

What do we say to family and friends and associates on a regular basis so much so that we get trapped in this ritualistic way of being with one another? We see those we care about and keep our conversations shallow, short, one-sided, close minded, criticize, judge one another, express our opinions and then go on.

It is more important to some of us to be right in discussions and let our egos rule us rather than enjoy the art of conversation or better yet, the company before us. The art of conversation is sometimes simply just learning about another person and their life experiences, witnessing ones growth and evolution, and hopefully partaking in it, and above all else - carefully and actively listening and reciprocating life experiences. Imagine, if we all did this how much more of a impact we could have on one another. Imagine for a moment, your ability to tap into divine compassion and speak truth and laugh heartedly. Imagine for a moment your ability to not think about how to get over on people, how to manipulate or control every single situation or person, how to just be and not live in fear.

How many times have you lost contact with family or friends over silliness? How many times have you heard of something amazing or traumatizing happening to that person that you care so deeply about and then you think back to your last words, or last activities? "I should've spent more time with him/her", "I should've called more often", "I should've told him/her that I love him/her more often", "I shouldn't have done the things that I did or said the things that I said to him/her"? After all is said and done can you honestly say to yourself that you made some changes within yourself to spend more quality time or have more quality conversations with those who remain current in your life?

Whether you lose contact with someone or that person dies, nothing feels worse than wishing you would've done or not did something in that relationship or friendship. The question is, now what? You have the opportunity and the power to leave a lasting impression on that person so that whenever they think of you, they will recall your last words or actions. What is the feeling you want this person to recall when they think of you? What do you want to be remembered for? How will you make every day of your life count in the lives of everyone you come into contact with? Sometimes it just takes one word, one smile, one hug, one gift, or one ear to listen.

I have had some different challenges this year that I am not use to and honestly, I don't think I will ever get use to. One thing is for certain, although I know people will interpret my writings, my conversations, my radio shows, and my personality according to their own level of understanding and life experiences, I would like for people to think of me as humorous, inspirational, loyal, and truthful. At the end of the day, before I go to bed every night or upon waking up in the morning, what keeps me on my task to facilitating Energy Wellness for healthy living, is the response I get from many people and the people who still have yet to hear what I have to share. When one day passes and you have not worked towards the things you are most passionate about in life, you are all

the more behind on what new things life has to offer you because you are stuck in the regular hum drum of routine.

LIFE IS FOR LIVING...DEFINE YOUR SUCCESS so that when you look back on every moment, you know you what percentage of your Life's Purpose you lived out, if not 100% and you know in your heart, in your soul, and in your spirit you can truly say, without a shadow of a doubt that you lived a good life and maybe, just maybe at your funeral, it will not be a time of mourning, but a time of rejoicing in your honor, in the fruits of your labor, in your legacy, in your tribute to life and humanity.. What will everyone say about you on that great day of transition? What will they feel when they hear your name? How do you want to be remembered? This is your chance to MAKE IT COUNT for something..

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