



song: *Bring Me to Life* Evanescence

week #10

inspire: (verb: do it)

- Affect, guide, or arouse by divine influence
- Fill with enlivening or exalting emotion; breathe life into
- Stimulate to action
- To be the cause or source of

affect, animate, arouse, cause, elate, enliven, excite, impress, infect, inflame, influence, infuse, instill, invigorate, motivate, provoke, spark, spur, stimulate, stir, touch

Literally meaning “breathed upon,” the word *inspiration* can refer to a mindful experience or the movement of air into the lungs (inhalation). We sometimes even find that inspiration has the power to take our breath away.

Inspiration can encourage the growth of a skill: such as embarking on a breathtaking hike; provoking your need to spend more time outdoors. Watching an incredible performance may spark a change in your life; such as taking a dance class or a voice lesson. Inspiration is often fleeting. You may be offered only a passing glimpse. Grab it when you feel it; this is message that you are meant to do more; be more... see more.

Of course, each inspiration will require an action that follows... if you truly want more.

**“Character cannot be developed in ease and quiet.
Only through experience of trial and suffering can the soul be strengthened,
ambition inspired, and success achieved.”- Helen Keller**

Remember: sometimes inspiration comes from within. Follow your intuition.

ACTION: This week, focus something (or someone) which inspires you. Use it to move you. Speak it, sing it... share it. Ideas that inspire are pathways to your unique, authentic character. Harness what inspires you in order to communicate your truth, and use it to provoke a good mood or a new project.



Sweep down and exhale out what no longer serves you. Sweep up, and inspire your lungs, your body and your mind with fluidity, change and emotion.

March Color: Fair Aqua

The color for the month of March is Fair Aqua. This hue evokes inspiration and helps identify innermost desires.

Intuition
Empathy

March Chakras: Heart & Throat

Aqua, a mix of green and blue, is associated with your heart and throat chakras. Your heart chakra governs feelings of love, joy and happiness; emotions that are stirred when you're feeling inspired. Seeking inspiration is an important step in keeping your heart chakra balanced and healthy.