

Good day to you. There is a song with the lyric "life is always the best alternative". You might want to look that up. The line is quite confusing at first. But what the writer was trying to suggest was when someone is feeling unsure, or depressed, or even insecure, the alternative is always going to be to appreciate your life.

The human tendency is to take life for granted, because it

appears to always be there.  
That is true of course, even  
for us over our side. But  
there are countless things  
being offered by life that  
are reasons to appreciate  
it.

Do you recall when  
you were younger and  
you actually took time  
to smell the beauty of  
the spring air? Do you  
recall the simple joy  
it gave you when you  
smell the fresh rain  
in the air. Of course

you do. And if you, and  
everyone that reads  
my Tweets were to take  
a few moments in thought,  
each of you would be  
able to draw up a list  
of these free gifts from  
life itself.

Often when people take  
the time to reminisce  
about the past, they  
do so with fondness  
and they remember  
those good old days.  
Well now is the  
time to create them

for tomorrow.

For some people, this all seems too simplistic to take seriously. But ask yourself, what was wonderful about yesterday that you recall? How did you mark it memorable? The chances are you can't answer those questions. Why? Because you didn't take the time to observe them.

Every day of your life contains something

of value; Value is worth,  
and worth is an asset  
to your life.

Can you start to  
appreciate now that your  
life is filled with  
assets of worth. Every  
one of your senses are  
ready to deliver those  
moments of appreciation.  
Use your eyes to  
see beyond what is  
visible, your ears  
to hear beyond the  
noise, your nose to  
detect the fragrances

you're ignorant, you tend to appreciate the sensual fabrics and materials around you.

Yes, life is indeed rich with assets for you and all to appreciate. Life has a purpose when your purpose is life.

I hope you'll get something from this philosophy I share with you.

God is with you in many forms.

Enjoy your life. It is  
the best alternative.

Goodbye