

*Living Christmas
Living Gifts*



December 2012

*A Squeeze of the Hand Says I Understand
A Firm Handshake Says I Trust
A Touch on the Arm Guides Me There
A Touch on the Shoulder Says I Care*

Give the gift of touch this holiday season. Validating a person's existence is the greatest gift of all. It only takes one person to change a person. Love is so easy. It doesn't cost anything. It is never lost. It cannot be sold. It does not have a holiday. You can't forget to bring it with you.

You feel it



*Human Touch Is Words Untold
Its Power Strong and Clear*

People reach out to others more at Christmas than any other holiday. They share time with loved ones....give a gift to a friend....bake cookies for the neighbors. They shake hands, squeeze a shoulder and embrace a friend. They smile to people they don't know and wish them good tidings. Do the holidays give us permission to express ourselves without rejection OR is something special in the air that changes our *perception* of things.

Could we as human beings be creating that "special" feeling? We laugh and hug and squeeze and embrace each other without a blink of an eye during the holidays. Could we be transferring the energy and vibration we have within us to the other person? Perhaps it is the movement of love from one to the other that is the key to life. After all there is a magnetic field within and around the human body. Are the hands an extension of the heart? Are we lifting the vibration of the planet during Christmas? Are we healers to each other through touch.

"Loving Touch" is The Secret to Survival and Health.

Hands are an extension of our emotions and we tend to express our thoughts through our hands.....it's an instinct within us. When we are happy and full of excitement our subconscious is drawn to people. When we are grieving and lonely we tend to withdraw and seclude ourselves. Energy amplifies in a group; it diminishes without human contact and dies with lack of connection to others.

Maybe *Living Christmas* all year round is the secret to life. Maybe loving touch is all that is necessary to brighten one's day. Love has to be given and has to be received. It moves with the same power as the soft ripples of the ocean on your toes, the breath of the wind through your hair and the warm caress of the morning Sun.



A Living Gift for Christmas

Touch a plant this holiday season and you will feel God within it. Love is so easy. It doesn't cost anything. It is never lost. It cannot be sold. It does not have a holiday. It won't let you forget to water it. It will talk to you when it is thirsty, it will talk to you when it is getting too much sun. Most of all it will express love as you see it grow and blossom within your hands. It only takes One Person to change a

person...and there are many different persons with different names...they all stood for love. *Merry Christmas to All.*

I thank all my clients who have blessed me, supported me and followed me in my spiritual journey this past year. To each of you I give you all my love and gratitude. Next year will be fabulous!

Tory Hawkes Reiki Master

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