twists and turns you must travel.



A POSITIVE SHIFT

THE ART OF FORGIVENESS



To forgive really is divine. It takes strength to set aside what is often justifiable anger. It is much easier to hold a grudge, yet when we allow ourselves to put aside that anger and forgive those who have harmed us, we actually do ourselves a great service. Making the conscious decision to let go of pain is the beginning of healing. To do so is challenging, however, because it is easy to become attached to seeing ourselves as victims and hold on to resentment, even when the person who has harmed us is genuinely sorry. Forgiving another is both one of the most difficult and one of the most spiritually rewarding choices we can make.

While forgiveness is a noble act, research shows that the person who offers it benefits as much as, and perhaps more than, those who are forgiven. Expressing true forgiveness is empowering because it helps us to stop feeling like victims and allows us to dispel our own suffering at having been

wronged. Our levels of rage and hostility decrease, while our capacity to love *increases*. We are better able to control our negative emotions, and we have an enhanced ability to trust. We are freed from the control of past events, which can help us stop repeating destructive behavior. Both our physical and mental health improve. Although many people feel forgiveness is something that must be asked for or earned by another, it is actually a gift we give ourselves.

When you are ready to let go of your anger and forgive, it can be helpful to do so internally, whether or not you intend on telling the one who wronged you. It does not matter if the person has passed on or you are not in contact with one another anymore. Keep the individual you want to forgive in your mind's eye, but do not dwell on past actions or words. As you concentrate on this image, sincerely wish for the other person everything you would want for yourself. Do so as long as and as many times as it takes. It may be days, months, or even a year before you notice a change, but you will know when you are finished because you will sense a positive shift and feel free.



GETTING ON TRACK

TRAINS ARE LIKE PEOPLE



The rails that crisscross the countryside and cut through cities have long captured people's imaginations. Just the idea of taking a ride on a luxury train, on an express-commuter line, or in a cargo car can evoke a sense of freedom, adventure, or romance.

Trains are like people in that they must inevitably arrive at their destinations. They make scheduled and unscheduled stops along the way and move at different speeds. Some can travel for hours and are mindful of only a single destination; others meander from busy station to busy station. The route and purpose of any train may change as the years go by. Our lives stretch out in front of us and behind us like railroad tracks; and we are the train, its passengers, and the engineer.

The way you choose to live your life and the goals you are working toward are the route and the destinations you

have chosen. Like a rider on a train, you have the choice to get on and off, find new routes, pick unknown places to visit, or just stop and enjoy the view for a while. Perhaps you like to move quickly through life as if you were an express train. Or maybe you are like a commuter passenger, taking the same routes over and over. You might even want to stop just riding along and choose a different direction for your life to take.

If you have examined the tracks of your life and are feeling unsatisfied, you may want to explore the changes you can make to find a more fulfilling path to follow. Perhaps you would like to slow down a little and take a windier path rather than just traveling down the straight and narrow. Or maybe you would prefer to experience your life as more of an adventure as opposed to just a ride that gets you where you need to go. Changing your route can sometimes give you a chance to “get on the right track.” You may even discover that the something new you have been waiting for is just around the bend.



AFTERWORD



It is my sincere hope that reading these passages has brought about a shift in your life. Making change happen in your life can be joyful and exciting, and it can also be scary. Be gentle with yourself as you allow the words in these pages to fill your heart and soul. Be good to yourself and take the time you need to process the information. More important, congratulate yourself for being a courageous and brave spirit living on planet Earth. Remember your beauty – you are a beautiful being of light.

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– Madisyn



ABOUT DAILYOM



DailyOM features a universal approach to holistic living for the mind, body, and spirit and supports people who want to live a conscious lifestyle. You can find more DailyOM, register for a free daily inspirational newsletter, or find products and gift items that can help you on your journey of healing and awareness on the DailyOM Website: www.dailyom.com.

ABOUT MADISYN TAYLOR



Madisyn Taylor is the co-founder and editor-in-chief of DailyOM and is responsible for all the content on its Website. She is also the founder and head of product development for the successful aromatherapy and spiritual-jewelry line named Madisyn Taylor. Additionally, Madisyn has several years' experience in personal development and alternative-healing methodologies. When not writing or developing products, Madisyn can be found in her garden playing with her cat, Zoe, and being at one with nature. She also enjoys journaling, meditating, and taking walks with her husband in the forest near their home in Ashland, Oregon.



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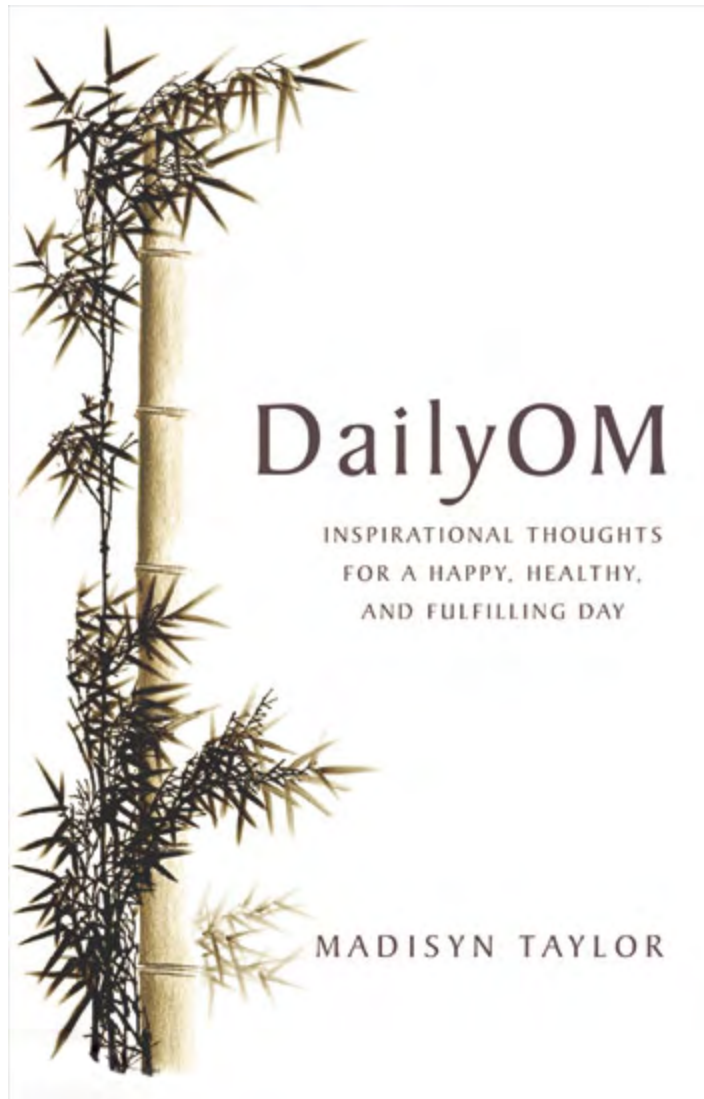
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