

FTLOH 2023 HOLIDAY NEWSLETTER

CELEBRATE HOLIDAY FOOD, DRINK, LAUGHTER, AND SHARING YOUR LIGHT

Yes, “Sharing Your Light!” That’s one thing you can do that does not require very much but awareness! Check your thoughts. Notice where you are this moment in your thinking. Positive? Negative? A mixture of both? Go to your center. Take a deep breath, feel your heart center, and access your light. Exhale and let it shine. Shine it when you are alone and mulling over concerning personal issues, driving to the grocery store once again for those forgotten food items needed now, filling your gas tank again during heavy traffic, running errands or hurrying to work, or waiting for a doctor’s appointment you really don’t have time for. And then shine it very brightly when you’ve accepted that holiday invitation where there are too many people you really do not care about and you feel uncomfortable, or at a friend’s home where the food isn’t your favorite. You get the picture – with the focus on shining your light the chance of triggering a reaction is minimized. It's a welcome win-win. It’s easy to shine when we are with our favorite people enjoying fun food and laughing a lot. But making a conscious effort to shine your light during every daily situation or event will make a difference for everyone especially you!

Barbara, Judy, Laura, & Sharon wish you all a wonderful holiday season. We will be thinking of you all as we continue to shine where we are planted. Here are some pictures of us just having fun and being.

Happy Holiday Season.

