

song: *Ice Cream* – Sarah McLachlan

week #52

savor [v: do it]

- To give oneself to the enjoyment of
admire, adore, cherish, enjoy, honor, like, love, praise, respect, treasure

We are nearly at the end of another year. Many of you are wrapping up last minute projects at work and buying gifts for your friends and family. As the holiday approaches, you patiently wait for the short reprieve from the office. It seems that we always run out of time – or there is simply never enough.

“He who distinguishes the true savor of his food can never be a glutton; he who does not cannot be otherwise.” - Henry David Thoreau

In the last few days of this year, seize The Power of Now. Enjoy every morsel you put into your mouth...revel in the few extra minutes you lounge in your bed. As you watch your young relatives play with their new gifts, find a way to enjoy their shrieks...to treasure their laughter. If you feel that familiar family tension start to build...exhale, and admire the gift of being under one roof, together, for yet another day.

“Every morning I awake torn between a desire to save the world and an inclination to savor it.” – E.B White

Happy Holidays Everyone!

The team at willPower productions.

Action: For the last few days of this year, appreciate each mile of your journey, every glass that you raise to your lips, every minute of every workout...

And, before the year's end, pledge to be a slightly better person in the New Year by building your own personal willPower...and grace.



Peel-down... allow your spine to decompress. As your nose touches your knee savor this moment with yourself; flexible and relaxed. You've made it through... again. Let it last... linger. Savor this moment with all of your senses.

December Color: Pagoda Blue

Deep and meditative, pagoda blue lends vision and trust to those who wear it.

December Chakra: Throat Chakra

Vissudha, the name of the throat chakra, means purification. As you savor the last bits of this holiday season, utilize laughter amongst family and friends to help you balance this chakra.