

Buckle Up With Gratitude

As impossible as it seems...it's Fall.

And in keeping with the times, I'm FALLing all over myself trying to get everything in place for the fresh start every season brings. Part of my quest involves a road trip. This particular one begins in Blue Sky Alberta, to give friends a hand on the flood plains of High River and the Bow Valley.

Oh how grateful we should be, those of us who have dodged disasters. Gratitude helps keep our lives in perspective and with it often comes a desire to serve others in need. So here I am in Blue Skies, even the name suggests it never was prepared for flooding.

People are pulling their hair, scratching their heads and trying to fill in the blanks while spending hours pouring over personal lost items. Insurance companies are waiting for lists and new mothers are praying for deliveries of washers and dryers. Master electricians are in high demand here, as countless electrical panels and furnaces are to be re-installed before October surprises. Houses are queuing up to be moved to new locations away from the flood plain. Community losses abound. Rows of soggy basement contents piled eight feet high onto the streets fuel memories. Although recent memories are definitely dampened, human spirit is still a delight to experience.

I re-discover how talking with compassionate friends, getting the worst fears out into the open, can change outcomes literally overnight. These 'now' times are a miracle really! When one focuses on the now, how quickly thoughts can shift, and like the Chinook wind blowing through, fears melt into the landscape.

Today, as I'm heading north on Highway 2 from Calgary to Edmonton for the family part of the journey, a neon sign shouts out at me:

**Buckle Up!
Make a Connection!**

"Make a connection." The words bounce off the windows of my brain. It's precisely what I have purposefully chosen to do on this beautiful day's drive. En route to find my family and reconnect our old stories into a new poetic dissertation. The sacred deerskin pouch holding a pink quartz angel dangling from my van mirror as the miles roll by, symbolizes my full and rich life. It doesn't take much STUFF to be happy. The 'secret' they say, depends on what is IN-side you, and keeping your connection with SILENCE.

My mind processes that reality. You can't give to others what you haven't got inside yourself. Thus we need to be conscious that it IS time to clear up the clutter inside of our precious and active minds, as well as our soggy basements. Just to give it all a kick-start, I have a mental look at the STUFF I have collected over the past 2 years. I remember the freeing feeling of recently downsizing the contents of my apartment.

Nature abhors a vacuum so likewise, whatever we THINK about will fill the rafters of our imagination. It's time to focus and set the wheels in motion. What would you like your greatest triumph to be in 2013? More fun under the sun? A fulfilling lifework? A healthier lifestyle? This list soon adds up to a prioritized action plan.

My thoughts collect like the jack pine waiting to be gathered for my brother's wood stove. Trusting each moment, I take a reassuring snapshot of lives around me...Perhaps at the same time, someone else is observing my actions from the sidelines. Indeed as we help each other in subtle and not-so-subtle ways, a refresh happens.

Together we 'buckle-up' and confidently make new connections. Ahhh, I AM GRATEFUL for family and friends.

Janit Bianic is a seeker of truth, researcher of wisdom, an action planner and a clutterbuster all rolled into one. Need help - call 250-331-3335.



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