

# Christmas, it's that time of year...

PETER GREBOT - DECEMBER 2020



## ...a perfect time to observe our emotions and see what they can teach us.

Christmas is fast approaching and it's a perfect time to observe our emotions and see what they can teach us. Even without religion, Christmas is normally a time when we come together with family and friends to give thanks, share gifts and indulge in a variety of delicacies! Unfortunately, it can also be a stressful and anxious time, trying to keep everyone happy, finding the right gifts, not wanting to disappoint, the expectations that are put upon us (or we put upon ourselves and others) can be burdensome. Like a child, who wakes up with anticipation and excitement on Christmas morning to see if Father Christmas has brought that special gift. When we get what we want we feel happy but when we don't, there's a feeling of unhappiness and disappointment. It seems we rely on others to make us happy. Is the expectation that life must happen the way we want it in order to be happy?

Take a moment and ask yourself - what makes you happy? More money, a better job, a new car, the latest phone, a new relationship, a holiday adventure? This type of happiness is situational based, which means it is dependent upon external sources. If you can think of a time when happiness was short lived, it indicates that we chase and desire 'things', but over time this happiness wears off, proving that what we truly seek never comes from outer circumstance but from a place within.

**We all want to be happy but how we go about it is key.**

Waiting for Father Christmas to show up is not the answer, we know that much. So, perhaps it is joy that we seek, as joy is unconditional and not dependent on any outside source. When the mind comes to rest, i.e. it's not desiring anything, joy surfaces. Imagine for a moment that there is no expectation or judgment, the mind is not thinking about that new kitchen, the big holiday, the promotion at work etc. The mind is not thinking about other people and how they 'should' or 'should not' behave. Once the aspiration or expectation has been realised, the agitated mind is peaceful, content, blissful even. If we grant ourselves the gift of attention this Christmas and really explore the dynamics of the agitated mind, it's possible to let it naturally come to rest and discover that what lies behind this is a sense of joy and peace. Now that's a real gift.

**Have a happy  
Christmas if you  
can or better still,  
have a joyous one!**



*A moment of happiness, you  
and I sitting on the verandah,  
apparently two, but one in soul,  
you and I. We feel the flowing  
water of life here, you and I, with  
the garden's beauty and the birds  
singing. The stars will be watching  
us, and we will show them what it  
is to be a thin crescent moon. You  
and I unselfed, will be together,  
indifferent to idle speculation, you  
and I. The parrots of heaven will  
be cracking sugaras as we laugh  
together, you and I. In one form  
upon this earth and in another  
form in a timeless sweet land.*

Rumi

**Our next online meeting will  
be Sunday 13th December  
at 15:00 GMT/16:00 CET**

Look out for further details from  
Regis Pradal, Jana Joanna Milbou  
or Maria Casale.

