

# **The Power of Words**

**MINDFUL REFLECTION SERIES  
WORKBOOK**

## What they say ...

When a child does not believe in his own greatness and the value he brings to the world, an important step in education will be to rebuild his confidence and self-esteem through a special series of empowerment.

"Luisa Natasha Parker's Moment of Reflection series is an exhilarating 20-day series where you focus on a different word each day. Her writing is poetic, loving and empowering. I recommend this book to anyone who needs more joy, love and positive encouragement in your life. "

**-Dr. Steve G. Jones, Clinical Hypnotherapist**

"Impressive work Natasha, I already feel more relaxed and happy".

**- Matt Tompkins - Principal / CEO Gems FirstPoint School**

"We often think in words. In this sense language is the software of our mind. What if the words themselves influence our thinking? Could the words we think with actually change the way we think?"

The Power of Words is beautifully written by Luisa Natasha Parker and helps bring greater consciousness and awareness to our choice of words. The focus is to choose the uplifting words that best help raise self-esteem and nourish the power within. I recommend this book to anyone to create a more positive mind."

**- Simon Brown, Macrobiotic, Feng Shui, Face Reading  
Author, Teacher and Consultant**

Building a better world through reflection! A treasure for any child, young person or adult, full of poetic verses, stories and inspiring words to embrace and enjoy every moment of living and life!

# The Power of Words



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## **DEDICATION**

**To All Children YOUNG & OLD no matter where you are in the  
World**

### **HONOURING MY CHILDREN**

**Daniel, Oliver and Isabela**

**The Love they shared,**

**the smile they gave,**

**the memories which will last a lifetime.**

**MAMA**

# **The Power of Words**

## **The Mindful Reflection Series**

**At a time when self-isolating**

**Social Distancing**

**Stay Home Save Lives**

**is the New Reality**

**Virtual Reality**

**Social Reality**

**Self-Care and Healing**

**Mindful Reflection Series**

## **Building a Better World through Reflection!**

The challenge is to reflect on special words selected, on a daily basis, which can change how we feel, think and act. Remove the memories that are hidden away in the depths of our minds, hearts bodies and souls.

Regain, recover and recharge your life, connection, and communication with everyone you meet with The Power of Words.

“Relationships can light our lives or be a dark cloud that destroys our peace, love and happiness.” - Natasha

“Speech has allowed the communication of ideas, enabling human beings to work together to build the impossible. Mankind’s greatest achievements have come about by talking, and its greatest failures by not talking.” - Stephen Hawking

Make a moment of daily Reflection to be the inspiration in a World filled with noise.

**A Treasure for any Child Young or Old filled with poetic verse, stories and inspirational words to embrace and enjoy every moment of Life and Living!**

**To: All Children Young & Old no matter where  
you are in the World**

## **The Mindful Reflection Series**

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## Recommendation

The recommendation from the Author is to close your eyes, take three deep breaths in and out as you hold your special book in your hands. Open the book to the page of the Word, story, description for your daily reflection. Make a moment of Reflection to be the inspiration in a World filled with noise. Select your sacred time, be it in the morning or in the evening or when you just want that moment to escape and reflect.

If reflection is already part of your daily routine to select the Word that you would like more of in your life and read that one for as many days as it takes, through repetitive suggestion for you to embrace the qualities, empower your uniqueness and the special person the Author knows you are.

Alternatively, you can read Chapter by Chapter and re-read as and when you believe you need an empowering moment.

A space has been left after each Word of the Day for you to paint, draw and write your own version of the Word to carry that image, reflection with you.

A book filled with Words to brighten every aspect of your life.

**Hello & Welcome**  
**The Word Today is**  
**Enthusiasm**

Today is Day 1 Saturday Sunshine and a picture of a child surrounded by confetti and balloons, smiling.

Life is a celebration,  
from birthday to birthday,  
From year to year,  
Each moment memorable in its own way.

As each one of us were excited,  
Another year older,  
What would be the surprise?  
The parties and balloons,  
The birthday cake and candles.

Or the seasons celebrations of children's day,  
Valentine's Day, Easter, Thanksgiving and Christmas.

When we smile from inside out,  
Our eyes sparkle,  
For a moment it's the happiest day ever.

Someone remembered

Or as a small child said "it's my happiest day ever – it's my birthday"  
With her curly golden locks,  
A smile that could light the World,  
With Happiness.

Take a moment and close your eyes, take a deep breath in and out and remember a time when you felt happiness from inside out as you blow the candles as the light fills your body from inside out and lights up your world today.

**I love you for your enthusiasm for life, every moment is an opportunity to make your dreams come true.**

Allow the spirit of enthusiasm and sunshine light up your life today and share this with everyone you meet today.

Let the clouds float away and bring the sunshine back into every part of your life.

Slowly open your eyes with a great smile and remember today is today and tomorrow is undecided.

Thank you for taking the time and I look forward to sharing with your words that will brighten your life.

**God Bless. Keep Safe, Keep Well, and Keep Smiling!**

## **DRAW, PAINT, WRITE – ENTHUSIASM**

**Hello & Welcome**  
**The Word Today is**  
**Acceptance**

Today is Day 2 Sunday Sunshine and a picture of a child being embraced by her mum as the young girl rests her head on her chest and feels the love and listens to the words of comfort.

Communication has many faces,  
Communication has many words,  
Communication has many actions,  
Communication has many thoughts.  
When we smile from inside out,  
When we listen from inside out,  
When we understand from inside out.  
Our understanding changes,  
Our thoughts change,  
Our words change,  
Our actions change.  
And our lives change.

As the seasons change, we accept and understand that after spring comes summer,  
then autumn, winter and back to the beginning spring

Take a moment and close your eyes, take a deep breath in and out and remember a time when you were truly accepted and understood from inside out as you blow the clouds away, as the sunshine embrace fills your body from inside out and lights up your world today.

**I Love for your Understanding of Others and To Accept and Love Them for Who They Are.**

Allow the spirit of acceptance and understanding to light up your life today and share this with everyone you meet today.

Let the clouds float away and bring the sunshine back into every part of your life.

Slowly open your eyes with a great smile and remember today is today and tomorrow is undecided.

Thank you for taking the time and I look forward to sharing with your words that will brighten your life.

**God Bless. Keep Safe, Keep Well, and Keep Smiling!**

## **DRAW, PAINT, WRITE - ACCEPTANCE**

**Hello & Welcome**  
**The Word Today is**  
**Kindness**

Today is Day 3 Monday Sunshine and a picture of a boy with hand-picked flowers from the gardens of life. As he holds out his hand to give them to his sister, as her face lights up with joy of his kindness, as the parents watch in the background, a simple act of kindness.

Honey is sweet,  
different shades,  
Flavours,  
Aromas,  
As it melts away and sooths,  
And brings Comfort at a time of pain.  
As the fragrance of the honeysuckle,  
Climbs the fence,  
As the honeybee flies from one flower to another,  
Sharing the pollen of honey sweetness.  
  
As the gardens are filled with sunshine,  
As the ants busily make their trail,  
To find a jar of honey kindness.  
Only vinegar will wash away,  
Their tiresome effort,  
Share the Honey kindness.

Take a moment and close your eyes, take a deep breath in and out and remember a time when you received kindness from inside out as you wash away the vinegar, as the golden honey melts into your body from inside out and lights up your world today.

**I Love you for your Thoughtfulness Towards Others  
With Your Words, Your Thoughts, Your Actions.**

Allow the spirit of kindness to light up your life today and share this with everyone you meet with honey kindness.

Let the clouds float away and bring the sunshine back into every part of your life.

Slowly open your eyes with a great smile and remember today is today and tomorrow is undecided.

Thank you for taking the time and I look forward to sharing with your words that will brighten your life.

**God Bless. Keep Safe, Keep Well, and Keep Smiling!**

**DRAW, PAINT, WRITE – KINDNESS**

**Hello & Welcome**  
**The Word Today is**  
**Happiness**

Today is Day 4 Tuesday Sunshine and imagine a picture of girl with her golden locks as she embraces her mum and their smiles fill the moment with happiness and joy. As we hear the birds sing in the background the joy of being loved, the laughter as we dance, the smile that brightens even the cloudiest of days.

Smile a little more,

Laugh a little more,

Dance a little more.

Take a moment and close your eyes, take a deep breath in and out and remember a time when faced a challenging moment but from inside out the happiness somehow took over and made you smile. As you received that hug, as the laughter broke the silent dance of life. As the joy shines into your body from inside out and lights up your world today.

**I Love you for the Happiness and Joy you bring to others around you with your laughter, your smiles and your hugs.**

Allow the spirit of happiness to light up your life today and share this with everyone you meet, happiness.

Let the moon moments fade away and bring the sunshine back into every part of your life.

Slowly open your eyes with a great smile and remember today is today and tomorrow is undecided.

Thank you for taking the time and I look forward to sharing with your words that will brighten your life.

**God Bless. Keep Safe, Keep Well, and Keep Smiling!**

**DRAW, PAINT, WRITE – HAPPINESS**

**Hello & Welcome**  
**The Word Today is**  
**Persistence**

Today is Day 5 Wednesday Sunshine and a picture of a boy with his hand resting on the side of his head, with a pen in his hand and on the desk a pile of books, as he writes, and a light shining as he works during the night to finish the task.

“Driven by a long-held belief in the importance of the written word, we strive to bestow upon our writers the confidence to craft their own remarkable stories. **Because the words we speak can be heard by many, but the words we write transcend time.**” A quote by Parker Pen

The little girl and little boy,  
Built their dream home,  
Built their loving family,  
Travelled the World,  
Brought sunshine to the lives of their children,  
Every step of the way with  
motivation,  
inspiration and  
empowerment,  
They never gave up on the dream of believing,  
Together they never gave up.  
Never give up, on Life or living!

Take a moment and close your eyes, take a deep breath in and out and remember a time when you faced a challenge which seem impossible but from inside out as you had the persistence to never give up, as the light shines into your body from inside out and lights up your world today.

**I Love Your Persistence to Never Give Up, No Matter The Circumstances or How Difficult the Task. You Can Do It. Yes You Can.**

Allow the spirit of persistence to light up your life today and share this with everyone you meet with Yes you can.

Let the dark nights turn to light and bring the sunshine back into every part of your life.

Slowly open your eyes with a great smile and remember today is today and tomorrow is undecided.

Thank you for taking the time and I look forward to sharing with your words that will brighten your life.

**God Bless. Keep Safe, Keep Well, and Keep Smiling!**

## **DRAW, PAINT, WRITE – PERSISTENCE**

**Hello & Welcome**  
**The Word Today is**  
**Dedication**

Today is Day 6 Thursday Sunshine and imagine a picture of a girl as she chats with her mum whilst she prepares dinner, as they work together and a boy who is laying the table ready for them enjoy a meal together.

The small things can mean so much,

As the aroma fills the kitchen,

As we remember the tiresome,

Dedication, hard work,

Behind that scrumptious meal.

Intelligently selecting the ingredients,

To brighten delicious mouth-watering moments.

Take a moment and close your eyes, take a deep breath in and out and remember a time when you faced a challenging moment and how you rose above the tiredness, exhaustion and frustration as the spirit of accomplishment smiles into your body from inside out and lights up your world today.

**I love You for Your Intelligence, Hard Work and Dedication.  
In Everything You Do.**

Allow the spirit of dedication to light up your life today and share this with everyone you meet.

Let the challenge fade away and bring the sunshine back into every part of your life.

Slowly open your eyes with a great smile and remember today is today and tomorrow is undecided.

Thank you for taking the time and I look forward to sharing with your words that will brighten your life.

**God Bless. Keep Safe, Keep Well, and Keep Smiling!**

## **DRAW, PAINT, WRITE – DEDICATION**

**Hello & Welcome**  
**The Word Today is**  
**Love**

Today is Day 7 Friday Sunshine and imagine a picture of a girl as she sits quietly on her bed, in her room surrounded with hearts of love, in her soft pink pyjamas, holding on to her fluffy teddy bear in her room, just before it's time to go to bed, as she cuddles up with her favourite friend who watches over her at night time and she feels truly loved and safe.

The small acts of Love,

The small gifts of Love,

The small words of Love,

The small whispers of Love,

The small red hearts of Love,

to comfort even the saddest of days

Take a moment and close your eyes, take a deep breath in and out and remember a time when you faced a challenging moment and now remember a time when you received a heart embrace of love, a tender word of love, a gift of love that made you smile from inside out as Love lights up your world today.

**I Love You for The Love You Have Deep in Your Heart And  
Which You Share with Everyone with Your Kind Words**

Allow the spirit of Love to light up your life today and share this with everyone you meet.

Let the challenge dissolve away and bring the sunshine back into every part of your life.

Slowly open your eyes with a great smile and remember today is today and tomorrow is undecided.

Thank you for taking the time and I look forward to sharing with your words that will brighten your life.

**God Bless. Keep Safe, Keep Well, and Keep Smiling!**

**DRAW, PAINT, WRITE – LOVE**

**Hello & Welcome**  
**The Word Today is**  
**Courage**

Today is Day 8 Saturday Sunshine and imagine a picture of a boy standing on a mountain as he makes his way to the top, there where the air is fresh. He can see the clouds below, hear the silence, as his guardian angel comes to listen, a person who loves him unconditionally.

The climb may not always be easy,  
The pathway may not always be made,  
The stones may be slippery,  
One step at a time,  
The challenge.

Take a moment and close your eyes, take a deep breath in and out and remember a time when you faced a challenging moment, it might even be a daily one and now remember a time when you received courage and it seemed to come from deep within your belly that made you smile from inside out as courage lights up your world today.

**I Loves You for Your Strength and Courage to Stamp on Your Fears and Leave Them Behind. I Am Here to Listen**

Allow the spirit of courage to light up your life today and share this with everyone you meet.

Let the challenge dissolve away into the clouds and bring the sunshine back into every part of your life as you see the blue skies open to help you take that first step.

Slowly open your eyes with a great smile and remember today is today and tomorrow is undecided.

Thank you for taking the time and I look forward to sharing with your words that will brighten your life.

**God Bless. Keep Safe, Keep Well, and Keep Smiling!**

**DRAW, PAINT, WRITE - COURAGE**

**Hello & Welcome**  
**The Word Today is**  
**Knowledge**

Today is Day 9 Sunday Sunshine and imagine a picture of a boy walking down a path, holding on to his rucksack, as he smiles. Behind him a book on the floor, as the younger boy, crouches down to pick it up, waves his hand and calls to the other boy, to let him know he had just lost his book to give it back to him.

Knowledge can be a great thing,  
When used for a purpose of good,  
Knowledge can be wise,  
When we are unsure of how to proceed,  
Knowledge can be loving,  
When we use a mind and heart connection,  
To build, to create, to share, to love, to teach.

Each one has a book in their hand,  
filled with memories, thoughts, words, actions.  
Each one will receive guidance along the way.

As children we started by sitting, rocking, crawling, walking, jumping, skipping,  
running, learning.

Using our senses every set of the way ...  
To experience the knowledge,  
As each day we have an opportunity to  
explore, adventure, challenge and embrace,

The differences,  
of cultures, religions, customs, gender, race, sex and knowledge.

Take a moment and close your eyes, take a deep breath in and out and remember a time when you faced a challenging moment and lost something that was valuable to you and as you do, remember the smile knowing that someone had taken the time to send that back to you, or that friend or mentor that shared their knowledge with you and helped to make a better choice, and a time when you received knowledge and it seemed to come from deep within your mind, a light bulb moment which you shared with another, that made you both smile from inside out as knowledge lights up your world today.

**I Love You for Your Knowledge to Do the Right Thing At Every Moment. I Am Beside You to Guide and Help You Along The Way.**

Allow the spirit of knowledge to light up your life today and share this with everyone you meet, don't leave it locked away in a cupboard or closet.

Let the challenge be swept away, wash the windows and clear away the clutter and bring back the sunshine into every part of your life, as you open the windows, and let clarity, purpose and knowledge to guide you to make that choice, from a place of peace, love and joy.

Slowly open your eyes with a great smile and remember today is today and tomorrow is undecided.

Thank you for taking the time and I look forward to sharing with your words that will brighten your life.

**God Bless. Keep Safe, Keep Well, and Keep Smiling!**

## **DRAW, PAINT, WRITE – KNOWLEDGE**

**Hello & Welcome**  
**The Word Today is**  
**Smile**

Today is Day 10 Monday Sunshine and imagine a picture of a group of children, each one from different backgrounds, cultures, counties and nations, as they join together to form a circle, in the garden of life, as they lie down on the soft grass. It's a wonderful day and the sun is shining as they look up to the sky, as they listen for a moment. They take a deep breath in and out and just enjoy the sunshine on their faces, the fresh air as it tickles their noses and the soft grass as it tickles their toes.

It just takes a moment to smile from inside out,

It just takes a smiling welcoming face to brighten those in sadness,

It just takes a smiling embrace to comfort the lonely,

It just takes a smiling word of reassurance to brighten the disheartened,

It takes a smiling thought of enthusiasm to brighten our lives with sunshine.

Take a moment and close your eyes, take a deep breath in and out and remember a time when you faced a challenging moment and suddenly that friend came to bring back that smile, the joy of seeing them that made you smile from inside out. That remembered, supported you, listened and shared their smiling face that made you both smile from inside out as your smile lights up your world today.

**I Love You Because You Live Every Moment Today and Leave the Past Behind. To Open the Door to Your Dreams of the future. Smile**

Allow the spirit of Smiles to light up your life today and share this with everyone you meet, don't leave it locked away behind a closed door.

Let the challenge fade away to bring back the sunshine into every part of your life, as you open the door, allow your smile to brighten everyone's life you meet today.

Slowly open your eyes with a great smile and remember today is today and tomorrow is undecided.

Thank you for taking the time and I look forward to sharing with your words that will brighten your life. **God Bless. Keep Safe, Keep Well, and Keep Smiling!**

**DRAW, PAINT, WRITE - SMILE**

**Hello & Welcome**  
**The Word Today is**  
**Wonderful**

Today is Day 11 Tuesday Sunshine and imagine a picture of the World in the skies surrounded by sparkling stars, you can see all the countries, and the shapes and patterns, the colours, the bright lights, and there on the top a child, standing tall, hands up in the air, with a great smile, feeling so happy, so loved, and filled with joy from inside out, and the only thing we can hear is the happiness from inside out.

The World is filled with oceans,

With Rivers,

With Lakes,

With all the beauty and wonders anyone can imagine,

Have you ever travelled to a foreign land or

a place in your own country and

for a moment everything is Wonderful?

I would love to say a little longer.

The Seasons come and go,

Time passes by from moments,

to days, to weeks, to years, to centuries ...

Enjoy the Wonderful moments that never return.

Take a moment and close your eyes, take a deep breath in and out and remember a time when you faced a challenging moment and you escaped to your favourite place, watching the night sky, the silence, as the stars shone brightly, and in that moment you felt wonderful, unique, and blessed. In that moment you smiled from inside out as wonderful lights up your world today.

**You Are the Most Wonderful Person in The Whole World!**

Allow the spirit of wonderful to light up your life today and share your individual uniqueness with everyone you meet, don't leave your spirit of wonderfulness to fade into the darkness and night sky.

Let the challenge fade away to bring back the sunshine into every part of your life as you shine brightly and share your wonderfulness with everyone you meet today.

Slowly open your eyes with a great smile and remember today is today and tomorrow is undecided.

Thank you for taking the time and I look forward to sharing with your words that will brighten your life.

**God Bless. Keep Safe, Keep Well, and Keep Smiling!**

**DRAW, PAINT, WRITE - WONDERFUL**

**Hello & Welcome**  
**The Word Today is**  
**Creativity**

Today is Day 12 Wednesday Sunshine and imagine a picture of a group of children, from all nationalities, cultures, race, religion and sex, as they find themselves outside in the fresh air and sunshine on the playfield, the grass below their feet, as each one holds hands together to form a circle, you can hear the laughter, see the footsteps as they dance, wiggle and giggle and feel the joy and happiness as they unite together.

Take a moment and close your eyes, take a deep breath in and out and remember a time when you faced a challenging moment and decided you just needed that moment of creativity to sing, to dance, to paint, to play to the rhythm of your favourite melody and to feel fully alive and engaged. Allow the music melody to fill your heart and soul with the spirit of creativity as you smile from inside out as creativity lights up your world today.

**I Love You for your Creativity, When You Paint, You Sing, You Dance and Play.**

Allow the spirit of creativity to light up your life today and share your individual uniqueness with everyone you meet, don't leave your spirit of creativity to be left in the paint pot or blank piece of paper.

Let the challenge fade away to bring back the sunshine into every part of your life as you shine brightly and share your creativity, a painting, a song, a poem, a melody, a photograph, a snapshot of creativity with everyone you meet today.

Slowly open your eyes with a great smile and remember today is today and tomorrow is undecided.

Thank you for taking the time and I look forward to sharing with your words that will brighten your life.

**God Bless. Keep Safe, Keep Well, and Keep Smiling!**

## **DRAW, PAINT, WRITE - CREATIVITY**

**Hello & Welcome**  
**The Word Today is**  
**Care**

Today is Day 13 Thursday Sunshine and imagine a picture of a boy, he has just been playing outside rolling around and having lots of fun with his friends and is covered in mud, from head to toe, as he runs with a great smile on his face to be welcomed by his mum, who loves him unconditionally, with dirt or without.

It's so easy to focus on the spot of mud,

It's so easy to focus on the words of dirt,

It's so easy to focus on the actions of throwing a mud ball,

The greatest challenge will be to care unconditionally.

Take a moment and close your eyes, take a deep breath in and out and remember a time when you faced a challenging moment and not accepted, loved or cared for.

Take a moment and remember a time when that special friend or person gave you that hug, smiled and said it's ok, embraced the differences and loved you unconditionally.

Allow the spirit of care to fill every atom of your heart, mind, body and soul with the spirit of care as you smile from inside out as care lights up your world today.

**I Don't Care How You Look, You Are Special Always, Your Hair, Your Face, Your Body and Your Smile.**

Allow the spirit of care to light up your life today and share your individual uniqueness with everyone you meet, wash away the mud, allow your spirit to be carefree from the insults, belittling, abuse and violence.

Let the challenge fade away to bring back the sunshine into every part of your life as you shine brightly and share your caring heart, caring smile, caring embrace, caring thoughts with everyone you meet today.

Slowly open your eyes with a great smile and remember today is today and tomorrow is undecided.

Thank you for taking the time and I look forward to sharing with your words that will brighten your life.

**God Bless. Keep Safe, Keep Well, and Keep Smiling!**

**DRAW, PAINT, WRITE - CARE**

**Hello & Welcome**  
**The Word Today is**  
**Gift**

Today is Day 14 Friday Sunshine and imagine a large cardboard box, one so big it can hardly fit through the door, as the bell rings and you have a delivery. As you open the front door, to find out who the parcel is from, a gift maybe, a surprise, a thoughtful gesture.

There is a box within a box which is tied with beautiful rainbow ribbons. As you slowly untie the bow, suddenly a boy jumps up, surprise, and the little girl by his side giggles with laughter.

Life is a gift,  
Today is a gift,  
Our children are a gifts,  
Our family is a gift,  
Our friends are a gifts,  
Our neighbours are a gifts,  
Our work colleagues are a gifts,  
Our relationships are gifts.

Take a moment and close your eyes, take a deep breath in and out and remember a time when you faced a challenging moment and you received a gift, a special word, thought and action that made you smile and giggle from inside out.

Allow the spirit of gifts to fill your life with the endless joy as you share your gift of words, thoughts and actions as you smile from inside out as the spirit of gifts lights up your world today.

**I Love You Exactly the Way You Are, Don't Ever Change**

Allow the spirit of gifts to light up your life today and share your individual uniqueness with everyone you meet, open the box, and allow the past pain to be

delivered away to a destination far, far, away from the violence, abuse, anger, racism and hatred.

Let the challenge fade away to bring back the sunshine into every part of your life. As you shine brightly and share your caring heart, caring smile, caring embrace, caring thoughts with everyone you meet today.

Slowly open your eyes with a great smile and remember today is today and tomorrow is undecided.

Thank you for taking the time and I look forward to sharing with your words that will brighten your life.

**God Bless. Keep Safe, Keep Well, and Keep Smiling!**

## **DRAW, PAINT, WRITE – GIFT**

**Hello & Welcome**  
**The Word Today is**  
**Freedom**

Today is Day 15 Saturday Sunshine and imagine a meadow filled with wildflowers, there in the middle of the meadow is a little girl as she plays. She has a great smile on her face, the sky is the clearest blue and she is so happy, the sunshine touches her delicate face and everything seems to radiate sunshine, a moment in nature, as she can see the birds fly down to say hello and butterflies filter from one poppy to another.

It's so easy to be engaged in a moment,  
It's so easy to tie a ball and chain around our ankles,  
It's so easy to feel lost in a dudgeon,  
It's so easy say we are lost in a cave of darkness,  
It's so easy to be haunted by the ghosts of the past.

Take a moment and close your eyes, take a deep breath in and out and remember a time when you faced a challenging moment and you just needed the space,

the blue skies to find a new direction,  
the flowers to find the beauty in the moment,  
the wind to caress your hair,  
the sunshine to brighten your smile,  
as you dance with the flowers and butterflies,  
whirling and turning free as a butterfly,  
free as a bird to fly and open your wings,  
embrace the spirit of freedom

to fill your life with the endless happiness as you share your freedom and breathless vitality, optimism, with the gift of words, thoughts and actions as you smile from inside out as the spirit of freedom lights up your world today.

**I Want You to Be Healthy, And Happy Enjoying Every Day.**

Allow the spirit of freedom to light up your life today and share your individual uniqueness with everyone you meet, open the windows and put on your sunshine rainbow glasses and enjoy the many colours of Life and the spirit of freedom.

Let the challenge fade away to bring back the sunshine into every part of your life as you shine brightly and share your caring heart, caring smile, caring embrace, caring thoughts with everyone you meet today.

Slowly open your eyes with a great smile and remember today is today and tomorrow is undecided.

**God Bless. Keep Safe, Keep Well, Keep Smiling!**

## **DRAW, PAINT, WRITE - FREEDOM**

**Hello & Welcome**  
**The Word Today is**  
**Kiss**

Today is Day 16 Sunday Sunshine and imagine a child snuggled up in bed, covered in a soft fluffy blue blanket, as he feels warm and safe from the outside world. His eyes are closed, not a sound to be heard just a person who loves them unconditionally as they tiptoe in to give a gentle kiss goodnight.

The love for a child is never ending and everlasting,

It might not always feel like that,

It might not always sound like that,

It might not always be shown like that,

And that's ok.

Take a moment and close your eyes, take a deep breath in and out and remember a time when you faced a challenging moment and you just wanted to curl up, be held, loved, missed that welcoming soft words of comfort, an embrace of love, a touch of kindness, as that person magically appears just at that moment and shares their endless unconditional, affection of love with you today.

Allow your kissable personality and character to radiate your breathless charm, enthusiasm, with the gift of words, thoughts and actions as you smile from inside out as the spirit of kiss lights up your world today.

**I Love You When You Are at School, At Home, Eating and Sleeping Every Day.**

Allow the spirit of kiss to light up your life today and share your individual uniqueness with everyone you meet, cover them with your softness and tenderness and let them feel truly loved and cherished.

Let the challenge fade away to bring back the sunshine into every part of your life as you shine brightly and share your caring heart, caring smile, caring embrace, caring thoughts with everyone you meet today.

Slowly open your eyes with a great smile and remember today is today and tomorrow is undecided. **God Bless. Keep Safe, Keep Well, Keep Smiling!**

**DRAW, PAINT, WRITE - KISS**

**Hello & Welcome**  
**The Word Today is**  
**Joy**

Today is Day 17 Monday Sunshine and imagine a child surrounded by soft fluffy clouds, with the greatest smile you can ever imagine, as his eyes shine brightly, and he could even light up the darkest of days. There behind him a person who loves him unconditionally, like a guardian angel sent from heaven above, to love, nurture and care for him every step of the way.

The clouds come,  
The clouds go,  
The rain comes,  
The rain goes,  
The lightening strikes,  
The lightening disappears,  
The thunder roars,  
The hurricane winds hurl,  
The whirling winds disappear.

Take a moment and close your eyes, take a deep breath in and out and remember a time when you faced a challenging moment and somewhere deep in your heart you find the love to lift your soul when the clouds, rain, lightening, thunder and winds come, you embrace the spirit of joy and breath in and out as you let it shower you with joy, like the sunflower that stands tall in the fields of life. As you remember your special person who loves you unconditionally.

Allow your joyful personality and character to radiate your breathless charm, enthusiasm, with the gift of words, thoughts and actions as you smile from inside out as the spirit of joy lights up your world today.

**I will Always be With You to Listen and Will Be by Your Side Day and Night - No Matter Where You Are or How Old You Are.**

Allow the spirit of joy to light up your life today and share your individual uniqueness with everyone you meet, cover them with your softness and tenderness and let them feel truly loved and cherished.

Let the challenge fade away to bring back the sunshine into every part of your life as you shine brightly and share your caring heart, caring smile, caring embrace, caring thoughts with everyone you meet today.

Slowly open your eyes with a great smile and remember today is today and tomorrow is undecided.

**God Bless. Keep Safe, Keep Well, Keep Smiling!**

**DRAW, PAINT, WRITE - JOY**

**Hello & Welcome**  
**The Word Today is**  
**Dance**

Today is Day 18 Tuesday Sunshine and imagine a baby giggling and laughing, as he is held in his mother's arms, she holds on tightly, as they dance together. You can hear the music, as they whirl and twirl to the rhythm of their hearts, as the laughter, love and happiness is shared and fills a moment to be remembered. Precious moments of music and dance.

Life is not always a dance,  
The music might be loud,  
The dance steps might not always be easy,  
As the dancer and music find the rhythm,  
As we synchronise our minds, hearts, bodies and souls,  
To the Dance of Life.

Take a moment and close your eyes, take a deep breath in and out and remember a time when you faced a challenging moment and took that moment to dance, to shake and giggle, as the music and rhythm lights up your world today.

**Today and Always You Are A Wonderful Child and That's Why I Love You for Ever and Ever.**

Allow the spirit of dance to light up your life today and share your individual uniqueness with everyone you meet, cover them with music of dance and share with them the wonderful rhythm of your heart, your mind, your body and soul.

Let the challenge fade away and turn up the music, to bring back the sunshine into every part of your life as you shine brightly and share your dancing heart, musical smile, rhythmic embrace, musical notes of thoughts and words with everyone you meet today.

Slowly open your eyes with a great smile and remember today is today and tomorrow is undecided. **God Bless. Keep Safe, Keep Well, Keep Smiling!**

## **DRAW, PAINT, WRITE - DANCE**

**Hello & Welcome**  
**The Word Today is**  
**Dream**

Today is Day 19 Wednesday Sunshine and imagine a boy resting his head on a soft white pillow, his eyes are closed, as he is totally relaxed in his comfortable bed. Not a sound to be heard, all is peaceful and quiet. As slowly, he starts to dream and imagine, a golden sandy beach that stretches for miles, the ocean calm, as the waves gently tickle his toes, as the sun kisses his family and skin. As the joy can be felt of his dream of paradise. The laughter, the fresh sea breeze, as his enjoys every moment in paradise.

A dream of adventure,

A dream of colours,

A dream of Happiness,

A dream of Love,

A dream of Joy

A dream of Success

A moment of Dreams.

Take a moment and close your eyes, take a deep breath in and out and remember a time when you faced a challenging moment and took that moment to rest, retreat and escape to envision, imagine and create a moment of dream as your floated to your dream of the future, your adventure of a lifetime.

Take a moment and recall paradise, a happy moment as you let the spirit of Dream fill up every part of your life.

**May Your Dreams Come True and Be Filled with Happiness and Love and Today You are Awake with Health, Love, Joy and Success in Everything You Do.**

Allow the spirit of dream to light up your life today and share your individual uniqueness with everyone you meet, cover them with inspiration, enthusiasm, creativity, imagination as you share the dream of life with them and you can hear, see, taste, smell the moment of dreams can come true, it's time to believe in your heart, your mind, your body and soul.

Let the challenge fade away and paint the colour of dreams in the night sky, let sunshine brighten your dreams as you shine brightly like the stars, and radiant sunshine and embrace the spirit of dream and share your inspiration through thoughts, words and actions with everyone you meet today.

Slowly open your eyes with a great smile and remember today is today and tomorrow is undecided.

**God Bless. Keep Safe, Keep Well, Keep Smiling!**

**DRAW, PAINT, WRITE - DREAM**

**Hello & Welcome**  
**The Word Today is**  
**Embrace**

Today is Day 20 Thursday Sunshine and imagine a girl resting her head on a soft white pillow, her eyes are closed as she is covered in love. The streets are quiet and peaceful, only the shining streetlamps light up the darkness. There beside her a great big cuddly brown bear, as she embraces him tightly and her starry night dreams of a bright future begins.

An embrace of love,

Can mean so much.

An embrace of differences,

Can mean so much.

An embrace of kindness,

Can mean so much,

An embrace of understanding

Can mean so much.

Embrace the moment of today.

Take a moment and close your eyes, take a deep breath in and out and remember a time when you faced a challenging moment and you were given that embrace of love, understanding and kindness. As the warmth of embrace made you smile from inside out.

**I Love You, I Love You, I Love You.**

Allow the spirit of embrace to light up your life today and share your individual uniqueness with everyone you meet, cover them kindness, understanding and love. As you share your softness, tenderness and belief deeply rooted in your heart, your mind, your body and soul.

Let the challenge fade away and dance with the night sky and stars embrace the moon moments, and share your embracing thoughts, words and actions with everyone you meet today.

Slowly open your eyes with a great smile and remember today is today and tomorrow is undecided.

**God Bless. Keep Safe, Keep Well, Keep Smiling!**

**DRAW, PAINT, WRITE – EMBRACE**

## **ABOUT THE AUTHOR**

## **ABOUT THE AUTHOR**

When faced with difficult choices in Life, some of our beliefs, self-sabotaging ideas we have about ourselves and others in our relationships will challenge us to take charge. Some will rise and take charge, whilst others will need a helping hand.

**Behind every book, there is a story waiting to be read and shared.**

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## POETRY RECOGNITIONS

- It's my pleasure to let you know that your poem, "The Lost Child", has been selected by our editors as one of The Top-100 Poems of 2015, and will be published in **The Top-100 Poems of 2015 Poetry Anthology**
- It's my pleasure to tell you that our editors have selected Your Poem, "MOMENTS" to be published in the **2015 Annual New England Poetry Journal and Anthology**.
- Your poem was selected as an Editor's Choice selection, and I would like to extend my congratulations for your writing achievement. It's my pleasure to let you know that YOUR poem, "The Lost Child", has been selected to be published in the SEPTEMBER issue of **Contemporary Poetry Digest**.
- Your poem was selected as an Editor's Choice selection, and I would like to extend my congratulations for your writing achievement. August 2015 it's my pleasure to let you know that your poem, "Robbed of Life", was selected by our editors as one of the **Top-100 Poems of 2016!**
- I am pleased to let you know that our editors have selected your poem, "The Lost Child", to be published in the **Annual Valentine's Day** book release, From the Heart.
- As you know, your poem, "Robbed of Life", will be featured in **The Top-100 Poems of 2018**.
- I would like to use the first verse of your poem in my written message on each wreath as I think it sums up the sentiment of Remembrance Sunday so well.  
**The Rt Hon Greg Clark MP, Member of Parliament for Tunbridge Wells, House of Commons, London -**  
We Remember Them 100 Years
- Based on your authorship of "Robbed of Life", our editors have selected you and your poem to be featured in **Women in Poetry**, one of the year's most important and inspiring poetry anthologies.
- Women in Poetry celebrates the voice of women, in recognition of their tremendous influence and impact in poetry, and showcases their inspirational words, stories and poems for the world to read. – 14th December 2018
- Congratulations! Your poem has been selected by our Editors to be published in **From the Heart**, the acclaimed annual collection of the year's most heartfelt and most meaningful poems. 4th February 2019.
- We are indeed proud to feature your poem "Catching Friday Feelings" in our upcoming issue of **The International Poetry Digest. April 2019**  
Marie-Claire Arquette, Publishing Editor, The International Poetry Digest.

**Thank YOU**

**GOD BLESS**

**KEEP SAFE, KEEP WELL, KEEP SMILING**

**NATASHA**