

Nuggets For Life®



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Nuggets for Life ~ Earth Day Part 1

On April 22nd, over 1 billion people on the planet will celebrate Earth Day. Our earth is hurting and needs continued focus person by person to help her heal herself. Check out www.earthday.org/2012 to learn about the history of earth day; a billion acts of green; renewal energy for all; athletes and arts for the earth and all kinds of other interesting facts and figures, as well as ways you can become involved. Part 1 starts with your inner state of being because everything starts from within.

This weeks nuggets for life are about taking care of yourself from the inside out in order to experience thriving inner pace, balance and harmony. What does it mean to you to live green within? Clean fresh thoughts, common sense living, or farmer market shopping are some of the ways. To effect change on the outside, create change on the inside. Love yourself. Take care of your mental thoughts. Get rid of useless ones. Replace them with positive ones and your perspective will shift almost immediately. Start the habit of getting a solid 7 or 8 hours of sleep every night. Take 10 minutes over morning coffee or tea to enjoy quiet time. Eat lightly and more green stuff. Drink lemon water to help your body flush toxins. Wear natural breathable fabrics that feel good next to your skin. Notice what you're watching, reading and what kinds of conversations you have with people. Exercise every day to feel healthy and strong. Though sometimes we can't change circumstances, you can absolutely change your perception of them. Cultivate tranquility and connect to your spirit by spending time in nature every day. Observe yourself rather than being so attached to everything. Enjoy your inner connections with the earth this week and go green within!

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