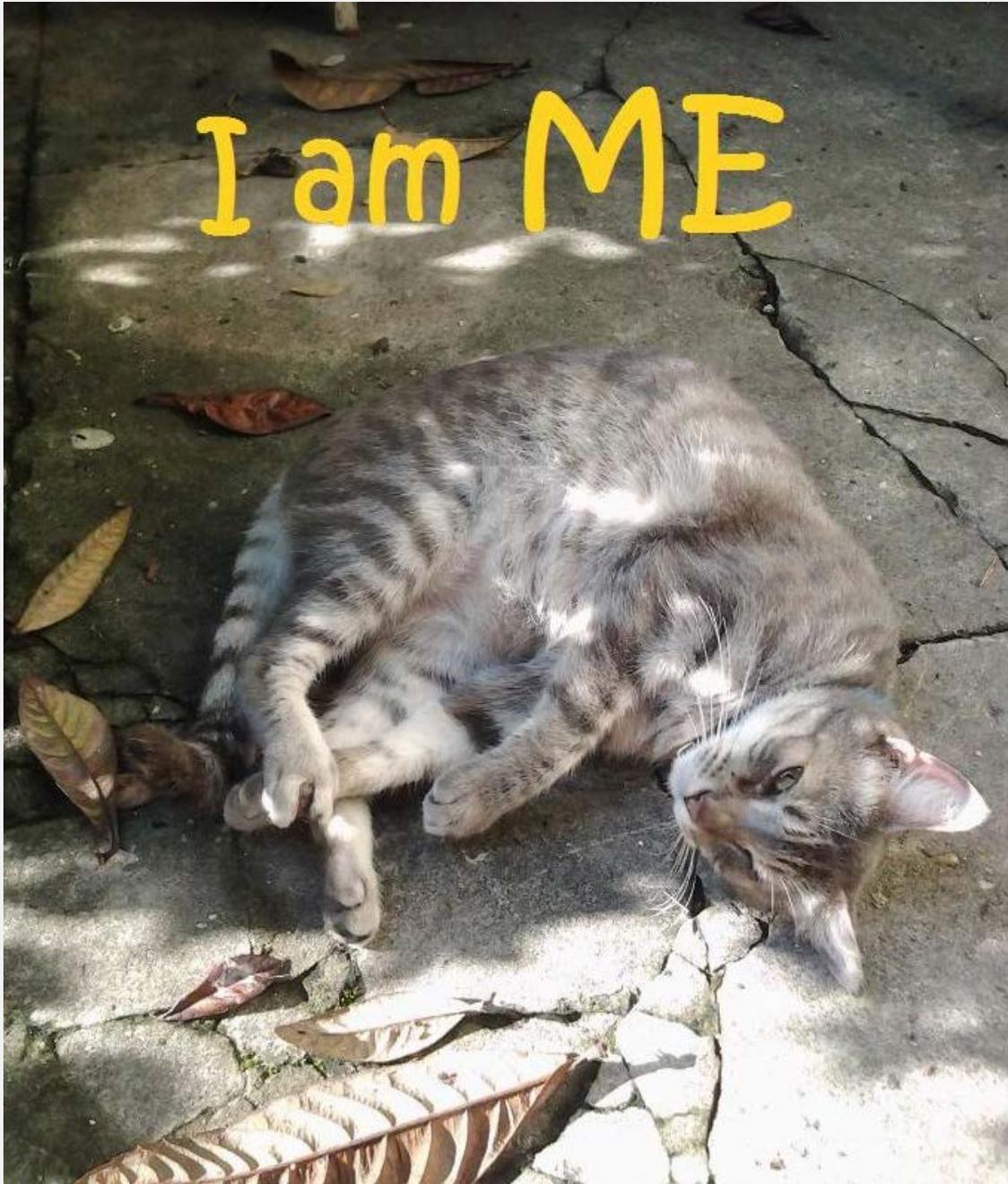


# Messages from the Heart

... all we have to do is listen!



Giving Thanks – For what??

Sterling (the kitty in the photo) is all about being a cat... and more specifically, being Sterling! Her focus is on what's in front of her, not yesterday, tomorrow, or even the favorite freeze-dried salmon treat I gave her 5 minutes ago. She loves being a cat – and she loves being Sterling!

At the Thanksgiving holiday many of us make lists of what we're thankful for: family, friends, good food, a home, job, all kinds of "things"... but are we ever thankful for ourselves?? Are we ever simply grateful for being who we are (like Sterling)... knowing that there is only one ME? That ME deserves thanks too! Love being ME if only just for today...!

My love to you,  
Faun



Visit my website: <http://www.heartscommunicate.com/>