



Small & Simple Newsletter

FEBRUARY 2026

February often turns our attention to love—but before we look outward, it's a beautiful time to deepen the relationship we have with ourselves. Turning inward for a moment can look like meditation, breathing, and just finding ways to be present.

A Gentle Reflection

"I keep the telephone of my mind open to peace, harmony, health, love, and abundance. Then, whenever doubt, anxiety or fear try to call me, they keep getting a busy signal- and soon they'll forget my number." ~Edith Armstrong

A Small and Simple Practice

"As soon as you trust yourself, you will know how to live." ~ Goethe

Write down three things that you love most about yourself.





Upcoming Events

Meditation Retreat

Don't forget about this month's 2-day Meditation Retreat. Mark your calendars for February 20th 3-9pm and February 21st 7am-4pm. There will be inspirational speakers, SWAG bags, holistic meals, journals, giveaways, and much, much more! Sign up now at thesmallandsimple.com. But hurry! The deadline to register is **Friday, February 13th**. Make sure you get it in your calendars! If you have questions regarding what else you can expect, visit my website or Instagram page to see glimpses into this retreat as well as reviews from previous retreats.



Bites & Insights Potluck

We had such a great turn out at our January Bites & Insights Potluck. It was good to hear from my friends Katie Anderson and Brenda Angle sharing thoughts on self-compassion and teaching us about blessing boards. Save the date for our next upcoming Bites and Insights: **Wednesday, March 18th, 5:30-8:30pm**. Here we will get to hear from Bethany Stone, a mindset and life skills coach, speaker, and educator with over 20 years of experience.



Assuming Everyone Loves You

For as long as I can remember, I always would walk in a room and assume the worst. I was pretty sure I knew what everyone was thinking and it was usually negative. Not long after I was married, someone introduced me to the Book of 4 agreements. One of the four principles it discusses is don't make assumptions. A new paradigm for me but still I was trying to figure out how to implement it.

A few years and 3 boys later, my youngest son and I took a trip to one of my favorite places, San Clemente California to visit my husband's niece Lauren who I have had a fun friendship with since I met her. In one of our many deep conversations that week, I asked her what her secret was to being loved by so many friends; which I have always admired. She looked at me and said, "I assume everyone loves me!"

I was completely shocked! But in time, it inspired me to try thinking in a new way and I decided I was going to follow her example and just start assuming everyone loves me! Not in a self centered way or in hopes of gaining everyone's attention, but in a way that allowed me to release the negative weight I carried everywhere. It gave me more confidence and changed my outlook on everyone else around me and made every interaction I had more positive and enjoyable. Because if everyone loves me, then I can love everyone right back.

It has been almost 9 years since we had this conversation and it has been life changing. I have felt my love and daily compassion for others grow as well as love for myself. I still have negative thoughts from time to time, but I just push them out and say, I'm choosing to assume that everyone loves me!

My challenge to you is for you to start walking in a room and just start assuming everyone loves you. We all make assumptions and negative thoughts will come, push them out. If you think and say something enough it gets into your subconscious and becomes a reality. So why not assume that everyone loves you, your reality instead of assuming they don't.

Jesus Loves you, I love you.
Arianne Spahr



Arianne Spahr

Arianne Spahr
Owner of Small & Simple Meditation
thesmallandsimple.com

Want to Learn More?

If you would like support building a consistent meditation practice or help navigating life with clarity and more peace, I am doing a 2-day retreat in February. For more information you can check out my Instagram: **thesmallandsimple** or check out my website: **thesmallandsimple.com**