

INSPIRATION

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PARITOSH ACHARYA

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ERIN O'MARA

ANISH OKELY

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CONTENTS



ERIN O'MARA

Erin O'Mara is a media CEO and columnist. She believes in the power and promise of journalism to connect communities and create a more equitable and peaceful world. And she believes in the power within each person, to take small steps and lend a hand in the effort.

SARAH WALI

A scientist and a co-founder of a start up biotechnology company based in Germany

ANISH OKELY

A Nepalese Origin Musician and Singer based in USA

PARITOSH ACHARYA

A registered nurse for last seven years, a recent Family Nurse Practitioner graduate, and a financial advisor, motivator, entrepreneur in the making

Featuring an Artist: Wildlife and Pet Portraits in Watercolor

<https://www.etsy.com/shop/BexMoonyArt>



BABY STEPS TO HAPPINESS

In 2020, I ended my long-distance relationship. We moved in together, so the relationship was strong, and the “distance” part was over.

And I was lost.

I moved from New York City to a small town in a different state. Instead of having neighbors on all sides who probably knew when I came home and what I had for dinner, I lived on a beautiful street, dotted with few houses. The neighbors waved greetings from afar.

I’d left my friends behind, and the video chat happy hours didn’t replace being together in the same room..

I wasn’t there to hear people shout and bang pots in thanks to the pandemic health workers. I didn’t experience the fear of being on mass-transit or meet for walks with a glass of wine.

I didn’t know what it was like to go to a city grocery store or walk the nearly empty Brooklyn Bridge.

I was working from home, outside of the city rhythms I was used to and not inside the rhythms of my new, tiny town.

A big step led to feeling stuck in place.

I peeled back the first layer of listlessness with a baby step.

My partner encouraged me to try a video exercise class and he joined me in the living room for lunges and high knee raises. I kept my phone in my back pocket to get a step count and the number that had hovered around zero started to climb.

There’s a regular yoga class in a barn that I have to pass to leave or come home. When I ran out of excuses, I rode my bike and did Sun Salutations, raising my arms, planking, stretching my legs and marveling at my body’s resilience.

My friendship with the instructor, my neighbor, started with awkward “hellos” and shop talk about body aches and expanded to my life story and hers. When I told her I felt stifled, she mentioned a woodworking class for beginning hand-carvers. The last tool I’d held was a gouge in elementary school art class that I’d stuck in my hand, so I was skeptical.



And my spoon was beautiful. One spoon turned into two and three and now I have a community at the woodshop. I met the good people working to launch a local newspaper and joined the board to use my experience to help local news thrive.

When I shared my story of spoon carving, they offered me a chance to write about it for the paper. Self-doubt almost had me turn down the opportunity and after worry and procrastination, I turned in a story that turned into a regular, monthly column.

I look back now and see how the small things, the things I didn’t think about at the time, brought me to a new place. My small steps added up to community and fulfillment.

In this time of year when lofty resolutions abound and pressure to resolve and renew is overwhelming, I’m sharing the power of small steps. Slow and steady movement, at your pace and your time, is still movement.

I know because with small steps, I found the most important thing. I found myself.

MY SCIENTIFIC JOURNEY

Embarking on the journey of setting long-term goals is not merely about achieving milestones; it's about evolving into the person you aspire to be. As the New Year unfolds, consider not just the challenges you'll overcome but the transformative process of personal growth that accompanies pursuing your dreams.

In my journey, I pursued a childhood dream of becoming a scientist and navigated the realm of Molecular Biotechnology to help people. Little did I know that this seemingly distant goal would shape my path in ways unimaginable.

Growing up in a refugee family, the challenges were daunting, but so was my determination. As a non-German speaker, I shouldered responsibilities beyond my years, playing roles as a cook, cleaner, translator, and janitor by the age of 14 - like any other kid of refugees born in Germany. The disparities became evident when my colleagues effortlessly secured internships while I grappled with cultural barriers and expectations.

The turning point arrived during my studies, a period marked by relentless commuting, a lack of meaningful connections, and the stifling scientific arrogance that permeated the academic environment. Frustration took hold, and I questioned my worthiness, attributing my struggles to personal inadequacy.

It was then that I stumbled upon an old picture, a relic from my 3rd-grade self declaring the desire to be a scientist to help people. I shared it with my mother, who, with a knowing smile, showed a similar image from two years prior when a colleague took in the lab. The universe seemed to be conspiring to guide me toward my authentic self (another important journey to talk about another time!).



SARAH WALI

The journey took an unexpected turn as I delved into diverse job opportunities fueled by a desire to experience hands-on science and break free from the confines of conventional academia. Pursuing a PhD became distant and not desired anymore. Founding a startup became the manifestation of the ideals I held deep within my heart.

This evolution wasn't just about chasing dreams but about embracing risks and shattering societal norms. The struggles and triumphs became stepping stones, each contributing to the mosaic of my personal growth. The process of setting and working towards long-term goals taught me that the key lies not only in achieving the destination but in relishing the journey.



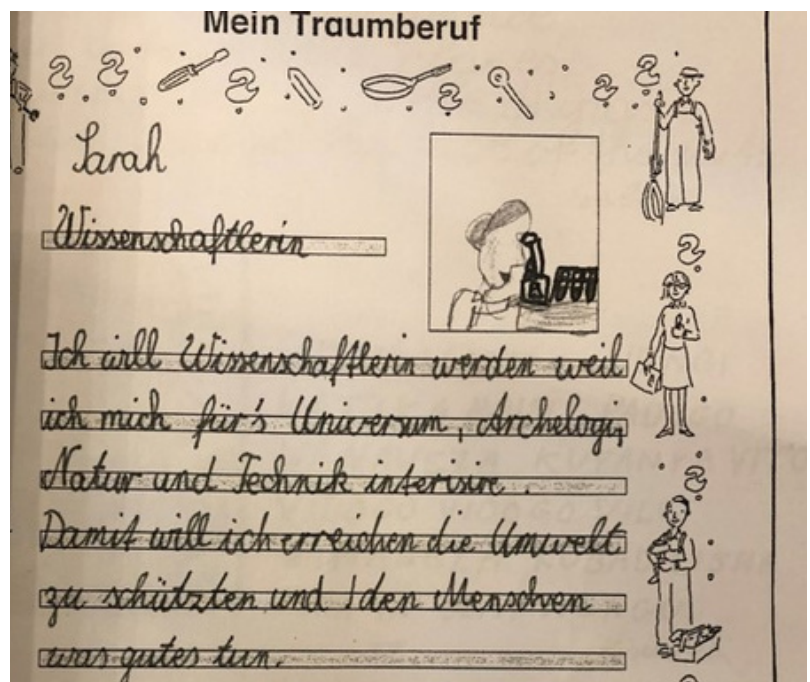
My description of dream job when I was 8 years old

I will become a scientist because I am interested in the universe, in archeology, nature and technology. By that I want to protect the environment and do something good for humankind..

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It's a testament to the power of manifesting what resides in your heart's depths, being open to new opportunities, and walking through doors that present themselves. Reflecting on the demanding yet exhilarating path, I am reminded that setting goals is not merely a checklist but a profound exploration of self-discovery and resilience.

So, as you stand on the threshold of a new year, let your goals be more than resolutions; let them be an invitation to a transformative journey where risks are taken, boundaries are challenged, and personal growth becomes the ultimate destination.



MY MUSICAL JOURNEY



90s was considered as one of the best era for Nepali Music. Various bands and solo artists were born with great lyrics and melodies. A very popular band "OKELY" is one of them.

Initially formed as a band name Rock Kids, later became popular with a song "Meri Okely" now is known as Okely Band. From 6-7 members who later chose to move forward with their education, was driven by just two band mate, Anish and Srijan. Nationally and international shows were lined up for them. Not a time like today to reach your audience through TVs, FM, social medias and more, Okely solely relied on concert & cassette sales to directly reach their fans.

Anish & Srijan they both reside in USA. Despite Srijan's vocal issues, Anish is the only member who have kept the band alive as a solo artist who goes with a stage name Anish Okely.

Anish has his own digital channels for Facebook, youtube, spotify and continuously releasing his singles.

When asked, " How come you are just by yourself in this journey"? He replied, I was the one who innitiated this band, also i wrote the song Okely, so this is like my baby. Plus i think music is in my blood. How come i can ignore my baby and let go something that flows in my blood. I never gave up and that is why Okely is still alive. Still today i get calls and messages from fans and love ones who thanks me for giving such a great melody and they say they feel happy and positive everytime they go and listen to our songs like Gulabi Jado, Jhyal bata heri, Meri Okely and more. I am thankful to have fans like this.

Anish Okely is getting ready to release his new single -

" Ghumna Jau Na" , a love song for coming valentine.

MY CAREER MAP



A registered nurse for last seven years, a recent Family Nurse Practitioner graduate, and a financial advisor, motivator, entrepreneur in the making. People mostly wonder and ask me why do you have to build a business regardless of having a great nursing job that pays you well. In fact, the job as a nurse is great not only for the benefit of personal finances, but how rewarding it is to be able to bring smiles to the sickest of the patients and their families. As a nurse we bring hopes to the patients and their families, and I really love about being a nurse. Besides from the passion as a registered nurse, I always had a passion of creating something of my own, and the primary reasons is the thought that my daughter won't be able to take over where I left as a nurse, and that she has to start from the scratch to get to where I am today.

However, a business can be passed on to our kids, where we left off, giving them the advantage of time. They can start from the position of strength and build from it.

Since I came to the States back in 2003, I worked multiple jobs, went to school, and kept on upgrading my life, and in fact the life experience I got from all these years have been so invaluable that I can say from conviction today that what we know is never enough, and we need to continue to seek more. Moreover, we only get one life, at least from what we know so far, and we must make it all worth not just our own personal lives, but make it worthwhile for others as well.

One of the most significant skills that I noticed at least in the 95% of people in the US is lack of confidence, conviction, financial literacy, positive attitudes, and vision. I decided to join a leadership organization within a financial service, where we educate people about different financial services, how we can protect our finances from market losses, how we can protect our families from financial hardships when we are no more around, and how to create a network of like-minded leaders who all work with the same mission in mind, which is "NO FAMILY LEFT BEHIND." Through this platform, I can accomplish the goal of empowering people one family at a time. In addition, through the like-minded network, I see people more focused, confident, financially literate, and see better opportunities in adversities, as we grow together and learn from each other. I love this journey of life, where the struggles make us stronger, and the successes makes us seek out more. If we can pass on this legacy of mentally stronger attitudes to the newer generation then the sky is not just the limit for them.

In every difficult
phase of your life
believe ,
" this too shall pass"

