

CONNECTED WITHIN

ONE WITH EVERYTHING

NEWSLETTER

DECEMBER 2021



As we are arriving at the gate of the reflective, festive season of Christmas and slowly walk towards a New Year – there is not only a lot to contemplate, to reflect upon, but also many things to be grateful for.

We all have encountered and embraced challenges we were colliding with, had losses, pains I want to honour and hold with each of you!

During this past year our priorities have changed, values of the past resurfaced and got remembered and simply put back into our lives again.

I feel Christmas is about LIFE and LOVE and sharing it with those, who are dear to us! I believe it is, also about making other people happy, making an effort to express what we are grateful for and being kind. Understanding that, is what this season really is all about.

I, for example have decided to follow the want of children of friends and families to not give stuff as presents but shared experiences this Christmas; like baking biscuits, hanging out together, hearing one another, cooking or decorating our tree together.

In uncertain times, like the one we presently find ourselves in, like being in a fog, all we can do is feel our way through, one step at a time, one breath at a time.

Yet, let me assure you, real inner joy is never gone forever. We sometimes just need time to find it again.

CONNECTED WITHIN

ONE WITH EVERYTHING



When we learn to ask for acceptance what is right now, when we decide to be truly present, in the here and now, life becomes not only bearable but so much better again.

This is so, because we align ourselves with the present moment, which is the only place where life flows, evolves and can be experienced. If we resist the present moment or fight it as an obstacle or perceive it as an enemy, then we are just not really alive, or fully experience our life. And believe me, life is too short not to fully enjoy it, fully and whenever we can.

My parent's best friend, a catholic priest in his late 80s, who after a stroke, normally can't write anymore, *did make the effort* to write to a few lines to my husband and I, this Christmas, asking me for one thing, that we make sure to thoroughly enjoy and celebrate our lives, as it is so much more fleeting than we think. I called him and promised him we will.

And this is what I want to pass on to you, ignite in you, with this newsletter.

Create in you, a joy for the present moment and commit to be grateful, thankful and happy – just right now!!

Let us be rooted in the dimension of 'being', shine our light and open our heart, with its vulnerability, (which I deeply sense myself presently), with all its sensations and foremost its *huge potential to love and to feel joy!*

So, let us together approach 2022 with gathering faith for the New Year to bring us hope and possibility.

Let us gather and make conscious choices to be grateful, *choose* joy in a daily morning ritual and really commit to be the most aware, most loving version of ourselves.

Around me I detect one thorn in our present days – which is the need to be right, to tell others how to be, how to behave, even how to love us.

If we could learn not to judge others, and especially neither ourselves, then we could *simply love, freely and truly unconditionally*. Then nothing is expected and everything becomes a gift. A happy surprise! Even being a vessel for a life force

CONNECTED WITHIN

ONE WITH EVERYTHING

much bigger than ourselves, being of service to loving kindness itself can be a beautiful surprise!

So, let us learn to give– what we long for!

Don't wait for it – just give it freely.

If you want attention and appreciation, learn to give attention and appreciation

If you want joy, give joy to others, if you want respect, respect others, if you want to be seen, see others, and above all, if you want love, learn to give love!

Choosing to bring happiness to others truly gives us the most happiness!!

It simply is magical what blossoms when we give another person enough attention and comfort to be themselves, sometimes even for them to get to know themselves.

Let us all enjoy to be ourselves, all of who we are and shine our light!!!

Wishing you all a Merry Christmas and blessed, fulfilling, inspiring, joyful
New Year 2022!



With love and light to all of you!
Birgitta xxx