

December 2010 Newsletter - A Holiday Message from Kelly Tait

News & Updates

- **NEW LOCATION IN TOWN**- Kelly now offers readings in Kensington (Calgary) on Sundays, in Tarot by Janine on 839-3 Ave NW. Stay posted for winter class schedule.
- **HOLIDAY SPECIALS!** Save 15% off your readings through January 9, 2011. Just mention the special in the newsletter when you book your appointment.
- **GIFT CERTIFICATES AVAILABLE!** Give a gift that keeps giving...clarity, self-esteem, acceptance and more. Write kelly@priddisvalleygardens.com to order a gift certificate today. No problem to get them out to you quickly for Christmas.

Kelly's Holiday Message

Whether you're commemorating Christmas, Hanukkah, Kwanzaa, or the winter solstice, 'tis the season to make merry with your loved ones. Festivities at this time of year go back thousands of years in recorded history, long before the Roman's debaucherous "Saturnalia"; the birth of the sun god has been honoured in various traditions at this time of year for millennia, at least in the northern hemisphere, and translated into a celebration of the birth of Jesus for Christians. Any way you look at it, it's all about love and positive thinking: at our darkest, coldest hour we remember the power of renewal and we focus our intention on the springtime to come. And we party non-stop!

The pressures of Christmas bring out extreme emotions, don't they? There's so much build-up and it's all over in a day. The shopping. The crowds. The traffic. The money, ouch! Excitement, longing & happiness countered by guilt, blame and other forms of self-torment as the expectations we lay on ourselves and others leave us frustrated. Tensions over the day & supper highlight our familial dysfunctions and leave us feeling lonely and sad. Some will step up to the plate to ask for forgiveness but will not be forgiven. Kids spiral out of control from "I want" syndrome and too much sugar. This is a classic example of us training our children to try to fill their cups with emptiness! At the end of the day we're often stressed and tired.

Compassion is the key for getting through it all. If we open our hearts and are softer with our loved ones, Christmas will feel more authentic and meaningful. Many of us will be in close quarters with people we don't like, that judge and criticize us. We expect our families and loved ones to accept and understand our unique needs and temperaments. We are often heartbroken with rejection when this doesn't happen. And then for extra torture we replay these events every holiday.

The first step is to LET GO of these expectations. Release them to your angels, who surround you at all times, waiting to help you at your request. If your two selves—your earthly self and your higher self—can understand and accept each other; if you are connected to source energy, then anyone else's opinion of you doesn't matter. And the only person who can help you love yourself is YOU. The love and acceptance of your family and friends will never feel like enough if you haven't worked on this primary relationship between you and God, between you and You.

Next, focus instead on what you can give, on what you appreciate. This doesn't mean you're a doormat or wearing blinders; in fact, this is a profoundly self-centred, self-helpful act. That's because we cannot attract what we want by focusing on its absence. When we count our blessings rather than our crosses, we open our lives to more blessings, on all levels—the psychic, physiological, spiritual, psychological, you name it. There's nothing like a rampage of appreciation to clean your chakras and aura! What a wonderful gift to give yourself; can you give this gift to yourself this Christmas? Commit to the intention, and then take appropriate actions to make it happen. That's all it takes. Do you want to experience the same pain over

and over again, or do you want to do something different? Intention, commitment and appropriate action are all it takes.

Finally, make the extra effort to really be there for people who you sense are in need. Christmas is a hard time be alone; be extra sensitive to those around you without family or loved ones that they can count on. Commence every interaction with compassion—this is another active meditation—by trying to stand in other's shoes, trying to understand: what brings you to where you are today? What little thing can I do or say to be a light in your world?

Happy holidays, happy solstice (full moon, woo!) and happy new year! May 2011 be a year of creativity, health and fulfillment for you and your loved ones.

Peace and blessings,

Kelly Tait

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