



Find Your Soul With Solitude

I love the glow of holiday lights. They just seem to warm my soul.

For a change this year (everything has changed in this “empty nest”) we placed the Christmas tree in the living room instead of the family room. The first few days I really missed the tree and even thought about telling Gary we needed to move it!

To enjoy the lights I found myself going into the living room and just sitting in the chair and basking in the glow of the lights. The first two times Gary came into the living room and said, “Are you ok Chere?” “Yes, I reply, just lovin’ the glow of the lights.” I found myself remembering breast feeding two brand new babies in the dark quiet of the night when everyone was sleeping except Brett or Danielle and myself. I remember many Christmases of the past.

I have discovered the gift of solitude. I quiet my “busyness” and get off automatic pilot and for a few moments dump my worries of yesterday, my fears of tomorrow and remove my urgent to do list. I choose to stop. When I choose STOP and become happily present I discover the best – my soul. My soul is that “special Chere part of me” that thrives on rich goosebump filled days. The goosebump days that I want everyday. You need stillness and solitude to listen to your heart. Only with this stillness and solitude can you stop to see the glow of your soul. And this glow of your soul is your present to your presence. Could you have a better holiday gift to yourself this year? I wish for each of you soul filled holiday season. Remember life is a gift, IF you choose to open it.

Chere Bork is a Health and Life Balance Enthusiast, Speaker and Coach
Contact chere@cherebork.com or visit www.cherebork.com to live happy and healthy ever after.

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