

News & Inspiration

Hi All,

Hope these summer days and summer nights finds you well. Who remembers the days when summer sun seemed to be so much longer, as you changed out of your school clothes (before you got caught playing out with them on, well before Friday!) and played out on the street with all the neighbourhood kids longing for the ice-cream van to pass your way. When 99 ice-creams were less than 99p, back in the days when the colour burgundy was in, not only in clothes but in flavour lollipop as well! Going back too far? Were those really the carefree years of yesterday? Where have they gone? Does it seem like another lifetime ago, when you used to laugh for no good reason, just because...

Enjoying the seasons of life - laughing while living

When was the last time you had a real good belly laugh, until tears were streaming down your face, or just sat in the park and took nature in or sat watching the sea horizon? Or is it a good ole comedy or having friends round the bar-b that brings laughter? Or is it a hobby or a place you loved, that you've forgotten about? If it was today or yesterday, then say 'thank you' for your blessings....

There must be something that tickles you from the inside that helps you to escape a little from the daily routines of life (okay, if its football, you must be in your element right now!). Whatever it is that helps you really feel the sunshine and see all the colours of a rainbow, when was the last time you experienced it? What - you have no time? (Read one of my newsletters - Making time for you!)

If we were to fast forward to the future and then look back...what are some of the things you know you would have wanted more of? What about now, looking back five years ago, what is it that we wish we had started earlier, said sooner, experienced more of? Are we so into routine that we allow the changing seasons to past us by each year without really experiencing them? In the same way, have we stopped feeling certain emotions because it's just all too painful or challenging? What have we stopped doing or feeling because we say we'll do that when I get....or when this is in place....or when this person comes...or when that person goes....when I have more money...when I.....?

Is it not possible to live, laugh, cry, learn, enjoy, WHILE we are living every day, while we are achieving, while we go about our daily business? A smile here.....a hug there.....a kind word there...Like a stone thrown into a lake, how are your ripples affecting

another.....and another....and another?.....Are you choosing to be happy today, regardless of whether you feel like it? Can you see/feel the sunshine?

Here are some ideas which may get you going, but you know best what you need:

- Listen out for the ice-cream van and queue with the kids to get yours!
- Go visit that place that always makes you feel.....???
- What about that book/magazine you've always been meaning to read...tell the kids/partner to leave you be!
- Hobbies....real..cooking!...horse-riding...badminton...sailing...wood-work...connect with your passions
- Volunteer....who needs you out there.....
- Tell someone how you really feel...be gentle...
- Make/allow that human connection...partner, child, parent, friend....or just...that child in you
- Allow yourself to laugh, cry, shout, feel whatever you're feeling...blocking can be dangerous to your health!
- Put the music on and dance to your hearts content (trust me, you may even start laughing for no good reason)

Whatever it is, know that just like the weather, our life goes through seasons, so yes there's a time to cry, laugh, build, knock down, be in a relationship, not be in one or change within one....everything changes....nothing stays the same. So as the summer days and summer nights go by...learn from the past but live NOW, experience NOW, be present NOW while you create your future.....

As per a conversation I had which ties in nicely.....whatever we have to go through as individuals, no matter how challenging or hurtful, know that if we try our best to learn, share, teach and become all of what we know we can be....the season will change...and if we choose not to...the season will change.... How we live life is totally up to us....yes there are some things that we have no control over, so sometimes the learning is to let it go and allow life to unfold...however sometimes what we bring into our lives is up to usyou get to decide....you choose.....so take responsibility....and run like the wind.....

Be the change you want to see.

“TOMORROW WILL BE THE OUTCOME OF TODAY. You choose.”

Take Care now,

KAREN at

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