

Let's Make Lemonade

by Louie Heseemann

Life may sometimes give us lemons (which aren't at all sweet). Afterwards, it may take time to get back on our feet.

Meanwhile, let's make lemonade...

The fact that we're here tonight is a positive step we have made.

I'm here to warn you about a deceptive substitute for pleasure. It feels real at first, but leaves you empty (and that's an over-accumulation of treasures).

If there's something in your house that doesn't function for right now, get rid of it period. You have no use for it anyhow.

Get simple again. Get pleasure like kids do, the old-fashioned way. From exercise, religion (if you will), work, sex, leisure activities and play.

You had a rich emotional life once so go back to that core.

Hoarded treasure won't give you the freedom you crave. It only traps you more and more and more and more!