

Templates for Change

Ten Minute Turning Points



2: Into the Vortex of Life's Real Treasures...



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Life's treasures - nature's gifts

When we think of treasures, where does one's mind go? Riches, wealth? Or what does the idea of gifts conjure up? Birthdays, wrappings, nicely presented luxuries?

How about we re-think what are the real treasures in life....the gifts which are part of being alive?



So, what sort of things are we talking about ?



Where do we start?

How about the ability to move ...to be able to walk, run,
jump



Trees and flowers, by comparison, are rooted in the ground....

Or the gift of sight, touch and communication ?



...all helping us exchange with the world around us

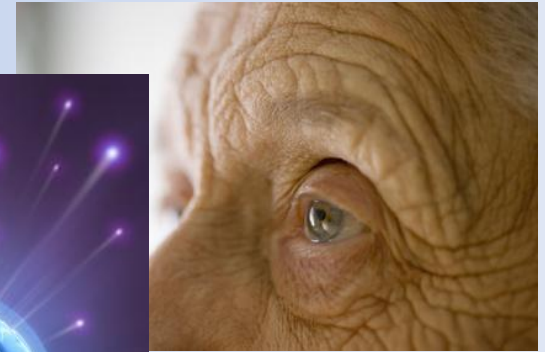
Or the ability to smile, have fun and humour in our lives...



...all helping life be less stressful and more pleasant !

How about Consciousness...that uniquely human experience ?

All living life has an awareness, an innate intelligence....but we have something extra...that ability to be self aware, to reflect, to make changes , to expand our consciousness beyond our immediate environment, to be pro-active and creative, rather just re-active to circumstances.



Remembering all these great gifts on a regular basis makes for a sweeter and happier life just a few moments of thankfulness can change our day.



And is a great antidote for the times when life gets a bit tough...it keeps the glass half full!

Appreciating life's richness on a daily basis, is a bit like taking vitamins ... building up a reserve of strength and 'mental immunity'



...and keeps fresh in us what a great gift it is to be alive...to be human.

Thanks for joining us ...hope you enjoyed the ten minute turning point !



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