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Books And Music
That Lift Your Soul

Stay At Home Mum
Success Tips:

How To Kick It, Make A Difference
And Still Have A Jolly Good Time

*How to Become Flexible in Life
(Not Complacent)*

Working as a Travel Agent:

An Inspiring Career That Brings Along
Hundreds of Opportunities

Uplifting Your Spirit
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What's locking up
your mind?

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inspiring editor's letter

// You will know if this is
what you love doing
because you will feel
an instant please and ease
with what you're doing.
It feels "natural". //

Hey everybody

Hope the new year has kicked into a good one for you.

Some people have started it out well whilst others are saying that they need to look for new ways to improve it.

A lot of people complain to me about the dissatisfaction of their jobs and work. It seems to be the conversation with a lot of people... A desire for fulfilling work is becoming such a big part of us. We have entered a new age of fulfilment. Yet finding this can be a big task in our lives. I know... I've been through it.

Do you just get on with it even though you're not fulfilled or do you jump off into the adventure of not knowing if you will get there financially and not knowing where it will take you.

I believe having done this myself that you can take a different approach and find work that enhances your life. How... you need to do it in your own time if you have to work. This is where it gets tricky... your tired, you come home from work and the last thing you want to do is go to another job... however if its something you enjoy, this will in turn give you energy. You will know if this is what you love doing because you will feel an instant please and ease with what you're doing. It feels 'natural'. What I found assisted me was I went on a holiday and tried different occupations. I've worked from corporate jobs in the banks right through to insurance, advertising right through to teaching english to foreign students to swimming teacher to becoming a creative play teacher for the high society and the rockstars in Europe... I'm so pleased I trialled all those things... each of them taught me so much about myself and how I could excel in every single one of them but where I definitely excelled was the ones that gave me energy, the ones I loved, the ones that felt natural such as teaching children which was the most exciting job I went to everyday... from there I also put together a language program for young children as young as 2 to learn about languages through game. I'm still yet to release it in e-book form. I can't wait because I saw this method work.



// I'd rather have
more choices
than fewer choices
and less confusion.

It's great to see
how abundant our lives are
in this day and age.

The more possibilities,
the better. //

If I hadn't jumped off and tested all these things, how would I have experienced, grown and challenged myself. I know my friends have sat in the same job for over 20 years and although they have gone higher in their positions, you can see there's no excitement or challenge in their lives...it's been an easier ride for them with their finances and with their not having to stress about learning new things and becoming good at them... however... they've never done anything else to challenge themselves. No judgement here but if you've got a bit of drive in you...you want to test things out. You just need to be strong enough to wear the fear of not knowing where your next venture will go and if it will be a success or not...and if it isn't... have you got a Plan B...have you got another means of money coming through and can you overcome that negative feeling of failure. I prefer the fear of failure personally, but it's not for everyone. I like to enhance my life with new possibilities around me. Do you?

Like Roman Krznaric quotes in his book "How to Find Fulfilling work"? You need to reject the myth that there is a single, perfect job out there waiting for us to discover it, and instead identify our 'multiple' selves. This book will take you through steps to finding your fulfilment through work.

It's a must read if you feel like you want to do something different in your career.

Sometimes having a lot of choice also paralyses me and confuses me but I'd rather have more choices than fewer choices and less confusion. It's great to see how abundant our lives are in this day and age. The more possibilities, the better.

What work is meaningful for you ? Do you wish to try something different this year? Why not volunteer in it first? If you are after a job that makes a difference, get out there and try it and even if it's just a hobby in the beginning. Never feel bad for choosing to express what excites you and if you can't do it full-time... why not try it on your holidays, after hours or weekends?

I wish you fulfilment in whatever you choose and if you're happy right where you are now in your career, lucky you... keep going, if not, I strongly recommend this book.

With Love

Niki Veneris
Inspiration World Lounge



inspiration
lifestyle

Books and Music that Lift your Soul

In the hectic monotony of everyday life, it is always helpful to read something inspiring or listen to some soothing music at the end of the day. This not only rejuvenates the mind and the soul but also calms the nerves and gives us ways to have a fresh outlook towards life.

It is with this approach that we have compiled a list of five empowering books and five albums with chill out music to help you unwind.

Give them all a chance so that you can experience the true beauty of books and appreciate the quality of wonderful music.



1

The Seven Habits of Highly Effective People

by: Stephen R. Covey

In his bestseller, author Stephen Covey discusses the steps and methods of being effective in everyday life while highlighting all the features and qualities a person requires to be productive. He explains the seven habits that people must inculcate in their lifestyles to be able to come through with the maximum amount of value addition to this world. The reason this book is so inspiring is because it helps readers learn lessons to improve the quality of their lives.

5 Inspiring Books You Must Read

Here is a list of the five most inspiring books designed to change your life and make it better.



2

The Practice: Simple tools for Managing Stress. Finding Inner Peace and Uncovering Happiness

By: Barb Schmidt

Right from the moment a person wakes up till the time he falls asleep, there are multiple ways he can practice the art of managing his issues and being peaceful. In Barb's inspiring techniques, she helps readers find happiness despite all the troubles of life and is quite clear in her theory that peace comes from within. Read this book to derive multiple tools to be happier and more productive.



// Sit back and enjoy
this endless journey
with *words*
and *beats* //



3 *When Things Fall Apart*

by: Pema Chodron

As the title explains, this book is filled with motivational quotes and helpful references in times when people feel distressed with the way their lives are. Written from a spiritual and healing angle keeping in view various principles, Pema Chodron expresses ways to overcome troubled times and phases with her encouraging words of advice. Mainly meant for feelings like heartbreak, helplessness and frustration that we all go through in our lives, her guidance will help you modify your perceptions.

4 *Drive*

by: Daniel H. Pink

Written from a business viewpoint, this motivating book is about taking charge of life while following the principles required to be successful in every endeavour. Daniel highlights three main elements required to upgrade lifestyles both at work and at home. This book is about having the drive to strive for the best possible results from life and talks about ways to achieve control, seek knowledge and develop continuously.

5 *The Leadership Challenge*

by: James Kouzes and Barry Posner

With five very effective principles of leadership that question both the logical as well as the emotional doubts of human beings, this book strives to inspect and dissect the various kinds of personalities and behaviour patterns in people. The best part about the book is the clear and concise way in which the authors have combined their ideologies to present readers with a defined process to overcome their challenge with attaining leadership qualities.



5 "Chill Out" Albums You Must Listen To



1 Simple Things

By: Zero 7

This calming music CD contains songs by three different genres and is the debut album released by Zero 7. With many popular songs that are quite downtempo music that is sure to help a person unwind, it ranked number 28 in the year of its release (2001) in the UK Charts. It has been recommended for its fantastic vocals and soulful music that these talented singers manage to accomplish in their album.

These are the five albums to listen to if you would like to relax and chill out after a stressful day.

2 A day without Rain

By: Enya

This Irish singer came up with an album that has both pleasant as well as relaxing to come home to at the end of the day. It is the best for calming minds. Some of the most popular songs from this CD are 'Only Time' and 'Fallen Embers'. With a delightful combination of songs, it is widely suggested to chill out to and de-stress with especially when times get difficult to cope with. This album is a quick healer.



Colour the Small One

By: Sia Furler

3

The third hit album by this Australian, Colour the Small One is mainly acoustic with a hint of timelessness in the quality of music. A majority of the people who listened to this album claimed to be instantly settled in an aura of peace and tranquility. There is a lot of emotion and melody that are beautifully portrayed by her wonderful lyrics. With talent, skill and her way with words, she has created a masterpiece for the world to enjoy.

4 Opalescent

By: Jon Hopkins

Jon Hopkins's debut album, Opalescent, takes its listeners through a unique musical journey of self discovery and the various elements of life. Described as both mysterious and majestic, this album has reached great heights for its unique composition. His title song 'Opalescent' and another number 'Cold Out there' are the best in the CD. With this album, it is easy to get submerged into peace.

5 Discovery

By: Daft Punk

The titles 'Voyager' and 'One more time' from this famous album by Daft Punk are quite popular amongst music lovers and fans worldwide. With multiple dimensions and varied layers to their music, they are active stress-busters and can intrigue any listener to delve deep into their souls and enjoy the different variations and mixed beats. Great for dancing to.

In a nutshell, these are the books and albums you need to know to be able to relax faster. Hopefully they will help you make your life even better than it already is and provide the required guidance to motivate yourselves to go far beyond any limitations. After all, not many things can inspire like words and lyrics can. So, sit back and enjoy this endless journey with words and beats.



If any readers have books and music to let us know that have helped you relax, chill or heal, please forward to support@inspirationworldlounge.com. A brief description on why or how it uplifts you would be required in your email. We will try to consider all types of music however preferably without religious content please. We like to keep this magazine open to everybody, every religion, every person.



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life

Stay @ Home MUM Success Tips

How To Kick It, Make A Difference
And Still Have A Jolly Good Time!

Every time she had to pack lunch for her school-going kids, Kelly Lester would go absolutely crazy. She hated the entire process. She hated having to use multiple containers to pack the different meals. She found it dull, repetitive and boring.

The worst part is that she had to do it three times every morning - once for each of her three kids. And then there was all the cleaning she had to do after school. The whole process was stressful. However, being a firm believer in the power of nutrition, the stress was something Kelly was willing to take. She couldn't leave her kids at the mercy of school meals. Then one day an idea popped into her mind "what if I had a better container, one with compartments, wouldn't packing lunch be easier?" She immediately realised that it was a great idea. So she went out in search of such a container. Unfortunately, she couldn't find one. So, with the typical resourcefulness of a stay-at-home mum, she decided to build one. And she did. Her new container made packing lunch a breeze. She absolutely loved it. Then another idea popped into her head. "If I had problems packing lunch, other parents must be having similar problems. What if I package this container and sell it." In that instant, EasyLunchBoxes was born.

When Kelly launched her product, it became an instant hit with parents. Within a short time, it was a best seller on Amazon. EasyLunchBoxes is now a multi-million dollar company. And Kelly Lester is not only a millionaire, but also an inspiration to stay-at-home mums everywhere.



Other Stay At Home Mums Who Rock

Kelly Lester is by no means the only stay-at-home mum (SAHM) to move beyond the standard successes of building a wonderful home or raising great kids. There are many SAHMs who are breaking boundaries, running businesses, innovating, and living happy, exciting lives. Some are even rewriting history.

Take J.K. Rowling, for instance. Most people know her as the author of the hugely successful Harry Potter series. What most people don't know is that J.K. Rowling wrote those books as a stay-at-home mum. In fact, she started writing the stories as a form of escape - to deal with the dark moments in her life. In her own words, "I was very low, and I had to achieve something. Without the challenge, I would have gone stark raving mad." Well, her "challenge" brought forth a series of books which got translated into 61 languages, made into numerous films and entered J.K. Rowling in the history books as the first billionaire author. Not bad for a SAHM who was once on public assistance. Some SAHMs are actually capitalising on their successes to launch successful products.

Take J.K. Mergens, for instance. As a SAHM, Mergens was tasked with homeschooling her son. One of the subjects in which she tutored him was mathematics. Unfortunately, her son wasn't a natural. He had difficulty grasping math concepts. So Mergens created simple, unique strategies to help her son grasp math concepts easily. She did such a superb job that her son went on to major in math and ultimately ended up being hired as a math tutor in college. It was as a tutor that the son realised how effective his mother's teaching techniques were. So, he encouraged her to package them in books so that others could also benefit. J.K. Mergens complied, and Learn Math Fast was born. Her books are now selling in all 50 states of the US and in countries as far off as UK and Hong Kong.

// it is time to stop
feeling sorry for yourself,
get off your butt
and go do something!

And not all the successful SAHMs are launching products or starting businesses. Many more are discovering new hobbies, shedding off excess pounds, volunteering in community services, freelancing online, and basically living exciting, productive lives. The bottom line is that the era of SAHMs spending their days plopped on the couch, watching TV are over. This is the era of SAHMs who rock! So if you are a SAHM, it is time to stop feeling sorry for yourself, get off your butt and go do something!



How To Become a SAHM Who Kicks It →

Well, the most important thing is to decide to take charge of your current situation, and do something about it - whatever that situation is. JK. Rowlings decided to do something about her feelings of depression - she sought a release in writing. Kelly Lester decided to do something about her stressful lunch-packing routine - she designed a better product. JK. Mergens decided to do something about her son's difficulty in learning math - she created a simpler approach. None of these women were intending to change the world. They were simply taking charge of their current situations - which is what successful SAHMs do. Successful SAHMs face their current realities head on - and they resolve to do something about it. And, as indicated in the inspiring stories of the three mums, the spinoffs can be amazing. Okay, if "taking charge of your current situation" seems quite abstract, here are a few tips to get you rocking.

Solve A Current Problem In A Novel Way

It is commonly said that hidden in every problem is an opportunity. When Kelly Lester was facing the challenge of packing her lunch, in there was an opportunity. Of course she didn't know it at that time. It is only when she solved her problem that the opportunity presented itself. The same can be said of J.K. Mergens and her son's math problems. And these two aren't the only SAHMs to solve their current problems and wind up earning a fortune. Another such an inspiring story is Julie Aigner Clark. When Julie discovered she was expecting, she immediately began thinking of new ways for engaging her baby. Being a trained teacher, she knew a thing or two about the minds of babies and toddlers. She figured out that using artistic videos would be the most effective way for teaching them. She looked for such videos and couldn't find them. So, she decided to create some. When she put a few of her creations on the market, there was a buzz of excitement from parents, teachers and educational experts. Her company, Baby Einstein has since grown into a multi-million dollar educational empire.

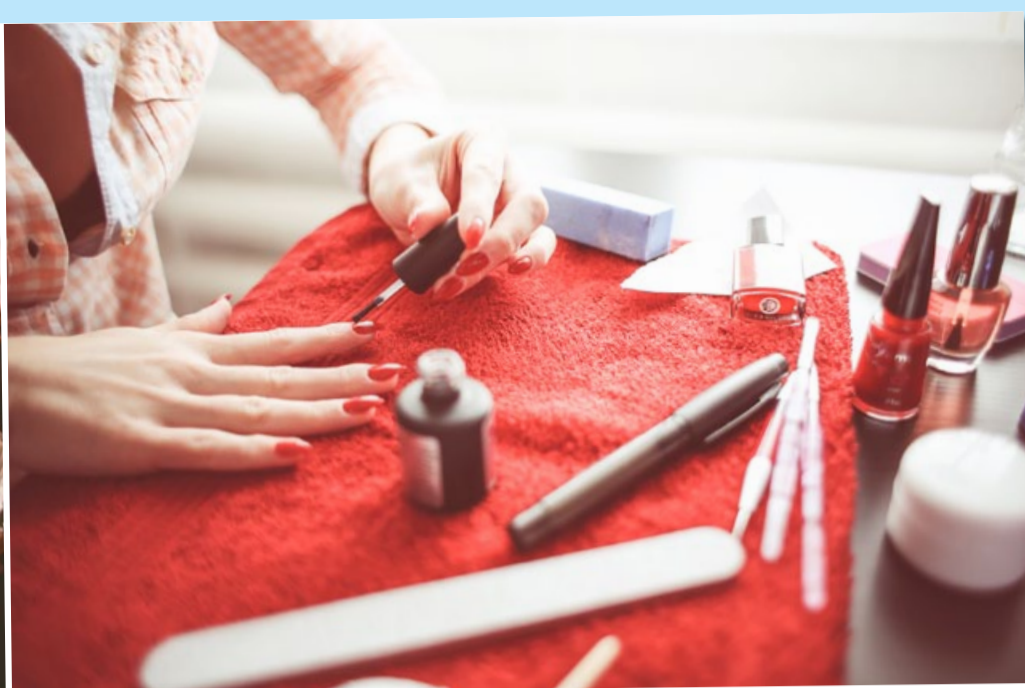
Basically, if you are looking for the next opportunity, then the best place to begin is your current challenges. If you are a regular SAHM, then chances are high that whatever challenge you face is faced by others as well. Therefore, if you can figure out how to solve them, you will have simplified not only your life, but also the lives of many other people. And, given the nature of today's world, if you provide a solution to people's problems, they'll most likely be willing to pay for it.

Utilize Your Current Skills

Most SAHMs have a host of skills which they take for granted. Such skills include childcare, cookery, home management, make up and manicure. Because you practice such things on a daily basis - and often it comes naturally - you take them for granted. And yet the simple fact is that there are people who are willing to pay for such skills. Also, most SAHMs have a host of professional skills which they picked up during years of study or work.

Successful SAHMs maximize their current skills. This is exactly what Rosie Herman did. When her twins were born, she started having difficulties in finding the right hand lotion. Given her background as a professional manicurist, she knew that most lotions contained chemicals which can cause allergies in babies. She decided to leverage her knowledge and create a safe, chemical-free, child-friendly hand treatment. She did this right in her kitchen. Once it was ready, she shared it with a few of her friends. Then word started going out, and orders began pouring in. One Minute Manicure was born. She borrowed some money from family and launched her company. Within 5 years, it was bringing in 20 million in sales.

Rosie Herman isn't an isolated case. Many other SAHMs have leveraged their skills to set up a variety of businesses including catering, home cleaning, child care, baking, home tutoring, sales/marketing, business consultancy, and many others. The bottom line is that your current skill sets can create tremendous opportunities for you - as long as you purpose to maximize them.



Learn A New Skill

If you feel your current skill sets are not sufficient, then take time and learn a skill. In the current age of the web, you can learn almost anything from the comfort of your home. Numerous websites actually offer a variety of free courses on a range of skills from writing and sales to landscaping and interior design. Basically, whatever skill you think you need, chances are high that you can find courses either for free, or for relatively modest fees.

Maximize The Opportunities On The Internet

The web is one of the greatest opportunities currently available for SAHMs. Women like Kelly Lester and J.K. Mergens both used the web to actively promote their products. Kelly Lester used (and still uses) her blog, as well as Facebook and Pinterest to connect with mums, and share delicious health recipes. Using these platforms have made her hugely popular, and of course contributed towards the success of EasyLunchBoxes.

The web also offers tremendous opportunities both for setting up online businesses and finding free-lance work. The sheer variety of opportunities is almost endless. Some border on the crazy! Are you aware that there are Japanese students who are willing to pay up to \$45 an hour just to chat with a native English speaker? Their reason is simple - they want to perfect their English. The bottom line is that the web is buzzing with opportunities for SAHMs who are willing to take them. To find some amazing examples on the net.

Resolve To Enjoy Your Life More

What has this got to do with kicking it? Well, everything! Life is meant to be enjoyed, right? You deserve to be happy. Therefore, resolve to enjoy yourself more each day. Think about some fun things you can do. Rediscover old hobbies. Basically, live each day to the fullest. Often, the most breakthrough ideas will come when you are relaxed and having a jolly good time. In a nutshell, this is perhaps the best time in history to be a stay at home mum. The opportunities are endless. And, given the connectivity brought about by the web, you can do just about anything from the comfort of your home. Therefore, go for it! Take charge of your current situation; challenge yourself to come up with some creative solutions, and make it happen! And don't forget to have a jolly good time! May joy, happiness and laughter be your faithful companions, even as you set off on the journey to success.

Good Luck! 



In the modern era of information technology, companies and enterprises offer regular employees positions that come along with impressive profit and life opportunities, despite the great responsibilities they also have.

On top of earning substantially more, having an important position within a company's infrastructure makes up the pathway to an inspiring career that brings along recognition, reliability, and credibility.

An inspiring career - what is the real meaning behind this ultra-popular concept?

An inspiring career does what its name says - it inspires people. But there is a lot more to having an inspiring career than just that, because one such career is oftentimes associated with better access to knowledge and information. What's more, an inspiring career improves quality of life, helps you become a role-model, and also gives you peace of mind.

Due to being inspiring, this career does not make you feel uncomfortable about your responsibilities and duties. Although you are waking up early in the morning, you do it with pleasure, because you enjoy and appreciate your career. In other words, you love what you do, and this brings you money.

What about making a career of traveling?

Most notably, what about becoming a travel agent?

Working as a Travel Agent

*An Inspiring Career
That Brings Along
Hundreds of
Opportunities*



The Role of a Travel Agent

Before we sink deeper into what makes being a travel agent such an inspiring career, we should first discuss the role and responsibilities this position implies. A travel agent is the person who gives well-informed, appropriate advice to travellers in regard to when and where to travel based on their needs. So if they hate cold weather, you will not be sending them to Greenland in the winter. A travel agent needs to assist the customer to find the right destination to leave them fulfilled at the end of the trip.

Other duties of a travel agent include arranging flights, accommodation and insurance, using a booking system to secure holidays, collecting and processing payments, advising clients on travel arrangements, sending out tickets to clients, keeping clients up to date with any changes, and more.

Although this job does not necessarily involve travelling to other places, you still have the opportunity to visit your favourite countries any time you want at a discounted price.





// Travel agents
travel a lot, and this is one
of the most convenient parts
of this job.

Traveling is intended
to either improve interaction
with prospective clients,
or just for your
personal enjoyment.
Isn't this inspiring enough? //

What Makes Being a Travel Agent so Inspiring?

For most of us, being a travel agent might not be so inspiring at the first glance. It involves making arrangement, researching, and tracking everything in a planner or booking system. You have many duties and responsibilities, and you must take care of them accurately in order to ensure your clients' satisfaction.

But look at the bright side of working for a travel agency. If you have a passion for travelling, why not use it to help others find the perfect holiday or vacation destination? As a travel agent, you have countless resources and tools you can utilise to devise every single aspect involved in the process. You can help them find a suitable destination, arrange their flights, book them a hotel reservation, collect and process payments, send out their tickets, advise them on travel arrangements – in other words, make their traveling experience super-simple, enjoyable, and completely stress-free.

If you have previously traveled to the destinations your clients are interested in, you can provide them with personal insight and recommendations. But the best part of all, you will never have to engage in exhausting activities that might overburden you with unpleasant duties. You might be waking up at an early hour in the morning, but you have plenty of time to drink a huge cup of coffee or your favourite tea blend, and work in a calm environment. You are never put under stress - and even if you are, it will be for a short period of time, not to mention that it will not be as stressful as if you were an accountant or bookkeeper.

Needless to mention, travel agents travel a lot, and this is one of the most convenient parts of this job. Traveling is intended to either improve interaction with prospective clients, or just for your personal enjoyment. Isn't this inspiring enough?

Working as a Travel Agent:

Pay is great especially if you're home based

Working for a travel agency brings along excellent profit opportunities. To cut a long story short, you get paid for your passion of assisting your clients in travelling, and sometimes for travelling yourself. The annual average income of a travel agent is \$35,740, but it sometimes goes above \$54,640. Let's not forget that bonuses are always available for travel agents, so you can expect to get paid upwards of \$60,000 if you are lucky enough to work for a wealthy travel agency. This can be a lot more if you work from home and if you include the tax breaks working from home, it can really add up.



Compare this salary to the average salary an accountant earns annually, which is \$65,080 - despite the \$5,000 difference between them, accounting requires more skills, exhausting work, and extreme attention to detail. You would be working with numbers, numbers, and more numbers, deal with stress, and always be accompanied by clients that embrace formality. The same goes for a bookkeeper, whose average income is \$51,725 per year. If you love traveling and tourism, why not make a career of it? Why not have the opportunity to do something you love, and earn more than the average bookkeeper with less effort? After a couple of years of building a regular client base, you can make some decent money from this job.

Mobility

You can also use these skills to live in just about in part of the world. You have the freedom to relocate and there are many big companies that allow you to do this with them. Imagine living two years different in every country with these skills. Now that's freedom and there aren't many jobs that offer this flexibility.

Discounts

Lets not forget that you get discounts from hotels, cruise lines, tour companies and lots of other things. It all adds up when you're travelling. Everyone else has to pay full price but you'll always get that special deal, now that's another nice perk.



Help Others While Helping Yourself

If you take a look at the role and advantages of a travel agent, you will quickly come to the conclusion that you will be helping others while helping yourself. You will be the person who gets paid for sharing helpful insight, devising your clients' experiences, and becoming the person they can confidently come to at any time. There is nothing short of spectacular of being a travel agent - it is not the same as being a company director or manager, but life and profit opportunities keep showing up throughout your career.

On top of that, you do not even need to be super-qualified for this job. Have good communication skills, a sense of helping others, and passion for travelling, and you will be the best travel agent in the town. If you have also travelled a lot in the past, you will have a great competitive advantage, specifically because travel agencies are looking for individuals with travelling experience. Having travelled around the world makes you experienced, permitting you to give compelling advice that makes your relation to your clients more personal – and that's how you have just earned an inspiring career with a host of astonishing opportunities.





inspiring
travel
for the soul

Uplifting Your Spirit In *New Zealand*

*The Stunning Beauty
of Volcanic Landscape
at Tongariro Alpine Crossing,
New Zealand*

People around the world are always looking for a place to go that will make them feel whole and complete. This free feeling is not easily achieved in your day to day life, so you count on finding a natural environment that touches your very soul and brings a sense of spiritual calm. It takes a special place to live up to that desire, but there are some destinations that go above and beyond what you could ever have imagined.



Tongariro Alpine Crossing in New Zealand is one of the few places on earth that can make you fall in love with nature again. Spending time in a diverse and incredible place such as this helps you to make peace with yourself. You will walk away from this experience feeling happy, embracing a new freedom you never thought was possible. What makes this location so special? The area is inhabited by three highly active volcanoes, all of which have very interesting and unique effects on the surrounding terrain. While walking through this landscape in the summer you will see a whole range of things such as bright yellow and red rocks, naturally boiling hot springs, and vivid green and blue pools of water. In the winter time these same coloured pools are completely frozen over. This is a strange phenomenon, because the lakes lie very close to a piece of ground near the crater of one of the volcanoes with such a high natural temperature that snow does not accumulate no matter the outside weather conditions.

A Rocky Walk

Those that want to see everything there is to see can embark on the full 12 mile (19km) walk through the entire area. The terrain you will be walking on is made up of old volcanic flow with almost no vegetation, so the weather can sometimes be quite harsh. During the summer while the storms and temperatures are more mild the ground itself is difficult to walk on in many places because of the type of soft volcanic materials. In the winter, this material is frozen together and firm, making for an easier hike, although your walk can be disrupted by sudden severe weather events. No matter the time of year you venture out, the crisp and fresh New Zealand air is going to refresh you from the inside out as you journey on to see a few of the most beautiful water spots in the world.



First Stop: *Soda Springs*

Distance between the various incredible sights is one thing that helps you to appreciate the views more. You have time to stretch your body, calm your mind, and reflect on the beauty around you before encountering the most dramatic and awe-inspiring places. The first place you will find yourself stopping is the natural soda springs. All around and inside the springs, iron oxide from the volcanic flow has given the rocks a golden yellow colour that stands out and catches the eye. The springs themselves are full of minerals and dissolving gasses, creating a fizzy quality to the water that looks similar to carbonated soda water. Resting around these unique springs helps in motivating you to continue walking along the path.



Second Stop: *Red Crater*

As its name suggests, this place is home to brilliant, naturally red rocks and some of the most amazing scenery you can find. Even in the winter you can comfortably rest on the rim of the crater, as the snow does not collect on the warmer ground there. This is the highest altitude along the journey, so you can see for miles all around. The volcanoes and mountains themselves are refreshing to your spirits, and from here you can see the Blue lake and the Emerald lakes which you will be heading towards next. Beyond the volcanic terrain you can see the lively jungles and greenery surrounding the area. Standing on top of this high point and seeing the world from above makes all your problems melt away. It's hard to imagine your troubles being as significant as they felt before when you realise just how large the world is and how small your situations truly are in comparison. You will start to get a free feeling as you release your stress and take hold of the beautiful calm that nature is extending to you.

Third Stop: *Emerald Lakes*

Three lakes dot the top of the mountains close to the Red Crater area. They are all near each other and each have one striking similarity: stunningly green waters. The emerald quality of these pools is not exaggerated, and those who stand around the edges can find themselves lost in the wonder of the magnificent sight. Minerals expelled from underground thermal areas are the cause of this strange green colour, making the lakes highly acidic and unfit for drinking. Surprisingly, even with so much heat underneath the ground the Emerald lakes still freeze over in the winter months. Relax and enjoy a well deserved rest here. The combination of vast landscape scenery and these incredible lakes can usher happy thoughts into anyone's mind, so lay back and breathe in the clean air while you enjoy the views for yourself. You're a long way away from the worries of the world and the hustle and bustle of your every day life!



Fourth Stop: *Blue Lake*

While we all like to imagine that water is blue when we are drawing simple pictures of speaking about colours, it's not very often that you find a lake where the water is actually a deep shade of true blue, whether or not the sky is reflecting off of it. You cannot stand at the banks of this amazing lake without being inspired, as it's one of the most serene places on earth. The lake is considered sacred, and you are forbidden from swimming in it or eating food around it in order to preserve the spiritual beauty of the place. Its mirror-like quality can tempt anyone to spend the entire day gazing across the waters and refreshing their own souls with complete calm.

Other Highlights: *Boiling Springs And Craters*

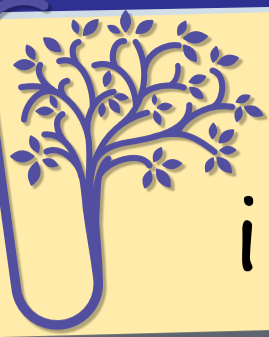
Besides the main four stops along the way, there are still other wonderful things to look at. Some places are full of volcanic craters made from the impact of rocks which flew out during the last eruption in 2012, as well as stem vents that spew hot steam all year long. All of this can be seen in the Active Volcano Hazard Area where you must be careful and vigilant in order to avoid risky situations.

Nearing the end of the walk, you'll get a great view of the Ketetahi Springs. While the springs are on private land that is not open to the public, you can see the scalding steam rising up from the afar. The rocks and land around the springs have interesting colour patterns that came about because of the heat and minerals dispensed from these steaming springs.


The Journey Of A Lifetime

While you trek across volcanic landscape, rest along the banks of beautiful waters, and climb through the rocky terrain of New Zealand's most amazing hiking site, your body and mind will become more alive than ever. If you're looking for a place to find inspiration, this trip certainly has a way of motivating you and uplifting your spirit. Your soul will be rested, refreshed, and ready for anything that comes your way. As you spend the hours walking past these natural wonders, you will get in touch with your inner self and find a sort of peace you didn't know was possible.

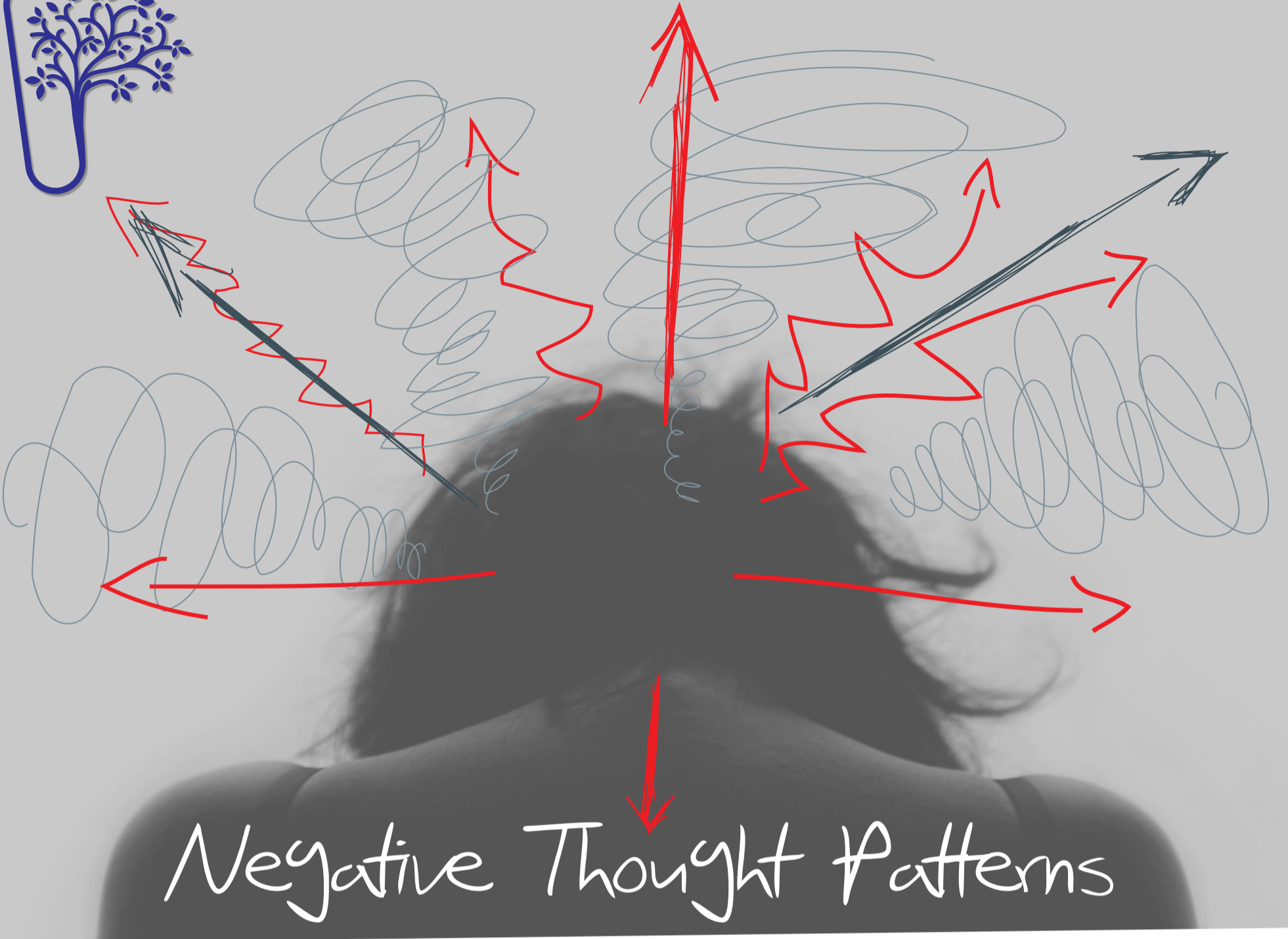
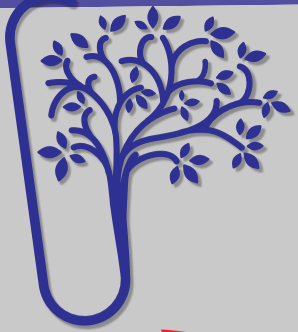




inspiration
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What's
locking  up
your mind?

Isn't it time 
you freed it Up?



Negative Thought Patterns

Life Stinks

Virtually everything in life is awful, everybody is simply no good and they can never be trusted. Nothing positive will ever occur in their lives, i.e. I won't get the job, they didn't like my interview. Plus, I didn't really care for them anyhow. Have you ever noticed when you're feeling good about something working out, it does. It's the same principle with the negative thought. Turn your thought around, feel it like you believe it and you can see a different result. It doesn't matter what's happened in the past and it's none of your business how it will look in the future, what does matter is what you're think right NOW, because that's what's around the corner. If it's negative, watch out.

Baseless Conclusions

This was when a person jumps to conclusions without ever having any real evidence to back it up. Thinking the worst case scenario will happen and waiting on that to show up instead of something greater. This pattern in particular is highly destructive and it can be a true limitation in seeing reality the way it should be seen. What if we just didn't conclude and allowed it show in the easiest way possible.

Won't Happen to Me

Why do we forget the good things that have come in our lives... even if it is the small little things that go unnoticed. Why aren't we looking at the times somebody said something nice in the supermarket, or somebody offered to help somewhere, or having chat with somebody and it turning out to be a really nice connection. If it's about money, what about being grateful for having the little you do, some people haven't even got that. Look at the children in India for example playing in the streets, they have absolutely nothing yet they smile, play and continue to love life. So why are we complaining? Yes I realise we're not in India in the slums however we still have choices to change things whereas a lot of them dont... why aren't we grateful for that? Yes it will happen for you, if you make it happen and if you want it to happen and if you change your mind to allow it to happen.



Should've, Would've, Could've

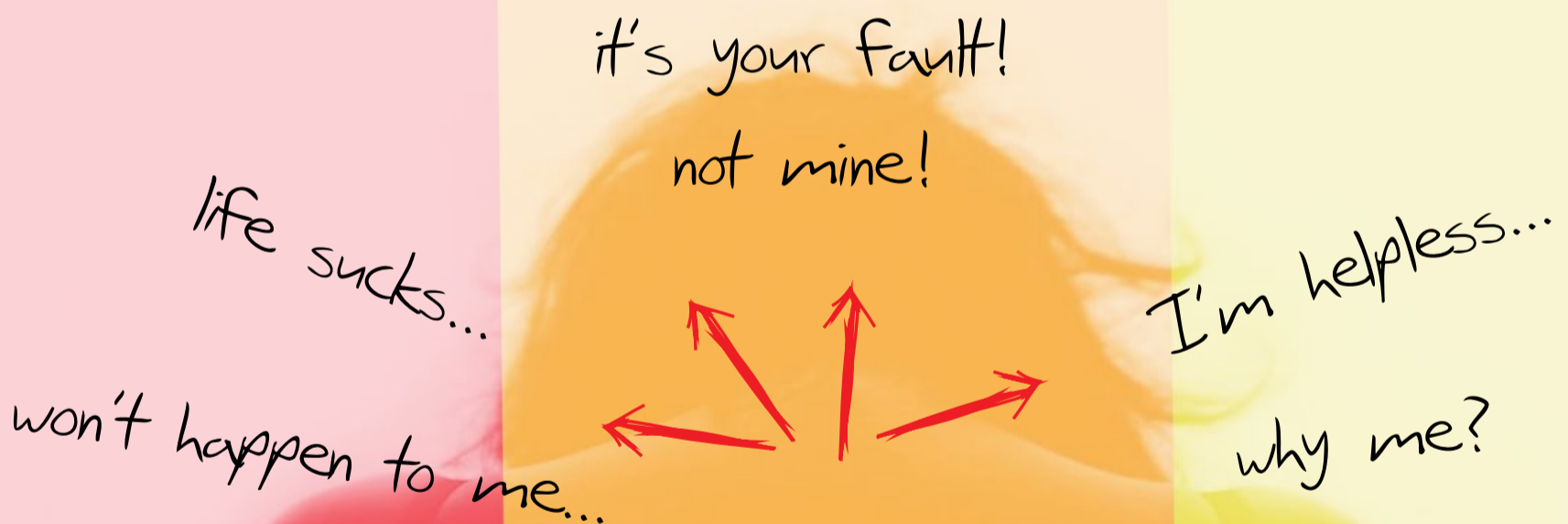
This particular trait regards itself around those people who believe that they need a change in their lives and have regrets somewhere along the lines. They know they are capable and that they can do it but they are always missing a specific component to actually see it through. Like when people say that they need to be doing something but they always have prior engagements which keep them from doing it. How much sabotage are you putting in front of things you're wishing to achieve? Have you noticed that just when you're about to do something glorious, you'll invite something that will stop it. Make room for the good things, make room to receive the good things and you've got a better chance of having that in your life.

What materials are you using to assist you?

I know a lot of people watching the negative news and dwelling on it, I know people who watch only horror movies. I also know people who stay with negative people who never make changes in their lives. I'm wondering why you aren't replacing this with inspiring stories, comedy movies, and people who are in the midst of creating their dreams. You'll be surprised how those small things can unlock a lot of that negativity.

The world is to blame

Jump out of the blame game and look at what it's really teaching you? Continuously blaming outside circumstances for what's going on is never a good idea. Here's why... you never ever take responsibility to change anything. Yes I understand at times outside circumstances can affect us in life however being angry at the for this will never allow you to move on from there or even look at why you attracted this in the first place.



These particular patterns are some of the most adopted ways of thinking that people do and many of us have thought some of these ways at some point in our lives. When a person decides on making a real effort to change towards how they view themselves and what are those things in which you believe. If you change this ambience about yourself, you can really become a much happier person and inspire others to do the same. Why not experiment with the above and see if things begin to turn around a little.



Change Your life with the Good Vibes

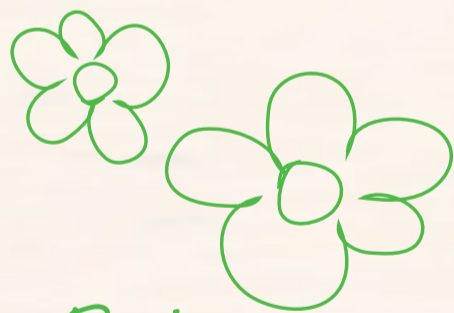


It can no doubt be a long process when trying to change the complete makeup of your thought patterns but it is one that is obviously worth it. It all has to do with the type of thinking patterns that you use and the level of desire within you to make the appropriate change. Never believe that people can't change, because they sure can, they will and they do every single day. If you think that you don't have what it takes to change, then you better realise that you won't change. You most certainly can if you want to. People makes big changes everyday so it can't be that hard.



Taking The Small Steps To Change

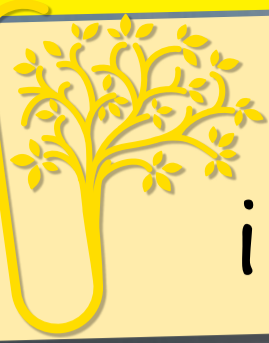
Only a few months will show you a world of difference and you will most definitely want to employ your new way of thinking towards something productive. I found, that finding a new hobby, or an interesting subject to study, or going back to courses and study, I got more energy and a new energy. My mind no longer had time to be wasted on silly chat and negative things but to focus on learning something great. As soon as my focused changed, so did things around me. You will begin to acknowledge the different types of people that enter your life with the various goals that you incorporate into it. These will be the people who will help you obtain your goals and assist you in seeing them through. Your time to change is now, believe in yourself and it will be waiting for you.



Move Your Body Get the endorphins moving

When I was feeling flat and caught up in the downspiral of thoughts, I would take myself to a dance class, tennis or a big beachwalk. Do this for yourself because this also lifts you out the negative programming. You come back with a different mindset after a good dance or workout. Find your sporting activity and do it at least twice a week, it helps.





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*How to Become Flexible
in Life
(Not Complacent)*





While some people learn faster about the most important aspects of life, others only find out how to deal with life situations around the age of thirty onwards. It can be very important to learn from life lessons as early as possible, for avoiding future regrets (and although we should never regret things we've done in life (because it's life experience)... you don't want to keep repeating things and going around in circles... One great lesson to help is people learn that it can be better to be flexible in life after numerous experiences in which they fight what they don't like or what they don't fully understand. It seems that life is made in this way that bad experiences are meant to be uplifting in the end, because we learn a lot from them and become stronger.

Every time you are against something that comes naturally into your life, there is a chance to remain stuck in the paradigm that you create when you try to fight that thing. If you become more flexible and let things happen naturally or look for a creative solution, you may soon realise that sometimes life problems are not as severe as they seem. Many times our attitude towards them makes them look bigger than they are. There are many examples that could illustrate this and they can be really inspiring for people.



Let's consider a young man who finishes high school and goes to college. But, this young man doesn't like college, due to various reasons: serious teachers, not getting along with other students, too much to learn, etc. A moment will come in which the young man will reach a tolerance limit. At this point in time, he may be tempted to quit college if he is not a very strongminded to get over those hurdles. His quitting may have serious repercussions on his relation with his family members. They may not understand him, so they can start to argue with him.

The guy may end up feeling misunderstood, frustrated, unloved and he may "sink" his pain in alcohol. The big "ball of negative" glue begins. How about finding another college or studying online or getting an internship instead of giving up completely. How is alcohol going to help if it continues to be the only way you can escape the problems. Again, are you becoming complacent with that negative ball that's beginning to grow slowly within you instead of taking action to better things. The young man will be in this way caught in a paradigm of rebellion, pain and suffering, from which it can be hard to get out. He will remain stuck for a while in it. Time is passing and he is not socially evolving because he begins to become comfortable in that low vibration. Eventually, he may realise that, no matter how hard it was to stay focused in school, he should have continued his studies. Nothing can improve his social life more than being socially active. So if he begins to become complacent with the decline then he will continue to go further down the hill instead of finding another way to do things.



This young man has a girlfriend. They met in the last year of high school. Everything is perfect, they love each other very much, until he leaves college. She begins to have concerns about their future, but she loves him too much to leave. Another year passes, he doesn't find a job and she starts to lose her patience. They argue and she leaves him because of his problems with alcohol, unemployment and other issues. For two years, he suffers and tries to get her back, not accepting that life is possible without her. He begins to believe he is doomed but although it has reached the level of a lot of disappointments, there's still that chance to change things and turn things around.

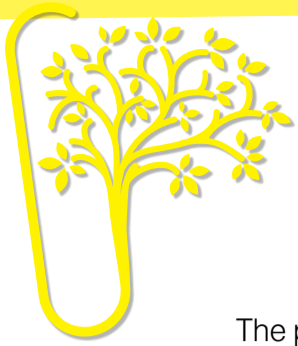


// *Find the solution
and stop focusing
on the problem* //

This is another paradigm in which he remains stuck. Eventually he learns to forget about her and starts a new life. The young man has been through incredibly difficult times, but he has learned many lessons in the process. Similar examples can be numerous and there are also examples that are different however the theme is the same. If it's not working, look for other ways to do things, do not stay comfortable with the decline. Perhaps we need to hit that decline before we decide to change things, but you also can stop it halfway and turn things around so you don't get to a point where you feel you've wasted your life and opportunities. Or alternatively become flexible with how you deal with the decline so that you don't get depressed about it thus getting more stuck. Oh well, you don't like the teachers (flexible could be that you move colleges or do it online so you don't have to deal with them). Or you can't find a job, okay so flexible would be perhaps looking at an area that has a shortage of required skills and study this to fill the gap. Or if you girlfriend leaves you flexible would be loving your own company or going on a dating site until you meet someone you're happy with again.

The story above is one of the tough examples, but there are examples of paradigms in which we get stuck daily.





Another simple example is one that is very common today: the one of a person who tries to complete a project on a computer. In order to finish the project, the person needs to stay connected to the Internet. Suddenly, the Internet connection interrupts for no apparent reason.

The person struggles to find out the problem and no solution is found. The time for completing the project expires and the person doesn't accomplish the primary goal. A possible solution could have been finding a friend or neighbour with a good internet connection while there was still enough time. Going to an Internet cafe is another good solution. Find the solution and stop focusing on the problem. The more proactive you become to finding the answer instead of staying stuck, the easier it is to move from there. I know this sounds really silly and basic, but it's actually those basic things that can become so real in our lives that hold us back from creating something new and wonderful.

// Motivating yourself to have a better attitude towards life is not easy. Just like when you motivate yourself for physical exercises or workout, you have to keep trying until you succeed.

You have to try to be more flexible with your family, at work and in any aspect of your life. But, this doesn't mean you have to be complacent and accept everything that other people throw at you. //



You have to learn to make the difference between being complacent and going with the flow. You still have to act, but in a manner that will suit the "requirements" of life. If you succeed, you will become the best possible version of yourself. Every time your actions have an impact on people (positive or negative), place yourself in the other people's shoes. You will better understand what to do.

No matter how much you plan something, you have to consider the possibility that it may not work 100% the way you wanted this thing to work.

Life constantly changes and this can have an impact on our long term and short term plans. The secret to happiness is not to make everything perfect, but to keep your calm and your mood positive no matter what shows up.



When you come to a certain level of understanding, you realise that everything in life has its purpose. We can say that the universe brings everything to a balance sooner or later and that problems many times get fixed "on their own".

It's okay to have ups and downs in life, but if you don't like it, don't sit in it, get moving onto something better.

Get more creative about finding the solution.





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