

Q-Tip 1/30/17

Good Morning My Friends,

Encouragement for this week:

SPREADING JOY

“The best way to cheer yourself up is to try to cheer somebody else up.” Mark Twain

When we help others cope with their problems, it somehow makes our own seem less pressing. The advice we give – count your blessings; this too, will pass; what doesn't kill us makes us stronger-can't help but affect our own thinking.

If we distract others from whatever it is that's weighing on them, we'll be distracted from our own burdens as well.

Note to self: Do I know someone who's struggling? What can I do to help! (Linda Picone)

“If you correct your mind, the rest of your life will fall into place.” Lao Tzu

If we were to start each morning with a positive mind set, no matter what the day has in store for us, we will be able to conquer and rise above it. (SH)

Wishing everyone a great week
Suzy Q for QSPAC signing off.

Q-Tip 1/23/17

Good Morning my dear friends and Happy Monday,
As we approach the Chinese New Year this weekend, I thought it appropriate for our encouragement to come from a Chinese Proverb I happened to have read.

THE MIRACLE OF LIFE:

“The miracle is not to fly in the air, or to walk on the water, but to walk on the earth” (Chinese Proverb)

To be born, to grow, to walk among the wonders of nature, to live a life of dignity, humor, and grace-this is the miracle of existence.

The complexity and possibility of our lives can fill us with awe. We should never take the miracle of life for granted.

NOTE TO SELF: Today (and everyday) I will remember how extraordinary even my ordinary life is. (Linda Picone)

ALL THAT WE ARE IS THE RESULT OF WHAT WE HAVE THOUGHT.

THE MIND IS EVERYTHING. WHAT WE THINK WE BECOME. (Zen saying)

2017 is the year of the Chicken. One of her characteristics is wealth, in honor of the Chinese New Year, I wish everyone a prosperous and healthy new year.

Until next week, this is Suzy Q for QSPAC signing off

Q-Tip 1/16/17

Good morning my friends,

A little encouragement to tackle the week:

STAGES

“Start by doing what’s necessary, then what’s possible, and suddenly you are doing the impossible” (St. Francis of Assisi)

One step at a time, one step at a time – that’s all we can do. But it can be more than enough. There are things we have to do each day: go to

work, care for a child or parent, prepare a meal. And there are things we do because we want to: host a party for a friend, plant a garden , take a walk or jog.

We bustle about happily doing all that we need to do, plus the things that bring pleasure to ourselves and others. We might be intimidated by the amount of work involved, but by simply doing things we can accomplish more than we think.

NOTE TO SELF: Instead of thinking about how I can't possibly do something I want to do, I'll just start doing what I can and see where it leads (Linda Picone)

PEACE COMES FROM WITHIN. DO NOT SEEK IT WITHOUT : BUDDHA
Wishing everyone a great week.

Suzie Q for QSPAC signing off