

Natural Healing Express Weekly

Column 411 Life on Purpose

This seems to be the week of massive clean-up, tear down, re-store and get ready for the next month and year ahead. For some reason, this holiday season and the way it fell during the days of the week had us all wondering what day it was on a constant basis. This is not a helpful notion while trying to plan.

I am not sure where I have been, but I hadn't heard of the Day of Epiphany until recently. And, I certainly had no idea how it compounded the tradition of taking down your Christmas tree, ornaments and the like. However, since we needed the space in our living area and also have little time to "recover" from having tons of extra folks staying at the house during the Holiday season, we are risking the tradition by taking down everything but one wreath previous to the Day of Epiphany. Hope we are still covered.

Anyhow, we hope this year of clarity is off to an amazing start and for those of you who made them, we are hoping your resolutions are still intact. Over the New Year's trip to our favorite place to start each year, LaCrosse, I came across a fantastic live on purpose saying. I hope you enjoy this. Although I am not sure who the author is, kudos to whomever wrote and inspired this wisdom.

Ask I wrote on my personal Facebook, Life on Purpose, WITH a purpose, with a plan, with passion --- faithful and blessed, surrounded by those who love and support! Oh, the clarity of 2020. Ready to soar higher. Rock ON!

Do More than exist.....LIVE.

Do More than hear.....LISTEN.

Do More than grow.....BLOOM.

Do More than spend...INVEST.

Do More than think.....CREATE.

Do More than decide.....DISCERN.

Do More than consider.....COMMIT.

Do More than dream.....DO.

Do More than see...PERCEIVE.

Do More than receive....RECIPROCATE.

Do More than wish...BELIEVE.

Do More than choose.....FOCUS.

Do More than encourage.....INSPIRE.

Do More than reach...STRETCH.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural

Healing Express: Phone 815 990 8732 or 317 409 1500 email: skscham@aol.com Address -204 W Main

St, Lena, IL 61048. Website: www.naturalhealingexpress.com Facebook: Natural Healing Express