



New World Unfolding

February 2007



Here we are in February the month of love. This is a great month to focus on the love of self. Are you conscious of how much love you have for yourself or are you waiting for someone to love you?

Learning to love yourself, means listening to that inner voice that we all have and really listening to what it is saying. Is it loving, gentle, kind and supportive? Or is it cruel, mean, demeaning and demanding? Our inner voice will quickly let us know how much we love ourselves, just take a few minutes and listen to what it has to say. Listen a few times throughout the day. What is it saying while you are drifting off to sleep? What does it say when you have done something you consider wrong? What does it say when you are in social situations?



Creating a life we love, begins with learning to tame that inner voice and teach it more supportive loving language. Do not be angry with this part of yourself, it is how you learned to treat yourself. Forgive it and teach it something new.

Forgive Yourself!
Love Yourself!

Some great affirmations or new thought patterns are:

I love you! Yes, we can say that to ourselves and once we learn it, no one can take it away.

I love and respect who you are, I treat you with kindness and gentleness.

From here on in, I love you and admire you.

You are a very special being.

You are beautiful or handsome.

These are just a few, stop and think about what you would like a boyfriend or girlfriend to say to you. These are the things you should be saying to yourself. It is not that you don't want a boyfriend or a girlfriend but once you learn to speak more kindly to yourself, no one can take this from you. It gives you that feel good feeling whenever you want it. Once you learn to love yourself, you will not have to ever feel rejected. Being rejected is a reflection of what we are feeling inside of ourselves.

Most of us spend a great deal of time rejecting who we are and how we do things.

The process to make these changes is simple, we tell ourselves a new message, the difficult part is making it important enough in our day to take the time to do it.

I have learned though in making this one simple adjustment, you can make your life so much better.

Begin today, take a moment, look into a mirror and into your own eyes, then tell yourself, I love you. If you find you have reasons not to love yourself, then say I forgive you for the past and am choosing to love you. Continue to do this at least once a day, and I guarantee you will begin to feel happier in your life.

No life is irreparable.

No matter what has happened to you in the past, or what you have done, begin today to love and forgive yourself and see how your life changes.

Creating Vision

Mark March 7th on your calendar!

My next talk date at the West Vancouver Library!

I haven't decided on the topic yet but will email you as I know.

7pm Wednesday—March 7, 2007

West Vancouver Library

1950 Marine Drive

J. Peters Room

Talk is by donation.

Participants that have attended previous talks have found them most helpful and enlightening.

I look forward to seeing you there.



Update on the young people's group.

In January, we held the first meeting of the young people's group. We had 7 young adults in attendance. Their ages ranged from 21—28 years of age. The group decided they would like to meet on the internet and are working to set up a message board and some other interactive stuff. Much of it beyond my comprehension. Omar has agreed to set up what is needed on the internet, so that anyone and everyone will be able to visit this site and learn more. They are intending to have a affirmation area as well as a Q & A area for others to hopefully get answers.

Look for this site to be up soon. I will keep you posted as to how you can access it.

Thanks to all the young adults who attended and are helping to make change on this earth.

Congratulations to all of you!



Sedona Retreat March 29—April 3, 2007

There are still a few spaces left for the Spring Retreat in Sedona.

My guides have said it is going to be a magical experience of growth and fun! If you've been thinking you might like to go, commit and give yourself a once in a lifetime gift of this magical experience.

Sedona is an incredible place with amazing energy and beauty. It is also a very spiritual place, we will be hiking to four vortex spots, where we will meditate and be exposed to this life changing energy.

If you want to move forward in your growth, make a commitment to attend.

For more information contact info@eraoftherebel.com



Creating Conscious Living



Valentine's Day Special

- Give the gift of love to someone special.
- Coaching sessions to enlighten your loved one on their journey to wholeness!
- From now till Valentine's Day gift certificates will be available for the old price of \$75.00 for a one hour session or \$40.00 for a half hour session.

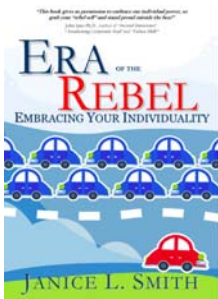
Groups

Create your own group. Bring 8 or more people together and I will be happy to work with your group to facilitate change. Working as a group is much more economical and often helps others to grow from the information shared.



Group sessions are \$250.00 per session for a 2 hour session. With 8 people that would work out to roughly \$30.00 each per session.

Get your group together and give yourself the gift of living consciously.



Era of the Rebel available on line at www.eraoftherebel.com or purchase it at one of the many locations that are carrying it.

- Duthies on Fourth, Vancouver
- Banyen Books and Sound, Vancouver
- Reflections Books, Coquitlam
- Lions Bay General Store
- Utopia Books and Gifts, North Vancouver
- Mostly Books, Squamish

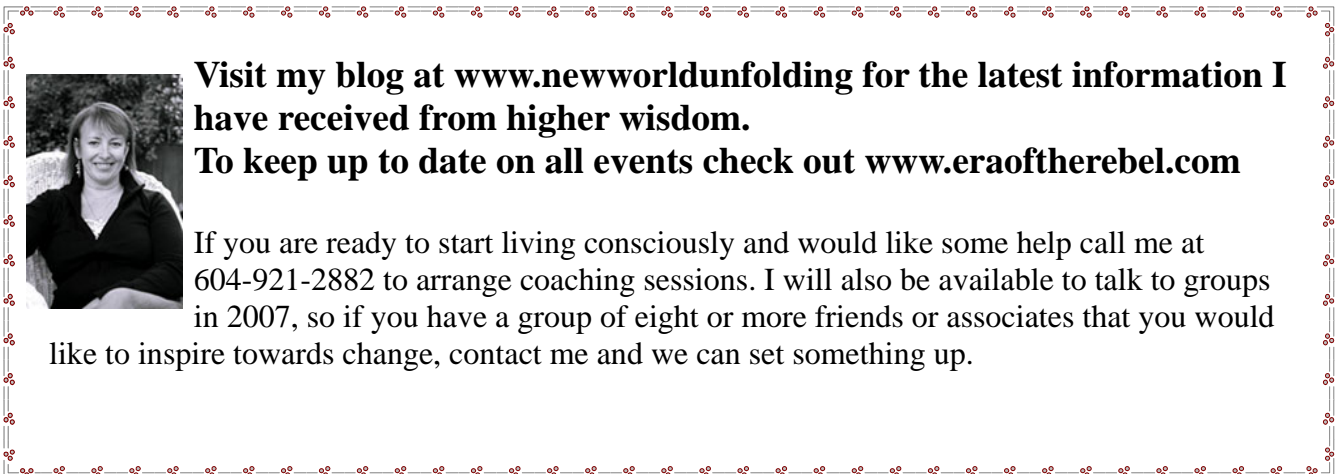
- Bolen Books—Victoria
- Laughing Oyster —Courtenay
- Lobelia's Lair—Nanaimo
- Volume One Bookstore—Duncan
- Wishes—Duncan
- amazon.com



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

I love.....ME!

As my mom said, this is the Valentines day issue therefore what better topic to discuss than that great four letter word "LOVE" and everything it entails.

What is love exactly? This is a question that I sometimes ask myself, as I'm sure many of you have before. Is love a feeling, a thought, or is it a tangible being that can be touched and held? Those of you who are "in love" might say that it is the last of these, in that you are able to touch and hold the one you love. Truly though "love" is merely a word, a word which can be used to describe many different things. Unfortunately though, the one thing that it is not used to describe nearly often enough is the feeling we have for ourselves. When was the last time that you told yourself "I love you" or that you did something special for the most important person in your life....YOU!?

I know, in my case, sometimes these things don't occur for days, weeks or even (heaven forbid) months. It is when I forget to acknowledge my love of myself that I begin to find things in disarray in other parts of my life as well. I begin to feel neglected by those that I care about most and unaccepted in the places that usually bring me the most comfort. I fight against this of course and tell myself that it is all in my mind and that I just need to stay more positive and it will all be right again. When I break this down to it's most basic of elements though, I realize that during these times what is lacking is not the love from those around me but rather the love I am feeling for myself.

How does one feel more love for themselves? I think that the first step to this, is to be conscious of what we are thinking and saying to ourselves. Once we are conscious of any negative talk we are giving, we can then start to remedy this by replacing this talk with words of love to ourselves. A very wise young girl I met recently said the way she did this was by telling herself that she was "loved and accepted" daily. She would say this to herself throughout her day, especially when she was feeling down. Through loving and accepting herself, she was able to do amazing things, things that had once made her feel uncomfortable and vulnerable. I have now begun doing this in my daily life as well and the changes that arise once you are able to both love and accept yourself are profound. Things that once appeared challenging or daunting are now completed with ease, people who once seemed unaccepting and or rude to you, now fade into the background. There are not many things which can overcome the feeling of love and acceptance you have for yourself. This is truly the basis for all human interaction, it is like creating a solid building block from which both personal and professional relationships can blossom. Without loving yourself, you will never truly be happy with anyone else. If the rest of the world truly is a reflection for us and we can measure our current self love through this reflection, look around.....are you in love with yourself?

Be your own Valentine.
Happy Valentines Day!

