

**N**oble minded  
**E**scapades  
**W**ellspring

**B**are  
**E**nergy

**G**alactic  
**I**ntegration  
**N**ew  
**N**ifty  
**I**ntentions  
**N**ow  
**G**rowing  
**S**erendipitously



Did you know that our day is made up of new beginnings? If time is an illusion, then each unfolding moment is technically a new beginning. Even though some new beginnings stand out with *pizzazz* and sparkle, each one, from the momentous to the mundane, contain the potential of expanding consciousness to new perspective and awareness.

The feeling of a warm blanket cocoon, the purr of a cat by my head, and cold air tweaking my nose as last bits of dream fade into the background is a new beginning. I've changed my focus from sleeping to waking.

Lighting a fire in the furnace is a new beginning. It's mesmerizing to watch one small element of phosphorous flash into flame and ignite a pile of wood and papers into a blazing inferno.

The kiss of warm steaminess from the cup as I raise it to my lips and the delectable first sip of hot creamy sweet coffee caressing my taste buds is a new beginning. That first sip is taken before I begin my morning journaling.

Another new beginning is the flash of inspiration to place two misspelled words together thus creating the perfect name of a character. It was the perfect impetus to re-work a story.

New beginnings are all around you. Recognizing them is a great exercise in staying present. It can also deliver a new level of appreciation for the perfect unfolding of your life.

***How many new beginnings will you find?***

Tracy



**The Domestic Gourdess** is an eclectic and creative gal who plays with *Lagenaria siceraria* cultivars, loves to write, and has been called an spiritual instigator. You can find her gourd art and books at <http://tracyswartz.com>. To learn about changing limiting beliefs into empowering ones, please visit: <http://squidoo.com/howtochangelimitingbeliefs>. Tracy's Musings of a Domestic Gourdess can be found at <http://thedomesticgourdess.com>.

Please be aware that reading this blog has been known to cause giggles, laughter, and uncontrollable spitting of beverages. Head scratching and deep ponderings have also been reported. If any of these symptoms occur, please splash your face with cold water (preferably chilled with ice cubes) and shake your head three times. Any cloudiness or giddiness you may experience should dissipate within a few minutes.