

December 13, 2020

Dear Friends,

I so enjoyed a piece I recently read, that I want to share it with you today in its entirety. It is a take on the 12 Days of Christmas cleverly written for those who are grieving during this pandemic. It is authored by Shirley Blanch, a Mindfulness Coach, Speaker and Writer from the UK. It may be a bit schmaltzy, but please don't let that stop you from absorbing its incredible wisdom. It is packed with an excellent review of some of the most helpful tools available to those who are grieving. I think it is completely appropriate for all of us in one way or another regardless of our religious beliefs. And so here it is, please enjoy:

Have Yourself a Mindful Little Christmas- The Twelve Days of Christmas Re-imagined! by: Shirley Blanch

On the first day of Christmas my true self gave to me:

Permission to not be OK, because sometimes life is difficult and challenging, especially around Christmas and it's not a sign of weakness to struggle, it's a sign of being human.

On the second day of Christmas my true self gave to me:

Present moment awareness which frees me from the shackles of the past and fears of the future and encourages me to experience the moment exactly as it is without fear or worry.

On the third day of Christmas my true self gave to me:

The perspective of gratitude which helps me focus on what I have, not what I don't have or what I've lost.

On the fourth day of Christmas my true self gave to me:

The gift of non-judgement, for freeing myself from the judgement of others or judging others myself I can find more love and compassion in life.

On the fifth day of Christmas my true self gave to me:

The power of forgiveness, understanding that forgiveness allows me to let go of the things that have hurt me in the past, freeing me to experience the future unburdened.

On the sixth day of Christmas my true self gave to me:

The power to create my own reality, because when I understand that there is no one reality just my own experience of it which is influenced by my focus and perspective, I am better placed to create the life I want.

On the seventh day of Christmas my true self gave to me:

The confidence to lovingly walk away from people or things that are no longer in alignment with me becoming the best version of myself.

On the eighth day of Christmas my true self gave to me:

Heart brain coherence, understanding that when my heart and brain are working in harmony, I feel a greater sense of love and compassion for myself and others, helping me find more empathy for those around me and improving relationships.

On the ninth day of Christmas my true self gave to me:

A growth mindset, releasing me from perfectionism and a fear of failure, allowing me to take the risks I need to, to live a fulfilling life and feel the fear but do it anyway.

On the tenth day of Christmas my true self gave to me:

Positive self-talk, silencing my inner critic and allowing me to begin to believe that I am worthy of the best life possible.

On the eleventh day of Christmas my true self gave to me:

Inner peace, finding that place inside through meditation, nature and other practices allows me to tackle the challenges and obstacles that come my way.

On the twelfth day of Christmas my true self gave to me:

Self-empowerment through the ability to become the observer of my thoughts, allowing me to notice the story I'm telling myself and empowering me to start releasing the habits and behaviors that hold me back.

God bless us everyone!

Peace and Serenity, Kevin

