

Celebrate

Take time to celebrate.

Celebrate your successes, your growth, your accomplishments. Celebrate *you* and who you are.

For too long you have been too hard on yourself. Others have spilled their negative energy — their attitudes, beliefs, pain — on you. It had nothing to do with you! All along, you have been a gift to yourself and to the Universe.

You are a child of God. Beautiful, a delight, a joy. You do not have to try harder, be better, be perfect, or be anything you are not. Your beauty is in you, just as you are each moment.

Celebrate that.

When you have a success, when you accomplish something, enjoy it. Pause, reflect, rejoice. Too long you have listened to admonitions not to feel good about what you have done, lest you travel the downward road to arrogance.

Celebration is a high form of praise, of gratitude to the Creator for the beauty of God's creation. To enjoy and celebrate the good does not mean that it will be taken from you. To celebrate is to delight in the gift, to show gratitude.

Celebrate your relationships! Celebrate the lessons from the past and the love and warmth that is there today. Enjoy the beauty of others and their connection to you.

Celebrate all that is in your life. Celebrate all that is good. Celebrate you!

Today, I will indulge in the joy of celebrating.