

What is love? Where is love? Can we define it in a tidy way? Perhaps we can think of endless ways of describing and finding it... May we cherish all our loved ones and the magical opportunity to renew the quality of our lives by focusing on what inspires our gratitude. Here's to LOVE!

Love is in allowing ourselves to say "yes" to our well-being.

Love is in listening to our intuition.

Love is in listening attentively to our mates.

Love is in forgiving ourselves and others to free our hearts.

Love is in creating "you time" first thing in the morning and last thing before going to sleep.

Love is in the daily kind gestures toward yourself and your mate.

Love is in collaboration.

Love is in mutual encouragement.

Love is in respecting each other's right to a point of view.

Love is in self-acceptance.

Love is in recognizing our exquisite uniqueness and that of others.

Love is in letting ourselves receive support and offering support.

Love is in creating calmness before attempting to resolve conflicts.

Love is in glancing at our mistakes to find lessons, as opposed to staring at our mistakes creating "stuckness".

Love is in investing our energy in what we can control, rather than wasting it focused on what we can't control.

Love is in cultivating patience with our selves.

Love is in appreciating the journey of our ancestors and our power to uplift new generations.

Love is in creating an inviting workspace and home for yourself.

Love is in delighting in simplicity.

Love is in feeding our enthusiasm.

Love is in allowing our creative ideas to serve the world.

Love is in valuing the preciousness of life.

**Melissa Shepherd-Williams**