

December 2011 – From Kelly Tait – Holiday Survival Guide

Winter & Christmas Newsletter

Well, it's that time of year again: Christmas! And the end of another year! At this time, we tend to reflect on things we've achieved or haven't completed yet, as well as the things we should have said or shared.

Giving and receiving love in each moment is the easiest and true path to happiness, but we people are still working on living this way. Often we feel more empty than usual during the festive season! We fill our senses with food, drink, material things, happy to have a cup of something to help make meaning. Often this meaning feels only temporary. As we engage with others, sometimes by choice and sometimes by commitment, we may find ourselves feeling extra lonely, searching for the warm fuzzies.

The answer lies in asking ourselves what really makes us happy, and to make actions plans that pave the way there with maximum joy on the journey. The goal is to make that happy feeling more constant in your heart, in your life and in our relationships. Focus on the aspects of your relationships that bring joy rather than frustration. This really helps to keep the love flowing! Remember that everything could change in just a moment, and you're a lot better off appreciating what is good right now. Change is the only constant, as they say!

Compassion goes a long way during the holiday season. Crazy traffic, packed grocery stores, impossible lists, not enough money, winter driving. Compassion is the key to being flexible with others around us. Be patient; remind yourself that it is hard for EVERYBODY to show vulnerability in our emotions and to communicate our true feelings. The reason for this is fear, which is the opposite of love. Fear often lurks behind our masks, even if we appear to be happy. Time to let that fear go; it has no purpose other than to tie you to the ego and prevent joy and love from taking permanent root in your heart.

Family time during the holidays can often seem extra frustrating. You were born into your current family for a reason. I know it's hard to keep your cool around your family, but they are really your opportunity for growth in this lifetime, even if you don't see yourself as a close to them. With your family, when there is irritation and frustration, these are the best growth opportunities, and they shouldn't go untended and unnoticed! Do your best to stay in a nurturing mindset, and work through misunderstandings calmly, allowing yourself to be joyful. Share your joy with them; don't take the path of fear and anger. Show your family what love means and learn to treasure the moments you have shared that bring happiness.

Finally, remember to stay playful over the holidays! This requires faith so you can open your heart and let go of fear and expectations. Expect and enjoy the unexpected. Let love and joy flow through you as much as you can—remember, this is the natural state of your eternal soul. You can use the holidays as an opportunity to set the pace for the rest of your life. Merry Christmas.

Reminder about gift certificates for readings, which you can buy directly from my website. A spiritual / psychic reading is the gift that keeps on giving.

Cheers, Kelly Tait