

This Free E-Book is brought to you by Natural-Aging.com.

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

Valentine's Far From Home

By Stephanie Olsen

Valentine's Far From Home by Stephanie Olsen

"What shall we make grandma and grandpa for Valentine's Day?"

This is an oft-repeated question as February 14th draws near; and despite being another highly commercialized holiday, it is still a nice way for geographically separated families to touch base.

Although e-mail is invaluable, homemade cards from grandchildren – gluey, misspelt and smudged, delivered in crumpled envelopes with upsidedown stamps – are the wishes that will be caressed by gentle hands, hung on the fridge under hatted cow magnets, and proudly shown to passers-by.

My own daughter knows that her grandma is a jigsaw puzzle expert, so she glued a teddy bear picture to a red construction paper heart, with little messages of love written around the periphery. With great care, tongue tip protruding to steady her hand, she then cut the artwork into several large pieces. Proudly, dumping her homemade puzzle into an envelope, we went to the post office hand in hand.

We press flowers, collected on warm walks and summer picnics, haphazardly collecting them in any book on hand. It's always a lovely treat when fragile petals float from a page we're reading, and sometimes we glue these decorations of nature to homemade Valentine's Day cards sharing colorful memories of spring.

Children grow up fast, and grandparents miss the little things – like a first lost tooth, a new smile. One fun way to send pictures is to decorate cards with sunshines and flowers, replacing round centers with cut-out faces of the grandkids. There's no better way to wish the folks Happy Valentine's Day than to have a garden of your children's faces beaming up at them.

Stephanie Olsen, published writer, homeschooling mother of two and ESL teacher currently residing in Europe, is also owner of the expatriate site, Family Life Abroad <http://www.familylifeabroad.com> where you'll find humorous and informative articles by experienced expatriates on all aspects of living abroad, with lots of links and travel tips.

~Happy Valentine's Day~

By Patricia *Lite* Hickman, RM

~Happy Valentine's Day~ by Patricia *Lite* Hickman, RM

"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 Phenomenia, as well as Healing,Spirit Releasement Therapy and Psychic Self Defense. I am the Grandmother of 9 and reside in Milwaukee, WI



This Free E-Book has been brought to you by Natural-Aging.com.

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