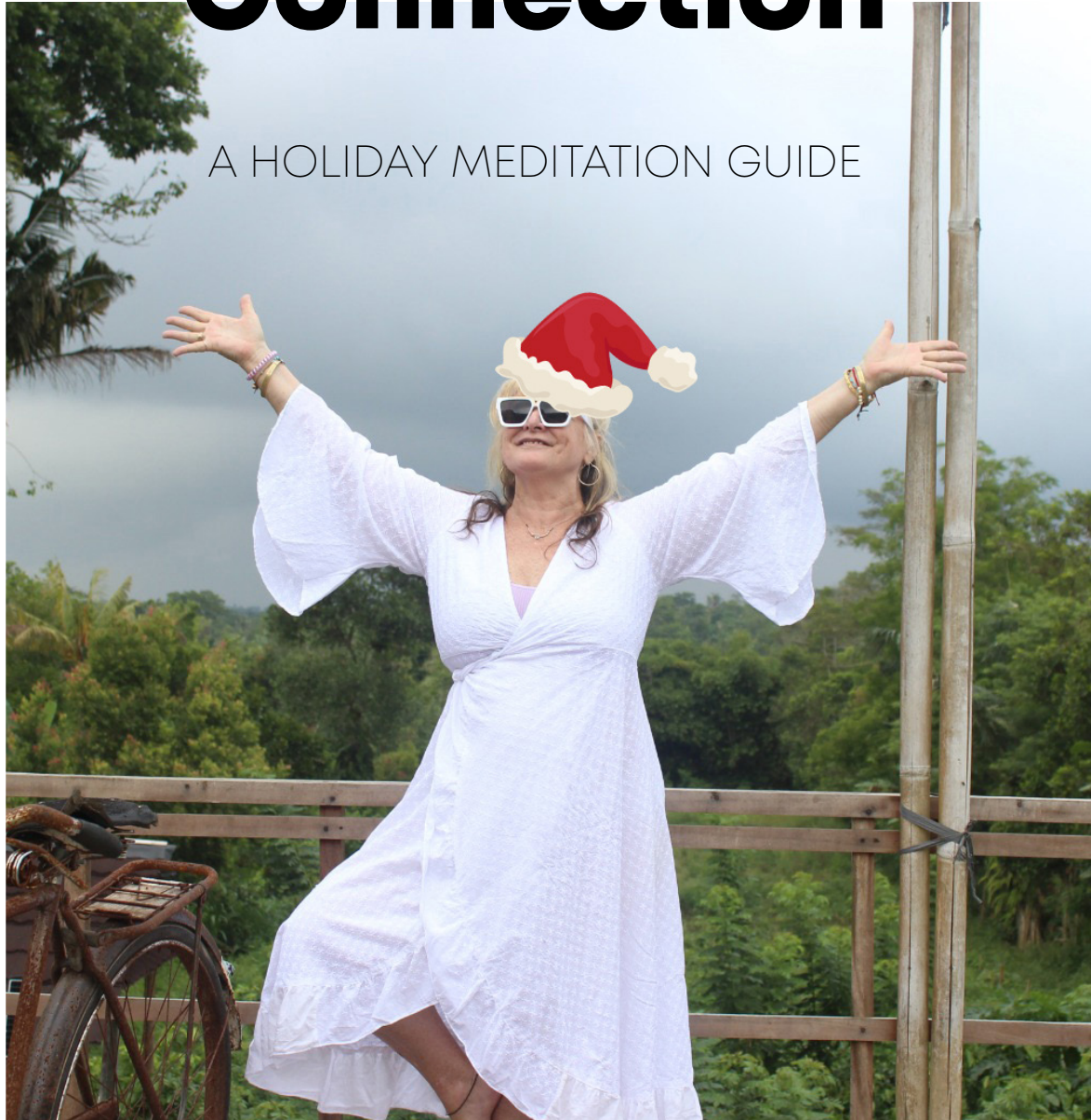


KERRYTHEHEALER.COM

Finding Peace & Connection

A HOLIDAY MEDITATION GUIDE

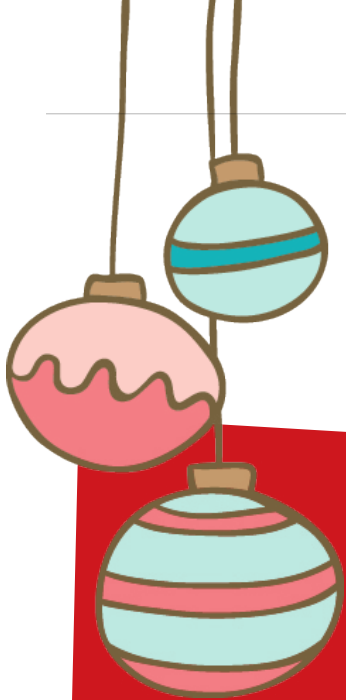


KERRY CLANCEY

AUTHOR OF AMAZON
NOMINATED BESTSELLING BOOK

HEAL TO LIVE





Intro

EMBRACING CALM AND JOY THIS HOLIDAY

The holiday season is such a beautiful, joyful time—and yet, it can feel overwhelming. Between the gatherings, expectations, and endless to-do lists, it's easy to lose sight of the present moment and the love and peace that this time of year truly offers. I know from my own journey that a few simple meditation and breathing exercises can bring a renewed sense of calm, balance, and openness to connect with loved ones.

In this guide, I'll share three powerful practices to help you find your center. Each exercise is designed to release stress, bring you back to the present, and open your heart, whether you're on your own or celebrating with family and friends. Let this be your gift to yourself: a little time each day to pause, breathe, and fill your heart with warmth.





*You owe yourself the
love that you so freely
give to other people*

*"Let go of what cannot be
changed and let love in."*

MARNIE GRUNDMAN



Heart-Opening Meditation

TO DEEPEN CONNECTION WITH LOVED ONES

Sometimes, the busyness of the season can make it difficult to connect from the heart. This exercise helps to open your heart to feel and share the love around you. It's perfect to do before gathering with loved ones, bringing warmth and gratitude into your interactions.

*The purpose of our
lives is to be happy.*

For me, this meditation has been transformative. It brings a sense of grounding and deep gratitude that lingers long after. I often do this before gathering with family, and it makes me feel more present and receptive to the love in the room.



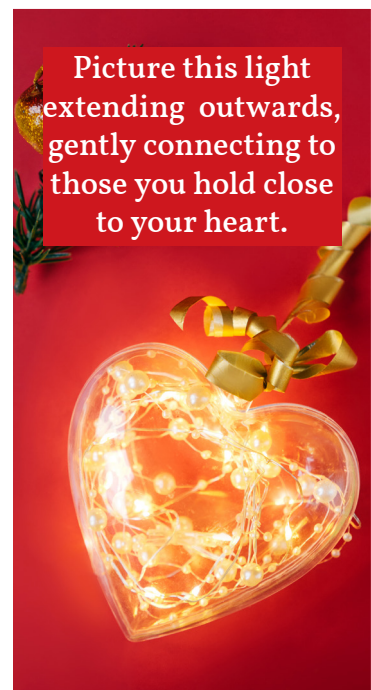
Find a quiet place where
you can sit comfortably.



Place your hands over your
heart and close your eyes.



Take a deep breath, and as you exhale,
visualize a warm light glowing within your
heart. With each breath, imagine this light
growing brighter.



Picture this light
extending outwards,
gently connecting to
those you hold close
to your heart.

AFFIRMATION:

**“My heart is open to the love around me.
I am grateful for this moment.”**

Holiday Presence Meditation

FINDING CALM AMIDST THE CHAOS

When Christmas morning arrives, I take a few moments just for myself. Before the gifts and breakfast, I practice a simple meditation to ground myself in the present. This practice can bring you a calm that radiates into the rest of your day.

► **01** Sit comfortably in a quiet place.



Take a few slow, deep breaths to settle in.

02 ◀

► **03** Begin to notice the sounds around you—perhaps the hum of family members talking, holiday music, or even just the silence.



With each breath, let the sounds come and go without attaching any thoughts to them. Notice how they simply drift in and out of your awareness.

04 ◀

AFFIRMATION:

“I am here, present, and calm. I choose peace in this moment.”

This small ritual has been a cherished part of my holiday morning for years. It's a way to create a space of calm before the day begins, which helps me stay fully present with the people I love.



Heart-Center Breathing

TO RELEASE HOLIDAY STRESS

Holidays can bring up a lot—happy memories, challenges, and sometimes even the ache of loss. In those moments, I find it helpful to return to the breath. Heart-center breathing is a technique that releases tension and opens your heart to what's in front of you.

► 01

Find a quiet space to sit or

► 02

Close your eyes and place one hand over your heart and the other over your belly.

► 03

Take a deep breath in through the nose, letting your belly expand fully, then gently release through the mouth.

► 04

Repeat this for five breaths, visualizing your heart softening with each exhale, as if you're breathing out any stress or tension.

AFFIRMATION:

"I release the stress I am holding. I am open to peace and calm."

This technique has been my go-to for years. Whenever I feel the hustle and bustle of Christmas, I remember to slow down and take a few mindful breaths. It always reminds me of the true warmth of the season.



*To love oneself is the
beginning of a lifelong
romance.*

A Gift of Inner Peace



As you journey through the holiday season, I encourage you to come back to these exercises whenever you need a little sanctuary of calm. These simple practices are gifts that you can carry through the season and beyond. May they bring you a renewed sense of peace, warmth, and connection with those you love most.

Light and Love this holiday,

Kerry Clancy





healer

Craniosacral Therapist, Spiritual and Life Coach, Reiki
Grandmasters, Master Sound Healer, Crystal Therapist,
Channelor, Spiritual & Meditation Teacher, Ayurvedic Life-
style Consultant and Author.

Who is Kerry?

Kerry Clancey is a compassionate and dedicated lightworker, spiritualist, and heart attunement therapist who has touched the lives of thousands of individuals through her healing and transformative work. Her journey began with a profound near-death experience (NDE) that forever changed her perspective on life and spirituality.





Where to find Kerry

If you are seeking profound transformation, emotional healing, spiritual guidance, or a deeper connection with your divine essence, Kerry Clancey is here to support you on your path. Embrace the opportunity to work alongside a gifted healer and compassionate soul who has dedicated her life to uplifting and empowering others.

WEEKLY MEDITATION CLASSES AT YOGA BARN

Monday: Sacred Heart Meditation at 10:00 AM
Align with the frequency of love and open your heart to deeper peace.

Tuesday: Yogic Mantra Meditation at 5:00 PM
Experience the ancient power of sound to elevate your consciousness.

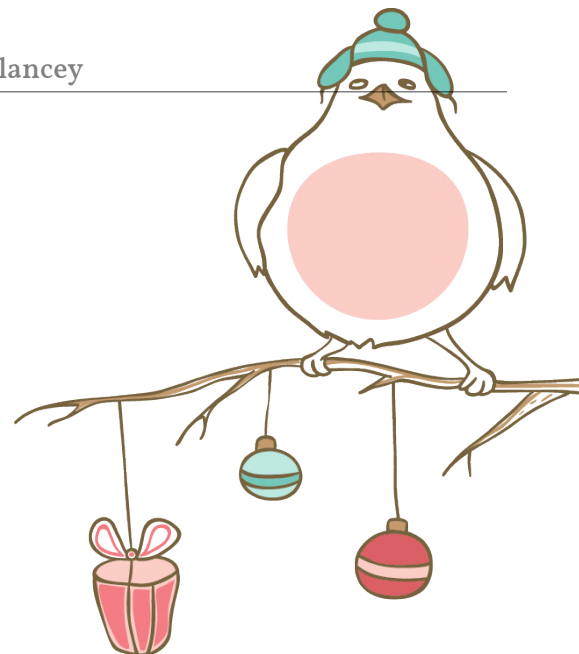
Wednesday: Transformational Breath at 5:30 PM
Release emotional tension and awaken your energy through breathwork.

New Students: Please arrive 45 mins early at Main Reception for registration and class card.

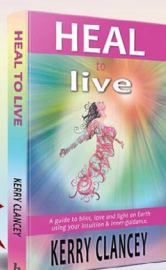
Returning Students: Please arrive 30 mins early for class.

Note: Classes filled first-come, first-served. Thank you!

Kerry's Healing



NOMINATED FOR



Heal to live

A guide to bliss, love and light on Earth using your intuition & inner-guidance.

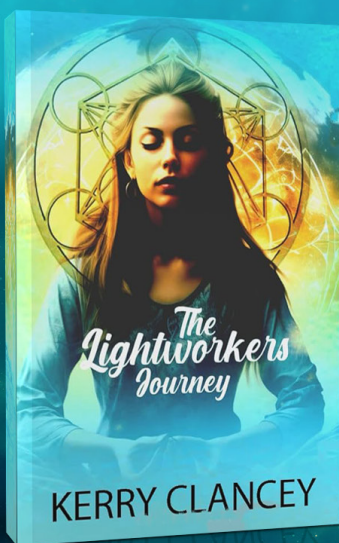
"Learn to use your inner wisdom and the laws of the universe to create whatever you desire. Align with your purpose in life and connect with your higher self. Go within and let the healing begin."

KERRY CLANCEY

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THE LIGHTWORKERS JOURNEY

Lightworkers Journey - Ignite the Light Within is a guiding light for those who seek to awaken their inner brilliance and illuminate the world with love, compassion, and boundless joy.

This serves as a road map for spiritual and emotional wellness, guiding readers towards serenity, clarity, and profound self-awareness.

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