

Encouragement 19

Dear Friends,

Take what delights you and leave the rest.

- 1. You're Good Enough. You're Smart Enough. And Gosh Darn It, People Like You!** At the risk of being teased mercilessly, I want to share with you a tool I've been using nightly for the past several weeks that has really shifted things for me. I've been listening to these lovely affirmation meditations on YouTube as I go to sleep. I found a YouTuber named Dauchsy (like a dachshund dog- although he spells it differently) who produces 2-3 hour sleep meditations on different subjects like health, wealth, love, and prosperity. There are other great youtubers too, and I'm sure you can find one that resonates with you if this one doesn't. If nothing else, it's a very soothing way to fall asleep. I also turn it back on if I wake up in the middle of the night and need some comfort. And gosh darn it, I'm feeling happier!
- 2. Reminder to be KIND!** We are all neighbors and friends. We need each other. I fear for the discord that may occur (even more) with the coming election and the rising COVID cases. We continue to be divided on a national (and worldly) level in both arenas. But I continue to have faith in us here at the local level to treat each other with love and respect.

Please remember that everyone is doing their best to navigate the COVID stuff. You may be more cautious than your friends or neighbors and feel angry or fearful about the choices others are making. You may be more loose in your behaviors and just wanting to live your life normally. Either way, please have compassion for others recognizing that these are not easy decisions for anyone. Respect people who are protecting their physical health and help to protect them and yourself. Try not to judge folks who are having more contact with others. Be honest with one another about your possible exposure and choices and make decisions about the safest ways to interact given these facts. If we can have these conversations and make choices together, then no one has to feel angry or scared. When you are in public or at school, please continue to follow guidelines.

- 3. You are a Superhero!** "If this experience were to last forever, what quality would have to emerge (in me) for me to have peace of mind?"-Michael Bernard Beckwith  
Ask yourself this question. Who do you need to become to be the best you? For me the answers are love for self and others, compassion, a terrific sense of humor and playfulness, dedication to health and personal care, honesty, and courage.

I would absolutely love to hear from you about what is working for you! I care about each and every one of you immensely and am here to support and celebrate you!

Warmly,

Becky