

# **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 One

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.

After all, where would we be without mothers? They are a force of nature, constantly doing the unseen for the unknowing, in the name of preparing the young, inexperienced and growing, for a time yet to be seen--that will inevitably come--for which they must show up. How they do it the world may never know. But one thing is for sure, we have all been touched in some way by a mother.

Now, let me be clear. Not all mothers are created equal. Moms range from the image of June Cleaver of Leave it to Beaver to the character, Mary (played by Mo'Nique) in the movie, Precious. Regardless of where your mom lands on the scale between the two, there are good and not so good things she did during your lifetime that have combined to make you who you are. So Mother's Day may not be a time of great celebration for everyone but it can become a time of great reflection.

When it comes to celebrating and reflecting on Mother's Day, I'd like to introduce three gifts that have the power to improve these significant relationships. Consider them whether your mother lives upstairs or somewhere across the

country...or beyond. You can use this month to make a difference between you that will really last.

The first is the gift of the APOLOGY. Somewhere along the path of your life, something was said or done...by, around or through your mother, that hurt you deeply. Yes, that's life, but some of those things had the power to separate you from her to the point that you may not be speaking this Mother's Day. Yes, it was wrong. Yes, it changed things, and yes, you get to choose whether or not she gets to be a part of your life. As a matter of fact, she probably owes YOU the apology. But consider this. Your response to that pain may have created a little pain, too. You may be guilty of inflicting harm on some level, too. You may have misrepresented the truth or misplaced something or avoided a situation. Surely you will be able to unearth something, no matter how small.

Whether it happened when you were six or 56, an apology never loses its power. They are just as potent today as they would have been if delivered many years ago. This is where you have an opportunity to clear the air and really give a Mother's Day gift that will be remembered for a long time. Offer an apology for something that happened between you. Call it a confession or start off with, "Remember that time...well, I'm sorry I...and didn't admit it...I was wrong." You can even apologize for something that someone else did that was wrong and say, "You know, it was really wrong for so and so to do what they did to you. I'm sorry it happened. You deserved better."

You will be AMAZED at the impact of something so simple yet so intimate. You have the power of connection in your hands. The apology can soothe pain that has existed beneath the surface for years. Try it and send me the results.

(TO BE CONTINUED)

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