



## The Holidays are HERE!

Let's be honest. There are BIG outer energetic changes affecting our everyday life demands - and now the Holidays. You may be feeling it. Things are not quite coming together as you expected and at times you might feel as if you are spinning out of control. But are you? Knowing that you are a part of the bigger energetic picture and rather than jumping into ego fear thoughts, trying to ignore, avoid, or hold on to what you think this time "should be" – what if you just decide to go with the flow and let the changes move through you? Our faith tells us that eventually all things come to a new balance and flow. But until our bodies accept this energetic change what do we do? Let this month's FTLOH theme be your guide: **Grounded in Joy**

Consider letting go of the "should and expectations" in your life and commit more deeply to trusting the energy of the Universe, God, whatever your beliefs hold. Choose to be centered and grounded in the energy of joy. We all have access to this energy. Accessing joy opens and softens us to deeper trust. Take the time to stop, sit down, get quiet, take some deep breaths, focus on feeling your feet, and then feel your heart center. Now, ask that you feel the energy of joy. You will be surprised and pleased that you can shift so quickly into the flow and movement of positive energy that is all around you. Do it first for you. Secondly, for those whose lives we touch daily and then for the planet. Just be with that feeling of grounded joy and accept your part in the bigger energetic change. Choose to move through these upcoming days holding on to that feeling of joy. Bring the energy of joy into everything you do - required or voluntary. It will ground you and those around you. Of course, this process allows you to access more of your spirit energy to shine and lead you forward. Let your ego take a back seat. It's the best holiday gift you can give to self and others.

*Mark your calendars and invite your friends to our **Grounded in Joy** Zoom gatherings by going to our meditation calendar on the website or clicking on the link below for the zoom info and meeting link.*

- **Friday, Dec. 9, Jan. 13, Jan. 27- 10:00am – 11:00am CT - [Meditation with Judy](#)**
- **Saturday, Dec. 17, Jan. 7, Jan. 28 - 2:00pm – 3:15pm CT - [Doodle Workshop with Sharon](#)**
- **Saturday, Dec. 31 - 11:00am – noon CT- [New Year's Eve Meditation with Laura](#)**

Embrace your joy and feel the grounded stability. It's yours - and for you to share!

With Joyful Hearts,  
Sharon, Laura, Judy, Barbara  
And thank you Sharon for the Joy Doodle Image!  
[www.fortheloveofhealing.com](http://www.fortheloveofhealing.com)