



Your July News & Updates

Cool things happening at My Studio in this very very hot season. I absolutely have to get myself up and out the door in this weather....and in the freezing cold weather! Am I getting older? (And while I'm at it, is this the LOUDEST freaking 4th of July EVER?) Yes, I am getting older but I am NOT going to let that be my excuse. I'll come up with another one by the end of this letter. I'm sure of it. Excuses are my jam. It will be a good one, too.

[Visit our Website](#)

Upcoming Event, Julie in July

Shirrin Yoku (Forest Bathing) with Julie McKeone

Julie is leading a Forest Bathing experience in Neale Woods. What is Forest Bathing?

This gentle practice uses natural areas to increase, health, happiness, and well-being. Studies have shown it lowers blood pressure, decreases cortisol, and is a preventative practice that helps the body combat abnormal cell growth. Most importantly it brings us home, back to nature and our natural state of being.

The number of participants is limited so please let me know if you are interested in joining us.

Friday, July 13th, 5:30 to 8:15 p.m. We can carpool from the studio or you can meet us there.

I am EXTREMELY excited to take this class with Julie and am so pleased she is offering it for us. We will have a sign up sheet by the door of the studio, or feel free to phone me @ 402-850-8378.



Seva Service

We finally got our 501 (c) (3) non profit designation from the IRS. Let me taking just a minute to reiterate what our studio has chosen for our Seva service. Perhaps you know this but in Hebrew Seva (pronounced Save-uh) means bountiful. In Sanskrit it means Selfless Service and in trying to live a yogic life we are encouraged to selfless service.

My Studio provides a closet at the Nebraska Urban Indian Health Coalition. Our mission is to provide necessities of life and support for cultural and traditional rituals of Native Americans.

There is a basket at My Studio for your donations of shampoo, toothpaste and toothbrushes, hair brushes and combs, deodorant, razors, fingernail files, soap (Dial and Dove are favorites!), new mens cotton boxers, and women's undergarments, backpacks, or small suitcases, as well, etc., etc., etc. Well, I guess you know what toiletries are. Although the closet is actually too small for clothing if you have some to donate we'll include it for the clients being currently served and if there is no need for it we'll donate it for you.

Of course, monetary donations are welcome, as well, from businesses.

Thank you so much for your generosity and your kindness.

"Good Enough for Now."

Four words that have not served me well. "Good Enough for Now." Such simple words and with seemingly good intent have helped me "settle" for not really good enough, at all, in my life. Those words were meant to say to me, "You've started and can get back to it and do it better later." In truth, what these words have actually done for me is to allow me to be satisfied with leaving things left undone and half-assed...crude, but true. I've recently come up with a new response to, "Good enough for now." I answer that though with "No, do it right and do it now." And I mind me, usually. Now, isn't that simple? And you know what? I've been responding quite well to me.

Have I ever shown you Bella? There she is! I do realize my pictures usually have nothing to do with my writing but it's good enough for...DAMMIT!

