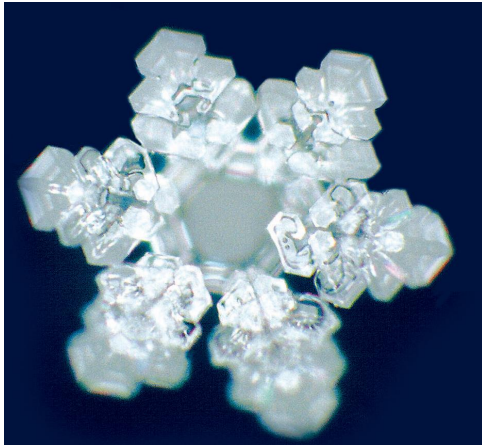


*“Real generosity  
towards the future  
lies in giving all  
to the present.”*

- Camus



## The Present

The holiday season is a time of year when friends, family, and sometimes strangers exchange gifts with each other. For many, the presence of loved ones to share a moment or a meal is the best present of all.

Now that the New Year has officially begun, and the cookie feast has all but subsided, it becomes time to evaluate how we plan to enter the year ahead.

The New Year is traditionally replete with resolutions, and

sometimes we are more successful than other times in following through with our best intentions regarding our health, our relationships, or our goals.

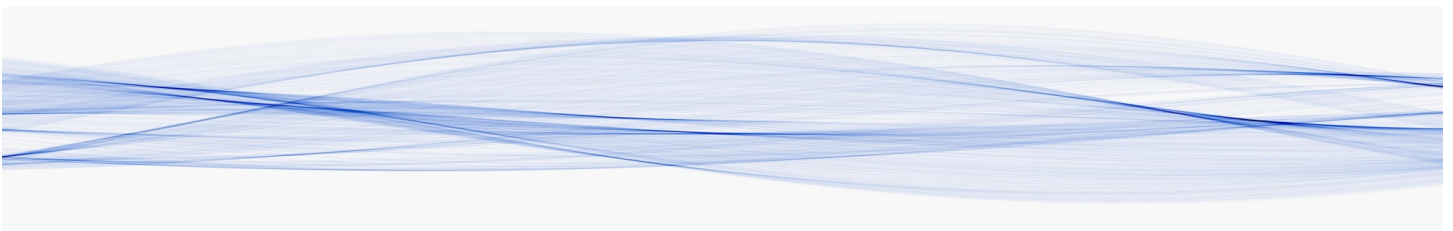
I was recently lucky enough to re-watch a classic film from the 1980s in which two high school students travelled back in time and kidnapped historical figures so that they might pass their history class. I mention this only because the best line in the movie is also one of the best philosophical imperatives I

know:

*“be excellent to each other.”*

Although the formal season for gift giving has recently passed, in my opinion the one thing we always can and always should offer is the present of our presence. To engage the world consciously and with eyes open, and to leave it a little better than we found it is something to which we can all be resolved.

Happy New Year!



## Things to Look for at Waves of Transformation...

- ❖ We will be in *The County Woman* magazine starting January 2015. Check out our article about Dr. Donna celebrating 30 Years in practice.
- ❖ Share a *Neural Efficiency Scan* card with a friend or use one yourself to get some insight about how well your nervous system is adapting to stress. See the front desk next time you are in the office.
- ❖ In January, February, and March of this year we are offering SRI Workshops once a month, reviewing the 12 Stages of Healing and teaching great strategies to start the New Year or deepen your healing practice.

## Upcoming Events

Tuesday January 13<sup>th</sup>  
6:00 – 7:30 PM  
SRI Workshop  
DISCOVER

Tuesday February 10<sup>th</sup>  
6:00 – 7:30 PM  
SRI Workshop  
TRANSFORM

## January Closures

Thursday 1/1  
Thursday 1/15  
Friday 1/16



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