

Darkness Derailed by Beth Lord



This time of year is frantic no matter what I do regarding The Holidays, and I should factor this into my scheduling. It is the darkest time in my part of the world - where the smart animals decide to hibernate. I, on the other hand, am running around like a chicken with my head cut-off.

I am anxious. I keep popping the vitamin pills my nutritionist, Sam, tells me to take whenever I feel anxious. There are so many things I'd like to do before I take five days off to celebrate Christmas. Because then there are only five days left until the New Year. I always want the New Year to be New. It seems a sacred ritual to me to organize the past, so I can let it go. *These pills seem to be working.*

I am mindful that I want to live in a present story. I laugh at myself as I get up early to make deadlines of book projects, consolidate my "to do" list which is in a green journal, a pink journal, a blue journal, three legal pads and five - 5"x7" pads. I tell myself I must power on even though I feel ridiculous like I'm the partridge in a pear tree.

It is my oldest friend's birthday today. She is turning sixty. We talked on Saturday and Tami is okay with the aging process as long as she feels healthy. So far, 'knock on wood,' that is her reality. I am turning sixty in the summer. We are celebrating together by taking the Amtrak Coast Starlight™ from Seattle to Los Angeles next fall. I send her a little toy train as a reminder that we are going to have a fun adventure together.

And then I hear that the Amtrak 501 derailed ([Continued](#))

Third Party Savings:

I am teaming up with other small businesses to see if they can provide some value to my readers. From time to time, when I find an opportunity, I will let you know in this section.

Today, the web development company InterloperInc.com who is also our web developer have agreed to offer 15% off on their web development / maintenance services to my readers throughout the month of December. Mention my name Beth Lord and they will give you 15% off. Good Luck!

If you know a person that may benefit from my newsletter, forward it to them. We collectively grow when we share.

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Beth Lord
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