

SUSIE'S FAMILY STORY

by June.w



Christmas Eve of 2020.

A book was born to be,

Inspired by the warmth of Christmas cheer,

Susie's family came to me.

I hope this story spreads joy and light,

To children far and near,

Bringing love and warmth to every heart,

A gift throughout the year.

-June W





PART.011

SEASON 1, EPISODE 7: TANYA'S MUSICAL MEDITATION

Week One: Finding Inner Strength

During this first week, Susie bid farewell to Tanya, who had left a lasting impression on her. Tanya stood out from other lawyers Susie had met, with her unique appearance and personality.

It was Christmas day, and Susie wished her unborn baby a Merry Christmas. Despite the challenges posed by the ongoing pandemic, Susie's mood had improved after her encounter with Tanya.

She diligently tended to her grocery store, arranging the Christmas-themed items on the shelves with care. Even the smallest items were neatly organized.

As the day went by, a few local residents visited the store, and night fell. Susie prepared to close the shop, complete her accounts, and finish her work. She planned to watch a movie she had rented, "NEW YEAR'S EVE."

Before leaving the store, Susie noticed a Christmas paper bag on the counter, a gift from Tanya. She decided to refer to her as "T" instead of "Tanya," appreciating T's warm and approachable nature.

Back at home, Susie made phone calls to her parents and Paul, who was working overtime. She briefly considered calling T but decided against it due to the late hour.

She remembered the two tasks assigned by T: meditation and writing down her New Year's goals and wishes. Susie resolved to complete them diligently, as she looked forward to her next meeting with T.

To begin her meditation practice, Susie attempted to find meditation music online but had no internet access. Instead, she opened her window and listened to the serene sound of snowflakes falling, which provided her with a calming background for her meditation. She chose the mantra "Life is fantastic!" and repeated it silently to herself.

As Susie meditated, various thoughts and memories crossed her mind, including her pregnancy, her parents, her job at the grocery store, and moments with Paul. She smiled as the baby in her belly seemed to respond to her positive thoughts.

Feeling content, Susie completed her meditation session and realized it was almost 9 o'clock. She enjoyed a warm glass of milk and watched a heartwarming New Year's movie before falling asleep.

The next morning, Susie woke up with a sense of gratitude for the positive change brought about by her meditation practice. She resolved to continue meditating daily and was excited to embark on this journey of self-improvement. Susie understood the importance of routines and decided to incorporate meditation into her daily evening routine. Just as she had a routine for opening her store, she would make meditation a daily practice when she returned home.



Susie felt empowered and determined to meditate regularly, starting from December 26, 2020, until January 1, 2021. She believed that by persevering, she would unlock the magical power of meditation and continue to find inner strength.

