

HOLLY'S HANDY HOLIDAY GUIDE

Psssst, hi, it's me, Holly!



I mean.... It's me, Holly



I was worried I'd miss you there. It was a loooong trip back from the North Pole. Whew, so glad I didn't!

HOLLY'S HANDY HOLIDAY GUIDE

So, excuse me if I am out of breath, I spent all last night with Santa cooking up **HOLLY'S HANDY HOLIDAY GUIDE** (ahem, yeah, that's me) for you to use to your heart's content.

2021 has been hard hasn't it?

The good thing is...you're still HERE! After such a year, this alone is cause for celebration!

I don't know many things. I don't know how to do laundry, cook, drive, how to pay bills, or plan careers and families. Matter of fact, there is very little that I do know; you grown ups are so smart!

What I do know though is how to bring joy and celebrate with snazz.

That's why your kids, kids' kids, nephews, nieces and friends' children love me.

For all your knowledge and smarts, you can be dull, and life with you can get real drabby what with all that complaining, worrying, and calculating. Trust me, your kids tell me! *Aw jaw, Mrs. Claus said I should keep my ramblings to myself and shouldn't be saying that!*

Please don't get upset? (*puppy eyes*). I DO LOVE YOU! When you were little, we used to have so much fun together. With a wee bit of imagination, we could turn bed sheets into a fortress and a tree into a spaceship. We could be real sad for 5 minutes and run like the carefree wind right after.

I haven't forgotten. Only you have.

And I'm here to remind you.

With this SPECIAL HOLIDAY CELEBRATION GUIDE I've made just for you.

In it you will find a very special practice to intentionally celebrate the year that just passed with yourself (yeah that is a really awesome thing!), your family, friends and maybe even your community.

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UNDER MY CHRISTMAS TREE!

I hold this celebration near and dear to my heart.

There are years when our blessings are obvious. Last year was not one of them. So, I had to dig in deep and come up with something extra special to help you uncover the hidden holiday magick.

After hibernating for a night, I came up with this technique to support you in connecting with your heart and mind and appreciating:

- The fruits you've reaped in the past year,
- The seeds you've planted this year past that need tending in the upcoming year.

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I loved it so much that I decided to create different variations of it that you can use based on the occasion and crowd. You can do this practice:

- As a celebration of yourself and with yourself (*it is totally worth it, believe me!*);
- In an intimate get-together with your family and/or close friends;
- In a festive fun social gathering where people may not know each other;
- With and for kids!

UNDER MY CHRISTMAS TREE - GUIDED MEDITATION

We live in a world where entertainment options are nearly limitless and ***we got used to being entertained.***

Did you ever feel happy, or even elated only to have that feeling evaporate shortly after the entertainment is over? Did you ever notice how *just being entertained* doesn't fill you up in the places that feel empty or dark or neglected.

This is because **what brings this full-bodied rich joy is something much higher than entertainment.**

It is: celebration.

Celebration is active. It is involved. It connects people to themselves and to each other on a deep soul level.

And this meditation is the perfect way to experience the energy of celebration and bring its active and involved spirit into your life.

You can use this meditation solo.

[CLICK HERE](#) and let's begin!

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HOLLY'S HANDY HOLIDAY HOSTING GUIDE

While I spend most of my time in the North Pole, I still live on planet earth. I know parties are being cancelled and people are keeping their celebrations small.

That is all the more reason to make it so magickal and special!

I've got your back!

I created a special play by play guide for you to host an enchanting Christmas celebration event where your kids, family members, friends and even your community can actively participate in remembering and sharing their 2021 wins.

If you are thinking: ***"Mike, this sounds like a great idea! I just don't know how to make it happen"***, don't worry, I've got you covered.

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I've created a detailed play by play guide designed specifically for the event you are hosting and with your crowd in mind!

It will answer:

- **How do I prepare my guests and create anticipation for this guided celebration?**
- **When is the best time to host this meditation?**
- **Where is the best place for this meditation and how do I prepare the space?**
- **How do I get people's attention and announce the meditation?**
- **How can I use the meditation theme to bring even more magic into the event?**

Trust me, you will feel completely comfortable and at ease with bringing the spirit of active and involved celebration to your family, friends and community.

Go to the section that best describes your event and crowd:

- [HOW TO HOST A SEATED DINNER](#)
- [HOW TO HOST A CASUAL COCKTAIL PARTY](#)
- [KIDS CORNER](#)
- [VIRTUAL COMMUNITY EVENT](#)
- [BONUS SECTION FOR ALL: GOING THE EXTRA MILE!](#)

HOW-TO HOST A SEATED DINNER

1. **CREATING AN INVITATION**

How do I prepare my guests and create anticipation for this guided celebration?

Giving your guests a heads up and preparing them for the special activity to come is a great way to build anticipation. Pre-framing (or letting people know in advance what will happen) also helps you create the space for activities without feeling that you are interrupting the organic flow of the event.

One great way to do that is to share a little about the activity in the invite.

If you usually send out invites, then perhaps you can customize your invite this year to include a little about the activity. If you don't, give it a try this year.

And if you are still not convinced, an invite has "personal touch" written all over it. It is a thoughtful gesture that makes your guests feel special.

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It is totally optional! It's just that I'm all for it!

If you are too and yet are finding yourself gritting your teeth or falling asleep at the thought of writing something special and custom-designing an invitation to match the theme of the celebration, fret not, I've done the heavy-lifting for you!

I've created two samples for you to pick from. All that remains is for you to add your event details (date, time & location or link).

Take a sneak peek below :)



A two-page classy and beautifully designed invitation.

[CLICK HERE](#) and get the Canva free template file I've created just for you!

And if you're in the mood to design your own and would like help with the wording, here's the text:

*This is a special time of the year
It is a time to look back & contemplate
A time to look ahead & celebrate*

*This year's been tough & tedious
Its gifts are not so obvious*

*So, let's be grateful & get conscious
Be with those we love
Share joy infectious*

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And we love you!

*This is why, for this Christmas, we've cooked up something extra-special!
It will involve getting crafty & counting our blessings*

P.s. bring your joy, and be prepared for a hands-on, truly immersive celebration!

What if I've already sent my guests an invite?!

You can still share the invite above in a message as a reminder.

"Our Christmas dinner is almost here and we are so stoked to celebrate with you! We're also going to be doing something extra special. Check out the invite for details :)."

2. PICKING THE BEST TIME AND PLACE (INTRO FOR ACTIVITY INCLUDED)

When is the best time to host this meditation and where is the best location?

If you have a seated dinner, then the best time hands down is when everyone is seated around the table and before you begin the feast. Everyone has already gathered and is seated. It is easy to get their attention. They are full of energy and are still not sleepy or full.

3. PREPARING THE SPACE

How do I prepare the space?

You are in luck because the best meditative posture is seated on a chair. And since you are having a seated dinner, then your guests are exactly where you want them to be.

If you want to go above and beyond and you have extra cushions and/or blankets, you may wish to keep them around for those who need them.

SEE "ANNOUNCING & HOSTING THE ACTIVITY" BELOW. YOU MAY WANT TO ADD PRINTING AND PREPARING TABLE NOTES TO YOUR PREP!

4. ANNOUNCING & HOSTING THE ACTIVITY

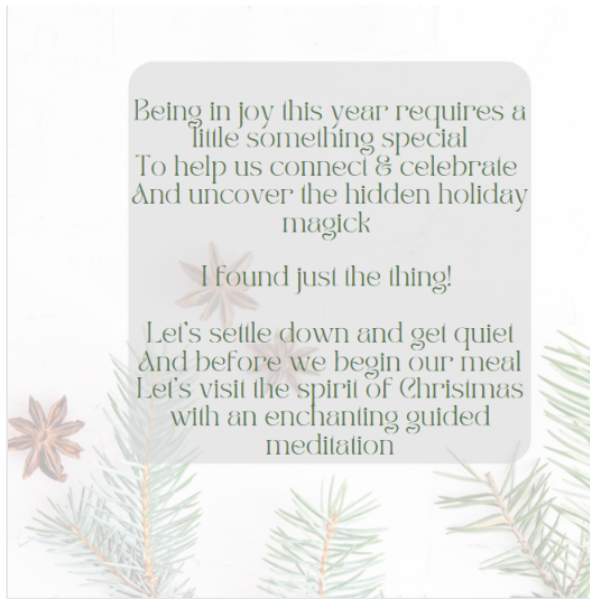
How do I get people's attention and announce the meditation?

Once everyone's seated and you've got their attention, you may want to say a few words about what this activity is and why you would like to share it with your guests.

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And if you really do not like making announcements, then a great way to bypass this is to leave a note on each person's plate, and then ask people to settle down as you play the recording.

Here's a sample note!



[CLICK HERE](#) and get access to the free Canva design template file.

And if you would like to print out the text separately, or use it as an announcement instead, take a look below:

*Being in joy this year requires a little something special
To help us connect & celebrate
And uncover the hidden holiday magick
I found just the thing!
Let's settle down and get quiet
And before we begin our meal
Let's visit the spirit of Christmas with an enchanting guided meditation*

Now that you are ready, you can use your speaker or TV to cast the meditation.

[CLICK HERE](#) and let's begin!

HOW-TO HOST A CASUAL COCKTAIL PARTY

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1. CREATING AN INVITATION

How do I prepare my guests and create anticipation for this guided celebration?

Giving your guests a heads up and preparing them for the special activity to come is a great way to build anticipation. Pre-framing (or letting people know in advance what will happen) also helps you create the space for activities without feeling that you are interrupting the organic flow of the event.

One great way to do that is to share a little about the activity in the invite.

If you usually send out invites, then perhaps you can customize your invite this year to include a little about the activity. If you don't, give it a try this year.

And if you are still not convinced, an invite has "personal touch" written all over it. It is a thoughtful gesture that makes your guests feel special.

It is totally optional! It's just that I'm all for it!

If you are too and yet are finding yourself gritting your teeth or falling asleep at the thought of writing something special and custom-designing an invitation to match the theme of the celebration, fret not, I've done the heavy-lifting for you!

I've created two samples for you to pick from. All that remains is for you to add your event details (date, time & location or link).

Take a sneak peek below :)

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[CLICK HERE](#) and get the Canva free template file I've created just for you!

And if you're in the mood to design your own and would like help with the wording, here's the text:

***This is a special time of the year
It is a time to look back & contemplate
A time to look ahead & celebrate***

***This year's been tough & tedious
Its gifts are not so obvious***

***So, let's be grateful & get conscious
Be with those we love
Share joy infectious***

And we love you!

***This is why, for this Christmas, we've cooked up something extra-special!
It will involve getting crafty & counting our blessings***

P.s. bring your joy, and be prepared for a hands-on, truly immersive celebration!

What if I've already sent my guests an invite?!

You can still share the invite above in a message as a reminder.

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"Our Christmas party is almost here and we are so stoked to celebrate with you! We're also going to be doing something extra special. Check out the invite for details :)."

2. PICKING THE BEST TIME AND PLACE (INTRO FOR ACTIVITY INCLUDED)

When is the best time to host this meditation and where is the best location?

If you have enough space for people to be seated, then chairs would be ideal. If however you do not, clear some floor space and **ask your guests to bring their yoga mats** and/or provide them with cushions.

The best time for this activity would be right after all your guests arrive.

3. PREPARING THE SPACE

How do I prepare the space?

Clear out floor space and lay out some yoga mat in the way that best optimizes the available space.

If you want to go above and beyond and you have extra cushions and/or blankets, you may wish to keep them around for those who need them.

SEE "ANNOUNCING & HOSTING THE ACTIVITY" BELOW. YOU MAY WANT TO ADD PRINTING AND PREPARING TABLE NOTES TO YOUR PREP! ALSO DO NOT FORGET ASKING THEM TO BRING THEIR YOGA MATS!

4. ANNOUNCING & HOSTING THE ACTIVITY

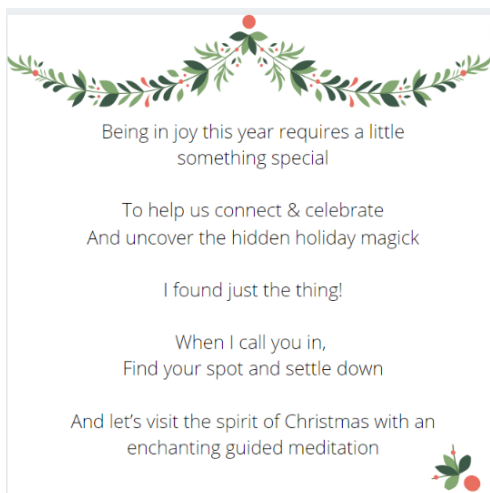
How do I get people's attention and announce the meditation?

Once everyone's found their spot on the yoga mat and you've got their attention, you may want to say a few words about what this activity is and why you would like to share it with your guests.

And if you really do not like making announcements, then a great way to bypass this is to give each guest a hot drink and a note with instructions on the activity.

Here's a sample note!

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[CLICK HERE](#) and get access to the free Canva design template file.

And if you would like to print out the text separately, or use it as an announcement instead, take a look below:

Being in joy this year requires a little something special
To help us connect & celebrate
And uncover the hidden holiday magick
I found just the thing!
When I call you in,
Find your spot and settle down
And let's visit the spirit of Christmas with an enchanting guided meditation

Now that you are ready, you can use your speaker or TV to cast the meditation.

[CLICK HERE](#) and let's begin!

KIDS CORNER

1. CREATING AN INVITATION

How do I prepare my guests and create anticipation for this guided celebration?

YES! Even kids get super excited when they get their own invite. You just gotta make them the right one (trust me, I know!). Find below a special invite made for all the kids you're inviting :).

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[CLICK HERE](#) and get the Canva free template file I've created just for you!

2. CREATING KID'S FUN CORNER

I've tailored the meditation for all the kids in your party. Come along with me on the journey, and you never know, the adults may just get jealous :).



INSTRUCTIONS:

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- A) Prepare a corner for all the kids with some colors, kids-safe scissors, glitter and glue or anything you would like to add for them to create their own ornaments.
- B) Get a large size image of a Christmas Tree printed. [Here's a template.](#)
- C) Print out templates of ornaments and stars.
 - a) [Ornament 1](#)
 - b) [Ornament 2](#)
 - c) [Ornament 3](#)
 - d) [Ornament 4](#)
 - e) [Star](#)
- D) Let them know that the adults will be creating their own ornaments and that they need them to help. Ask them to:
 - a) color their own special ornament and on the back of it write or draw the one thing they loved most about last year.
 - b) Color their own special start and write in it their one wish for the year to come.
 - c) Together color and decorate the Christmas tree drawing (*optional*)
 - d) You can have them add their ornaments to the Christmas tree with the adults. Alternatively, if you opted for the option of the large Christmas tree drawing, then the adults can glue their own wins onto it as well!
- E) Hot chocolate, marshmallows and treats (you did promise in the invitation, remember ;)).

VIRTUAL COMMUNITY EVENT

A great way to bring loved ones or members of your community together is to celebrate mindfully. While it is virtual, guided meditations and personal shares are a wonderful way to bring people together.

You can [customize this invitation](#) or create your own.

Plan for a 1 hr to 90 min event. The meditation is for 37 minutes.

For sound quality, play the meditation as a host using Zoom and play it to your guests.

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When you are done, you send them a [worksheet with reflection questions](#) and open the discussion for some shares.

Depending on the size of the group, you can organize them into breakout rooms or open the floor for all to share.

You can send them this guide as a thank you and encourage them to have their own fun with it as well.

BONUS SECTION

GOING THE EXTRA MILE! (for those of you who really love the wow element!)

How can I use the meditation theme to bring even more magic into the event?

THIS SECTION IS TOTALLY OPTIONAL AND ONLY FOR THOSE WHO LOVE PAYING ATTENTION TO THE DETAILS AND CRAFTING AN EXPERIENCE.

I don't know about you, but I LOVE ENCHANTMENT! I love taking my guests into a place of wonderment and joy. And one way to do that is to do the little things that would take something special and make it extraordinary.

If you are like me, here are some beautiful touches to add to radically enhance your guests' experience:

TIP #1: Bring the scents and sensory experience of the meditation to life in your home!

- Welcome your guests with a spiced hot drink. Hot apple cider is a great option. And if you want to bring them something new spicy, exotic and delicious, my partner's personal favourite is this [Cinnamon Winter Drink](#) (add sugar or honey to taste)
- You have just guided them through a meditation full of spice, smoke and pine scents. How about you pick it up a couple of notches and serve flavourful **pine needle tea** and drink it mindfully after the meditation is complete? (if you search it, you can find same day delivery options on Amazon).
- Another way to bring pine and fire to your home is through candles and soaps. My partner and I absolutely love Bath & Body Works (**for pine scents: look for *Fresh Balsam, Iced Winter Balsam***). For the [scent of fire](#), here are some top search options (I haven't tried them).

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- If you do not have a fireplace, you can [turn this on](#). While definitely not the same, the look and crackle of the fire does add to the ambiance.

TIP #2: Encourage your guests to reflect on their experience together

- How about you bring the reflections to the dinner table with you? Literally! I've created a sheet for you with all the [meditation questions](#). You can print a few copies and cut out the questions, leaving a few (or the deck) for all next to their plate. Begin by asking a question to all your guests, and encourage them to ask their own or share questions of their own.
- How about you add some symbolic magic? Print out and cut out ornaments and stars, leaving them scattered around the house and at the dinner table. Have your guests write their own fruits and seeds, sign them, and hang them on your Christmas tree! You can take a picture with the newly decorated Christmas tree at the end of the night!

What you will need:

- **Ornament templates:** here's a really [simple ornament template](#). And if you want something more ornate, [check this one](#).
- **Star templates:** here is a [simple star template](#).
- **Threads** for hanging the ornaments and stars on the Christmas tree.
- **Sharpies** for writing on the ornaments and stars.

Tip #3: Wrap up with a personal touch

- Make them a pine needle tea sachet to remember this experience.
- Send them a picture with all of you under the tree and a personalized thank you message!