

# Sisters for Yah

## POSITIVE THINKING CAN CHANGE YOUR LIFE!

Have you ever met someone who was perpetually depressed about every single thing in life? The complaining never ceases. They always seem to find something wrong about everything. I know several people who are like this. They drag everyone down with them. Being around people like this can suck the energy right out of a person.

I found myself falling into the trap of negativity, too. So I decided to try a little experiment. I decided I would put a positive spin on life's events, especially the ones that seemed bad. The truth is that none of us can truly say that a certain trial is really good or bad. For instance, I read a book written by a woman confined to a wheelchair after suffering a debilitating disease. Most people would automatically assume that being in wheelchair was a bad thing. However, this woman explained that it was the best thing that ever happened to her. Why? Because it made her a better person! Before she contracted her disease, the author had been a selfish person who only thought of herself. Initially, she was depressed to be stuck in a wheelchair, but she noticed that her attitude had changed for the good. She began to develop a compassionate nature. And people began to enjoy being around her! She practiced positive thinking daily and people were inspired by her.

I experienced similar results when I decided to implement positive thinking in my life. Somehow life seemed more manageable. My spiritual life improved and my health even got better. I had been a known hypochondriac, but I no longer feared contracting life threatening illnesses! In closing, I want to remind you that even the Bible states that we are to think of good things! Yahweh does not appreciate negativity. So let us praise Him every day for His goodness!

(Anonymous)

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## *Failure and Forgiveness*

In Ephesians 4:32, we read, “Forgiving each other, just as Yahweh in Messiah also has forgiven you.” Failures in life come in all shapes and sizes. The minor ones, such as spilling ketchup on a new shirt, or accidentally stepping on your spouses foot, are “mistakes” that don’t require much effort to forgive.



Then there are heavier packages of failure, such as snapping at your children or not following through on a promise. These make it a little harder to forgive.

Now we come to the heavyweights of failure—divorce, unfaithfulness, a rebellious teenager, or being abandoned. I have heard many people say, “I’ll never forgive that person, because he or she has hurt me too deeply!” This is dangerous thinking because Yahweh commands and expects us to forgive. We have no options but to forgive. In fact, we are told that Yahweh will extend the same level of forgiveness to us that we extend to others. Forgiving others means we no longer hold the offense against the person.

It is giving up the right to punish them. And it is accepting that Yahweh is the only one who has the right to punish people.

This does not come easy. We must pray diligently that Yahweh will make it possible for us to forgive. It is also a two way street. Have you done anything to hurt anyone? If so, you are required to ask for their forgiveness, whether or not they accept your apology. The burden still rests with you. You can pray that Yahweh will soften their heart. Failures are inevitable in life, but we are all purchased with a price. So let us forgive one another as Yahweh has forgiven us.

## The Number One Threat to Families!

I read a surprising article recently about why families are no longer as close as they once were. What would you say is the number one threat? Alcoholism or drug addiction? How about materialism or pornography? You might be surprised to learn that watching television is actually the number one threat to the breakup of families!

Did you know there are actually more homes worldwide with televisions (98 percent) than indoor toilets (97 percent)? So what is it about television that is so destructive? The first reason cited by the article is that TV replaces real relationships. Families stop talking when all their eyes are glued to the TV set. So TV robs families of both quality and quantity time.

TV can cause dissatisfaction with real life. Studies show that when perfect, scantily clad bodies are paraded across the screen, people’s self esteem can plummet. There is also strong indication that spouses can become dissatisfied with their significant others! Children also suffer by trying to imitate what they see on TV. Boys can become more violent in their playtime with other children, and girls can develop unhealthy ideas about how they should dress and what their bodies should look like.

So please limit your TV viewing time! Families are so precious. Don’t destroy the wonderful gift of family that Yahweh has blessed you with!

## Spring Power Foods!

I read a very compelling scientific article about certain powerhouse foods that can boost your energy, sharpen your memory and improve your mood! Add these to your diet today:

1. Artichokes—loaded with magnesium. This will give you a nice boost of energy. 68 percent of people are deficient in magnesium.
2. Cinnamon—might actually help stabilize blood sugar. Try sprinkling it liberally on fruit or even add it to your bowl of chili.
3. Ginger—studies show it to be powerful pain reliever. One study suggested it reduced muscle pain by 25 percent. Plus, ginger is great in tea and on cooked carrots.
4. Turmeric—might help improve memory due to its anti-inflammatory effects. It adds a nice flavor to stews and curry.
5. Spinach—super high in iron.
6. Walnuts—a powerful mood booster.
7. Asparagus—good for energy due to its high B vitamin count.
8. Salmon—rich in good fats, which can actually keep your skin young and smooth.
9. Strawberries—also good for skin due to its high nutritional content.



## Better raw or cooked?

Were you aware that certain foods are better consumed raw, and some are better consumed lightly cooked to absorb the maximum amount of nutrients? Use this handy guide:

### **Better Raw:**

Beets  
Broccoli  
Onions  
Red Bell peppers

Heat deactivates many of the above items, so consider adding them to cold salads in their raw form.

### **Better cooked:**

Asparagus  
Spinach  
Tomatoes

Lightly heating the above items actually releases their nutrients which makes it easier for your body to absorb.



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## Cleansing Ginger Tea

Ginger has numerous health benefits. It's known to soothe and upset tummy, along with providing pain relief. There's no need to buy the expensive ginger teas at your local health food store. Make your own for a fraction of the cost!

Bring 4 cups of water to a boil. To the boiling water add a 2 inch piece of ginger that has been peeled and sliced. Reduce heat to a slow simmer. Cover it with a lid and continue simmering for 20 minutes. Strain. Serve with lemon and honey, if desired.



## HEALTHY SALMON BURGERS

A new study indicates that it is better to reduce red meat consumption and add fish to your diet more often. For those who love burgers, try the following recipes. Even fish-haters enjoy this one!

1/2 t. olive oil  
1 garlic clove  
1 1/2 pounds wild salmon, cut in chunks  
1 small red onion  
1 red bell pepper  
1/2 cup fresh parsley leaves  
Salt and pepper, to taste  
Hamburger buns or sandwich rolls of your choice  
Basil leaves, for garnish  
Tomato slices, for garnish  
Pickle relish  
Mayo or plain yogurt, to serve



In your food processor, mix the salmon, garlic, onion, bell pepper, and parsley. Shape into 4 patties. Broil on greased rimmed baking sheet for about 5 minutes on each side, until fully cooked through. Serve on buns along with the garnishes of your choice.

Note: this is an extremely nutrient dense recipe. It contains a great deal of Omega 3's, along with 128 mg of calcium and 40 grams of protein!