

Christmas 2006

Ho Ho Ho and Happy New Year to All:

I wish to share with you my thoughts on bringing **joy, peace and harmony** into our lives during this holiday season.

It's human nature that we all want to be happy. In fact, most of what we do throughout our lives is to create joyful situations that we feel will bring us the happiness we desire. We enter into relationships, we excel at our education and careers, and we try to raise a happy and healthy family all with intention of doing these things to bring us contentment.

But what if something goes wrong...we lose our job, our relationship ends in divorce or we develop a life-altering illness? Then what? Are we forbidden to laugh and enjoy our lives? Of course the answer to that is "no". However, it does take a lot more insight and strength to find that happiness. So many of us are focused on the things outside of ourselves to make us happy like the money, the cars, the big house and the things mentioned above. We want all these possessions, but we are not really sure "why" we want them. Therein may lay the key to our happiness knowing the "why". Finding the "why" forces us to go inside of ourselves and to become and remain humble. It further shows us that it's the simple things that create our biggest joy and most memorable moments. When was the last time you heard someone on their death bed say "remember that gorgeous little red sports car I used to own and how fast it would go? It cost me a bundle." But instead you will get everyone to stop and listen to your dying thoughts more intently as you recall the family dinner conversations and the abundance of food; remembering the clowning around at bath time when the kids were little and you were exhausted beyond belief; thinking about that drive through the neighborhood as everyone ooh'ed and aw'ed over the Christmas lights; or imaging that very first kiss you had with the person you are still married to after all these years.

I believe the emotions that are associated with our memories are the things that we take into heaven with us. These are things that fill our soul with a certain positive energy that remains with us in the afterlife and our many lives to come. Plus it's these fond memories, the love of our family and friends and the contentment we feel, despite our circumstances, are the things that bring us our greatest joy, peace and harmony.

So this holiday season learn to:

- Laugh
- Share a part of yourself

- Give
- Receive
- Reach out for support
- Overcome your fears
- Feel alive
- Limit your wants and understand your needs
- Remember the good in others and especially yourself

May your holiday season be all that you make it and that 2007 brings you more beautiful memories.

Warmly,
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