

Good day!

I would imagine that this week, Valentine's Week, most people would expect an email about sharing or giving love. If you are reading this email I already know you share love tirelessly so let's look at love from a different perspective. The question to ask is, "How am I receiving love?" Many of us, myself included, find it pretty easy to give love to others through generous acts or simple acts of kindness. The difficulty we may have is receiving love from others. We often downplay the other's generous and kind action by saying, "Oh, you shouldn't have." Or "It was nothing, don't worry about it." Instead of a simple, "Thank you."

We hear all the time that it is better to give than to receive. The problem is that if everyone only gives, and no one receives, who are we giving to?

The challenge for this week, and our entire life, is to be generous in receiving love. It is truly a gift to allow others to share their love with us.