

FOOD FOR THOUGHT

February, 2007

I am sending you a very warm hello. With the few hints of Spring that are already visible here in southern Utah, I am feeling a sense of renewal and new beginnings. To help you find a similar burst of energy, I am offering several ideas as well as events over the next month to help you reconnect with your inner fire and “spring” into action.

The Year Of...

As I have shared with many of you, I am not a big fan of setting goals and resolutions around January 1st. With the lingering effects of activity and sugar overload and the short days of January stretching out before us, it is a poor time of year to wrap up the old and bring in the new. I prefer to borrow from the Chinese calendar and look to these next couple of weeks as the time to release the previous year and create a theme for the next twelve months. The Chinese New Year begins in a few days and in the Chinese calendar, 2007 is the Year of the Boar.

Chinese New Year is the biggest holiday celebrated among Chinese people. It is often referred to as the spring festival because it signals the beginning of spring. It is a time when families and friends get together to say goodbye to the old and welcome the new. The Chinese believe that as they enter a new year, they should put behind them all things of the past. They clean their houses, pay off debts, purchase new clothes, paint their doors and windowpanes, and even get new haircuts. These activities symbolize new life and new beginnings.

Another interesting thing about Chinese New Year is it begins the first night of the new moon after the sun enters Aquarius. This date is anywhere between January 20 and February 19. This year it will be February 18. There is something very powerful about beginning a new endeavor during the new moon and taking action as the moon fills out. Many people find that they are more motivated and focused the week or so before a full moon.

So, here is my challenge for you. Over the next few days, decide on your theme for the next twelve months. Make it the Year of _____ (fill in the blank). For me, this will be the Year of Taking It to the Next Level. I have several areas of my life that are working fine, but I want to take them to the next level. These include my exercise program, my commitment to eating a healthy breakfast with protein, my advanced coaching certification, and finding an agent and/or publisher for my next book. I plan on completing my vision board around this theme so I will have a reminder of my commitment for the year. And, I will identify action steps to take over the next few months in each of these areas of my life.

I would love to form a tele-gathering to support one another in this new year endeavor. Let's get together on the phone once a quarter, around the season changes, to see how we are doing and share resources, ideas, and motivation. I've set aside the Spring Equinox - Wednesday, March 21st – for our first gathering. It will be at 7 p.m. MST (9 p.m. EST and 6 p.m. MST). This will be FREE event. Just e-mail me and I'll send you the phone number to call. Here's to saying goodbye to the past and welcoming new possibilities into your life over the next twelve months. Let's do it together!

Inspiration Corner

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us. – Helen Keller

Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense. – Ralph Waldo Emerson

Recommended Resources

It is no longer a secret. Everywhere you turn, people are talking about the movie *The Secret*. It has been discussed on Larry King Live, CNN, and The Oprah Show, just to name a few. While the concept is easy to grasp – like attracts like and what we think about and focus on with our emotions is what we manifest in our life – the difficulty comes in applying this idea to our daily lives. If you are interested in learning concrete tools and strategies for using the law of attraction to create what you want in your life, here are a few resources I have found very useful. If you have some additional resources, please let me know and I will pass them along next month.

- www.theseecret.tv
- Wayne Dyer – *The Power of Intention*
- Esther and Jerry Hicks – *Ask and You Shall Receive; The Law of Attraction* (www.abraham-hicks.com)
- Robert Scheinfeld – *The 11th Element; Busting Loose from the Money Game*

Upcoming Events

FREE Teleclass – *Spring Equinox Check-up* – Wednesday, March 21 at 7 p.m. MST (9 p.m. East Coast and 6 p.m. West Coast)

Live Workshop – *Feed Your Flame* – Inner Light Yoga Center in Hurricane, Utah – Friday, March 9 from 6:30 -8:30 p.m.

This interactive workshop will focus on how to reconnect with your powerful inner flame - your source of joy, energy, and inspiration. Topics will include how to: get clear on what is really important to you, fire the judgment and criticism committee, and develop positive energy rituals to fuel your flame. The workshop will conclude with a release and renew fire ceremony. Cost is \$25 if registered by March 5th and \$30 after March 5th. To register, call Cindy at 435-879-0264 or send her an e-mail.

Full Renewal Life Coaching Retreat - Once a month at Red Mountain Spa (Feb. 18 - 23; March 11 - 6; April 22 - 27; and May 20 - 25) - See www.redmountainspa.com for details