



LOVE 4 YOU COACHING'S

Self-Care For The Soul

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A New Day

The world is constantly changing, along with the change of seasons. Touches of winter already fill the air. December is considered the warmest of the winter months. The clean, cold, crisp air tells me that the change process has begun. There are so many things about the winter season that I love. Thoughts of winter nights snuggled by a fireplace with a cup of hot tea or hot chocolate, cuddling with a loved one while watching a movie, strolling around the neighborhood enjoying the beauty of the holiday lights, and even watching adults and children alike skating away-embracing the ice once again. Of course I cannot talk about December without talking about what the Christmas holiday means to me.

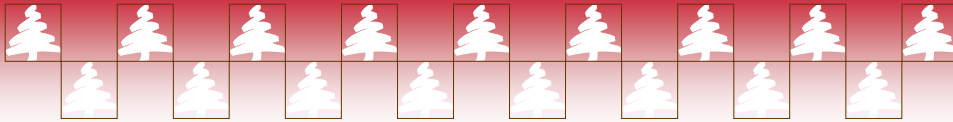
I still remember how excited I was as a young girl, anticipating Christmas morning. I'm not sure what I found more enjoyable- the rituals and routines on Christmas Eve night or opening the presents that would cover the living room floor (thanks to all of my siblings and mom!) by morning. I'd be lying if I said that I didn't enjoy the gifts but as I've grown older, personally and spiritually, these gifts (that have become such a huge part of celebrating Christmas) mean less and less to me. I've also felt the change within myself that happens as you transition from a child to a young adult. That joy that once filled my soul started to disappear once the gifts were opened, as if the celebration of this special day immediately ended.

So why do we lose this joy so easily?

What happens to our spirit as we inevitably grow older?

*Love has no
boundaries and will
always lead the way
home ~PJ*





This year I've been blessed with a lot of time to myself, leaving me with many new perspectives and thoughts about myself and life. Like many who are struggling financially this holiday season, Christmas cannot and *is* not about the amount of gifts I can purchase this year. The true meaning of Christmas has taken precedence over any past/present rituals.

Jesus Christ was born on Christmas Day and unlike any other birthday, his life and death enables us to live on and on. All life is precious and has purpose and meaning, but without this gift, where would we be today? For myself, this Christmas will be unlike any other. I will be born again on this day. What I mean by this is- I am embracing who I am, my life, and all of the blessings I've received thus far. I'm letting go of the things that no longer serve me.

I'd like to ask you to take a moment and think about what it would mean to you to be born again? What needs to happen in your life for you to let go of all of the pain, anger, and bitterness that so easily takes over our lives?, and simply BE HAPPY with who you are and your life~ the very existence of your being.

*The desire to become who you already are is not a goal;
it just is~ PJ*



Many of us struggle with letting go of the past, holding on to pain and heartache, and things we just don't understand. The problem is if we don't let go, we remain stuck, unable to live in the NOW. We are led to believe that if we let go of the things in life that hurt us, we are somehow saying "It is ok" when it is not. We all want to be acknowledged for things that happen to us in life and recognized for how we feel. Many people think that if they "let go"- all is forgotten, never to be acknowledged again.



In order to be reborn, start over, and embrace a new day (which we fortunately have the opportunity to do again and again), we must acknowledge and accept the past. With acceptance you learn to just allow “what is” without fighting it all of the time.

Thoughts to keep in mind as the New Year approaches:



We are all mirror images, showing each other things about ourselves that we like/dislike.

What do you see in others that you would like to possess yourself?

What might someone have shown you (even though negative at the time), that has actually helped you make a positive change in your own life?

Every person that has been in your life has taught you something (whether you realize this or not!) and also gives you the opportunity to teach in return.

What is one thing you can take with you, on your journey, from each person that you meet?

Everything that happens to you actually happens for you and contributes to who you are now and who you want to be tomorrow.

What might be different about you today if A, B, or C did not happen?

From the moment we are born, we are all given everything we need within-**talents, skills, strengths, and passions**. It is up to you to do your homework, awaken who you are within, and use who you are and what you know to contribute to life in a **positive** way.

What can you do to start living a life that is not just about you? When you do for others you automatically do for you!

*You are the most important thing in your life but if you do not see, appreciate, and celebrate the gift that you have been given, you will never BE all you are meant to be. . . .
Live with Love in your hearts-for yourself and others this holiday season and all the days that follow.*

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