



New World Unfolding

August 2007



Patience and Perseverance!

We are definitely a quick fix society, give us a pill or an answer, something that will make things better fast. We are looking for perfection, as the answer to our woes. Learning to love ourselves and empower ourselves, takes perseverance and patience.

I have recently gone through some difficult times, being ill and having a lack of funds. I could have been down on myself and feel I hadn't changed or learned anything, but as I have moved out of the muck, I see that even though the symptoms were ones I have experienced before, the experience was very different. I had people who were there for me, helping me in many ways. I had a huge opportunity to see more ways I could change and think differently. It wasn't an easy time, I felt crappy and some of my thinking was very negative. One of the differences was that I had tools I could use to move myself through and out of the muck!

I am happy to say that I am now on the upside of the hill and looking forward to exciting times ahead. Another thing I got a chance to see is how stubborn I can be, and how embedded I am in some of my old beliefs.

I had to be patient with myself and love myself anyways, even though I wasn't pleased with myself and the way I was doing things. I have found the only way to get out of those type of mud holes, is to love myself unconditionally and continue doing that until I can get to the place of telling myself a better of more positive message.

The other thing I have noticed is a strong underlying believe of not being enough! I don't seem to have enough, time, money or energy! I am now using the mantra, *I am enough!* I am sure this is going to lift me the rest of the way out of the mud hole! I always find it amazing that even though I have done plenty of work, I still find places within me that need my attention.

Life is a journey and we are continually on it!

May you be blessed with light and love on your journey and when you feel as if that light has faded, know that it still shines, the clouds are temporarily covering it. Find the blessings in your journey, as you move steadily along your pathway, with love, compassion and a deep understanding of self.



*Be Patient With Yourself!
Love Yourself Unconditionally!*

Creating Vision

Psychic Parties

For the summer, I will be doing psychic parties, these are a lot of fun and a great way to spend time with friends. The way it works, is you arrange to have 5 of your friends over for the evening for appetizers and cocktails, I will come and take each person off separately into another room for their half hour reading. Once they rejoin the group, they are free to talk about whatever they wish to share. The cost is \$40.00 per person and the host receives a free half hour reading. Call now to book yours, as spots are going quickly!

Janice 604-921-2882



Ten Steps to Getting Unstuck in Life!

I am now offering through my website a free article entitled
Ten steps to Getting Unstuck in Life!

It will involve signing up for the newsletter in order to get your free copy of this article. I am hoping this will assist people with moving forward, as I know many people feel quite stuck at the moment and don't know what they need to do in order to move forward.

So please share this newsletter with friends and family or direct them to my website at

www.eraoftherebel.com
To obtain their free copy of
Ten Steps to Getting Unstuck in Life!
Or Ten Steps to Improving Your Life!

I hope this will help others to begin to realize they can think differently and create something different in their lives.

Here is step #2

It is only our thinking that stops us from making the changes that we want to, it is time to take control of your brain, to become more conscious of what it is processing. Take time today to listen to the voice inside your head or to the words that are coming out of your mouth. Are they words assisting you in creating what you want? Or making it more difficult by discouraging you? Think if this was a person outside of yourself, would you like to hear the words they are saying?



Creating Conscious Living

Indigo Books Park Royal

6:30pm

Thursday, August 16th

I am presenting

Take Control of Your Life And Discover Joy!

Please join me for a fun and informative evening
As part of their Health Series.

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.

Coaching Group

I have begun teaching a new group of coaches, I am always excited to be sharing my work on this level. We will be looking for a couple of people who are willing to journey with us. Two adventurous people who would enjoy some free student coaching! Let me know if you are interested, it may not be till closer to the fall when individual coaching sessions will start. If you are interested, send me an email and I will keep you informed of when we will start.

With Appreciation, Janice 604-921-2882.

I also have two coaches, who I trained last year, that are accepting clients, so if the budget is tight yet you would like to get some coaching in, call me about setting up sessions with one of these talented ladies.

Youth Speak



By
Shauna
Smith

Patience and Persistence.....

These are both extremely strong words for me, ones which I constantly battle with in my life. In day to day circumstances I find I lack both of these and struggle to stay on top of them. I am impatient with people and situations which I don't agree with and I hate waiting for things. In my personal life however, with those that I care deeply about, I am ridiculously patient and have no idea where it comes from. I am understanding with peoples shortcomings and see past exterior circumstances and find myself able to look deeper into things. I have never understood this about myself and am constantly amazed by it. In most circumstances I struggle to feign patience even when I feel that I am at whits end and yet when I think I will have no patience for something its all I have left. If only I could find a way to figure out how to bottle this patience for those I care about and use it in times of irritability and impatience. I suppose I would be a gajillionaire if this was plausible.

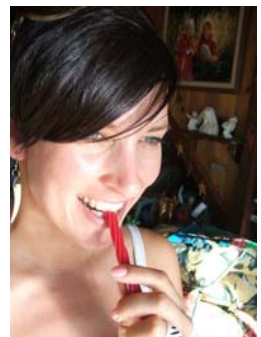
Persistence is another one for me that I never understand. I have the ability to be extremely persistent when I decide I want something bad enough and yet when it is forced, I cannot even begin to feign persistence. It feels unattainable and I feel sluggish and lost at how to even begin. Maybe one day I will figure them both out and find a way to maintain a sense of balance that involves both patience and persistence? It is definitely true that "patience is a virtue" and we can only hope that all of us will eventually learn to view the world with more of it.

I apologize for the short note this week, I do not have a computer at the moment and am hopping back and forth between the dance studios and friends.

Thank you all for reading every month and I look forward to writing something longer again soon.

Much Love
Shauna

You can write Shauna at shauna_lynne4@hotmail.com



Youth Speak



Contributing Writer - Ann Sullivan

Help, I am so scared, I have no idea what I am doing or how to do it. I don't know where to go next, or where I am coming from, I don't have a clear path in front of me, I am lost and terrified, and I am having a hard time getting up in the morning and facing the day. I want to give up, I want to go to sleep, I want to push everyone away and take it all back, and return to living my life the way I used to live it, quick fix, to quick fix.

But I can't, I just can't.

Patience and perseverance sound so beautiful. They sound romantic and calm. I see a beautiful old monk meditating in the garden, a gallant knight atop his steed, a loving parent, a dedicated teacher, a spiritual being looking down from above, a flower blossoming, a caterpillar turning into a butterfly.

Not a scared woman-girl with a stomachache and a pile of tissues...but that's the point isn't it? Patience and perseverance are not the end result; they are the paths.

I once had a therapist tell me that all paths lead to the same result, it just depends how we get there, I don't go to her anymore, because the truth I heard in that statement was too much for me to handle, that I was going to have to do the work, one way or another, and I wasn't ready.

I grew up with Walt Disney, and he told me that if I were pretty and skinny and kind of tragic, I would live happily ever after.

He lied.

But, I haven't given up on the dream of happily ever after, it's just that my image of what that looks like is changing, and my path to get there, well, it's different.

I think I believe it is going to get better, that I am making changes that will benefit me in the long term, but today it hurts, and it's hard and I am a little lost, because life is trial and error, sometimes we falter and have to change course and sometimes, we just have to

have patience, and wait until we can see what the next move is. We sure don't come in with a "Life for Dummies" guide, and even the books the people before us have written, well, they are just inspiring words, until we experience it for ourselves.

We *are* a society that likes the quick fix. And, I have a lot of opinions about the way in which we solve our problems and teach our children to solve theirs, but I am not taking that on this month. I think we are doing our best, and all I can change, is myself.

Today, I do my very best not to go to the quick fix, because I know, for me, that's dangerous.

Today, I am being patient and persevering by writing this article. I am standing in front of you all, as I am, today, vulnerable and scared, and not quite sure what I am saying, but here I am. Perhaps it will inspire someone to hang on one more minute, or call someone for help, because here is the thing, the guarantee...everything changes.

So, I am going to persevere, because I know, right around the corner, is change, I know because I have changed. I have changed things about myself I did not think I could. I have grown in ways I did not know were possible. I am free today of chains I thought I would carry for life. So, although I am a little dark right now, I can forgive myself, because I am learning, and I am growing and I am changing.

What are we doing here, with this work, this newsletter? I think we are challenging some core beliefs that have had negative effects, and I think we are building new ones that can make the world a better place. That sounds like something worth fighting for, and believe me, I fight, all the way. But, I trust this process, and I trust my path. So, let's say it together. I forgive myself, I love myself, and I am worth it. Thank you for listening.



A Male Perspective



Contributing Writer - Paul Light

Unfortunately due to some changes in Paul's life, he will not be able to write for us for the next while. Watch next month for a new contributing writer in this space. Thank you Paul for your articles and wisdom. Wishing you love and light on your journey!