

~Happy Valentine's Day~

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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

~Happy Valentine's Day~

By Patricia *Lite* Hickman, RM

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"HAPPINESS IS...
SOMETHING YOU DECIDE ON,
AHEAD OF TIME" ~
Mrs. Jones, 92 yrs old

~HAPPY VALENTINE'S DAY~ This is February, the month we celebrate love, not only relationship love, but more importantly, self love. Not everyone is in relationship, for those that are, I wish you the most Blessed Valentine's Day,,,ever :-)

For those that aren't, I wish you the most Blessed Valentine's Day,,,ever! This Valentine's Day (and month), celebrate the love you have in your life, friend(s), family, pet(s)~ celebrate loving yourself, and where you are right now. :-)

Grounding/centering, working on projects that have been put off in the household, or an extra 30 minutes of work-out time is also a good use of the energy.If you are feeling anger or frustration, or find yourself around angry people, or situations, just send yourself a beam of love or give yourself a hug -) Weather might also be a tad bit bizarre, as it has been in Wisconsin :-) Stay warm darlings, and if possible stay home :-)

The GOOD NEWS most people will focused on LOVE, this Valentine's Day. Love energy will be flowing for most of us, and that's the best energy we can operate under :-) let the love flow this February 14th. Let us approach it as a Return to Love, give yourself a hug everyday, just because, you deserve it :-)

I wish you Love and Light, during the month of February, and always~

Lite

www.astrongwoman.org

Psychic and clairaudient, I am, a Reiki Master, Healer, Minister and Metaphysician for more than 25 years. In order to find out the answers to my life, I studied Astrology, Tarot, Numerology, Religion, Psychic Phenomena, as well as Healing, Spirit Releasement Therapy and Psychic Self Defense. I am the Grandmother of 9 and reside in Milwaukee, WI

Love At Home

By Rhoberta Shaler, PhD

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It's Valentine's Day. This day focused on expressions of love can be wonderful. Unexpected flowers arrive. Gold embossed boxes of delicious chocolates are given. Cute stuffed animals proclaiming love are exchanged. Great start! A good beginning. The important question, though, is: "Do you demonstrate your love every other day?" Unless you do, Valentine's Day is just another 'Hallmark Holiday'.

In the U.S. and Canada, I've noticed an interesting phenomenon. I did not have to look very far or very hard, either. Maybe you've noticed it where you are.

It's simple. Folks seem to treat the people they interact with outside the home a little better than they often treat the folks they say they love the most at home. Isn't this curious?

People will say or do things at home that they would not do in public. They leave their manners outside their doors. They forget that 'please' and 'thank you', used freely, make life much simpler. Recently I was giving a parenting workshop at a college. There were fifteen couples in the room and I asked them what they thought were the greatest lessons they were teaching their children. Many good answers came forth. Then, I told them that with every look, word and action, they were teaching their children how to treat a partner. Oooh! There were some pained expressions in that room.

You know how much simpler it is so say "I love you" than to act "I love you". What could ever be the reason for not using simple manners with your family? Why would you give up saying, 'Thank you' when the simplest things are done for you? Are you not

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thankful? Do you simply expect that you should be considered, taken care of, or done for? That's the beginning of the end of love...and, maybe, the relationship as well.

No matter how many times a person says they love you, believe their behaviour. Behaviour over time tells the truth. If someone whispers, 'I love you', it is simply pleasant noise unless their behaviour screams the same message daily!

Make this Valentine's Day the renewal of your love and let it

come with a secret unspoken promise: Every day, my loved ones will feel loved by my words and actions.

Happy Valentine's Day!

Rhoberta Shaler, PhD, Motivational Keynote Speaker, Corporate Team Builder and Executive Coach from San Diego, CA, is the creator of The Consociate Way™: Promoting Performance & Peace in Your Workplace. Call Rhoberta at 1.877.728.6464 or email at RS@SpeakingAboutWork.com. Visit: <http://www.SpeakingAboutWork.com> for further information and free ezines.



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