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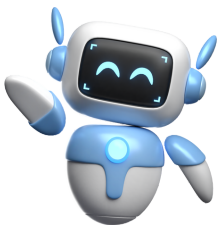


The Calm Centre of Christmas by Dante Harker

This script is a collaboration between Dante Harker and Google Gemini (AI),

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If you have any requests for specific scripts, please get in touch and we can include it in a later newsletter.

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And as you continue to drift, deeper and deeper, into this wonderful state of profound relaxation... safe, secure, and completely at ease... you can allow the sounds around you to simply fade into the background... any external noises only serving to take you deeper... deeper... deeper down...

We turn our attention now... to this time of year... a time that is approaching... a season that holds so many different meanings... so many different expectations.

For many, the very thought of Christmas begins to build a small knot of tension... perhaps in the shoulders... or in the stomach. The mind begins to race... a flurry of lists... of expectations... of pressures... of shopping... and cooking... and planning... and doing. It can feel like being caught in a whirlwind, a blizzard of obligations... where the true meaning... the peace... the joy... gets lost in the noise.

But it doesn't have to be that way. Not for you. Not this time.

Because in this deep, quiet space... you have the power to choose. You have the power to reframe... to reset... and to decide exactly how you want to experience this season.

I'd like you to imagine, just for a moment, a beautiful, ornate snow globe. Perhaps one you remember from childhood. Inside is a perfect, peaceful scene... a quiet cottage... a still forest... whatever feels calm to you.

And in a moment, someone comes along and shakes that globe... violently. The 'snow' – which is really just a collection of tiny, worrying thoughts... obligations... and pressures... is whipped into a chaotic blizzard. You can no longer see the peaceful scene inside... it's all obscured by the frantic, swirling chaos.

This is what stress does. This is the pressure... the rushing... the worrying. It's a manufactured storm.

But now... in your mind's eye... I want you to take that snow globe... and place it gently down on a solid, stable surface. And just... watch.

Watch as the swirling flakes begin to slow down... their frantic dance becoming a gentle drift. Watch as they begin... one by one... to settle... on the ground... on the rooftops... on the trees. Drifting... settling... resting.

And as the last few flakes find their place... the water inside becomes perfectly still... perfectly clear. And you can see that peaceful scene once again... perhaps even clearer than before. Calm. Still. Unchanged by the storm... which has now passed.

This snow globe is your mind. And you have just discovered that you are the one who can choose to set it down. You can choose to let the chaotic thoughts... the pressures... the 'shoulds' and 'musts'... just... settle.

They haven't disappeared... the tasks may still be there... but they are no longer a blizzard. They are simply... settled. Resting. Waiting. And you... you are in that calm, clear centre... able to see everything with a perfect, peaceful clarity.

From this place of clarity... you can begin to choose.

You can give yourself permission... right now... to let go of the impossible burden of perfection. Perfection is an illusion. It is the enemy of joy. This year, you are not striving for the perfect Christmas. You are embracing the real Christmas. The perfectly imperfect... the authentic... the human... the meaningful.

You are giving yourself permission to enjoy the process... not just the destination.

You can choose to focus on connection... not consumption. On presence... not presents. The greatest gift you can give anyone... including yourself... is your own calm, present attention. Being truly with someone... not just in the same room.

And in this calm, clear space... you can access your own internal control room. Imagine a panel in front of you... with dials and levers.

There is a dial labelled 'Noise'. This is the external noise... the demands of others... the adverts... the expectations. See yourself reaching out... and just turning that dial down... down... down... until it is nothing more than a faint background hum.

And next to it... there is a dial labelled 'Peace'. And you can reach out... and turn that dial up... feeling a wave of deep, internal quiet... a profound stillness... washing through your entire body.

There is a dial for 'Stress'... turn it right down. And a dial for 'Calm'... turn it right up.

A dial for 'Pressure'... turn it down. And a dial for 'Enjoyment'... turn it all the way up.

You are in control. You choose the levels. You set the tone.

And you can give yourself permission to say 'no'. 'No' is a complete sentence. It doesn't require a long explanation. Saying 'no' to something that drains you... simply means you are saying 'yes' to your own peace of mind. 'Yes' to your own wellbeing. You can choose what traditions to keep... what to adapt... and what to let go of entirely. This is your holiday, too.

Now, I want you to use this wonderful power of your imagination... to future pace... to see yourself moving through the coming weeks... imbued with this new, calm perspective.

Imagine yourself in a busy shop... but you are not the one rushing. You are the calm centre. You are moving slowly... deliberately... surrounded by a bubble of your own peace. You are the still water in the snow globe.

Imagine yourself interacting with family or friends... perhaps even a difficult relative. But you are not drawn into their drama. You are grounded... centred... responding with kindness, but protecting your own energy. You can observe the chaos... without becoming part of it.

Imagine yourself on the day itself... perhaps something doesn't go exactly to plan. The food is slightly late... someone spills a drink. And you find yourself... just smiling. Because you realise... it doesn't matter. It's not about perfection. It's about connection. It's about love. It's about the perfectly imperfect, real, human moments.

And you find yourself enjoying the small things... the scent of pine... or cinnamon... the sparkle of a light... the taste of a festive treat... the sound of a favourite song. Each one is an anchor... pulling you back to this present moment... this place of calm... this feeling of enjoyment.

This Christmas... you are not just surviving. You are thriving. You are not just doing. You are being.

You are choosing peace. You are choosing presence. You are choosing joy.

And all of these resources... this calmness... this clarity... this ability to choose... are available to you... not just at Christmas... but always. They are part of you. You simply need to set the snow globe down... let the flakes settle... and remember.

Count out of trance.

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