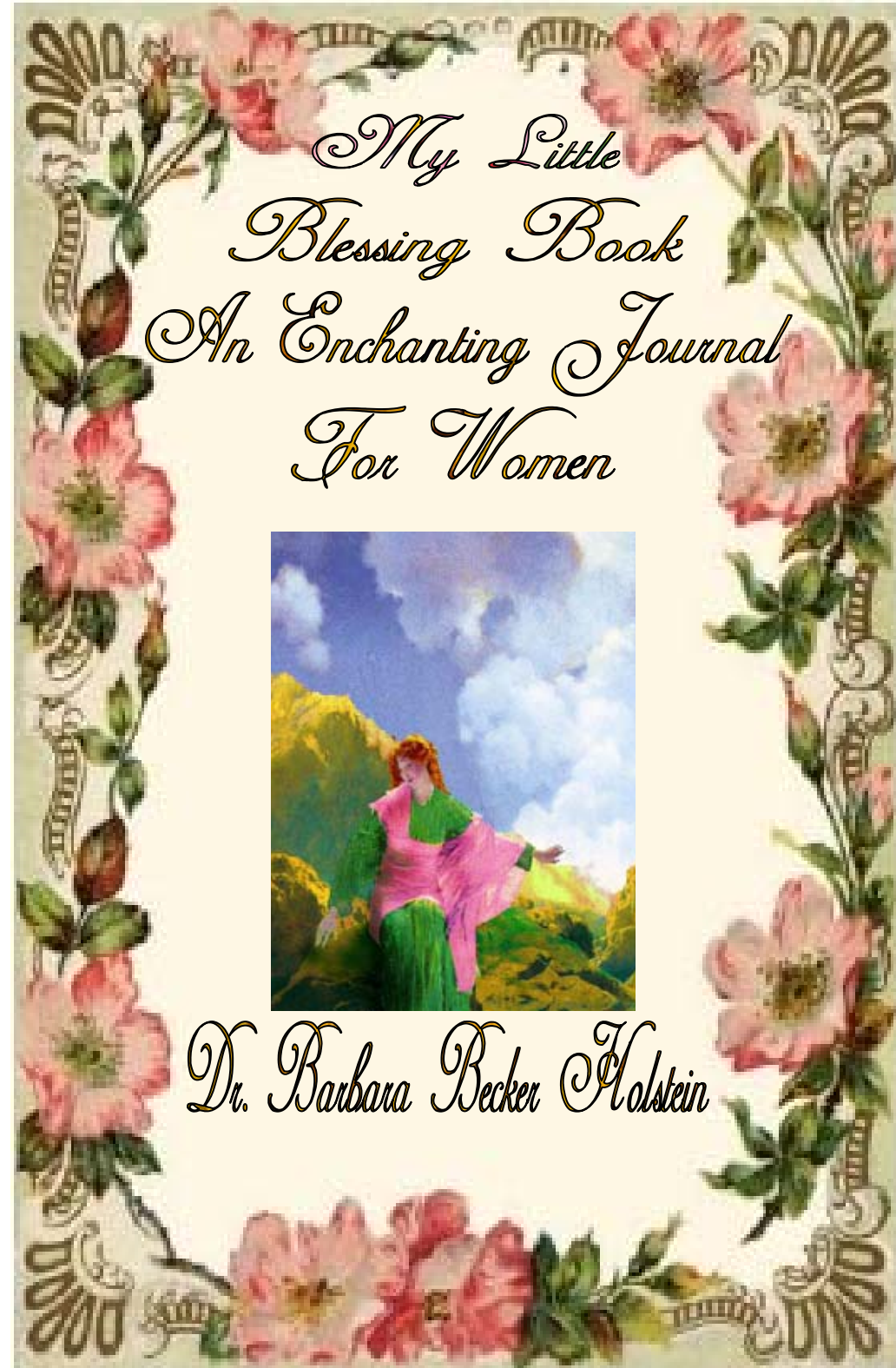


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*My Little
Blessing Book
An Enchanting Journal
For Women*



Dr. Barbara Becker Holstein



*My Special Thoughts
and Sketches*



DECEMBER

Favorite Blessing

May you always be prepared for fun, for pleasure and for new solutions! May you always be able to see yourself as a wonderful reservoir of talents, ideas, and new ways of thinking "out of the box"

Favorite Quote

"No act of kindness, however small, is ever wasted."

...Aesop



*My Special
Thoughts and Sketches*



JANUARY

Favorite Blessing



*May all your story telling lead to vigor,
wisdom, Replenishment and a confirmation
on the enchantment of daily living.*

May your true song come through.

*May all your days be full, as if with
songbirds and your nights as if with nightingales.*

Favorite Quote

*"...one needs to make three resolutions: Be careful not to
Become angry. Do not become tired and do not feel a
need to complete the work one is starting."*

...Rabbi Salanter





My Special Thoughts and Sketches



NOVEMBER



Favorite Blessing

May you always be able to enjoy yourself.
May you be able to perceive yourself in a positive light, combining your perception of yourself with a world view that permits fun, replenishment and good times. May you have the courage to play.

Favorite Quote

Whatever the seasoning, whatever the dish whatever the occasion, do it generously and with love, for that in the end is what the shared experience of cooking and eating is all about.

Elizabeth Rozin, American Writer



*My Special
Thoughts and Sketches*





FEBRUARY

Favorite Blessing



May you have 20/20 foresight, as well as 20/20 hindsight, and may all of your life choices nestle sweetly in your heart and fondly in your memory.

Favorite Quote

"Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time."

...attributed to the D a h l i L a m a





*My Special
Thoughts and Sketches*



OCTOBER

Favorite Blessing

I wish you wonderful adventures, pleasures beyond counting, and most of all, I wish that every day of your life, you feel centered, whole, and that being you is the most fabulous adventure of all

Favorite Quote

"People carry around yesterday's disappointments and tomorrow's worries like weights around their necks. Learn to let go them, and fill your heart with contentment of the present."

...R abbi H adar Margolin





My Special Thoughts and Sketches



MARCH



Favorite Blessing

May you find your won stride, ride your own house, move to your own tune, sing your own song, and above all love who you really are..

A one of a kind special offering to this world, never to be repeated.

Favorite Quote

"E ach person must see himself as though the entire world were held in balance and any deed he might do could tip the scales."

...Maimonides





*My Special
Thoughts and Sketches*



SEPTEMBER

Favorite Blessing

“May your memories always assist you in enjoying each day to the fullest as you layer your life with your own uniqueness of action, feelings and other capacities for delight! Remember, each day has its own set of thoughts, words and deeds. Live in tune”

...Rebbe Nachman of Breslov

Favorite Quote

“Nothing is as liberating as joy. It frees the mind and fills it with tranquility.”

...Rebbe Nachman of Breslov





My Special Thoughts and Sketches



APRIL



Favorite Blessing

Even after a bad night, may you always awaken to a world that reminds you by your first cup of coffee that you are loved and blessed with special gifts. May you realize by the time that you get into your car or do your first chore that your personal treasures never get old or out of date. By the time you go to bed that night, may you be blessed with a delicious night's rest and the optimism and well being that comes with contentment.

Favorite Quote

"As a cook I was always fascinated with eggs. I saw them as a culinary magic wand, turning thick batters into tall, puffed soufflés and milky liquids into firm custards. The whites were thrilling, the way they felled and turned opaque as the cooked or whipped into a stiff white foam."

...Phyllis C. Richman, American Writer



*My Special
Thoughts and Sketches*





AUGUST



Favorite Blessing

May you always find ways to give and take from life and others so that you continue to overflow with delight. Then you certainly will have the blessing of fatigue, and you will be most satisfied with whatever you are able to do in your lifetime.

Favorite Quote

"To be a medicine man you have to experience everything, live life to the fullest. If you don't experience the human side of everything, how can you help teach or heal? To be a good medicine man, you've got to be humble. You've got to be lower than a worm and higher than an eagle."



...Archie Fire Lame Deer, Lakota



My Special Thoughts and Sketches



MAY



Favorite Blessing



May you always have the courage and heart to do good with or without clear reason. That way you never to wrestle with the traps of selfishness or greed!

Favorite Quote

"How beautiful it is to do nothing and then rest afterwards."



...Old Spanish Proverb



*My Special
Thoughts and Sketches*



JULY

Favorite Blessing

May each deed you do always tip the in favor of
the world just being a little better place, filled
with more love, kindness and positive!

Favorite Quote

" All our dreams can come true, if we
have the courage to pursue them"

...Walt D isney





*My Special
Thoughts and Sketches*



JUNE

Favorite Blessing

May you always be able to focus on the small delights of being alive and notice and enjoy the amazing combinations of ingredients that assemble in our lives for our pleasure and nourishment!

Favorite Quote

“Work like you don’t need the money.
Love like you’ve never been hurt.
Dance like nobody is watching.”

...Mark Twain

