

Thoughts to Ponder On

Each season gives you the opportunity to teach your children well. Train them with love, courage and vision and they will teach you how to be great parents.

For Graduates - Celebrate now for a moment, then get ready for whatever life's venture has in store for you. The completion of this chapter opens a new beginning. Use your talents to make a difference in this ever changing world we live in. Stand firm to your values and beliefs, but be courages, compassionate and kind to those that test and challenge it. You may not stop an attack, but you can certainly step aside and adjust your stance. Keep sharing your smiles with others and find joy in searching for the stillness of each day. Exercise and practice your kata regularly. Eat healthy and enjoy each bite. Don't accept the negative invitations of others just to be cool. Never lose hope and always keep God in prayer. Clouds will carry you to distant places, but always stay close to your family and friends. Keep life simple. You'll make lots of mistakes but don't dwell on them nor hate yourself. Learn from them and move on. Always leave room in your life for humor. "Wine is constant proof that God loves us and loves to see us happy." Congratulations!

Pray Daily. Remember ACTS as you pray. A is to Adore God for the amazing being he is, C is for Confession of your shortcomings, T is for Thanksgiving of all he has provided you with, and S is for Supplication or requesting God for something.

Surround yourself with friends that hold you accountable for your actions, as well as you to them. The results will keep you upright in your journey.

The body is the "temple of God", and you should take good care of it. Success lies in the possession of character, not of trophies, toys and unnecessary things.

To demonstrate a loving attitude for all mankind will open our eyes, the window to our soul.

Take time to enjoy those around you while you can. What thoughts and memories will you leave for tomorrow.

Never forget the spirit of a beginner's mind. With it you will find the power to see things through.

Children need to do something worthwhile in order to spend their time wisely....not to kill time doing something foolishly.

If your habit is to seek fault with people, you will always find them with ease. Instead, try to discover all the good in those you meet and see. You'll find many a gem in your community that go about their daily tasks with love, courage, patience and compassion. Finding good in people will keep your faith alive.

Karate helps you make quick decisions and without having to second guess if you made the right one or not. Adding unnecessary stress in your life affects everyone around you.

Babies teach and remind us how to smile. When we do smile, it's explosive and for that instant, we forget all of our problems and life is good again. Smile often and let God help you with your problems.

I keep my friends as mother do their babies, because, of all things given to us by our Creator, none is greater than true friendship.

Loyalty makes no excuses but stings the heart when the clouds keep hiding it from the sun.

How sweet the cool breeze feels touching each smile line engraved in our face. Here we sit by the sea, and listen to the music of our time machine that will tick us back to moment we first heard them. Songs we remember and can sing; some better than others. But sing, and be touched with the vibrations that flow into your ears and speaks its joy to you. Now you can dance in the ballroom in the sky.

Worry less. Why begin to pay your debt before you even acquire one. Not only is it a waste of time, but it will abuse your future before it even arrives. Remember, "Don't worry - Be happy!"

Make this week a purposeful one; practice acts of kindness and understanding, to push the negatives away from your life as well as others.

Take daily walks, stretch your body and breathe deeply. Your body is the temple of God so do you respect and truly honor Him with exercise? Begin today and get in shape. And remember to stay focused and disciplined. The beginning is always easy but to continue is hard and takes lots of prayers.

Live longer: Gossip less, ponder more. Text less, converse face-to-face more. Preach less, act by example more. Hurry less, relax more. Rule less, delegate more. Shovel in less, chew more. Hate less, love more. Disrespect less, respect more. Frown less, smile more. Worry less, pray more. Drive less, walk more. Junk food less, healthy foods more.

In life, there are many kinds of treasures, and one of the most precious one is a mother. Happy Mother's Day to all of you great mothers who share their love, kindness and understanding to give their children peace of mind, comfort and direction.

Formulate a purpose in life. Make it a good one and you'll live longer and happier.

Let us not forget to smile, hug, lend a hand, listen, say a kind word, be more thoughtful, slow down your useless hustle, all which can turn others around including yours.