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A message from
Dan Keusal

*“The antidote to exhaustion is not necessarily rest.
The antidote to exhaustion is living whole-heartedly.”
(David Whyte)*

With the holiday season fast upon us, questions of exhaustion, rest, and living whole-heartedly rise up from the same sacred source that beckons us to celebrate light in the midst of darkness and turn again toward a new year. There are no simple answers to “holiday stress,” but there may be profoundly simple questions—“With this purchase, this party, this presence, am I living from my deepest, best self?” When we’re living whole-heartedly, we apply ourselves to whatever task is at hand with relish, and “time flies.” We rejoice in the company of those around us. We delight in our daily bread. We experience moments of grief and sadness as opening us up, rather than shutting us down. When the time for rest finally does arrive, part of us longs to postpone it—like not wanting a good book, or a good movie, to end; renewal comes as much from living itself as it does from rest. May your heart be opened, and may you know light, peace, and hope during this holiday season and in the New Year.

~Dan

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