

Welcome to 2010!!

WOO-HOO!! Two months into 2010, & is it shaping-up like you Expected? Dreamed? Or how-about Planned? If you answered "Yes", "Exactly!", &/or "Darn-Straight!!" -- Good Job!! Why not leverage that great momentum you have, and make some Mock-Up's for the rest of the year! We also have some new Meditations and Podcasts, if you're interested...

Or is it maybe a bit more like "Hm", "Um", &/or "Not really"? Like maybe some of that 'new' of the "New Year" has worn-off a bit, and you're already 'caught-up' in the swing of things, hunkered-down, or (worse) trying not to worry about 'tax season'? If so, here's a few ideas:

Try the Goal-Setting Workshop! If you haven't re-visited your last-year's Goals, it might be time to make some updates... Because there's nothing worse than having 'old goals' still percolating thru your awareness... especially if they're ones you already created! So time to validate what you've gotten, put-aside old mock-ups, & check to see if you're still headed in the direction you're interested in! And no worries if you haven't Set Goals in a while (or ever), remember: "There's No Time Like the Present!" Likewise, if you kinda feel like it's still a bit 'hard' to focus on 2010, you might still have a bunch of energy (stuck) back in 2009... so why not try a "Completing the Cycles" exercise for 2009, and get all your creative energy working on 2010!

And if you just Need a Break, or a Moment to Recharge:

Why not give yourself a few Golden Suns, & then try the new "Running Energy" meditation. It's a full walk-thru, which you can read to yourself, or listen and follow-along to the 10min or 20min versions on the Download page.

Enjoy, and Have a Great 2010!!!