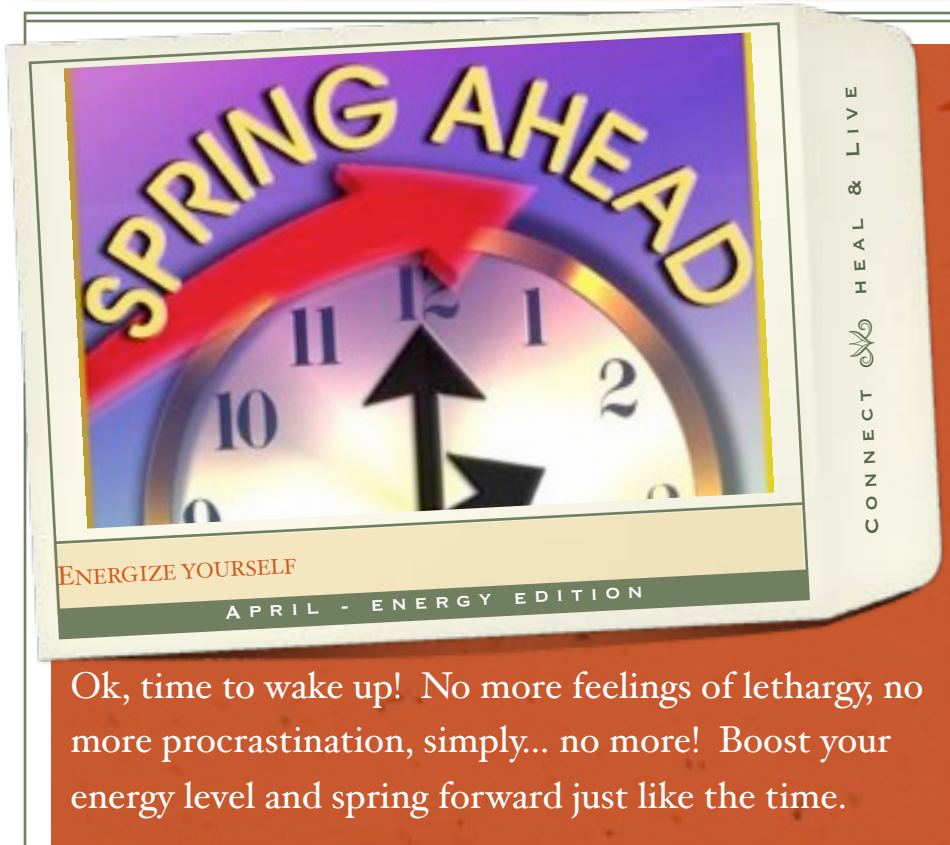


APRIL
2010

LIVING WELL

Body, Mind & Soul

Ok, time to wake up! No more feelings of lethargy, no more procrastination, simply... no more! Boost your energy level and spring forward just like the time.

VOLUME 3
ISSUE 4

The Loop

Spirit

Lewis' Home Page

Check in for daily motivational quotes, Living Well Newsletter, Dear Lewis and much more. Click on [Spirit](#)

Consultations

Online Booking

Take advantage of our brand new online booking program. You can see when Lewis is available and pick the appointment time that you want.

Click on [Energy](#)

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Personal Page

Join Lewis' Facebook page. Click [Facebook](#) to sign up.

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Tweet

Follow Lewis on Twitter. Tweet and twitter to your hearts content. Click [Twitter](#) to tweet.

Youtube

Watch

See our latest Youtube video. View commercials and future Podcasts from the comfort of your chair. Click [Youtube](#) to join and view.

SPRING FORWARD

In North America we set our clocks ahead an hour in the middle of March. The rest of Daylight Savings world changes their time at the end of March.

Most times after we lose an hour of sleep our bodies go through an adjustment period. The lack of that hour of sleep can weight heavy on our ability perform simple tasks in our daily routines.

We need to adjust for that lack of an hour sleep. It is proven that a good solid 7 - 8 hours of sleep per night is not only vital for our health, it also helps keep our minds sharp. Another ways to get the much needed rest and

energize ourselves is through meditation.

We can quiet our minds and take in our surroundings and 'manipulate' our energy during meditation to help energize our body and mind. During your meditation, after you have relaxed and waited for the 'gifts' of meditation try surrounding yourself with vibrant colour(s) like yellow and/or orange. Both colours gives a sense of joy, happiness and energy.

After meditating, take that new found energy and get out there and get active!

Put a spring in your step and go for a walk, do some necessary yard work or meet friends for coffee or lunch. Most importantly be involved.

Bunni's Den

Bunni Tomlyn is a retired elementary school teacher. One of Bunni's passion is writing poetry. In the segments of Bunni's Den, she will take us on a Spiritual Journey of her surroundings and introduce us to her poetry as well as, the poetry of others.

The Liberation of Bunni Tomlyn

I am hard-pressed to find movies worthy of watching more than once. But I recently found myself sitting through three viewings in two days of "The Blind Side" starring Sandra Bullock—not only a good indication of my appreciation for the movie itself, but also of my admiration and respect for the actors, as well as for the family on whose story this movie is based.



My enthusiasm had nothing at all to do with the game of football or the winning of it. What held my attention was the chain of events that occurred because of a decision that was made to help a young boy in need, a decision that was to have such a profound and positive effect on the people whose lives it touched. By taking a chance on a stranger, not only were the lives of a family changed for the better—so too was the very fabric of their family.



Hats off to Sandra Bullock for accepting such an inspiring role and for her award-winning

performance of it. Hats off to the real-life mother for extending a hand where it was needed, for opening her home and her heart to a homeless child, and for loving him like her own. Hats off to the boy for accepting her helping hand without taking advantage of it—for taking the proverbial ball he was thrown and running with it. Finally, hats off to her husband and children, whose open-mindedness allowed them to see this remarkable woman's care for this child, not as an invasion or threat on their territory, but as a natural course of events—and an example to be followed.



Sometimes the most precious gifts come from the most unlikely packages. Let's be careful what we pass up, pass by, or throw away.



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www.mabeeitshere.com

Pay It Forward: Project: Ticket Giveaway

Here is my pay it forward story:

When I was young - fresh out of college - I was having a really hard time finding a job. I had gone on an interview and although the company had selected another candidate, my interviewer liked me. She said I had "spunk" and offered me some interviewing tips.



The next interview I had, I landed the job and have now been employed with the company for 5 years.



I decided to pay it forward, and signed up with my University Alumni center as a mentor for students. Well two year ago - in the height of the financial crisis - a young student called me requesting mentoring assistance.



I was friends with a colleague in HR, so I passed along her resume.

Although I didn't know this person, put my name (and career) behind her and recommended her for a position within the company. She was hired a few months later.



I called her a few weeks later

once she was settled into the job and congratulated her on getting the job.

She wanted to take me out to dinner to thank me for my help. I just told her that everyone - at some point in their life - need to get a leg up. The next time she saw someone struggling, just pay it forward.



I don't know if she did, but I continue to help students with interviewing advice, tips and sometimes go as far as to submit resumes on their behalf.

~Cathy, NY



[Click here](#) to send a bouquet today!
Canadian address' only

Pay It Forward

Start your own **"Pay It Forward" Campaign**. What can you do to make a difference in someone's life, and/or community? Find the strength within. Take 5 minutes out of your day to develop an idea to *Pay It Forward*. The next day, take 10 minutes to set some goals. Envision yourself accomplishing your **Paying It Forward Campaign**. Look inside yourself to trust the voice within to make a difference. No feat is too small, even at first if it goes unnoticed. Life is a journey, it can take you anywhere, but first you need to get on the road. There will be others you will meet and some will require your help where others may not. These acts which create overwhelming joy and satisfaction are priceless. These exceptional experiences are worth your time and energy. Start by doing something on your own once a month and help it grow into involving your family and friends helping you with your campaign. It starts with a decision. Decide to make a difference. Decide to contribute. Decide to enjoy a selfless experience. Enjoy **all** the benefits of *Paying It Forward*.

Wake Up Naturally to a More Energized Day

SMALL CHANGES, REAL BIG ENERGY

Have you ever awakened up grumpy and just wanting to stay in bed? It just felt like I just went to bed! Why are so many of us affected with a lack of energy? Here are some tips to help you cope with the lack of energy. Try following the simple steps below to awaken refreshed and vitalized.



7:00 a.m.: An infuriating alarm jolts you awake.

7:30 a.m.: After three snooze delays you finally turn it off and force yourself to jump out of bed.

8:15 a.m.: Two cups of coffee later, you're stuck in maddening morning traffic.

2:30 p.m.: You practically fall asleep at your desk.



"I got eight hours of sleep last night," you think hazily. "Why am I still tired?"

The answer may lie in your morning routine. Afternoon energy levels can be predicted by what you do when you first get up. A typical frantic start to the day can wake you up temporarily but leave you dragging later on. Low energy saps creativity, spontaneity, concentration and motivation. Not to mention the irritability and stress that it causes.

So why does the morning rush let you down? According to researchers at Duke University Medical Center, both sudden activity and caffeine kick-up your blood pressure and stress hormones, giving you a quick

feeling of alertness and energy. But these adrenaline-producing tactics are short-lived. Once the mayhem is over, it's crash time.

It's much better to start the day by letting your body catch up to sleep cycle cues that it collects. By coming out of "sleep" mode more naturally, you help your body get off to a more relaxing start to a more energized day.

Here are some ideas for how to set your body clock to "awake" without the shock of sudden activity that rattles the stress system:



- 1. Wake up to music rather than an alarm.*
- 2. Don't get up right away. While breathing deeply, loosen up and stretch your limbs out, from your fingers to your toes. Pretend you're a cat waking up from a nap.*
- 3. Think of the most positive thing you'll be doing that day.*
- 4. Get out of bed slowly. Ease into it.*
- 5. Turn on more and more lights as you go through your routine, until every light you see is on.*
- 6. If weather permits, step outside for a minute. Sunshine is one of the strongest ways to tell your body to wake up.*
- 7. Do 3-5 minutes of easy activity. Emphasis on easy.*
- 8. Eat breakfast! Foods low in fat and high in protein, fiber and carbs provide energy that lasts a long time.*

Try yogurt, fruit, whole wheat breads, and skim milk.

A key is not to oversleep or use the snooze button. It may be tough at first, but getting up at the same time every morning makes it easier to set a sleep cycle that won't make you feel tired in the middle of the day.

P.S. When you're stuck in traffic, try listening to some classical music or jazz to calm you.

*-- By Mike Kramer, Staff Writer
For Today In Wellness*

Mind Over Body

10 STEPS TO ACHIEVE A HEALTHY LIFESTYLE

- by Dean Anderson

- [1 Put "I" into Your Vocabulary](#)
- [2 Take the Stress Out of Weighing In](#)
- [3 Move Beyond Toxic Guilt](#)
- [4 Taming the Emotional Eating Beast](#)
- [5 Take the Mystery Out of your Motivation Problems](#)
- [6 Write Your Vision Statement](#)
- [7 Plot Your Strategy](#)
- [8 Give Yourself a Reality Check-Up](#)
- [9 Pave the Way for Persistence](#)
- [10 Learn From Your Own Experience](#)

How To Survive and Go Through Life Changes

We experience many losses in our lives – death, bankruptcy, job loss, or relationships. Some are simple and easy to deal with. Others are much more difficult to get through. Losses aren't easy. If you have the unfortunate circumstance of being in this position, you will most likely find your emotional sentiment ranging from denial, to anger, acceptance, and ultimately reflection. Because of the deep impact loss and grief have upon us, it's easy to get lost in a whirlwind of emotion and not entirely understand our feelings. It becomes easy to shut down internally to avoid "dealing with it." Through all this, be fair to yourself. This process is not easy. Know that you will get through it. Know that it won't hurt this bad forever. Keep the light at the end of the tunnel in mind.

My experiences have shown me that people who are successful in getting through life's losses faster and healthier follow these five "keys" to surviving and growing through life's changes:

Step 1 - Have a Strong Network of Family and Friends:

You have heard it said that you can never have enough friends! There is plenty of research that supports this. Researchers have found that people with lots of friends are happier and able to depend on those friends for support during difficult times. Unfortunately, as many of us age we tend to become more isolated. It is important to make the effort to keep our existing friendships and create more. This gives us someone to talk to and share our fears and pain with.

Step 2 - A Strong Spiritual Life:

Having a strong spiritual life allows people to believe that someone other than themselves is in control. It gives us hope that things happen for a reason and



there is meaning to what happens in our lives.

Step 3 - Patience:

This is one of the hardest things to do. Wait! So many times well-meaning people tell us to move on and get over it. When a **relationship** ends, it is important to take the time to allow yourself to grieve and work through your feelings. During the time of loss is not the time to make major decisions. Allow yourself at least a year before you make any major changes in your life.

Step 4 - Take Care of Your Health:

It is not uncommon for the spouse of someone who has passed away to

become ill soon after the death. You need to make sure to **eat right** and get plenty of sleep. If you're feeling ill, go to your doctor and don't ignore it!

Step 5 - Keep As Active As Possible:

There will be times when you don't feel like doing anything and that's ok, but make an effort. When you're involved in an activity, you're giving yourself a break from dwelling on your loss.

Kent Linaman

Motivational Quote

" Don't wait until everything is just right. It will never be perfect. There will always be challenges, obstacles and less than perfect conditions. So what? Get started now. With each step you take, you will grow stronger and stronger, more and more skilled, more and more self-confident and more and more successful."

Mark Victor Hansen

Inspirational Quote

" I've finally come to understand that whatever happens, all those stumbling blocks, all these problems, have nothing to do with real happiness. Happiness is facing yourself and learning to love what you see, flaws and all. It's taking enjoyment just from the process of being human."

Kelsey Grammar

Boosting Your Willpower

Do you feel overwhelmed by too many goals? Learn a step-by-step approach to feel motivated and achieve your objectives.

Sometimes willpower is a lot like the television remote control — hard to find just when you want it most.

Whether you're trying to lose weight, stop smoking, get to the gym regularly, win a promotion or pay off some debts, developing your sense of willpower is an important part of changing any behavior.

We all know that breaking a bad habit or establishing a new, healthy one can be difficult, but persistence pays off. Researchers at the University of Washington found that 63 percent of those who made New Year's resolutions were still keeping their resolution two months later. It's not going to be easy, but there are ways to increase your willpower, stay resolved and achieve your goals.

First Things First

Don't try to restructure your finances, win a promotion and lose weight all on the same morning. Establish one clear, specific goal and formulate a realistic strategy for achieving it. Extra willpower sometimes requires extra energy, so don't stretch yourself too thin. Focus on one goal at a time.

Start Slow

Momentum builds gradually, and whatever your goal, don't expect to achieve it overnight. Real success takes time. If you are trying to kick a caffeine habit, start by replacing your morning cup of coffee with a glass of water, instead of vowing never to drink coffee again. Congratulate yourself on the small achievements that will pave the way toward a larger one. These successes help your willpower grow.



Support Network

Bolster your willpower by tapping into a support system. Ask friends, family or colleagues for assistance and tell them exactly how they can help. If your credit card bills have skyrocketed, for instance, let friends know that you are cutting back on expenses. Suggest having a potluck dinner instead of meeting at an expensive restaurant. Find a support group or organization related to your goal and attend their meetings. You can get valuable advice, understanding and information — all of which increase commitment and willpower.

Changing Your Environment

If possible, alter your environment to reduce temptation or encourage positive behavior. Want to get in

shape? Keep an extra set of workout clothes in your office as a reminder to stop by the gym on the way home. Quitting smoking? Avoid bars or restaurants where you might be tempted to light up.

More Than Willpower

Sometimes changing your behavior requires more than willpower. If you are struggling with an addiction or want to make a significant lifestyle change, seek the guidance and support of a professional. An expert may be able to provide intensive support and followup or prescribe medication to reduce physical symptoms. For example, without help only 5 percent of smokers can quit but that number rises to 30 percent when people seek both drug therapy and counseling.

By Lauren Greenwood for
Everydayhealth.com

Nutrimoor

Slow down the aging process and revive youthful energy. Many have felt a difference in as little as a week's time.



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Very soon you and the rest of the world will be seeing a brand new design and vibe to the website. There are some new collections being added to the website and others soon to follow. Thank you to everyone helping to make **Mabee It's Here** a success. I'm looking forward to doing business with you in the future. For those who haven't seen what there is to offer, stop by and check it out! Soon to be re opened for your business.

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Dear Lewis

Have a question you want answered? Read Lewis' responses to questions that he has personally answered from readers. Click [Q&A](#) to view.

Question

Signed: L

Your advice has been helpful and reassuring in the past. My boyfriend and I are buying a home together. My home has already sold but he is having problems selling his (which you saw coming). We have an offer in on a home that we both love which is conditional upon the sale of both our homes. Will we be successful in selling his home in order to buy the one we have found? Do you see a time frame for when he might find a buyer for his place?



Question

Signed: Unsigned

When does one know when they are truly making the right decision and life change?



Intention Prayer

By Lewis Mabee

Dear Mother Earth & Father Spirit; Today, is going to my most energetic day yet. I give myself freely to feel the loving, protective energy that you allow to flow through all life forces. I absorb what I need, and I pass the energy onto others who will also benefit from it's energizing ways. I understand that I am on an energy cycle and will wait out all cycles to find my reward within my life path. Amen

“I have personally researched and selected only the best products to enhance your general well-being. Enjoy your shopping experience. Giving you the best”

Lewis Mabee
Mabee It's Here



Joseph's Spiritual Journal

Joseph Bell shares his life history with you. Joseph's experiences with his spiritual side started at a young age. Like many other people who had some sort of an experience with the Spirit World, it frightened him so it was suppressed. The events you're about to read are from Joseph's personal diary.

Joseph's Journal is taking on a new direction. This will be the last edition of his journal style writing. In the upcoming months, Joseph will be focusing on where he is currently. Joseph will be 'weeding out' as he puts it and condensing his journal to bring forward more of his experiences as he currently witnesses life both on the physical and metaphysical planes.



In this part of Joseph's journal, we are finishing March 2009. The May edition of The Living Well will have Joseph writing focused on what is currently going on around him and a few highlights to catch us up what has transpired over the year's gap.



Up to this point I have not discussed my many out of body journeys. As I indicated earlier in this journal these events are somewhat sacred to me. I will however briefly discuss one of my out of body journeys I had 5 months ago. It was a profound occurrence. It was also revealed to me the significance of that journey because I brought the topic up in the discussion with Lewis. It was also revealed to me by the spirits that it was time that I knew the truth. One night 5 months ago I was seduced by a good looking Greek spirit. I sensed him as a spirit of significance. Following that seductive surprise I was then taken to a place which resembled a room in a palace. In this space there were lots of human-formed spirits dressed somewhat regally. I had some conversation with a significant Spirit sitting beside me as well as others. There was a pond and after my conversations I was compelled to

jump in, which I did. (I realized at a later time that these significant Spirits were the Ascended Masters.) Without further details, this journey began another level of my awareness for which I will hold forever dear. I finally realized where I was after some time. This special knowledge and profound experience allows me to continue on with my journey and leaves me with a life changing perspective.

Earlier my Spirit Guide Peter

originally suggested that I take some time off this week. I had hoped that I would have a week of discovery since I now had the time to meditate and work on my spiritual journey with some vigour. I sensed that this was a time that perhaps something significant was going to happen. Quite a bit of information has come to me this week but; it is now nearly over and yet something is missing.

Using my new found knowledge, I went to bed last night and finally fell asleep around 11:00 p.m. I woke up around midnight. I tossed and turned myself back to sleep after some effort. I woke up again around 4:00 a.m. and tried unsuccessfully to go back to sleep. I went to the washroom and while in there Peter asked me to meditate. I questioned him and asked if it was the right time to meditate at 4:00 a.m. To which he said "yes". I meditated for about 25 minutes and went deeper then ever before. I then tried to go to sleep but the energy around me from meditating kept trying to take me out. I decided to push and see where it would take me. Nothing came out of it. Peter then said to stop. I did and decided to read my novel to get my mind off of it. I finally put the book down and started to drift off to sleep. I must have gone out of body because I felt like I was with my sister and we were underwater and we had a journey which was

interesting. I came back and then went out of body again this time staying in the bedroom. I went through a test of a struggle but a positive one. I believe I was being tested in regards to sight and I believe I passed it. Right after this test I was shown a beautiful object which I was suppose to take but, it would not allow me to do so. I followed the object and tried to grab it. This took me somewhere outside where I was finally allowed to take hold of the object and then another spirit dressed like a doctor came to me to do something. It happened so quickly that I made a joke to Spirit and said "that is the oldest trick in the book and I fell for it". Peter revealed to me in the morning that he laughed when I joked about the oldest trick and he also advised me that I had completed another test.

The next thing I knew it was all over and I was lying in bed very relaxed and breathing softly. I felt good and stayed that way for some seconds before I heard Peter tell me that I can open eyes now. Due to my previous experiences I did not want to because I felt so good and did not want to ruin that feeling. Peter then said it was ok. I opened my eyes slowly I was lying on my side facing my bedroom wall. I thanked Peter and said that was a great experience.

I walked to the bathroom again where Peter says to me, "Joseph, you now have sight". It was an unexpected comment and I was surprised to hear this. I had desired this 'gift' for awhile during my journey. I did not believe it at first and thought he was playing with me. He said that he I have had the gift of spiritual sight but it will take some time for me to get used to it. Hallelujah! Let's see how this will unfold.

The Circle of Caring Compass ~ Energy (Esotericism) ~

What is Energy? I mean, what is Spiritual Energy? I often talk about energy and it came to me one day, that some may not know the definition of that powerful, often times misrepresented word.

According to Wikipedia ([http://en.wikipedia.org/wiki/Energy_\(esotericism\)](http://en.wikipedia.org/wiki/Energy_(esotericism))) "This 'energy' is sometimes conceived of as a universal life force running within and between all things, and in other cases it is seen as a more localized phenomenon, such as in vitalism, subtle bodies, or somatic energies such as [qi](#), [prana](#), or [kundalini](#). Spiritual energy is often closely associated with the metaphor of life as breath - the words 'qi', 'prana', and 'spirit', for instance, are all related in their respective languages to the verb

'to breathe'. It is also often seen as a continuum that unites body and mind.

The experience of spiritual energy is described differently depending on the tradition or practice in question. Sometimes it is described as a physical sensation similar to the movement of breathe in the body, sometimes as visible "auras", "rays", or "fields", sometimes as audible or tactile "vibrations"

As a rule, these experience are held to be available to anyone, but only after proper training or sensitization through practices which vary widely across different belief systems. Spiritual energy is also usually associated with feelings of bliss of contentment, as in the pleasurable sensations of kundalini, the ecstatic states of certain forms of meditation."



Even though we may not be able to 'see' energy, we certainly use it everyday. You can positively influence your energy to bring forward a more peaceful existence full of harmony, peace, balance & abundance.



“By giving you messages in a reading, I hope to inspire you to stand on your life path and shine under your ‘spotlight’. Your journey starts today.”

Lewis Mabee
www.lewismabee.com

BREAKING NEWS

CHANGE

I'm headed to Greece and England!

During the last part of June and beginning of July I will be traveling on a work vacation.

During my stay in Greece, I will be conducting readings. I will post my schedule for anyone in Greece wishing to have a consultation.

For a full session the cost will be 73 Euros and partial session is 43 Euros.



England still hasn't been 100% confirmed.

Please refer to www.lewismabee.com for a price list of service's.

Cause Effect & Transformation

Feeling Depleted

F *ee*ling depleted is a wake up call to slow down, rest and fill your body with vital nutrients and light from above.



There are times in our lives when it seems our bodies are running on empty. We are not sick, nor are we necessarily pushing ourselves to the limit—rather, the energy we typically enjoy has mysteriously dissipated, leaving only fatigue. Many people grow accustomed to feeling this way because they do not know that it is possible to exist in any other state. The body's natural state, however, is one of energy, clarity, and balance. Cultivating these virtues in our own bodies so that we can combat feelings of depletion is a matter of developing a refined awareness of the self and then making changes based on our observations.



A few scant moments of focused self-examination in which you assess your recent schedule, diet, and general health may help you zero in on the factors causing your depletion. If you are struggling to cope with an overfull agenda, prioritization can provide you with more time to sleep and otherwise refresh yourself. Switching to a diet containing plenty of nutritious foods may serve to restore your vigor, especially when augmented by supplements like B vitamins or ginseng. Consider, too, that a visit to a healer or homeopath will likely provide you with wonderful insights into your tiredness. But identifying the source of your exhaustion will occasionally be more



complicated than spotting a void in your lifestyle and filling it with some form of literal nourishment. Since your earthly and ethereal forms are so intimately entwined, matters of the mind and heart can take their toll on your physical self. Intense emotions such as anger, sadness, jealousy, and regret need fuel to! manifest in your consciousness, and this fuel is more often than not corporeal energy. Conversely, a lack of mental and emotional stimulation may leave you feeling listless and lethargic.



Coping with and healing physical depletion will be easier when you accept that the underlying cause might be more complex than you at first imagined. A harried lifestyle or a diet low in vital nutrients can represent only one part of a larger issue

affecting your mood, stamina, and energy levels. When you believe that you are ultimately in control of how you feel, you will be empowered to transform yourself and your day-to-day life so that lasting fatigue can no longer gain a foothold in your existence.

The Daily Om

If you have been feeling depleted, you are not alone. There is a tremendous energy shift that is happening and many of us are feeling confused, exhausted and unaware. This will be passing around mid-April and a new energy will take over. This energy is full of promise, movement and contentment. April is the time to get out of the house and enjoy the fantastic air of Spring 2010.

Lewis



WHAT'S GOING ON

Art work "Abundance" by Walter Bruneel

"We all need a source to express our hopes and dreams. By saying a daily prayer, our guides and angels are always in contact with our direction in life."

Lewis Mabee

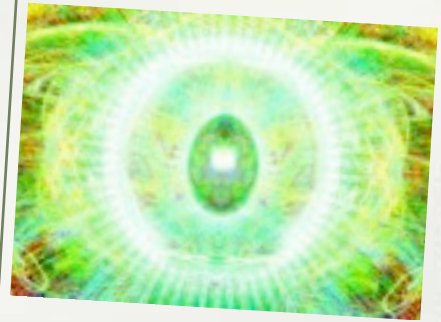
New News

Here we grow again.

I am continually amazed at all the blessings that lay in front of me.

As you may have seen, my Mabee It's Here! www.mabeeitshere.com is going through a major facelift. We are adding many new product lines to enhance your life as well your shopping experience.

Take a look to day and watch for the Grand Re-launching of the online store.



Lewis

LIVING WELL

Body, Mind & Soul

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Lewis Mabee

International Psychic/Medium & Healer

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