



Dear Readers,

Hope is elusive, invisible, intangible, and can figuratively slip through fingers as if it were quicksilver. In the abstract, hope is not able to be seen, heard, touched, tasted, or smelled. If we seek out hope it can be as elusive as a leprechaun, as invisible as thought, and as intangible as the air we breathe. Yet without it our lives have lost the capacity to endure. Where does it come from and where does it go? These are important questions to answer since without hope lives can spiral down and even end prematurely.

Hope comes from the internal optimistic belief that the best outcome will occur regardless of the circumstances. It is the lighthouse of the soul that keeps the beacon lit and pointed in our direction. It uplifts us and gives us momentum for the future. Hope enriches our lives and is one of the main ingredients for a positive mental attitude. It promotes thankfulness by causing us to recognize our daily blessings. And, it inspires us to keep on keeping on because by hoping we know that the perfect end result is right around the corner. Hope is a spiritual elixir or tonic that creates a predisposition for the development of good habits. It is a "yes" rather than a "no."

Hope leaves us when we permit pessimistic thoughts to invade our mental space and take up permanent residence. Negativity spreads quickly and forces hope out. By choosing to be depressed rather than uplifted, hope vacates the poisonous environment. Like leaves caught up in a whirlwind, hope becomes entangled in the mental storm and is whisked away. Hope leaves when the environment does not support its presence. Hope is evicted and soon fear becomes the new resident.

Our power to choose creates our outcome. By staying on the positive side of the street not only do we enlighten ourselves but spread light to others. Modeling hopefulness creates the atmosphere for miracles to occur. When hope is present, people recognize that the possibility can exist for a better end result. Why not cultivate hope? You have far less to lose than if you pursued the other option.

Be Your Very Best Always,

Judy Williamson