

FOR TODAY January 27 writing

"If we find nothing of interest where we are, we are likely to find little of interest where we go."  
Edwin Way Teale

Leo Buscaglia used to say, "If you think your friends are boring and inadequate, it is because you are boring and inadequate. Liven yourself up." I can find enthusiasm when it is not my first response. I can "act as if". I can put on some music that has a beat and start moving and let myself be lighter. (Uptown Funk and Happy are my current favorites.)

Happiness begins in my thoughts and it can start with naming something I am grateful for. It could be a simple thing but that is all it takes for the brain to shift.

This Program is the Master Class in living. It is so worth whatever energy it takes to hold on when things seem hard or I feel crabby.

I wish I had a way to pump the music out into the street so my neighbors and I could dance in the snow while we clear out driveways again. We'll all be out there today.