

## Clancy's Cliché's

Is everyone still sticking with that New Year's resolution to exercise? Well, here are a couple more exercises for you. Try to build up to several reps a day!



Place both hands over your heart. Breathe in deeply - all the way down to your gut. Way, way down. Hold for about 3 counts. Breathe out until you just can't push any more air out of you! As you breathe, feel your heart opening; envision love, light and peace sprinkling all over you. As you continue breathing in and out, feel it sprinkling over not only you, but everyone and everything in this world. Do this at least once a day. More a day is better! Pretty soon, there will be love, light and peace sprinkled all over the world because we are each, then, spreading the little sprinkles of goodness and love.

As you go out into that busy day, recall what Mother Teresa said: "If you judge people, you don't have time to love them." Seems simple. Yet, in our self-absorbed world of cell phones, technology, and other diversions, we forget that we are all created in the image and likeness of God and are quick to pass judgment on others. We are all human souls. We seldom know what roads people have traveled. Why have they stepped into our own circle of life - even if it's for a brief second?

Exercise those vocal cords with chords and choruses. Express your appreciation with words and actions full of loving kindness. Love is also such a powerful source of healing. As James Taylor sings, "Shower the people you love with love, show them the way that you feel. Things are gonna be much better if you only will." This is such an important strengthening exercise so make sure to do several sets a day. Express those loving thoughts and deeds, circulating the love with family, friends, and strangers. It's heart-healthy!

Finally, always remember it begins with you loving You. Appreciate and forgive You. Love yourself, for You are love.

**Hogs and Quiches! - Clancy**



## Erupting With Laughter

Knock, knock. Who's there? Luke. Luke who?

Luke who got a Valentine!



What do you call an attractive volcano? **Lava-ble!**

What did one volcano say to the other volcano? **Lava you!**

