

HOW VIBRANT ARE YOU

Sylvia Marina

speaker | author | mentor

www.sylviamarina.com

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Today, I have a question for you...how vibrant are you?

In this moment how alive do you feel?

Are you full of energy and vigour with a zest for and a lively interest in life – or do you feel exhausted just reading these words?

How vibrant you feel in any given moment is an indicator of how on track you really are. Your energy and enthusiasm for life is always an indicator as to whether you are tuned into life or having an off track day. Feelings of happy, sad, despair, at peace, held-back, inspired, angry, joyful indicate how aligned you are with your purpose and who you really are. All feelings mean something and that something is on the inside at the core of who you are.

Today I chose a brilliant colour that pulsates vibrantly with the exciting energy of the springtime aliveness here in Western Australia. Today is beautiful and that's how from my inner being I choose to view it. However, today also burst open many buds that poured pollen into the air, a wonder and gift of nature, the biology of the cycle of life... a cycle of life that for many humans produces sneezes, itches and irritations.

How do you interpret a magnificent spring day?

Positively... that's your spirit energy your soul essence, the core of your happiness speaking.

Negative emotions are an indicator you are not giving to yourself that which your heart and soul needs to feel most alive.

Searching for happiness, searching for the effervescent vibrant part of you comes from the inner self, anything else is simply a bandaid.

Consider your relationships, your career, your business, how you view your life, these examples are reflections of your life energy.

Truthfully, how vibrant are you today?

Look at a stone cutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and in that moment I know it was not the last blow that did it, but all that had gone before.

Written by Sylvia Marina
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International Conference Keynote Speaker Sylvia Marina has more than twenty five years experience in Conference Master Workshops, Conference Master of Ceremonies, Public Seminars, Behavioral Change Mastery Programs and Retreats, Master Teacher Training & Mentoring.

A high performance life-skills educator, Sylvia knows the value of good communication skills to meet the present day professional and social challenges of one to one speaking, facilitating and meeting interactions, a product launch, corporate change or a public demonstration. A professional face profiler and teacher at heart, Sylvia weaves her humour, knowledge and wisdom to bring you interactive programs that have long lasting results.

T : +618 (08) 9457 3763 PO Box 755. Applecross 6153 West Australia

E : speaker@sylviamarina.com W : www.sylviamarina.com

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