

# TREE OF PAST LIFE



February 2019

## THE LOVE MONTH

So how do you manage the  
“Love thingy”  
this month?

Any grand plans in store?

Are you comfortable with this  
day?

How do you feel about it?

## THE DELIGHTS OF FEBRUARY

Here we are already popping into February. The snowdrops are plentiful and wonderful Mother Nature begins to come alive slowly once more. Little birds are busy building their nests and both cupid and the Easter Bunny are popping up all around us!

Do you feel the aspect of Valentine’s Day becomes more and more commercial thus turning it into perhaps just a money-making tactic with every year that passes?

Are there any real meanings and feelings left in our celebration days? Do you celebrate?

If so how?... do you feel there's a very natural flow to this day or do you feel it has become another added pressure to be amazing... wonderful... beautiful and... let’s not forget... sexy!

Do you feel under pressure to come up with a day and night to remember?

Or perhaps you fly solo and so shy away, ignore or avoid the hype in shops, restaurants, television, magazines and so on...

Perhaps some of your friends are going all out to supply their partners with all the glitz and glamour they can muster up.



*It’s your heart...isn’t it?*

It seems to be quite a split of opinions these days. A lot seems to depend on age and of course attitude whether to join in and just go with the flow. Or to completely ignore the event and go about business as usual.

Some ladies have stated that when you love someone you do lovely little things all year long anyway and therefore, they felt it is not necessary to put such a huge pressure and expectation on just one simple day.

So, think what you really value from this day as you tuck into the box of chocolates.

**Many ladies stated feeling uncomfortable during the build-up adding even more pressure and expectations for a day that they were not always confident how to handle.**

**The stress of what to wear, how to act, what to cook. Am I to look inviting and sexy or just act normal?  
Hair up, hair down. Little black number or pj's?**

**So many questions...**

Thoughts whether to book a fancy intimate little corner table in a candlelit restaurant knowing full well dozens of other couples were doing the same. Which that in itself became yet another added pressure. Not the easiest circumstances to talk in a private manner.

**Such stress and strain whilst smiling through their overpriced starters.**

**Is this perhaps why some couples are happier just cuddled up wearing whatever they feel comfortable in whilst tucking into a hearty tasty little supper and where they can talk freely without being overheard or having to lower their voices in a public venue.**

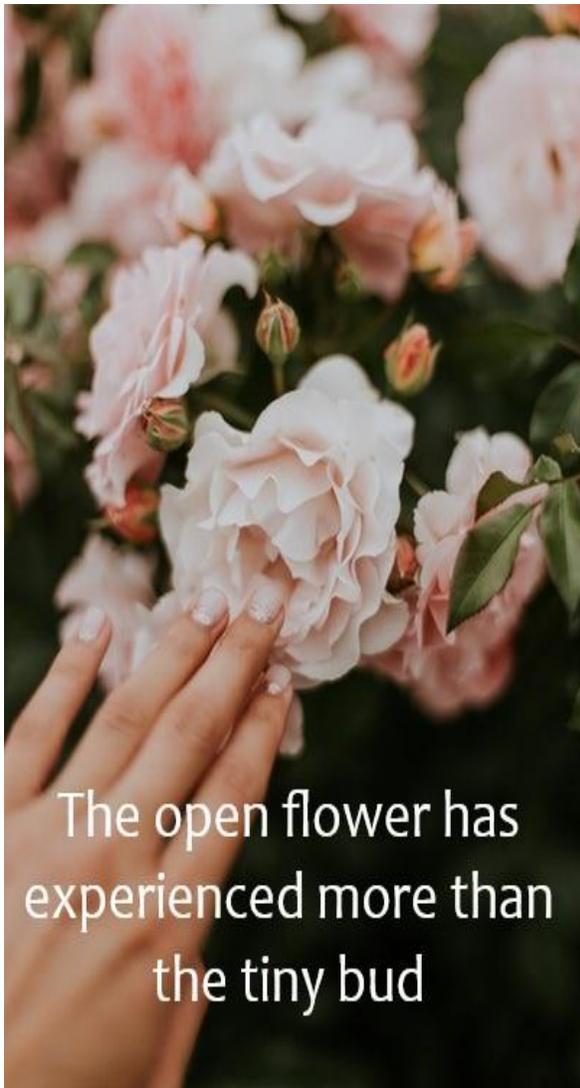
Then of course if a special moment of passion arises...no driving or taxi required.

So, consider how do you prefer your Valentine's Day to be honestly?

The most important factor when deciding is to make it personal and make it real for you both.

It matters not where, when or how... but it does matter that whatever you choose to do you love it and you own it. That in itself is what makes it a special one to remember.

***Never feel you have to bend over to any commercial pressure.***



The open flower has  
experienced more than  
the tiny bud

The joy of being  
a woman  
is just that



Kindest regards to all

Sally

Tree of Past Life

[www.treeofpastlife.co.uk](http://www.treeofpastlife.co.uk)

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