

# CHARLYNE GELT, PH.D.

Encouraging Self-Discovery and Empowerment



Happy Holidays!



## SEASON'S GREETINGS

*Wishing you health and happiness this Holiday Season and prosperity in the New Year.*



“Sometimes our light goes out, but it is blown again into flame by an encounter with another human being. Each of us owes the deepest thanks to those who have rekindled the light.”

*- Albert Schweitzer*

Seasons change; so can we! Most of us are unaware of how our old “templates”—the old myths and beliefs that we grew up with—may still be shaping our lives, giving us a firm base from which to break free and move on. The challenge is to “turn the page” and actively participate in rewriting your own story.

As an illustration of this, let me tell you my version of an old story about walking hand-in-hand with the old templates:

Many years ago in a village far away the villagers were starving. In each family’s garden grew an abundance of vegetables: potatoes, onions, and carrots, nourished by an underground stream beneath their feet. Yet, the pathetic villagers stood stiff and straight, unwilling to bend their knees or dirty themselves in the muddy earth to tend their gardens. Over time, they grew weak and sad and hungry.

One day a stranger came strolling into the village. He was hungry after walking so far from his home, and, seeing the abundance of vegetables just lying all about him, he began knocking on doors to ask for a bite to eat. To his dismay, he was greeted by unfriendly, discouraged faces, each villager telling him that they couldn’t give him any food because of their grief over being unable to tend their soil. They said that the only tool they had to feed themselves with was a three-foot long-handled spoon and because the spoon was so long, they could not get it to reach their mouths so they were left hungry and starving and not knowing what to do.

The stranger simply couldn't understand the villagers' predicament. Being new to their way of thinking, he could see things differently, and he came up with a solution. He showed the villagers how to use their stiff-handled spoon as a tool to both dig up their vegetable gardens and to plant *new* seeds. Then, he optimistically seated the villagers on opposite sides of a three-foot wide table and instructed them to feed the person on the *opposite* side of the table. To everyone's great surprise, they learned to feed each other—and from that day forward, no one in that village was ever hungry again.

This little story is filled with metaphors that resonate for many of us today who don't see the gold beneath our feet. Unbeknownst to us, *beneath our feet is direct access to the internal wisdom for which we hunger*. The villagers represent the old, established ways—or templates—while the stranger is the light-bringer, enlightenment, or “new thinking”. In each of us is a garden of unmanifested potential, though some of us are starving for nourishment. As candles light our darkness, each of us, as Schweitzer points out, owes the deepest gratitude to those “strangers” who have rekindled our light thus helping us discover and honor our hidden inner beauty. This phenomenon is particularly evident in our Women's Groups as we open up our cracked surfaces and sharp edges, discover new insights, and empower those who seek new tools for healthier relationships.

Sound too simple? It is basic. As a psychologist, I am deeply grateful to those who allow me to enter their lives as the “stranger”. The *Holiday Seasons* reinforces that our physical and emotional development, like the seasons, is also a constantly evolving process, which brings change, and renewal. One season follows another. The Holiday Season offers opportunities for family gatherings, festivities, and rituals to celebrate life. For those wrestling with feelings of betrayal or drowning in rage, the holidays are especially empty, lonely, and depressing. Allow “new thinking” to enter your “village”. Give yourself the gift of self-empathy, a change in perspective, and gratitude for the fruits of your insights. If nurtured, we grow, thus encouraging the ascent of spiritual-mental values over material ones. There is always an opportunity to create change and address unresolved issues that keep you stuck.

If you want support on your transformative journey, please call:

Charlyne Gelt, Ph.D., CGP

PSY22909

818.501.4123

[cgelt@earthlink.net](mailto:cgelt@earthlink.net)

[www.drgelt.com](http://www.drgelt.com)