

# Get a Holiday Glow

Try this calming meditation to keep holiday stress at bay.

By YJ Staff

During this time of year, it's easy to get overloaded and miss out on the most important part of the season—connecting with others. To be loving toward your friends and family, you need to slow down. Try the meditation below, from spiritual teacher Sally Kempton, for a few minutes each day. By imagining a flame in your heart, you'll radiate loving energy from the inside out.

Sit in a comfortable upright posture. With your eyes closed, let your awareness drop into the center of your chest.

Breathe naturally and imagine your breath coming in and out through your heart. Let each inhalation caress and soften your inner heart space.

Become aware of a golden flame in the center of your chest. You might visualize it or simply feel its warm, glowing presence.

With each inhalation, the flame glows. With each exhalation, it radiates light through the heart—front, sides, and back.

Rest your awareness gently in the flame; inhale and it glows, exhale and it radiates. Keep softening and relaxing the inner heart, spreading the glow of your inner flame throughout your body and out into the room.

