



Making a Difference for You Newsletter

Winter 2007

Issue #8

Our Winter Newsletter

Use the change of season to change your
perspective

How do you prepare for the change of season. Do you pull out the decorations, change your wardrobe, change your hairstyle or clean your house?

How about the things that we focus on? Do we change our perspective when we change our scenery? Positive thinking is important all year long but especially effective when we are making a change. We need to stop that negative chatter "Can I do this? Will it look good? What will other people think?"

This is where we can sabotage ourselves without knowing it. The negative thoughts we can accumulate in a day can number in the hundreds. When we are feeling unsure or insecure or vulnerable our mind can go into overdrive. The same thing occurs when we are stressed. Even if the stress comes from doing good things for ourselves and others. Too much to do and not enough time!

These negative thoughts not only negate our good deeds and/or the positive changes we are making for the season, but it can produce negative outcomes.

So, along with the changes we make to get ready for another season, take stock of the thoughts that drift through your mind. Change the negative chatter for a good thought, a positive intention, or a new mantra. Whatever the choice, the outcome will be well worth it.

We wish you a Happy Holiday Season and Blessed New Year.

Namaste,

Reverend Dr. Margret Rose C Dell'Osso