

A MAIOR

Av. Tenente Coronel Silva Simões 144-46
3515-150 Viseu, Portugal
amaior.carrd.co

Chuva de Estrelas

20.11.2021 – 30.01.2022

with Eliana, Fábio, Sofia and Tânia (A MAIOR), Adelaide Miranda.

To be grateful: for all we had, for all we have, and for all yet to come. Gratitude brings a feeling of well-being and inner peace. Humans tend to focus on bad things, on things they don't have or lack. To be thankful for what we have is to appreciate the air we breathe, the food that sustains us and the roof that shelters us.

To love: love is the most thrilling emotion that lets us achieve extraordinary levels of energy. When we think of someone we love, our vibrational field grows and, in this way, we draw positive things towards us.

To get what you give: that is the premise. Helping each other provides a sense that, somehow, we're making a difference in the world. Some say that giving is a selfish way for one to feel better. The fact is that, when giving open-heartedly and with a genuine desire to help, we're pulsating the love frequency, attracting better things. If one's selfish? There's no better form of selfishness than giving, only to get a feeling of mission accomplished. Shall we raise our energy levels now? Be thankful for what you have, love who's around you and help someone.

Text by Adelaide Miranda

For our fifth annual Christmas exhibition, stars have been placed by the staff of A Maior throughout the shop.

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Image Captions

- 1-3. Tânia's star
- 4-5. Eliana's star
- 7-9. Fábio's star
- 10-12. Sofia's star