

## 10 Thoughts for the New Year

1. Take comfort in *rootedness*; this is where community begins.
2. Rituals *celebrate* our true intentions and *renew* our commitment to life.
3. Open your heart to *receiving*, as well as to *giving*.
4. Find great pleasure in the smallest *moments*.
5. Be aware of the difference between eating and savoring.
6. The right gifts are just as welcome in *simple* packages.
7. Tradition *connects* you to your past; *nostalgia* distances you from the present.
8. Give yourself the *gift* of solitude. Escape once in a while.
9. Bring only the *best* of who you have become into the new year.
10. As the shortest, coldest days of the year pass, *anticipate* the brightness ahead.