

Thoughts and Smiles – Monday, May 24, 2021

On the first day, God created the dog and said, "Sit all day on the porch of your house and bark at anyone who comes in or walks past. For this, I will give you a life span of twenty years."
The dog said, "That's a long time to be barking. How about only ten years and I'll give you back the other ten?"

And God saw it was good.

On the second day, God created the monkey and said, "Entertain people, do tricks, and make them laugh. For this, I'll give you a twenty-year life span."

The monkey said, "Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten like the dog did?"

And God, again saw it was good.

On the third day, God created the cow and said, "You must go into the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer's family. For this, I will give you a life span of sixty years."

The cow said, "That's kind of a tough life you want me to live for sixty years. How about twenty and I'll give back the other forty?"

And God agreed it was good.

On the fourth day, God created humans and said, "Eat, sleep, play, marry and enjoy your life. For this, I'll give you twenty years."

But the human said, "Only twenty years? Could you possibly give me my twenty, the forty the cow gave back, the ten the monkey gave back, and the ten the dog gave back; that makes eighty, okay?"

"Okay," said God, "You asked for it."

So that is why for our first twenty years, we eat, sleep, play and enjoy ourselves.

For the next forty years, we slave in the sun to support our family.

For the next ten years, we do monkey tricks to entertain the grandchildren.

And for the last ten years, we sit on the front porch and bark at everyone.

Life has now been explained to you.

There is no need to thank me for this valuable information.

I'm doing it as a public service.

If you are looking for me I will be growling on the front porch...



This week we ask to for grace to live with patience and mindfulness...

Prayer to God...

God of Infinite Possibility, I pray to you this day and ask that you bestow your all empowering grace that I may live in full integrity with my spirit.

Allow me the grace to pause before I speak so that I communicate with clarity and purpose, expressing what I truly want to express. Please grant my spirit the grace to listen deeply to others as they speak to me, opening my heart and mind so that I may truly understand their intentions and needs, and not to filter their words with what I want to hear. Please give me the grace to have compassion and love for myself, and to hold kind and accepting thoughts for myself, especially when I feel insecure or make mistakes, so that I am able to be open, kind, and gentle with



others because my heart is at peace.

I ask for the grace to be patient with myself and others this day so that I do not unnecessarily put stress or strain on my nervous system when things do not go my way or as planned. I ask for the grace to laugh instead of getting angry, to be a healing force and a bright light of positive and loving presence around the people I encounter this day.



And the Blessing Back from God...

Today, _____(your name), I , your ever-loving Holy Mother-Father God, Creator of the Universe, and Source of All Life, bless and fill your Spirit with my grace so that you have the ability to pause and breathe before you speak and that your words are mindful and resonant with your truth and your heart.

I bless and grace your spirit to slow down, and reflect before you act so that your reflect your most authentic self.

I bless and grace your Spirit _____ (your name), to bring love and light to all who are in your company, activating in them their own love and light, so that you are a true bringer of blessings wherever you go this week. I grace you to speak lovingly and kindly to yourself, to retrieve all the lost fragments of your soul,

bound in past hurtful experiences or psychic wounding, so that you may feel whole and complete now, in the present time.

I bless and grace your Spirit with the honesty to admit your weaknesses and mistakes, and to ask for help so that you can do better without hesitation, insecurity, or false pride. I bless and grace your Spirit with freedom from the past so that all shadows and darkness are dispelled, and you are basked in my love. This week I will send you loving companions, both in this earthly plane and in the heavenly realms, surrounding you with humour, friendship, guidance, laughter, ease and flow. I am blessing you with confidence and peace in being your best and most loving self with every person you encounter, speaking your truth, sharing your real feelings, and asking for what you need in a calm and grounded way, knowing that all needs are known by me, your Source, and will be answered. And so it is in my name, your Holy Mother-Father God who created and loves you unconditionally; the love, light, and healing of the Christ; and the power of the Holy Spirit that lives and moves in your being.

“What if you wake up some day,
and you’re 65, or 75, and you
never got your memoir or novel
written; or you didn’t go swimming
in warm pools and oceans all those
years because your thighs were
jiggly and you had a nice big
comfortable tummy; or you were
just so strung out on perfectionism
and people-pleasing that you forgot
to have a big juicy creative life,
of imagination and radical silliness
and staring off into space like
when you were a kid? It’s going
to break your heart. Don’t let
this happen.” _Anne Lamott

Your Monday Smiles....



Have a terrific week!

Blessings to you all!



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Bonus Cartoon.... Makes me smile too!

I really hope this happens when that day comes ❤️

