



Vicki Wiepking,
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Yes, I know they say, “it’s the thought that counts,” and the holidays don’t have to be about stuffing yourself or getting a bunch of presents, but what I’m pondering here comes from a different perspective. The trick is to actually see the abundance that is already there. Just noticing and being grateful for how rich your earthly experience really is helps to attract more abundance to you.

According to Deepak Chopra, “The universe operates through dynamic exchange... giving and receiving are different aspects of the same flow of energy in the universe. In our willingness to give that which we seek, we keep the abundance of the universe circulating in our lives.” In order to experience abundance, we also have to freely give. So, if your banquet table is looking sparse, is there still something that you can give?

Today, I would like you to put this principle into effect. Try giving

someone a genuine, look-‘em-in-the-eye smile, or hold the door open for them, or offer help to someone who needs it. Offer a silent prayer for someone who is sick or hurt or worse off than you. Do it now, then tomorrow and the next day, too. Simple courtesies like these are powerful if they are heartfelt. They will attract good vibes back to you.

In return, when a friend offers you a compliment or a helping hand, receive it fully and openly. Don’t deny that you deserve it and then thank them for it. In springtime, we would say, “stop to smell the flowers,” but now and throughout the holidays, remind yourself to listen to the sound of birds singing, to appreciate the sunshine or the snow, and to enjoy the lights and colors of the season, being mindful of what and who it’s all for.

Start there and be thankful for what you have, rather than focusing on what you don’t. [There’s a reminder list on page 29.] Harken back to the simple gratitudes expressed by Bob Cratchit and Tiny Tim in Dickens’ immortal, *A Christmas Carol*.

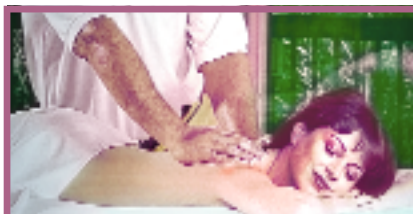
Universal Gifts of Abundance

When I think of the holiday season, I imagine a grand banquet table full of food, color and warmth, overflowing with sensual delights from every corner of the globe. There are enough goodies for everyone to stuff themselves—more than enough! True abundance. It’s lavish and out of the ordinary, but that is not what’s special about this table. No, the dishes don’t clean themselves—nice try. The real reason to stand in awe before this feast is because, somehow, all of this was magically provided from an unknown source.

This may be a common, idealized image of a holiday feast, but what if your banquet doesn’t look like that? What if your table doesn’t match the opulence of your neighbor’s? Maybe your table is almost empty this year and it doesn’t look like a *Festivus* miracle will come your way? Can you still celebrate and feel like you have true abundance in these tough times? Do you live knowing that the Universe has provided, and will provide, everything in your life exactly when you need it?

In this way, the Universe is truly limitless in what it can provide for you. However, you may find that the Universe will set a different table than what you expected before. Rather than a boundless feast of sensual or material pleasures, it may be full of things even more valuable and abundant—love, appreciation, generosity, and a sense of inner peace and joy. “All these things will be added” to your feast of blessings, seemingly without effort—and you won’t even mind doing the dishes afterwards! *Happy Holidays!* ■

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