



Joy to the World.....

It is a joyous time of the year -- Christmas will soon be here -- Lots of fun and good cheer --- Well, unless all the hustle and bustle has you overly stressed that is.

Take a deep breath, say a prayer, find a quiet space and put your feet up for a few minutes. Listen to what God is saying to you. We feel that we don't have the time to take care of ourselves and get everything done in time. The truth is though, that when you do take some time to rest and regroup you can enjoy what's happening so much more. Let go of the small things. It's OK (it really is OK) if the cookies aren't baked or if everything isn't perfect. The real joy is in being with people you love and remembering the universal awesomeness of the occasion.

The joy we feel, the love we give, the kindness that we show both to ourselves and to others adds to the wonder and the goodness of the world and all its inhabitants. The world longs for peace and wholeness. The feelings of stress and anger, as well as feelings of obligation and the need to be in control are not natural to us. As a result, they detract from our ability to tap into the universal strength, wholeness and joy that is God and to recognize His incredible love.

Now, to continue with our series on the seven major charkas. You probably remember that charkas are energy vortices within our auras. The energy of the first chakra keeps you grounded and attached to your roots. The second chakra has to do with creativity and pleasure. The third chakra holds your sense of self and how you see your power.

Next we'll learn about the fourth chakra: It is the Heart Chakra located in the middle of our chest (at your heart).

The color is green
The tone is F
The music is choral
The plant is rose
The stones are rose quartz, diamond and peridot

The fourth chakra connects us to universal love energy and compassion. (What a wonderful time of year to look at this chakra.) It is love that enhances our ability to connect to spirit, to transcend negativity and become one with all things and beings. The fourth chakra holds self love and love for others. It is concerned with unconditional love and is the link between our intellect and spiritual lives.

When unbalanced, we feel ourselves to be wounded and/or broken.

To heal this chakra work on having compassion, first for yourself and then for others. (Try prayer/ meditation and music that lifts your spirit.) Reiki can help. You are a child of the universe. You

deserve to love and be loved. You deserve to take care of yourself and to love yourself and others unconditionally.

Jan, Jerry and I wish you joy, happiness, peace and love in this wonderful Christmas season, throughout the coming year and always!

Many Blessings
Elfriede

The Work of Christmas
-By Howard Thurman

*When the star in the sky is gone.
When the Kings and Princes are home.
When the shepherds are back with their flocks.
The work of Christmas begins:
To find the lost,
To heal the broken,
To feed the hungry,
To release the prisoner,
To teach the nations,
To bring Christ to all,
To make music in the heart.*

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