

Don't Run with Scissors!

You have heard them all:

Be careful with that stick, you will poke an eye out.
Don't run with scissors.
Wear clean underwear in case you are in an accident.
An apple a day and will keep the doctor away.
Just because Johnny did that, doesn't mean you have to.
Because Mary has one, doesn't mean you need one.
Eat your carrots if you want to have good eye sight.
And so on.....

I was raised with the full gambit of these sayings like many of you likely have. Not that they were good or bad; just sayings that have been passed down through generations. Some new ones were added, some old ones dropped but all with the same fear based under lying psycho babble attached to them.

I have yet to find a direct correlation between running with scissors and not running with scissors in my life. If I am in an accident, the last thing I am worrying about is my underwear. I probably already made them dirty in the accident, *LOL*. I have eaten carrots all my life and my eye sight is average, having to use reading glasses. An apple a day? Well... I love apples and eat them frequently but over time I have seen my share of doctors.

I think you all get my drift here; they are cute little sayings that tend to put us on guard for the possibilities of some upcoming future act. Why not come out with a whole new list



of updated sayings that have a positive impact to future events in our life.

Here are just a few off the top of my head:

Eat all your greens and your body will be totally energized.

Run, play jump and tumble, its all about having fun.

Everything is possible, make your own choices.

Passion is what it is all about.

Create your own energies.

Live in the moment.

Water is the magic elixir.

A laugh a day keeps the doctor away.

Everything in moderation is okay.

If it feels good, do it.

Maybe you could send me some more suggestions that I can publish in the next edition of this magazine.

This sounds like a lot, with your help we can help influence a whole new generation of magical sayings that reflect the growing positive trends in today's society for the higher good of all.

Peace and Love

Wayne

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