

HAPPY NEW YEAR 2018!!!

We're about to put another year in the books! Like I said last week, it seems like only yesterday we were welcoming 2017. I guess time flies when "yer havin' fun"!!!

The new year is typically a time when people make resolutions--i.e., "promises to themselves" to take certain actions to make their lives better. Things like losing weight, not drinking so much, stopping smoking, cleaning out the clutter from their houses or portents, etc. All are noble efforts to make their quality of life better. The question is, will they still be sticking by those resolutions in March, April or May?

We make resolutions at the beginning of the new year because we look at it as being a "re-set" period for our lives. January 1 is a date we have come to think of as a new beginning--a time of change. A time to get our "houses in order", so to speak.

BUT--What if we could think of every day like we think of January 1? In reality, isn't every day we wake in the morning a brand new day with brand new opportunities to change our lives for the better? The only thing special about January 1st is that we have to get new calendars! (Oh, and the big Bowl Games for some!)

If you are a resolution maker, I wish you the best on sticking to your new year's decision! I hope, whatever your resolution is, that you are still abiding by it come March, April or May. It is also my hope that all of us, whether we make our resolutions on New Year's Day or every morning when we wake up, will resolve to make our lives more loving, more caring and be more aware of our attitudes towards ourselves and others.

Simply resolving to do something though is not the same as taking the actions to carry it through. A true resolution means we have made a decision, at soul level, to see the change we desire happen in our lives. Half hearted attempts will surely lead us to failure. For our lives to be better we must undergo a fundamental change in our hearts--nothing else will do!

So, the next time any of us see someone not having a good day, I hope we can at least give them a smile and maybe a friendly "hello" instead of simply ignoring them. Next time we have the opportunity to do something nice for someone else, it is also my hope that we will take the time and go to the effort to make that person's life a little better. After all, most of you reading this article, and me writing it, have been abundantly blessed! As I have noted before, we aren't concerned about where our next meal is coming from, or where we will sleep tonight, or if our gas or electricity are going to be shut off. Just remember--there are those "out there" who do not have the

luxury of enjoying even the most basic necessities of life.

I wish all of you a very Happy New Year 2018 and affirm love,
peace, joy, light and life for all of us and the world!

God bless--

All my best--

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