

## The Power of Irish Wisdom

By Renee Gatz, author of *Wise Words & Witty Expressions*

It's summertime and the livin' is easy.

August is the last month kids are off from school and many vacations or stay-cations are planned so that we can slow down and *count our blessings*. With the warm weather, sunshine and slower pace, we are in the position to give our minds a little holiday from our problems by saying; *I'll cross that bridge when I come to it* and not worry unnecessarily about problems we cannot control. This is the time of year to just *go where the wind blows you* and take a walk in a summer shower because *you are not sugar and won't melt in the rain*.

Give yourself the gift of seeing the world through a child's eyes. See the wonderment of summer by letting your imagination run away with you. Look up at the clouds and try and figure out what the formations look like. Lie down on the grass at night and look up at the stars or the moon and imagine what it would be like to visit another place. Take a walk in the park and notice the beauty of the trees, flowers and wild life. Stop and get an ice cream and enjoy that you are not constrained by layers of clothes because it is so cold outside. These are simple things you can do that will give you great pleasure and remind you that *sometimes less is more*. We often say when faced with a challenge, *that's life*. Well this is life too, remembering to enjoy the simple pleasures and the importance of rejuvenating our souls.

We work very hard for our families, friends and causes and that is admirable. However, in order to continue to be productive, positive, healthy people, we all need to take a break and put the emphasis on something besides the grind of work and chasing schedules. Remember, *you can't take it with you*, so be sure you make time to enjoy it now. We all know people that live in a perpetual state of negativity with a constant need for histrionics. The next time you are engaged by that behavior, *kill them with kindness* and pray that their hearts will be opened to what's really important in life and then quickly walk away. Don't let anyone rain on your parade or steal your peace.

*Tomorrow is another day*, make it count, make it memorable, make someone feel special and you will feel special too.

Happy summer!