

Video 199: 2019 Seasonal Message

by Ariel Glad, Dec. 10, 2019

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At this time of the year, those of us who are aware of our reality may find ourselves experiencing an internal conflict, of sorts. What is the appropriate way to treat this time of year which is mainly associated with the Jewish celebration of Chanukah, the Christian celebration of Christmas, the otherwise celebration of Winter Solstice, and the consumerist celebration of purchasing *stuff*?

Our simple answer to you is to do what brings you JOY. These days of the year are heavily saturated with the vibrations associated with family, home, joy, gatherings, celebrations, giving, and receiving. All these things are wonderful, and one should not feel guilt or shame for participating and surrounding oneself with what, ultimately, can only benefit the soul on a vibrational level.

Participate in and do what brings you an inner smile. Listen to and sing music, bake cookies, enjoy family gatherings and special meals, allow yourself to

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experience the joy and love that is expressed with giving and receiving. Whatever it is that makes you and those you love to feel special and valued, do it.

Remember these feelings, and then through the coming new year, allow yourself to do these things often and not only during special calendar days. Every day can be a celebration of who we are, and an experience in how we can benefit ourselves and others just by expressing the joy we feel when connecting with each other.

If this season, for you, is one of stress and discomfort, simplify your thoughts. Focus on those things which you know truly matter and discard the rest. Allow yourself to be authentic in how you wish to commit your time, the people you wish to be with, and the truly unique ways in which you choose to express yourself. Those who want the best for you will want you to be happy and comforted.

We wish for you all a life full of those things which are blessings. We wish for all of you to be at peace in your hearts and fulfilled in your spirit, knowing that you come from a Greater Universe. Your compassion, your kindness, and your ability to express Love was Sourced out of the Greater Universe and you were created from this. We wish for you to experience yourself as the BEAUTIFUL creation you were intended to be.

With much love,

Wes and Ariel

