

'Tis the Season of Inspiration, Fascination and Anticipation

By Dr. Michael Obsatz – December 2025

On these bleak and gloomy days of winter, it is easy to be bored and depressed. For some, shopping becomes a pleasant diversion. Both Christmas and Chanukah have been so commercialized, we are encouraged to "show our love" through gift buying.

I am delighted to share some of my thoughts about gift-giving. It doesn't come in a box and doesn't cost money.

Inspiration — spend time inspiring someone to experience love and joy. Help others see their lives as miracles, having made it through adversity. You are a breathing miracle.

Fascination — being so excited, amazed, and connected. Help someone transcend their everyday reality and become fascinated with every aspect of life. We can see ourselves as amazing, and life as a series of miracles. Everything leads to something new, amazing, and surprising. We are all breathing miracles.

Anticipation — looking forward to a wonderful future, optimistic, hopeful. It is easy to be negative and fearful of what might happen. While we do have to protect ourselves from external danger, we still can believe that something very sweet and lovely is coming our way.

Christmas celebrates the birth of Jesus, and of Oneness Consciousness — the message of peace, love, and joy. Chanukah is about a Godly or spiritual miracle — an eternal light burning for eight days instead of one day.

So — let us live with gratitude, love and compassion. These are the greatest gifts of all.