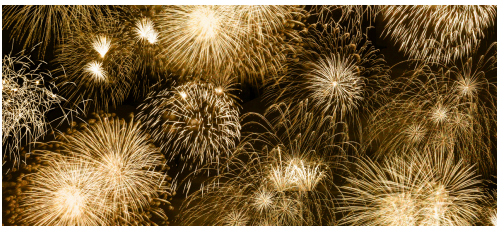




Happy Holidays!

A SPOT OF SERENITY



COMING HOME TO SELF

As the year draws to a close and the lights of December glow around us, it's natural to reflect — on what we've carried, what we've learned, and what we're ready to release. Amid the bustle of the season, our parts may feel pulled in many directions: the perfectionist planning every detail, the caretaker tending to everyone's needs, the weary one longing for stillness.

This month's theme invites us to pause... and to return to Self — that steady, compassionate presence within us all. In IFS, we call this quality being Self-led — moving through life with curiosity, calm, and connection, even when challenges arise. This is the essence of equanimity: the ability to stay open-hearted in the midst of it all.

In this newsletter, you'll find gentle ways to nurture that state — including a blog on equanimity, a free Intro to IFS class, and an IFS Healing Circle designed to help you meet each part of yourself with warmth and care.

May this season remind you that the greatest gift you can offer — to yourself and others — is your presence.

Wishing you peace, light, and inner harmony,
Abby 🌿

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*"Just like the sun, we don't have to go find **Self**; it's already there—we just have to let Self be revealed from behind the clouds of our protectors."*

~Richard Schwartz (founder of IFS)





EQUANIMITY: THE ART OF BEING WITH WHAT IS

Check out my [latest blog post](#), where I explore the connection between equanimity, IFS, and the ability to take the stance of the "Curious Witness."

NOTICE & ALLOW.

TWO IFS-THEMED EVENTS!

✨ **Intro to IFS Workshop (Free!)** — Saturday, December 6, 2025 at 11:00 AM (on Zoom)

Curious about IFS and how "Parts Work" can foster healing, clarity, and self-compassion? Join me for a free, 90-minute introduction to the IFS model, including a guided inner exploration practice. No prior experience needed—just an open mind and curiosity!

🌸 **IFS Healing Circle (5-Week Series)** — Sundays, 7–8 PM, beginning January 11 (on Zoom)

This intimate circle offers a supportive space to deepen your IFS practice and connect with your inner system. Over five weeks, we'll explore the roles of Managers, Firefighters, and Exiles, while strengthening connection to your calm, compassionate Self. Cost: \$125 for the full series.

To sign up, Contact Abby:
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*"Healing isn't about erasing the past but
transforming how it lives within us."*

