

We are as healthy as our relationships with ourselves and others...

The Santa Diet™

Photo by Anne-Marie Weber



by Santa Claus, M.A.

Well, I've finally moved to the north shore of Lake Tahoe!

Instead of sequestering myself at my workshop up north, I'll be out and about around the lake – exercising, meditating, and appreciating the beauty that surrounds us here.

Lately, I've been thinking about the problem of obesity in the United States and believe that, as Santa Claus, I may have set a poor example for others. So, I've decided to set a good example, instead, and have developed a complete, commonsense diet for physical, emotional and spiritual health that practically everyone can use—The Santa Diet™.

Clearly, one's health depends on many factors—all of them interrelated. The goal is to achieve the very best balance one can. Each of us has been given our own unique body, mind and spirit.

Some of us have the opportunity to turn less-than-perfect bodies into better functioning ones; others of us possess minds that afford us different ways of perceiving things; and many of us have spirits that have been dampened and yearn for nourishment and love.

Most of us would like to become healthier. Often, we feel we don't have the time, ability, strength, energy, resources and motivation necessary to invest in helping heal ourselves.

What I'm doing to become healthier requires

less of almost everything than it does to maintain my current state of health. For example, I spend less money now on food, less effort on exercise, less time worrying, fearing and stressing and less energy judging myself and others.

Instead, I spend more time now enjoying myself and the gifts my creator has given me, developing healthy relationships with family, friends, co-workers and others, eating wholesome food, exercising moderately and regularly, hydrating and cleansing, meditating, moving and stretching and breathing, forgiving, receiving bodywork and energy-work, exploring a variety of alternative therapies and expressing and sharing love.

I find I have "extra" time, resources, energy, strength, abilities and an abundance of love. Yes, love. We all need love – especially from family and friends.

Every day, we have the opportunity to connect with others – physically, mentally and spiritually. That is how the web of life is woven, strand by strand, building and nurturing relationships—loving. As *Connect* magazine emphasizes, "We connect for the evolution of humanity."

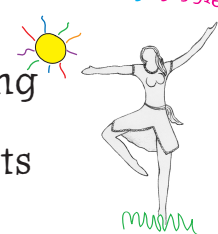
We are here to love—our creator (in whatever form), ourselves and one another. Beginning with ourselves, it behooves us to care for our bodies, minds and spirits, throughout whatever lifespan we may have.

To a degree, we become what we absorb—physically, mentally, spiritually and through our senses. What we absorb constitutes our "diet." We are as healthy as our relationships are with our creator, ourselves, family and friends.

Everyone interested in becoming healthier and in loving and being loved will find ample, common-sense material in my book. The diet works for me. I intend to celebrate my healthier physical, emotional and spiritual self by walking non-stop around Lake Tahoe this summer, exercising, meditating and thanking my creator for the all the gifts I enjoy— especially for peace and, most of all, for love.

Santa Claus (his legal name) is a priest and monk, just as St. Nicholas was centuries ago. Santa appears on-screen and in print and volunteers for numerous children's organizations. To learn more, visit www.TheSantaDiet.com.

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