

Giorgio  
Onorato  
Aquilani



# EVERYDAY IS CHRISTMAS

2026

the secrets, vision and values behind the  
Kingdom of Santa Claus

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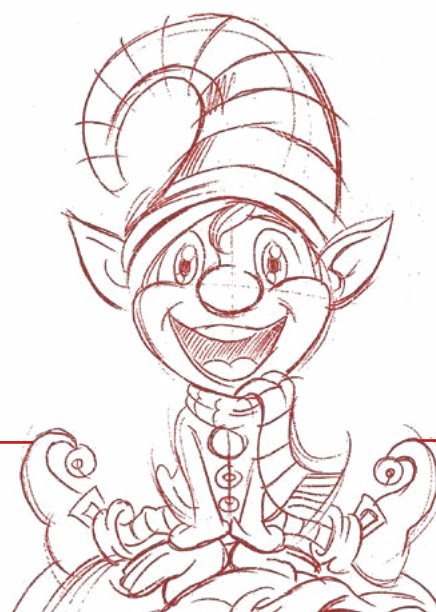
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## *Author's bio:*

Giorgio Onorato Aquilani is an author, storyteller, and the creator of The Kingdom of Santa Claus. A narrative universe that isn't just about Christmas, but about wonder as a daily choice. His world is cross-generational: it speaks to the child inside every adult, and to the future inside every child.

Giorgio has brought to life beloved characters like Lucy, the little star of the books *Lucy and the Secret of Santalloween* and *Lucy and the Midnight Spell*, published by Gribaudo (Feltrinelli Group), and he's written educational stories now part of Italian school curricula.

But it's with *Every Day is Christmas* that Giorgio fully expresses his vision: wonder is not something you search for... it's something you choose. His stories aren't just about creating worlds; they're about unlocking something in the reader: a thought, a memory, an emotion. Even behind the most playful fantasy, there's always a key waiting to be found. For Giorgio, writing isn't just about entertaining...it's about awakening.

# What's is the kingdom of Santa Claus?

The Kingdom of Santa Claus is a narrative and symbolic portal that has taken shape in the real world meant to speak to every age, in every season.

Born in Vetralla, in the heart of Italy, the Kingdom is now a living universe: made of books, characters, experiences, songs, shows, and educational journeys.

But above all, it's a new way to tell stories about wonder, memory, and the power of imagination.

It's a place where grown-ups can feel like kids again and where kids can grow up without losing their right to dream. Through characters like Lucy, Buddy, Pretty, Krampy, and the Sfaticinis, the Kingdom invites readers into magical adventures filled with values: kindness, empathy, courage, and authenticity.

Behind every story, there's a key. Behind every character, a chance to see yourself... and to change.

The Kingdom is a cross-generational and cross-media universe, where every story, every experience is designed to connect with different times, emotions, and stages of life. And Every Day is Christmas is its beating heart: a small book-manifesto that holds the "why" behind it all. Because the Kingdom is not just a place to visit... it's a state of mind to feed and live in. Discover it. Live it. Share it.

And remember: Magic is a choice.

## *Premise*



I have written this book and leave it to the years to come. The desire that motivates me is to convey new awareness on the meaning of Christmas. An ancient tradition that has come down to the present day, crossing all ages of mankind, making people dream, hope, and changing the lives of those who understood the messages, the generous fruits that Christmas gives to those who experience it consciously.

This I do with love, because what is written on these pages is the result of a hands-on experience that has changed my personal and professional life thanks to which I have succeeded in involving millions of people who stepped through the magical door of Il Regno di Babbo Natale (The Kingdom of Santa Claus) in the Italian town of Vetralla for over a decade.

This book is dedicated to you who at this very moment are reading these lines! Yes, that's right, you! Regardless of whether you know it or not, Christmas, like every other wonder of Life, depends directly on your will. The following pages clearly explain how you already have all the necessary tools within you to go from black and white to colour... all you need is the will.

When beauty, goodness, and benevolence direct our intentions, we can bear witness to how much prosperity life rewards us with. For every child from 0 to 1000 years of age, the metaphor of Christmas is all the above... those who have the courage to continue to believe and act for the good, despite any adversity that life may have in store for them, will be the ones who will be given the most beautiful gifts by life (Santa Claus).

Human beings with their vices, virtues and interests are changing, and there are concepts that need to be updated, returned to the centre of our attention, to ensure they are not lost and that above all lead us to experience Christmas consciously.

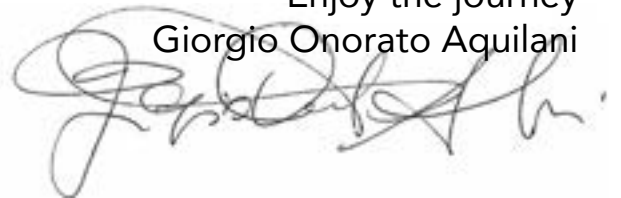
The magical world of Il Regno di Babbo Natale (The Kingdom of Santa Claus) is where I have been and continue to be involved in infusing and conveying deep insights, often hidden behind the wonderful symbols of Christmas that we all know and that I have decided to collect in this volume.

Coming to my aid are all the magical characters I have chosen as inhabitants of the Kingdom of Santa Claus and in whom our many devoted fans love to identify: the 100% Elves: Buddy & Pretty, Steve the Candy Cane, Rudy the Reindeer, Henry the Nutcracker, Lampo the Reindeer, Dr.Krampy and Lucy the Star.

Quite a few attentive eyes have long since become aware of the magic conveyed by the Kingdom of Santa Claus in Vetralla and have enthusiastically begun to rediscover their own light.

"Here you leave the Present Day,  
here the magic flies, get ready to see  
again, through the beauty of children  
eyes."

Enjoy the journey  
Giorgio Onorato Aquilani

A handwritten signature in black ink, appearing to read 'Giorgio Onorato Aquilani', positioned below the printed name.

# Introduction

Every day can be a new beginning. Even the days that feel the most tired. Even the ones inside you.

This book was born from a simple, yet powerful idea: Christmas as a language and metaphor of daily life. Many grown-ups, without meaning to, make a small mistake as they grow: They think of Christmas like an old movie they once loved... With nostalgia. As something that belongs to the past. But that's not what Christmas is to me.

If you let it, Christmas is always a beginning. It's the chance, at any time in your life, no matter where you are or who you are... to choose to believe again. To dream again. To see the world with new eyes.

I wrote this book as a small journey. Step by step, using the most familiar symbols of Christmas: the Tree, the Star, the Gifts, the Sleigh... And I tried to offer fresh ways of looking at them... modern, personal, and honest.

Because I believe everyone, at any age, can feel called into this story. Inside these pages, you won't find recipes for happiness.

But you will find reflections. Metaphors, memories, ideas that may have always belonged to you. And if you're willing, they might help you see the world again through the eyes of a child. My story began years ago with a dream: To create a place where grown-ups and kids could meet again in wonder. That place, as you know, exists. It's called the Kingdom of Santa Claus, and millions have walked through its doors. But more than that, it exists inside every story I've ever written. And inside every person who chooses to believe again. Every Day is Christmas is more than the title of this book. It's an invitation. A threshold.

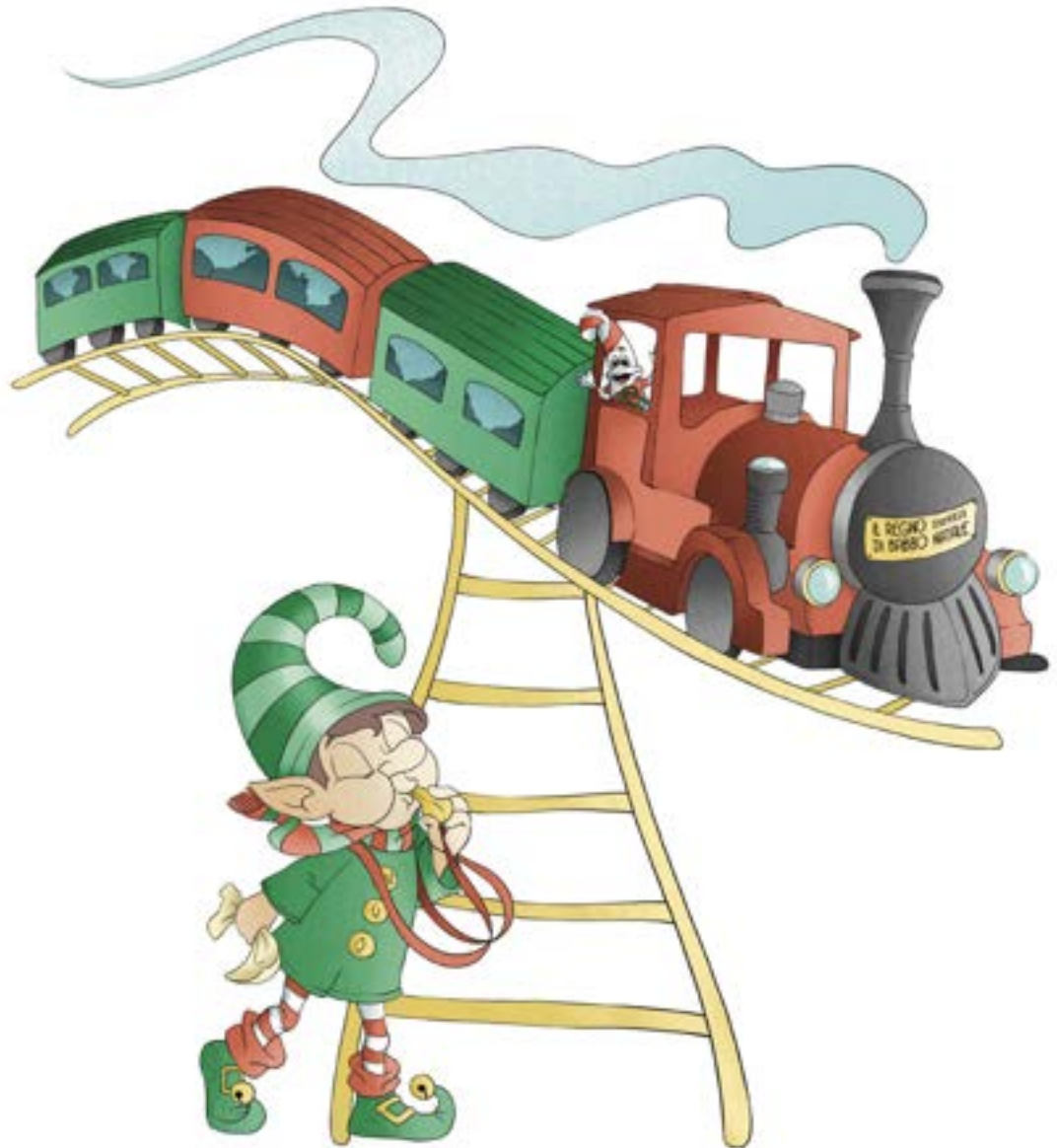
A mantra for anyone who wants to remember what they've forgotten. Because beauty is still possible. And wonder is not for those who wait, but for those who choose... and act.

To all of you: welcome back.

Giorgio Onorato Aquilani



# How long does the Christmas season last?



The Christmas season is traditionally placed in a time frame from December 8 to January 6. We all usually more or less get there either overwhelmed or busy with the routine of life. Some look forward to it all year round while others just when seeing the first festive advertisement exclaim "Is it Christmas already!?"

But are we so sure that Christmas is just a season of the year?  
Or some days lined up in a row?

Sometimes doubt, more or less rationally, surfaces within us....

What if Christmas is a door? More precisely, a door inside the heart, where we can enter whenever we want?

We live, we grow, and we only see that dusty door in the distance, it remains there in the background. We are often in too much of a hurry, and we end up thinking that Christmas is merely a ticket to be stamped, valid for three weeks of the year.

Too many people get caught up in the hectic rush of life and end up opening that magic door on the evening of 24 December, realising that it is Christmas just because the dining table is set up in a different way. But that door can also become a daily occasion... for those who can really understand what can really be found in there.

Christmas is a truly magical door. Over the threshold everyone shares in the same feeling, everyone lives in a time that magically gives space to everything that was previously unable to have, everyone becomes ONE without any distinction and meets in the only true tradition that unites the world.

Little does it matter if in some areas it boils down to pure consumerism, because even that, come to think of it, is a possible doorway to the meaning of Christmas. When buying something for someone, regardless of what we can materially buy, that gesture carries within the intention of making a person happy. Couldn't think of a more concrete step towards the spirit of Christmas.

And this is certainly a way of approaching the 'real' Christmas. Then those who want to go further can also take the next steps and walk towards deeper degrees of awareness.

If we were to ask ourselves again how long Christmas lasts and when it begins, at this point the answer would start to take a different form, wouldn't it?

We are discovering together that the length of the Christmas season depends directly on us... on when we decide to open and enter that door.

When we speak of the Christmas season, we are not only re-

ferred to its outward manifestation of trees, lights, decorations. We are referring above all to what is intangible, to the clear perception of a change in the flow of time during those days. A time that slows down to make room for considera-

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*A time that slows down to make room for considerations that normally have no place within our ever-faster daily routine.*

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tions that normally have no place within our ever-faster daily routine. When you enter that door, you feel the desire to pick up the phone and speak to someone, to write, to read, to take refuge inside yourself and regenerate. You cross that door threshold, you put your heavy suitcases on the floor, a sigh of relief and you think 'I am home'. Now I ask myself, wouldn't it be wonderful to experience all this by dedicating a small amount of time to it every day of the year? All it takes is a little, in fact, very little... a gesture, just one minute, one can make that phone call, give that smile that arrives as unexpected joy, changing the day of the person receiving it. This is what Christmas can give us, for those who are lucky enough to realise it, practice it and reap its benefits.

'Being nice' means receiving the immense gift of this aware-

ness from Santa Claus and living the magical Christmas season to the full! When this happens, one realises that the Christmas season, the one we are all familiar with, is nothing more than the highlight of a journey that is happening all year round within us.

But these are not just fine words, this is not philosophy to be grasped with an imaginary net! What has been written so far has very clear and above all practical implications in the daily lives of each of us.

Christmas is the opportunity to return to dealing with ourselves, with our purity, with questioning what we have become each day with the intention of improving. Spending as much time as possible in 'that magical place' is the first step to opening the eyes of the heart and really starting to live the life we were born to live.

We now know that Christmas is not just a time, but a real frame of mind. Now that we know this, we could try asking ourselves again how long the Christmas Season lasts, but we would end up discovering that we are asking ourselves something else...

Namely: How much DO WE WANT this mood to last?  
Every day is Christmas...



THE INHABITANTS  
OF THE  
SANTA'S KINGDOM

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# BUDDY, THE 100% ELF

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## Motto

*If your  
love for  
Xmas is  
true and  
pure, you're  
a 100%  
Elf! I  
know for  
sure.*

## Origins

Tireless Christmas enthusiasts, Buddy and all the 100% Elves are the official inhabitants of Santa's Kingdom! Legend has it that the first 100% Elf was born in the enchanted forest of Santa's Kingdom in the year 2012. Buddy is an Olympic champion in building and wrapping presents, and as long as any other 100% Elf he is Santa's faithful helper even during deliveries!

## Personality

Buddy's cheerfulness is contagious to say the least, always optimistic, lively, sociable, euphoric, and always enthusiastic... The idol of all children who love playing with him! For a 100% Elf there are no problems, only solutions! In the Kingdom it is rumoured that not a single sulky 100% Elf has ever been seen... but this is also thanks to Steve the Candy Cane, who is directly responsible for the festive atmosphere in every corner of the Kingdom!

Buddy the 100% Elf doesn't get on too well with the 'grown-ups' who no longer believe in Christmas but is ready with his enthusiasm to try hard to cure them and change their minds. He can't stand crumpled wrapping paper! He is very keen on separating waste well; he wants a clean and healthy environment!

A 100% Elf favourite food? Gingerbread and hot chocolate! It is now a tradition to toast with Santa Claus with a nice hot chocolate after the delivery of the last present! If you can't find Buddy in the toy factory, he's in the pastry shop, for sure!



*At Christmas "we should all be nicer" ...  
But what does it mean?*



"At Christmas we should all be nicer". Many of us have said it, surely, we have all heard this phrase. But exactly what does it mean? Of course it has a lot to do with Santa's list where the nice is prized and the naughty is not. This should motivate us in fact to be nicer than usual.

Let's start by premising that, technically, to be 'nicer' we already must be nice, which makes the matter slightly more complicated!

Let us go in order then. We could categorise the living condition of every human being into four possibilities: 'naughty', 'not nice', 'nice', 'nicer'.

At this point for most people the question arises: "Which of the four states do I belong to?"

Let us state that normally an individual is not within a category statically but moves in and out of it frequently. Exactly, more or less aware, we jump in and out of each of these four states (naughty, not nice, nice and nicer) depending on how we behave! Our life is constantly changing because of how we decide to experience it, the way we behave and the decisions we make. This is not a blind lottery, what we would like to express and advise through these lines is that we have to be aware of the state we are in at the moment and ask ourselves if that is where we should be... if that is what we really want to be!

So let us outline the characteristics of the four behavioural states:

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## THE "NAUGHTY" ONE

We know very well who we find in this category. They are people who live in a state of being insensitive or unkind to anyone. They are not interested in the sufferings of others; on the contrary, they sometimes rejoice in them.

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## THE "NOT NICE" ONE

Beware, the 'not nice' is not to be confused with the naughty! Badness has within it a will, an active intention to do bad... the 'not nice', on the other hand, is merely an individual living in a state of chaos that leads to make decisions and behave without direction. However, a 'not nice' is in the precious condition of being close to nice and can become so when they realise that something is wrong. The "not nice" transition to being nice happens to these people as soon as they start desiring to work within themselves, to be conscious of what they are and what they do.

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## THE "NICE" ONE

The 'nice' ones is oriented towards a virtuous life, take care of themselves consciously and in doing so spreads good living practices and makes people inclined to imitate them in their way of life.

The 'nice' one is fair and balanced, lives a 'Christmas all year round' by spreading serenity.

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## THE "NICER" ONE

HAPPY CHRISTMAS!

An astounding start, isn't it? Let me explain.

At Christmas we are all nicer! Quite right: at Christmas, when we are born, WE ARE ALL NICER!

The 'nicer' is the pureness of the newborn, it is the love that lies beyond all self-interest. Those who love the beautiful fairy tale and metaphor of the Little Prince can associate the 'nicer' with the adult that deconstructs him or herself to get back in touch with his or her inner child, who is at the basis of everything, is at the principle... precisely, the little principle!

Being all nicer at Christmas, then, what exactly is that? An affirmation? An invitation?

Perhaps... however difficult, the best thing to work on is to think that every day is Christmas and that you can decide to be 'Nicer' at any time.

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*At Christmas we are all nicer!*

*Quite right: at Christmas, when we are born,*

*WE ARE ALL NICER!*

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THE INHABITANTS  
OF THE  
SANTA'S KINGDOM

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# PRETTY, THE 100% ELF

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## Motto

*The light  
of  
Christmas  
shines  
bright with  
my touch,  
as I am  
the only  
who that  
magic can  
catch!*

## Origins

Legend has it that the first 100% Elfets were born in the enchanted forest of Santa's Kingdom in the year 2012. Stylistic and always cheerful, 100% Elfetta is also an Olympic Champion in building and wrapping presents, a faithful helper of Father Christmas even during deliveries!

## Personality

Pretty's cheery disposition is contagious to say the least, always optimistic, lively, sociable, euphoric but above all she is the only one who can handle Lucy, the Light of Christmas who doesn't let anyone catch her! It is usually Pretty who picks up Lucy and brings her to shine over Santa's Kingdom when it opens!

Pretty the 100% Elf is pure love, a thoughtful and wise confidante... the best friend that everyone would want! She loves reading the short letters children write to Santa Claus and has the magic to intervene when she realises a child needs help not to lose faith in the Christmas Spirit! How? Well... Pretty visits the child... without being seen, she loves to leave notes and clues in the bedrooms of the children who need love the most!

A judge of quality in the Flakes academy, she can find the right game for parcels of all shapes and colours. Always tidy and sweet-smelling, it is said that a Pretty hug can bring out the most beautiful part of the one who receives it!



# The Christmas Tree



Here at the Kingdom of Santa Claus, we attach great importance to the source of things, to the beginning... it is no wonder that Christmas is closely linked to the concept of 'beginning' and birth. We are interested in the feeling, the image, the state of mind that comes before the historiographic or sociological explanation, because that is where it all begins. The Christmas tree is no exception!



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## THE MEANING OF THE CHRISTMAS TREE

The symbol of the tradition to which we are most attached. A magical point of convergence under which we go to reap the benefits of how we behave in life. The child will find a present underneath for being nice and will continue to do so if he or she has the courage to 'be nice'.

What does it mean to make a Christmas tree? The wonder starts right here, from the moment we take a tree and decide that it should become a Christmas tree. Mind you, we are keen to point out the verb 'we decide', because the intention is what it is all about.

The desire to take something that is common and make it unique by adding beauty and grace! This is a great desire! Our action of decorating the Christmas tree has a magical meaning, because we want it to be Our tree.

Are you now ready for the great journey? Good! Start thinking - what if this Christmas tree were us?

It springs up from the ground the moment we are born. It rises from the ground and battles with the force of gravity to grow and stay strong and upright. This is a fundamental fact, because if we do not stay balanced, it is extremely difficult in life to act for the good of those around us. Once stability is achieved, we can move on to the most beautiful mission: that of beautifying our surroundings, how? By gracefully and harmoniously enriching ourselves, in doing so we contribute, just like the Christmas tree does, to beautifying the surrounding space as well by enhancing it with the light of the good example we are able to deliver.

Think for a moment how different the entrance to your home,

your living room, looks when you have a Christmas tree set up compared to when it is not there.

Well, and the exact same thing applies to us: we can and must be bearers of beauty in all the places we are and to all the people who visit them.

Making and being the Christmas Tree is also the right way to show gratitude to life itself, which has given itself to us

in the hope that it will not be wasted. We are so much more than what we imagine ourselves to be....

It takes patience, care, and gusto to meticulously move through the strings of light so that no branch remains in the shadows. Yes, it is tiring, true, it is a path that some-

times goes astray, but like every act of true love... one does not feel the weight of it if the love is sincere, otherwise we are only embellishing and adorning ourselves out of vanity (one has to be careful, because the line is very thin).

The beautiful, illuminating Christmas tree will leave its mark on every room and heart even after its use.

A bit like the meaning we can give to Our Life... when it passes, just like the Christmas Tree, it will remain in every little space of the world we helped to decorate and illuminate with our presence.

“

*Making and being the Christmas Tree is also the right way to show gratitude to life itself*

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**WHAT THE  
CHRISTMAS  
TREE  
TEACHES US**

Christmas time will come, every year, and all the people will make a Christmas tree, each one their own, small, or big, of one or a thousand colours, each one different according to space, time, finances.

And the differences don't matter, that's not the point.

From year to year (generation to generation, era to era) if we carry these values in our hearts, we will become more skilled decorators, able to see and bring out beauty everywhere.

Here is the true meaning of all this concept....

The Christmas Tree teaches us to open the eyes of the heart, through which we are able to see and gather the good in every circumstance. We will then discover that every Tree can become a Christmas Tree... it is we who give it this meaning. Just as all human beings can shine... if that is what they want.

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# *Christmas baubles: The hidden meaning*



Baubles are undoubtedly the most popular element used to add colour and beauty to the popular Christmas tree. In the meantime, it is worth reflecting on why the main decoration has been depicted with the spherical shape since times immemorial. This is no coincidence! The sphere is the perfect shape, symbolising equality, equidistance, and most of all purity.

To be of use, in fact, a Christmas bauble must have very specific qualities, which become fundamental to deserve the honour of embellishing and decorating a Christmas tree or any other setting.

Now a question. What other spherical shape springs to mind? Thus, the first and instinctive answer. A small clue: we carry it with us all the time and often don't realise it: OUR HEAD!

Now, until proven otherwise, whoever is reading this at this very moment, necessarily has a head! And since it is there, why not try to do something good with it? Quite right... our heads have all the potential to be filled with the same characteristics as a Christmas bauble.

Let us think how much, a pure, beautiful, generous,

and love-driven head can adorn that extraordinary tree we call life. We hardly notice it, but with a dash of colour and a smile we have the extraordinary power to decorate and beautify even the darkest of situations. We are and we are here now because we have the power to decide to be something beautiful for ourselves, for someone or even just to bring colour to grey surroundings.

A head as useful and beautiful as a Christmas Bauble is a head capable of questioning what is wrong, acknowledging

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*A head as useful and beautiful as a Christmas Bauble is a head capable of questioning what is wrong, acknowledging what is not beautiful about us and trapping it by rendering it harmless.*

”

what is not beautiful about us and trapping it by rendering it harmless. In these few lines, there is the project of a lifetime... Let's try to investigate in our head... see what needs to be discarded and what needs to be changed to make it pure. Slowly we will notice that everything around us will begin to generously return the fruits of this wonderful endeavour! Because to be useful on a tree, the Christmas bauble must be light, like a beautiful and loving thought... capable of flying.

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THE INHABITANTS  
OF THE  
SANTA'S KINGDOM

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# RUDY THE REINDEER

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## Motto

*No more  
dark on the  
path  
because,  
you can  
count on  
the light of  
my shiny  
nose!*

## Origins

Grandchild of the world-famous reindeer Rudolph, Rudy the Reindeer was born in the dreamy prairies of the Great North. Just like his grandfather, Rudy can turn his little red nose on (she usually does this with a funny sneeze) to light the way to every child's house! Rudy knows all the star trails in the sky perfectly well, which is why Santa relies on her to guide the sleigh to the most remote places.

## Personality

Rudy is a romantic and dreamy reindeer! She loves Christmas lights and gets excited every time she sees a house festively decorated in flight! Rudy is the favourite friend of nature and all animals! Always ready to protect and defend them from any lack of respect.

On the night of 24 December, she loves to eat carrots prepared by the children and is always happy to have a chat with the dogs and kittens she meets at their homes. When in the right company, Rudy loves to ice-skate and indulge in wild dances!



# Who is Santa Claus?



Santa Claus is, with no doubt, the protagonist of the most precious memories that each of us collects while living. Some people associate this big-bellied figure with a specific period of their existence, usually childhood. Then we grow up and we all realise, to a greater or lesser degree, that Santa Claus took us by the hand as children, but only a few feel that he accompanied us even as adults. And, if we wish, he will be there, always with us.

Someone like Santa Claus does not give up on you because of a banal fact like the one that at a certain point you stop being a child and become an adult. On the contrary, he persistently inhabits our hearts to show us the essence of Christmas as often as we are willing to allow him to do so, at all ages.

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## SANTA CLAUS FOR THE CHILD

This is the most powerful time, there is no doubt about it, here we are in the very depths of magic. This is the age of meeting Santa Claus. Unforgettable!

Eyes, head, heart, and soul coincide, purity is a heavenly and necessary dimension, and this is why one is ready to welcome Santa Claus.

This is the stage of life when one experiences a special condition, because there are no differences in a child (at least those that adults see) and like the most willing of apprentices, he or she stands there, receiving what the world offers. Whether good or bad, the child that believes in Santa Claus has faith in the good and in all the actions they do.

Because after all, Christmas is a great chance of redemption for those who, unluckier than others, decide to 'Be Good' anyway. Of course, a child will make a promise to mum and dad, will be good, and does so because he or she wants to receive a little toy as a reward. However, it turns out that as we grow up, 'being good' will have different meaning and will reward in different ways, much more concrete though sometimes not tangible. The child is the 'receiver' of the transmission from those who have experienced Christmas before him or her, and this already tells us a lot about the responsibility that child takes on as he or she grows up.

A child's Christmas is based on the warmth of family, the flavours and scents of local traditions, the magic of an expectation, the colour of dreams and the cosiness of being together, because, regardless of all religious beliefs, each time a community comes together to renew a tradition, a sacred moment is created. Symbols, if you wish, but that have to do with the very reasons why human beings are in the world. Thus, Santa Claus is for the child something profoundly experienced in a simple way: the love that comes with a beard and belly and that writes and scrupulously checks (twice!) the great list of the good, in which to have one's name marked represents the possibility of getting the much-desired gift.

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## **SANTA CLAUS FOR THE TEENAGER**

We grow up, what we are starts to give way to 'what we are becoming' and this is a major crossroads in everyone's life. From here on, there will be lives that will be lost in the conviction of what one has become, and lives that, while progressing, will work to keep in touch with one's essence (what many call the inner child, is nothing but one's own purity). And it is here that the teenager starts his or her journey of growth, his or her attitudes, his or her 'presumption' to investigate the stories he or she believed until the day before, in favour of a natural desire to assert a newly learned 'rationality'.

Santa Claus is among the first victims of this stage of life. The 'age of certainties' one could call it, certainties that, as we know or will know, will crumble in time.

The faith in the existence of a man with a beard and a belly who brings gifts to the good ones vanishes. The typical (and indeed irrational) approach is one of rebellion even though,

without knowing it, we are placing ourselves before a wonderful test at this very moment: Santa Claus becomes a symbol and being good at this stage of life means learning to go beyond the trappings of logic, learning to BELIEVE in what is right and hold on despite much of what we see and experience suggests the opposite. Those who have the courage, despite all that may be against them, to pursue 'the good', to reward the kind soul, are surely choosing the most difficult path. Yes, it is true, the most difficult path, but because of this, they will receive a gift from Santa Claus.

And here you go back to experiencing Christmas, understanding its importance. One begins to feel that Christmas is a state of mind that one experiences not only for themselves but also for those people surrounding us. We become a nice gift to give to the people around us to make them happy, a very important gift especially for those who do not believe in this magic.

We understand the importance of becoming a medium between the wisdom of Santa Claus and the purity of the child waiting for him on the night of 24 December. We actually become a 100% Elf! At the end of this phase, one basically understands that all of us, people who believe in the good, are the Gift that Santa Claus gives to others to keep the light of Christmas lit in all its meaning.

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## SANTA CLAUS FOR THE ADULT

What an incredible journey so far! We have learnt to receive, to transmit, and now the time comes to give. At this stage of life, as crazy as what we are about to write may sound, **we become, if we want, Santa Claus.** We are now aware of how

important it is to acknowledge the good and reward it with our dedication and time. Happy in giving without expecting anything in return, because our giving is an act of pure love, an act that is an end in itself. That's right, Santa's giving has no other purpose, and if you think about it, it has to be done on the quiet, because one risk we must not run is that the people to whom we decide to give something feel they owe us gratitude or have to reciprocate. This would change the meaning of our enjoying Christmas, of our Being Christmas. And we must always remember that the gift we receive from Santa Claus is a gift we have given ourselves, a consequence of our deserving behaviour oriented towards good (not a favour from someone).

“

*We must always remember that the gift we receive from Father Christmas is a gift we have given ourselves.*

”

Many of us, as life progresses, get involved in friendship or family relationships that bring us into contact with children and teenagers. We become parents, uncles and aunts, friends of those children who, observing and believing in the example we set, follow it. If we have reached this point having done a good job of improving ourselves, this evolution will have a strong effect on those who meet us on their path. With a force more disruptive than millions of words or stories. Should we succeed in getting this far with all the growth we have described, the real wonder is in understanding that inside us there is simultaneously a pure child, a 100% Elf and Santa Claus in person.

And in every life situation, there will be one of these figures that will take priority over the others and allow the Magic of Christmas, therefore of our birth, to turn our 'journey' on Earth into an extraordinary adventure.



THE INHABITANTS  
OF THE  
SANTA'S KINGDOM

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# STEVE THE CANDY CANE

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## Motto

*I bring  
sweetness in  
all hearts  
like an  
hurricane.*

*Nice to  
meet you!  
I am Steve  
The Candy  
Cane.*

## Origins

Steve is the candy cane from Santa's Kingdom! Like all candy canes, he was born in the land of forgotten sweetness. Santa Claus in person called him to his Kingdom to remind everyone that there is no bitter moment that cannot be sweetened! He is the best friend and motivator of every 100% Elf. Steve is the one directly responsible for the crisp, sweet and happy air at Santa's Kingdom.

## Personality

His energy and temperament are so engaging that he heals quickly any bitter side of those he embraces! Everything is sweet and everything is beautiful with him! A unique character, he takes nothing too seriously... but he becomes overly precise when he must organise some tricks! Steve is the Kingdom's trickster, the soul of the party. His favourite pastime is sticking up and dragging everyone along with him in dances, photos, videos and yes, let's face it, Steve is the most social inhabitant of Santa's Kingdom! He loves Rock music so much and he says that he is the one who inspired Elvis with his hair!

Steve is a friend who knows no boringness! World champion of funny faces, always ready to put a new smile on your face.



*The letter to Santa Claus:  
Much more  
than just a wish list*



One of the first things we do in our lives as children is writing the letter to Santa Claus. Behind what may seem a simple wish list, there is a good habit that we should never lose. While writing the letter to Santa Claus, the child promises to be good and improve on all those occasions when he or she admits to having made mum and dad angry. Do we know how to pass this incredible tradition on to a

child? To do it to the best of our abilities, maybe we should try to recover it... yes us, children with a few extra years on our backs who, accidentally, haven't written a letter to Santa for too long.

There is a great magic around and in every paper that starts with the following words: "Dear Santa Claus..."

Christmas opens a window to that part of us we are used not

to pay proper attention to, sometimes out of laziness, sometimes out of pride, a bit like Pinocchio's Talking Cricket. This is a wise side, it is our conscience, so before we say 'Santa Claus does not exist' let us not forget that to say such a thing would be somewhat

like admitting we have no conscience, that we do not exist... how nonsensical!

Right, we have already taken a great step forward then. We have just discovered that Santa Claus does undoubtedly exist, that, only with him, do we also exist, and that if we are even more trusting, we can reach the consciousness of Being. But the steps, the real ones, the ones towards awareness, need to be taken one at a time.

And now we are at the "Dear Santa Claus..." and this is where the three steps to writing the famous letter to Santa Claus start, leading us to us.

“

*There is great magic around and within every paper that begins with the following words: "Dear Santa Claus..."*

”

## **PHASE 1: "The present I want so much..."**

There is always a precise reason why we push ourselves to do or not to do a certain thing. A child writes a letter to Santa Claus because they want a present. And the desire for the much-desired gift is precisely the spark that lights the path to get it. It will not be an easy path; the child must make a wish and promise to do something to get it.

Today as then, the question we must ask ourselves is: WHAT DO WE WANT? Our conscience listens to us, Santa Claus listens to us. So, the child may write, 'Dear Santa Claus I would like a remote-control car for Christmas this year'. For us older children, becoming a better person and helping others would be a fantastic wish.

## **PHASE 2: "This year I was..."**

This is the most complicated phase of the letter to Santa Claus, because it is the one that requires absolute honesty. The child at this phase of the letter will confess some mischief. Santa Claus clearly tells us that a mistake should not be a mortification, but rather a valuable occasion to understand and to be able to carve our name into the good list.

But mind you, it is essential to relieve ourselves, adults, or children, of any embarrassment in recognising our mistakes, because Santa Claus does not judge us, on the contrary, he clearly tells us that to understand a mistake is to understand where to start for improvement.

### **PHASE 3: "I promise to..."**

Here we are! In the first phase we clarified a goal. In the second we investigated and stated the obstacles that have so far prevented us from achieving it.

In this last part we move on to the commitment to be something, to promise to do or not to do something. When the intention to improve becomes action and awareness, we have already entered the path towards the deserved gift.

Are these three steps leading to a virtuous life or not?

Of course, they are! They coincide.

The Letter from Santa Claus is a little letter we write to our conscience as adults, to that part of us that we should never ever stop listening to because it is from this part that we receive advice on how to BE GOOD.

So now let's grab a piece of paper and a pen, sit down, and start writing "Dear Santa Claus..."



# From Grinch to 100% Elf How to rekindle the Christmas spirit



Needless to say, the Grinch figure, although modern, has rightfully entered the magical circle of Christmas-related characters. So much so that 'I am a Grinch' is the expression commonly used to describe one's sometimes joking aversion to the Christmas holiday season.

Behind the Grinch is the past of a disappointed and angry child who grew up and decided to direct his aversion towards Christmas... Hostility exists and can exist, especially among those who are sad or who have a sorrow in their hearts.

Christmas can be a time that amplifies the lacks, that multiplies the sorrows, that stirs up all the memories that can hurt us, that much is true.

We intend to reason about what might be the best indication to give to those who are looking for a doorway leading to Christmas and cannot find it.

Let us see if anyone recognises themselves in these profiles we will outline below.

Let us also always try to find the best counterpart to each of our attitudes; it is there that we will find the light of Christmas.

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## GRINCH FOR FUN

This is the funniest profile! Whoever is a Grinch for fun do so to create a stir with fun and also healthy self-mockery. This could be that friend who "ah don't talk to me about Christmas, I can't stand it, I get the hives!!!" But says it while having fun... it's a good attitude inside which there is already a heart beating with affection for so many people. Maybe that's the point... a Grinch for fun should try to also embrace lovingly his or her own self, take off the mask and live everything out of the character he or she has 'created'. Perhaps he or she is a person who does not see what people like as indispensable and deprives themselves of it, thinking that being altruistic will suffice. Altruism must be practised by putting oneself among others! Taking the time to treat ourselves with the

attention we pay to others could reveal a truly wonderful reality, as well as make us a 100% Elf.

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## GRINCH FOR DISAPPOINT- MENT

The Grinch out of disappointment is a basically harmless Grinch... a good person that associates Christmas with something that went wrong but was not followed by rage. That is to say... he has taken the blow and neutralised the pleasure and warmth of Christmas in favour of a harmless apathy. Sad it may be, because the Grinch out of disappointment experiences Christmas time just like any other time of the year. How can one turn the Grinch out of disappointment into a 100% Elf?! Well, it's simpler than you might think, surprise the Grinch, give an unexpected caress to associate with the festive season... the very season from which the Grinch out of disappointment expects nothing. Here the appeal is addressed to every Elf reading these lines and the ability to look around for a friend in need of this caress!

Instead, we always recommend to the Grinch out of disappointment to leave a little space, albeit a tiny one, in his or her heart, to receive a gesture of love, to leave the door open and make Christmas come again.

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## GRINCH OUT OF DEFENCE

The Grinch out of defence is very similar to the Grinch out of disappointment, at least as far as its origin is concerned. We are dealing with a person that associates Christmas with the reason of a deep disappointment or 'burn'.

However, in contrast to the Grinch out of disappointment who then neutralises his or her love for Christmas by driving it to apathy, the Grinch out of defence repels it by deliberately attacking it! So basically, there is a simple anger reaction: "you hurt me... now I hurt you too". If we think about it, this is the true story of the Grinch we have all seen at the cinema. For, his anger led him to 'steal everyone's Christmas', but once he did, his guilt and sadness triggered by it led him not only to restore the situation, but also to change his thinking!

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## GRINCH OUT OF VANITY

And here we are dealing with the Grinch out of vanity... perhaps the most complicated one. Let's say Mr. "I am different" "I have it all figured out", he is the one who does not sink to the level of the common mortals enslaved and deluded by the Christmas lights... he is a being who considers himself superior who thinks that this period is just one great binge of superficiality. Actually, those who fall into this category do not only have this attitude reserved for Christmas, because they feel the need to always find the argument that distinguishes them and puts them on a higher or at least different level from those showing sincere emotion. They are not people driven by malice; they just need to be given time

to discover the wonder of things. Sometimes, it is enough just to talk to him of the opposite of what he expects to hear. A Grinch out of vanity needs to be told, without overly activating his perception of wanting to convince him, that this superhero cape takes away much more than life would be ready to give him.

Therefore, the Grinch for Vanity does not convert, except through his own personal inner journey that (without him having to admit it to others) leads him to realise that this attitude is not only useless, but also harmful to him.

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## GRINCH AND THE CHRISTMAS SPIRIT

What does all this really teach us?

Returning to the protagonist of the Grinch's story, beyond all the nuances we have given him, we must also talk about the fact that if we want to, we can also have the same happy ending! Exactly, the Grinch realises that there is more to Christmas than what he thought he had stolen... one can steal material things, but not the meaning and spirit that Christmas lights up inside people's hearts. And much like what happens to Ebenezer Scrooge in Dickens' Christmas Carol, the Grinch finds his redemption by redeeming all the ugliness in favour of a new life.

Quoting the Grinch's inspirational author, Dr. Seuss, we agree that there are several good lessons to be learned in the story: "Children still have a strong sense of ethics," he said. "They want to see virtue rewarded and arrogance or meanness punished ... If the Grinch steals Christmas ... he has to bring it back in the end."

Besides, Dr. Geisel Seuss himself declared that he wrote the

story of the Grinch "to see if I could rediscover something about Christmas that obviously I'd lost," only to find it in probably one of the most famous ... and most meaningful stanzas of the play:

"Then the Grinch thought of something he hadn't before!  
What if Christmas, he thought, doesn't come from a store.  
What if Christmas...perhaps...means a little bit more!"

There is no decoration, shop or other display of Christmas that can replace the meaning we give it and that can only be found in one place: in ourselves



THE INHABITANTS  
OF THE  
SANTA'S KINGDOM

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# HENRY THE NUTCRACKER

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## Motto

*Inside the  
Magic  
Kingdom  
and its  
beauty,  
I guarantee  
fun and  
safety, it's  
my duty!*

## Origins

Henry the Nutcracker was born in a carpenter's shop in the City of Courageous Hearts! He descends from the most important family of dream guards and is called upon by Santa Claus to protect the Kingdom from the villains who want to stop Christmas.

## Personality

Henry is responsible and his first concern is that young and old enjoy the magic of Santa's Kingdom safely and trouble-free.

Henry never gets out of line; his outfit is always IMPECCABLE even when he is not on duty! A few folks at the Kingdom call him somewhat of a fanatic because he has a real weakness for fashion and physical health. However, rumour has it that he is a softie on the inside who gets excited when he sees the happy, dreamy children at Santa's Kingdom. Under his stylish jacket, there is a sensitive heart just like those of all the brave people defending the good in the world.



# Christmas: The Little Big Prince within us



This is the phrase on the main architrave of the magical Door to Santa's Kingdom in the Italian town of Vetralla. Ever been there? You should give it a try.

Just like Dante Alighieri at the beginning of his incredible journey, anyone arriving in front of the Door of Santa's Kingdom is immediately informed of what it really means to cross that threshold. Crossing it is therefore to become oneself

again, in the fullest meaning of the concept, to find oneself together with that child we used to be and that we left alone when we were growing up.

A pure child, whose eyes see only wonder...

Antoine de Saint-Exupery wrote one of the most important books in modern literature: *The Little Prince*. A tale for all ages that underlines the importance of growing up and experiencing the world alongside the inner child that allows us to live a fuller, more aware, and colourful life.

That child is who we really are.

We often mistake this for what we become, what we do... Give it a try, when you ask someone: 'who are you?' nine times out of ten they answer with what they do for a living! On the other hand, what we think we are is nothing more than the result of a life influenced by a thousand variations we do not have control over, starting from where we are born, our parents, who we hang out with, school, chance encounters and so on... but before all this, there is a pure light, and it is only there that we can find 'Who We Are'. Reconnecting directly with our inner child, combined with the awareness that growing up has experience of being in this world, is the secret recipe of the richest and luckiest people in the world.

Historical, literal and spiritual cycles and recurrences will always keep bringing us to this door... and there must be an important reason why humans "grow up" and constantly come across these concepts.

This happens because Life wants our well-being and proposes to us endlessly (until we take it) the way to give our growth that improvement and fulfilment that everyone deserves but few achieve... and yet it is right there in front of us... but we need other eyes to see it!

The Little Prince... for us at the Santa's Kingdom is a metaphor that fits very well with the project we are implementing and developing. We only must think of the Prince as a PRINCIPLE to understand that Christmas, or rather the Nativity we are celebrating, is none other than our 'little Principle'. And in Principle... we are pure. In that purity we have the eyes that

allow us to see every single colour of life.

As we go on, we discover that this purity is a point of convergence. In that purity we have the eyes that allow us to see every single colour of life.

When we say that 'We are all nicer at Christmas' this is indeed possible because in that period (which comes for each of us at different times) we are willing to look beyond all our rational convictions.

Yes, it is true, Santa's Kingdom takes its first steps as a big, overstocked Christmas decoration shop, but for those who really pay attention, there is so much more to discover. The intentions, vision, values, and reasons why it was created, and that will keep it going for years to come, transcend commer-

“

*The magical threshold of Santa's*

*Kingdom was created to show every visitor*

*the way to their innermost, purest self*

”

ce (to which I am grateful because it keeps it actually alive). The magical threshold of Santa's Kingdom was created to show every visitor the way to their innermost and purest self, giving everyone proof that even in the darkest hour one can gather comfort, wonder and new motivation. When this happens... the lights we love seeing around us start to turn on within us... so it will be Christmas in all the gestures of love we make.





THE INHABITANTS  
OF THE  
SANTA'S KINGDOM

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# LAMPO THE REINDEER

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## Motto

*Reduce  
every  
distance  
whenever  
you need,  
thanks to  
the magic  
of my super  
speed!*

## Origins

A multiple champion in all disciplines of the Nataliades (the Christmas Olympic Games), Lampo's speciality is the Marathon, and it was during a run that Santa Claus noticed him and chose him to be part of the Official Team for the delivery of the Presents! The son of Dasher and Comet, two of Santa's snappiest and most historic reindeers! From their love little Lampo was born. From his very first flights, it was immediately clear that his main characteristic was SUPER SPEED! An essential element for those who, like Santa Claus, must deliver presents to children all over the world in just one night!

## Personality

Lampo loves his look for which doesn't go unnoticed, with his medallion in the shape of Lightning (a present Santa Claus gave him on the day of his birth). He is very disciplined and focused on his training and loves to tell the children about his great exploits of strength and speed... a born motivator! His mission is to drag as many children as possible towards a healthy and high-performance lifestyle. It is Lampo who encourages all the other Reindeer to do their best and keep fit throughout the year. So, he organises running challenges and races around the trails of Santa's Kingdom, trying to pass on his love of running... or rather, renning! Even if Lampo loves super speed, some close friends swear they have heard him say that he wishes the Christmas season would pass more slowly, because it is the most beautiful and magical time of the year.



# The five keys to Christmas to enjoy it at its best and always



Caught up in the many concerns that crowd our days, when we first glimpse Christmas on the calendar, the first thing that may come to mind is: "Oh no, there goes yet another thing to organise".

However, it is all a matter of approach, as always, of meanings and signifiers within the events, times, and things we experience.

We are the ones who decide, we are the ones who can avoid reducing Christmas to a series of engagements to buy and exchange gifts, family get-togethers, table binges, gatherings with the 'usual' traditions, and so on.

So how can we expand our view and enjoy this period with a better state of mind?



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**KEY N°1**  
**Look inside**  
**yourself**

Christmas is birth and birth as a principle, and this is what we are interested in. So we start from the beginning, that is, from ourselves! Before we start doing, or rather, experiencing any moment or emotion, let's look inside... we need to search, understand what makes us happy, how we are in general at that very moment... and with an act of great courage and willpower accept it as a starting point. A starting point... where to?

Well, our goal is to achieve and experience a better Christmas. By lowering the spins of our thoughts, we will see the magic of Christmas start to act and change our days.



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**KEY N°2**  
**the perfect**  
**Christmas gift**

Is there such a thing as the perfect Christmas present? Is it right to expect a present? And what present can make a person happy?

We are inclined to see the importance and appropriateness of a present in relation to its commercial value. But what if we tried to shift this focus and reposition it on the sincere intention of giving something to someone. At that point, the value of the gift lies entirely in the intention it carries, in the fact that 'I have dedicated all my attention to you'.



Then the sincerity of the gesture becomes a gift. A present is such because of its meaning. A phone call with which you open your heart to the world, a visit you have put off for too long, a caress you have forgotten to give.

The Christmas present becomes perfect when it is the means, not the end... when it is the means that carries your intention, your love.

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### KEY N°3

**participate  
live and create  
the atmosphere**

Christmas is a state of mind, it is beauty, it is a predisposition to open. Not because life has spared us sorrows, but because we have decided we want to feel good, build on top of the rubble, sometimes and when needed.

Christmas means wanting to adorn and decorate every corner of our hearts. Once this is done, move on to the outside, to the world around us, decorate spaces, colour people's lives with an unexpected gesture. Creating moments of sharing. This is what Christmas should be about.



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### KEY N°4

**more  
attention  
to art**

Art means creativity, any work of the human intellect that can build beauty and emotion.

Christmas evokes in everyone's memories feelings of joy, nostalgia, love, and happiness. Our emotions always need to be nourished by beauty, by art. Allow this to have a space within us and generate new emotions to be cherished. This point is fundamental, because those who can see beyond what is logical and rational, experience a much fuller life. A state of mind influenced by art is precisely one that opens our intuition and creativeness. Art is the spark that ignites in us the possibility of living and doing extraordinary things.



A heart sensitive to art will make a difference all year round whatever the circumstances.

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**KEY N°5**

**Turn on  
that light**

The secret of Christmas lies in how we decide to live the time leading up to it. From when we want it to begin, to how we prepare our souls to receive it. We will never see any Christmas light unless we turn it on within ourselves. Time runs wild, it has no idea what Christmas is, what a birthday is, what a holiday is, what your life is, it has no idea that it is time... Only you know this, Christmas depends on you, in your soul, and in the hearts of the people around you. Turn on that light inside you, and it will be Christmas, with all its colours.

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# What is Christmas?



Ever wondered what Christmas is? Well, come on, let's give it a try now -- see? The answer does not come so easily. This is because Christmas takes on meanings that change from when we are young to when we gradually grow up. This means we are naturally inclined to confuse it with the nostalgia of memories with the risk of reducing its true meaning to an ordinary habit.

But we will leave the real meaning of Christmas, the one with which to truly mirror and confront ourselves, for last... we will

first take a short journey through the influences and the great lights of modern Christmas; in other words, the fundamental happenings that have cyclically revitalised Christmas in Western society (although as we will see later, the concept of Christmas is universal and not belonging to a particular portion of the world... because each one manifests the exact same thing although differently).

### **Yesterday's Christmas:**

There are two great lights that have brought Christmas to the people of the world... everywhere over the last two centuries (or so). The first Light is the one lit by Charles Dickens when he published his Christmas Carol in 1843. We are in the Victorian era and Dickens secured his place as the star of Christmas by writing the story of the progress that grumpy Scrooge makes to turn himself into a generous and loving person. This is a very value-infused act, as the reader accompanies old Ebenezer on the journey led by the three spirits. Each one of them shows him a point of view, starting with his past Christmases and thus directed at himself, then moving on to the present Christmas with Scrooge looking at himself

amongst the people around him, and then ending with future Christmases when he discovers that the future is consequential to his actions, and that his is not much of a promising one considering his bad temper! So, Scrooge turns back, redeems himself and decides to direct his life towards generosity and love of others.

Years go by, exactly 49, and across the world, what would later become the second Light of Christmas was born almost by chance in 1892! We are talking about Coca Cola putting its bottle in the hands of a Father Christmas redesigned and repainted for the occasion.

This is the beginning of the

POP Christmas... an era in which the symbols of this festivity would be used (especially over the last 40 years) to drive commerce and consumerism at the speed of light! However, it should be noted that at that time society was taking its first steps into the magical world of marketing, and could count on a level of culture, education and values very different from those of today... in short, there was still a certain substance behind all those Mottos and banners, and with substance we simply mean the awareness of the existence of values such as a love towards others, towards oneself, kindness, loyalty, authenticity. See? The light of Christmas makes everything more beautiful and warmer... even the coldest environments and hearts! Always!

“

*The light of Christmas makes everything more beautiful and warmer...*

”

## Today's Christmas!

The "Coca Cola" Christmas era is coming to an end and if we pay attention we can see Christmas all around us, and it is worth relaunching from a value perspective... otherwise it will always be aesthetically beautiful and ever-present but with little substance (whoa, this is today's man!). So, what is Christmas then? A tradition, a time of year, an excuse, a habit... so what, honestly, is the meaning we attach to Christmas today?

Commerce and consumerism existed before too, but by now we should have realised that it was man who was different. We were mindful and cultivated a part of ourselves that today, out of habit, we tend to neglect too much.

Kindness seems almost an extraordinary thing and greeting a person in the street could even seem somewhat offensive... if only we stopped for a second to think about how powerful a sincere smile can be, and an attentive and authentic predisposition to listen to one's neighbour, always seeking the right meeting point. A gift, a present, yes, material stuff and what fuels a consumerist Christmas for many... only if matter remains! Because then we have the power to give it the meaning that will be the REAL value of that gift. The gift is a vehicle that should convey our desire to make the person who receives it feel good... anything can be a Christmas present if it conveys this intention. Otherwise, it is merely vanity... gold... it does not know it is precious, we have decided that.

So, we can decide that our phone call, our smile, an object, or anything else can be special enough to be promoted to the status of 'gift to make someone happy'. And there is no value or jewel that can replace this part... nothing, not even the craziest expense. If this part is missing... more than consumerism, this will be pure vanity. Let's take the example of a person enthusiast about Christmas decorations who decorate the house for the holiday season... a beautiful living room with a warm atmosphere that pampers the soul. How will that room be used? A showcase to look at like a painting or a place to welcome family, friends with the clear message "look at the ambience I have set up to welcome you!". So, whether you spend nothing, one Euro or a million, an object remains an object... the value lies in the intention assigned to it. These are the values on which Santa's Kingdom in Vetralla is founded and, thanks to its constant work to pass them on, it has become the new Light of contemporary Christmas over the years.

## **Tomorrow's Christmas**

This paragraph includes the consequences of the decisions we make henceforth... it is all still to be written, including Christmas. The good news, as for Scrooge, is that we are still in time and all we need to do is to direct our will in a better and virtuous way. Like a gardener cultivating plants that will bear wonderful fruits in the future. The bad news is that this is a job that requires great willpower, a job that no one can do for us... it starts now... and you will notice, as if by magic,

that an outer change corresponds with every inner change. Let us remind ourselves again, the Christmas Light makes everything more beautiful... even if it seems rather excessive. We just need to let go of our resistance and plunge into beauty without any burden... This should be our constant goal, and if we persevere, the results will be amazing. All we need is the courage to smile even when circumstances suggest the exact opposite.

## **THE TRUE MEANING OF CHRISTMAS:**

All in all, what do we mean with this Christmas? We have digressed at length into what Christmas has represented and can represent for the society that experiences it, but we have not yet even begun to scratch the surface of what it really means. So, there it is, the meaning of Christmas, sitting back and grinning at us as we live, welcoming with open arms and hearts anyone who can lift their head and notice the obvious signals it sends.

Christmas is THE BEGINNING... stop! But have we realised the magnitude of what we have just said and the immense opportunity it holds for us? Charles Dickens understood this well... Christmas teaches us (especially us adults) that the beginning is not in the past, but cyclical! Christmas is the chance to go back and start again from that very beginning. Think for a moment that you could become a child again... but with today's mind and experiences! And start living again with that state of mind... let's pretend that life so far is iden-

tical to Ebenezer Scrooge's journey, and we are given the chance to go back. We would probably do the same things (impossible), but they would be experienced in a COMPLETELY DIFFERENT way because if our conscious state changes, our behaviour changes... and if our behaviour changes, everything else changes!

So, doesn't the fact that Christmas comes every year, and that it can actually be EVERY DAY, bring to mind that we can always count on a new beginning, empowered and aware of our experiences? Christmas is about GOING BACK TO THE BEGINNING, three-year-old children with the advantage of no longer

having to go through the trauma of adolescence. When, as adults, we think that a child is making a mistake 'because he or she doesn't understand' or 'be happy now because after Life isn't all sunshine and roses'... maybe we (adults) are the ones who have lost a few diopters. Experiencing Christmas with this in mind is an opportunity to rekindle in life all those colours that we now think are confined to the drawer of Nostalgia. Time has nothing to do with it, it is our Light that will be freed from all those frameworks we built growing up and that will blur every darkness in and out of us. If that Light is lit and shining, then it will be Christmas, always. And we will live as adults with the vivid spirit of a child even through the hardest moments of life... Life is this very moment, let us not waste it.

“

*We will live as adults with the vivid spirit of a child even through the hardest moments of life*

”



THE INHABITANTS  
OF THE  
SANTA'S KINGDOM

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**LUCY  
THE STAR**

---



**Motto**

*Searching for  
the most beautiful  
Christmas magic,  
no need to look  
afar, close your  
eyes and follow  
me...  
I am Lucy, the  
Star!*

**Origini**

All began thanks to a special wish....

"I long for a magical place... a place that unites all Christmas lovers like me."

That was the wish a child made on a winter's night when gazing at the starry sky hoping for a sign, he saw a shooting star so bright that his dream came true...

And it was indeed our Lucy who had fallen from the polar star to fulfil that wonderful wish. But where had she fallen? Glowing in the sky, she landed on top of a castle, and something magical happened that night! Pretty, the 100% elf, relentless as ever, was on her way up to the attic to fetch the decorations for the tree when she heard a great...bang!!!

The first encounter with Lucy was extraordinary, because a true friendship of trust and tenderness took off immediately.

"What's your name?" Said Pretty

"My name is Lucy, and I am the Light of Christmas!"

"Uhm...to be the Light of Christmas there is something you lack dear...

Wait, I'll help you... here you are!"

And Pretty, as a symbol of their bond, gave her a red and white Pom-pom Christmas hat. Lucy was so happy, and when she received her first Christmas present, a light shone brighter than ever made of the love she had just received from that gesture.



(Can we see what has just happened? A gesture of selfless love returns the same love multiplied infinitely... and this is what makes Lucy shine).

"Well... Pretty, it is as if I have fallen on top of your Castle.... so, let's make some sense of it! There is a Castle, all of you are there, there is Santa Claus... I will stay here, and this will be Santa's Kingdom'

## Character and temperament

She is very elusive, not easy to approach and not easily taken in by anyone who is unaware of the grace required to deal with her... only Pretty can, thanks to her good manners and sensitivity! She enjoys films a lot; her favourite song is Lucy in the Sky with Diamonds in the version sung by Elton John.

She is very funny and hyperactive.

And her favourite day is when Santa calls everyone to make the huge central Christmas tree and 100% She-elf places her on the tip, lighting everything up!

She enjoys playing a little mischief with Dr Krampy, because every time he sees her shining over the kingdom, he puffs like steam from his coal factory.

However, she refuses to give up, she wants to warm the cold heart of that dark big man she is so fond of at all costs.

So, when he turns his back to get back to work, Lucy giggles between herself and runs to give that cold, coal-smearred nose a warm, beaming kiss (they say this is the only actual moment when Dr Krampy hints a smile under his mustache).

## What is it that keeps her lit?

The children who believe.

She loves shining for those who long to find the way to the true Christmas, this is her job! Shining to guide people to find the hidden values Besides, she receives the location of Santa Claus from all the stars in the sky and updates the control room where there are the 100% Elves checking that the deliveries are going well.

# The Christmas Wish Star: the power of Dreaming and Achieving



Making a wish upon a star is not a trivial gesture; it is the first step towards its realization. Growing up, we often give in too easily to the power of a sincere wish, labeling it as an illusion to be avoided to prevent disappointment.

But here, in Santa's Kingdom, we know how important it is to take wishes seriously. We have even credited a Star for creating the wonderful world we all know. This Star is named Lucy, a fragment of the great North Star that separated to fulfill the pure desire of a child: "a place where every day is Christmas."

So, what is a wish directed towards Lucy? Is it a child's fantasy, a hopeful anticipation of a positive sign, or an illusion for an adult?

The surprising answer is that it is valid in all three cases because what truly matters in a wish is the attitude of the one who formulates it. But let's proceed in order...

A wish always arises from what we currently lack. We wish because we want to surpass what we already have. Despite our current state or possessions, we recognize in something outside ourselves the fulfillment or improvement we desire. And so, we wish, and our intentions propel us towards a new reality, more beautiful than the present one.

This applies to every aspect of life: we wish for a new car, we wish to regain physical fitness, we wish for a toy, we wish for authentic relationships, and so on.

If we pause to reflect, we will notice that these wishes always contain a positive and improvement-oriented aspiration, the only one capable of igniting the enthusiasm necessary to achieve them.

In the depth of a sincere wish, the necessary changes begin to stir, step by step, leading us towards realization. The wonderful thing is that all this happens naturally, without the need for a rational strategy. We could say that the world of wishes is a realm beyond rationality.

A wish represents a true revolution compared to our habits. While it may seem romantic to make a wish and see it magically come true, we must understand that for that to happen, we must transcend the boundaries of our comfort zone.

“

*A wish truly works when it is pure,  
spontaneous, and when we are ready to face  
the risks it entails.*

”

is downgraded to hope. Or worse, we grow and solidify in a life we complain about, viewing wishes as mere illusions. In reality, we do all this because we lack the courage to rise from our chairs, step out of our comfort zone, and activate the necessary energies to achieve our desires.

A wish truly works when it is pure, spontaneous, and when we are ready to face the risks it entails. That is why many people fear wishing.

But enough philosophy! Let's provide a concrete example related to the real world. Let's realize that we are not in good physical shape and that we would like to feel better. Before us, there are three paths:

This is the pivotal point that determines whether a wish turns into hope or remains an illusion, instead of being realized. Often, we are reluctant to disrupt our routines; we take timid steps forward, hoping to receive some sign that propels us forward... and so, our wish

### **1. Pure Wish:**

I wish to get back in shape! I express my wish, change my eating habits, start exercising, open myself to a new world, meet new friends who support me in difficult times... without even realizing it, I am back in shape. This wish is based on a firm determination and absolute dedication to achieving the goal, surpassing everything that has limited us until now, where, for various reasons, we were less attentive and more sedentary (a condition from which, thanks to the wish, I managed to escape).

### **2. Hope:**

In hope, we do not actively push ourselves beyond our comfort zone; we are not fully convinced yet... we make some attempts, waiting for signs. We have an attitude of "let's hope" rather than "I do this because I am convinced." And this conviction, I repeat tirelessly, lies in the spontaneous and enthusiastic approach that always points us in the right direction for the next step. There are no unachievable wishes. So, we hope to get back in shape... hope is a middle ground that can become a wish if we let go of the remaining doubts or can turn into an illusion if we prefer to stay where we are (because a sedentary life and indulgence at the table are more comfortable).

### **3. Illusion:**

The deluded person waits for things to happen by pure chance or misfortune. They have no active role in the matter. They generally have a negative and pessimistic attitude, unaware

that by acting this way, they will never achieve anything. The pessimist says, "I am out of shape," finding all the excuses that justify their current condition... without doing anything, they are content with it. The pessimist naturally looks downwards... and that's why, to escape an undesirable situation, we must raise our gaze and aim high.

“

*we will live as adults with the vivid  
spirit of a child even through the hardest  
moments of life*

”

In pure wish, the desire and action become one, and above all, they are always directed towards something we genuinely enjoy. When we move in harmony with our wish, we become

creators of our reality, connected to a universe that listens and responds to our deepest desires. Many people are deluded into thinking they are doing well and derive pleasure from things they don't truly enjoy. They spend a lot of time, living

a life complaining about many things... they are not happy, and they are afraid to confront the fact that deep down, they don't like what they are experiencing. While writing these pages, I had the opportunity to look at myself and understand even better how important it is to build upon what we truly enjoy, even if it means taking steps back and facing new initial obstacles.

So, the next time you look up at the night sky, search for Lucy, the Christmas Wish Star, and allow your heart to express an

authentic wish. Remember, wishes are not only for children. They are the lifeblood that fuels our growth and propels us to become the best version of ourselves. Embrace your wishes, be courageous, and take action because the power to dream and achieve lies in your hands.

We all have the potential to become stars that shine in the night sky, ready to listen and fulfill the world's wishes.



# *Kissing under the Mistletoe: the secret beyond this romantic gesture*



Kissing under the Mistletoe is one of the loveliest and most romantic Christmas traditions we can witness and, especially, experience. Accordingly, each era has told different stories about it, albeit with the same hidden meanings, of course. In modern times, picture the folk dances in the inns of Victorian London narrated by Dickens, it was the custom to hang a bunch of mistletoe and let it dangle from a beam. A symbol of the wonderful, warm festive mood that Christmas brings every year. A man spotting a girl waiting under the mistletoe

could approach her to 'steal' a kiss... the saying goes that refusal would bring bad luck and that, on the contrary, consent would favour all the best fortunes, especially sentimental ones.

This is the most recent tradition, reaching our days, when we do and live things mostly mechanically without questioning too much... always ending up ignoring the meanings that may lead us to experience, why not, even a kiss, with increased enthusiasm.

We have written and said this many times, there is a very worrying general numbness in modern society. Eyes and ears are blocked by habits, prejudices, clichés, and beliefs we hardly question... so we live missing out on so much and even what we vulgarly call love is no exception to this sad fate.

We move from the authenticity and magical alignment of the first days to a routine love that ends up becoming something of a lesser degree. And that initial spark ends up lying around neglected like the dusty prize of an ancient achievement tucked away on a forgotten shelf. Sometimes it falls, breaks, and is lost.... others it is picked up by those who deserve it a bit more... other times it is cherished and polished because it is from that light that the relationship between two people is nourished, like the sunshine for the most scented flowers.

And here in the Kingdom of Santa Claus, the tradition of the Kiss under the Mistletoe for those in love is not missing for

sure! Our belief is that a value-conscious kiss is an incredible medicine for the heart and soul and, above all, contributes to experiencing Love in its fullest meaning.

But what makes a kiss under the Mistletoe more special than any other kiss? Now let's think about it together...

“

*There is something magical we are not individually equipped with. Something to collect outside us...*

”

Let's start with the most basic part: to kiss, it takes two people! This means that there is something magical we are not individually equipped with. Something to collect outside us... something we cannot provide for ourselves.

Most people see the possibility of a 'completion' in the external figure of the partner, and this is wrong. We are already complete on our own... the magic that comes with true love between two people is additive by nature, not supplementary. That other person adds something extra to you, which you would never have because it is part of the substance of the other.

But why right under the Mistletoe? Well, this is where a symbol of rare beauty comes out.

Mistletoe is a plant that blooms even in the coldest winter.

Got it??? A kiss under the Mistletoe is in the promise and wish of true love... and there is no winter that does not allow a True Love to bloom.

And, well, this is not only true for the kiss that two lovers exchange but also for any display of affection. Whether it is a hug, a caring gesture, some attention... it is essential to educate ourselves to be sincere when it is happening, because any non-authentic gesture of affection will not last after the first frost, unlike the mistletoe.

Thus, the kiss under the mistletoe is a symbol that goes beyond the sentimental relationship between two people... it is a symbol that evokes the importance of authenticity and sincerity in the most important situations, starting with the sentimental ones that call for putting oneself on the line without hesitation... because even the possibility of suffering is better than the possibility of delusion.

Each one of these traditions serves to make us better understand, to simulate meanings that are meant to stick with us. A kiss given or received with this meaning certainly does not need the Mistletoe to be authentic... it only needs aware and renewed Love, kiss after kiss.

To kiss with this awareness is to accept the essence of the one who kisses us as a gift, without any reserve, and to equally offer ourselves and... that spark can fuel the Light of a fire that will never be extinguished.

Therefore, it is a gesture that encourages sincerity... because we are well aware that circumstantial affection, even if justified by good manners, ends up becoming toxic in any relational context.

“

*A true kiss renews the rising of a sun that may never set.*

”

To conclude, we have realised that a kiss is also a vehicle, a messenger to which we entrust a meaning by transmitting it in the most beautiful way in the world. On the contrary, an empty kiss turns into habit, a flat and incomplete physical act... unfortunately, most couples grow up and end up like that.

Sometimes we are too caught up in ourselves to read the signals coming to us from outside properly. The advice is always to be the first to take the first step, to give sincere affection no matter what... this will be a fundamental exercise to help us recognise the same authenticity in receiving and to protect ourselves from what is illusion or something with hidden intentions.

A kiss is not mere circumstance... a true kiss renews the rising of a sun that may never set.

THE INHABITANTS  
OF THE  
SANTA'S KINGDOM

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# DR. KRAMPY

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## Motto

*"If you do not listen to your heart and your head is heavy and swampy, beware, you are growing up like Dr Krampy"*

## Origins

Sibelius Krampus aka Dr Krampy is Santa's grumpy cousin. In charge of the large coal fields where the coal for the naughty children is mined and prepared, he is always complaining to Santa Claus because his work is not appreciated enough. In fact, Dr Krampy thinks that his job is just a huge waste of time because Santa Claus, along with his elves, always finds a way to turn every naughty child into a good one... so the coal is always just used to heat the rooms in Santa's Kingdom. An outstanding rock scholar and a multi-graduate at the best universities around the world, Krampy takes himself very seriously and thinks that the magic of Christmas is just a waste of time and that children had better all grow up very fast.

## Personality

Extremely touchy and grumpy, Dr.Krampy never rests and argues with Santa Claus claiming that he better get a real job because children all grow up, start working, earn piles of money and buy themselves all the presents they want... even the ones they don't deserve! And to top it all off, they also end up forgetting about Santa Claus... turning him into a fairy tale they no longer believe in!

Santa, with his infinite patience, never fails to remind Dr.Krampy that even if children grow up and can buy whatever they want, they cannot stop life from bringing them coal in case this grown-up child misbehaves.

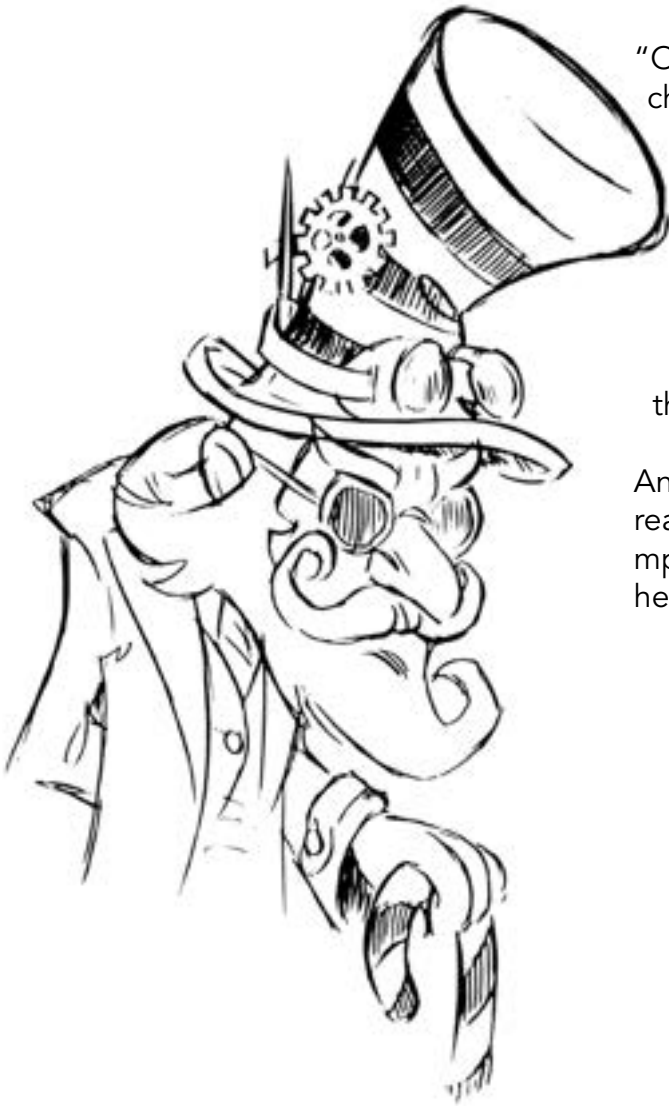
"Huh, well, my dear Santa... what about the little ones who then no



longer believe you to be real?" mumbles Krampy in his big voice....

"Oh Krampy..." sighs Santa rolling his eyes, "a child only stops believing in the Spirit of Christmas because an adult teaches him to believe in the wrong thing. Look, the Spirit of Christmas is not visible to the eyes, it is a good wind that animates the imagination of the most beautiful minds and is made real through small great gestures of love... where there is this there is the Spirit of Christmas... where there is this... there is also me, Santa Claus".

And this is always the exact moment when we realise that deep down, Dr Krampy is a good grumpy guy who just needs a few extra hugs when he is so stressed...



# The Return of Santa Claus... in Everyone's Life



"If a child stops believing in the Spirit of Christmas, it is only because an adult teaches them to believe in the wrong thing."

Santa Claus represents the highest level of wisdom a human being can achieve. He is a symbol of generosity and unconditional love, capable of evaluating every intention (wish) with love and placing it under the Realizing Light. But what does

the symbol of Santa Claus truly mean for the Kingdom?

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## CONVEYING THE MEANING

Christmas is a season of wonder and magic, a celebration that goes beyond gifts and decorations. It is a time when the best of ourselves is awakened. However, many adults face a dilemma: how to explain “the truth” about Santa Claus to children without destroying the magic of Christmas?

---

## CHANGING THE NARRATIVE

The key we give you not only works but will also transform you by awakening great amounts of dormant magic. Get ready for the RETURN OF SANTA CLAUS! The key lies in changing the narrative from a simple fairy tale to a meaningful life lesson... primarily for adults!

Remember, fairy tales are a means, not an end! They convey meanings that, if well transmitted, continue to grow and accompany us through every phase of our lives. What adults need to start doing is certainly to be willing and reflect on Santa Claus as a symbolic representation of the qualities we wish to cultivate in ourselves and that are very important for children: generosity, love, and consideration for others.

This willingness is essential! Otherwise, nothing you read from here on will work! How can you expect someone to believe in and show consideration for something you don't believe in? When we understand its importance... nothing will be forced and everything will become real.

“

*Become children again and live  
the magic of Santa Claus together  
as if we had never abandoned it!*

On this point, allow me one last consideration, perhaps the most important of all. The reward each of us receives in this new game will be to become children again and live the magic of Santa Claus together as if we had never abandoned it!

**Practical Example:** When a child asks if Santa Claus really exists, a parent can respond: “Santa Claus is the Spirit of generosity and love that we see in the kindest people. When we help others

”

and do good deeds, we are all becoming a bit like Santa Claus

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## EDUCATING WITH MAGIC

Children are naturally inclined to live in magic. They see the world with eyes full of wonder and awe, and this vision should never be suppressed but rather guided and nurtured. The magic of Christmas is real, and it should not be taken away from anyone... indeed, it should be fostered...”

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## INVOLVING ADULTS

The golden rule is to involve adults as Santa Claus’s “helpers.” Explain to children that adults are part of the magic and assist Santa Claus in his task of bringing joy and gifts. It is crucial to say that they can do this because many years ago, they too were good children, and over time, the Spirit of Christmas “hired” them to help in this great magical work.

Practical Example: Tell children that the kindest adults are in contact with Santa Claus. They speak with him, feeling him in their hearts. Santa Claus uses their help to distribute gifts because he knows better the wishes of children, ensuring that every gift is the right one.

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## SANTA CLAUS AS A ME- TAPHOR

As children grow, they can be guided to understand that Santa Claus is not a single person but a quality that can be found in anyone who demonstrates generosity, kindness, and love. The greatest gift a child will receive from life, if they continue to be good, is the chance to grow up with the possibility of being Santa Claus!

Practical Example: Encourage children to give a gift to someone who does not expect it, explaining that at that moment they are acting like Santa Claus and bringing the magic of Christmas into another person's life.

But now let's explain this concept well and go a bit deeper. For every person, Santa Claus should be a goal to strive for. Take for example when expressing a wish, when writing it on a letter, something wonderful happens: the wish is an intention to which consciousness (Santa Claus) responds. If we have a good relationship with our consciousness, at that moment we will understand if that wish is more or less right/good to fulfill. If it is something not good and forced, a person who listens to their consciousness lets it go... those who are not able to, pursue it, encountering unfavorable dynamics to which they will probably then blame the surrounding world. If it is

something good, they place it under the light of attention... which like the sun with plants, will nurture it, make it grow, and fulfill it. This is the law of how wishes and their realization work, understanding how to express and understand them is the natural way to see them realized.

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## THE MAGIC OF CHRISTMAS

The narrative of Santa Claus needs to evolve over time, adapting to the growth and understanding of children. By doing so, adults not only preserve the magic of Christmas but enrich it, passing on to their children values that will last a lifetime.

Practical Example: As children grow, encourage them to engage in altruistic activities (or for those who can, even volunteer work) during Christmas, explaining that these gestures reflect the spirit of Santa Claus that continues to live in every good deed.

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## CONCLUSIONI

**Santa Claus is not a lie but a powerful symbol that embodies the best of humanity and, if correctly understood, can illuminate the life of anyone, at any time of the year.**

“See, the Spirit of Christmas is not visible to the eyes, it is a good wind that animates the imagination of the most beautiful minds and materializes through small great acts of love... where there is this, there is the Spirit of Christmas... where there is this... I am there too, Santa Claus.”

THE INHABITANTS  
OF THE  
SANTA'S KINGDOM

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# THE SFATIKEENEEES

DR. KRAMPY'S HELPERS

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## Motto

*No need for  
drama, I'll take  
it slow...  
if you're like  
me,  
you're a real  
Sfatikeenee,  
you know!*

## Origini

The Sfatikeenees were born from a magical prank orchestrated by Lucy the star, Steve the Candy Cane, and BonBon the elf baker. Concerned about Krampy's fatigue from managing the coal factory all alone, Lucy and Steve decided to gift him with some special helpers. BonBon, with his skill in creating magical sweets, prepared a special bag of coal popcorn, enriched with a magical mix of laughter, joy, and notes of Christmas songs. Lucy added a touch of magic to the creation. When Krampy opened the bag, the Sfatikeenees sprang to life, jumping out just like crazy popcorn, bringing a wave of silly energy into his life.

## Personality

The Sfatikeenees are adorable! They have kind hearts, always ready to support those in need, even with the most tedious tasks! Each Sfatikeenee hides a hilarious secret... just spark their joy with a little tickling, and they change color, becoming white like snowballs! The first to notice this trait was Potty, Krampy's big cat, who mistook a Sfatikeenee for a ball of yarn and started playing with it, giving it a super tickle. However, the grumpy Dr. Krampy doesn't like to indulge them in this pleasure, preferring to keep them at work without distractions. In fact, when a Sfatikeenee changes color, their personality changes too!



Their grayish color is mostly due to the work they do in the coal factory with Dr. Krampy... When they are dirty with coal, the Sfatikeenees, despite their great skills in managing coal, become slow, clumsy, and easily distracted, occasionally causing some amusing mishaps that Krampy has to fix with a sigh. Despite this, the Sfatikeenees have genuine affection for Krampy and help him with love without asking many questions.

But if by chance they turn white, the Sfatikeenees' character transforms, making them playful, energetic, enthusiastic, and full of life. When they are white, the Sfatikeenees prefer to play and help the inhabitants of Santa Claus's Kingdom rather than work in Krampy's factory.



Bernie



Paul

# The Befana Comes at Night...



For those unfamiliar with the Befana, she is a character from Italian folklore akin to Santa Claus in some respects. On the night of January 5th, she flies on her broomstick delivering sweets and small gifts to good children and coal to the naughty ones. The Befana's tradition is linked to Epiphany, a Christian feast day that celebrates the revelation of God incarnate as Jesus Christ. In Italian culture, the Befana embodies the themes of transformation, humility, and inner beauty, serving as a reminder of the deeper meanings behind holiday traditions. Similar figures can be found in other cultures, such as La Vieja Belén in Spain and Babushka in Russia.

Epiphany is a celebration rich in meaning, often reduced to a tradition of sweets and coal. However, the true significance

of Epiphany is much deeper and rooted in our history and culture. The word “Epiphany” comes from the Greek and means “manifestation” or “appearance.” In a spiritual and symbolic context, this manifestation is the revelation of the purest part of ourselves, the sacred that resides within each of us.

The figure of the Befana, with her tattered shoes and humble appearance, represents the conclusion of a cycle that began with Christmas. This cycle is one of light and richness that Christmas brings with it. But what happens to this richness after the holidays? Where does it go?

The richness of Christmas, with its baggage of joy, love, and generosity, transforms and finds new expression in the figure of the Befana. She is the representation of accumulated experience and wisdom, not adorned with lights and decorations, but profoundly rich in inner meaning. The Befana, with her modest (not to say rather ugly) appearance, challenges us to see beyond appearances and recognize the true beauty that lies within.

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## A LESSON IN HUMILITY

Epiphany thus offers us a truly precious lesson: true wealth is not found in outward appearances, but in the depth of the soul. Those who manage to find beauty beyond appearances continue to receive sweets from the Befana, a symbol of recognition and reward for the ability to see with the heart. Conversely, those who judge only by outward appearances, who fail to grasp the hidden treasure, end up with coal, a sign of the need for

further introspection and growth... In other words, they must face another round in Dr. Krampy's coal mines! After all, what better than coal represents the fact that within appearances there can be the potential for a diamond?

The story of "Beauty and the Beast" is a perfect example of this concept. The King, who does not recognize the beauty behind the humble requests of an old woman, is punished with coal. However, even coal can be seen as an opportunity. When understood and worked on, coal can transform into a diamond, a symbol of growth and transformation... just as happened to that famous King

---

## A NEW BEGINNING

With Epiphany, one cycle ends and another begins. It is a moment of reflection on what the just-concluded cycle has brought us and how it has enriched us. The Befana invites us to consider our experiences and understand how they have transformed us.

“

*the path of our life is to work on ourselves so as not to remain coal...*

”

The Befana is thus a symbol of transformation, of the ability to see hidden potential and to turn coal into diamonds. And to understand that, deep down, the path of our life is to work on ourselves so as not to remain coal. Everything, when you think about it, has a coal state and if well worked on, can become a diamond... think of when you take a difficulty (coal) and turn it into an opportunity (diamond)! The only certainty is that if we do nothing, everything remains coal.

Each Epiphany thus offers us the opportunity to reflect on this journey, to appreciate the lessons learned, and to prepare for

a new cycle of growth and discovery. The Befana reminds us that, regardless of appearances, there is always beauty and wisdom to discover if we are willing to look carefully and with an open heart..

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## **FINAL REFLECTIONS**

Epiphany is not just a conclusion to the Christmas holidays but a call to reflection and personal growth. The Befana, with her simplicity and humility, teaches us that the true wealth is the one we carry within us. It is an invitation to see beyond appearances, to recognize inner beauty, and to value the experiences that enrich us.

This chapter invites us to further carry forward the spirit of Christmas, not just during the holidays, but every day of the year. To see the hidden beauty, to turn difficulties into opportunities, and to continually grow in wisdom and love.

THE INHABITANTS  
OF THE  
SANTA'S KINGDOM

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# BON BON

## THE PASTRY CHEF ELF

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### Motto

*Every  
generous  
heart makes  
the world a  
work of art!*

### Origins

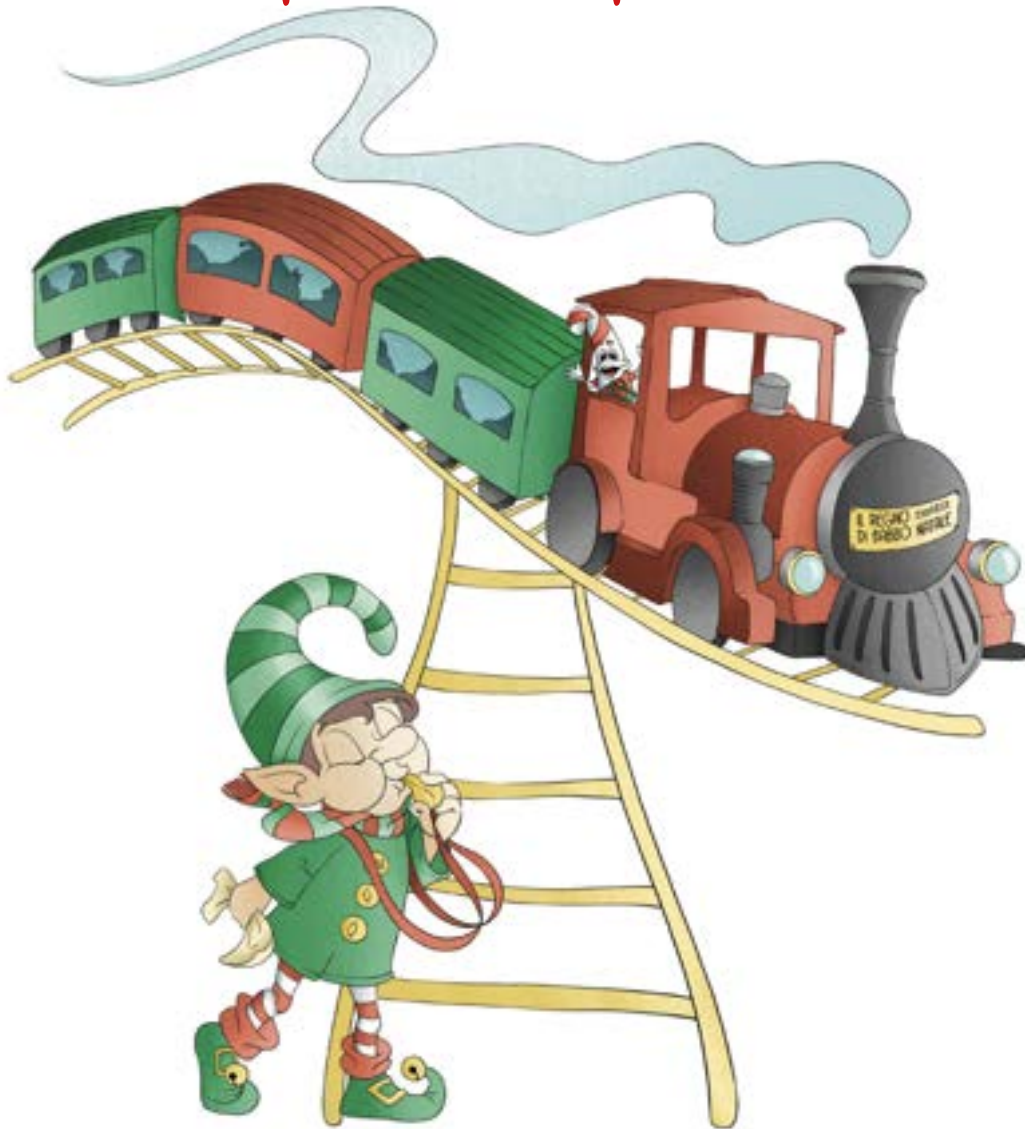
Arriving along with the other elves of Santa Claus's Kingdom, Bon Bon always had a big and generous heart. His story began in a significant way when, during Santa Claus's special gift ceremony, he chose to give up his own gift to another elf who had gone without. This selfless act did not go unnoticed by Santa Claus, who decided to reward him with a magical ladle, symbolizing his future career as the Kingdom's pastry chef.

### Personality

Bon Bon is a chubby and funny little elf with an unparalleled passion for pastry. His lively appearance, blue eyes, and warm smile make him instantly recognizable among the other elves in the Kingdom. Sweet and selfless, Bon Bon is always ready to help others, even if it means sacrificing something of his own. His generosity and kind heart make him a pillar of the Kingdom, where everyone knows they can count on him. He is often found in the kitchen of his wonderful pastry shop, with a flour-covered apron and a satisfied smile, tasting a freshly baked delight with his inseparable puppy Waffy. Thanks to the magical ladle given to him by Santa Claus, Bon Bon can infuse Christmas magic into his sweets, making them incredibly special and helpful. His pastry shop is also the daily gathering place for the inhabitants of Santa Claus's Kingdom who want to spend a few carefree hours enjoying tea, treats, and hot chocolate!



# Trick or Treat?



Have you ever wondered what we're really saying when we shout "Trick or treat?"

At first it sounds like nothing more than a game, a fun little spell, though if we're honest, it's basically a playful threat to get some candy. But if we look closer, there's a tiny universal secret hidden inside that question. It's a way children, without even realizing it, act out how life truly works.

When we say "trick or treat," we knock on a door. And in that moment, we're telling the world what our attitude is toward whatever comes next. On one side, there's the treat: desire, trust, the expectation of something good. On the other, the trick: the unexpected, the challenge, the reaction

if life doesn't unfold the way we hoped.

It's a subtle dance between what we ask for (and especially how we ask) and what we receive in return. Because in the end, life responds in the same tone we use to speak to it. If we knock with a genuine smile, often a kind door will open. But if we knock with fear or entitlement, life might want to play a little with us... and maybe the sweetness is actually hidden just beyond that challenge.

Every time we request something, we're not just asking. We are revealing who we are while asking. The how matters more than the what. Asking with sincerity, humor, or confidence changes the energy of what comes back to us. Now, if for a moment we imagined life as one giant Halloween night, we'd notice the magic isn't in the costume or the bag full of candy. It's in the way we knock, in the courage to show up in the world, even dressed as ghosts, with eyes that truly smile. Because yes, we can be zombies and still receive kindness, even when we look a little frightening. Life, after all, has a soft spot for those who know how to play along with it.

But there's also the other side of the door. The side where someone knocks on our life. How many times has that knock arrived in a messy form, as a demand, a tantrum, a challenge? "Give me the treat or I'll give you the trick!" And our instinct jumps in: "Hey, that's not fair!" And yet... maybe that's exactly where life is testing our ability to give. Being generous only when it's easy isn't generosity...it's routine.

The real gift is offering sweetness even when the request comes out awkward, disordered, or disguised as a provocation. Because behind every mask, even the rude or silly ones, there is almost always a need for kindness. And those who can see it, those who answer with a smile instead of a judgment, become guardians of a tiny everyday miracle: turning a potential trick into a treat.

We could cling to the rule, "If you ask like that, you ruin the joy of giving," but that's a trap. Generosity is a direction. The joy lies in the act of love within the gift, even when the asker is a slightly annoying ghost.

This might just be the hidden secret inside Halloween's iconic phrase...and inside life. Every day, doors open. And every day we can choose to ask with fear or with trust, and to answer with anger or with love, recognizing ourselves in the people we meet. Are we able to offer goodness even when life feels tough and we look like zombies? Are we able to see the good behind a mask? Most importantly: can we learn, adapt and keep going, even when life keeps throwing tricks at us instead of treats?

Life is a costume party, and each of us is both the child knocking and the hand opening the door. And the real magic formula, if we want to discover it, is not "Trick or treat." It's something simpler and far more powerful: ask with an open heart, give with a grateful one. Everything else: the sweets, the laughter, even the tricks... is just part of the journey that reflects the way we show up and how much clarity and courage we put into what we want.

THE INHABITANTS  
OF THE  
SANTA'S KINGDOM

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# DONTY

THE SANTALLOWEEN PUMPIKIN

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## Motto

*"Don't  
worry,  
be  
Happy!"*

## Origins

Donty was born during an extraordinary event that transformed the Kingdom of Santa Claus into the Kingdom of Santalloween, due to a wish expressed by Dr. Krampy. This change led to the birth of Donty, a cheerful Halloween pumpkin with an elf hat! Donty received her little hat as a gift from Pretty, one of Santa's most trusted elves, in recognition of her positive, bubbly, and joyful character akin to that of a true elf.

## Personality

Donty is a pumpkin with a kind and luminous heart. She owes her name to the abbreviation of her motto and lifestyle: "Don't worry, be Happy". Despite her Halloween appearance, she exudes a gentle and friendly aura, spreading joy and happiness wherever she goes. A living symbol that even behind a scary appearance, there can be a character full of love and kindness. Optimistic and encouraging, Donty firmly believes in self-acceptance and acceptance of others. Her infectious personality and radiant smile can transform fear into joy and dispel worries from those around her. Donty encourages everyone to live in the present moment, not to worry too much about the future, and to find joy in the little things in life.



# The Power of Well-Wishes



Can we truly grasp the extraordinary power of words? Take, for instance, the word WELL-WISHES... giving and receiving well-wishes is something of unparalleled beauty and power!

The first thing that comes to mind when we think of well-wishes is surely our birthday. It's a day when we feel special, appreciated, and loved. The kind words and sincere wishes we receive not only make us smile but can radically change our mood and our perspective on life. When we're at the center of that flow of goodwill through well-wishes, we feel as if we could conquer the world. We feel encouraged, supported, and full of positive energy to face any challenges that may come our way.

Well-wishes are not just a form of social courtesy but a powerful tool to change one's mood. They can uplift the spirit, soothe the wounds of the soul, and instill hope in times of uncertainty.

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## **BETWEEN SAYING AND DOING LIES THE ACT**

But the true secret of the power of well-wishes lies in action. The moment we decide to send a well-wish, we are sending a piece of our heart to someone else. We're saying, "You matter enough for me to take a moment of my time for you, to wish you the best." This simple act of kindness and consideration can have a profound impact not only on the recipient but also on the sender.

Well-wishes become an act of human connection that transcends barriers of time and space. There's never a wrong time to send a well-wish because every day is an opportunity to spread love, hope, and joy into others' lives. Whether you're on top of a mountain or deep in the valley, never forget the transformative power of your well-wishes.

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## **CONCLUSION**

Be the beacon of light in others' lives, a reason why someone smiles even on the darkest days. Because in such a busy and chaotic world, a simple "I'm thinking of you, wishing you well" can make all the difference.

And so, as seasons change and days pass, let us carry with us the power of well-wishes, always remembering that in every act of kindness and love lies the power to change the world.

THE INHABITANTS  
OF THE  
SANTA'S KINGDOM

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# POTTY

## DR. KRAMPY'S KITTY

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### Motto

*Purring  
magic,  
chaos I  
sway, In  
Krampy's  
world,  
calm finds  
its way.*

### Origins

Potty is a super kitty born in Dr. Krampy's laboratory! One day, while immersed in his experiments in the lab, Dr. Krampy decided to create a plush toy made of coal to replace the toys made by the elves. He wanted children to love coal toys as much as traditional ones. With great enthusiasm, he developed a special machine to solidify coal and shape it into the form of a cute doll. However, during the delicate and ingenious process, Lucy, sneaking past the lab, added a sprinkle of magic to the machine. When Krampy opened the door of his machine to see the result of his experiment, instead of coal, he found a little kitten! Initially surprised and dismayed by the unexpected outcome, Krampy, despite his grumpy attitude, decided to welcome the kitten into his lab, naming him Potty... for a special reason!

### Personality

His full name is Potassium, but everyone affectionately calls him Potty. The reason? His magical purrs have the power to calm and relax anyone, especially Dr. Krampy, just as potassium does with frayed nerves. Potty is good-natured and affectionate, but has a mischievous streak that makes him adorable in everyone's eyes. He loves playing little tricks on the Sfatikeenees, Dr. Krampy's faithful helpers, often chasing them for fun, eliciting laughs and creating moments of amusement. Despite his mischief, Potty has a heart of gold and unwavering loyalty to Krampy. When Dr. Krampy is particularly nervous or grumpy, Potty approaches with his magical purrs, transforming tension into serenity. It's his way of taking care of his master and maintaining harmonious balance in the coal factory.

# When Do Dreams Come True?



So, if I'm here writing to you now, it means that some dream has come true. I'm equally sure that you, reading this chapter, have a dream in your heart. How many times have you wondered, "When will it come true?" And usually, this is a question we ask ourselves in moments of discouragement... well, now I can be of help to you and tell you about my experience starting from the phase when a dream is still... just a dream!

When dreams seem like distant stars, shining but unreachable, the turning point can come at the most unexpected moment, an ordinary day, when you understand that every dream needs solid ground to walk on, built by our willpower and daily actions.

This applies to everything that is dear to me. And when an

idea burns inside me with such intensity that it illuminates every corner of my mind, that's when I firmly decide it must not remain a dream.

So, the time has come to turn it into reality. My first action is usually solitary, small, almost insignificant: a handwritten list of steps to take. This simple act is my first concrete step towards every dream. It's not easy; every day presents its challenges, every step requires a choice, every choice requires courage.

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## MANY SMALL ACTIONS

Yet, with every small action, with the tireless enthusiasm and dedication of those who collaborate with me, I feel the dream approaching, as if every completed task is a step that the dream takes towards me too. In those moments, I have learned that willpower is not a blazing fire that burns without pause, but rather embers that are constantly fed with small gestures, daily decisions, and the resilience to rise again in the face of any possible failure.

I have come to understand that it's not the singular grand act that makes dreams come true, but the accumulation of small, persistent, and consistent actions. Through this experience, I have seen my dream transform: from a distant light to a tangible reality.

Even the Kingdom of Santalloween did not change overnight, but through a gradual process, dotted with successes and failures, joys and frustrations. And in the end, the satisfaction of

having achieved significant steps is not so much in the results achieved, but in what we become while on the journey.

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## CONCLUSIONI

This experience has taught me a valuable lesson: dreams become reality not when we pursue them with grand gestures, but when we cultivate them with dedication, day after day, with a willpower that knows no rest.

It's a journey that everyone can undertake, a path that transforms not only our dreams but also ourselves, deeply.



THE INHABITANTS  
OF THE  
SANTA'S KINGDOM

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## WAFFY BON BON'S A LITTLE PUP

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### Motto

*With a  
bark and a  
dash,  
solving  
mysteries in  
a flash.*

### Origins

Waffy's arrival in the Kingdom is quite the tale! During a stopover in Scotland, amidst Santa's grand journey around the world delivering gifts, a stray pup roamed the snowy landscapes and traditional thatched cottages in search of a new home. With courage and curiosity, he sneaked into Santa's sleigh, hoping for a warm and welcoming refuge.

Upon their return from the voyage, as Santa and all the Realm's inhabitants gathered in Bon Bon's bakery for a well-deserved break, the little pup popped out of the sleigh, gracefully sliding among soft cushions and precious gift packages. Hungry and eager for adventure, he immediately dove into the table's center, where Bon Bon was preparing a scrumptious breakfast with freshly baked waffles. Without hesitation, he savored the treats with voracious enthusiasm, much to everyone's surprise!

Amused and touched by the pup's bold and greedy gesture, Bon Bon scooped him up. "You shall be Waffy!" exclaimed Bon Bon joyfully, as the pup nodded happily, grateful for the new name and home he had found. Witnessing the immediate bond between Bon Bon and the pup, Santa asked the pastry elf if he would be willing to take care of him. Thus began Waffy's extraordinary adventure in Santa's Kingdom, by Bon Bon's side.

## Personality

Waffy is a brave, curious, and greedy pup, with an adventurous spirit and a heart full of gratitude. Growing up without a true owner, he learned to fend for himself and face challenges with determination and joy. His passion for sweets is matched only by his incredible knack for solving puzzles and mysteries, making him a furry little detective in Santa's Kingdom. A valuable ally to Henry the Nutcracker when it comes to unraveling intricate puzzles. His Scottish bandana, a gift from Henry, has become his symbol of belonging in the Realm and of courage in all the adventures he embarks on.



# *Santa's Kingdom where the tradition of Christmas continues and shines brightly*



Deep down we all know it. Sometimes we keep it hidden beneath the layer of consciousness. Sometimes it lies there, inside us, silently and inscrutably, even for years. But 'if we look deep inside' we know: Christmas is not just a three-week period. Santa's Kingdom in Vetralla has always been a place where we can reason beyond the surface of things and those who know it know that this idea becomes tangible, plastic, it becomes reality here. We of the Santa's Kingdom have tried to shape a place where Christmas is not just a season but a way of being in the world, an approach to Life.

Christmas starts when we walk through that door when we decide it is the right time!

It is indeed an experience to try. Some people love Christmas so much that they come back again and again during the opening season...

We at the Kingdom have been working every day for over a decade to make space and time merge, blend, and become one.

We are constantly looking for new inspiration, we are constantly making improvements so that this can happen, so that Christmas is not limited to the 'Christmas season', but that it becomes the 'Christmas place'

where anyone who comes can find the power in their heart to Be Christmas, to be 'Nicer' every day.

Santa's Kingdom in Vetralla is conceived as the space in which all the children of the world, even adults (is there a difference?) are overwhelmed by discovering that they can experience in the present all the emotions they thought were crammed into the nostalgia of a memory.

Anyone passing by can feel, if they want, that their whole life can be lived differently.

So let's start now, let's shake off the shyness and embarrassment and start talking to Santa Claus every day, because Santa Claus exists!

“

*Anyone passing through here, if they want, can understand, can feel that their whole life can be lived*

”

Let's start listening to the Little Prince and feel " Nicer ", every day.

And then we can write letters to Santa Claus, share our feelings, tell him about ourselves, about others and about all the things we need in the world.

We at Santa's Kingdom have realised this and want to tell everyone about it: Christmas is no more than a navigator who shows us not only the best way to reach our hearts, but the most beautiful one.

Because Santa Claus shows us the best life to choose and constantly reminds us that it takes life to love life.

So, we take our time and (re)start writing letters to Santa Claus!

But then why did we ever stop doing it?!

We do not know, but that is not important now.

So, we are going to sit down, right now, and begin.

And the more letters we write to him in our lives, thinking about what we are writing and feeling what we are thinking, the more we will all become better people.



# If Every Day is Christmas... Every Night is a Rebirth



Let me tell you a personal story... soon you'll understand its deeper, magical meaning.

There was a time in my life when the night seemed endless. I remember that feeling of being lost as if it were happening now: the darkness inside me was so thick that no star seemed to shine on the horizon. I felt alone, trapped in a moonless night of the soul, and I kept asking myself: Could this darkness have a purpose? Where had the light I once felt in my heart gone?

There was no hope in sight; all the colors of the day had suddenly faded, leaving me in a world of black and white. I, who had always believed in the magic of "Every Day is Christmas," now found myself facing its opposite: a dark, austere night of the soul. And yet, it was in that darkness that I was about to discover the seed of a transformation.

Almost without realizing it, I began an inner dialogue. A cynical, grumbling voice emerged—like a part of me had taken the shape of Dr. Krampy, Santa’s grumpy cousin. In my imagination, I saw Krampy smirking in the glow of a single, flickering lantern, dressed in his sharp, elegant suit.

“Well, has your famous light gone out?” he whispered sarcastically. “I told you...dreamers end up with nothing but coal.” Those harsh words echoed inside me, it was my most pessimistic side speaking, questioning everything: my dreams, my faith in life, even the magic of Christmas I’d always believed in. My heart felt heavy, as if someone had placed a block of coal on it.

I imagined myself down in Krampy’s dark mine, a place where he and his little helpers, the Sfatichinis (pronounce Sfatikeenees), dig through dust and stone in search of coal. I saw myself down there with them, tired and defeated, as the Sfatichini kept chipping away at the rock around me, covered in soot. Every strike echoed in my chest, and I became convinced I’d find nothing but coal and more coal.

At some point, one of those tiny miners stopped and looked at me. His face was funny, all black with soot except for two bright, kind eyes. To my surprise, he handed me a small lump of coal he’d just unearthed and said, “Here, this is for you.”

I stared at it in disbelief. What was I supposed to do with a piece of coal? To me, it seemed like the very symbol of my darkness, the proof of a lost Christmas, a gift that had never arrived.

But the little Sfatichini tilted his head, seeing the look of despair on my face, and in a sincere tone he added, "Don't make that face. I know it looks like just a black rock... but you know what? It can keep you warm through the night." There was a strange tenderness in his eyes. And let's be honest... Sfatichini are just so cute.

"And," he whispered, lowering his voice as if sharing a secret, "I heard that with time and the right pressure... even coal can turn into a diamond." I stood there, mouth open. That tiny creature was right: coal, born from darkness and pressure, could give warmth - and even transform into something precious. I looked down at the black lump in my dirty hand, and suddenly I didn't see it as a symbol of failure anymore, but as a possibility. It was as if the darkness itself contained a hidden miracle - a quiet promise.

In that moment, something inside me began to brighten. Even though it was still the middle of the night, a small spark of meaning had ignited. Maybe my night had a purpose: to teach me, to shape me, to prepare me for a new light. How many times had I told kids - whether they were five or fifty - that we must believe in the magic of Christmas even when everything seems lost? And yet, I was the one who had forgotten.

I closed my eyes for a moment, clutching the coal in my hand, and silently wished for the light to return. When I opened them, I thought I saw a faint glow up above. Lucy, the star of the Kingdom of Santa Claus, was shining dimly through

a crack in the dark ceiling of the mine. A distant glimmer fighting to break through the stone. Her flickering light seemed to call to me.

I stood up, my heart starting to beat with a new emotion. That light - however faint - was Lucy, the Light of Christmas that no one can ever capture. Lucy was still there! She had never truly gone out; it was me, lost in the tunnel of sadness, who had stopped seeing her.

Gently, I motioned for the Sfatichini to follow me. Together, we began climbing toward that glowing crack, crawling through the mine's narrow passages. My hands scraped against the stone walls, but I didn't care. I followed that light like a traveler in the desert follows the North Star. With every step, the glow grew stronger. Lucy's magic was intensifying, as if she knew someone down there needed her.

When we finally emerged from the mine, the sight that greeted us took my breath away. It was still night outside, but the sky was bursting with stars. Lucy now shone high above, brighter than ever, and around her, a thousand more stars sparkled in the sky. After the claustrophobic darkness of the mine, that universe of lights was pure wonder. I felt small beneath the vastness of the sky, but at the same time, I felt part of that infinite vision.

One Sfatichini exclaimed joyfully, "Look at all those stars! I've never seen so many!" And another added with a giggle, "Maybe all that darkness down there makes us forget to look up." Their cheerful voices made me smile. It was true: when we're buried in our own struggles, we keep our eyes down, lost in our pain, and we miss the starry sky of possibilities

above us.

I took a deep breath of the cool night air. My soul felt filled with fresh oxygen.

In that moment, I remembered a special place from the Kingdom of Santa Claus: the Chamber of Enchantment, where the secret of the WishFisher happens—a magical game where the Elfetti secretly fish wishes from the Magisphere (a kind of starry sky) to bring them to Lucy, so they can come true. In the Magisphere, the purest wishes shine like stars, waiting to be fished.

Looking out at all those twinkling lights, I imagined finding my own pure wish - the one hidden in the darkness of the crisis I was living through. I rummaged through my heart, like a child unwrapping Christmas presents, and in the end, I found it: my most authentic wish. It wasn't just to find my own light again - it was to turn that darkness into something useful, like coal into warmth. I wanted to help others not be afraid of their own nights of the soul, just as I had always tried to do by speaking about Christmas and the light.

At the heart of my pain, a sincere intention was shining: to be reborn—and to make my story a gift, a tale of hope to share. The moment I formed that wish inside me, a shooting star streaked across the sky. I looked up just in time to see it pass near Lucy, like a little glowing wave. I smiled, because in that sign, I saw a confirmation: my wish had been heard by the Universe—or maybe by the part of me that had finally decided to believe again.

In that moment, I truly understood the message: every dark night can become a cradle for rebirth. Just like the ancient story of Easter, where after death comes resurrection, something new can grow from the ashes of what's ended. It doesn't matter what your faith or spiritual path is: the symbol of Easter lives in the cycles of nature and the human heart.

I thought of a seed in the earth that must first break open in the darkness - almost "die" to itself—in order to grow into a plant reaching for the light. In the same way, in our nights of the soul, we break open old shells: outdated beliefs, fears, habits that no longer serve us. And when the dawn comes, we emerge transformed.

I almost felt, in that quiet starlit night, a hand gently resting on my shoulder - like a dear friend there to reassure me. The whole magical world around me—Lucy shining above, the Elfetti playing together, even grumpy Krampy and his Sfatichini—seemed to exist to remind me of one truth: no night is so long that it can stop the day from being born again.

That's when I understood something deeper: the magic of Christmas, the belief that Every Day is Christmas, isn't complete without this new awareness—Every Night is a Rebirth.

Day and night, light and dark, Christmas and inner Easter are part of one great pattern of growth. I had always celebrated the birth of the light, but now I was learning to honor the transformative power of the dark. With this realization in my heart, I noticed the horizon beginning to glow. A soft orange

light started to dissolve the darkness. The sky shifted to a deep cobalt blue—the prelude to morning. It was the inevitable cycle: night giving way to a new day.

But for me, this wasn't just any sunrise... I felt a new person being born inside me.

I felt like a traveler emerging from a long underground tunnel, holding a treasure in my hand: my piece of coal, a symbol of what I had lived through - now ready to become a diamond, thanks to the awareness I had gained.

I wanted to share this story because I know that each of us, sooner or later, faces their own dark night. Maybe you're going through yours right now, even if it's daylight outside your window. It could be a disappointment that dims your smile, a sudden change that feels scary, or just a time when you feel lost and without light.

I want to tell you: don't be afraid of that night. Don't rush to chase it away - listen to it. In its shadows, unexpected gifts are waiting. There are stars you can only see in this moment. There's a Lucy ready to shine for you, the moment you look up. And there's a pure, authentic wish in your heart, waiting to be recognized.

Every day can be Christmas, if you choose it—if you decide to bring light, goodness, and wonder into your daily life. But it's just as true that every night can be a rebirth: every time we go through a dark moment, we have the chance to be reborn inside, to rediscover something new about ourselves and our path.

This is a truth I've learned firsthand, and it now flows through my veins like a sweet, powerful nectar.

I feel it deeply now: Every Night is a Rebirth.  
I keep this phrase close to my heart, right alongside "Every Day is Christmas."  
They are two sides of the same coin, inseparable companions on the journey.

If every day we celebrate the birth of the light, then every night we can celebrate our capacity for transformation. And so, in the flow of days and nights, joys and challenges, life becomes a sacred, continuous journey—made of countless small births and rebirths.

Let's walk together beneath this sky, where the sun shines by day and the stars by night. Let's hold on to the certainty that no darkness is forever, and that every sunrise brings a new beginning.

And when evening falls again, we won't be afraid: because among the shadows of the night, the greatest gift is already being prepared - a new and better version of ourselves. Christmas teaches the memory of who we truly are. Easter - understood as rebirth - teaches the courage to become it.

# *Around the World in 24 Hours*



Santa Claus has only 24 hours to complete his extraordinary journey. One day, a single cycle, to cross the entire world and deliver his gifts. But have we ever stopped to wonder: why exactly 24 hours? Why doesn't he start a week earlier, spreading the deliveries out in stages? And more importantly, what can this journey teach us about wonder and time?

Every gift carries a reason. It never arrives by chance; it doesn't fall from the sky without a why. It's the result of something, a response to an action, a thought, a wish. And when a gift truly matches what we hoped for, it becomes pure wonder. And wonder, as we know, moves fast. A thought, a gesture, a spark of an idea can reach anyone, anywhere, in the blink of an eye.

But there's something deeper: a gift is never just a material object. It's a sign, a recognition that something we did, said, or thought has created a ripple, and that ripple has come back to us. When a gift arrives in our life, in any form, it means we've set an energy in motion that made it possible. It's not just about receiving; it's about realizing that everything that reaches us is, in some way, the result of our choices and actions.

The same magic applies to our inner world. 24 hours isn't just an earthly cycle; it's also an inner cycle. A time long enough to make a revolution, to shift perspective, to transform the way we act. In a single day, we can change our destiny, recalibrate our choices, and align them with a new direction. And when we're in harmony with what we truly desire, the world doesn't take long to respond.

But let's go back to that first question: why doesn't Santa leave earlier? Why does he wait until the very last night? Maybe because every gift needs its own "cooking time." You can't rush it, and you can't hold on too long either. There's a perfect moment when everything aligns, and the gift arrives. The principle is simple: what happens today is the result of what we planted yesterday. Results don't take years to show up. If we pay attention, we can already see the first signs almost immediately. And when the outcome arrives, that's our gift.

If the gift is what we hoped for, it means we've been working well in the "world of causes" ... that invisible dimension where every decision is made before it becomes action. If it's not

what we expected, we start again. We adjust something, we send our wish back into the world, like a new letter that will spark a new journey and bring a new gift. Every action generates an effect, and what we receive is always a reflection of our choices.

This holds true for everything that comes into our life, even the hard things we often blame on external forces. It all begins with us, and it all comes back to us.

That's where time becomes central. The cycle of 24 hours is a reminder that every day, we have the chance to change, to do better, to reprogram our thoughts and actions. We don't need to wait years to see change... life is faster than we think. A single small gesture can send out a wave of wonder that expands and finds its way back to us when we least expect it. This is the real magic of Christmas: the awareness that WONDER leaves no part of our world untouched and is always ready to find us. All it takes is to act with the right heart, at the right time, and in a heartbeat, or better yet, in a reindeer's flight, what we wished for will be right there, in front of our eyes.

24 hours for a trip around the world.

24 hours for an inner revolution.

And what if the greatest gift is this awareness itself?

# Becoming a Child Again: What Does It Mean?



Sometimes it feels like just a figure of speech, an abstract idea, a nice phrase meant to stir up nostalgia. Becoming a child again: a saying we often use without really thinking about it, as if it were one of those things we say but deep down know is impossible.

But is it truly impossible? Can we really become children again? The answer is yes. And it's far from abstract.

Becoming a child again doesn't mean regressing or erasing the path we've walked. It doesn't mean playing with toys or avoiding the re-

sponsibilities of adult life. It means rediscovering who we really are... beneath all the layers we've built to fit into the world. As we grow, we shape ourselves to meet expectations. We learn to blend in, to be accepted, to be seen as "responsible adults." And in the process, we often sacrifice something precious: our purest essence.

Every child is born authentic, spontaneous, curious, excited by life. But then something happens. Usually, it's a moment of pain: a disappointment, a criticism, a judgment that hurt us. That's when the adaptation process begins.

We learn to hide the most genuine parts of ourselves, because we fear they're not good enough. We're told that to survive in the "grown-up world," we need to let those parts go. And so, piece by piece, we lose touch with our most authentic self.

But here's the truth: that part of us never disappears. It stays there, somewhere, suspended in time, waiting for us to come back for it. Becoming a child again means exactly that: going back to the moment where we left that child behind, abandoned in the race toward adulthood. It's a journey backward, often a difficult one, because it means having the courage to face the wounds that made us leave that child behind in the first place.

It's at the heart of many therapeutic journeys, the foundation of modern psychology: going back to the moments where we lost trust, working through them, and bringing home the forgotten child we once were.

Becoming a child again is as hard as growing up, but with one essential difference: growing up often happens to us; becoming a child again is a conscious choice. It's an act of courage, a journey of reconciliation with ourselves.

It means no longer being ashamed of our sensitivity, our creativity, our spontaneity.

It means allowing ourselves to laugh without fear of being judged, to feel excitement without worrying about looking silly, to be moved without fearing we'll seem fragile.

And what happens when we reclaim that part of us? The effects are extraordinary.

Life changes...it lights up.

Suddenly, we see how beauty is everywhere, how inspiration is born from simplicity, how our relationships become more authentic when we stop playing a role.

Becoming a child again makes us freer, happier, more able to live in the present. It doesn't mean we stop being adults... it means we finally become whole adults, integrating every part of ourselves, without denying who we once were.

We don't have to wait. The child we were is always there, inside us, waiting for us to take their hand and bring them home. And when we do, we realize it wasn't just nostalgia... it was the key to living our life fully.

# The Nutcracker: The Guardian of the Threshold



There is something very interesting that happens in the life of each one of us, and it happens more often than we think. Sometimes we notice it. Other times we do not. I am talking about that moment when we feel that something is about to change

It is as if a door appeared in front of us. And something inside us asked to be crossed, overcome, released or, on the contrary, finally welcomed.

We have already spoken several times about Christmas as

a door we can choose to open, or not. A threshold that is always there, but that we do not always choose to cross.

But there is one detail that often escapes us. These doors are never completely free. There is always something in front of every threshold. Something or... "someone" standing there to test us. Yes, a guardian.

Threshold guardians are certainly nothing new, but here we can try to look at them from a different perspective. In fairy tales, they are often represented as threatening figures, ready to attack or reject anyone who is not ready to pass.

And in a way, that is exactly what they do. They test the passage by working on our doubts, our burdens, and on that subtle voice that keeps repeating: "What if I am not ready?" At this point, someone might ask: is there a guardian on the threshold of the Kingdom of Santa Claus too? Of course there is! And he is there especially for adults. In fact, let me introduce him to you right away. In my world, his name is Henry N., and he is a magical Nutcracker.

The N., in fact, stands for "Nutcracker". This choice is anything but random. The Nutcracker was born for a very precise function: he was created to "open". To take something hard... and break it, allowing access to what is hidden inside.

And this is where the symbol reveals itself and begins to speak to us. Because if we return to that door we were talking

about earlier, an important question begins to emerge: what if, before entering, something had to be broken?

Because let us be honest: how many times in life do we find ourselves facing a change, an opportunity... and instead of crossing the threshold, we stay there?

Or worse, we turn back?

The truth is that every passage asks for a price. And we are not always ready to pay it. It means leaving behind the securities and supports that have accompanied us up to that point. And so many people prefer to remain where they are. In a place that is familiar, reassuring, but too narrow to contain what they could become.

And this is exactly where our Nutcracker takes on his noblest role. He becomes the guardian of the threshold who places us before a fundamental truth: "If you want to pass... are you willing to break what keeps you closed?"

It sounds like a simple question, but it is anything but easy. Because, if we think about it, what keeps us closed is not always something negative. Sometimes it is a protection. Something that helped us, supported us, and held us together in difficult moments.

But when we arrive before that threshold, what once protected and reassured us becomes a limit. A weight we must leave behind if we want to go on. A little like in the magic formula we use to enter the Kingdom of Santa Claus: "Here you leave the present day...". It does not mean abandoning

reality. Quite the opposite. It means leaving behind the way in which, up to that moment, we have lived it. Because who you have been until now cannot cross that threshold without being transformed. So the real point is only one: are we truly willing to leave the world as we are seeing it now?

Many people want magic, but very few are truly willing to lose the "control" required to encounter it. Of course, we can always decide to stop where we are and turn back, as we have done so many times before. We can continue living in the present as it is: rationalized, logical, organized, explained... and so on.

But it is different for those who choose to take that step and keep going. And perhaps Christmas is exactly this: a space within us where we are given the possibility of making a different choice. Choosing to open ourselves and let go, in order to see beyond what we had considered absolute until that moment.

The Nutcracker stands there, on that threshold, to remind us that beyond every obstacle, a wider version of ourselves is waiting. And perhaps, in the end, his true task is not to stop us. It is to teach us how to become "nutcrackers of ourselves", and to use all the inner strength we have to free ourselves from the shell that keeps us closed and prevents us from continuing to evolve.

# The Magic Formula



**"Here you leave the present day.  
From here the magic flies, get ready to see  
again through the beauty of children's eyes."**

Before we begin this journey together, into one of the most important and foundational chapters, I want to remind you of something essential: everything I create is rooted in the use of symbols and metaphors as tools to experience, in real life, that sense of wonder we so often leave behind as we grow up.

It's only natural that the moment I start talking about magic and magical formulas, the ground feels a little more uncertain. Especially as adults, we tend to associate these words with fantasy, fairy tales... with worlds far removed from what we call "real life."

Nothing could be further from the truth. So, to bring some clarity and to explain what magic actually means in everyday life, I'd like to offer you a simple test. Something immediate. Practical. Are you ready? Follow me... All you have to do is close your eyes. Ten seconds will be enough.

Clear your mind, and return to that feeling you had as a child, when the world seemed bigger. Everything felt bigger... and nothing felt impossible.

Don't look for a specific memory. Just find that feeling.

Now tell me: is it really gone... or has it simply been a long time since you last felt it? If you sensed it, even for a brief moment, then it's still there.

When you open your eyes again and return to reality after those ten long seconds (with this new awareness) something shifts. The magic comes back. A pattern breaks, and space opens again... fertile space, where we can begin to see and allow what once felt impossible, or what we had confined to a distant past we could only feel nostalgic about (at best).

In my world, there is a magic formula that allows you to reactivate that dimension at any moment. Many of us have used it for years to enter the Kingdom of Santa Claus.

But the truth is, once you understand what it's really for, you can use it to transform the way you experience reality whenever you choose, wherever you are.

The formula you learn in this chapter is simply the "garment" of that deeper concept. A shortcut, if you will, that takes you straight back to the place you reached in those ten seconds. But let's take it step by step.

When we were children, we didn't need a magic formula. The magic we've just rediscovered was our natural state. There was no need to believe, to imagine, to make any effort because that way of seeing was, and still is, automatic within every child. Quite simply... we were able to see. We saw possibilities where adults saw limits. We saw stories where adults now see objects. And above all, we experienced meaning where adults see only function.

Then, as we grow, something changes. We begin to feel the need for a rational explanation for everything (a transition that, unfortunately, is part of integrating into the "adult world"), and little by little, we settle for that alone.

Of course, this makes everything more concrete, more manageable. A dimension where that magic (call it a state of mind, if you prefer) starts to feel like an obstacle. Something to be embarrassed about. And so we stop considering it real. And the moment we stop considering it real... we stop experiencing it. Santa Claus is often the first to pay the price.

Most adults, without even realizing it, choose to leave behind their ability to see the impossible, in exchange for a life that is explained, predictable, where the idea of wonder is reserved for romantics and dreamers. And that's exactly where the need for a formula begins.

It may still sound childish to speak of a "magic formula," but the truth is, words have always been vehicles of intention and decision. And that's where the real focus lies.

An inner decision one that consciously changes the way you observe what surrounds you. And paradoxically, it doesn't create anything new... it simply makes visible what you couldn't see before, what had always been there.

Now, let me take you behind the scenes of our magic formula. A small detour to understand its function and meaning. But first... let's say it together:

***"here you leave the present day. from here the magic flies. get ready to see again through the beauty of children's eyes."***

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**IT INTERRUPTS  
THE  
AUTOMATIC  
FLOW**

You see? It works. And it works because it contains three fundamental steps:

"Here you leave the present day."

This is not an invitation to abandon reality. It means pausing (even for a moment) the habitual way you interpret it. The present, as we experience it as adults, is often filtered throu-

gh duties, fears, expectations, and above all, repeating patterns.

To leave it means to stop being completely identified with that filter.

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**IT INTRODUCES  
AN  
INTENTIONAL  
DIRECTION**

“From here the magic flies.” Magic is an active, conscious choice. And the moment you decide to begin a “journey,” you are telling yourself: “I’m willing to see something different from what I see every day.”

And that alone is a quiet revolution, one that immediately shifts your state of mind.

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**IT RESTORES A  
FORGOTTEN  
WAY OF PER-  
CEIVING**

“Get ready to see again through the beauty of children’s eyes.”

This is the key. You’re not escaping. You’re not creating a new world to live in... you’re reclaiming a capacity that has always been yours. A child’s eyes, to an adult in a hurry, may seem naïve. But the truth is, they are unfiltered. And that’s why they see more. At this point, a question naturally arises: is it just suggestion? The answer is no.

Quite the opposite. Our brain does not register reality objectively. It interprets it constantly, moment by moment, choosing what to notice and what to ignore. That’s why two people can live the same situation and experience two completely different realities. What you perceive always depends on your internal state. And what you are willing to see... somehow, it begins to appear.

The magic formula works in everyday life because it modifies (if only temporarily) your state of attention, your percep-

tual openness, your emotional orientation. In other words: it changes the way your brain constructs reality.

And when that changes, everything else begins to shift, like a chain reaction.

Magic becomes accessible again the moment you place yourself in a certain position. As children, we were already there. As adults, we tend to see only what is useful and provable, excluding everything else. But wonder is still there waiting to be chosen, waiting to be reactivated, even and mostly in adulthood.

Through a formula designed to remind you that the world you are seeing is not the only one possible. Its function is that of a door opening onto a wider version of reality. As we saw in the chapter of the Nutcracker and the guardians of the threshold, everything comes down to that choice. It's not about believing or not believing. It's not about being an adult or a child. It's about choosing. Choosing whether to remain inside a limited vision... or to reopen space for wonder.

Magic is a choice.

And this formula is our tuning fork; something we can return to whenever we feel the need to realign ourselves with life... and all of its colors.

# The music of Santa's kingdom





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to listen to the music  
and immerse yourself in the  
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of Santa Claus



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