

Q-Tip 6/24/19

Happy Monday My Friends,

So soon this month has passed. Seems I was just posting and it was the beginning of June. As we close this month our letter of encouragement this week is about Love and Friendship.

Always be a little kinder than necessary. (Sir James Matthew Barrie)

To give counsel as well as to take it is a feature of true friendship.

(Marcus Tullius Cicero)

Laughter is the closest distance between two people. (Victor Borge)

Love is like war, easy to begin but very hard to stop. (H.L. Mencken)

If you have only one smile in you, give it to people you love. Don't be surly at home, then go out in the street and start grinning "Good Morning" at strangers. (Maya Angelou)

An insincere and evil friend is more to be feared than a wild beast; a wild beast may wound your body, but an evil friend will wound your mind. (Buddha)

If I can stop one heart from breaking, If I can ease one pain, then my life will not have been in vain. (Emily Elizabeth Dickinson)

The greatest good you can do for another is not just to share your riches but to reveal to him his own. (Benjamin Disraeli)

Wishing everyone a wonderful week,

Susie Q for QSPAC signing off

Q-Tip 6/17/19

Happy Monday My Friends,

What's broken can be mended. What hurts can be healed. And no matter how dark it gets, the sun is going to rise again. (The Purple Flower)

Kind words can be short and easy to speak, but their echoes are truly endless. (Mother Teresa)

If no one told you today: You're beautiful. You're loved. You're needed. You're alive for a reason. You're stronger than you think. You're gonna get through this. I'm glad you're alive. And don't ever give up. (Think Positive)

Life is too short to worry about what others say or think about you. Have fun and give them something to talk about. (Buddhist Journal)

This next passage I happened upon truly enlightened me. It does not matter what nationality we are, or what our religious beliefs, and although this note does not entail all faiths and beliefs, as human beings I feel we all believe and do our best to try to follow:

THE GOLDEN RULE

Buddhism: Hurt not others that which pains yourself.

Christianity: Do unto others as you would have them do unto you.

Hinduism: Treat others as you would yourself be treated.

Islam: What you yourself hate, do to no man.

Native American: Live in harmony, for we are all related.

Sacred Earth: Do as you will, as long as you harm no-one.

(Transcending Pathway)

Wishing everyone a wonderful week,
Susie Q for QSPAC signing off

Q-Tip 6/3/19

Happy First week of June my friends,

What a better way to start the new month than with some powerful quotes of positivity and encouragement.

If you don't leave your past in the past, it will destroy your future. Live for what today has to offer, not what yesterday has taken away.

(Inspired Positive Life)

When you're in a dark place, you sometimes tend to think you've been buried. Perhaps you've been planted. BLOOM (Spiritual Food for Life)

To belittle, you have to be little. (Khalil Gibran)

Difficult roads often lead to beautiful places. (Quote Find)

The most valuable places to be in the world are in someone's thoughts, someone's prayers and in someone's heart. (Positive Inspired Life)

Kind words can be short and easy to speak, but their echoes are truly endless. (Mother Teresa)

Be an example...Show kindness to unkind people. Forgive people who don't deserve it. Love unconditionally. Your actions always reflects who you are. (Spiritual Food for Life)

Don't cry over the past, it's gone. Don't stress about the future, it hasn't arrived. Live in the present and make it beautiful. (Love is Life)

I didn't fail. It was a learning experience. (Spiritual Food for Life)

There is no need to find a specific time to do good work. Every moment is right for it. (Spiritual Food for Life)

A goal is not always meant to be reached, it often serves simply as something to aim at. (Bruce Lee)

In closing, I thought this quote by Judy Garland inspiring:

Always be a first-rate version of yourself, instead of a second-rate version of somebody else.

Wishing everyone a wonderful start to June and a wonderful week,
Susie Q for QSPAC signing off