



Hope your Monday and beginning of the work, school or vacation week has gone well. It's been a little over a year since I've had my website:

www.thesailswithin.com. The purpose of the site has been to share my creative and holistic writing with others, as well as provide some pleasant and intuitive reading. Eventually I'd like to have a regular column or spot in a publication, which I'm currently working on. I invite you to provide any feedback, if you wish, on something you like about The Sails Within and/or something that could improve. You can reply to this email with feedback. Again, this is optional, but if you have time, it's much appreciated. Thank you for your assistance and reading my emails. I intend do this as long as I can and grow more in the meantime.

Another holiday is getting closer, and as I was walking in my neighborhood, I saw this rather festive bush in the picture to the left.

I hope we can all receive some pleasant surprises (or much needed surprises) no matter how small or large they seem. Part of that is remembering we deserve to receive the best our lives can bring us. We deserve to be happy. We deserve to have fun. We deserve to take a break. We deserve to eat good food, even if it's not always good for our waistline. :) True, we may not always get what we deserve *at the time* we want it, but that doesn't mean we won't get what we deserve a little later. I think knowing it's our right to live a happy life, however that looks for us, brings about more of the surprises we didn't realize we hoped for. Remember what we deserve and have an inspiring week.