

HEALTHY CONNECTIONS

May, 2011 * Permission to copy granted

For the month of May, with all her beauty and newness and inspiration, I'll be sharing with you some of my favorite quotes and sayings. May you feel the presence of peace, the love of one another and the power of a God greater than us.

Although not the beginning of a new year, May is indeed a beginning in the life cycle...budding trees, blooming flowers, singing birds, buzzing bees, raging waters, free butterflies. If we take the time to acknowledge these new beginnings and allow our hearts to open, grow and experience new feelings, we in turn will naturally evolve.

As we contemplate the state of where we are in life – right now – and stay focused on this very time, we can train our minds, bodies

and spirits to think, feel and experience the here and now. This presence helps us breathe a little easier, connect with self and others, and put things into perspective. The here and now moment is a gift.

At times it is both important and crucial to look back to ponder and look forward to contemplate. However, equally important is not allowing self to get stuck. Rather, invite self to look currently within and be.

Experience all that is for now. Feel it. Ask it. Renew it. Love it. Hate it. Then put it in its place, trust you are growing and renewing and becoming. It is a process. It is unfolding and evolving for our whole life. We shall not arrive, but rather, become until the day we die. Take a chance; dare to be different!

“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.”

-Anais Nin

“Thank you for all the times you've let me walk my own path and learn in my own way.”

-Cheryl Karpen

“The kind of beauty I want most is the hard-to-get kind that comes from within - strength, courage, dignity.”

-Ruby Dee

“If our children are to approve of themselves, they must see that we approve of ourselves.”

-Maya Angelou

“Whatever you choose to do, you have one other obligation, and that is to yourself. Do it with passion. If you've not yet found your passion, keep searching. You never know when it will find you.”

-Condoleezza Rice

Amy Childers Counseling, LLC

Amy M. Childers, MA LPCC

115 West Front Street, Perrysburg, OH 43551*419-283-2732

email: amychilders@amylistens.org website: www.amylistens.org

HEALTHY CONNECTIONS

May, 2011 * Permission to copy granted

“God did away with all my fear. It was time for someone to stand up; or in my case, sit down. So I refused to move.”
-Rosa Parks

“What lies behind us and what lies before us are tiny matters compared to what lies within us.”
-Ralph Waldo Emerson

“In this world all things are connected... thocannot touch a flower without troubling a star.”
-Socrates

“You must learn to say no when something is not right for you.”
-Leontyne Price

“There is a magic in the memory of schoolboy friendships; it softens the heart, and even affects the nervous system of those who have no heart.”
-Benjamin Disraeli

“How do I love thee?
Let me count the ways. I love thee to the depth and breadth and height my soul can reach.”
-Elizabeth Barrett Browning

“And now here is my secret, a very simple secret; it is only with the heart that one can see rightly, what is essential is invisible to the eye.”
-Antoine de Saint Exupéry

Oh, the Places
You'll Go!
-excerpt by Dr. Suess

“All alone!
Whether you like it or not, alone will be something you'll be quite a lot.

And when you're alone, there's a very good chance, you'll meet things that scare you right out of your pants.

There are some, down the road between hither and yon, that can scare you so much you won't want to go on!

But on you will go...
Your mountain is waiting...”