

GUS & TY NEWS

Friday, January 8th, 2021

AN EPIPHANY

We have heard it explained that when a person gains some life changing realization, they are having an epiphany. Have you ever had an epiphany? We are not sure if we have. So we looked it up...

"Epiphanies are mental moments where we have instant clarity, which can turn into motivation to change and charge forward."

We have also heard Mom talking about this being the season of Epiphany. We wonder if we will be seeing anyone out there walking around with looks of alertness, enlightenment, and with their inner lights shining brightly. We expect to hear them all bellowing "Aha!" and beaming with smiles and displaying their determination to make a change.



Ty is half asleep but easily pretends to have an epiphany for the camera. He was hoping for a treat!



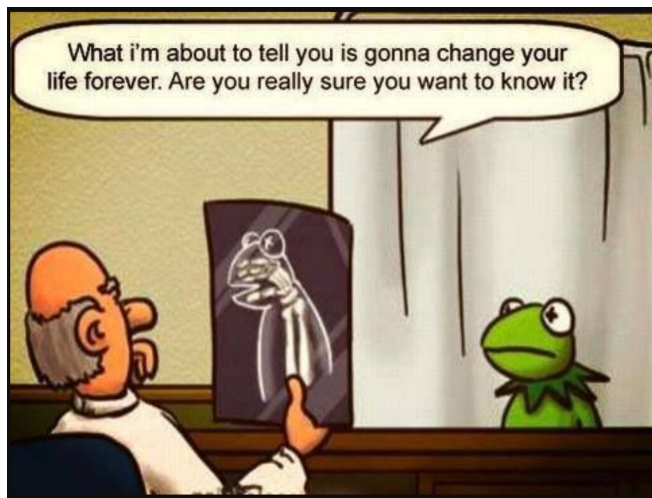
It sounds wonderful especially if conflict and distress can be overcome with this "thing" called an epiphany, but it doesn't happen like a quick and easy lick of the tongue, wag of the tail or swipe of the paw. Some epiphanies are small. Ty had an epiphany when he realized that Mom was not going to abandon him and he learned to be a tad more independent and venture ahead with bravado and curiosity. Some epiphanies are major

and life changing. (We haven't had any big epiphanies but we think it has something to do with the fact that we are golden retrievers.) The major ones take courage to forge ahead and we hope that we can encourage you to do so.

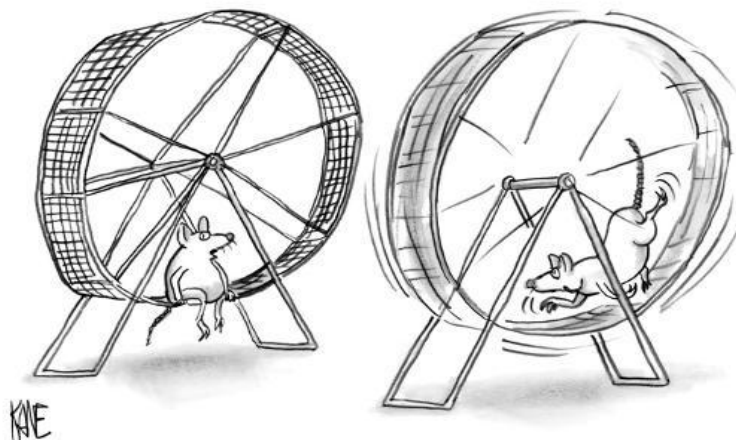
FROM THE INTERNET

You all know that we love to look things up on the internet. We found a wonderful article about 8 epiphanies everyone should have. Here are the highlights of that article. We added the images for an added smile or two.

1. ***You aren't what people say you are.*** *What matters most is what you say and feel about yourself. You get to choose, you can let others define you and tell you who you are or you can show them who you are. Be you. The world needs you as you are.*



2. ***Plan B is often better than Plan A.*** *Stop holding on to what is no longer working. If it feels like hard work and is causing you more pain than gain, it is time to release it. Instead, follow your heart.*



"I had an epiphany."

3. **You are not the number on the scale.** *The only thing that matters is what is in your heart. How you make people feel and how you make you feel is more important than how you look.*
4. **The journey is more important than the goal.** *Yes reaching goals are important, but the actual process of becoming, growing, learning, and morphing into who we need to become is the real sweet stuff that makes a wonderful life. Enjoy the journey as much as the reward.*



5. **Being alone doesn't mean you will be lonely.** *The fear of being alone strikes the heart and makes many people settle. But when you learn to love your own company, you will see that you are never really lonely.*



6. **It will never be all done.** *The to-do lists, the chores, the things we race around to get done, will never be done. It is called life. Instead of focusing on the end result, be in the process and celebrate what you have accomplished.*
7. **Emotional pain shows up to show us what we need to change.** *Sadness, depression, and heartache are gentle reminders to probe deeper into our life. Look at what is not working and be open to living your life in new ways.*
8. **You don't have to find your purpose, it will find you.**

Article by Shannon Kaiser

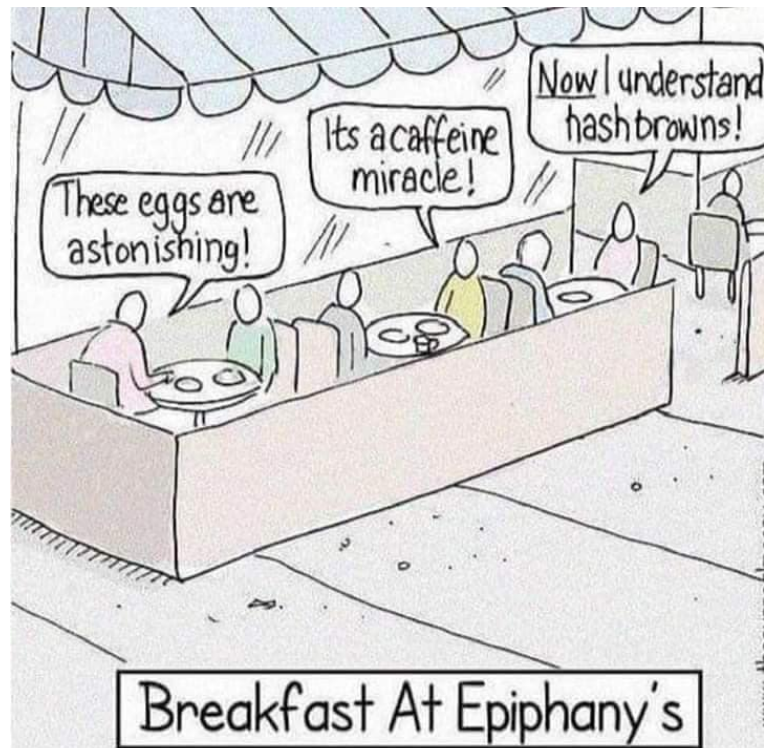
We tend to get more confused when we “read” too much. We asked Mom, “What is the difference between an epiphany and an “Aha!” moment?” Don’t get us started on the difference between them and revelations! When it comes down to it, just enjoy life, enjoy every moment along the way, make the best of what you have and don’t be too hard on yourself. Love yourself and know that there are people (and golden retrievers) out there that love you (and miss you) too!



Here is a photo of me trying to take interest in creating a memorable newsletter. Mom took this photo without my permission. I thought it was just Ty doing the re-enacting today. I am living proof that it is okay to spend a day alone and pamper yourself with naps on the couch!

For the Audrey Hepburn fans, this one's for you↓

May you all have a great few days ahead. Take walks, nap, and enjoy some treats throughout the day. Smile at a passerby or say a kind word. You will never realize the power of your actions! We have heard that such simple acts can really make a difference. Snuggle in when it gets cold and imagine our wet noses bumping you with love!



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PS. Mom has read this newsletter and says that we should mention that Epiphany with a capital E is a day of celebration in recognition of the visit of the Magi.