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Awakenings: Resources for Enlightenment

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Photo by R. Stilgenbauer

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This monthly ezine is sent to those who register at: <http://www.innervisionresources.com> and is intended to offer guidance in employing universal principles and practical strategies to create the life you truly desire. If you do not wish to receive this publication, please scroll to the end of the message and click on 'unsubscribe.'

1. GRANT YOURSELF THESE FIVE GIFTS OF THE SPIRIT

In this time of holiday giving, I urge you to be especially generous with yourself. Here are some special gifts of the Spirit you can offer yourself during this sacred season:

The Gift of Presence. It is so easy during the holidays to get carried away with the hustle and bustle, that we can forget to enjoy the present moment—which is all we ever have. Remind yourself each day to stop, breathe deeply, and drink in the wonderful sights, sounds, smells, textures, and tastes of the season. Let your senses come fully alive! Bring your attention back to the Now each time you catch yourself making countless lists in your head, or worrying about what needs to be done tomorrow. Live in the present, appreciate each precious moment, and feel yourself at one with your Spiritual Essence.

The Gift of Acceptance. Accept your limitations this holiday season, rather than expecting yourself to “Do it all.” Accept that sometimes you say, “Yes” and sometimes you say, “No.” Accept the ups and downs of life, and where you are on your unique journey. Accept your strengths and your weaknesses, your successes and

failures, your highs and your lows, your light-filled essence and your shadow side. Feel the liberation that comes with total self-acceptance!

The Gift of Forgiveness. So many of us are generous in our willingness to forgive others, while we continue to berate ourselves for past mistakes and transgressions. This season, why not wipe the slate clean? Forgiving yourself means learning from your mistakes, and then moving on. It means no longer carrying guilt, shame, and negative judgments about your past behavior. Self-forgiveness is a powerful healer. Stop holding yourself hostage for what you did or didn't do yesterday. Learn from your mistakes and move on. Humbly acknowledge your human flaws, vow to be better today than you were yesterday, and offer yourself the priceless gift of forgiveness.

The Gift of Joy. Life is supposed to be fun. This season, why not shake things up a little? Get out of your routine, and do something different. What rings your bell? What tickles your fancy? Go out and do it. Make fun a priority. Add a little adventure to your life. Do the things you used to love to do, that somehow got put on the back burner. Paint a picture, go dancing, visit a museum, see a play, ride a horse, ski down a mountain, or walk on a beach. Lighten up, and get into the spirit of joy!

The Gift of Peace. How often do you allow yourself to be completely quiet? Beneath the noise of everyday life and the relentless chatter of your mind, there is always perfect stillness awaiting you. Why not take time this season to be still and relish the peace that you discover in the depths of your own being? Grant yourself the time to meditate every day. Or sit in quiet contemplation in a peaceful setting. Enter the sacred temple of your own being, and find the perfect serenity that awaits you there.

Wishing you a light-filled Holiday Season!

Eve Delunas

3. FREE SHIPPING OFFER

December Only: Order the Home Study Course: Breaking the Spell of the Past; Entering the Joyous Now, by Eve Delunas and pay NO SHIPPING to anywhere in the U.S.

The course includes the book, and set of four CDs. Use the book and guided visualization CDs to:

- Stop old, self-defeating behaviors and make new, self-empowering choices
- Begin to attract more of what you want into your life
- Heal the underlying causes of your negative habits
- Establish a clearer connection to your inner guidance
- Elevate your feelings of self-worth, self-love, and self-respect
- Experience more joy and fulfillment in the present.

Buy the book, *Breaking the Spell of the Past*, AND the set of four CDs together for just \$52 and save \$10.00 off the regular price of \$62.00. SHIPPING IS FREE TO ANYWHERE IN THE U.S. IN DECEMBER! [Click to Buy the CD/Book Combo!](#)

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4. ABOUT THE EDITOR/AUTHOR

Dr. Eve Delunas is a psychotherapist, author, and speaker who has trained hundreds of mental health professionals in the use of her life-transformative techniques. She has a private psychotherapy practice in Carmel, California. For additional information about the products and classes she currently offers, visit her website at: <http://www.innervisionresources.com>.

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