

## *Chanukah is the Festival of Lights.*



### **HISTORY/STORY**

The story is that in 168 BC the Maccabees won an astonishing victory against the Greeks. But when they reclaimed their Temple and wanted to purify it, they discovered that there was only oil enough to keep the Ner Tamid (sacred light which is symbolic of “God” and which we humans metaphorically must try to always keep lit) burning for one more day. They sent a runner in haste to the nearest city to obtain more precious oil; but the nearest inhabited area was eight days away. So they hoped and prayed. Miraculously, the oil that could only last one day kept the light burning until the runner returned with the oil eight days later.

### **TWO PSYCHO SPIRITUAL MEANINGS.**

1. Chanukah occurs at the darkest, longest night of the year (least daylight) on a night when there is no moon. So, it is the darkest day of the year. We light the candle to bring more light at dark times, both to the outer world, and to create light if there is any darkness with us.
2. Sometimes we feel our own energy, resources (inner light) is low. Chanukah reminds us that we may have more energy inside us, more strength, more resilience, than we even realize possible.

### **A BLESSING TO SHARE:**

May your own light continue to shine brightly, and may you always have the spiritual oil needed to keep it lit. :)

A Native American story:

One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between 2 "wolves" inside us all. One is a "bad" wolf. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other is a "good" wolf." It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"

The old Cherokee simply replied, "The one you feed."

<So, dear family, wishing you all—metaphorically and literally—lots of "good" "feeding" and mindful, enjoyable eating over the holydays!! 😊