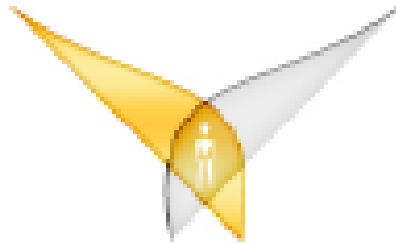


Templates for Change

Ten Minute Turning Point



Your World – It's World



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Presenter



When you get up in the morning....

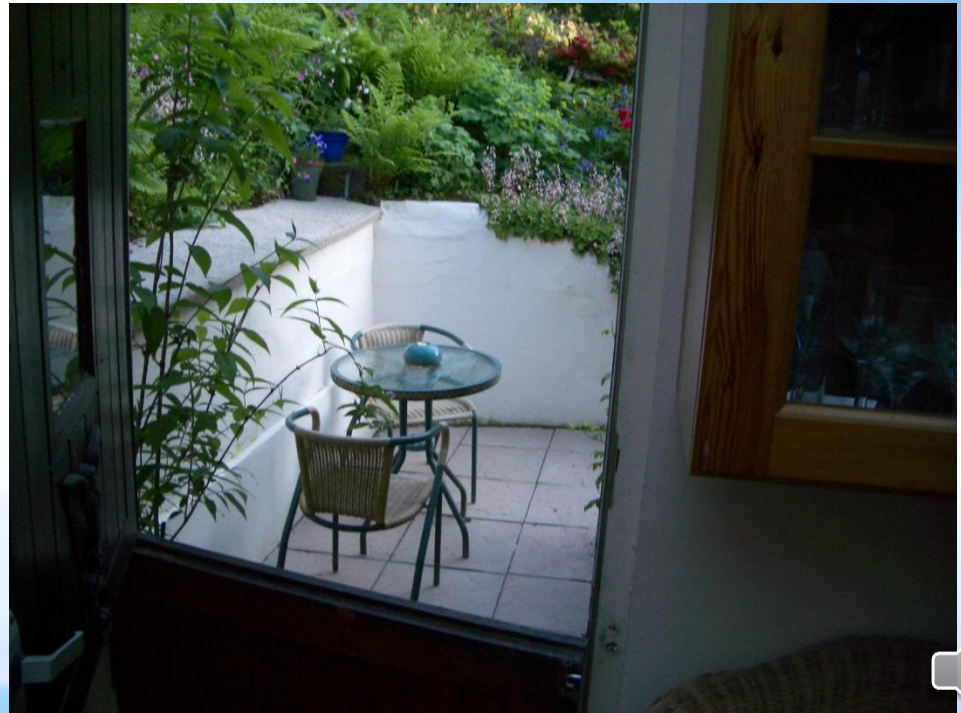
Where does your mind connect.....tea, coffee, juice...the needs of the day ...shower, work, unresolved issues from yesterday?

If this is the kind of menu at the start of your day...then you dive back into your worldwith you at the centre of it all!



It's so easy to do that...with one day drifting into the next

But there is another way to start the day...why not open the door (or even the window!) of your home and step outsidetake your morning drink outside (or to the window!) and look around....



Sense the day....

Look around, and sense the day....the birds which have been awake since dawn...the vibrancy of their song. The season and it's changes from day to day....The sky, and the clouds as their patterns move and change...

And you realise there is a huge great world out there....into which we all arrive fresh (or not!) each new day. It's there already and we are a part of it all.



Air to breathe...Water to drink...

And for us...we receive the benefits of that ...the air we breathe, the warmth and light from the sun....the water we drink and in which we bathe...the stability of the earth beneath our feet.

We have the senses and consciousness to appreciate all around us!

Pretty amazing really!



And Guess What??!!!

We are not at the centre of this world, we are a part of it...and quite a tiny part too! As we shrink to a realistic size, so does the world around us assume its natural proportion and encompass us within **it's** largesse.

Are we not the lucky ones?



And so back to our lives...

And having re-joined this larger world...it gives a much brighter, richer platform from which to re-join our own day to day affairs. Perhaps offers a different, even fresher perspective on where we are and what we are doing!



In Nature, it's fresh and new every day

And we can perhaps take a leaf out of nature's bookand give ourselves that same fresh new start that we find in the natural worlds every day! It need only take us a few minutes, but really change the whole day! Re-finding ourselves afresh each day ...our world within it's world !



Hope you found this useful!



Do join us again ...for details, visit www.templatesforchange.org

