

Enjoy the Free Resources of the Universe!

By Patricia Omoqui

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This week a line from India Arie's song There's Hope captured my attention: "It doesn't cost a thing to smile; you don't have to pay to laugh--you better thank God for that."

- 1 We have the breath of life. Most of us breathe on auto-pilot. When stress kicks in, our breath tends to become quick and shallow. However, we can learn to breathe deeply and consciously. Your breath can put you in touch with the life force within you. It can make you aware of the inner aliveness that permeates your whole body. Use your breath to cleanse your body and brain. Breathe in refreshment; breathe out stress. When you watch your breath you naturally pull your attention back to the present moment.
- 2 We are equipped with humor and laughter. Cracking a joke costs nothing. Telling or listening to a funny parable can lead to some hearty belly laughs and connect you in warm ways with others. Studies have shown that laughter boosts the immune system, decreases stress hormones and lowers blood pressure. Why not call someone who gets you laughing or learn a new joke to share with your co-workers? Those who say, "Laughter is the best medicine," are telling the truth.
- 3 We are designed to express love and kindness. How many smiles do you have that you can share with others? An endless supply! And offering one usually brings one or more in return. Moving through the day with a smile is likely to improve it in amazing ways. Helping with a heavy package, giving someone else your seat on the bus, patting someone on the back for a job well done - are all no-cost ways to express kindness and increase your own well-being.

Studies have shown that there are health and emotional benefits to being kind. Stress-related health problems, like depression, often improve in those performing acts of kindness. As we remember, the sense of well-being that comes from doing a good deed can last for hours or even days. Thoughtfulness improves our feelings of self-worth, happiness and hopefulness.

- 4 Our bodies are made to move. You have a body pulsing with life energy. Why not focus more of that vigor in ways that help you feel well? Simply using your body to walk can energize you and elevate your mood. Instead of taking an okada, bus or cab from one point to another why not walk part of the way?

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Stretch. Stand on your tip toes. Flex your fingers. Roll your shoulders. Release the tension. Reach your hands to touch the sky. Tap your foot to some good music. Get off your seat and dance! No matter what physical challenges you may be experiencing, your inner self will guide you to movements that work for you.

- 5 Our minds are made to imagine and create. It doesn't cost a cent to daydream and play . with ideas. You can start by traveling in your mind to beautiful places you see in magazine or TV ads. You may be surprised to find that these mental jaunts later turn into actual physical journeys.

I found myself remembering some of the free inner and outer resources the Universe offers to each of us. They are available to the rich and to the poor, to people of all ages, all walks of life, and all states of health. These generous assets belong to you. They are waiting for you to notice and enjoy them.

You are able to read this article because you are alive. There are certain gifts that we have just by virtue of being alive. These are a few that came to me. Of course, the ones I've listed are just a small sampling. As you read it, open yourself to a new level of awareness and see what additional free resources come to your mind.

Inner Resources

Outer Resources

- 7 Nature's beauty beckons you. Have you noticed the palm trees lately? When is the . last time you really felt a gentle breeze against your skin? Masterpieces of natureÑsunrises, sunsets, stars and cloudsÑsurround us. Take time to appreciate these fantastic displays of creativity.

Let nature inspire you. Humans invented airplanes after observing the amazing flight of birds. See nature's symbols. Could a tree remind you of how tall you are able to stand or how important it is to have deep roots? Will a bird help you see the possibility of flying higher in your life? The answer is up to you.

- 8 Children remind us of innocence and joy. Observing little ones is a wonderful way to . remember your innate ability to play. Listening to their banter can give you a chuckle and lighten your heart.
- 9 Potential mentors await your discovery. Look around you and see if there isn't . perhaps a wise person in your life, someone whose example you would like to follow. If you need a listening ear or some help at sorting out a problem ask for assistance

from seasoned men and women around you. Most people are pleased to share their wisdom and expertise. We can learn lessons with the help and experience of others.

We don't have to walk through every heartache and difficulty by ourselves.

Don't postpone your happiness waiting for a treasure ship to come in. Instead, change your interaction with the present moment by using the rich, free resources already--and always-- at your disposal. The more you access these resources, the more grateful you will feel, and the more you will wonder how you could ever have missed out on so much.

Life favors those who open to it. Taste and experience life's gifts as often as you can and as you do, give thanks. The Universe appreciates our expressions of gratitude and responds by helping us expand. We find increased optimism and renewal in spirit. When our spirits are clear and our energy is flowing we open the way for miracles.

Your assignment this week is to focus on one free resource each day. Take time to familiarize yourself with it. Sample these resources and see which ones help you most to enjoy your daily life.

If you think of free resources that I haven't listed, please drop me an email and share what works for you. I'm always looking for ways to expand my horizons and I promise to share these valuable ideas with others.

Life is full of magnificence. Relax in each moment and let these gifts from the Universe work miracles in, for and through you.

Food For Thought

Take time each day to
Fully enjoy the generosity of the World around you.

There are so many blessings to enjoy if you
Step back,
Become Aware,
Notice and
Experience them first hand.

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Patricia Omoqui is an internationally recognized inspirational speaker, life coach and writer. Patricia's mission in life is to inspire people to move beyond fear so they can reach their full potential.

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