



**Christmas
Meditations**

**a gift from ACMS PVP
Medical Director
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Six Christmas Meditations and Reflections
by Abhilash Desai, MD

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Meditation 1: *Maybe this Christmas* meditation

Please get into a comfortable position. Gently close your eyes and bring your attention to your breathing. Do this for a minute. If your mind wanders, when you become aware, gently bring your mind back to the breathing. Now, gently open your eyes. Bring your attention to the following lyrics of the song *Maybe This Christmas*. Please read them mindfully (slowly and with your heart – bring all your attention to this experience).

*Maybe this Christmas will mean something more
Maybe this year love will appear
Deeper than ever before
And maybe forgiveness will ask us to call
Someone we love
Someone we've lost
For reasons we can't quite recall
Maybe this Christmas
Maybe there'll be an open door
Maybe the star that shined before
Will shine once more,
And maybe this Christmas will find us at last
In heaven, at peace
Prayed for at least
For the love we've been shown in the past
Maybe this Christmas
Maybe this Christmas*



Now, close your eyes again and let the beauty and meaning of the song settle into your body, your cells and your spiritual DNA. Feel free to open your eyes, go to the parts of the song that you loved the most, re-read them and then close your eyes again.

Now, if feasible, listen to this song sung beautifully by Tracey Thorn. Listen to it mindfully (slowly and with your heart). Then, go back to silent breathing and reflect on the what the song evoked in you. Do this with your friends, family, pet, spiritual community, colleagues at work. Do a group reflection. Share the emotions this experience evoked.

Please do this meditation throughout the year and often as you come closer to Christmas.

Namaste

Note: “Christmas” is a metaphor. You can replace it with any other deeply meaningful day of the year that you are connected to.

Meditation 2: Hallmark Christmas meditation

Please get into a comfortable position. Gently close your eyes and bring your attention to your breathing. Do this for a minute. If your mind wanders, when you become aware, gently bring your mind back to the breathing. Now, gently open your eyes. Bring your attention to the following poem titled *Hallmark Christmas* (written by yours truly). Please read it mindfully (slowly and with your heart – bring all your attention to this experience).

Hallmark Christmas

*As Christmas comes closer
I find myself believing
that our current Covid era
era of grief and trauma
is going to begin its end*

*That 2023 will be full
of good news
especially for the marginalized
poor and the disenfranchised*

*That humanity will
collectively decide
that pre Covid era
was an era when
greed and cruelty
were normal
and that
we will never ever Ever
return to “normal “*

*That all I have to do
is my part
and miracle of good news
will happen*

*I know
of course, I know
that I am being childish
and silly
I know
that there is no Santa Claus
No Christmas miracles*



*But this Christmas is different
and if Hallmark Christmas beliefs
are what it takes
for me to emotionally survive
and spiritually thrive
for me to stay positive, kind and loving
and rediscover joy of living
and when my son says
Merry Christmas
I say Merry Christmas to you too
and mean it
Then so be it*



Now, close your eyes again and let the sentiments evoked and meaning of the poem settle into your body, your cells and your spiritual DNA. Feel free to open your eyes, go to the parts of the poem that you liked, re-read them and then close your eyes again.

Do this with your friends, family, pet, spiritual community, colleagues at work. Do a group reflection. Share the emotions this experience evoked.

Please do this meditation throughout the year and often as you come closer to Christmas.

Namaste

Note: “Christmas” is a metaphor. You can replace it with any other deeply meaningful day of the year that you are connected to.

Meditation 3: Christmas is a metaphor

The following paragraph reflects my relationship to “Christmas.” Please read mindfully (with your heart) and reflect on the paragraph.

To me, Christmas is a metaphor – it represents a time of the year where I be open to, experience and celebrate all the beauty, joy, miracles, awe, love and meaningful relationships life offers. I have OCD – Obsessive Christmas Disorder. I am from India, raised as a Hindu. I consider myself a Christian, Hindu, Muslim, Buddhist, Jewish and also part of all other religions. When I celebrate Christmas, I am also celebrating Diwali (the biggest Hindu religious day), Eid-al-Fitr (the biggest Muslim religious day) and Yom Kippur (the biggest Jewish religious day). I have chosen Christmas day and Christmas time as a time to celebrate all religions and all that is sacred to me. I listen to Christmas songs all year round, and thoroughly enjoy Christmas movies and decorating Christmas tree with my wife. I would like Christmas to come once a week rather than once a year.

Now, close your eyes again and let the sentiments evoked and meaning of the words settle into your body, your cells and your spiritual DNA. Feel free to open your eyes, go to the parts of the paragraph that you liked, re-read them and then close your eyes again.

Even better, write your own paragraph on what day / time of the year is spiritually most precious to you. Write down your feelings and your relationship to such a time of the year. Share it with your friends, family, nature (trees, sky, wind) and your pet(s). Visit the paragraph you have written (or the paragraph I have written) for meditation and reflection at least once a week, more often during difficult times. Let the experience calm you down during stressful times and provide relief to your physical and emotional pain (sadness, anger, resentment).

Namaste



Meditation 4: Nanosecond Joy meditation

Please get into a comfortable position. Gently close your eyes and bring your attention to your breathing. Do this for a minute. If your mind wanders, when you become aware, gently bring your mind back to the breathing. Now, gently open your eyes. Bring your attention to the following poem titled *Nanosecond Joy* (written by yours truly). Please read it mindfully (slowly and with your heart – bring all your attention to this experience).

Nanosecond Joy

I was a mess
and then some
Too many conflicting thoughts
unanswered questions
Frightening scenarios
I was suddenly
pulled out of my misery by
impressive display
of Christmas lights
and Christmas carols
It was like something
out of antiquity
I parked and
hustled to the scene
For a few nanoseconds
perfectly authentic joy
was back



Now, close your eyes again and let the sentiments evoked and meaning of the poem settle into your body, your cells and your spiritual DNA. Feel free to open your eyes, go to the parts of the poem that you liked, re-read them and then close your eyes again.

Do this with your friends, family, pet, spiritual community, colleagues at work. Do a group reflection. Share the emotions this experience evoked.

Please do this meditation throughout the year and often as you come closer to Christmas.

Namaste

Meditation 5: *Christmas Cheer* meditation

Please get into a comfortable position. Gently close your eyes and bring your attention to your breathing. Do this for a minute. If your mind wanders, when you become aware, gently bring your mind back to the breathing. Now, gently open your eyes. Bring your attention to the following poem titled *Christmas Cheer* (written by yours truly). Please read it mindfully (slowly and with your heart – bring all your attention to this experience).

Christmas Cheer

My hands cupped my chin
My eyes were closed
I was
bathing my consciousness
for the tenth time
with one of my favorite
Christmas songs
Opening my eyes
I looked at my beautiful
Christmas tree
Decorated elegantly
With a touch of whimsy
By my lovely wifey
I moved my gaze
to the window
Mountains covered with snow
A quarter of the moon
shone in the night sky
Not a cloud in sight
The relatively cold night
had turned colder
I took a deep breath
quickly realizing how much
I needed such beautiful moments
to rekindle the flame
For the better side of humanity



Now, close your eyes again and let the sentiments evoked and meaning of the poem settle into your body, your cells and your spiritual DNA. Feel free to open your eyes, go to the parts of the poem that you liked, re-read them and then close your eyes again.

Do this with your friends, family, pet, spiritual community, colleagues at work. Do a group reflection. Share the emotions this experience evoked.

Please do this meditation throughout the year and often as you come closer to Christmas.

Meditation 6: December meditation

Please get into a comfortable position. Gently close your eyes and bring your attention to your breathing. Do this for a minute. If your mind wanders, when you become aware, gently bring your mind back to the breathing. Now, gently open your eyes. Bring your attention to the following poem titled *December*. Please read it mindfully (slowly and with your heart – bring all your attention to this experience).

December

December to me
is the most beautiful month
of the year
with promise of snow
and Christmas cheer
My mood improves
as the cold deepens
If you haven't seen
you cannot imagine
what the mountains look like
covered with snow
The falling of the snow
is rhythmic and slow
Like listening to Christmas music
played over a period of hours
The world has a serious shortage
of both logic and kindness
But it is December
and I don't care
The world is
violently mixed-up
But it will be Christmas soon
and I am over the moon



Now, close your eyes again and let the sentiments evoked and meaning of the poem settle into your body, your cells and your spiritual DNA. Feel free to open your eyes, go to the parts of the poem that you liked, re-read them and then close your eyes again.

Do this with your friends, family, pet, spiritual community, colleagues at work. Do a group reflection. Share the emotions this experience evoked.

Please do this meditation throughout the year and often as you come closer to Christmas.

All poems are written by yours truly ☺

If you haven't, please start writing your own Christmas meditations – reflections and poems. Don't Wait ☺

Namaste

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