



Flying Inspiration

Fly with the Feminine ...

In March 2008 I had the privilege to travel to Antarctica and on the way I learnt a lot of things about myself and the power of travelling ...

*In December 2012 I published a book about my epic journey '**Antarctic Odyssey a New Beginning**'.*

These are the lessons that I learnt during my adventure in Antarctica that I share in my book:

- When I follow my heart desires I discover my destiny
- When I follow my dreams and stick to my values magic appears in my life
- Lack of balance creates fear and anxiety
- When I am true to myself courage replaces fear
- The tougher the situation the quieter I have to be
- Things can appear out of the blue at the right time
- Surrendering to the Higher Force is the wisest thing to do
- By observing myself with detachment I become my best friend
- Reality is never as bad as I think
- When I am present the difficulties created by my mind disappear
- When I follow my inner voice my life flows

- My thoughts create my reality
- I choose the right situation to push myself and grow
- When my mind and my heart are one I can achieve my dream
- Whatever I feel is right even if I don't know the reason for it
- Listening to my body is always right and wise
- Life is made by many moments all equally important
- If something appears to be big, I stop, I breathe and look again with fresh eyes
- All I need is inside me, I can't miss anything
- Less is better like quality is better than quantity
- My heart is my best friend with the right advice at the right time
- My mind is like a horse and needs to be ridden properly
- Whenever I master my mind voice I master my life
- Living life to the fullest is my winning choice
- Life is a dance involving myself and others
- I have the ultimate power therefore I am free
- The higher my perspective on things the more I understand
- Resting is a wise way to invest my energy
- When I slow down I gain in quality of life
- My outer life reflects my inner life

- When I am tired I trust my unconscious to guide me
- Whenever I choose to be me I make my life easier
- I am the result of my habits, therefore I choose them carefully
- Little habits are the most difficult to eradicate as they are unconscious
- What I think of myself is what really matters in my life
- I accept to be uncomfortable with the world at times as I can't control it

And a final lesson that is applicable in any circumstance in life and the final line of my book:

Life is a journey of the heart, the mind is only a helper and the soul is the adventurer

*If you would like to purchase my book "**Antarctic Odyssey a New Beginning**" go to Flying Inspiration website:*

<http://www.flyinginspiration.co.uk/Pages/Products.aspx>

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