



this
little
LIGHT

氣 Judy Ringer

THE GIFT OF CHRISTMAS

JUDY — YOUR CHRISTMAS CD ARRIVED AND I TREATED MYSELF TO IT THIS MORNING OVER A WARM CUP OF TEA. It was so full of love that it made my tea taste even sweeter! Thanks for starting my day off with beauty.

- CATHY CRUM, Author, Children's Musical Productions

"THERE IS A SWEET FRIENDSHIP IN THESE SONGS AND STORIES, which are as great a blessing as the Christmas season they welcome. The album calls forth a much needed peace into the world."

- PETER BLOCK, Author of Community: The Structure of Belonging, The Answer to How is Yes, and Flawless Consulting

This Little Light: The Gift of Christmas is really two recordings: Part 1 is a narrative of short stories and well-known carols woven together to help you relax, refresh, and return to center. Part 2 offers the option of listening to the carols alone, including additions.

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I've wanted to do a Christmas recording for a long time. Something about Christmas and its lightness of spirit inspires me. Because I love Christmas and love to sing and tell stories, *This Little Light: The Gift of Christmas* came to be.

In this recording, I collaborated with other bright lights: Chris Magruder of Thundering Sky Studio, who combines top level recording skills with sensitivity to his clients' work; and Woody Allen—talented musician partner—who performs on all my CDs.

I also want to thank: Tom and Cathy Crum for leading me into the world of intentional energy and for their unceasing support; my mother Lorna—singer, gentle heart, and my first and most loyal fan; and my husband Jim for your love, encouragement and fearless editing support.

In my work as a conflict and communication skills trainer, I often help remove obstacles to light. What brightens yours? What weakens it? Can you be more intentional about extending it?

However you do it, whatever brightens your light—find it and let it shine.

With Ki,



Guitar / Ukulele: Woody Allen

Produced by Judy Ringer and
Chris Magruder

Recorded and mixed by
Chris Magruder, Thundering Sky
Studio, South Berwick, ME

Executive Producer: Judy Ringer

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CANDLES, CAROLS, BELLS AND MISTLETOE.

PRESENTS UNDER THE TREE.

CHILDREN.

LIGHT.



THERE'S SOMETHING ABOUT CHRISTMAS
THAT BRINGS THE LIGHT INTO BEING.

THIS LITTLE LIGHT HELPS YOU NOTICE AND NURTURE YOURS.

Its stories and songs will refresh your spirit and encourage joy.

WHEN YOU'RE OPENING PRESENTS THIS YEAR, remember your
presence is the greatest gift. Find that little light and encourage it.

LIGHT, LAUGHTER, PEACE, AND GOODWILL — The Spirit of Christmas
is present throughout the year. You need only look inside to find it.

MAKE EACH MOMENT A KI MOMENT.

And live a life of power and presence.

For more stories, songs, and practice, sign up for
Judy's free email newsletter, *Ki Moments*, at www.KiMoments.com.