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A DAILY DOSE OF INSPIRATION

By Arleen M. Kaptur

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Inspiration – where does it come from and how do you get it when you want it? This age-old question highlights a problem that plagues those whose life work revolved around ideas, and new concepts, themes, or subject matter.

Take writing for example, if you don't have ideas, then what do you write about? Of course, life happenings, news articles, and world events supply subjects for a lot that is written. If, however, you do not deal with "news" per se, then where do you stand? Well, ideas are there, all around you, and in everything you do. For example, your family, people you know, or mere brief encounters are food for thought and can produce a myriad of ideas and suggestions for topics. Talking to people, reading a magazine, or a newspaper will light up a little bulb that may produce a time-worthy article, or even your next novel. Even the simple act of taking a walk allows you the pleasure of opening up a storehouse of possibilities. In essence, everything you do is a possibility – every person you meet, every activity you engage in, and even doing absolutely nothing will inspire, enlighten and give you a storehouse of ideas. So, what is the catch to your cornucopia of subject matter. You must be open to them. You must quiet your mind, your worries, your everyday problems, and let the ideas flow in. Take the time daily and open your mind, heart, and even your soul to the vast enlightenments that are a part of each and every day. In reality, there is never a day that is closed to new ideas, insights, or perspectives.

No matter what your personal or business life has in store for you each day, don't limit yourself to these "daily occurrences." If you don't train yourself to take notice of everything around you, a lack of ideas will soon be the malady of the day. Just think of it – there is wonder in the warmth of sunshine, a million stories in a big city train station, and a poem is just resting in the beauty of nature. Thoughts do have one bad habit though. They will not come to you if you are not receptive. They don't open your mind for you – they just stroll in if the door is open.

So put out that welcome mat – and let everyday life supply you with its wonder and its magic supply of ideas. You can pick and choose, but don't let a day go by that life itself is not allowed entry. If you do close the door, you will never know what great literary achievements could have surfaced on the day you decided you were too busy to bother.

Take each day as a new adventure, a clean slate, a storehouse of knowledge and wisdom.

ENJOY!

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Arleen Kaptur has written numerous articles, cookbooks, and the novel: *SEARCHING FOR AUSTIN*

JAMES Websites: <http://www.arleenssite.com> <http://www.Arleens-RusticLiving.com>

<http://www.webspawner.com/users/rusticliving> <http://topica.com/lists/simpleliving>

Fact Sheet: ASPIRIN® – a Trusted Brand

By News Canada

Fact Sheet: ASPIRIN® – a Trusted Brand

Acetylsalicylic acid, or ASA, the active ingredient in ASPIRIN® was launched on the German market under the trademark ASPIRIN® in 1899.

Today, ASPIRIN® is a registered trademark of Bayer AG in Germany and in more than 80 other countries.

With its history, ASPIRIN® has earned the trust of citizens and medical communities worldwide.

ASPIRIN®'s mechanism of action has been thoroughly documented and described over the years.

Pain Management

ASPIRIN® is indicated for over-the-counter treatment of acute pain. It is recommended for the relief of headache, pain and fever of colds and flu, muscle aches and pains, menstrual pains and toothaches.

ASPIRIN®, as an over-the-counter medication, is indicated for the temporary relief of minor aches and pains of arthritis. ASPIRIN® relieves the burning pain of arthritis inflammation right at the site.

Doctors may recommend ASPIRIN® for other types of pain management. Talk to your doctor to determine if ASPIRIN® is right for you.

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Coated ASPIRIN® Daily Low Dose is doctor recommended for daily therapy.

Coated ASPIRIN® Daily Low Dose contains a special formulation of ASA. Other ingredients such as acetaminophen or ibuprofen that are meant to relieve pain do not have the same action as Coated ASPIRIN® Daily Low Dose.

Doctors say it's okay to take more ASPIRIN® for pain relief if using ASPIRIN® for doctor supervised preventative therapy.*1

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* As with any medication, speak to your doctor or pharmacist before using.

1 – Data on file.

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DOS Made Easy

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