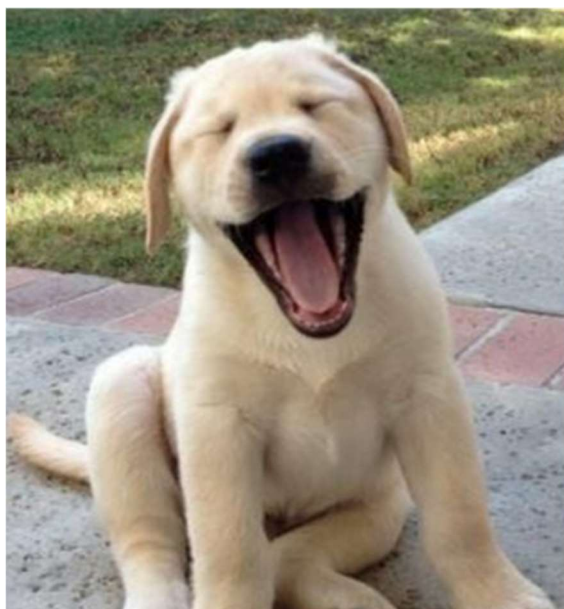


*Life doesn't always give us much to smile about, especially these days. And we have lots to take to heart that can be serious and depressing. Many of us have lost our 'spark' and even our will to see the positive amidst so much negativity; and without the fuel of light and love, and hope and happiness than what is there to appreciate and enjoy – and smile about.*

*We need to find a balance and this months article is to give us another perspective and to point us in a slightly direction where we have some control which, with a little effort can make a big difference in our lives and the lives of others. Compassion with ourselves and others is what true love is based on.*



## **JULY**

# *Smile* mouth, I mean **MONTH**

**Is there any month more  
worthy of the name 'smile month'  
than July?**

**After all, more people take holidays in July than any other month of the year; the sun is at it's peak; the sky is filled with ocean blue and fluffy clouds you can float on; weather is generally great; and everything looks brighter and feels better from going to beaches - to wearing shorts and bathing suits - from seeing magnificent sunsets to breath taking sun rises, and everything in between.**

**A smile tells people we're happy and it just so happens to be the easiest thing to do, having the greatest impact on others, as well as giving the best health benefit to us.**

**So what better reason to smile, especially during the month of July and who knows...maybe it will feel so good, you may want to keep it going even longer... Imagine that...**

**Just think of people you least expect, suddenly letting go of a smile passing you in the street... Better yet, surprise them and set your own example... And, while you're at it, say "Hello," or "Nice day", if you're feeling particularly friendly.**

**And why not, it could make their day, and yours!**

**They say the best things in life are free. Ever heard that saying? Ever wonder what it meant?**

**Well, lets stop and think about it for a moment and see what we come up with.**

**What's the most precious thing in life? Breath, isn't it? Well, it's mostly free and something we rarely think about unless we have to and fortunately most of us don't. However, we'd appreciate it so much more if we remembered how much we depended on it for our survival. (It puts us to sleep at night and wakes us every morning.)**

**Frankly, I can't walk and chew gum at the same time, let alone co-ordinate my breathing; so I imagine that was the reason it was freely given as automatic – don't you think?**

**And what else? Well, sight; so we can feast our eyes on all of the beauty that surrounds us. And how much of it do we really see – that we actually catch sight of and take in. Aren't we usually too busy thinking or being distracted with other things happening around us seemingly more dramatic than the sheer beauty before us. And at what cost...**

**And sound... for example, the sweet sound of hearing our favourite music or the crisp welcoming sound of the early morning song of a cheerful bird perched high in a tree just out of a sight ... Often we hardly notice it... and what a shame.**

**Yes, there's smell too – of fresh coffee for example. Don't know about you, but for me the aroma is nearly as good as the first sip.**

**Oh, and did I mention – all FREE?**

**And how about opportunity? The chance to do some good in the rest of our day – to make it even better for ourselves or others. Perhaps the chance to help someone in need with a telephone call, or send a ‘thinking of you’ card – or email?**

**There’s really no end to what we can do if we choose to make a difference in someones life. And know what? It’s a fact that by helping others we feel even better about ourselves. The secret is getting our mind off ‘us’ for a bit.**

**Remember the “Pay it forward” practice? Well, that too, always puts a surprise smile on at least one other persons face – if not more.**

**‘Goodness’ is FREE, too.**

**And it really doesn’t take all that much time or effort. Perhaps just a few minutes to think up a little bit of thoughtfulness, that will pay big dividends by the end of the day. Maybe even give you a better night’s sleep in the cradle of a good deed done earlier in the day. Nicer to reflect on, than the problems of the day, don’t you think?**

**Giving someone a compliment is a sure fire way of putting a smile on someone’s face. Who doesn’t like to be truly ‘seen’ and appreciated – even for the smallest thing. It’s something they will remember all day – heck, maybe even all month... Hallelujah for July – the ‘smile’ month!**

**You really can’t go wrong looking at all the things that are free in life. It might surprise you if you took a few moments to consider a few of them for yourself, from time to time and even better, take advantage of them – check them out. See for yourself how good it feels....**

**And if that doesn’t put a smile on your face... well, keep trying and I promise you it will. And it will make the world a better place too – for each of us – one person at a time.**

**So why not all of us, turn July into: SMILE MONTH.**

**Let me know how it works out for you would you?**

**And if we happen to pass on the street, smile back at me would you... that would be so nice!**

**Happy July:**  
**Happy Smiling Month!**