

Completing the Cycles of Last Year & 'Stepping Into' the NEW YEAR!!

How's about closing-out Last year with a little 'Completing the Cycles' Meditation? 1) Imagine two bubbles in front of you... let's say a bit bigger than a beach ball but not bigger than a house. Imagine one bubble is labelled "Last Year", & the other "The New Year".

Now start imagining a cascade of all the stuff from last year you'd love to forget..... from politics to economic crises to panic-attacks to bad hair days..... from dreams forgotten to plans mislaid to auld acquaintances to 'guilty-pleasure' tv-watching...& let that whole avalanche just start filling-in that "Last Year" bubble, & watch (or imagine) it bulge... Include anything & everything, from old/dead goals or mockups to old dead 'new years eve' promises to just plain un-fun events... in fact anything you'd like to get rid of... From stuff that's annoying to just mildly disturbing... Just bundle it up, or imagine a fork-lift, & just shove it all in there... And just for a moment, notice if you feel any different as you imagine this... perhaps a little lighter, clearer... Or maybe your thoughts get just a little less hectic, your space just a little bit less 'busy'... 2. And now on to Step Two: Now take a moment to Remember all your Successes from Last Year (or just your Favorite ones), your Joys, completed Creations... the Fun Times... Excelsior!(You may even want to write some of them down, to remind you of 'battles won', eg. a 'stash of smiles' for rainy days...)

Have a Moment to smile, appreciate, and (re)enjoy all your Successes of last year... & then send them over to your "Last Year" Bubble as well... (for even the 'great' stuff has to move-on, to let the new stuff room to grow!) 3. Now let's Sift a little...:Now note in your "Last Year Bubble" any of your non-completed projects or wishes which never got manifest... is this all stuff you don't want anymore?If you find anything there you still want, pull it back out, & stick them in your "New Year Bubble"! 4. And On to your "New Year Bubble"! Now let's start putting everything cool you can think of in your "New Year Bubble"!Get excited! Imagine something exhilarating & put that in there too! You can even get some 'fake amusement': try (forcing) yourself to laugh for 1 full minute, & you'll see how real it gets!! Or how about sticking some of your New Goals for the New Year in there! Maybe some New Years Eve Resolutions? Or are you Ready for an Update of your Goals? Take 15min and do (or re-do) the Goal Setting Workshop, and then come-back with a bunch of new stuff to put in your "New Year" Bubble"! 5. Now Are You Ready???Blow-up your "Last Year" Bubble!!! To smithereens!! Teensy shreds of 'Last Year' flying everywhere!!!

Feel good? Better? Hey, why not make it real to your body, & do something physical: go tear-up some old magazines or break some ratty dishware Now, 'call-back ' all your own creative energy, like a big gold mist hovering over that blown-up 'Last Year' Bubble, and let that mist permeate your "New Year" Bubble! 6. And Finally, Step-In...

And now, when you've gotten as much fun, cool, excited, and creative energies as you can (imagine) in your "New Year" Bubble, would you Get-up! Yes, literally stand-up, & Step Into your "New Year" Bubble...

...and really Feel how that feels.....how excited...how exhilarating...how fun!...& how different it feels from that (long-gone) 'Last Year' Bubble... ...& how much Freedom and Possibility, you have Right Now. So now Go! Do Something! Something BIG, maybe something small, but something real, tangible... ...a measurable Step towards making one of your New Year Goals come true! Grab that Tour Book, jump in that car, buy that ticket, put a big poster up, grab that instrument, kiss that boy or girl, & start making your dream(s) Real!! Welcome to Your New Year!!

May all your Mockups Come True!!

Enjoy your new Space!!