

American Inspiration

Thoughts for today and every day . . .



✓“The body is your instrument in dance, but your art is outside that creature, the body.”
Martha Graham

✓“Think of the magic of that foot, comparatively small, upon which your whole weight rests. It’s a miracle and the dance is a celebration of that miracle.” Martha Graham

✓“The body says what words cannot.” Martha Graham

✓“Great dancers are not great because of their technique, they are great because of their passion.” Martha Graham



American Update

Just under two weeks left before school will be out for the Christmas holidays. Make sure to plan a special project with your team, your co-workers or your family, to help a group or family less fortunate. Christmas is about the joy of giving, whether it is volunteering your time, or passing along a smile or a positive word. Giving doesn’t have to be something material, your love and kindness is priceless.



Inspiration of the Week

Joy of Giving

A woman who was traveling alone in the mountains found a precious stone in a stream.

The next day she met another traveler who was hungry, the woman opened her bag to share her food. The hungry traveler saw the precious stone and asked the woman to give it to him. She did so without hesitation.

The traveler left, rejoicing in his great fortune. He knew the stone was worth enough to give him security for a lifetime.

But a few days later he came back to return the stone to the woman.

“I’ve been thinking,” he said, “I know how valuable the stone is, but I give it back in the hope that you can give me something even more precious. Give me what you have within you that enabled you to give me the stone.”

The woman smiled, “The joy of giving!” Author: Unknwon

If you've enjoyed this story feel free to share it with those you love. Remember, "The joy of giving!"

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