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DESIGNS

a hair studio

Pluma Snippets April 2019



Brace Yourself—Things Work Out

I find it challenging to always remember that things work out. One moment I can feel as if I'm in complete control of my life; writing gratitude lists, making plans, living brave, wearing my confident clothes and extra make-up and brighter lipstick with certainty that no matter what comes my way, I can handle it. And in an instant, as I'm cruising along the freeway of self-confidence, something unexpected hits my windshield and POW! I go into a tail spin of uncertainty. This POW could be physical distress or an unexpected emotional event of a significant nature or anything in-between the highway of life. Never-the-less, the shift from "go" to "yield" can come about quickly. The thoughts of doubt permeate and getting back on track can become an arduous shift.

All of us can certainly relate to the ups and downs of life's challenges and joys of everyday living. I have yet to meet a person who doesn't have a story to tell about their own meandering journey. The question is not if we will get side tracked by unexpected events, but when we become side tracked, how do we get back on the freeway of confident living sooner than later. One way is to know yourself well and remember things work out. As Dennis Prager suggests in his book, *Happiness is a Serious Problem*, we would be well served if we cultivated a healthy philosophy of life providing us with a perspective that things work out. Anchoring a healthy life-philosophy is an itinerary worth pursuing.

We begin the process of cultivating a healthy way of life through knowing our body intimately. Caring for our physical body to the best of our ability is the foundation of any journey. As we already know, if we don't have our health our choices are limited. Next, our subconscious beliefs are the road maps to our destination. As visual creatures, how our mind views the world is the window to our future. A great metaphor to remember is our car windshield. It's big enough to give us a view of what's in front of us while the rearview

...the... mirror is small in comparison, keeping our eyes forward with only a glimpse on what's behind. After all...what has passed is in the past!

Adding to the development of an optimistic life-philosophy is travel. When I searched for powerful reasons why people love to travel, I discovered this: challenging yourself; learning; expanding your perspective; getting in touch with yourself; appreciating your life; building and strengthening relationships; adventure; escaping; relaxing and rejuvenating; and celebrating. Although travel appears to be an outer world adventure, it's obvious travel touches and expands our inner self, it's an in-venture as well. For a variety of reasons, including security and quantity of travelers, we must now brace ourselves and adjust to added changes, flexibility and unexpected demands. Deepening our confidence while expanding our world knowledge and confirming the adage that things work out, traveling is another way in which we live braver lives.

At times we need reminders to enjoy the journey...every step of the way. Charity Charms, a purpose driven charms and jewelry company created a bracelet for our *Living Brave... Women in Business* book. Kay McDonald, owner and CEO, fashioned a bracelet reflecting the colors of the book with black, white and gray beads, with a touch of silver and one single red bead. Red is considered the color of power and movement, a reminder that women are powerful and we are on the move. Attached to the bracelet is a "Living Brave" charm, another reminder of bracing ourselves with a healthy life-philosophy in which we touch the world and allow it to touch us in turn. We expand our view of places and people, cultures and beliefs and expand what we already know: what happens for one happens for us all. After all, things work out!

Hilda

Here are some photos of women wearing the bracelets on their world travels... remembering to enjoy the journey, every step of the way!



Living Brave in Thailand with Victoria Green and Barbara Johnson



Living Brave in San Diego at Eufora convention

I know several women who travel the world alone. In researching safety tips, here is what I discovered:

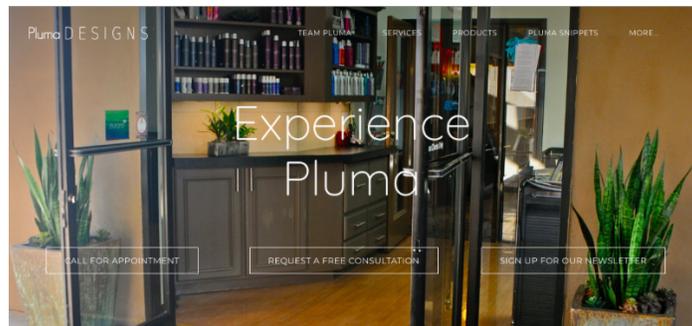
Top 10 travel safety tips for women by adventurous Kate McCulley

1. Research your destination thoroughly.
2. Keep your valuables on you while in transit.
3. Only take what you need and leave the rest locked up.
4. Don't trust people too quickly.
5. Watch your drinking.
6. Blend in as much as you can.
7. Spend extra money on staying safe.
8. Prepare for the worst with documents and secret cash.
9. Get travel insurance.
10. Check in regularly. It's a good idea for at least one designated friend or family member to have a copy of your itinerary in advance, your flight numbers, and your accommodations in a general schedule of where you'll be on which dates as well as information on your travel insurance, credit cards and bank accounts.

It's a great time to start planning. Happy and safe travels!

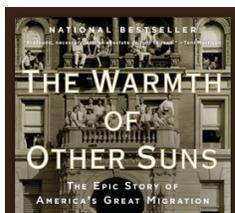
HAVE YOU SEEN OUR NEW WEBSITE?

A big thank you to Amy and Jack Franz of Glendridge Technology Systems for creating our updated website. Please log in and take a look! Of course as with all websites, it's a "work in progress" and we're excited to continually share new and exciting information. pluma-az.com



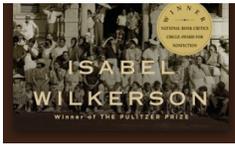
Welcome to Pluma Desians!

PLUMA BOOK CLUB RECOMMENDATION



Novel: *The Warmth of Other Suns* by Isabel Wilkerson

Personal Development: *Aging as a Spiritual Practice* by Lewis Richmond



Products of the Month Eufora Boost & Thermal Defense Prep

Snip Tip: When ‘cocktailing’ products, know in what order to apply. Boost is a root lifting spray. Using fingers to lift hair off scalp, spray directly into root line. Blow dry hair away from scalp. Before the blow dry, apply Thermal Defense Prep a multi-benefit prep spray that protects hair from damage and breakage caused from blow drying and heat styling tools. Detangles, adds moisture and leaves hair feeling soft, moveable and touchable with great shine.



**Hilda demonstrates
Eufora Boost & Thermal
Defense Prep application**



**EUFORA BOOST &
THERMAL DEFENSE**

Quote of the Month:

Carve your name on hearts, not tombstones, a legacy is etched into the minds of others and the stories they hear about you. - Shannon L. Alder

Needing a Referral?

We have a collection of outstanding professionals in a variety of businesses and services, and we take pride in our referrals- from window washers to podiatrist to outstanding Real Estate Agents specializing in their area of our city. Do not hesitate to ask us for a referral.



Judi in the Dolomites

Living Brave. . . Women in Business Highlight of the Month

Judi Walker is the consummate travel consultant who has worked to bring her clients the ultimate travel experiences for nearly two decades. Judi and her team at Alliance Travel Partners offer a "hands on" approach to provide exceptional, seamless travel planning.
alliancetravelpartners.com



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