



SERENITY IN THE SEASON

Navigating Holiday Stress

with Meta Spiritual Wisdom

The Top 4 Holiday Stressors

FAMILY

In-laws & Outlaws!



FINANCES

*Common Cents vs
Uncommon Sense*



Unrealistic **EXPECTATIONS**

*Holiday Perfection
Complex*



FAITH CLASHES

*Jesus is NOT a
Capricorn*





FAMILY

In-laws & Outlaws!

- **Remember the Calm & Connect breathing technique:**

Inhale to a 4-count; Hold for a 7-count; Exhale to a slow 8-count

- **Clarify roles, expectations, agreements, & boundaries.**

Post an itinerary, with Optional Events and the “We want everyone to participate!” events

- **Carry a “touchstone” (stone, crystal, affirmation card, etc.)**

Touch it as a reminder of your Spiritual Essence, to realign with your Higher Nature.



**Bring the POISE of
your Sublime Nature
to the noise of
holiday stress!**



FINANCES

Common Cents vs Uncommon Sense!

- **Remember your Consciousness of Financial Freedom.**

Claim it in the Field of Infinite Potential by setting a reasonable spending budget.

- **Look for gifts that cost no money.**

The gift of your time, your presence, your skills, your service. (Giving Challenge Calendar)

- **Practice the “Reflective Pause” before any purchase.**

Take a deep inhalation, focus on your Intuitive wisdom, and reflect on whether this is the right purchase at this time. Listen to your heart (& your Field Guides).



Affirm:

I am grateful money flows to me easily and effortlessly! My bills are paid, & I always have plenty to share and spare!



UNREALISTIC EXPECTATIONS

The Holiday Perfection Complex

- **Keep things as SIMPLE as possible!**

You don't need to produce a TV-Special-worthy event, or win the prize as "Top Chef" or #1 Host/Hostess. The goal is to enjoy things!

- **Remember to take care of yourself first!**

Just like on a plane, put your own oxygen mask on first! You deserve to have Self/self-care; include some meditation, breathing, and joy.

- **Remind yourself: The present moment is my timezone!**

Fear, doubt, worry, guilt, and grudges serve no purpose in this timezone!



Don't underestimate the value of Doing Nothing, of just going along, listening to all the things you can't hear, and not bothering.

(Pooh's Little Instruction Book, inspired by A.A. Milne)



FAITH CLASHES

Jesus is NOT a Capricorn!

- **Choose to “experience” different faith practices with joy and peace.**
You can look for the commonalities; re-interpret things to fit in with your own beliefs; enjoy the connections and fellowship with others; show respect.
- **Set healthy boundaries.**
Decide beforehand what topics are best avoided, and gently steer conversations in a positive direction. Prepare ways to express your beliefs gracefully & nondefensively. Holidays are not the time to try to change anyone’s mind about their beliefs!
- **Carve out time to celebrate your own way, and use all the Spiritual Practices/Tools to help you!**
Build in time to practice your own holiday rituals that honor your beliefs, even if it has to be after visits with family. It is important that you make time to recharge your “Spiritual Batteries” by honoring your MetaSpiritual perspective of holiday symbology.



Approach the holidays and the new year by being a

YOU-nicorn!

Be Yourself ... Your Best Self!

