

# Essential Energy

Cyndi Dale

## Wholeness Through the Holidays: Or, How To Not Overdo It

A few years ago, I learned a great holiday lesson, although the hard way. My youngest son broke his hand a few days before Christmas Eve and had surgery the day before. But I, of course, forged ahead with my dinner plans.

Norwegian Lutherans, if you don't know, are fairly set in their ways. I confess I've inherited most of my ancestor's traits—minus the Viking's lack of certain inhibitions, I assure you. Christmas Eve, like all holidays, is a very established affair, with polished silver and china, appropriate linens, and three courses all perfectly timed.

It doesn't matter that few partygoers actually like the first course, which consists of Norwegian delicacies. Actually, there is nothing very dainty about the Norwegians, aka the Vikings, but Christmas food is as good as it gets, featuring at first sitting the following: lutefisk (cod soaked in lye), lefse (Norwegian tortillas), mashed potatoes (mine start in a box), and green peas (added only for decoration; all the other food is white.) The weight of the ancestors sat on my shoulders, as this was only the second holiday held at my house. I was certain I could pull it off, despite lack of sleep and an invalid son. To tell you the truth, it didn't go well. Not only didn't the lutefisk, a rather jelly-like substance on the best of days, assume a mostly porridge-like appearance, but also all the food reached disaster-point at the same time. I smashed three courses into a single serving.

I know I'm not the only person guilty of holiday perfectionism. Statistics show that 70 percent of all people reach a near-breaking point in relationship to time, money, and gift giving. The temporary stress can feel overwhelming to most, as indicated in my client schedule, which almost doubles during November and December. People everywhere are concerned not only about how to make their desires fit their budget and calendars, but they are dealing with the deepest of all life issues, the matter of love.

No matter our religion or tradition, the holidays cumulatively represent our inner need for communion, peace, connection, and service. Most of us have stirrings of joy leftover from our childhood, at least moments in which our eagerness resulted in a smile. But many of us, as adults, might say this about the holidays, a quote by a twelve-year old girl from Germany:

*"What do the holidays mean to me? I used to know, but I'm not sure anymore."*

As energy experts, we are in the unique position to perceive the holidays in a way beneficial for our clients and ourselves. We can see through the lens of energy, not only tradition, memory, and fantasy.

The word "holidays" means "holy days," and that is the energy ascribed to the events at this time of year. It is a time to create wholeness and implicitly, a time to recognize where we believe ourselves lacking the same.

One of the reasons that so many people feel depressed or anxious at the holidays is that their inner selves are calling out, pointing out areas of perceived lack. Sure, the list might start with practical items, like money, time, kind relatives, or Scotch tape—don't you *hate* running out of tape when you're almost done wrapping? Dig a little deeper and more vital needs emerge.

Within is the precious inner child who longs for parenting or understanding, the soul that yearns for expression, the loving mate seeking a partner for the dance of life. In the depths of our psyche, within our essential self, we are already whole. The gaps lie within the "inner selves," as well as between the selves themselves.

We have many names for these aspects of self: body, mind, and soul are the most popular. My esteemed Hawaiian colleague and healer, Ramsay Taum, shares that his tradition labels these aspects higher, middle, and lower selves, or the inner father, mother, and child. Indigenous people the world



over would equate our internal structure to the medicine wheel, a compass-like image representing the interactions that lead to peacefulness. My understanding of the Lakota, with whom I studied for several years, suggest the following inner personality traits: our northern self is our warrior or active element; our eastern self, the visionary or goal-setter; the southern self, the healer or receiver; and the western self, our inner shaman, the self who walks the dimensions and can end what needs to be ended.

During the holidays, it is all too easy to feel only the gaps, not the stitching; the holes, not that which is whole. Our losses are real—as is the yearning for connection and bonding. As an energy practitioner, I know that my role is to serve as a witness to my client's pain—and my own, if it arises during this time period. I listen to the stories, laugh at the jokes, and agonize with the horrors. I've also learned to take yet another step—to encourage clients to uncover that which is already whole.

Might not the “inner father” be able to provide protection for the “inner child” who has never had it? Likewise, maybe the “internal visionary” can embrace the endings wielded by the “inner shaman,” and point out the rising of a new dawn?

It is this interconnection within the self that teaches us the most holy lesson of all. It is a spin on the old adage, “Wherever you go, there you are.” What if this is a good thing; a simple recognition that all our experiences, the easy and the challenging, are reservoirs for spinning a good life?


The gift to recognize, in-between the glitter and glitches of the holidays, is that there is also a holy presence whose reach far surpasses that which we have been trained to recognize on a day-to-day basis. Call it God, the Divine, Spirit, the Great Spirit, Kali, Ganesh. Call it what the scientists suggest, the Zero Point Field or the Unified Field Theory. Call it what you would, but know it as love, the feeling we deserve to direct toward ourselves—and truth we deserve to receive from that holy presence. When we encourage our clients to feel the love they have from one “part” of themselves to another, they can then open to the highest love of all. It is this love that can take out the needle and thread and weave all parts of together.

It is because of self-love, then, we open to greater love. Somewhere in the middle and merging of these two processes is the place from which to make holiday decisions—is the space to decide what is a truly loving way to act. Does everyone really need five presents? Is it really that important to carry forward every tradition, or to perhaps establish a few of our own? The

answer must start and end with love.

In my own life, I learned this lesson so well a couple of years ago, that last Christmas Eve was strikingly different from any I have ever known. I ordered four different dinners from Whole Foods and had everyone enjoy his or her own favorites. My mother ate ice cream; my friend enjoyed vegan food; I dug into meat; and my son Gabe selected what Gabe kids eat. Then we watched the movie “Elf” and opened presents, all the while, laughing.

I don't think I ever had a more enjoyable holiday.

As Mother Teresa said, “*Not all of us can do great things. But we can do small things with great love.*” Small dinner—big dinner; you tell me! 



Cyndi Dale is the author of *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*, and eight other bestselling books on energy healing. She has worked with over 30,000 clients in the past 20 years. To learn more about

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