



# HAPPY HOLIDAYS

Written by William Peterson

Can you believe it! the 2017 calendar year is almost over. This is also a time when we naturally reflect on the year that was. And as you do, may I offer you “a way” to allow your reflections to be truly life giving. We are all prone sometimes to become stuck in reflections that causes us to obsessively ruminate on the negatives of life and our own life experiences thus causing us to spiral down the slippery slide of regret and gloom.

Being self - critical as we assess our responses to life this year is a very healthy approach, but it ought to be balanced. It's the obsessive and compulsive rumination of our failures, short comings and missed chances that often prevents us from seeing our many triumphs and the bigger picture. This obsessive rumination can kill our fighting spirit, creative energy, and resilient response to life's challenges and fluctuations.

The reflective approach entails three deeply conscious actions:

## ***Be Grateful***

Look around you and just be grateful for the little things in your life this year that you often take for granted, then slowly build up to acknowledging gratitude for the bigger things. There is power in consistency, so do this exercise daily, early morning and the last thing before bed. You will see the benefits filling your thoughts, feelings and energy.

## ***Forgive & be Compassionate***

This applies, toward yourself and others. Try ending 2017 and enter 2018 by releasing yourself and others from blame, judgement and shame. By doing this you will stop the war within. This kind of vulnerability demonstrates incredible courage and strength. It will open your heart and make you feel freer and lighter. After your daily “being grateful reflection”, practice forgiveness and compassion.

## ***Bless***

You have the power to bless with words, touch and intention, your family, friends, colleagues at work, the stranger and all the splendour of nature surrounding you. By consciously blessing others you fill your mind and heart with peacefulness, happiness and generosity. This constant blessing disposition means that you are extending and sharing love. True Love always expands and returns to its source so what a powerful way to inadvertently bless yourself.

As you take a break, may you break into this most potent of life's natural medicines for your own and the world's fecundity!

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***Peace & Love***

***William Peterson***