



Your Calm & Confident Holiday Wellness Vision

Your Calm & Confident Holiday Wellness Vision already lives and evolves inside you, already dances in your inner vision. Let's just take a moment to still the moving mind, quiet the busy thoughts of the past and begin the most peaceful and fulfilling holiday season ever, right now, in this moment.

Let your breath deepen a bit, gently and naturally, and notice it guiding you inward, turning your vision away from what you see and what you might remember, looking in toward what you know deeply, looking in to your heart, where your dreams live, full of vitality. It's as though you're gazing softly through a mist that's clearing a little more with each breath.

It's okay if the scene in your mind's eye changes as you observe it, for many possibilities can exist simultaneously in this realm, unfolding as you go through life, imagine, choose and re-envision. Let the most beautiful feeling of celebration and peace gracefully sketch and color the scene before you, perhaps drawing on joys of the past but brought into the present moment fresh and revitalized for a new day, perhaps drawing on hopes for the future but held safely in this moment of possibility.

Enjoy the pleasant power of connecting with this inner creativity, allowing it to be as vague or specific as it is, as misty or clear as it appears. It is perfect, and it is reaching toward your vision just as you are opening your inner eyes to its beauty.

Notice a place in your body where this pleasant feeling settles. Breathe into it, absorbing its sensation and sending it through your breath out to all the outer reaches of your body and beyond, the way the aroma of baking bread, coffee or roses invisibly permeates the atmosphere. You might place a hand on the area of your body where that lovely sensation arises, greet it reassuringly, take comfort in it. Feel the open, expansive feeling of growing power there as it appreciates your attention.

Any time you begin to tense or constrict, you can place your hand there again and recall that feeling of openness and power, or imagine your hand there if you're not in a situation that allows that gesture comfortably. Practice this any time, every day perhaps, to cultivate that vision into greater clarity and strength until it becomes the natural story of your life, and the only offering you have to share energetically with the world, returning to this place no matter what happens. Your vision, your gift. Thank you.