

# **EACH ONE! BLESS ONE! YOU MAKE A DIFFERENCE!**

If Each One Will Bless One, the World as We know it Will Change!  
Emmanuel's Blessings to You! Peace and Love in Christ! PLC!

**MAY 2010 MAY 2010 MAY 2010**

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## **Each One! Bless One!**

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Love Living Life Today! Newsletter with Love & Relationships Coach

Dr. Torri L. Griffin, LPC

### **Give Mom More this Mother's Day...Make it a Memorable Month!**

by Dr. Torri L. Griffin, LPC

#### Part Two

As the old adage says, "It is more blessed to give than to receive."

Happy Mother's Day to all those who do and who have mothered anyone on any level--from a child to a pet--during their lifetime. Thank you for your love and dedication to the nurturing development of another life outside of your own. You do work that can never truly be comprehended by those who have received from you. May you be blessed all the days of your life. (CONTINUING)

The second is the gift of GRATITUDE. Every mom, even those who missed the mark, did SOMETHING right. This is your opportunity to recognize that unseen realm that mothers work so hard in. Come up with something to say to your mother for Mother's Day that really connects the dots. Tell her how thankful you are that she made you eat your vegetables when you were young, because now you realize how healthy you are because of it.

Thank her for making you do your homework throughout elementary and high school since you now have such a strong work ethic that you can see that your success in life is linked to that good habit. Be creative and tell her how good a mom or dad you are because of the way she always \_\_\_\_\_. It will warm her heart and satisfy a place that no store-bought gift can. Try it and let me know if it works.

The third and most powerful is the gift of FORGIVENESS. Releasing your mother from the things she did wrong is probably the best gift you can give. This gift

blesses both the giver AND the receiver. Forgiving her not only has the power to reconnect you, but it actually frees you from the insidious curse of hurting others in the same way that you feel/felt hurt by her. Let me explain. Let's say that you felt rejected by your mother because she abandoned you as a child. You never forgave her for that. You tell the story again and again and continue to feel the pain years after the offense occurred.

Now you have children of your own and you work 90 hours a week to provide for them but you never get to see them perform or play sports. Guess what? They may accuse you of rejecting or abandoning them. Yes. They may feel that same pain since your face isn't in the audience watching them do what they do. Sure, they have food and shelter (definitely necessary for life) but they are missing out on connecting with you the same way you missed out on connecting with your mother. Release yourself from this cycle. Offer the gift of forgiveness.

Lesson 21 from My Little Book of Wisdom, Volume 1: 52 Lessons I've Learned from Living Life, by Dr. Torri L. Griffin (another great gift available at [www.LoveLivingLife.com/shop](http://www.LoveLivingLife.com/shop)) says this,

[Moms] make the best decisions they can with the current information they have. Once new information is obtained, [a mom's] original decision may change, and that's okay. It's okay for [a mom to learn something new and] change her mind.

In other words, most moms do the best they can with what they have. They make decisions for the family based on circumstances, resource and personal beliefs. In some cases, things work out fine, but in others...not so much. In any case, see her through compassion's eyes and trust that she wasn't perfect but she did her best.

This year, let your Mother's Day gift count. Forget those Mother's Day cards with the flowery words that don't fit your situation. Give a gift from the heart that tells your mom how much you appreciate and understand her. Even if your mother is just a memory; honor that memory by telling someone close to you what you wish you could tell her. Use the powers of Apology, Gratitude and Forgiveness. These gifts are certainly blessed for both the giver and the receiver and they have the power to last not just a day or month, but an entire lifetime.

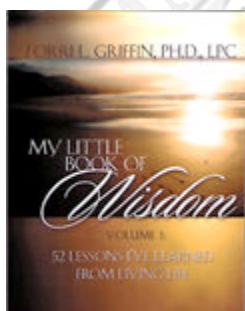
Happy Mother's Day from Dr. Torri L. Griffin and Love Living Life Today!



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Dr. Torri L. Griffin, LPC is a Love & Relationships Coach based in the Atlanta area. She works with individuals, couples, and groups on improving the quality and quantity of love in their lives. She is the author of **My Little Book of Wisdom, Volume 1: 52 Lessons I've Learned from Living Life**, and leads seminars and workshops on ways to Love Living Life! Visit her website for more information on forming lasting and loving relationships and sign up for her monthly newsletter at [www.LoveLivingLife.com](http://www.LoveLivingLife.com). She can be reached at (404) 805-1756

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