

THE MAIN THEME FOR OCTOBER IS

inner stability

AND

BALANCE

friday inspiration
OCTOBER 6, 2017

Inner Stability

It is time for us all to stop looking for stability from an outer source and begin to experience it within ourselves by focusing on our own inner strengths, talents and trust. Our inner experience is what informs our outer experience, so by practicing inner stability and balance, we are not only advancing our own personal growth. You can trust your own truth. You can trust your own wisdom, talents, ability to choose, to love, to create, to eliminate, to dream and to set intentions.

Balance

Balance is addressed from a number of angles. The balance between being and doing, narrow focus and big picture perception, giving and receiving, asking and accepting, energy output and times of recharge. Be present and proactively receive what you need. This will require telling the truth about what is out of balance and accepting personal responsibility for creating more balance. The more you can embrace “being” in your life, the less resistance, impatience and irritation you will feel. There is a flow to this month and it is best to get on it rather than paddling up stream.

P.S. Set an intention for ease, acceptance and a sense of well-being.

Your October Rx

RELAX A LITTLE
TRY NEW THINGS
ENJOY YOUR
FRIENDS + LOVED
ONES
REACH OUT TO
OTHERS
GET BODY WORK
FIND YOUR INNER
CREATIVITY
VOICE YOUR NEEDS
HAVE COMPASSION
FOR OTHERS
TAKE A DEEP BREATH



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