



Christmas Feeling

Some time ago I discovered old texts written in my youth during Christmas time. By reading it today, I can perceive the outrage I felt back then in face of the “Christmas hype” on one hand and the unsolved problems of the world (especially war and hunger) on the other.

Outrage is a variant of mixing anger and fear. This mix is rather explosive but instead of changing something the energy blows out or acts destructive.

It's similar with other mixtures of emotions found during Christmas time: Many people are feeling lonely and isolated (sadness to be alone and fear of contact), depressive (anger, mostly against themselves, and sadness), or sentimental (joy about nice situations of the past and sadness that they are gone). Also this carelessness, slaphappy mix of joy and fear can be found as well as some kinds of malicious joy (for example anger hidden behind irony and sarcasm).

It seems as if Christmas (and the turn of the year) are almost inviting people to mix their emotions and nurture the own shadow sides like this. In extreme cases this leads to suicide, in easier ones to Christmas stress, trouble, and low drama, all of which occurs quite quick and often during these days.

How would it be to have another choice? You only have another choice if you are aware of this possibility. One of the biggest blockades to consciously be aware of the unlimited variety of possibilities is fear of the fear. As soon as you are okay to feel your fear, new worlds are revealing themselves in an almost magical way (the archetype behind the fear is the Magician).

Christmas present No. 1: New possibilities through the conscious feeling of fear.

To unpack this present write down some ideas, dreams, fantasies about what you really want to do. Write it down without giving your attention to any reasons against it. Then feel into each idea and write down the percentage of fear coming up in you when you start to let grow the perception inside of you to do it really (don't go into your mind, it's not about logical reasons, just notice what happens in your body). Then sort your ideas according to this level of fear and choose one which you will implement (in the short run or during next year dependent on the “size” of that project). The position in your list is feedback about your readiness to surf with the fear (you can name it courage). Observe all that in a neutral way, without judging yourself.

Even though you are ready to feel your fear, comments from others or own thoughts and voices (like “I never will accomplish this”, “absolutely impossible”, “how could you ever conceive such a stupid idea” etc.) can easily argue your project out of yourself. That's when anger comes into the game together with its archetype, the Warrior.



Christmas present No. 2: Voice blaster and sword of clarity as powers of anger.

All this anger in the mixed emotions, which is working against you and others in a really distractive way, is waiting for you. Now you can use it to be focused and centered with your attention on your goal, and to push aside every disturbing stuff with clarity and decid-edness. Insofar as it's about voices, the easiest way is to use your voice blaster. How that works? Why not try a new game during a meeting with friends or family: Ask your beloveds to try it together. One in the circle starts by naming his voices, the others are playing them by speaking them out loudly again and again and coming closer. The protagonist takes his energetic voice blaster (symbolized through a pantomimic colt) and “fires” it with with a loud “peng” at the most cheeky voice (the person playing that should take the blast and sink to the floor). It's the job of the teammates to keep going until the protagonist is not longer allowing any voice to come up again. (The whole game is not about doing it “right” or to “win”, it's about supporting each other in a way that winning is happening.)

By choosing one possibility, you are killing endless others. Most probably you are aware of only a small amount of them, but maybe there is one, about which you are really sorry. What to do? A favored “surviving strategy” in that case is to avoid the decision completely. Finally you are a victim of the circumstances, stuck in sadness as unconscious emotion. Which part of you is surviving by this strategy and which part is just a corpse, not really alive, controlled from the outside? Fierce words, but you need your sadness and the archetype of the lover to connect with yourself and other people, to be in compassion and authentic contact, and to be really alive.

Christmas present No. 3: A common grieving session for the end of the year.

Invite your friends to sit or stand in the circle, faces outwards, holding hands or linking arms with each other or just touching each other with your shoulders. And then start to speak from your heart, without knowing before what you will say, some words about letting go, about people, events, changes and whatever else to grieve for. Let yourself sink down into the ocean of sadness and take the whole group with you. Use your intuition to decide when to leave the sadness again. Wait for the others – the process will come to its natural end. Turn around, faces to each other, and notice what appears from this moment of community and connection.

Christmas present No. 4: Give space to the joy coming from the trice.

Whenever you open a space for your feelings of fear, anger, and sadness without mixing them, moments of liveliness, lightness, encounter, authenticity, intimacy and deep joy are happening. The archetype of joy is the Space Holder (sometimes named King). Reveal the present by holding space for an extraordinary Christmas wherever you are right now.

In this spirit: Love, Clarity, Possibility and Merry Christmas!
Georg