

Candle Meditation

~ tratakam ~

*In a special place of quiet, light a candle
and sit comfortably.*

Gently gaze at the flame.

Let your mind relax,

Breathe deep, long and steady breaths.

Take time.

Let your mind become empty of thoughts.

Move into stillness.

Let everything around you melt.

*When your eyes become tired, close them
and focus on the internal image of the
flame until it dissolves.*

*Open your eyes and continue for as long as
it feels comfortable.*

*With every repetition, your awareness will
deepen, your consciousness will expand,
and you will move deeper into your Self.*

*In that place of perfect stillness you will
find all the love, all the light, and all
the joy you ever wanted.*

It is always there for you.

*As you meditate regularly, this inner space
will become easier and easier to access.*

Mission Statement

*Langley Hospice Society,
a community-based,
non-profit organization,
provides compassionate
support to help people
live with dignity and hope
while coping with grief
and the end of life.*



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Hospice Society**

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*Journeying
Through
the Holidays*

Tips for Managing the Holidays

General suggestions

1. Nature is a great healer. A walk, a hike, a bike-ride, a winter picnic, a stroll through the park, can bring a sense of peace and calm.
2. Serve others and let others serve you.
3. Balance the time you spend alone and the time you spend with others. You may find that your energy level for social and family events is limited. Pick and choose which social events you will attend.
4. Lessen your expectations and decrease your stress. Avoid the “shoulds”. There is no right or wrong way to celebrate the holidays. If you wish, have friends shop for you or shop through catalogues or the internet. Buy goodies rather than make them.
5. Talk about your loved one(s) with others during the holidays.
6. If you have spiritual or religious beliefs, draw on them for strength. Find blessings amid the sorrow and pain.
7. How to answer, “Have a great holiday!” Say, “I’ll do my best”, “I’ll try” or “Best wishes to you.”
8. Expect periods of sadness and tears.
9. Trust your instincts about what you and/or your family need.
10. Surround yourself with supportive and loving people. Listen to music and read books that bring you a measure of peace.
11. Talk to someone caring about your concerns for the holidays. Anticipation of how the holidays will go is usually worse than the actual holidays.

For families with young children

1. Maintain a routine.
2. Spend time together as a family every day. Suggestions include playing board games, cards, bowling, swimming, making cookies, doing crafts, etc.
3. Take a few minutes each morning to nourish your spirit before you tend to the needs of your children. During the day if you are feeling stressed, take a “time out”. Be sure to get enough rest.
4. If some family members want a Christmas tree and others don’t, put a Christmas tree up in a spare bedroom or the family room.
5. Find a way each day (or most days) to remember and honour the person who died; e.g. lighting a candle, making a special ornament, singing his/her favourite song.
6. Have dinner at a restaurant. Make plans with another family member to have dinner at their place. If dinner is at your home, make it a potluck.
7. Go away for the holidays.



For individuals who are spending the holidays alone or who have adult children

1. Surround yourself with good books and music. Rent or borrow movies. Remember the library is a good source for all three.
2. Remember your loved one by making a memory book, memory box or collage.

3. Serve others ~ make cookies, babysit or volunteer to serve dinner at a local community centre.
4. Take in the wonders of nature.
5. Invite a neighbour or friend over for tea.
6. Go away for the holidays.

Honor those who are no longer with us by:

1. Setting a plate at the table with his/her picture on it.
2. Asking friends and family members to write about a humorous incident or an act of kindness characteristic of the person who died, fold them up, put them in a stocking, a boot, or a hat, and after dinner, have each family member pull one out and read it out loud.
3. Create new family traditions that keep the memory of the person(s) who died. Suggestions include: toasting your loved one(s); asking each person around the dinner table to identify one quality they most loved or appreciated about the person who died; share special sayings, memories or keepsakes of the person who died.
4. Donate a gift or money to a charity.

Along with mourning the death of your loved one(s), take time this season to remember the laughter, the joy and the love of those who are no longer within a hug’s reach. Embrace precious memories. Honour and celebrate their legacies.

May this holiday season bring you a goodly portion of hope, love and peace.