

Out With the Old and In With The New:

Imagine it is the end of 2011...the gifts have been given, the turkey is gone and it's New Years Eve. You are faced with the 'annual dilemma', do you leave the decorations up for New Years Day and for another few days after...or take them down NOW? The question I would prefer to ask is not, "When do you take down the Christmas Tree?" but rather, "When you do take down the decorations what will you replace them with?"

The bright colours and lights have been set up outside and inside, there has been colour, lights, people coming and going, gifts being wrapped and unwrapped, plus foods and desserts galore. Imagine the attraction of all this excitement and visual stimulus, and the added invisible support it gives as you keep busy and motivated, drawing people and opportunities to you. As the festivities ebb, we'll focus on the mysterious 2012. That should encourage thoughts of a new beginnings, renewed healthy habits, success and adventure. Our expectations RISE.

Every New Year tends to begin with a bang, yet is often followed by grey skies, rain, and colder weather. Bills need to be paid; the relaxation of the work/school holiday has faded, and life regains a more serious intent as family and friends return to their homes and busy lives.

What to Do? Nature can give us some examples. The fall/winter wind storms signal change and clearing out, as dead and diseased parts of trees break and fall away. Here in Victoria, just between Christmas Day and New Years, new buds often begin appearing on the trees and new shoots poke through the ground! Nature IS change and her landscape is forever a reflection of that.

Taking our clues from nature, we might begin to consider what we want to fill our personal landscape with, as we begin to take down the decorations. We acknowledge our holiday

Consciously.

experience, let it go and make room for something better. In that emptiness, consider what you could intentionally create in this space. It will fill up, with or without intention, so the real question is, will it fill under your own direction or by something more random. A physical example of filling the space unintentionally, is purchasing meaningless objects to fill the uncomfortableness of the void. An emotional example of filling in the space unintentionally is the arrival of varying states of depression, fear, emptiness, anger, stress and strain that quickly become a burden.


Thus we see **the importance of bringing our intention more fully into manifesting a healthier, fuller, happier and more successful experience.** In addition to 'writing out' the things you want 'to bring' into 2012 and/or 'wish to change' - also support your intention by expanding and including the energetic component into your active living habits and awareness. 'Make it so', as the old saying goes.

Now consider the original question of when to take down the decorations, before or after January 1st, 2012? If you like to have clarity and clearing of the old before midnight, have a 'party before the party'. Gather family or friends and make a festivity of clearing it away. If you can't clean and clear that night, simply take a few moments to stop, observe the surroundings with a knowing of how and when you will take everything down and imagine the clarity of your intention creating and manifesting conscious change.

The power of the magnetic attraction you can create is amazing. Suddenly the New Year is no longer a chore - it's an opportunity and a celebration of Great Joy.

Renee Lindstrom is a multifaceted practitioner, see ad below.





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CATHERINE WHITTALL

Psychic
250-752-8310
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