

BRANCHING OUT LIFE COACHING

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Here is a picture of Miz Ruby meeting Santa Claus.
This is also an example of when good owners go bad.

Peace on Earth and Goodwill to Women and Men,

This is the time of the year when we forget that it is the simple things that can really fill us up. One of the most important meanings of the holiday season is to love yourself and others. A very wise person said if we loved ourselves that we could never harm another. What a great way to begin 2008.

We get caught up into thinking that if it stops at an intersection, blinds a stadium of people with its bling or (my personal favorite) makes our IQ decrease as the length of the instructions increase – that our gift will be meaningful. Okay – instruction free technology (along with straight hair in 100% humidity) would leave me feeling loved...even cherished but that ain't gonna happen anytime soon.

The word, Metta, means Lovingkindness and I was so moved by the simplicity of this Metta meditation that I asked my goddaughter, Emily, to read it during my wedding ceremony in 2006.

May all beings be peaceful.
May all beings be happy.
May all beings be safe.
May all beings awaken to the light of their true nature.
May all beings be free.

During the rush of the holidays we often get stuck on long lines, trapped in bumper to bumper traffic or we are found pleading with the family dog not turn on us as we get their picture taken with Santa. So our thoughts don't always go to lovingkindness. Here is something you can say to yourself:

May I be free from fear.
May I be free from suffering.
May I be happy.
May I be filled with loving-kindness.

Once you are so filled with the true meaning of the season (spiked egg nog might help here), focus those 4 lines on someone you love and then on someone you don't know. Before long you will be extending lovingkindness to someone you really dislike. (I'm trying!: -)). I can't guarantee that your glow will be picked up by Google Earth but the lovingkindness that comes from you will radiate outwards to all. How eco-friendly is that!

So if size 12 Miss Kitty fuzzy slippers or a tee shirt about your grandmother being sexy is not to your liking (and may I be the first to congratulate you) try a little lovingkindness on each other. And then surprise them with a car!

Don't let 2008 pass you by without getting closer to your dreams or goals. *Branching Out Life Coaching* is here to help you discover creative solutions that will move you closer to the life you deserve to be living. Call or email me for a complimentary coaching consultation! Getting closer to your goals just got easier!

Peace on Earth to all and to all a good night!

elizabeth

elizabeth cassidy, CTACC
Creative Life and Career Coach
516/629-6838
BranchOutLife@optonline.net
www.BranchingOutLifeCoaching.com

I hate getting emails from people and companies that I don't know, so please be assured that I will never ever give out your email info to anyone without your permission.

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