



February 2021

Dear Pasadena Friends,

What is an appropriate book for February, a month that celebrates love? *I Am Love, A Book of Compassion* by Susan Verde is the perfect answer. This book explores what love is through the innocent eyes of a child. From shielding someone weathering a storm, to just being present and listening to what someone needs to share, examples of love are shown as little lessons we all can learn from. The book concludes with simple yoga poses children can do in the classroom to help them open their hearts and minds.

Love means showing kindness, living with gratitude, and taking care of our minds and bodies. As Susan Verde says, “This book is my love letter to the world, as each one of us is worthy of love in all its forms and expressions, and we are ALL capable of adding light to the world when we listen to our hearts and choose love.” This book reminds us to be mindful and compassionate.

In these dark, stressful days it is nice to have an uplifting message to carry us through, because love is everywhere if we choose to seek it out. According to Verde, this is “an affirmation of how- once we listen to our hearts and find the love within ourselves-we can share it with the world and find connection and compassion.” May we all feel that connection and compassion and above all else, take the time to listen to our heart.

Affectionately,

*Karen, Jodi and Diana*