

LILLIAN'S SEPTEMBER 2020 NEWSLETTER



Life Is a Metaphor



Wildfires, hurricanes, tornadoes, earthquakes, COVID 19, conflicting information, looting, rumors running rampant!

Surely there must be a logical explanation for current conditions that seem so negative. If we look at life as a metaphor, then what does it all mean? From my perspective, it means to slow down and take a good look at each lie, each rumor, each situation, and go within to find the truth. Yes, we need facts to substantiate various claims via news and social media, but how do these facts relate to us as individuals? Are we letting our fears and preconditioned beliefs dictate our actions and reactions?

We must not allow ourselves to be stuck in negativity. It is up to us to raise our energy to a higher level. We make choices that influence our environment.

Our thoughts become things, and they dictate the type of world we choose to live within. I teach this concept in my book *Theep and Thorpe: Adventures in Space*. Although the book is geared toward young readers, the concept works for all of us and has been

taught by various philosophers down through the ages.

Does “You reap what you sow” sound familiar? There is a Universal Law called the Law of Attraction. It works by responding to our thoughts and feelings, whether negative or positive.

We live in a physical world *and* a metaphysical world. Metaphysical, or spiritual, means that which is beyond the physical. I agree with some metaphysicians who suggest that the metaphor of current reality is the age-old battle of good vs. evil or the light against the dark.

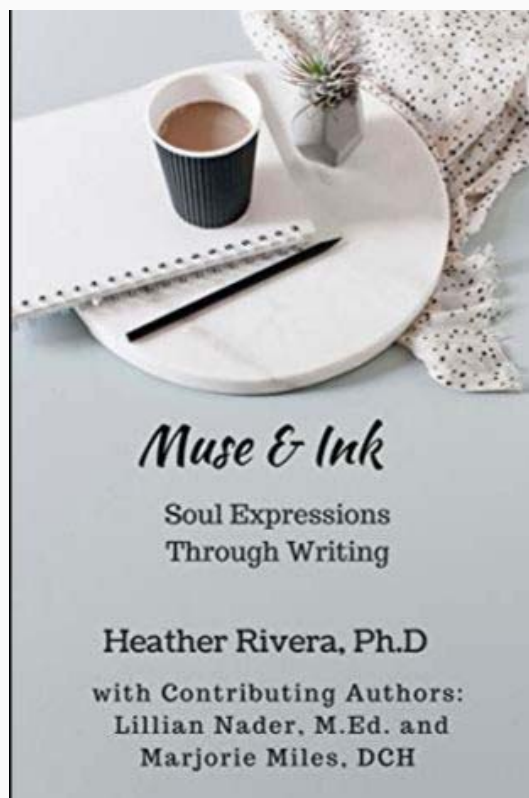
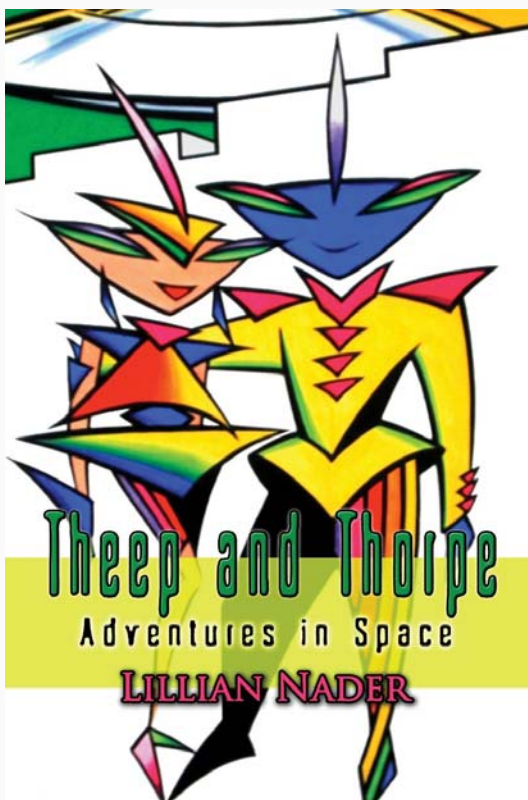
There’s a schism of choices. We can choose to fear change and cling to outdated, ineffective thinking, or we can open our hearts and minds to better choices for the evolution of humankind.

Here are some ways to improve one’s mood and increase positive energy:

- Spend time out in natural settings or any change of scenery with safety measures in place.
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- Count your blessings. Develop an attitude of gratitude for big and small pleasures such as a roof over your head, food to eat, and good friends. Challenge yourself to find something positive in any situation.
 - Look around you. Notice what the people you admire are doing and saying. Do they seem stuck, or are they resilient and open-minded? Set the intention to attract positive people to your environment.
 - Read books and watch programs that bring you joy and stimulate your mind.
 - Find and participate in creative outlets such as art, music, dance, creative writing, or journal writing for self-expression.
 - Exercise. Physical exercise is mood-enhancing and can improve your health.
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Suggested Reading



Click on the book cover to go to the Amazon site for each book. I am the author of *Theep and Thorpe: Adventures in Space* and a contributing author to *Muse & Ink*.



THE EDITOR'S CORNER

"It's better to be corrected privately by your editor than publicly in a review." Lillian Nader



THE GRAMMAR GAME

Can you find errors in these sentences?

1. The strand of pearls perfectly complimented her little black dress.

hint: A *complement* is related to completion, while a *compliment* relates to words of praise.

2. I woke up from a sound slumber when the 4.5 earthquake woke me up.

hint: Avoid repeating yourself.

3. My pair of scissors are lost.

hint: The subject and verb must agree. Although scissors is plural, the subject of this sentence is pair, which is a singular noun.

4. He knelt down on one knee to propose.

hint: Avoid unnecessary words. The word *down* is unnecessary with *knelt*. (Could he kneel up?)

5. I am reading a book that is different than the thrillers I usually read.

hint: According to *The Chicago Manual of Style*, the phrasing *different from* is generally preferable to *different than*, but sometimes the adverbial phrase, *differently than* is required.

Lillian Nader, M.Ed. is an author, playwright, copyeditor, and educator.

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at <https://lilliannader.com/copy-editing/>

COACH'S CORNER



Heather's Coaching Services

Dr. Heather Rivera is an Amazon best-selling author. She has authored nine books- Non-Fiction, Fiction, and Young Readers. She has a Life Coaching certificate. Heather coaches writers from dreams to book-in-hand. She can help you too. Reasonable, hourly rates. Check out her coaching services at <https://www.heatherrivera.com/lonewalkerpress/>

If you have questions for Heather about writing, send her an email at DrHeatherRivera@gmail.com and she will try to answer it in her next newsletter.

DR. MARJORIE MILES'S VIRTUAL WORKSHOP TUESDAY, OCTOBER 13



Writing with Your Muse Workshops with Dr. Marjorie Miles

Looking for creative, artistic expression? Searching for new ideas for your business or other areas of your life? Enter the Creativity Studio of Your Dreaming Mind: the place where stories, fascinating characters, poetry, and inventions live. At the beginning of each session, you will experience a brief guided daydream to unleash your muse and spark the fuse of your creative writing expression. Join us on Zoom from the comfort of your own home the second Tuesday of each month. Save the date for our next virtual workshop:

TUESDAY, OCTOBER 13 FROM 3:30 TO 5:30 PDT

Email Lillian at Lnader1910@sbcglobal.net to be added to our email list for the link to this meeting.

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4. Read books and watch programs that bring you joy and stimulate your mind.
5. Find and participate in creative outlets such as art, music, dance, creative writing, or journal writing for self-expression.
6. Exercise. Physical exercise is mood-enhancing and can improve your health.

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