



A Few of My Favorite Things...

The holiday season can be such a daisy downer for many of us: the stress for those who are shopping, the running around to many social activities, or the pronounced lonely feeling from the physical absence of loved ones who are no longer in body.

This morning as I went to do my meditation I called out asking for guidance in finding balance with what feels like a pressure filled, stressful time of year. I barely got into my meditation when the images came...

First, a beautiful bay mare approached me and I felt her stabilizing, strengthening energy as she pushed her head into my chest and I could hear her steady, strong breathing and smell the sweetness of her.

My chubby orange tabby came and jumped into my lap. I was soothed by his soft furry body as he flexed his beautiful paws and when I closed my eyes I was mesmerized by his purr.

The youngest of my dog family placed his head under my hand and I was touched by the warmth, and melted by those eyes that looked up into mine overtaking me with immense love.

My potbellied pig appeared sharing with me joy as I hear his squeals and snorts when he sees me approaching with his dinner, and his soft grunts of appreciation as he partakes of his meal.

The image shifts to the peacefulness of my sheep as they munch happily on their hay, and I feel their ease and contentment.

The beautiful voice of my parrot comes through as he sings and laughs, putting me in awe at his mastery of imitation and his wonderful sense of humor.

I finished the meditation with seeing myself standing in my woods, sensing the peace and the heartbeat of Mother Earth beneath my feet.

When we feel sad, it may not always be “simple” to remember our favorite things, but when we make the effort...

Warmest wishes for you and your family!

In Kinship,

Patty



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