

Change Your Habits, Change Your Life

Nature is simple and nurturing. Nature, of which we are a part, works slowly but surely in us. Habits are ingrained in us over years. We are quite satisfied with our habits. To modify them requires effort that must be continued for some time to acquire new healthy ones.

Modifications of habit constitute real healing from within. When a person is ready, the real teacher within appears to show us the way. Then, we seek outer help from holistic and spiritual healers.

Physical habits have much to do with making life easier and conserving our storehouse of nervous energy. With proper conscious mindfulness or self-observation toward difficulties in life, we can ward off depression and discouragement. A healthy mental attitude, wholesome food, exercise, sunshine, rest and sleep can modify one's personality, health and character to a high degree.

With this wonderful power of healthy mental attitude habit, we can make positive changes in our life. Not only the body but the mind also needs good habits. They both need activity and rest. The mind needs quality input. We need thought as well as activity to balance our lives.

Serenity and tranquility sum up a healthy mental attitude which we require as much as peace and security. We experience it in our lives that when our best work is produced, our inner tranquility is undisturbed. Tranquility starts with a healthy mental attitude toward life. A healthy mental attitude is of utmost importance for our health, success and happiness. The health of the body and the health of the mind acting and reacting with each other, depend upon the formation of constructive habits.

As the complexity of life increases, it become increasingly necessary to adopt the laws of nature and thus give study and intelligent thoughts to the cultivation and preservation of health. Let the mind be carefully nourished and wisely diversified.

MAY



Namaste!

***Jane Zoltek
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Editor

Do you Pray?

I loved this interpretation of Prayer. What is a prayer? Prayer doesn't just happen when we kneel or put our hands together and focus and expect things from God. Thinking positive and wishing good for others is a prayer. When you hug a friend. That's a prayer. When you cook something to nourish family and friends. That's a prayer. When we send off our near and dear ones and say, 'drive safely' or 'be safe'. That's a prayer. When you are helping someone in need by giving your time and energy. You are praying. When you forgive someone by your heart. That is prayer.

Prayer is a vibration. A feeling. A thought. Prayer is the voice of love, friendship, genuine relationships. Prayer is an expression of your silent being.

****Keep praying always.****

***(The above was sent to me by
MaryLou Wojtusik!)***

Quotable:

**** You are never too old to set another goal or to dream a new dream. C.S. Lewis***

****And in the end, it's not the years in your life that count, it's the life in your years. Abraham Lincoln***

**** What is age but a number. What you can dream, you can become, at any age. Live your best life, not your age. Jonathan Lockwood Huie***

**** You are only as old as you think you are. Anonymous***

****Worry never robs tomorrow of its sorrow; it only saps today of its strength. A.J.Cronin***

Aloha!

Aloha! The Hawaiian greeting not only means “hello” but also means “goodbye”, “I love you” and “the spirit of love.” The aloha means to love what you are doing and be aware and awake in the moment...to live with a passion.

Do you live life with a passion, living every moment, loving what you are doing, not worrying about the future or living in the past? That is what the aloha spirit is about. When you enjoy each present moment, you are truly alive. You have no regrets.

Will you be able to look back at the end of your life and feel that you lived your life fully, with passion? Are you doing what you want to do instead of what you feel you must do? Are you expressing the aloha spirit in your life?

You know in your heart what it is that you truly love to do, what brings you joy. Whatever you do, do it with joy, put yourself into it.

Bring your seed to fruition. Develop the fruit inside that will flourish.

It is said that the Hawaiian people are a joyous and spiritual people. They understand the meaning of a happy life. They live the aloha spirit.

Today, go out and do something that you really love. If there is something that you have to do that you don't like doing, look at it different for the first time. Try finding an element of joy in the task whatever it is. Each small task of everyday life is a part of the total harmony of the universe. Appreciate it and find joy in it. Find the aloha spirit within you. “Let the beauty we love be what we do.” (Rumi)

The most thoroughly wasted day of all is that one which we have not laughed. Sebastian Chamfort

Nature gives you the face you have at twenty: it is up to you to merit the face you have at fifty. Coco Chanel

Wherever you go, there you are. Anonymous

Truth in journalism is usually found on the comic pages. Frank DeGennaro

More Haunting Questions

*Why is it so hard to remember how to spell “mnemonic”?

*How do you tell when you run out of invisible ink?

*Do married people really live longer than single people, or does it just seem longer?

*Doesn't a lightning rod on top of church show a lack of faith?

*When French people swear, do they say “Pardon my English?”

*Do cemetery workers prefer the graveyard shift?

*What is another word for “thesaurus”?

*Where do people in hell tell other people to go?

*Why is the man who invests all your money called a broker?

*Why is the third hand on the watch called a second hand?

*Why is the time of day with the slowest traffic called rush hour?

*Why isn't there a special name for the tops of your feet?

*Why is abbreviated such a long word?

*Why is it that when you're driving and looking for an address, you turn down the volume on the radio?

*Why is it that doctors call what they do “practice”?

*Why isn't phonetic spelled the way it sounds?

*Do glow-in-the-dark objects stop glowing when somebody turns the lights on?