



25 Ways to Create a Magical Holiday

Candlelight | Take a morning walk, letting your intuition guide your steps | Decorate mindfully | End the day with a hot bath | Breathe into your heart and feel how it changes your perspective | Be focused and present when holiday cooking | Journal about who and what you feel gratitude for | Forgive | Read (or re-read) *A Christmas Carol* | Dance alone | Dance with loved ones | Anoint yourself with essential oils | Set an intention for the emotion you want to feel | Visualize love flowing into everything you bake | Draw a tarot card in the morning and ask what you need to be aware of today to be joyful | Write down what you'd like to rid yourself of and burn the paper in a fire-safe place, visualizing the words going up in smoke | Smell what's cooking right out of the pot | Give thanks for the food you're about to eat | Pay deep attention when others are speaking | Be aware of *how* you're doing things and don't rush | Just start | At night, be present with your lighted Christmas tree | When you give a gift, look into the person's eyes and see love | Visualize Santa as a very real spirit of mad generosity | Love