

Free Spirit

Terrace's Newsletter for Spiritual Nourishment



Visit us online at <http://freespiritnewsletter.yolasite.com/> ! Submissions and community calendar postings

Community Calendar

Ongoing:

Seeking Students for Level 1 Usui Shiki Ryoho Reiki Training for Class in January. Cost = \$100 and includes textbook. Dates to be determined based on students needs. Contact ladyament@gmail.com or call 250-638-6263.

Healing Touch Clinics at Knox United Church, by appointment. Practice group for various Healing Touch methods also available. Call Julie at 250-638-0743.

❁❁❁❁❁ Happy Holidays! ❁❁❁❁❁

- Winter Solstice - Dec 21
- Yule - Dec 21st
- All Faiths Day- December 21
- Hanukah - Sundown on Dec 21 -29th
- Christmas - Dec 25
- Kwanzaa - Dec 26- Jan 1
- And don't forget - Festivus for the Rest of Us!

Another Notable December Day

Dec 10 - Human Rights Day! UN Declaration of Human Rights in 1948.

“The vision that you glorify in your mind, the ideal that you enthrone in your heart - this you will build your life by, and this you will become.” - James Allen

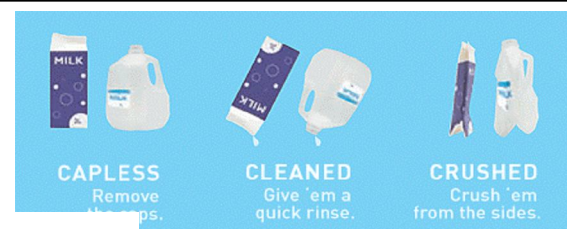
Small Wellness Steps

Keeping a Journal is a great way to help you make changes in your life. Just jotting down, even in point-form, what and when you eat, how you exercise, what causes you stress, what you do for fun, etc. can help you to see the areas in your life that need improvement for you to be happy and healthy. By writing things down we own up to our actions, and that’s the first step toward positive change.

Want to give the perfect gift? Make some time to go window-shopping with family or friends. You’ll learn about needs, wants, and tastes quickly. Make sure to walk on your window-shopping spree as much as possible, it saves the environment and gives you more time to

Small Green Steps

The Terrace Return-It Depot is now accepting milk containers that are washed and crushed. You get no money for taking them in but they do get recycled. So why not save the milk containers with your other recycling items and do your part to make the planet a little richer?



The Story of the Woodcutter - A Folktale Retold

Once upon a time there was a woodcutter. He was very strong, and very determined to be prosperous. So the woodcutter approached a renowned local carpenter and asked for a job cutting trees for his craft. The carpenter looked at the woodcutter and was impressed. The carpenter listened to the woodcutter speak of his goals and was even more impressed. And so the woodcutter came to work for the carpenter.

On his first day of work the woodcutter followed the carpenter to see where he was supposed to fell trees. The carpenter explained what kind of trees the woodcutter was to cut, gave him an axe, and left him to do his work. By the end of the day the woodcutter had brought in 15 trees. "Well done," the boss said. "Carry on with your work!"

Highly motivated by what his boss had said, the woodcutter tried harder the next day, but by the end of the day he had only brought in 10 trees. On the third day the woodcutter tried even harder, but he was only able to bring in 6 trees. Day after day he was bringing in less trees. "What's wrong with me?" The woodcutter thought to himself, "I must be losing my strength." He was disheartened. Being a good worker at heart, he went to the boss and apologized, saying that he couldn't understand what was going on.

"When was the last time you sharpened your axe?" the boss asked. "Sharpen? I didn't have time to sharpen my axe, I've been very busy trying to cut trees..."

Our skills in life are tools, and like a good axe, they need maintenance, and care, and some sharpening from time to time or in time they may dull,

Junk Food Thinking?

Are you feeding your mind junk food? If you're like most people, you're probably spending countless hours worrying about money, swearing at the crazy drivers on the road or thinking about a great come back you could have use in your last argument with your spouse...

But your thoughts are the food of your brain. If you spend of your day accidentally chatting in your head about all this stuff, you're basically filling your own mind with garbage junk food!

Of course, there's no way that you can always be aware of your thoughts nor can you always have positive thoughts. If you bang your toe on the bed frame, you ARE in pain and thinking about it is perfectly natural. But what about the rest of the time? When you're on waiting on hold on the phone, for example?

Many people try to substitute "positive thinking" for the disturbing thoughts they want to eliminate. The mind can be forced into identifying only with pleasant or uplifting things.

Many people, in their well-intended efforts to accent the positive, do not escape their problems but only increase them. They want to put an end to suffering but mistakenly choose the tactic of denying their true feelings, on the grounds that the feelings are "too negative" to express.

Paying attention to one's fear and pain is a great source of guilt in most people because it seems like self-pity, a trait we think of as wrong. But denying pity to yourself, when you would give it willingly to others, is also wrong. We all have hidden pain inside, and trying to suppress it is not a virtue. It's only an impossibility. Everything inside you is just you, even though you might split it up into a brave you that is trying to suppress or defeat a fearful you.

Does opposing your negative thoughts lessen their power? Doesn't it just delay the day when they will come out in one way or another? If we keep playing this game of opposing thoughts that are not acceptable to us, we will always lose. The serious question is:

'Can I give the whole game up, learn to balance my thoughts and feed my brain a balanced meal?'

Adapted by DeoWolfe from Unconditional Life: Discovering the Power to Fulfill Your Dreams, by Deepak Chopra (A Bantam Book, 1991) & Elise Lebeau, Do you need an affirmation right now?

"If you don't know the trees you may be lost in the forest, but if you don't know the stories you may be lost in life." -
Anon. (Siberian Elder)

"Life is known only by those who have found a way to be comfortable with change and the unknown. Given the nature of life, there may be no security, but only adventure." - *Rachel Naomi Remen*

"Without a sense of caring, there can be no sense of community." - *Anthony D'Angelo*