

Got the Single Woman Blues?

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**Got the Single Woman Blues?**

**By Jacquelyn Hollister**

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Have you ever longed to have someone in your life so bad that your heart ached? Have you ever wondered "Will I ever find the right guy?" Have you ever been out to the mall or somewhere else and saw a couple being all lovey dovey and wished you had someone to be lovey dovey with? Well guess what! There is a reason that you are alone right now. You either are not ready for him yet, or he is not ready for you. So in the meantime, you are preparing for eachother. When you are both ready, you will find eachother, with out even consciously looking. Just think...He could be at home right now, thinking the same things you are thinking, feeling just as lonely as you are feeling. Cheer up! Find joy in preparing for your soul mate. Being alone right now is a good thing. In fact, you are being given the opportunity to reflect on your past and to improve yourself. Surely your soul mate is not going to want to settle for mediocre. Would you? So in the meantime, work on you, master yourself, be strong, find who you are. So many women get lost in their relationships because they did not really know themselves to begin with. In the meantime, get to know your likes, your dislikes, what you stand for, and wht you will not stand for. If you prepare for him, he will surely come.

Jacquelyn Hollister is the creator of Her-Island.com: An Online Island Retreat for Women. Find advice and articles of interest to women and post your deepest darkest secrets anonymously in the Confession Island forum.

**What's the Cure for the Blues?**

**By Susan Dunn**

**What's the Cure for the Blues? by Susan Dunn, MA, cEQc, The EQ Coach™**

It's good to know the cure for the blues this time of year, and also the cure for stress. Often they become one and the same and if there's one time of year they rear their ugly head, it's the holidays.

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"Water" and "air" appear to be two of the solutions. We are spirits in the corporeal world, we mustn't forget, and the solution to our "problems" involving nourishing that vessel.

### WATER

Ko Ko Taylor is singin' the blues. It seems her man has done her wrong.

Some other woman  
Is making love  
Some other woman makin' love to you  
Somebody bring me some water  
I'm burning up alive  
My baby got another lover  
Don't know how I'll survive  
Somebody bring me some water!

So water is the cure for the blues.

### AIR

Subscribers to my eZine were recently polled as to what helped them get through the frenzy of Christmas. They were given many choices, including "Using my Emotional Intelligence skills," which the first person chose. I think that was the student who knew what the teacher wanted to hear.

The results of the poll however have been a neck-and-neck race involving another basic element: air. Tied for first-place are "Laughing at least 3x a day" and "Breathing. Deeply."

### THE ROLLER COASTER

Remember your first roller coaster ride, when no one warned you? That first dip sucked the marrow from your bones and you wondered what was supposed to be fun about it. Approaching the next dip, your more-experienced buddy (if you were lucky) yelled, "Laugh! Laugh!" and you did, and it was all manageable.

Letting air in, letting air out.

### IN-SPIRATION

The word "inspiration" comes from the Greek for "breathing in." When we breathe in, we bring in oxygen that feeds the cells and allows us to think clearly.

Breathing air in, in-spires us and we function better. Letting it out gets rid of the toxins, and the movement also prevents "the bends" from those roller-coaster moments we have.

We are spirits in the corporeal world. "we" live in bodies that are composed of elements and need the

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basics of air and water.

But don't forget your EQ competencies! Take the EQ Foundation Course© and find out more about how your emotions operate, and how you can manage around them better,

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