



## STAYING CENTERED AND FINDING HARMONY FOR THE HOLIDAYS

**\*Play music that you love-**This of course could be Christmas or even solstice music- What is the mood you are looking to create-use music to help you get to that state.

**\*Put your boots on, bundle up and go outside.** Take a walk around the neighborhood or even a drive to see all the beautiful Christmas lights

**\*Burn incense or diffuse oils-**I am always amazed at how quickly my mood and environment changes when I use oils. I have been doing it for so long that I naturally know what I need and how it is going to affect me. Some of my favorites at this time of the year are: Frankincense, Pine, Orange, Peppermint and Cinnamon.

**\*Bake or cook something in the kitchen (comfort food)-**While this holiday season is all about cooking we want to make sure that we enjoy doing it-that it is not an obligation or something that we really don't look forward to doing. Instead of baking cookies-maybe you might want to make a healthy Chex mix or try a veggie platter. You don't always have to stick to traditions you can mix it up a little bit.

**\*Create an altar in your life of the things you value most-**While I recommend doing this at any time of the year-You can certainly make it work for you during the holiday season. Cards that you have kept from long ago, pictures of loved ones past or not able to make it home for the holidays, snowflakes and snowmen, real greenery and candles, a special ornament, the list is endless and it will serve as a gentle reminder of what this holiday season really means to you.

**\*Do some guided imagery.** Picture how you want this season to look like, the feeling that you get, What are the smells in the air, what does it look like? Are there certain sounds that are special to you? The sacredness and peacefulness. Guided imagery is a very powerful exercise. You can use it to ground yourself as well.

**\*Ask questions to see who you are and what you really want this holiday (and I don't necessarily mean presents or things)-**This is a great tool to use when you are feeling stuck or unsure about something. Sit down with a piece of paper and pen and begin to write out how you feel, then ask questions regarding this until you get an answer or inspiration that creates a shift in your thinking as well as your body. Remember the answers are inside of you-you just simply have to create the space to ask the question. And there is no such thing as a right or wrong question.

**\*Make Art-**Art is your inner spirit and soul singing and dancing, (Have some materials on hand-by your kitchen chair, bedside or living room)-Drawing pad, crayons/colored pencils and/or markers. I remember last year I could not make enough pictures of star bursts, and angels, and creative words from my soul that reflected how I was feeling at the time. It' like journaling from the heart for the soul.