

## Reach out; touch someone

Eleanore Roosevelt once remarked, “The future belongs to those who believe in the beauty of their dreams.” There’s something about the truth that strikes a resonant note somewhere inside. That’s what draws us to certain people, places and events—because of how we are going to feel while we’re there.

This feeling is good about sensing our connection to one another. The more open you are to life and to others, the more they extend themselves to you. We find, much to our delight, that people welcome a warm smile, a pat on the back and a caring hug. Reach out and touch someone emotionally, energetically and spiritually.

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QUOTABLE: Humor is a great virtue because it makes you take yourself and your world seriously, but never too much. It brings death to every moment of life, not as a morbid intruder, but as a gentle reminder of the contingency of things.” *H. Nouwen*

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*In my life, I will not try to predict events before they have happened or cast final judgments on situations that are ongoing in my life. I have learned that at any given moment a smile can change one’s direction, and who is to know when a smile will come your way!*

**Namaste!**

Through this connection to others we experience a through line to whatever we deem our Higher Source. Allow things to be what they are. This practice, though simple, is very freeing. When you feel free, the world is your oyster.

Wayne Dyer said, “There is a great sense of joy in feeling free. Joy, freedom and unconditional love are inseparable. They flow from the experience of each other.”

Take time to discover those things that make your heart sing and do them more often. While you’re at it, invite your friends along. Life wasn’t meant to be a struggle. Give yourself permission to lighten up and re-discover what makes you happy.

### Be who you are...

Let the true spirit of who you are shine through in all that you do. Let your hopes and dreams always guide you in the direction that you definitely believe in. Let the love that is within your heart never stop being the most important and beautiful part of your life. Travel through time not as one alone, but as one among the many; reach out to those who need your gentle spirit and caring ways. Make your passage through time an endless journey of love.



### *Inspirational Thoughts*

\*The greatest thing in this world is not so much where we stand, as in what direction we are moving.

\*Kindness is a language which the deaf man can hear and the blind man read.

\*A friend is a present you give yourself.

\*They are never alone that are accompanied with noble thoughts.

\*Each life converges to some center expressed or still; exists in every human nature a goal...

\*Educating the mind without educating the heart is no education at all.

\*Nothing ever becomes real until it is experienced—even a proverb is no proverb to you until your life has illustrated it.

\*Correction does much, but encouragement does more.

## Let Go...

Let go! Nothing lasts forever. We have to learn to let go whether we want to or not. But whenever we let go, we actually gain something. We realize that when we close a door, another opens. The secret is to live each chapter of our lives fully so that when our story ends we don't have longings and regrets.

Life presses on. We must catch the joy and do what's possible here and now. We have the gift of life. We can make the best of every situation. We can trust our intuition, take risks, extend ourselves, try new things, reach out to others in loving ways, and lower our expectations, our false impressions that perfection is always attainable.

What do you really want from this gift of life? We're given this brief opportunity to let the light shine in as we give back whatever gifts we have. How can we best express our love and appreciation? Balance is one of the most important life skills. It centers us, makes us stable, allows us to be composed and will teach us the virtues of moderation.

Each of us must face the unexplainable, the pain, the disappointment and the grief and losses in our lives. Each one of us has to determine for ourselves how we shall live with the mysteries of existence, with the unanswered questions, and with reality, regardless of how uncomfortable it can be.

To be able to live life as we want is a sign of earthly virtue. To be able to do good on earth, in our own unique way, being grounded, using our talents wisely while enjoying the process, brings meaning to our lives.

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***Isn't it true . . . In our elder years we learn not to use up energy in anxiety, to live with things we cannot change. Most people are neither for us or against us. No matter how much we try to please, there are some people who are never going to like us—inner freedom comes from acknowledging the limitations of life. Source Unknown***

*Life comes in waves...a splash of excitement moves you toward a dream you've dreamed for a lifetime. Another push or pull from any direction guides you even closer to the places you long to explore. Life carries you along with a gentle flow of changes and challenges, and you float into tomorrow knowing that another wave will be there for you and you will be waiting to go.*

## *Wit and Wisdom*

\*Mistaken Identity: The mother said to her young son, "I'm going down to the basement. If the butcher comes, let me know. I want to talk to him." A few minutes later the pastor came to the door. The boy, forgetting who his mother wanted to talk to, called downstairs: "Mom, that man's here." The mother was busy and yelled up the stairs, "I can't come up now. Tell him we didn't like his tongue last week, and if it's no better this week, we're going to go somewhere else."

\*You don't get to choose how or when you die. But you can decide how you're going to live.

\*Pretty much all the honest truth telling there is in the world is done by children.

*Olive Wendell Holmes*

\*I asked, "Why doesn't somebody do something?" Then I realized, I was somebody.

\*If God has called you, don't spend time looking over your shoulder to see who is following!

\*Each one reaches Heaven by climbing his own stairway.

***Enjoy life NOW! It has an expiration date!***