

This is Your Captain Speaking

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Have you had enough of being miserable? This is a question I ask myself more often than anyone else is aware.

Does this sound trivial, like a ridiculous question so obviously easy to answer that it may sound foolish to actually ask?

How I would prefer to not feel such dreadful pain upon waking up and considering the facts of my life, for one more day?

Dear Friends,

This is your captain speaking.* This is you, the captain of you, speaking.

Don't you know that you are worth loving?

When you first breathed your first breath; you were as innocent as a kitten or a puppy.

I know you were hurt. I know it was terrible. I know it is unfair.

You do have a choice and as do I; thus, my answer is, yes, I absolutely have had enough of being miserable.

The reality of my life is that I must ask myself this question more often than I would like anyone else to know.

The reality of asking myself this question as often as I do has resulted in these words, thoughts and ideas being shared with you.

*Star Trek

Speak With Your Heart as Words Will Often Fail You

To live with a broken heart is to know that love is real. If you feel pain at the thought or memory of being separated temporarily or permanently, from someone you love; then you get it.

In times of intensity and hurt, please try to remember the little baby you once were, and still are, deep within you; and do right by you.

Your heart is all you got. Protect it. Nurture it. Secure it. Love it.

In this crazy life, too many times, in moments in which I lost myself; my words failed me.

What has been said is done, however, what your heart speaks in this moment, and in every moment forward, is up to you.

A Special Crazy

As many are aware, I do believe in miracles because I am the living proof.

But you are feeling upset, you say?

Si, my brain plays tricks on me when _____ happens.

Sometimes I think I really am crazy.

The truth is; I am.

I'm just a special sort of crazy; a better crazy; a beautiful crazy.

It is a good thing.

You can embrace yourself too; you are cool.

With the cicada symphony as my bedtime soundtrack; I trust in all things beautiful and true.

Do you?

