

Healing Holidays

While just about every kid looks forward to the winter holidays with gleeful anticipation, this time of year brings many adults quite a bit of stress or even dread. Here's a tip to help make holidays magical again.

The key is full body presence. There will be times when things go wrong; moments that are too hectic, frustrating, or just annoying to be easily enjoyed. There will also be a whole bunch of moments that bring breathtaking opportunities for joy and beauty if you stop and allow yourself to really feel them.

These moments are everywhere. It could be the moment when you smell cinnamon from cookies baking. It could be the moment when you notice the way that your friends' faces move as they speak. It could be in the moment when you laugh at something you might not otherwise have laughed at or when you hear the voice of your elderly mother on the phone.

When a moment speaks to you, stop. Just for a second, stop and be fully there. Really feel what it is like to be yourself in your body at this moment in time. Feel what it is like to have the gift, which this moment is bringing to you. Feel inside yourself, remember the moment, and then move on.

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