

12 24 09 Holidays: A Time of Renewal & Hope

The Taos News has committed to implement a weekly column to help educate our community about emotional healing through grief. You may write questions to Golden Willow Retreat and they will be answered privately to you and possibly as a future article for others. Please list a first name that grants permission for printing.

Dear Readers

This being a very special week with Christmas here, Hanukkah completed and Kwanzaa beginning, I would like to wish that your holidays be filled with love, healing and hope. No matter what your beliefs are, including beliefs that do not have a religious/spiritual base, this can be a time of connection with one's self, family, friends, community and the world at large. The Winter Solstice on the 21st was the seasonal beginning of moving out of the dark and into the light. It's no surprise that this would be a time of celebration and connection. This year seems to be a year that connection is becoming more important as times appear difficult on a national and international level. As this time of year is about rebirth, new harvest, new light, miracles and faith, maybe your first seeds of hope for life's harvests are: love, compassion, hope, wisdom, peace and connection to self and others. Most religious and spiritual stories have a theme of renewal in a time of little hope. During that darkest hour there is the rebirth of energy and hope allowing for continuation of your life's journey. I also like to think of this as a time for the children, a time to remember innocence, forgiveness, happiness, play and magic. Children are teachers of being present and in the moment. These teachings become difficult as we become older, jaded, resentful and hurt. Yet isn't that similar to the biblical story as Joseph and Mary could not find anyone to open their doors to them and had to settle for a manger for the birth of Jesus? No matter what your spiritual beliefs are, I hope you can take the lessons from these holidays as a time to release irritability, resentments, anger, rigidity and other shields of protection that may keep you isolated from light, hope, love and happiness. If you think of the beauty of a child who still holds dreams and innocence, you can see the gift of serenity. In healing your losses and wounds and giving permission to be your authentic self, you give the gift of internal love that can radiate out and connect with others giving hope, peace, trust and love internally as well as externally. I wish all of you happiness during this holiday season and thank you for taking the time to connect with me and others personally or metaphorically as we continue to grow and heal through loss and gains in our lives. May the child within you find the gift of hope and light today and everyday. Blessings. Until next week, take care.

Golden Willow Retreat is a nonprofit organization focused on emotional healing. Please direct questions to Ted Wiard, LPCC, CGC, founder of Golden Willow Retreat and clinical supervisor for Teambuilders Counseling at (575) 776-2024 or GWR@newmex.com.