

## Cheer up!

Are you fed up of the dark nights already?

Well how about using the early evenings to sit down with a good weekly gardening magazine such as “Amateur Gardening” or “Gardening News” and start collecting new ideas, learn about gardening tricks of the trade, & see what’s recommended for the week’s “job to do”. This is also the time of the year when a lot of magazines give away packets of free seeds! Great for starting you off on another garden enterprise!

You could also start to map out your plan for next year’s planting – use a piece of squared paper to draw a diagram of what you might put where, what bulbs or seedlings will colour each part of your garden jig-saw. And why not start taking photographs of your garden scene so that you can capture the season’s colours & changes?

When the winter landscape begins to paint its browns and greys, don’t forget to tuck in some pansies for a burst of colour. Pansies, along with their viola cousins, pop up their cheery little faces in late Autumn and early Spring to spruce up hibernating gardens. Pansies are perfect for cool-season containers, and they’re also great for tucking into beds along with spring bulbs such as daffodils and tulips.



What does your face say about you?

**Did you know your eyes, brows, nose, and lips have a lot to say about the person you are?**

Look in the mirror and examine your face.

Do your eyes slant up or droop down? Is your nose on the smaller side? How big are your lips? Every feature on your face identifies a different piece of your personality, characteristics and thought process. Your face is a road-map to your life.

Starting with the eyes, eyes can also reveal your emotional outlook on life. The larger your eyes, the more open you are to the world; the smaller your eyes, the more withdrawn you tend to be. If your eyes angle upwards you’re said to be optimistic and expect everything to

be picture perfect. On the flip side, if they angle down, you're more of a pessimist though often resilient because you're always expecting the worst. If your eyes are even, you're middle of the road!

And while your eyes disclose emotion, your eyebrows expose your thought process. There are said to be three types of brows: angled, round, and straight. If you fall into the angled category, you're a natural-born leader who likes to be in control. You know what you want and (no doubt) will make it happen. Rounded brows reveal thoughts centred on people. You are most concerned with what you can do to serve the world. And if you sport the straight-look, you're all about logic - facts, figures, and numbers. You see the world in black and white.

From the brows to your nose ... smaller-nosed people are detail orientated, hard-working, but frequently not recognized for their success. It's the complete opposite for larger-nosed folks -you tend to receive a lot of acknowledgement for your accomplishments. And speaking of big noses - the greater the nose, the more concerned you are over money. You're apt to have a good sense of finances, especially if your nose grows wider top to bottom! Your "schnoz" is a special part of who you are! And consider this: when someone lies, there's an increase in blood pressure which often causes your nose to tingle. Hence, if someone scratches their nose, they're probably not being 100% honest. (Makes you think twice next time you're in a tiff, hey?)

Moving on to the lips ... if your upper lip is larger in proportion to your lower, you have laser-beam insights and can often come across as intimidating. On the other hand, the larger the lower lip, the more logical you are. You're not all about emotion; rather, the facts. Proportionate sized lips allow you to effectively connect emotionally—you radiate balance. Lips, of course, are how we communicate so keep that in mind.

Do your lips smile? What words come out of your mouth? Does your nose twitch? Do you raise your eye-brows at certain things? Are your eyes the window to your soul?

They say the eyes are the windows to the soul and that if you look deep within you can see the person's sincerity and truth! What you're seeing is their inner-child within; as this is where ones inner-child resides and comes from a place of love. This is the space where your true identity dwells and allows others to see your light shining dim or bright.

Have you heard the age old sayings ... "her eyes were beaming with joy" or "his eyes said it all"? Your eyes allow *everyone* to see your inner-being. How bright is the light which shines from the depth of your eyes?

The next time you engage with another person, whether it be at church or out in the community, be sure to look into their eyes during the conversation as that is where you will

see their light shining dim or bright and where they will see yours. Whenever possible always make a person feel better upon leaving your presence. Empower them with words of wisdom, tell them you love them and/or give them a hug; and watch their light shine so bright they light up the room as they leave!

Just like the faces on the pansies in our gardens, see who you can cheer up today!