

“Faith is a knowledge within the heart, beyond the reach of proof.”

- **Khalil Gibran**

I love this quote because people who are faithful just know. No one has to tell us. Faith is believing in something when common sense tells you it's just not possible. God truly does work in mysterious ways and you just have to have faith that anything is achievable. I've seen this firsthand in just the last month. The things that have happened and the people I've met didn't just occur by happenstance. They are part of a plan and I'm trusting that plan. Helen Keller once said, *“Faith is the strength by which a shattered world shall emerge into the light.”* That's where we are right now. We are at the precipice. We are living through a battle between good and evil. Fortunately, the darkness we've been experiencing is slowly being brightened by the light. For those of you who have lost your faith over these last difficult years, I have some good news for you. Only one side can win in this brutal battle and guess what? God wins.

Rules for Living a Happier Life

RULES

1.
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3.



As I'm sure you can tell by my opening paragraph, I've been doing a lot of pondering about life. Perhaps it's because as I watch this battle between good and evil and the world around us becoming crazier, all I want in my life serenity. Or perhaps it's because my faith continues to strengthen, which is giving me that inner peace I've always craved and have finally found. Or perhaps it's because I've watched people around me make really bad decisions because of FEAR. Whatever the reason, this month I wanted to share what's been placed on my heart. I hope you find these suggestions helpful.

- Get outside every day for at least 20 minutes, whether it's to take a walk or sit on your deck and soak up some sun. Being in the sun increases your body's levels of Vitamin D, which improves your immune system. People with high levels of Vitamin D are healthier than those with low levels. While you're out there, smile. It's the best antidepressant.
- Sit in silence for at least 10 minutes a day. It will help center you and help clear the chaos from the day out of your brain.
- Spend time with people under the age of 6 and over the age of 70. They will each do something different for your soul.
- Life isn't always fair, but it's still good. Look for the best in any bad situation. You're definitely going through it for a reason.
- Dream more while you're awake and then work to make those dreams come true.
- Choose to eat more food that's natural and less that's processed. Your body and your health will thank you for it. The nutrients from fruits, vegetables and other natural foods will help strengthen your immune system.
- Try to make at least three people smile every day. While you're at it, be sure to smile and laugh more yourself. It will be kryptonite to energy vampires. It only takes 2 muscles to smile, but 11 to frown. It's the one time when working fewer muscles is actually better for you.
- Don't waste your energy on negative people or thoughts, issues from your past or things out of your control. Instead, invest your energy on the positive present moment. While you're at it, work to get negative people out of your life. I've done a pretty good job of that these last few years. Just because someone has been your "friend" for a long time doesn't mean you have to keep them in that role.
- Make peace with your past so it won't mess up your present. Remember, yesterday's history, tomorrow's a mystery and today is a gift. We've all made mistakes and it's ok. God forgives us so we have to forgive ourselves. Every mistake is a lesson we're supposed to learn and hopefully, it won't be repeated.
- Get rid of the clutter in your house, your car and everywhere else you have it. This will allow more positive energy to flow into your life. It's just stuff and you probably don't really need it anyway.
- Don't compare your life to others and what they post on Fakebook or Instagram. You have no idea what's REALLY going on in their lives. Just live your life to its fullest and don't worry about what others are doing. Take care of yourself and the people about whom you care. Remember, people aren't going to post negative things about themselves.
- Let your friends and other people you care about know you're thinking about them. Pick up the phone and make a call. Send an email. Shoot them a quick text. I bet it will make their day.
- Always do the right thing, especially when no one else is watching.

- Forgive everyone for everything. Don't do it because they necessarily deserve it. Do it because you deserve peace. You don't even have to tell the people who hurt you that they've been forgiven. The important thing is that you know and God will know and you'll ultimately feel better. It's important to remember that you can forgive people without letting them back into your life. Your apology can be accepted, but you can deny them access back into your life.
- Don't take yourself too seriously and make sure to laugh at yourself often.
- Less can be more. Choose less stuff, less stress, less noise, less negativity, less rushing around from place to place. Simplicity will lighten your emotional load.
- If you don't go after what you want in life, you'll never have it.
- If you don't take the first step forward after you go through something negative, you'll always be in the same place. The journey of a thousand miles always begins with a single step.
- No one is in charge of your happiness except for you! CHOOSE to be happy because as my dad would say, "*Happiness is an inside job*".
- Dance first. Think later. Dancing always makes me feel better. Just let loose and enjoy the moment.
- When you feel as if life is putting mountains in your way, put on your boots and start hiking!
- Always remember, the best is yet to come!

I'll wrap up my thoughts from above with just a few more: Before you speak, listen. Before you spend money, make sure you have it. Before you say something or write something that may not be nice, think about it. Before you quit, try. Before you die, be sure to live. Live every day as if it were your last because one day it will be!

Have a wonderful month!