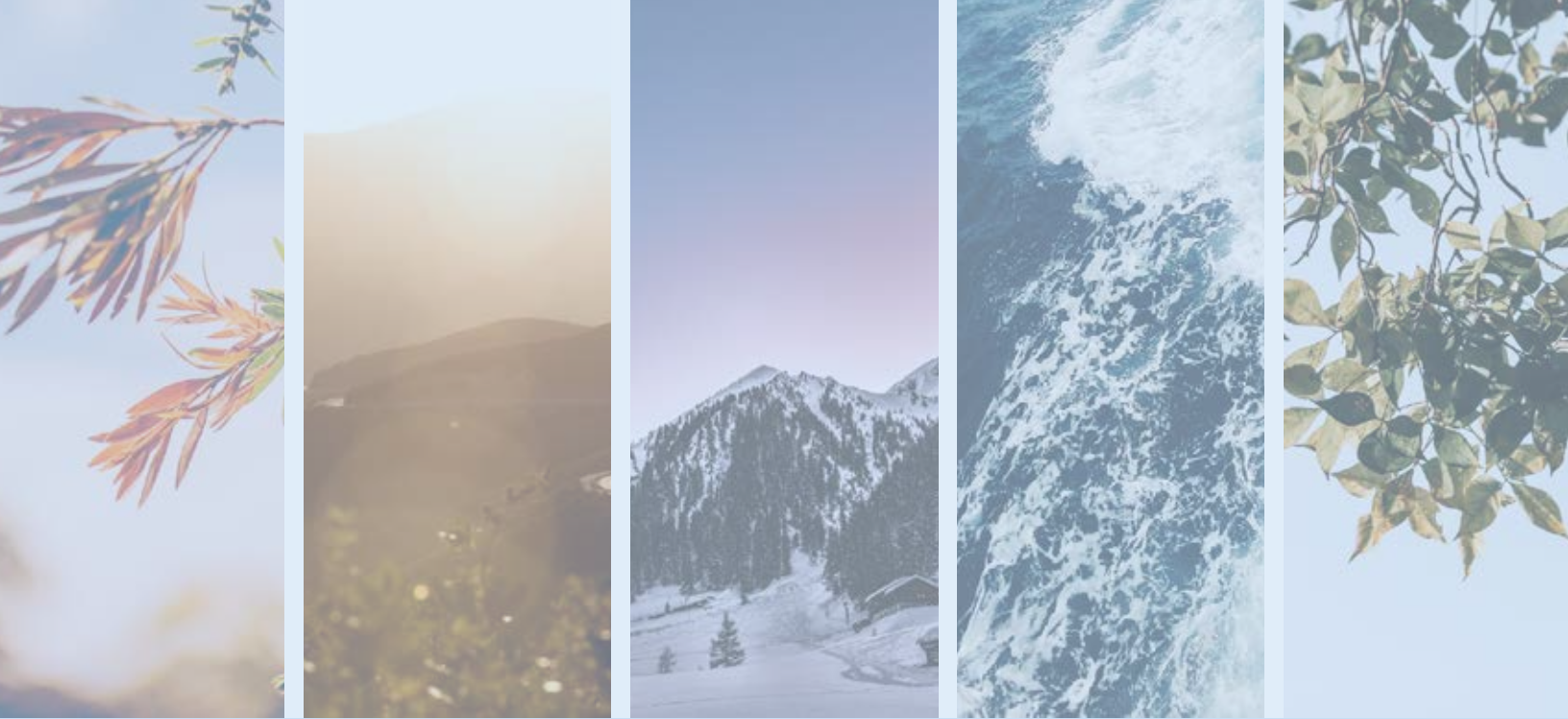




10 DAYS OF INSPIRATION

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Describing light has been the holy grail of all of physics and spirituality. Imagine a completely dark room on a pitch-black night. Now, imagine a candle is lit, casting its gentle light towards the ceiling, warming the area around it's burning wick.

Within the flame of light, there is no darkness. It is the one space where light and dark cannot exist at the same time. Light wins.

Likewise, and less scientific - the mind cannot focus on two thoughts at the same time. We can change our thoughts so quickly that we might have the impression of having multiple thoughts simultaneously. We also have the freedom to choose which thoughts we stay focused on.

We live in precarious times; we don't know what the future holds. We might be afraid, but we can still have faith. We have the power to recognize the source of fear. We have the power to look to the light... and remember... what we focus on expands.

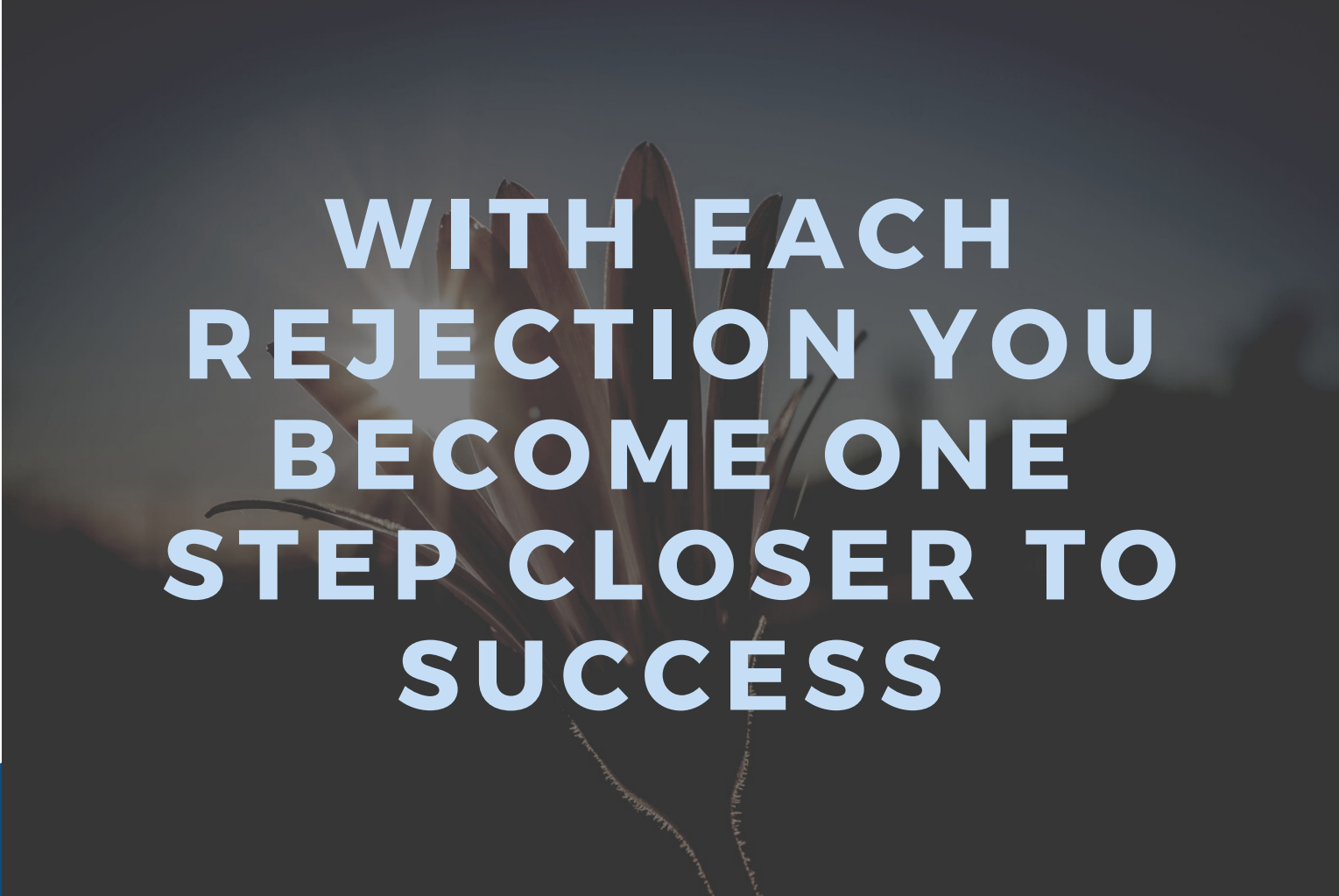
**FEAR AND FAITH CAN'T OCCUPY THE SAME SPACE
AT THE SAME TIME**



**WHAT WE
FOCUS ON
EXPANDS.**

**“YOU ARE NOT GIVEN A DREAM UNLESS
YOU HAVE THE CAPACITY TO FILL IT.”
- JACK CANFIELD**

Best-selling author Jack Canfield said, "Chicken Soup for the Soul" was rejected by 144 publishers. If we had given up after 100 publishers, I likely would not be where I am now. I encourage you to reject rejection. If someone says no, just say NEXT!" Canfield shared [other rejection letters](#) originally published by Mental Floss magazine, and commented, "...given the success of the people who received them, they clearly did not let the rejection stop them." There will be days moments, hours, and days when we feel defeated, when our goal seems out of reach. My message to you? Don't stop before the miracle happens.

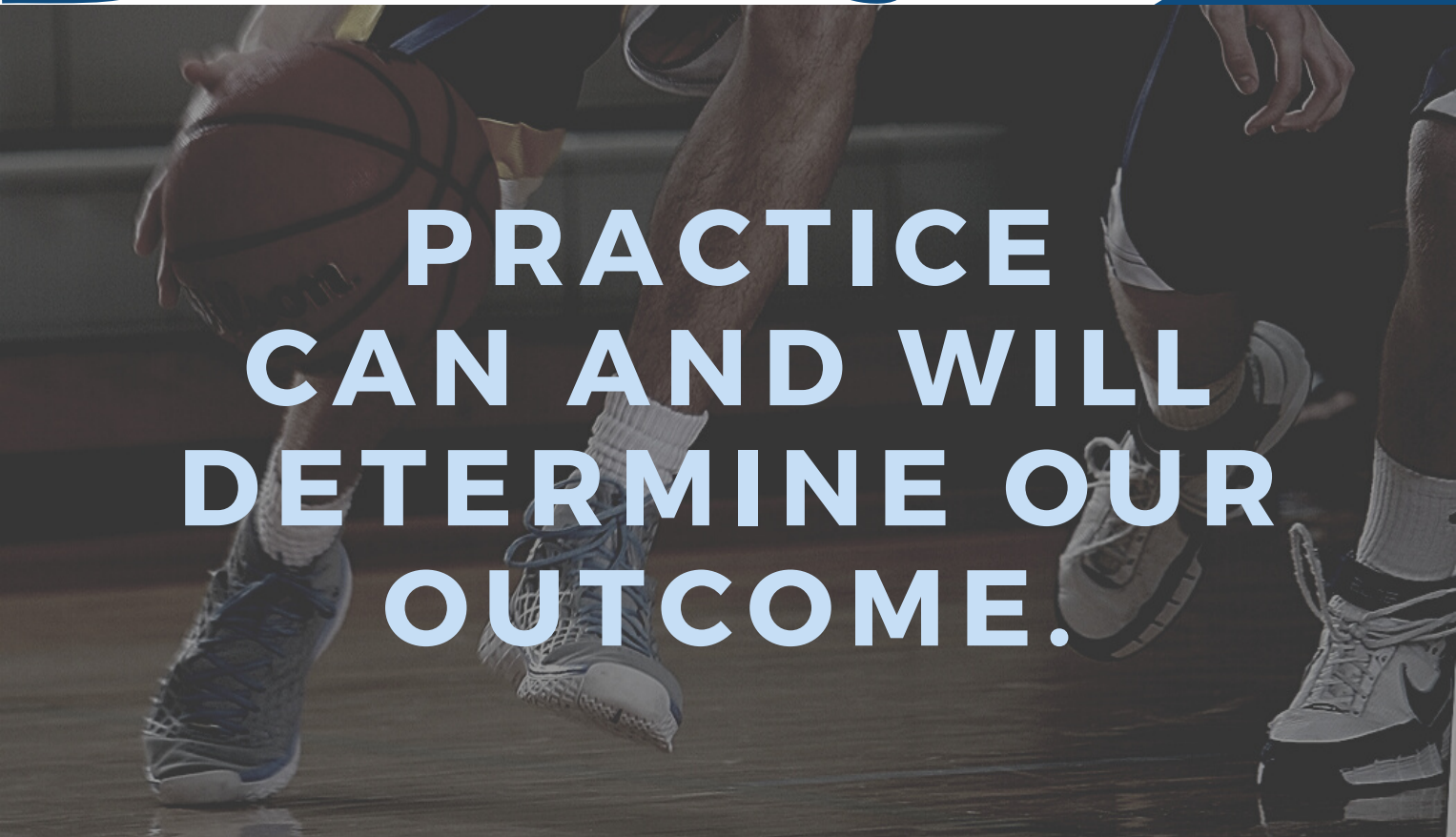


**WITH EACH
REJECTION YOU
BECOME ONE
STEP CLOSER TO
SUCCESS**

Did you know that Michael Jordan, considered by many to be the greatest basketball player of all time, was cut from his high school varsity basketball team sophomore year? Thank goodness failure only inspired him to work harder!

Jordan says, "I've missed more than 9,000 shots in my career. I've lost almost 300 games. Twenty-six times, I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." It's important to remember that all human beings are wired differently, and practice can and will determine our outcome. There is no downside in taking action and developing habits that position ourselves for success. The worst thing that can happen is that we become the very best we can be.

**PRACTICE LIKE YOU'VE NEVER WON. PLAY LIKE YOU'VE NEVER LOST.
-MICHAEL JORDAN**



**PRACTICE
CAN AND WILL
DETERMINE OUR
OUTCOME.**

A friend of mine is a recovering alcoholic and has been working her program of recovery for over a decade. When things aren't going her way, she'll often remark, "Expectations are the precursor to resentment! Time to look at my part in my bad attitude!"

An interesting thought to ponder. Some of the worst things we ever through never happened. We often allow the pleasure of the current moment be squashed by the "should" in our heads. We compare our expectation of the present with the reality of the present. The result? Resentment.

**WE RECLAIM OUR POWER WHEN WE
LET GO OF THE "SHOULD" AND ALLOW THE
PRESENT BE, WELL... OUR PRESENT.**



**LETTING GO OF
OUR "SHOULD"**



WE ARE LIGHT!

Yes, we all are light, but also darkness. When we see ourselves as unworthy, the darkness overwhelms us. However, it's your decision which side you are making stronger by the choices you make out of free will. We don't know how long our journey will be, or how many days we have. So, let's set the example everyday, by making sure you are light for others.

**"FAITH IS THE BIRD THAT FEELS THE
LIGHT WHEN THE DAWN IS STILL DARK."
- RABINDRANATH TAGORE**

YOU DO YOU

"A MEASURE OF A PERSON, OF A HERO, IS HOW WELL THEY SUCCEED AT BEING WHO THEY ARE."

**- QUEEN FRIGGA (RENE RUSSO) TO SON THOR (CHRIS HEMSWORTH),
[AVENGERS 4 ENDGAME](#)**

In Oscar Wilde's novel, *The Picture of Dorian Gray*, Dorian (the protagonist) makes a deal with the devil in order to preserve his beauty and all his "ugliness" will then live inside his portrait. The agreement is that Dorian will not look at the portrait, but when he does, he loses his beauty and becomes what he truly is...

Most all human beings relate to Dorian Gray, despite having one thing in common: we want to feel connected. This yearning for connection is often described as "a desire to feel a part of something greater than ourselves." Unfortunately, as children, some of us are taught to be a certain way, otherwise we are not good enough. This comes to the surface later in life, when we find ourselves doing all kinds of things that don't resonate with who we truly are. We find ourselves in jobs we don't like, relationships we don't enjoy, and circumstances we aren't particularly passionate about. We look around and ask ourselves, "how did I get here?!"

The good news: it's never too late to begin again, and we can regain our authentic selves by simply being honest. Honesty will allow the people, places, and things that don't truly serve us to naturally fall away. Confidence will build in richer relationships... knowing the other person enjoys YOUR company, not the company of a crafted version of yourself. But remember, this is not an exercise in fixing yourself. You are not broken. This is about allowing your true identity be recognized for what it is: a one-of-a-kind gift with a one-of-a-kind soul. You are uniquely created for a very specific reason.

"BE YOURSELF. EVERYONE ELSE IS ALREADY TAKEN".
- OSCAR WILDE

Most of us have “secret checklists” in our heads. When we meet someone new, we might perform our personal assessment, and if all the boxes aren’t checked, they might go into the “not for me” bin. But the most destructive check list is the one we create for ourselves. Most common of these checklists have to do with life’s milestones. “By THIS age I need to graduate college,” “by THIS age I need to be married,” “by THIS age I need to have children,” “by THIS age I need to have THIS amount of money in the bank...”

What happens when time ticks past these milestones and we haven’t achieved the items on our list? We question what’s wrong with ourselves. We get anxious, depressed, and even hopeless. (See “You Do You.”) We are perfect, exactly where we need to be. When we build ourselves from the outside in, we succumb to someone else’s opinion of what we are to be. When we build from the inside out, we create an original, spectacular masterpiece that is aligned with our soul’s true purpose.

“THERE IS NO GREATER SUFFERING THAN CONSTANTLY MEASURING YOURSELF AND COMING UP SHORT, EXCEPT PERHAPS THE REALIZATION THAT YOUR SUFFERING IS HURTING OTHERS. BUT WHERE DO WE LEARN THESE THINGS? BECAUSE, REALLY, THEY ARE LEARNED. WE DON’T COME CRYING OUT OF THE WOMB BECAUSE OF OUR BIRTH WEIGHT OR BECAUSE WE HAVE NO MONEY IN THIS BRAND-NEW WORLD. WE LEARN TO MEASURE AND WE LEARN TO ATTACH OUR SELF-WORTH TO THOSE MEASUREMENTS.”

- VIRONIKA TUGALEVA



**GET RID OF THE
CHECKLIST!**



SILENCE, PLEASE

**"LISTEN TO SILENCE. IT HAS SO MUCH TO SAY."
- RUMI**

Do you find it difficult to sit alone in silence? You're not alone. Silence can feel uncomfortable at first. We are accustomed to noise. Noise can especially seem friendly when it helps to cover unpleasant feelings. Watching TV, hanging out on social media, eating, drinking, smoking, >insert your go-to numbing activity here.

As you practice silence, you'll eventually come to realize that those uncomfortable feelings can't hurt you, and they are simply thoughts that wanted to be acknowledged so they could resolve themselves. The more we take time out of our busy day to pause and observe the thoughts that we had previously tried to drown out by noise, our anxiety towards them is replaced by a sense of peace. Sometimes, we may even find that silence isn't empty at all. In fact, it's full of answers.

BE STILL AND KNOW I AM GOD. PSALM 46:10

**"EACH ONE HAS TO FIND HIS PEACE FROM WITHIN.
AND PEACE TO BE REAL MUST BE UNAFFECTED BY
OUTSIDE CIRCUMSTANCES."
- MAHATMA GANDHI**

During a storm, when most birds head for shelter, the eagle will fly above the clouds. They use the turbulent winds to help them gain altitude, saving considerable energy, hardly having to flap their wings.

It's so easy to get sucked into the chaos around us. We forget that our participation is actually a choice. Crazy things are going to happen in life and maintaining peace within ourselves has everything to do with how we respond. In times of bad weather, where do you find yourself? Are you in the storm, or flying above it?

EMBRACING THE CHAOS





LOVE PEOPLE WHERE THEY'RE AT

"LOVE IS THE ABILITY AND WILLINGNESS TO ALLOW THOSE THAT YOU CARE FOR TO BE WHAT THEY CHOOSE FOR THEMSELVES, WITHOUT ANY INSISTENCE THAT THEY SATISFY YOU."
- WAYNE DYER

If you aren't familiar with [Dr. Masaru Emoto's water experiments](#) from his book "The Message From Water," it can be summarized by this; after pouring water into vials labeled with negative phrases like "I hate you" or "fear," after 24 hours, it no longer crystallized under the microscope but yielded gray, misshapen clumps instead of beautiful lace-like crystals.

Considering our bodies are comprised of roughly 60% water, imagine what happens within a person when they are treated unkindly, abused, or ignored. Adversely, imagine what happens when we extend kind words, love, and positive attention. By loving people for who they are, not who you want them to be, we may just help them become.