

COLLABORATIVE LIFE COACHING
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Merrily We Go

This time of year we know we are supposed to be "merry". What does that word mean? Webster says it is "to be cheerful". Okay, what does "cheerful" mean? It is defined as "being in or showing good spirit". Lighthearted, sunny, and chipper are other words that are synonyms for merry. Whistling tunes comes to mind. Can you congratulate yourself for resembling those descriptions today?

Do I hear some of you exercising limiting thought patterns? Are you yelling at the screen "Get real, Jeanne. Give me a break! What about shopping? Cooking? Cleaning? Wrapping? Social events? Client demands? Emotional pain? Finding the right gift for my...? " Is your inner saboteur hard at work with the elves again this year?

If you are willing, please join me in a simple exercise. Take a deep breath, put down the three things you are working on, and take 5- 10 minutes to consider how to allow merriment in your life today. The first task is to clear your mind by stopping thoughts. Take several deep breaths, close your eyes, and just relax and feel calm. When you continue this for at least 50 deep breaths, you will allow the mental and emotional space to change your energy.

If you are willing, while you are deeply breathing, recall this: What was I doing in my childhood or past life that was cozy and fun at Christmas? What made me laugh and feel happy?

When I got off my own sleigh filled with "shoulds" for today, slowed down, and did this exercise this morning, I realized I could be merry. I was happiest at Christmas when my family was making and decorating Christmas cookies with those green and red sprinkles, when we went sledding, and when I played. When I opened my eyes, I realized today is a perfect day to be merry! There is even the gift of snow! So, I dug out my Christmas sugar cookie and oatmeal/orange/date bar recipes, decided to play with my dogs in the snow, called my elderly friend who makes me laugh and set up a visit. When I get home, I will fill the kitchen with yummy smells, and rent a great movie to watch with my husband. I feel chipper even thinking about doing these things, and can feel the energy rising from my heart to share with you and others.

As you will have found out by now, the tricky part is to shut out the nagging "should" messages playing in your head. Can you join me in deciding to let the present wrapping, errands, work, Christmas cards, etc., etc. wait while we fill our hearts?

What do you need to decide to let go of so you can feel merry? While your "sleigh full of shoulds" is idling on your rooftop, you might even decide to simplify some tasks or skip them all together by telling it to "Dash away, dash away, dash away all! " I have confidence in you. You can do it!

I wish to you all a blessed and Merry Christmas !

To your wellness!

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