

Quotes that Touched Me

Worry is a sign I need to do something else.

--Linda Clark

If thoughts carry weight, consider ours as a tons of love and hope.

--Kathy Arnold

Haiku & Other Poems

*Horses running fast
Manes flapping in the wind
Running in the plains*

--Molly Maksin (age 6)

*Butterflies floating
Softly in the quiet air
Butterflies fly fast*

--Maddie Maksin (age 6)

*The internal tyrants of
should, have to and must
Cause hidden rebels to
dig in their heels
stick out their tongues
and silently shout "No!"*

*Whereas,
The empowerment of
choose to, want to, and will
Nudges us gently toward
compassionate attitudes and
constructive action.*

--Sue

*Focusing on the good
you **are**
And the good
you **have**
Helps bring springtime to
your heart.*

--Sue

*My soul is enthralled
By the sound of ocean waves
Slapping sandy shores.*

--Sue

Dear Friends,

Because the last MuseLetter was embarrassingly long, this one is read-in-a-minute-and-go-play-outside short.

It's Spring!!!

In this wonderful season of fresh flowers and renewed hope, I encourage you to do your own version of Spring-Fling and

Take a Break from "Should" and "Have to"

In honor of Mother Earth and her just-because-she-wants-to profuse blooming all around you, how about declaring your life a Should-Free Zone for just this week?!

As much as possible--and it might be fun to try it in apparently impossible situations also--replace disempowering words, and personal edicts, such as

- *should*
- *have to*
- *must*

with empowering alternatives like

- *choose to*
- *want to*
- *will*

Of course, there are imperatives that we *must* do. But even they can be reframed in an empowering manner. I'm thinking specifically of my stepdaughter, Linnie's, chemo treatments. In truth, Linnie is freely *choosing* the treatments suggested by her doctors because they are medical science's best ways to return to complete health and wholeness. And that is her heart's desire.

Realizing that we have *choices*, and making the ones that resonate with our heart's desires, frees us from feelings of victimization and catapults us into wonderful realms of self-care and self-empowerment. In the safety of self-love, we are happier, healthier, and better able to love freely and naturally from our hearts.

A few questions that help me

- Do I *want* to do/be/say this?
- Is this a good choice for me?
- What other choices are available to me in this situation?
- Am I only doing/being/saying this because I think I should?
- If I never receive credit or thanks for this help, action, or statement, do I still want to do it?

Trust yourself. When given encouragement to do so, you will make fantastic choices!

Love, hugs, and Happy Spring!

