



3 Self-Commitments:

1. Engage in *love-your-life* practices;
2. Read *something that makes you feel good* daily; and
3. Have a creative outlet.

– Anne Wondra

Quotes and Wisdom - *writings of a muse* ***Feeding, freeing, and inspiring our Light.***

Daily reading always influences where my mind travels, especially when a topic shows up multiple times, unplanned and unexpectedly, in a matter of days—and in unrelated references.

We reveal much about ourselves in our colors, clothes, and ways we wear them.

Every woman wants to look and feel beautiful and confident every time she steps outside in public view. And even in the privacy of our own spaces, isn't it divine to feel wonderful, comfortable.

There is something energizing and creative about wearing clothes and colors in ways that complement us; and living in our body and presenting ourselves in a way that pleases us. What I'm wearing underneath has to match... It makes me feel good, and smile. Clothes, colors, body image—elements of confidence and beauty, pleasure and vitality.

My word for 2017 is *Radiance*. Exploring women's virtues *uncensored*—through art, literature, fashion, spirituality, and sensuality—feeds this muse.

We're originals; not copies. We are getting clues and guides and sometimes magical messages... and isn't it a grand adventure?!



In the eyes of feminine spirituality, creation spirituality, and the path of original blessing laced through scripture, the *Sacred* and what's *Spiritual* is not confined to a day of the week or a particular hour. What's Spiritual and Sacred are integrated into our lives, our world, our being who we are on this earth. Our lens determines what we see.

What I know of Feminine-Spirit Energy is that it needs to Feel Freedom, Joy, Love, Empowered, Safe, and Connected.

It's not a competition—ever. There is no reason to be jealous—of anyone. And fault-finding crushes dreams and wounds spirits—a control tactic to dim another's divine light.

Can we turn our focus only to appreciating? Try it for one week. Or just for Today.

We choose how we tell stories.... and which ones to tell. ... And *we make every single one of them up.* So let's tell stories in ways that make us feel better. Crazy as it may sound—because we are so conditioned to 'Tell it like it is' — *telling better stories* is a powerful, positive influence on our well-being, state of mind, emotions, physical state, how we experience living.

To hold a conversation with another engages a powerful process of learning and self-discovery—very different, more expansive and pragmatic, thought-provoking and connective, than solitary reading.

She changed the rules so a higher purpose could be served. Mom's monopoly game.

It asked: **What are you going to Stop doing this Year?** And I wrote *Goals gotta go!* A few pages later, I crossed out that word *Goals* and replaced it with *Callings*... It felt better.

What's on your JOY List for today? for this year?

Summer has an openness about it... Allow that openness ... follow your heart's desire, your instincts, your spirit of curiosity and dreams. Play... Imagine ... Travel...



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