

## Embrace Your Feelings - Find More Joy.

Most of us have experienced hardships and loss (jobs, homes, etc.) in the past few years. Many of us have lost family members and friends as well. It is normal to feel these losses deeply and with the death of people dear to us, these losses take time to recover from. Historically as late as Victorian times, family and friends would wear black clothes or even a black armband to let others know that they were mourning a loved one. Part of this practise was to honor the dead but it was also to inform others that they could not be expected to act "normal" as they were grieving. The customary length of time one would wear mourning clothes was a whole year. The adage "Time heals all wounds" reflects that society used to recognize the need to be present in our grief and that you cannot rush the grieving process.

Whether it is the loss of a family member, loss of a job, loss of a spouse through divorce, or even the loss of a lifestyle that allowed for more fun and interactions with others; it is important to be authentic with one's feelings. It is only by fully embracing one's feelings that the feelings are fully processed and let go. Keeping this awareness in mind, Body Mind Spirit is cautiously optimistic that 2022 can be a better year than the last few. By better, we do not necessarily mean returning to the status quo. But perhaps we are now learning through our pain how to grow and maybe, possibly start to thrive in what is now the new normal. With that hope in mind Body Mind Spirit has decided to have 2022 be a year of focusing on the positive and doing more work on celebrating ourselves and others. We have all been through tough times, so let us support and help each other find more joy in life again.

To highlight this theme, one of the new choices for the Winter pedicure menu is called "Celebrating Me". This Body Mind Spirit made sugar scrub features an intoxicating blend of essential oils called "Joy", the flower essences Pretty Face and Buttercup, and the gem elixir Kunzite. All combined to bring forth and elevate the innate self-confidence, self-worth, and self-love that each of us are born with. When we truly feel good about ourselves, it becomes so much easier to pass on that energy to the others who come in contact with us. Please join us in our goal this next year of the celebration of life and all it brings.

"Life should not only be lived, it should be celebrated." - Osho

"Let's celebrate something today!"

"Remember yesterday. Celebrate today. Imagine tomorrow."

"The more you praise and celebrate your life, the more there is to celebrate" - Oprah Winfrey