

*Picture of the Week: October 6, 2014 – The Sails Within*

Happy Monday,

I took this picture in Silver Spring, Maryland when I was visiting my grandmother at a nursing home. Hope you find time to stop and acknowledge the beauty of the present moment, even if it's just taking a deep breath. You never know what's around you or above. :) Share and forward this message as you wish and have a great week!

