

Celebration:

Learning to appreciate the delights of the moment invigorates our lives with joy.

In addition to invigorating our lives with joy, celebration helps us focus upon what is good for us. Celebration can happen just because we want it to regardless of others' rules and beliefs. We are worthy of celebration! Celebrating our successes is a way to honor ourselves. Celebrating others' achievements helps improve our focus and relationships. Plus, celebrating simply makes life more fun.

Some of us may have fears about celebrating due to the myths we were given. Safe exposure to celebrating ourselves and others will replace those myths. This may be a stretch for some at the beginning. Learning the art of celebration is a process.

Our traumatic memories habitually bring our focus to the worst moments of our life. We need to consciously shift the focus and recognize the good things in our lives today. While we do need to focus on the darkest moments at times during our healing process, we can bring balance to this by focusing on the memories we enjoy as well. The more we process the traumatic memories (see the Processing Step) the easier it is to celebrate the good times.

There are celebration opportunities all around us. We can live in the moment. Celebrate the moment! It's all about the joy of living in the present!

Vital Cycle: The more we celebrate, the easier it is to heal. The more we heal, the easier it is to celebrate.