

Peace, Love, Connection



BY TESS MARSHALL



A Few Necessary Details...

It is my pleasure to share my words alongside Caroline's photography with you, the reader.

We would be delighted if you choose to share this collection with friends and family, but please respect our work by not altering, building upon, or transforming the contents of this guide.

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Thank you, and Happy Reading!
Tess Marshall



Photography by Caroline: <http://nowordzphotography.com>



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See the Good in Everyone



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See the good in everyone,
drop judgment
of the people closest to you,
of yourself, and
of people unlike yourself.
It's easy if you try.

See beyond error,
recognize love in everyone,
It's a holy perception.
When differences are healed,
violence disappears.
All of humanity is showered
with compassion and kindness.
It's easy if you try.

When people no longer do harm,
peace will be established.
Strive for peace, love, and connection.
Focus on the good in everyone.
Goodness will expand.
It's easy if you try.

What the World Needs Now

Enter into the space of love,
open your spiritual heart.
Everyone yearns to be in a state of love.
Ruminate on love. Spread love. Be love.

Create a heart opening. Step into love.
Practice a universal love.
Love everyone and everything. Love “as is.”

It's possible to shine your love,
like the sun shines warmth.
Fall in love with love.
Fall until everything unlike love dissolves.
Only become love.
Breathe in love. Breathe out love.

Live a majestic, enduring love,
transforming the spirit of people.
Live in unlimited love and joy.
Love is a heavenly trip,
an enlightening endeavor.
Allow love to alter the course of your life.
Ruminate on love. Speak love. Be love.

Reach a tipping point,
where the unifying power of love
heals the world. Love is unlimited. Everlasting.
Only become love.
Breathe in love. Breathe out love.



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If Only

What I own, where I live, or what I do are not important. I need — everyone needs — to laugh, to cry, to celebrate, to grow old to connect with others. This is important.



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A circle, tribe, clan, family...
no matter what you call it, everyone needs to connect. We need to recognize, know, and serve each other.
We need acceptance, respect, and loyalty.
We need to express praise, encouragement, sadness, delight, and joy.
We need to share love.
We need to share pain.

We disappoint and hurt each other.
I have, you have, memories of unlovable times. You hurt. I hurt.
We'll hurt each other.
You forgive. I'll forgive.
We'll forgive each other.
We need to share love.
We need to share pain.

If Only (continued)



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Life is a series of friendships, partnerships,
and relationships.

We need each other.

We need to reveal our shattered selves
to each other.

I heal. You heal.

We'll heal each other.

We need to share love.

We need to share pain.

Never forget this.

There is no pain greater than
separation, loneliness, and isolation.

There is no antidote fiercer than connection.

I connect. You connect.

We'll connect with each other.

We need to share love.

We need to share pain.

To love, to be loved, and to connect
is the longing of our soul.

In Love's delicate arms,

the battered and broken heart is made whole.

If only we connect.

Fall Down on Your Knees

Being in a state of constant appreciation and gratitude is living in a state of abundance. A single blade of grass, the fragrance of a flower, children laughing, a mother crying; these are the indescribable feelings of being alive.



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Living in a state of abundance is a feeling of fullness, an assessment of enough, a state of consciousness for the very wise, a heart filled with reverence for every living thing. Gratitude is a feeling that nurtures the soul.

Living in a state of abundance is to shift your perception from head to heart—a 14-inch journey, from refusing to accepting, withholding to giving, from doubt to faith. Constant appreciation and gratitude for everyday miracles, awe, wonder, and joy, a state of consciousness for the soul.



Craving Tenderheartedness

A greedy, insensitive,
and self-absorbed society,
arguing over parking spaces,
the last toy on the shelf,
and who was first in line.



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Step back and cradle your heart, calm and soft.
Soft heart, calm heart, power to change,
The fabric of life,
our future.

Remember a time you acted the same way.
Offer empathy to others.
Close the emotional distance and create a
new society. The vibration, powerful enough
to renew someone's faith.

The deepest yearning of human nature;
the craving to be understood.
Soft heart, calm heart, power to change,
the fabric of life, our future.

People care about people again,
feeling like they matter.
Don't wait for someone else to go first
to become more loving.

Happy for You

A neighbor with a new Lexus, a co-worker on a tropical vacation, and a best friend gets married.

Unfairly treated and jealous I scream,
“Hey, what about me?” We’ve all been there.

A favorite writer gets a big break.
His success brings up my fears.
My writing shrinks in comparison.
I’m feeling unnoticed, alone.

Jealousy and greed destroy happiness.
I know this. I have a full life.
A million people would trade places with me.

His best seller doesn’t take away
from my writing. His success
doesn’t cancel out mine.
Comparison destroys happiness.

I throw myself a pity party.
I inventory my blessings,
I acknowledge my feelings.
Writing in my journal, I get over myself.

Feelings change to happiness
for my writer friend.
I offer genuine praise like holy communion.
On my soap box, I sing his praises,
“Good for you!” I mean it.



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It Doesn't Matter...

It doesn't matter what anyone thinks of me.
It doesn't matter my car is 11 years old.

It doesn't matter I've gained five pounds.
It doesn't matter that I eat breakfast for dinner.

It doesn't matter if I have a bad hair day.
It doesn't matter that you forgot my birthday.

It doesn't matter that I didn't win.
It doesn't matter how much money I have.

It doesn't matter, the color of your skin.
It doesn't matter how old you are.

It doesn't matter what I did in my past.
It doesn't matter that life isn't fair.

It doesn't matter if you have the last word.
It doesn't matter if I am wrong and you are right.



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It Matters...

It matters that I appreciate life.
It matters that I kiss him goodbye.

It matters that I volunteer to help.
It matters that I have compassion for others.

It matters that I make someone smile.
It matters that I am in your presence.

It matters that I sit in silence.
It matters that I laugh and sing.

It matters that I take a stand.
It matters that I walk my talk.

It matters that I forgive and forget.
It matters that I know you love me.



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Reflect Joy

Everyday miracles, delights, and surprises,
Become the paradise of my ordinary life.

Lizard climbing the wall,
my geranium has a new bloom,
mourning doves sing softly
as I water my flowers under the
clear azure sky.

Three-mile run this morning, spring in the air,
warm sun, bees in my lavender.

Fresh squeezed juice, oranges grown
on a farm nearby.
Birthday card in my mail box,
a new smile line joins the celebration.

My everyday, ordinary moments,
mine for the savoring.
I slip memories of joy
in the pockets of my mind,
To be remembered and savored another day.

Everyday miracles, delights, surprises,
become the paradise of my ordinary life.



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The Energy of the Soul

Intentions of love, forgiveness, joy and grace
learning through wisdom,
authentic power.

A conscious journey to what I want
choice by choice.

Making my way, penguin steps
aligning the energy of my soul

Bringing my inadequacies to the light,
doing the work I was born to do.

Dropping my stories,
seeing through the illusion.

Releasing vengeful judgment of me and you,
I lighten up, I laugh more, I'm free.

Values of the soul,
harmony, cooperation, sharing
reverence for life.

Love, compassion, wisdom,
experiences of the soul.

The heart dances,
it sees the hand of God.
Love is the energy of the soul.



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A Legacy of Love

Near my 90-year-old mother
as she lived out her final hours.
Her life deliciously filled with
gardening, cooking, service to others,
10 children,
32 grandchildren,
34 great grandchildren.
Passionate about all things family.

Path to her room was worn,
daily visits from tribe members,
bearing goodies and flowers.

She lived to give, "regifting" everything
she received, known as
the "flower and candy" lady.

Devout Catholic, prayed the rosary,
never failed to bring us great comfort.
The pain of living had become unbearable.
I memorize her face and smell.
The air in here is filled with love and angels.

Soon to be in heaven,
dancing down streets of gold,
the light and glow
from the love in the room intensifies.
As she takes her last breath,
with Christmas music playing softly,
I thank her for loving me. I steal one last kiss.



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My Deepest Gratitude and Appreciation

I hope my words have gently challenged you to live boldly, authentically, and to make the most out of your glorious journey as you rise up to your divine potential. I hope the message I convey to you elicits insights from you into your own authentic self and purpose.



Please help The Bold Life grow by sharing *Peace, Love, and Connection* with everyone you know who will enjoy it.

Only awakened beings can create an awakened society. It is my hope you actively contribute peace, love, connection, and selfless service to humanity and our world. Know that I journey with you every step of the way!

Thank you in advance for helping me. Thank you for being a part of my life. I appreciate you more than you can know.

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Love,
Tess

About The Bold Life Blog

I offer practical guidance on personal and spiritual development, embracing fear, living your dreams, and living authentically with love and connection.

My personal stories, profound lessons, and uplifting quotes provoke thoughtful self-examination and inspiration for bold living, delivered free twice a week.

My life experiences and work as a counselor and coach combined with my intuition has led to much wisdom. I share it openly with you.

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Become a fan on Facebook  and follow me on Twitter  to stay connected and share the love!
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Tess Marshall is a wife, mother, entrepreneur, speaker, author, spiritually-based, fear shattering, calculated risk taker, obsessed with being happy, courageous and bold, witty, big-hearted, loving, passionate, runner, world traveler and ADHD hyper human being. Tess received her masters degree in counseling psychology and is author of, "Flying by the Seat of My Soul."