

10 Tips on How to Not Let Your Relatives Ring Your Holiday Bell



By Jackie Lapin
Author of *The Art of Conscious Creation, How You
Can Transform the World*

Creating Holiday Harmony

Are you one of those people who dread the holidays? Last minute shopping, decorating disasters, difficult people to buy for, demanding kids—and most of all the run-ins with relatives!

If you're anticipating a rerun of previous years where your relatives made you crazy and your holidays were filled with headaches, then you are sure to experience that again this year. Because the energy you put into dreading and anticipating will pave the way for more of the same. The energy—also known as the vibration—that you project in the world will manifest the reality you imagined.

However, you can begin to change all that just with your thoughts.

You can use “personal frequency management” and visualization to manifest a truly happy holiday and keep the **joy** in the holiday season. By Consciously Creating your day--juggling work, shopping, cooking, tree trimming, kids, the wrangling of those pesky relatives etc--you can have the kind of holiday season you desire effortlessly and without hiccup.

In the next several pages are 10 tips for creating “Relative Harmony” for the Holidays.

1. Casting the Love Net

Well before they show up at your door or you arrive at theirs, when you begin planning your holiday, send your “love net”—your high vibration loving energy--out to your relatives—and keep doing it throughout the

holiday season. Feel love toward them even in the most trying times. Know that love is patience and understanding. Plenty of loving energy can head off, diffuse and transmute negative energy emanating from your relations.



Ask for an unending supply of loving energy to pass into you from the Universe and through you to your family members.

2. Visualize

Take some quiet time each day and visualize just how wonderful your time with your relatives will be. In your mind, see them helping you instead of criticizing, offering support,



staying out of the way, picking up after themselves, volunteering instead of demanding, loving the gifts you have picked for them, finding ways to make your time together joyful and loving.

Relish the emotions of these wonderful reunions. Thank the Universe in advance for granting this incredible camaraderie, goodwill, grace and warmth. Then go ahead and visualize the rest of your day going smoothly, too!

3. Stay in Your High Frequency Range

Whatever happens, do not allow your relations to pull you into the low frequency range of anger, frustration, bitterness or



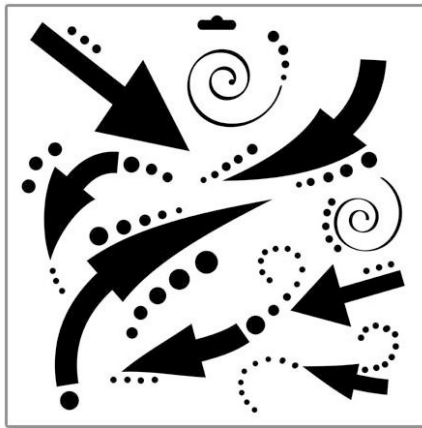
regret. Stay in your high frequency states of love, contentment, joy, compassion, understanding, acceptance and generosity --play music and tune out negativity, focus on those

who appreciate what you are offering, do something creative that serves your soul. If you are being bombarded by negative energy—excuse yourself and go do something yummy just for you—take in a movie, go for a walk, play with your puppy, give yourself a bubble bath, shoot some hoops.



4. Redirect Them into Helping you in a Good Way

If you know that they are likely to be under foot, in your way or just over-helpful in the wrong ways, have a list in advance of things you would like them to do to help you in a “good way.” They’ll feel good about being able to help, and making you pleased, and you will manifest goodwill on all planes.



5. Give Santa Those “Hot Buttons” and Let Him Take Them Back to the North Pole

You can do all of the above four things, but if you allow your relatives to push those “Hot Buttons,” you’ll be back where you started. Make a conscious decision that you are giving those Hot Buttons to Santa—as your gift to yourself. Release those



previous memories of pain and angst with your relations and start fresh. If your relatives start down the old path, surprise them and don’t engage! Let go of the mind-chatter in your head

that gets you crazy and allows them to get your goat. Just decide **NOT** to go there. Instead just keep telling yourself, you deserve joy, peace, goodwill and good, kindly relatives at the holidays! And they just might turn out to be what you imagined!

6. Remind Them of Their Great Fortune

If your relatives are the kind that always whine about how poor they are, or how bad off they are in life, than plan part of your holiday together being in service to others...someone who is clearly worse off than they are. Volunteer to serve holiday dinner at the local shelter. Take in a family for holiday dinner that is homeless. Make packages of food and gifts for soldiers in Iraq. You'll get the energetic boost of your own generosity and some of it may even rub off on your relations.



7. Gifting with Gratitude

With families where gift giving always becomes an issue—someone feels slighted, someone else never likes the perfume from Aunt Gertrude, the kids receive items that are not ‘cool,’ – than take the gifting to a different level. Instead of giving to each other, propose that the family commit their resources and shopping skills to outfitting another needy family, an orphanage, an animal shelter, a program for kids in the foster care system. Make gift giving problems a non-issue by redirecting everyone’s energies.



8. Healthy Holiday Alternative

In families where there is always at least one person who drinks too much, a great way to counter that possibility is to create a new family tradition—a healthy holiday feast. With obesity also becoming such a problem worldwide, and people becoming so much more aware of healthy lifestyle alternatives, you have the perfect justification. Tell everyone that on the days you are



supposed to be honoring the spirit of brotherhood and goodwill, that you are also honoring their spirit and their bodies, by creating this new tradition. Everyone is to only

bring foods that are healthy, lower in fats and non-alcoholic...and in accordance with that, no alcohol will be served. Get buy-in in advance from the more influential members of the family so that the more resistant ones will see that they are in the minority. Make meal preparation for this a fun, family affair.

Note: if you are going to family gatherings, stay sober yourself so you can be fully present to stay in the high vibration ranges. You need your full awareness to manifest positively, unhindered by the negative energy that alcohol manifests in your mind and heart.



9. Acceptance, Patience and Compassion

Sometimes it's not your relative's negative energy and criticism that will pull you off center. It might be something much more benign --like listening to a grandmother or grandfather tell the same stories over and over again. Or children demanding to be heard. Maybe dealing with someone in physical pain. These can all be draining, but if you meet these challenges with an



open heart, a willing ear, acceptance and patience, you will find that you can transcend your own negative feelings and transmute some of their energy. Be conscious of sending love. Be conscious of letting light into your soul, connecting to the infinite power of Universal compassion. If you find yourself being pulled into the

negative ranges, excuse yourself, wash your hands, go off for a few moments of quiet meditation or relaxation, breathe deeply 10 times. Raise your vibration by recharging your own energy with a sense of surrender and peace.

10. Vision for All

Now that you have begun practicing Conscious Creation and visioning on your own, perhaps its time to introduce it to the family. You can call it “prayer,” you can call it “guided

meditation,” you can call it “family wishes.” Bring your family together at the holidays and create a visioning circle, holding hands. In this sacred and loving circle, you first lead them in a vision for family harmony, love and joy, and then let



each person add a few images for the future for their individual family unit or the entire family as a whole. Direct them to create positive mind pictures of the future as you would all like it to be. Encourage them to feel the love and the possibilities in their bodies and their mind. Remember, emotions are the “express mail to the cosmic post office.” These are powerful energetic transmissions that can shape the future. Then express your gratitude to the Universe or to God for ALREADY granting this vision. You have just set the course for the next year!

**HAPPY JOYFUL HOLIDAYS WITH YOUR
FRIENDS AND RELATIVES**



Jackie Lapin

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- Founder of United World Healing—Leading The Way in Global Transformation
- Creator of ManifestBooks.com, Online Bookstore for the Conscious Creator

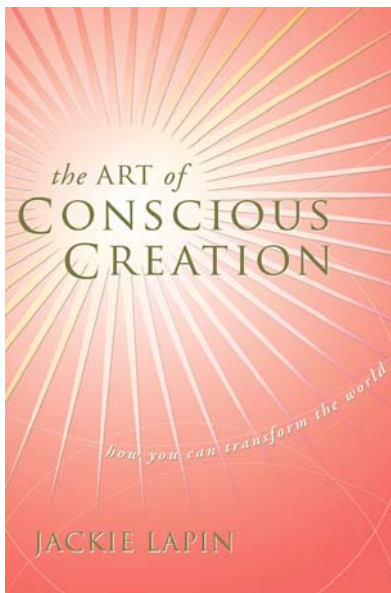
You could call her “Earth’s Cheerleader.” Jackie Lapin is a writer, speaker and visionary who is educating and uniting the planet’s people to manifest a better, healthier more peaceful and joyful world. She is revealing to humanity its ultimate power for global transformation and leading the call for synchronizing a vision for a new and better reality...just as a football cheerleader unites the stadium in a cheer for victory. In this case, the victory is our very own survival and happiness. She is motivating, urging, rousing and inspiring a unified call to action!



To accomplish this incredible mission, Lapin has founded United World Healing (www.unitedworldhealing.org), an international organization designed to unite millions around the world in daily acts of Conscious Creation, to impact the future of the planet. The non-profit organization hosts “Vision-Ins” around the globe, unifying thousands in specific visions of a harmonious, abundant, peaceful world. Science is discovering that thoughts are energy and they have a powerful ability to effect reality. Unified thought expressed in waves of energy has the ability to exponentially increase the power to create change.



Lapin has joined with a group of other like-minded visionaries to manifest and lead this movement for consciously-driven world betterment and to inspire people to become “Actionaries,” partaking in specific activities for world improvement that support their intentions. The first worldwide Vision-In is slated for Friday, November 9, 2007. Please go to the website for participation details.



In order to disseminate the knowledge and tools that will facilitate this mass consciousness shift, Lapin has written *The Art of Conscious Creation, How You Can Transform the World,* (www.theartofconsciouscreation.com) the ultimate guidebook to managing your personal energy frequency for the purpose of personal and global transformation. Lapin spent two years researching mind/body/spirit philosophy and practical wisdom, working with acclaimed spiritual leaders, healers, psychics and channellers, and reviewing the science of consciousness before

embarking on her book. Lapin's real gift is in synthesizing all of the information into a coherent action plan for world transformation, and in providing the content in such a logical, practical and common sense way as to appeal to the average day-to-day person—not just the already spiritually aware. She practices Conscious Creation in her life every day and is teaching the skill to others through lectures, seminars and private counseling.

Jackie Lapin's pioneering vision has always been the hallmark of her highly successful ventures. A graduate in journalism from the University of Southern California, she began her professional career as one of the nation's first women sportswriters at a time when there were just a handful of women in sports professions at all, working for such entities as the Washington Post, Detroit Free Press and Associated Press. Lapin segued to the media relations field and

within two years had launched what would become the nation's foremost sports/entertainment/special events PR firm with offices on both coasts. For 30 years, she was known as a leading media relations expert, nationally recognized for assisting companies with generating the publicity that has ensured their success. She was instrumental in launching the worldwide poker phenomenon, demonstrating the power of vision coupled with action. Always a leader, Lapin crafted one of her hobbies--collecting beautiful mineral spheres (polished round rocks)--into the creation of Sphere's To You, the first and preeminent company worldwide specializing in the sales of these remarkable specimens from the Earth. She closed that business in order to concentrate her energies on the founding of United World Healing and to create ManifestBooks.com, the bookstore for the Conscious Creator.



When not visioning, meditating, writing, speaking, reading or working with her fellow United World Healing members, Lapin can be found tending the 250 roses at her home, taking pleasure in her friends around the globe, traveling, photographing the world around her and enjoying nature.

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