

# Inspirational Friends Network

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Social networking events for people interested in mind/body/spirit subjects and connecting them through a website [www.InspirationalFriends.co.uk](http://www.InspirationalFriends.co.uk)

## Just a thought...

Yes, that seasonal time is upon us once again. For some, this is a time to look forward to with great joy. The joy of buying gifts for others, making your house festive with all the decorations both inside and out, planning a huge feast for all the family, parties to go to. Equally though, there are others who read that, not with a smile on their face but a chill down their back - which are you? Maybe what we need here is a little perspective. Let me share with you my favourite Christmas so far...

It was the first Christmas Obay and I spent together back in 1989. We had gone to America (from Italy where we had met), we had been ostracized by his family and were living in a small apartment in Boston with cockroaches and mice and a large, intimidating man upstairs who regularly flooded our apartment. Obay had tastefully furnished it with furniture discarded in the street (we referred to it as skip shopping) and with a very nice set of shelves made from breeze blocks! As you can tell we *really* didn't have any money.

We occasionally treated ourselves to Pringles and, like most things, we tried to find another use for "leftovers". On our way home on Christmas Eve we came across some chopped up branches. "I know just what to do with that" he said and proceeded to collect

some up. Somehow he managed to turn three empty Pringles cartons and some old branches into a wonderful Christmas



t r e e .  
Nothing went to waste as we used the lids to make decorations. Obay's crowning glory was the shiny gold star

he made for the top. The presents were all carefully chosen and very practical - except for some extravagant Hershey's Chocolate Kisses - well it was our first Christmas together!

We ate a small roast chicken ('twas the year before becoming vegetarian) and some roast vegetables. We went all out on a \$2.95 bottle of wine and snuggled in front of the out of focus black and white TV!

But it still warms my heart to think of that Christmas. The lack of money forced us into using our creativity to make what we couldn't afford, but most importantly, we did it together.

For some of us this is our first Christmas, for some of us this is our last. If you knew this was to be your last Christmas what would you do differently? What would be important to you? For me, this Christmas is about quality time with my family. The weather, the food, the decorations are just trimmings. To spend quality time with my family in a warm, relaxed atmosphere, now there's a nice thought!

So my Christmas wish for you is for you to think about what is *truly* important to you. Keep a check on those judgements and rules we've thought about in past newsletters and *be present* in those special moments coming your way. Don't be blinded by stress and expectations. *Just a thought...*

With Love and Blessings,  
Lisa Lyman, Founder

## THIS MONTH ...

COUNSELLING OR COACHING  
WHICH IS RIGHT FOR YOU?

SUFFERING WITH ACHES AND PAINS?  
MAYBE YOU NEED BODY REALIGNMENT

"IT IS NOT THE EVENT ITSELF THAT IS IMPORTANT  
BUT THE WAY YOU PROCESS IT."

EMOTIONAL FREEDOM THERAPY WHAT IS IT AND  
HOW CAN YOU BENEFIT FROM IT?

CHRISTMAS, THE BIG FEAST  
NUTRITION FOR NOEL FROM THE 'GOOD FOOD ELF'

KEEP UP-TO-DATE WITH EVENTS

FIND OUT ALL YOU EVER WANTED TO KNOW ABOUT  
THE NETWORK INCLUDING OUR GOALS FOR 2004!

FROZEN SEA BY LISA LYMAN