

A Broken Family Tree

I am one of many
Small branches of a broken tree
Always looking to the ones above
For guidance strength and security.
One little branch trying
To keep the others from breaking away
Who will fall?
And who will stay?
Now I stand alone
Looking at the earth through the rain
And see the broken branches I knew
Scattered about me in pain.
There are those who have taken an axe
To the root of our very foundation
And who have passed this destruction
Down to every new generation.
If I could take that axe
I would toss it deep into the sea
Never to return again
To harm the generation that follow me.
I am one of many
But alone I will go
And plant new seeds
Where a beautiful tree will grow.

Lori.A.Cain



Unfortunately, I come from a family with deep rooted damage
Of which span 4 generations that I am aware of.
This was particularly harmful to me as a child
Where I grew up without love, praise and encouragement
Those that are considered to be the basic fundamentals.
My Mother and Father worked every hour possible to
Provide materialistic things in life.

Working through that as a young adult
I made the conscious decision
That those traits would stop with me
And I would no longer live with or by those traits.

I would love, show love and allow myself
To be shown love.
I would encourage my children where and when needed
Giving them praise wherever possible.

My girls were raised in a home where they knew they were
Deeply loved.

I always encouraged them where it was needed
And I was there when things didn't go to plan.
It was incredibly important to me that my girls
Never ever felt the lack of love from a Mother
As I had to and still do feel.

I am extremely grateful and proud that
I was able to provide a warm and loving home
Filled with noise and laughter
But above all with unconditional love...



You are my today
and all of my
tomorrows.
- Leo Christopher





1986 created a beautiful union



After a holiday romance at the age of 17 this handsome man begged me to return to live in Tenerife with him. In true Shirley Valentine style I threw caution to the wind and left Scotland. Please turn the pages to discover my beautiful outcomes of that!

SOL DE VERANO RELAJARSE
 ESTRELLAS BRUMOSO
 PAJAROS VOLANDO
 CIELO NOCTURNO NUBLADA
 HERMOSO LUZ DE LA LUNA
 AZUL CLARO HORIZONTE
 HAZE TRANQUILA COMETA
 SUNRISE SUNSET
 VIENTO CIELO-TRANQUILLO
 LLUVIA TRUENO DEEPEST BLUE
 BEUTIFUL DEEP BLUE SKIES
 AZUL CIELO TORMENTA NUBRE
 OCEANO TABLA DE SURF NADAR
 LAS OLAS DEL MAR BARCO DE CRUCERO FLOTAR
 COOL FLOTANTE ALGAS MARINAS
 EL YATE MAREA AGUAS CRISTALINAS
 CRASHING AZUL RIDING THE WAVES
 LA PLAYA TOMAR ROCAS
 SANDY BEACHES CONCHAS PUEBLO DE PLAYA AMIGOS
 ARENOSO VOLEIBOL MOTO ACUATICA CREMA SOLAR
 GUIJARROS HUELLAS EN LA ARENA FAMILIA PARRILLA
 CASTILLO DE ARENA SOMBRILLA
 CUBO DE PLAYA Y PALA MORENA PLAYA DE ROCA
 TOMAR EL SOL ARTE DE ARENA NINOS JUGANDO

My beautiful holiday romance brought not
one but three girls into the world.

1991, 1992 & 1997

I was basking in my own little pink paradise with
each one as mesmerizing as her sister before her.
Life was one big beautiful bout of chaos, unraveling
in assisting them in experiences and exploring
the world around them. We were a small but
close family unit that I was determined to
provide due to my own upbringing which
lacked in all the fundamentals to a safe
loving and happy environment.
All given in abundance
with love



SUGAR
AND
SPICE
AND
ALL
THINGS
NICE



There was never
a dull moment
in our house ♡



Their father and I
split whilst I was
expecting our last
daughter. So I raised
the girls alone.

I was very lucky in that
the girls all got along
so well ... until of
course hormones hit

♡♡♡

