

"The Light of Joy" by Karen N. Harris, Poet

It's knowing how happy to be
When a day is ripe with The Light of Joy.

It's an inside job to feel all you can feel, happily
In each and every moment.

Little upsets can arise when you least expect them.
Wondering "What can I do to make this better?!" really helps!!

The answers are not always clear from moment to moment.
Yet staying calm and being fearless; shedding doubts and
Taking actions bring good feelings or confidence.

In the search you will find your paths to freedom.

"One Pointedness" by Karen N. Harris, Poet

Focus on specifics

Clear out

Cleanout

Let go

Empty

Release all toxins

Then slowly or quickly put things in order

Then start again;

Focus one pointedly

Cleanse

Space clear

Organize

Renew Refresh Declutter

Go for a Bike ride today or Wednesday by 2pm.

Be happy Be healthy Eat well

Get enough sleep

Have lots of fun and laugh and smile.

Be Good and Loving.