

A Weekly Reflection
Musings for the Year

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About A Weekly Reflection

I love to find new pieces of information that I can mull over. These often lead me down new paths of exploration where some of the most treasured inspirations have emerged. With that thought in mind A Weekly Reflection: Musings for the Year was crafted.

I chose the word “reflection” to inspire the idea that every piece of information, every event or action, every thought or feeling is somehow mirrored within our own being. This reflection often goes unnoticed until we take the time to pause and re-read, re-do or re-think.

As you move through the weeks with these musing and call to action, be reminded that the greater inspiration we have is within ourselves. We have the gift of creativity, choice about how and where we express that creativity and who will receive benefit of our inspired actions.

Each week has a page following it entitled: Notes From the Week. Use this as a journal page to record your impression of the week’s reflection and any insight you may have gained from spending some time musing what was offered up.

My hope is that you will begin your own practice of staying alert to the many ways that inspiration present itself.

Blessings on your journey of a new year!... RCF

WEEK 1: Be Spontaneous

To be spontaneous is to act without ego and enlist our sense of creativity and imagination. Choose a restaurant of different cultural foods. Choose bubblegum over your regular brand and test your childlike skill. Finger-paint!
Anonymous

How often, as adults do we allow ourselves the joy of being spontaneous? Children naturally allow their interest and actions to flow in unrestrained creativity. There is a freedom that occurs when you allow the restraints and structure to loosen a bit and open yourself to different opportunities. Taking these alternate paths can often inspire us to try something new, or engage in a way of being that would have otherwise gone unexplored.

Leave a little earlier and take a more scenic route to work. Call a friend you haven't seen in a while and set up a coffee date. Go out for a movie and dinner in the middle of the week instead of waiting for the weekend. Buy a box of crayons or markers and draw what is around you. Then, hang it on your refrigerator for all to see.

For this week, I want to explore the inner child that is spontaneous, joyful and creative. I want to remember the sheer joy of losing myself within the notes of a beautiful piece of music.

Where will your spontaneity take you?

Notes From the Week: _____

WEEK 2: Quotations for the Soul

“Is the intention pure, selfless, and born out of love? Is it based on truth? Does it result in peace? If so, it is a right action.”

Sai Baba -

I often come across various quotations that stir me deeply and bring me back to a place of remembrance of what my Higher purpose is. These are not something I look for; but rather, they present themselves at just the appropriate time. This was posted on my daughter’s social site, which I rarely look at. And, as soon as I read it, I knew this was my reminder to be more mindful of how I move through my day. To be more conscientious in my interactions and to pause before deciding, speaking or acting to allow for the space of observation to come forward. That briefest moment of reflection before charging ahead can reveal a different perspective, a deeper truth and possibly a different choice.

For me, these questions posed in this quote are the filters that should guide me to move from a place of love and greater understanding. They are a reminder of the great responsibility held in each of us that is the call to right action. And, the obligation to make each day an expression of integrity; acting in a way that is in alignment with my Soul’s work.

What intention do you have? And, what filters will separate the true gold from that of the “fool”?