



Close your eyes,  
Take a breath,  
Inhale calm,  
Exhale stress.

The energy of mindfulness is a real energy, and whenever energy is applied there is a change. – Thich Nhat Hanh.

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Jaci and Jeff  
YMCA, first and third  
Tuesday, 1.30 – 3.30 pm

I'd like to give a big Thank You to Marge for her inspirational discussion today. Here's the words she asked me to distribute....

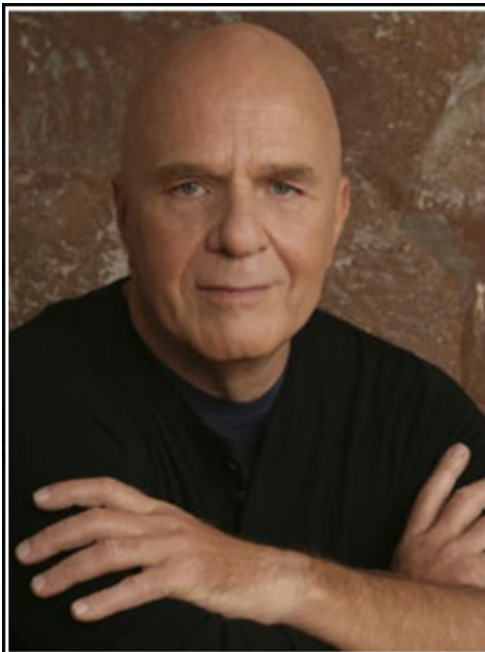
**Beginning today, make the decision to love and accept yourself just the way you are.**

Say your **name** followed by the words **'I love you'** and make this your daily mantra, repeating it often, especially during times of stress.

Let it be your first thought upon arising and the last you think before falling asleep at night.

This simple act of self-courtship can profoundly change your world. Try it yourself and see.

**Make a personal decision to be in love with the most exciting, worthy, person ever - you.**



If you change the way you look at things, the things you look at change.

— Wayne Dyer —

AZ QUOTES

[Wayne Dyer](#) - click for more.

With love and gratitude

Marge ❤️

u3a 4<sup>th</sup> March 2025.

If you **believe** it will work out, you'll see **opportunities**. If you believe it **won't** work out, you will see **obstacles**.

If all you do is follow the herd, you'll just be stepping in poop all day.

The poem from Audrey.

Hugging can lift depression  
enabling the body's immune  
system to become tuned up.

Hugging breathes fresh life  
into a tired body and makes  
you feel younger and more  
vibrant.

In the home daily hugging  
will strengthen relationships  
and significantly reduce  
friction.

Dr. Harold Voth.

Thank you so much everyone for making it such a relaxed and uplifting experience today, For those members that couldn't attend today, we changed the format, Marge gave us a liturgy and then we split into four groups for a ten-minute discussion with one member from each giving a brief synopsis.

Thanks goes to Sue Jones for suggesting it.... It worked a treat. Namaste. 🙏