

Some Musings on Life, Friends and Love

A very dear friend of mine died very suddenly this week of an apparent aneurism. She was only 57 years old. I had actually never met her in person, but we chatted online several times a week. She was an inspiration to me in so many ways. She was my mentor when it came to writing and creativity in general. She taught me to always seek out new information, explore new areas of learning and to be curious about everything.

I never took the opportunity to tell her just how much I loved having her in my life. Her death has made me think. Please indulge me in allowing me to share some of those musings with you.

- ♥ Never wait to do something special. Don't save things for special occasions or days that may never come. Use your good china and silver. Wear that special outfit. Visit the place you've always wanted to see. Use your good linens.
- ♥ Never miss an opportunity to say "Thank you," "I love you," "I'm proud of you," "You're special to me," or "You inspire me."
- ♥ Make it a point every day to share with someone just how much they mean to you.
- ♥ Don't waste your time worrying, regretting, fretting, or looking back. You cannot change the past and all the worry and regret will not alter that fact. Worrying today about things that might never happen is only a waste of your imagination. Put that imagination to better use. Tell a child a story. Write a book. Paint a picture.
- ♥ Try hard to respond to phone calls, letters and emails as soon as you can. I have two recent emails from my dear friend that I "meant to" respond to, but I just never made the time to do so. Now, it's too late. It is now my vow, that when a call, letter or email needs a response, I'll respond as soon as possible.
- ♥ Make a plan now to notify your friends, "just in case." Make a list of names and addresses (postal or email) and give this list to at least a couple of people. Ask them to notify those on your list if something happens to you. In this day and age with so many internet friendships, this is vital.
- ♥ Enjoy life the utmost of your ability. Find happiness in the little things: a flower blooming in an unexpected place; a smile on the face of a child; a story told by an elderly person (they have LOTS of them); a penny on the ground, reminding us "In God We Trust"; a cloud that looks like an owlet, or a sheep, or

even George Washington; the songs of the birds in the morning; the glory of waking up in the morning and having a new whole day to enjoy.

- ♥ Never let your imagination or your joy grow stagnant. Exercise them daily. Never pass up the opportunity to learn something new.
- ♥ Give as many hugs as you can - to everyone who needs one. Never pass up receiving a hug for yourself, either.
- ♥ Take time to laugh. Watch a funny show. Read a few jokes. Make up a new word and use it on unsuspecting people. Look for the absurd. Wear a purple hat and big floppy shoes if you feel like it!
- ♥ Never let anyone convince you that you are not the most wonderful special person on this planet. We all are!