



Think About the Seeds Under Your Tree

Illuminating a tree in the depth of the winter has been a concept as old as time itself. Creating light in the darkest of nights reminds us that although the days are short and the nights seem so long, we have only to wait and the light will return ... slowly, gradually as the wheel of the year turns and we again walk with sunlight as a daily companion. But waiting is not our strong suit. We have become a society of impatience, wanting each thing to take less time so we can cram more things into each day. We look for instant solutions, immediate gratification, quick recovery. We forget that the magic of this time of year is in the waiting.

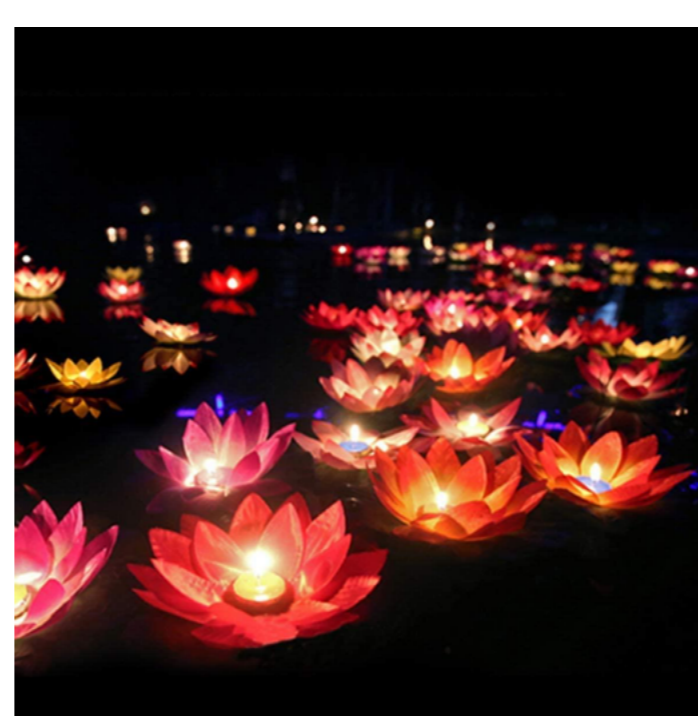
This is especially true when you look at seeds. Millennia ago seeds were the essence of life. Harvesting and drying seed created wonderful little packages of dormant life that were waiting to make the dream of a plant a reality. Each seed contained the very essence of life and mid-winter was the time to take stock of our seeds in reserve. It was a time when we would be grateful for the abundance we possessed, just waiting for the moment to emerge into the sunlight.

We have become so removed from this idea and from what used to lie beneath our trees. People used to create gifts, make things by hand, take the time to select a specific gift that we knew the recipient would love and cherish. Now so much of what lies under our trees are quick "one click" things that we can then cross off our list. Some trees lie barren beneath while many of us have even forgotten how to dream.

Don't allow this holiday season to pass without storing some seeds for the new year. These are what should be lying under our tree because seeds are what spring from the deepest part of ourselves bringing forth dreams, inspiring hope, creating our future selves. Gathering these seeds is what ensures that our spring garden will truly be healthy and we will be fed throughout the year.

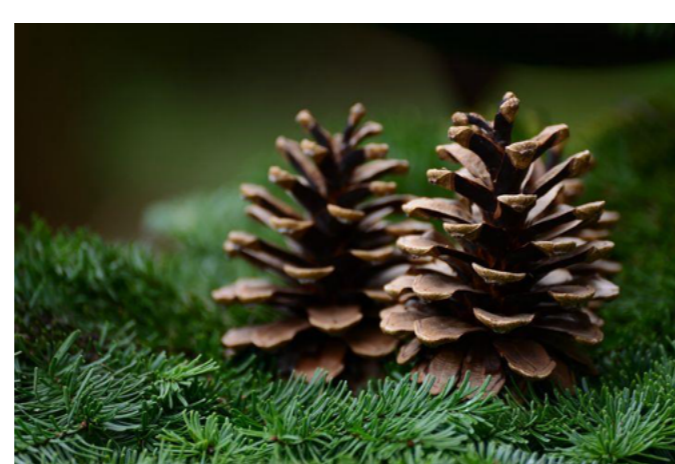
Take some time to sit with yourself, silently, with closed eyes and try to sense those dormant seeds within you. Write each one down on the most beautiful paper you can find. Fold each one up and place it gently and reverently in a small box and wrap it. Place it under a tree and each time you walk by it, think about what is contained in those little boxes. Allow these seeds to create hope, remind you to dream and bring forth forgotten parts of yourself. These seeds will slowly unfold in the new year to create the healthiest garden imaginable.

Seeds are the containers of dreams...



The Gift of Seeds Holiday Initiative from Conscious Body Natural Medicine

This holiday season we would like to help you to place seeds under your tree for the coming year while we also donate to *The Nature Conservancy*.



Gifts of Seeds for Under Your Tree

For every \$100.00 you put into your client account at Conscious Body this year, you will receive an additional \$25.00 credit for a total of \$125.00 to use for any therapy or medicinal you choose.

And Conscious Body will donate an additional \$25.00 to ***The Nature Conservancy!***

That means for every \$100.00 you deposit you will actually have \$125.00 to spend and a small part of nature will benefit !!

Also for each \$100.00 gift certificate you purchase for a loved one you will receive \$25.00 in your client account to spend in the new year.

In this way you will have seeds to plant in the new year that will help your true health emerge and will help to conserve our natural world.

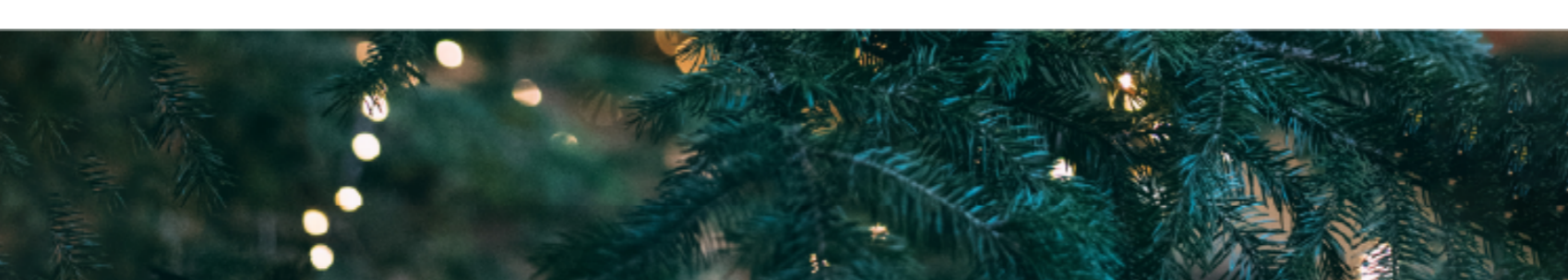
There is no limit to the number of \$25.00 credits you can receive. It's simply up to you how many seeds you wish to have for the coming year.

To deposit into your own account or to purchase a gift card for a loved one we have a few options to make it easy!

1) **Call the Reception Desk at (617) 505-3585** and speak with Cheryl. She can take care of the whole thing!

2) Email the Reception Desk at **cbnmcustomerservice@gmail.com**

3) Log in to your Conscious Body Natural Medicine account through Vagaro and select Gift Card. Gift Cards can be purchased either for yourself or for a loved one. It will be automatically sent to the recipient you specify and Conscious Body will add your additional "gift" credit into your account. You can choose any dollar amount or a specific service if you prefer.



Join our Gift of Seeds initiative this holiday season and reap the benefits in the coming year!