

# A Letter to Readers March



1200 x 386

It is now March 20. 2020 and the world is changing and nothing is the same. I live in New York State and it has just be put into lock down mode for reasons of Public Health and Safety. Our governor has mandated that everyone STAY HOME due to the pandemic and spreading of the virus. My inbox has been overflowing with communications about what is going on. Reading the news is full of real and fake and misleading information. It's hard to know what to believe and who to trust.

I know we're entering into an uncertain future, and we're all going to have to change our patterns, manage our emotions and make choices from a highly empowered place.

This site has been parked for along time but it is time to become fierce and just do it. So this is the start of my blog. I want to help in anyway that I can. It will be messy as I try to be brave and openly share information, feelings, and thoughts.

It's about taking care of yourself and the people you care about. In times of challenge, or struggle, or even just "WTF?!", sometimes we need all the help we can get. Starting up this blog is my little effort to help in any way I can.

I would love it if you introduced yourself to me, so I welcome any emails you send my way. But if you just want to lurk, I get that. I'm a world-class introvert. I've been known to lurk, too. ☐

When there are new updates to the blog, I'll send them your way. In the meantime...

WELCOME!!

The world is changing, and we can change right there with it.

Let's get started.