

SAGE-ING AGE-ING NEWSLETTER

JUNE 2021 ISSUE 6

NAMASTE

THINK-ABOUTS FOR JUNE...

Benefits of Breathing-in

Fresh Air

Now that summer is approaching, we're more inclined to go outside, soak up the sunshine and breathe in some fresh air! Below are some healthful reasons why breathing clean, fresh air is beneficial for you!

Fight off the sniffles with the power of fresh air, which helps your immune system work more effectively due to healthier white blood cells. It also supplies your immune system with the oxygen it needs to kill and destroy bacteria, viruses and germs.

Breathing fresh air in and out not only feels great, it also benefits your lungs. It helps the airways of your lungs to dilate more fully and improves the cleansing action of your lungs.

Being outside and getting some air straight from the great outdoors helps to improve both blood pressure and heart rate due to the decrease in pollution, providing you with better overall heart health. Stale and dirty air forces the body to work harder to get the proper amount of oxygen it needs.

You're breathing in more oxygen when you're out in the fresh air.

(continued from column 1)

When your brain gets more oxygen, it's going to be able to function more efficiently. It brings greater clarity and improved concentration.

(Excerpted from somewhere)

You can still plant a Garden

How to plant your garden: Plant 3 rows of peas: Peace of mind Peace of heart, Peace of soul.

Plant 4 rows of squash: Squash gossip, Squash indifference, Squash grumbling, Squash selfishness.

Plant 4 rows of Lettuce: Lettuce be faithful, Lettuce be kind, Lettuce be happy, Lettuce really love one another.

No garden should be without turnips: Turnip for service when needed, Turnip to help one another, Turnip the music and dance.

Water freely with patience and cultivate with love. There will be much fruit in your garden because you reap what you sow. To conclude your garden, you must have Thyme: Thyme for fun. Thyme for rest. Thyme for ourselves.

Editor

Jane Zoltek, ssj-tosf

Tidbits...

*Everyone is the age of their heart! *Guatemalan Proverb*

*There is always a lot to be thankful for, if you take the time to look. For example, I'm sitting here thinking how nice it is that wrinkles don't hurt. Author Unknown

*I still have a full deck; I just shuffle slower now. Author Unknown

*Some people, no matter how old they get, never lose their beauty—they merely move it from their faces into their hearts. Martin Buxbaum

*An archeologist is the best husband any woman can have: the older she gets, the more interested he is in her. Agatha Christie

*Forgive those who have injured you—not because they deserve your forgiveness, but because you can never be happy until you release your anger and grant forgiveness. Forgiving is not a gift to someone else—Forgiving is your gift to yourself—a great gift—the gift of forgiveness. J.L. Huie

JUNE, LIVE OUT LOUD

I love the month of June. There is a deep inner sigh palpable in the air, summer at last! Flowers are beginning to make their presence known. Colors are abounding outside, windows are open, people are walking/jogging, barbequing, washing windows, planting, going to the nearby park and mowing lawns. Don't you love the smell of newly mown grass? This is the time to take our morning coffee outside in the fresh air.

What turns you on? What do you really like to do, perhaps it is painting, drawing, writing, singing, sculpting, beading, sewing or knitting? What is it that you just can't wait to have some time for reading your favorite book, sipping your favorite drink, feeling the gentle breezes glide by, listening to the trees rustle and birds sing? June is a gloriously sensory month. This is the time Mother Nature is re-awakening our own inner talents and abilities and asking us to step outside of our comfort zone and create on the physical level. God is creating everywhere you look—trees shrubs, flowers, grass, birds, blossoming, growing, blooming, living out loud!

Now, it's your turn to create. What have you always wanted to do? Let's let our imagination soar, what creative juices are waiting to flow? Birthing is going on all around us here at Marymount Convent. Let's check out where we live some ABC's of this juicy process.

A...Absolutely we need to be who we are. Let's stop trying to impress other people and be ourselves. What do you like?

B...Let's be good to ourselves and stop waiting for others to do it. We need to treat our self well. We need to be the kind of vibration that we hope to attract.

C...Color! What colors do you like? Wear them. We need to be bold, create color schemes that work for us, instead of what the wheel says.

D...Deepen our playful attitude. We need to lighten up and not take everything so seriously. Delightfully strut your stuff, take up space and live in the moment.

(Continued...)E...Exit away from people, places or things that don't bring us joy.

F...Feel a new attitude of fun brewing. Be right here, right now.

G...Go for it! What do you want to do, paint, write a book, go to a concert, go.

H...Highlight your creative nature, what makes you, you.

I...Invent yourself anew. Change your mind, change your life.

J...Whatever you want to do, make a start, "Just Do It!"

K...Kindness, we need to show ourselves some. Smile at yourself in the morning.

L...Laugh, giggle, and let that inner child out. Practice laughing all kinds of laughs.

M...Move, it's healthy for you. Walk etc.

N...Newness. Put some in your life, new attitudes, ideas and thoughts.

O...Open. Be open to the sea of all possibilities.

P...Play. There are so many ways to play.

Q...Quit doing things you don't like.

R...Remind yourself that you are a Child of the Universe. You matter.

S...Stay focused . Believe in yourself.

T...Thankfulness is a must.

U...Undo old programming that is no longer beneficial to you.

V...Value yourself.

W...Will. Turn your will over to God, "thy will be done."

X..."x" marks the day that we promise to do something wholesome.

Y...Yes, you are worth it.

Z...Zip your lips if you don't have anything good to say!