

# Kindness Pollen

{Spreading kindness the way ladybugs would spread pollen}

I LOVE TO READ AND RECENTLY STUMBLED UPON SOME REALLY DIFFICULT QUESTIONS TO ANSWER:

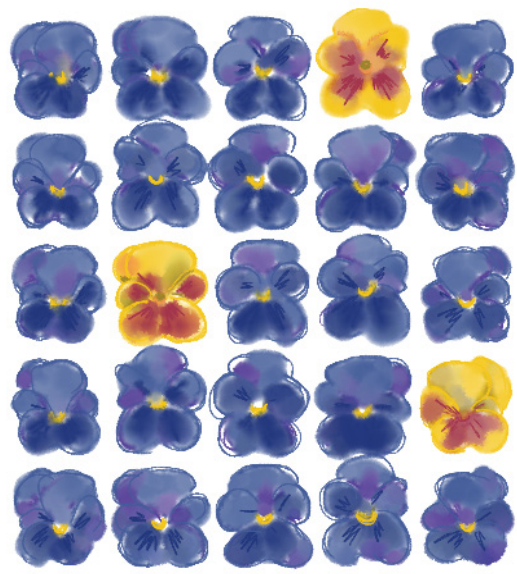
- \* WHAT MAKES ME FEEL ALIVE?
- \* WHAT DO I LOVE?
- \* WHERE DO I LOOK FORWARD TO BEING?
- \* WHAT CAN I DO FOR HOURS AND NOT NOTICE THE TIME PASSING?

I TRIED TO ANSWER THESE QUESTIONS, BUT COULD NOT, I NEEDED TIME TO SIT VERY STILL, BREATHE AND THINK. BUT HOW DIFFICULT TO FIND TIME IN OUR DAYS CONSIDERING ALL OUR WORK AND RESPONSIBILITIES, DON'T YOU AGREE?

I AM SO THANKFUL FOR THE COTTAGE FAIRY'S YOUTUBE CHANNEL. SHE SO BEAUTIFULLY UNDERSTANDS HOW DIFFICULT IT CAN BE, AFTER A LONG WORKDAY, TO FIND TIME TO DO WHAT WE LOVE. IN AN EPISODE TITLED "HOW I FIND ENERGY TO DO WHAT I LOVE WHEN I'M TIRED (+ A PERSONAL/HOME UPDATE)", SHE WALKS HER FOLLOWERS THROUGH THE BEAUTIFUL SPRING FLOWER FIELDS NEAR HER HOME, I FEEL PEACEFUL JUST BY WATCHING HOW SHE ENJOYS NATURE, AND TIME AND TIME AGAIN I'M LEARNING FROM HER TO APPRECIATE SIMPLE BEAUTY THROUGH CREATIVITY.

NOW THAT IT'S ALMOST SPRING AND NEW LIFE IS VISIBLE EVERYWHERE, LET'S WALK THROUGH OUR BEAUTIFUL SOUTH AFRICAN NATURE AND SMELL THE FLOWERS. AND MAYBE YOU WILL, JUST LIKE ME, FIND THE COURAGE TO ANSWER THE QUESTIONS ABOVE.

LOVE  
LIESL



*Hyk hoe groei die blomme in die veld. Hulle werk nie hard nie en hulle maak nie klere nie - LUKAS 12:27*

## Deernis projekte:

Paola Merill (The cottage fairy) says: "We are each trying to figure things out in the midst of stress and burnout. It's a personal journey, and I hope at least I can encourage you today and give you some peaceful moments." Watch the episode mentioned here:

<https://www.youtube.com/watch?v=A14PXxl3qcM>

## Kindness tip for the month

Jy mag maar tyd afneem om aan blomme te ruik.

## Journal activity:

Pars lentebloem en plak dit in jou LiLiBeth joernaal as 'n herinnering van nuwe lewe en tyd wat jy aan jouself spandeer.

Download this month's Journal activity from our website, Check out our Instagram to see how to use it.

[thymeevents.co.za](http://thymeevents.co.za)

@lilibeth\_thyme

