

A moment of reflection at this holiday time

This holiday time is significant in multiple spiritual practices and not in others. But for many, regardless of religious or spiritual persuasion, it is also a time of coming together for family and friends. That makes it a time for remembering what is really important, and also for remembering that the situations we consider to be problems are transient and are able to be handled in one way or another. In some spiritual practices, this season is a time of hope, of celebrating a new beginning. I don't think it's a stretch to say that often, situations we face as problems turn out later to be the platforms for new beginnings in our lives.

Here's to new beginnings in 2012!



*Happy Holidays
and a
Joyous New Year!*

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