

NOVEMBER

Celebrate Your Sisters

We are more alike than different. This is a concept we could hold close to our heart as we learn to embrace the women in our lives. Women nurture, heal, comfort, guide, mother, mentor and teach – this is our nature. As women, we are sisters, and the benefits we reap from one another can be extraordinary.

I remember my adopted sister, she was five years older than me. She placed her bed in between our bedroom door and my bed in the small room we shared. She was a barrier for me from the abuse of my step-father. She buffered the violence and spared me by becoming a wall. This is what sisters can do for one another. We can protect each other, we can look out for another. We can offer a wall of security. We can block darkness from each other so one's light can shine.

November is a month that we express gratitude, a month of Thanksgiving, family, ceremony and celebration.

Take time this month to celebrate your sisters. Embrace the women in your life that absorb the darkness and allow you to shine.

Be a sister for another.

This guided journal page is excerpted from *Inner Fitness for Celebrating Your Life*, by Rebecca Evans, copyright 2008.

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