



Decorate A Heart, Tell Someone How You Feel...



I've been thinking about how often, when we receive a compliment, we toss it off like a hot potato. Our knee-jerk reaction is often, Oh- that was nothing - an "Aw Shucks" response tossing it back rather than taking it into our heart- (please, not the head...)

Over the past days, people have let me know that some action on my part, in the past, was meaningful, and impressed them in an insightful, healing way. I want to remember these simple acknowledgments, and not push them away, collecting them like pearls on a string to reside in my heart to take them out in those moments when I am feeling down and without meaning.

Acknowledging the "forgotten" acts of kindness, support, and influence that we all have expressed and received, but rarely have allowed to shine back at us...



♥ Valentines Cards ♥

Yes, Virginia, it's possible to teach an old Dog new tricks!!..

I want to thank my friend and neighbor,

Signe Nichols of [Clever Girl Beauty Tips](#)

For creating my Etsy site more than a year ago.

Thinking that technically it was beyond my doggie brain,

I did not spend any quality time on Etsy.

A few weeks ago, Signe showed me how to update the listings

And a few other things, I'm Hooked!

And delighted that I have become self sufficient!!



New! [Kangaroo Eco Scarves](#) with pockets!  
Made in the USA of almost 100% Plastic Bottles!!  
Soft and Versatile

♥ SPIRIT IN FORM IS FOR LOVERS ♥



[Spirit in Form](#)

"[Spirit in Form](#) is fascinating, eclectic, and for me, a lot of fun.

Many images are unexpected and quite surreal. When it comes to approaching the human body, I was often struck by Russell's originality. I enjoyed most, a naked guy with his back to us, exuberantly putting on a fluttering see-through shirt in front of two sunny windows with lovely transparent curtains. I also loved a great portrait of a tiny, scarcely visible, but obviously joyful woman almost lost among the massive trunks of enormous redwood trees.

That image alone bellows a wonderful "Hallelujah!" to our lives on this Earth.

Gail Russell has created an imaginative, curious and lovely book filled with her gentle poetry and many enchanting visual surprises." - *John Nichols*

Author, *The Milagro Beanfield War*, *The Sterile Cuckoo*, *Good Bye Monique*, and more....



Take Heart!  
Spring Will Come!

Thank You All

who have been there for me over the years,  
and have sent messages of encouragement, congratulations,  
advice, and Love  
You are in my Heart!

Gail Russell

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