

Heard on Oprah's ^{Super} Soul Sunday

Day 10

Gentlemen always seem to remember blondes.

—ANITA LOOS, b. 1893
American writer

Mark Nepo (Poet)

“ Rather than finding Heaven on earth
We are asked to release Heaven by living
on earth ”

Kris Carr - survivor of stage 4 cancer who I
can really connect with. I must check out her
Blog.

Mark Nepo

I must be fully present each day and with
everyone.

Put down what doesn't work in order to stay
close to what is sacred.

BA know^{that} what keeps us close will change. By being
alive I will keep changing, being dynamic and
what is sacred to me will also change

~~that~~

“ The power of acceptance ”

Stay in conversation, stay in relationship

I've got to let go of my inner critic. It
is just getting in my way to live each
day.

