

Engaging The Yuletide Season

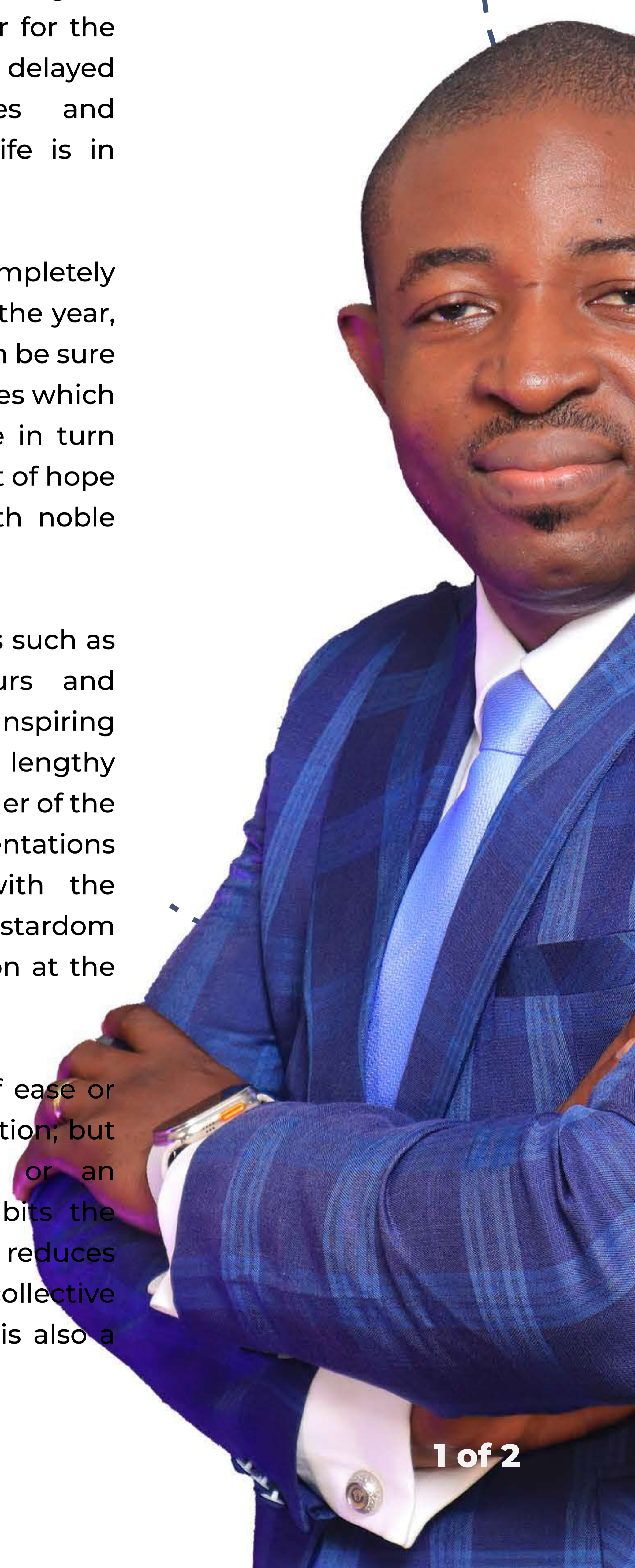
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As we end the year 2024, it is important to be grateful to God for life. The last month of each year according to the Gregorian calendar, unleashes bursts of excitement for children, but wisdom for parents. For while children think about the Christmas season and the fact that gifts, outings and other pleasantries will be the order for the season, parents think about the implication of delayed expectations, future bills, deferred hopes and unaccomplished dreams. But the beauty of life is in celebrating the seemingly insignificant wins.

At first instance, we cannot compile completely everything that God has done for us all through the year, they will be too numerous to mention. But we can be sure of the fact that we have covered several milestones which have built various capacities into us, and these in turn should become wellsprings for the reinforcement of hope and faith, in anticipation of a future laden with noble aspirations and eventually accomplishments.

In times past, the expression of noble gestures such as sharing food and gift items to neighbours and well-wishers, visiting relatives, going to see awe-inspiring movies, spending time together with family for lengthy periods and discussing family values were the order of the day. But now, pleasure, laden with obnoxious orientations have flooded our entertainment spheres, with the ignorant, expressing themselves in hopes that stardom emanates from a place of gifts/talents expression at the expense of character or a righteous will.

There is pressure of course to tread the path of ease or least resistance which produces instant gratification; but do we know that an excessive addiction or an uncontrolled inclination towards pleasure, inhibits the mind of being stretched to higher limits, which reduces our productivity levels and also hinders our collective growth as a society? In my humble opinion, it is also a display of ingratitude to our Creator,



who gave us a mind to think and generate crafts through the engagement of noble intentions and noble aspirations founded on a healthy self-esteem as well as a healthy thought orientation. Therefore, at the core of the general complaints and the total dependence on governments, though they have a major role to play in shaping context of societal development, is slothfulness of the mind driven by mediocre thinking and a lack of proper idealization. However, if we could discipline our minds rather than just conform to the tide, we could generate new ideas during such festive seasons, make strategic purpose-driven relationships, and engage social brands and concepts which could help inspire hope in order to light up the world of those who have require boosters while they navigate these tumultuous times.

Benefits of gratitude

- Gratitude ventilates the soul and allows for freshness of perspective at every strategic time in the life of the individual.
- It encourages and enhances foresight towards personal and corporate benefit.
- It activates inspiration which unlocks new streams of potential from within the individual.
- It generates an aura of pleasantness around a person's life.
- It allows for strategic bonding among individuals in relationships, which boosts corporate productivity.
- Gratitude is the springboard for elevation in life and social relationships.
- It is a therapy which helps the mind process concepts of knowledge effectively.

I could go on and on – but the point is, the advantages of a culture of gratitude are enormous. If wired into the fabric of our social life at all levels, it will greatly enhance our capacity to exude competence, as well as our capacity to reimagine knowledge in ways that will suit contextual operations in our daily lives, thereby making each yuletide a memorable one for both the old and young, as well as the weak and the strong.