

**From Southern New Hampshire Reiki Center  
603-425-6977**

**Reiki Clinic/Share...December 17th 6-9 pm**

**Give yourself a little holiday treat!**

## *Holiday Greetings!*

Well, it is finally beginning to look a lot like Christmas, less the snow! Neighborhoods are lighting up with holiday decor, the celebrations are beginning, the sales are never ending, (and pretty good this year too!) and the weather is definitely getting more like December should be!

I do hope you got to enjoy that 65 degree day on Dec.1st!

I have always loved this time of year, the good cheer and generosity is flowing, and for the most part, people are happy! The spirit of Christmas that lives within each of us is welling up and spilling over into all of our activities. This energy is loving, nurturing, compassionate and joyful, and brings out the best in us all!

Be sure to stay balanced and not overwhelm yourself with too many commitments. Allow yourself plenty of time to really soak it all in. So often we are running on auto pilot with all the things we "have" to do.

Decorating, baking, entertaining, shopping, card sending etc.

We get so caught up in the "action" that we really don't "savor" the season.

This year I decided ( after 20 years!) to decorate my yard so that **I** could enjoy it as I look out my dining room window. Imagine that! Seems silly huh? For years we have decorated the front of the house that faces the road just like everyone else! Some neighbors could enjoy it, but **we** never did unless we were arriving home in the evening, or went outside in the cold to take a look! This season I chose to be "selfish"? and **allow myself** the pleasure of seeing my creativity every evening! Initially, everyone thought it was a really SILLY idea and that it wasn't going to "look right"!, Now, all the family is so happy! They admit it not only looks great but makes them *feel great* too! Isn't it funny though, how that is such a simple change, but took 20 years to "think of"! That shows you how well we have "programmed" ourselves! How we really don't think about things. We just do things the way "we always have"! We call it "tradition", and we do a great many things because we have been taught this is the way to do it. I challenge you, as I have been challenging myself, to really think about this: **Why do I do it, and does it make me happy?**

This year think about new ways of doing things. New ways of thinking and being. Re-Creat. You'll be surprised at how some simple little changes can bring such profound results! If you are interested in learning how to create a more joyful life, the next Deliberate Creation Workshop will begin in Feb. and Reiki Classes will resume in January. In May I will be offering a Master Class which will prepare you to teach and initiate others into the wonderful world of Reiki. This will only be offered twice a year,

so please mark your calendars, and make arrangements, if you feel you are ready for this level.

Beautiful Gift Certificates for those special people (or yourself!) are available for purchase.

Please go to [www.BethCrawford.com](http://www.BethCrawford.com) for more details and information about Reiki, classes, and other services that we have to offer through Southern NH Reiki Center and The Living Light Center, my base office.

We have been stepping up and out, into the community, bringing others the experience of Reiki and meditation. A group of us recently went to St. Anslems college for an energy therapy evening. We were able to introduce over 30 nursing students to this system of healing, and it was quite a wonderful, successful experience! I am sure we will be doing more there in the future.

On January 13th we have been invited to participate in another event at the VFW in Manchester. We will be donating our time, facilitating the amazing energy of Reiki in a holistic fair which is being hosted to raise money for the Veterans nursing home. All donations will be used to make this facility more like a home should be. If you are a practitioner and would like to donate your time, please contact me and I will put you in touch with Kim Barrett, who is responsible for organizing this event.

**With Love and Blessings for an Amazing and Joyful Holiday Season**  
**Beth Crawford**