



ENTERING THE HOLY OF HOLIES
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Happy New Year!

A Message of Hope, Health and Happiness

~ Reverend Hafsa

My Dear Sweet Family,

Happy, Happy New Year and Welcome to 2021!

*As we embark upon the new days of the New Year I invite you to embrace a new way of being with yourself, each other and the world. To not only declare your New Year resolutions but also to reinforce your resolutions with the virtues of **Hope, Health and Happiness**.*

After a year of great transformation and change many of us still are left with unanswered questions and are wondering about our future and what the New Year will bring. Rather than placing your attention solely on the unknown and the “what if’s” of life, I invite you to place your attention on the Holy of Holies of your Heart, the place where you pray, meditate and merge yourself in Holy Communion with God.

In your own way, with your own words and in your own prayer language create an inseparable bond of Hope and Unconditional Love with the Divine. Allow it to be your refuge and your sanctuary. Whether you choose to enter the Holy of Holies of your Heart once a day or once a week, what is most important is that you enter again, and again and again!

Please don't wait for your external place of worship to reopen. See the Divine everywhere, in everything and in everyone - without exception. Let the WORLD be your Church, Masjid, Synagogue and Temple and worship God continuously with every breath and every step you take. Allow your heart to have Hope for our future and be Happy!

My father used to say, “Without your health you have nothing.” This statement has never been more meaningful than these past ten months. We spent almost an entire year engaging in Self-Care and Self Love practices that strengthened and fortified our immune systems and shifted our consciousness to include the necessity of making sure that we as individual people are Healthy.

We even made it fun! We welcomed new, exciting and creative ways to take care of our Spirit, Mind and Body and sought balance where there was none or very little before.

Many of us had no idea just how tired we were until we were forced to stop, stay home and rest. Many of us took sleep and deep rest for granted and were pleasantly surprised (even shocked!) at how refreshed we felt when we gave ourselves permission simply to sleep. And when we allowed ourselves to rest, we were Happy!

Happiness and playtime are things that we as adults often lose or compromise as we get older. This is one lesson we can learn from our children - how to find joy in even the simplest of things. Not to take ourselves so seriously and to let go of the self-imposed judgments, expectations and criticisms that have defined and informed our lives.

Whether you took time to play more at home with your own children or have “fun meet-ups” on Zoom, we paused, prayed and played. Finding the joy in life is what keeps us connected, creative, inspired and Happy.

Joy and Happiness are not just nice emotions to engage in every now and then. They are essential components of who we are as human beings. Allowing ourselves to play - often – keeps us feeling centered, balanced and grounded, which in turn makes us feel whole, wholesome and complete and able to accomplish ANYTHING!

My Beloveds, the world is changing, and we have had the good fortune to live through and witness this great shift in the Universal Collective Consciousness. Now more than ever is the time to “be the change that you wish to see in the world.” (Mahatma Gandhi).

*The New Year is upon us beckoning us to new paths and new beginnings, as it always does. Even with many unknowns still upon us, it matters not which path you take only that you choose a path that is filled with **Hope, Health and Happiness**. Go ahead, allow your Spirit to have Hope, your Body to be in good Health and your Mind to rest in Happiness with all that you think, say and do. You will never be the same!*

I Am Loving You With All That I Am.

~ Reverend Nafisa