



FTLOH JUNE NEWSLETTER

JUNE IS BUSTIN' OUT ALL OVER

This catchy song from Carousel, by Rodgers and Hammerstein, I find to be the perfect metaphor this last spring month June, for growth both with my outside plants and the reflection of my inner self. My plants are blooming with great color and vitality. Out front are four rectangular coco lined railing planters filled with orange impatiens, anchored by lime green sweet potato vines on each end and overall displaying great balance, eye appealing contrast in color with the impatiens, and smashing spill-over of green vines. Just what I wanted, planned for, and executed perfectly like every other year. Gardening skills are in full force and bloom – I'm so pleased with myself. And then . . . watering one morning last week, I spied the beautiful lime green leaves of two of the SPV (sweet potato vines) gone! Leafless stalks remained! Angry feelings boiled up for I knew the squirrels were at it again just like the pre-vious 13 years. They just don't listen to me at all, nor are they deterred by all the products on the market I've tried including ultrasonic motion sensor activated flashing led light! In the early years I've broken brooms chasing them from the railing in fits of rage windows nearly shattering, body parts strained and twisted leaping up out of chairs to yell at them! Whew. Squirrel drama in full bloom.

Several years ago, a friend suggested I connect with their consciousness, talk to them in a peaceful way, appreciate them as a part of all that is divine, and give them a plant or two to chomp on and add the caveat "please don't be destructive!" That seemed to work for a while, and they seemed to be less destructive. Yes, I'd figured it out and was quite smug about it. Rage subsided; semi peaceful existence ensued. But it still bothered some part of me when they ate the vines.

Last week when I saw the leafless stalks of the SPV's and I heard myself continuing to complain about the squirrels with the same friend, she said something new and startling," Could I possibly consider that this was my issue and not the squirrels? Why was I continually buying sweet potato vines, planting, battling, complaining to her and others about the squirrels eating them when I was planting one of their favorite foods? Maybe I could just stop planting the SPVs!" OMG – of course this was MY problem and not the squirrels. After 13 years I finally heard - this was MY PROBLEM! What a great growth lesson for me on so many levels. I just had to laugh at myself and then of course as a good student of growth I reviewed where I had bloomed out of control in other areas of my life. Where do I get annoyed or upset and project my upset onto other sentient beings or situations? Bottom line, I want inner peace in my life. So, I must eliminate or certainly lessen the drama of those beliefs, thoughts, and actions and for heaven's sake, STOP reacting negatively!

My partners insisted I share the squirrel story. I encourage you to use my story, be honest about your own "squirrel control issues" that may be causing you to complain, worry, be anxious, project, moan, and groan. STOP fighting something you are never going to control. Where in each of our lives does this pattern live, breathe, and keep our negative emotions blooming? Save the wasted energy and refocus on something creative you can control and love to do. Let your body relax and experience the "bustin' out all over" bloom from your heart center and spirit rather than your ego's need to control people, things, and issues. **Keep on Bloomin! From my heart to yours, Judy**

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