

There is a super important birthday coming up on Thursday! NO, not Abraham Lincoln, Deb Du Maurier! What can I possibly talk about that would even begin to be momentous enough to celebrate her birthday? At first I thought about naming things that are older than Deb...a rock, dirt, redwood forests, The Sphinx. But then I thought...No, I don't want to get punched. Maybe a list of things that are more awesome than Deb..... Can't think of any. Deb has inspired me in so many ways over the past couple of years. That Aquarian idealism and pioneering spirit shine through in every moment in every way. Deb and the equally fabulous Krystene are the brightest of the bright threads in the tapestry weaving together the future for metaphysics as a business and teaching as an empowerment platform and I'm proud to call them my friends and colleagues! I had to shorten the list about Deb somehow...

Damn that girl is amazing!

Engaged like no one else I know.

Boundless energy and enthusiasm from moving forward and opening up.

Disrupts patterns that are holding you back in a kick ass kind of way.

Undaunted when facing hard questions!

My cousin, I'm pretty sure. We have way to much in common for us not to be related!

Always there when I need her!

Uplifting and encouraging but if you're looking for someone to commiserate with, keep moving.

ROTFLMAO every time I talk to her, even if it's about something serious!

Incredibly creative and artistic!

Eat, drink, be merry and I

Really hope you have the best birthday ever, Deb!

In other festive happenings this week: It's time for hearts and flowers and the slinging of cupid's arrows. That's right, it's Valentine's Day! Or should I say, St. Valentine's Day! Seeing the holiday written this way in a store got me wondering what Valentine did to become a saint and how the holiday created specifically for syrupy sentiments and smooching couples got to be associated with him. Well the story involves Romans and Christians so it's not all that romantic but it has its moments.

St. Valentine, or Valentinus was in prison in Rome for refusing to renounce his faith. He was also marrying other Christian couples in defiance of the Emperor Claudius' edict. While he was in prison awaiting execution he befriended one of his jailers. The jailer had heard that Valentinus was schooled in healing arts and begged Valentinus to try to help his daughter, Julia, who had been blind since birth. Valentinus wasn't too optimistic that he would be able to heal Julia but since he was on death row he probably couldn't get a gig in the prison laundry so he thought, "what the heck". Since she didn't have much in the way of formal education, her father also asked she could study with Valentinus.

Julia was a pretty young girl with an aptitude for learning. Valentinus taught her the history of Rome, arithmetic, some natural sciences and of course, about God. As the lessons continued they became very close and Valentinus had quite an affection for young Julia.

He taught her the power of prayer and told her that faith in God could bring about any miracle. She began praying daily that one day she might see so that she could see with her own eyes all the world's marvels that the faithful Valentinus had described to her throughout these weeks. Then one day Valentinus got the word that his time on this earth was coming to an end and that Roman soldiers would be coming to collect him momentarily. He hastily scribbled a farewell note to Julia and signed it, "From Your Valentine" and inside he placed a colorful crocus flower. Where to you get a Crocus on death row? I have no idea. Aaaanyway, the jailer returned home to break the news to poor Julia. He gave her the note, but wait she's blind. No she isn't! Not anymore! As she opened the envelope that colorful crocus is the first thing that she saw. A miracle! But unfortunately the next morning, February 14, 270 A.D., Valentinus' death sentence was carried out. Julia was said to have planted a pink blossomed almond tree next to his grave which still stands today as a symbol of enduring love.

Valentine's Day is predominately a western tradition but many cultures have a day dedicated to romance. In Scotland names are drawn out of a hat and couples pair off for the evening. Though both parties draw, it's the ladies choice that prevails. In South Korea the 14th day of every single month is dedicated to celebrating lovers. Oh, the pressure!!! Not to mention the bills for roses. My personal favorite, in Malaysia single ladies write their names and phone numbers on oranges and toss them into the nearest river hoping that the water will carry them to their Prince Charming. Hey...You haven't met me and this is craaaazy but here's my orange....so call me maybe. That could stay atop the Malaysian Billboard charts for months!

Anyway, whether you're looking forward to birthday cake, cherry chocolates, or waterlogged oranges, I hope you have a great week!