



Yikes!

It's December and I haven't submitted the quarterly newsletter to our web site manager yet! Sorry, really, I'm sorry!

This is a time of year when so much is happening that we often tend to lose track of our time and what is occurring in our lives. October arrives and fall seems to be firmly in place. The trees change colors and the leaves fall; everything in nature begins to prepare for winter. When November comes and Thanksgiving is in sight, many of us take the time to count our very real blessings. If we are fortunate enough to have a roof over our heads, food for our tables, and the other basic necessities of life, we are better off than a great number of people in the world – and so we give thanks. Of course, the retailers have had Christmas decorations up since before Halloween and time is beginning to move at warp speed. Buy this! Buy that! That's too much money to spend on cousin Luke! I can't afford to get that for Grandpa, no matter how much I want to! I don't have TIME to bake cookies for the fourth grade class party! No, I can't volunteer at the church rummage sale! Decorate? Who has time to decorate? It's all too easy to sympathize with Scrooge and his, "Bah, humbug" attitude.

Whoa, wait a minute! It's time to slow down. When we let stress take charge of our lives, we don't have a life – we have a disaster in the making. It's important to stop moving so fast and remember who we are and what is important to us. There is a mountain of advice out there, easily accessible, on how to handle holiday stress and I'm not going to repeat it. I *am* going to suggest that you take a minute to set priorities, and in the process, keep in mind that you are the most important person in your life. If you don't love yourself and take care of you, how will you deal with everyone and everything else? Take a few minutes, or more if you need to, and think about who you are and what is important to you. What makes you happy? What makes you, YOU? What should you do to take care of yourself? Write it down, make it the beginning of your "to do" list and do it every day. You are a wonderful, beautiful person. Expect the best because you deserve it. Take good care of YOU.

***We at Pure Reiki wish you the joy and peace of the Christmas Season.
We encourage you to make 2007 a year of wellness and relaxation.***

Many Blessings,

Jan, Elfriede, and Jerry

SAVE \$10

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Offer Expires March 31, 2007

*"Be aware of wonder. Live a balanced life — learn some and think
some and draw and paint and sing and dance and play and work every
day some."*

- Robert Fulghum