

FROM OUR FAMILY TO YOURS,

# Merry Christmas



Just

for today,

I say **YES to life**

and life gladly says

YES to me. Finally, I feel

**at home within myself** and

I trust the processes of life. So

I can easily **let go** because I know

that life supports me in every possible

way. So I feel **safe to relax**, safe to be me,

safe to **surrender**. I feel safe to forgive myself

and it becomes easier to **forgive** others too. It is

safe to look within and honor who I am. So I trust my

**intuition**. I am willing to listen to that still **voice within**. I

cross all bridges with joy and ease. Because I am guided

towards miracles. **The miracle that I am**. Healthy. Grateful.

Whole. Complete. Courageous. Abundant. Aligned. **Gentle**. At

peace. **Compassionate**. Pure. Just for today, I dismiss suspicion

and replace it with trust. I keep my commitments. I find the time for

what matters to me. And mostly, I find the **time to love and be loved**.

I find the time to **claim my power** and use it to live my dreams. I will do

the things I only think I cannot do because nothing can dim **the light** that

shines from **within**. The perfect moment is this one, and my life is about to be

incredible. I am in charge of my destiny, **I am kind**, and I am forgiving. I appreciate

life and its sacred gifts. My perspective is unique; it is important and it counts. **Am I**

**good enough? Yes, I am**. I let myself be seen and **loved for who I really am**. I am in the

right place at the right time, doing the right thing. And through all this process, **Reiki** is my

anchor. Energy **healing** is my anchor. **Conscious breathing** is my anchor. Hope is my anchor.

Whatever I need is revealed  
to me at the right time. So

**I trust Life**. Today is a gift

from Life and **I choose** to

see clearly with the eyes of

love. Life is blessed and so

am !! **My life starts NOW!**