

Expanding Your World of Thought and Living



The Lavender Co.

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"Discipline is remembering what
you want."

David Campbell, Saks 5th Avenue

"You can't bring the same stale
self to the world and expect the
world to be new for you"

Deepak Chopra

"The soul knows the truth!"

Denise Linn

There are an infinite number of ways that I could start this Gems of Insight written collection of inspiration. There are all perfect! So – this one is it.

This is a newsletter that will include insights, ideas, inspirations and updates. In lieu of newsletter, I prefer to call Gems of Insight a collection of inspirational writings. As an inspirational bonus, I will gather and produce more than one issue to coincide with times of expanding possibilities and enthusiasm by either myself or the contributing writers. Future issues will include poems, stories and more.

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I recently experienced a most unique and comical moment while looking out into the forest near my home on a gorgeous, bright and sunny winter day. As I focused on one of the nearby birch trees, I saw a black squirrel running up the tree. Seeing black squirrels in this forest is quite normal. The unique thing that caught my eye was that this squirrel was carrying a sparkling bright red and round ornament up the tree.

I remember thinking how happy that squirrel must be to have found such a treasure in the middle of winter! This was a natural playful moment for me to observe. This was like nature television – live forest comedy.

Can you see the image of this squirrel? Where was the squirrel going? Can you imagine the squirrel finding this ornamental treasure and trying to find a way to transport it to its nest high in the forest canopy for safe keeping or to share with other eager and joyful squirrels?

Hmmm – so many exploring questions. These questions are designed to invite you to expand your world of inspirational thought. Inspiration is like the squirrel – it's all perspective thinking. What we perceive and believe to be inspiring is truly inspiring to us. It just is! Whether it's a squirrel, a great tasting meal, or even the aroma of lavender flowers in the wind, if it inspires you to feel joy and inspiration then it's your personal moment of real life celebration.

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Do you live each day ready to be inspired, joyful, happy, and positive? I believe that when inspiration and joy are appreciated by two or more people - it is natural universal communication at its best! I encourage you to give rise to new possibilities of inspiration of what can be experienced. It's as if things that might seem impossible are possible and it is through that possibility that you will expand your world of thought and living.

"Possibility Thinking" is a well known concept. This concept is mostly about believing, or what I term be-living. When we be living (believing) life expands the mysteries of positive possibilities. This perspective thinking allows us to move forward to meet our dreams and themes in life with more clarity, fun and eager satisfaction for more and more clarity and fun! Seeing the squirrel with the red sparkling ornament was a moment of fun for me.

Somewhere along the way, many of us become accustomed to living complicated lives.

My own life included. These are lives complicated by emotional, physical, spiritual and mental challenges. When did complicated living become the standard or norm? What would it feel like to have the possibility thinking of living and understanding life in a manner that is simple, playful, harmoniously soulful and joyful? Would you be willing to try? If yes, read the last two sentences again and say "Yes!" with total enthusiasm and gusto. Enjoy!

Did you think that my example of the squirrel may have been otherwise? If you want to know what I really saw - just e-mail me at Justina@Lavenderco.com and I'll share with you the rest of the story!!!

Simple Living

To assist you in connecting with simple living – I highly recommend the Soul Coaching program described at www.lavenderco.com/Coaching. This program offers you one-on-one guidance before, during and after the 28 Day program. Soul Coaching is like an Inner Wellness program. It was designed by teacher, healer and author, Denise Linn. www.DeniseLinn.com. As one of many international soul coaches, I know that this program brings a wealth of personal loving insight to being true to our soul selves. In this way, we are truly living a simple joyful life.

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Upcoming . . .

As possibilities are created through The Lavender Co. and my own speaking, coaching and training, I am enthusiastic to share news along the way. I am dedicated to offering my best in Twinkle Loving Care (TLC).

Here are a few previews:

- California Insights: Themes and Dreams CD (in production to be released Spring 2006)
- Business Launch Celebration – Spring 2006
- Featured Guest Coaches – The Lavender Co. will feature guest coaches who also promote joyful simple living. This will expand your own horizons of possibility.

Thank you! Merci! Gracias! I celebrate you and the wonderful community of people in my life. Join me in celebrating all that is! May your day be filled with blessings of Love, Life, Laughter and Lavender.

Justina