

Mother Earth begins rebirthing process

Yes, Mother Earth begins her rebirthing process this month and along with our celebration of the Spring Solstice, we can begin our rebirthing also. I share with you some masterful words that were given to me awhile back, maybe you've read them also. Think of the joy and peace that Gaia (we) would have if we could embrace these life-giving, thirst quenching, soul building and heart opening ideas.

THE AWAKENING

A time comes in your life when you finally get it...When, in the midst of all your fears and insanity, you stop dead in your tracks and somewhere the voice inside your head cries out...ENOUGH! Enough fighting and crying and blaming and struggling to hold on. Then like a child quieting down after a blind tantrum, your sobs begin to quiet down, you shudder once or twice, you blink back your tears and through a mantle of wet lashes you begin to look at the world through new eyes.

With courage in your heart and with your higher power by your side, take a stand, take a deep breath, and begin to design the life you want to live as best as you can in 2021!

*Editor
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THIS IS YOUR AWAKENING

You realize that it is time to stop hoping and waiting for something to change or for happiness, safety and security to come galloping over the next horizon. You come to terms with the fact that no one is Prince Charming and you are not Cinderella and that in the real world there aren't always fairy tale endings or beginnings. And that any guarantee of "happily ever after" must begin with you and in the process a sense of serenity is born of acceptance.

You awaken to the fact that you are not perfect and that not everyone will always love, appreciate or approve of who or what you are—and it's OK. They are entitled to their own views and opinions. And you learn the importance of loving and championing yourself and in the process, a sense of newly found confidence is born of self approval.

You stop complaining and blaming other people for the things they did to you, or didn't do for you, and you learn that the only thing you can really count on is the unexpected. You learn that not everyone will always be there for you and that it's not always about you. So, you learn to stand on your own and to take care of yourself and in the process a sense of safety and security is

born of self-reliance. You stop judging and pointing fingers and you begin to accept people as they are and to overlook their shortcomings and human frailties and in the process, a sense of peace and contentment is born of forgiveness.

You realize that much of the way you view yourself and the world around you, is a result of all the messages and opinions that have been ingrained into your psyche.

And you learn that your body really is your temple. You begin eating a balanced diet, drinking more water and taking more time to exercise. You learn that fatigue diminishes the spirit and can create doubt and fear, so you take more time to rest. Just as food fuels the body, laughter fuels our soul, so you take more time to laugh and to play. You learn for the most part, in life you get what you believe you deserve and that much of life is a self-fulfilling prophecy.

You begin to take responsibility for yourself, by yourself and you try to make yourself a promise to never betray yourself and to never ever settle for less than your heart's desire. Keep smiling, keep trusting and stay open to every wonderful possibility!

Hurray for Spring...

Fragrant waves of color will begin to sweep across the earth, a fitting tribute to the vibrant season of spring. Welcome, Spring of hope!

The drab, gray months of winter may seem long and cold, but they cannot prevent the advent of spring. Spring signals Mother Nature awakening from a long, wintry sleep. She begins to turn her face toward the sun. Tender buds begin to burst forth from every limb and twig. Trees and shrubs will be adorned with their new garments of green. All of nature will begin to pulsate with new life.

Signs and sounds of spring will be all around us. From the shallow pools in the meadow, tiny frogs will sing in concert. Peach trees will be draped with pink blossoms. Honeybees hum around them in search of pollen, while the other birds join in with the sounds and the songs of spring.

Spring is a season when we see only the things of beauty made by the hand of God, untouched by the human hand. Water lilies will be lifting their heads and will gleam with joyful ecstasy. Tiny white daises will bow to welcome Spring.

Thank God—

Thank you for the world so sweet.

Thank you for the food we eat.

Thank you for the birds that sing.

Thank you, God, for everything.

Author Unknown

REMEMBER

*Your presence is a present to the world. You are unique, one of a kind. Your life can be what you want it to be during this season of the year. Take the days just one at a time.

*Do not put limits on yourself. There are so many dreams waiting to be realized.

*It's never too late to do ordinary things in an extraordinary way. During this Spring, have health, hope and happiness. Take time to wish upon a star!

*When talking to someone who is hard of hearing, lower the pitch of your voice. Hearing loss in most elderly people mostly involves high-pitched sounds. Talking loudly may be counter-productive since it usually makes you raise the pitch of your voice along with the volume.

Healthy Eating

FRUIT— Three or more servings a day! Fruits are rich in fiber, vitamin C and beta-carotene. Include at least one serving each day of fruits that are high in vitamin C—citrus fruits, melons, strawberries are all good choices. Choose whole fruit over fruit juices which do not contain very much fiber.

VEGETABLES— Three or more servings a day! Vegetables are packed with nutrients. They provide vitamin C, beta-carotene, riboflavin, iron, calcium, fiber and other nutrients. Dark green, leafy vegetables such as collards, broccoli, kale, mustard and turnip greens, chicory and bok choy are good sources of these nutrients. Dark yellow and orange vegetables such as carrots, winter squash, sweet potatoes and pumpkin provide extra beta-carotene.

WHOLE GRAINS— Five or more servings a day! This group includes bread, rice, pasta, hot or cold cereal, corn, millet, barley, bulgur, buckwheat groats and tortillas. Build each meal around a hearty grain dish. They are rich in fiber and other complex carbohydrates as well as protein, B vitamins and zinc.

LEGUMES— Two or more servings a day! Legumes which is another name for beans, peas and lentils are all good sources of fiber etc.