



New World Unfolding

April 2007



Letting Go...o.....o..!

This still seems to be my theme at the moment. I sat down by the water's edge yesterday, thinking about what I would write about this month. I was challenged once more to toss something I loved into the water, to let go and believe in better yet to come! It is never an easy task for me, but what I have learned in the last month is that I have still been trying to control my life, to pull my 2x4 through the round hole of change. Is this helping me any, of course not. I am only making the change difficult. My brain often thinks it knows what is best for me, but I am beginning to realize that it doesn't, my soul has different ideas, ideas about love, about following my dreams and about how to get there. I have always been a hard worker, moving through my day with purpose and a believe that I was going somewhere. Last night I saw that it was time for me to relax into my life, to let it happen and not feel as though I always need to be building something. Underneath this I saw that I had to keep trusting and believing that I truly did love myself as does the universe and really wonderful things are happening. I believe I had a fear of falling into a deep depression and never getting out if I wasn't constantly doing something to create my life. What I have created is making myself tired, I have been practicing resting and trusting that all is well. This is not an easy task for a committed worker type. It has been an interesting journey this month to get to this place. My computer gave out for a week which made me look at why, when I had so much to accomplish? I am beginning to see how I need to give myself true rest time, which is only possible when I believe I am enough and all is well. I don't seem to truly rest, without that belief going on. Something is always ticking somewhere, even when I am able to shut the brain off.

This has been an amazing and yet very difficult month. I am starting to believe that all this craziness is taking me somewhere, but a week or so back, I wasn't so sure. I just felt lost in the jungle of my own psyche.

I made it through by reading inspirational material, talking to my friends who some of them were also going through this process. I also journalled to myself. I found it kind of funny because I had a part of me that kept sending me Dear Janice letters and telling me to hang in there.

I encourage each and everyone of you to let go of what you think you need to do or where you think you need to go. Take the time to sit and just be with yourself and listen to hear that voice that is deep within you. The voice of your soul that is trying to help you move into a better world. A world of love, joy and happiness. Underneath it you are a loving soul, that has your best interests at heart. Trust that the universe is out to help you, loves you very deeply and has your best interests at heart too!

I read somewhere once that God or the universe is like a parent wanting the best for its child. I know as a parent that we always want the best for our children and want them to be happy. As we are all children of the bigger source, I am choosing to believe that the universe really does want to help me to be happy! What about you?



The Sedona retreat went very well, it was great to see the participants moving forward in an atmosphere of fun and adventure. If you haven't been to Sedona yet, put it on your list of places to go! The energy is amazing and the scenery is breathtaking! Of course you can always join us for one of our yearly retreats!

Creating Vision

Mark May 24th on your calendar!

My next talk date at the West Vancouver Library!

Connecting With Our Soul!

This mini workshop will focus on how to connect with our soul self and why it is important.

7pm Wednesday—May 24th, 2007

West Vancouver Library

1950 Marine Drive

J. Peters Room

Talk is by donation.

I look forward to seeing you there.

HAVE FUN WITH YOUR FRIENDS, DOING SOMETHING DIFFERENT

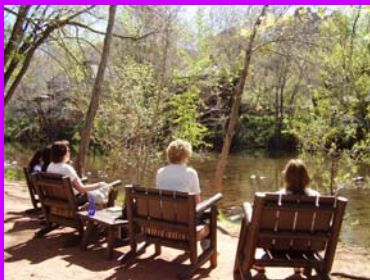
ARRANGE A PSYCHIC PARTY WITH JANICE

IT'S FUN AND IT'S EASY

Get a group of 6 friends together for an evening and for \$40 per person, each friend will receive a private half hour reading. The host receives a free half hour reading.

To make arrangements, call Janice at 604-921-2882

Sedona Retreat March 29—April 3, 2007



The Sedona retreat was a blast. We hiked in some wonderful new spots and saw some scenery we hadn't visited on the last trip. Everyone was moved by the energy and some great shifts were made. Whether you make one of my retreats or head to Sedona by yourself, it is a fabulous place to visit and you can't help but be moved by the energy.



Creating Conscious Living

Business Section

Help your business to function better.

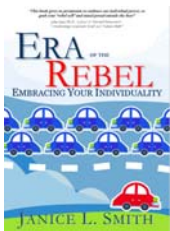
Janice offers staff development workshops or talks. Some of the various topics to choose from are

Communicating on an Energetic Level
Understanding What Makes Others Tick!
Creating Harmony out of Chaos!
Peace and Contentment Within!

Janice has spent many years honing her ability to understand why people are the way they are. She has a vast understanding of inter connectedness and how we can create Peace and Harmony in any situation!

Janice is a very real and engaging speaker, you will certainly have lots to think about after hearing her share her knowledge.

To arrange to have her speak to your group call 604-921-2882



Happy Mother's Day!

Give her the gift that keeps on giving!

Era of the Rebel: Embracing Your Individuality

Check my website at www.eraoftherebel.com
to find out where the book is available for purchase.

Understanding Energy

How important is the study of Energy in our World? It is something we are not able to see, yet it has a huge effect in our lives. Energy affects us in many areas of our lives, relationships, work, emotionally and physically. A better understanding, will help you gain control over many areas of your life.

To assist with this process I will be running a **one day workshop Sunday May 27th, 2007.**

It will run from 11am till 4pm.

We will be learning how to get more in touch with energy and how to feel and be more aware of energy.

There will be exercises in feeling and touching energy. If you are wanting to open your intuition more, this workshop will assist you with that. Call Janice at 604-91-2882 to reserve your spot. Cost is \$100.00

Visit my blog at www.newworldunfolding for the latest information I have received from higher wisdom.



To keep up to date on all events check out www.eraoftherebel.com

If you are ready to start living consciously and would like some help call me at 604-921-2882 to arrange coaching sessions. I will also be available to talk to groups in 2007, so if you have a group of eight or more friends or associates that you would like to inspire towards change, contact me and we can set something up.

Youth Speak



By
**Shauna
Smith**

Letting Go.....

When my mom gave me the topic of her article this month, I don't think it could have been more fitting for what was going on for me. I have been struggling for the past little while with letting go of several old ways of doing things in my own personal life. I had been working towards letting go of the job which I had created for myself, which was not fitting me anymore and with releasing myself from old patterns in personal relationships as well.

It felt like I was at a boiling point for about the past month or so, everything was coming to a head and I had to look my fears in the face and ultimately deal with them. I was subconsciously putting all of the foundations in place to move myself into a new and wonderful place. Everything was lining up just as it should and yet I could not bring myself to just "let go" of that old belief that was still lingering in my mind. The belief that, in order to be successful and respected, I needed to be a certain way and to do certain things. I needed to have a "career" and make a salary in order to be a properly functioning member of society. The strange thing is, these beliefs did not and still do not come naturally to me, I had to force myself into this image and felt uncomfortable every step of the way. Yet, I carried on doing it. Each day my soul felt like it was detaching from the rest of me and I felt helpless to nurture it and bring it back to where it belonged. Due to this imbalance I was feeling, all of my relationships were being affected, I was looking to those around me to supply me with that sense of balance and happiness which I was not allowing myself internally. I wanted someone else to give me the answer I was looking for, in order to move forward, rather than taking it upon myself to find that within.

Fast forward to today.....

After much procrastination and excuse making, I finally worked up the courage to let go of the belief that money could only come to me in one form and thus let go of my current work scenario. I made a choice to believe that work could be a fulfilling and beautiful thing to me and that money will be in abundance for me in doing something that I am passionate about. So far, all I have seen from this is beautiful and inspiring. Work has been offered to me wherever I turn in what I am truly passionate about, which is dance. People who I used to avoid discussing my passions with due to their lack of support are now supportive and understanding of this new found drive. It truly is amazing what you can create in your life and this exercise has taught me more than anything, that I truly am in control of my own life and destiny. I do not recall the last time that I felt this "skys the limit" type of attitude and it feels great.

If you are struggling with letting go of something in your life, whether it be big or small, I urge you to find the courage to just do it. Jump off the cliff and into whatever it is that you truly want. I can honestly tell you that the feeling you will get in return is amazing! There is nothing like feeling in control of the life that is yours and using that to your fullest advantage.

You can write Shauna at shauna_lynne4@hotmail.com

