

Inspirational Insight

Feel Good

Feeling good is a goal we all share. We worry a lot about our state both physically and emotionally. A lot of time, energy and of course money is spent in the name of feeling good. There is a huge market dedicated to personal well-being that we have all bought into. The question I ask is why exactly do you want to feel good and look good? What is it we truly seek? Will the body beautiful and perfect health really meet our true need?

Our true desire is personal fulfillment, a need to be at one with our inner self? Do you think that this will be achieved by constantly worrying about yourself? Think of all the energy that is used up in this pursuit. Where does that energy go? Do you end up feeling the way you planned?

Now think of a time when your energy was devoted selflessly to the well being of someone else. What happened then? Was the energy/effort well received? Did the other person feel better for it? Did you feel good? What happened to that energy? Was it limited or expansive?

What truly makes us feel good is turning our attention and focus not on yourself but, on others. Contribution to others is one of the surest ways to make you feel good. If you don't believe me try it.

Action: - Next time you want to feel good, do something good.

DO YOU WANT AN INSPIRED LIFE?

Caroline Hart – Life Coach