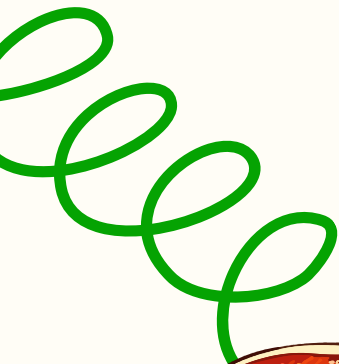
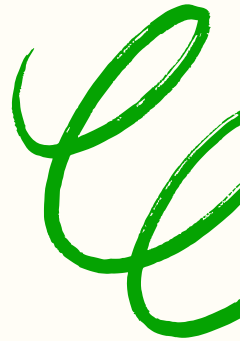




Holiday Cheer Emergency Kit!

Use this gift as way to help remind you to focus on the cheer and joy as you move through this holiday season. Oh and I've added a few pages that will help spark your cheer, reduce stress, help you give space for more cheer!

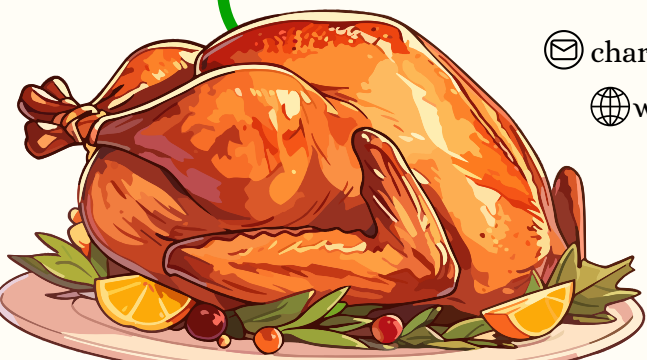


Healing Light Wellness

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Heart Breathing for the Holidays

This is a 2 part technique where we will spend time focusing on the desired feelings, emotions, and experiences.

As you move through this technique you will begin to relax, calm, and feel more in control. Then as you focus on the on exploring & experiencing the cheer, joy, happiness and the like you will be physically increasing these feelings and emotions within yourself. T

his technique provides space to uncover your holiday cheer.

Part 1

Breathe naturally for a few breaths and notice the rise and fall of your chest.

I'd like you to please visualize your breath moving in and out of your chest. With every breath in, imagine the air flowing into your heart center and leaving the same way with every exhale. *You can also visualize a beautiful light coming into the center of your chest with every inhale & leaving with each exhale.*

Slow your breathing down a bit while continuing to visualize your breath or light entering and leaving your chest.

Find a natural rhythm while continuing to feel the breath or light move in and out of your chest.

Part 2

Explore the feelings, memories, and/or desires you want to experience.

As you explore allow the body to experience these moments. Focus your attention on one at a time. Remembering or imagining how that moment feels. The more you focus the more the body, mind, & spirit experience this feeling, memory, and desires.

Remember as you do this be sure to continue feeling the breath or light enter and leave your chest.

Holiday Scavenger Hunt

What do you SEE?

What do you HEAR?

What do you DO?

What do you FEEL?

Holiday Letter to Future Self

Give yourself a moment to reflect on the days events. Write a letter to your future self, the self that may have forgotten that we are in charge of uncovering and focusing on the Cheer & Joy of the season. Share with her the moments you experienced today. Write to her knowing that your recounting will fill her with cheer & joy.

Magical Walk Down Memory Lane

I am looking for a memory, one that you find magical and filled with cheer and joy. Let your mind simply float on the memories until you get to the perfect one then simply write about it. Spend time describing it in detail but don't forget to add how this memory makes me feel. If you find being choosy about a memory is difficult, just start writing all of them as they come to you!

Tapping for the Holidays!

Begin by rating the intensity of the the overwhelm or feeling on a scale of 0-10: 0=None 10=Most
Repeat the tapping sequence until you feel better or your at a 3 or under
Feel free to change the words to fit you, this is a guideline

Reducing Unwanted Feelings

Side of Hand: Even though I feel _____, I choose to have compassion for myself

Even though I feel _____, I don't want to feel this way

Even though I feel _____, I am open to changing it now

Top of Head: This _____(feeling)

Eye Brow: I am open to releasing it

Side of Eye: I feel _____ but I am ready to change it

Under Eye: Maybe I can release this _____(feeling)

Nose: *Tap & describe the feeling*

Chin: I feel _____

Collarbone: Maybe I change it or let it go

Under arm: I give myself permission to release this feeling of _____

Reducing Overwhelm

Side of Hand: Even though I feel so overwhelmed maybe I release some of it

Even though my overwhelm is a ____ (rate), I don't want to feel this way

Even though I feel all this overwhelm, I am open to changing that

Top of Head: Maybe I don't need to hold on to this overwhelmed feeling

Eye Brow: All this overwhelm

Side of Eye: I don't know I can let it go

Under Eye: But I am open to it

Nose: I choose to release this overwhelm now

Chin: I am so overwhelmed, it's a ____ (rate)

Collarbone: Maybe I can release half

Under arm: I am open to feeling in control and choose to release this overwhelm

Tapping for the Holidays!

Reduce & Release Physical Feelings in the Body

Describe the feelings in your body like pain, discomfort, heaviness ect.

-Where is it? *It's in the center of my chest*

-What does it feel like? *Feels like a 20lb red brick the size of a watermelon*

-What Characteristics Does it have? *Cold and pulsing*

-Rate the intensity of the feeling 0-10. *10=Most and 0=None*

Use these words and description while tapping.



Side of Hand: Even though I feel this _____ in _____(where) I am okay

Even though I feel this _____ in _____ maybe it will leave my body

Even though I feel this _____ in _____ I am open to releasing it

Top of Head: I have this _____(describe it)

Eye Brow: In my _____(where)

Side of Eye: It feels like _____ (really describe it, color, temp, size)

Under Eye: I am open to releasing it now

Nose: It's safe to let go of this _____ (describe it)

Chin: I feel this _____ (describe) in my _____ (where)

Collarbone: I am open to releasing it now

Under arm: I give myself permission to release this _____ (describe it)

Rate the intensity again? Notate if it has moved to another place in the body, changed size, and even changed in description all together. Do another round but use new description and/or area of body. Repeat the process if necessary.