Presents with Presence

With the holiday season in full swing, there is an emphasis on finding the right presents for special people in our lives. This part of the holiday experience can be fun and enjoyable, as gift-giving naturally fills up the giver as much as the person receiving the gift. From this perspective, we can see how at its core the concept of gift giving is positive and grounded in love.

One of the ways that gift giving can become imbalanced is when we focus on quantity over quality. People feel the most love and loving when they feel meaningfully connected with others. This kind of presence and connection is what fills people up—not receiving many material gifts. Finding the perfect present for someone can feel wonderful and bring lots of joy to both giver and receiver. This happens because gift giving is inherently a sweet expression of love. The experience becomes imbalanced when gift giving loses its meaning and we end up over-buying.

By shifting from the more is better mentality to a focus on meaning and simplicity, gift giving during the holidays has the potential to be a joyful experience. Sharing gifts that convey a sense of presence and connection is at the heart of what the holiday season is all about and can fill-up both the giver and receiver with feelings of appreciation and love.

7 Days of Inspiration

*Smiles are still priceless. Especially yours!*
*Your kind of wonderful is one of the best kinds!*
*Today matters more than yesterday!*
*Be a dreamer and a doer and there will be no stopping you!*
*Your hard work is already paying off!*
*You have so much to offer!*
*Plan. Hope. Reach. Win!*

New Year Wishes...

*If you are willing to zigzag during the coming year, you will find new opportunities.*
*Treasure the gains! Years of triumphs and failures, loves and losses, joys and disappointments, ultimately help you figure out what’s really important. You earn your stripes by taking the knocks along the way. Your job now is to look at what makes you happy and continue to replicate that in your life.*
*Hope this year is one filled with happiness, joy and peace.*
*Wishing you a year filled with wonder and delight.*
*Every day is a chance to begin again. Don’t focus on the failures of yesterday, start today with positive thoughts and expectations.*
*Now as you close one chapter, your pen is gradually inking up, preparing itself to write the next.*
*Let this coming year be the one where you matter the most, where you appreciate all the small things in life. Let people know you appreciate and love them, make yourself a better person and go after those plans that you never get around to.*
*This is a new year. A new beginning. And things will change!*

Thanks to each of you for reading this publication!
May your holidays be filled with warmth, peace, joy, health and prosperity.
Praying for World Peace

Does it really do any good to pray for world peace? Yes! The greatest reason why World Peace doesn’t exist the way we want it to, is because too many people are at war with themselves and are not creating their own peace with the thoughts of forgiveness, compassion and gratitude, which leads to acts of kindness. Praying for the macrocosmic peace and healing of all the nations leads to the inner peace of ourselves. We are all a microcosm of the larger world around us.

America, which stands as the greatest potential nation for brotherly love and order, can become that living reality rather than merely wishing for it as the ideal, by mastering and resolving our own conflicts within us—bringing inner freedom and peace to ourselves.

There’s a biblical passage that comes to mind in the book of Proverbs when meditating with a type of a universal prayer for personal peace: “He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.” Proverb, 16-32. In ancient times when a person was able to conquer a city, either by political intelligence or force they were often hailed as great heroic leaders. Likewise, we are individually the same or even better, as stated, when we gain the strength and enlightenment to rule over our own spirits. America, as part of the divine idea in the Great Work will become the needed collective force for world peace when enough of us have learned to preside and control our negative will and passions. Internal peace will spread live wave ripples from the little stone dropped in the still water, and as beautiful as the galaxies pull together and round up their stars. Likewise, individual energy transfers to other hearths like gravity.

Yes, pray for the peace of the world and you’ll end up bringing peace and comfort to your own little world, and in turn, to the willful collective hearts whose likeness and will gravitate toward you, comforting a larger whole. The universe answers all prayers, although not exactly how we may expect. And when our concern is for others around us, it oftentimes turns the table on us and sends a greater blessing needed for ourselves.

Christmas brings to mind all that matters most in life, and we realize that the things which matter most aren’t really things at all. Blessings to you and all who have a special place in your heart!

For a good old age

God, you set the stages of human life and made old age one of them. Do not permit me to become one of those old grouches, always putting people down, moaning and groaning, feeling sorry for themselves, unbearable to be around.

Let me keep my smile and my laughter, whether my open mouth reveals a full set of teeth or my latest set of dentures. Let me keep a sense of humor that puts things and people, including me, in their rightful place, and lets us laugh at our own faults and transform our woes into pleasantries.

God, make me into a smiling old person, someone who may not be able to be of great help to my sisters and brothers but can at least bring them a bit of joy.

God, you put a heart of flesh into me so that I can love and be loved, just like the pierced heart of your Son.

A MOMENT FOR YOU...

Give yourself more credit! Every day, in a big or small way, you do something important, something special, something difficult, something meaningful—or all of the above! It’s time you noticed what other people already see in you: someone who makes good things happen.