

Nuggets For Life®



Written by : Cynthia De Pecol

Ultimate Reasons to Rejoice.

Springtime holidays are here! Are you ready to blossom with goodness, generosity, graciousness and the gifts of time? These are such wonderful opportunities to shine and glow by being with friends and family. Your heart can overflow with peace and joy. You can begin this new month with so much happiness that it spills over into the rest of the month and your life can be greatly improved!

This week's nuggets for life are to be relaxed and enjoy your family, friends and co-workers. Make it a habit to consciously take long, slow, deep breaths all day. This will keep your nervous system calm and alleviate unnecessary anxiousness. Find something nice to say to as many people as you can, and offer random compliments every day. This floods your brain with feel good chemicals. Be flexible with last minute changes, and ease the transition by offering to help in some way. Pick up an elder relative and take them to the festival. Make a dish to bring to the celebration; offer to set up the ceremonial foods and wine. Pick up a beautiful white lily plant and give it to someone else. It is all about relaxed flow.

Now is the time! You are being called to uplift others by uplifting yourself! Check out www.jacquielawson.com and send a few classy, artistic ecards!

Cynthia De Pecol is a Yoga Instructor, Reiki Master and Life Coach who lives in Washington, Conn. See lifecoachingllc.com or email lifecoach3@aol.com