

Life is full of twists and turns, ups and downs and unhappy people. So many times those "unhappy people" try to spread their toxic waste onto "happy" people. As "happy" people we must constantly remind ourselves of the wonderful things we have within our heart and send good intention to those who need love. We should always look around and see the beautiful things which surround us! My house and my yard are my sanctuary. When I look outside I see beautiful doves and cardinals flying about blessing me with their spirit. My trees and plants sport such grace and they bend and flow with the storms and wind. They see it as an opportunity to dance and bring positive movement and energy.

There was an old Indian story about a Grandfather and his Grandson. The Grandfather told him we have a good wolf and a bad wolf inside of us. The young boy asked "which one do I have?" The Grandfather replied "Whichever one you FEED"

Feed your good wolf, your mind and spirit with honesty, goodness and most of all happiness!

With all the turmoil in our world today be sure to put GOOD stuff IN and GOOD stuff will come out!

I am including a picture of baby "dots" who still resides in my yard. Now he is a big, brilliantly red grown cardinal. He visits my window almost every day.

Howl at the Moon,

Kim Pezzeminti

