

Title:

Holiday "Ki" Moments: Choosing Your Best Self

Word Count:

335

Summary:

The Holidays are filled with key moments -- and *Ki* Moments. Are you ready for them? Gift

Keywords:

Holidays, Christmas, gifts, self-awareness, centering, aikido, managing emotions, anger management, d

Article Body:

*"I like to think of myself as an artist, and my life is my greatest work of art. Every moment*

*--From Creative Visualization, by Shakti Gawain*

The Holidays are filled with key moments -- and *Ki* Moments. Are you ready for them? Gift

When your sibling does something that pushes your buttons, your children are over the top with

Give yourself and those you love and work with some unexpected gifts this season:

--The gift of your best self. When the pressure is on, breathe and come back to what you really

--The gift of empathy. Give up the fight and acknowledge the pressure that you and they are un

--The gift of perspective. Laugh, love, let go, and learn.

--The gift of peace. Don't talk about peace, BE peace, in your family, your workplace, your co

*Ki* (from Ai-*KI*-do) is the Japanese for life energy. Aikido means "the way of ble

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