

Simple Reminders for Heart-Centered Holidays

by Panache Desai

Tis the season. In the blink of an eye, the holidays are upon us. During these challenging economic times, it will be easy for millions of Americans to fall prey to what is missing under the tree, at the table or within their lives. With more than 15 million individuals out of work and a 9.6 percent unemployment rate, this season of giving has the potential for being bleak and stressful. Observing these five simple suggestions can help us reconnect with the true reason behind the holiday season.



things; we're suffering due to a lack of awareness of the presence of the Divine in our lives. God, Universal Presence, the Divine (or whatever name feels right to you) is here, right now. Take a moment and stop whatever you are doing and simply be open to receive the love, abundance and support that are your birthright.

When we are full, there is more to give.

Self-sacrifice is no different than martyrdom. When you give of yourself at the expense of your well-being, you eventually pay the price. Before you hit empty, make some healthy choices. Prioritize what really needs to be done for the holidays, and put your needs at the top of the list. Move your body and go outside for some sun and fresh air. Eat one holiday treat, rather than the entire plate. Get to bed early. Lack of sleep increases the likelihood of depression and stress, whereas enough shut-eye is the best Rx for looking great, feeling at peace and appreciating all that life has to offer in this moment.

Panache Desai is a visionary and inspirational speaker who shares a message of hope and encouragement and a profound gift of energetic transformation. Call 239-649-7373 or visit PanacheDesai.com. For information about the special sessions he is offering on Saturday, December 11, see ad on page 17.

Breathe in and surrender to what is.

Our level of expectation about what this season should look like is a sure-fire recipe for disappointment. Rather than fighting what is, simply breathe deeply and surrender to what is unfolding. Let go of judgment and remember to laugh when things go awry. Be gentle with yourself in this place and moment, for it is where you will find all the divine support, love and assurance you need.

Allow gratitude to be your constant companion.

Life is constantly changing. Families grow and shift. Traditions evolve. Set-backs and challenges move us into new opportunities for growth and a chance to rediscover what is really important. Our self-worth is not tied to the number

of gifts we give, our employment status or our personal relationships. This holiday season, allow gratitude to fill your heart for even the smallest blessings. When we stop to look at everything that is right with life, our perception, attitude and outlook shift miraculously.

Move beyond your own story and help another.

The fastest way to feel better about your personal situation is to help another in need. Rather than feeling alone, sad or depressed, lend a hand to help any one of the many organizations begging for assistance. There is a place in your community where you can make a real difference.

Connect to universal presence.

We're not suffering from a lack of

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