

*Picture of the Week: February 23, 2015 – The Sails Within*

Hope you're warm and without the case of the Mondays. If it's chilly in your life, then may you surround yourself with good company like I saw one morning below. :)



This past weekend included more snow and driving in it for me. Fortunately, I took a much needed Bikram Yoga class to warm up and see some friendly faces.

As some of you know, I have a new job in education, and while I still write, the on-boarding process has taken more time than I thought. I'll do my best to keep the emails on Mondays, but please bear with me over the next few weeks as my schedule adjusts.

My message for this week is from the Buddha, "What we think, we become." My new job has been an adjustment, and in the process I've experienced the stress of learning new things, new sleep and exercise patterns, and at times, forgetting to be present. So this week I'm making more of an effort to be present and center my thoughts on what is good. That good could be love, restful sleep, the people in my life or completing a goal.

If we focus on what we want to become and continually match our thoughts and actions to that, we will ultimately achieve what we seek. As always, I appreciate your reading, sharing and feedback. Have a warm week.