



# *New World Unfolding*

July 2007



## *As the Structure Crumbles!*

Things are in chaos at the moment. You may have noticed this in your own life and the lives of the people around you. Try not to despair, as we are in the process of creating a new world, one with different structures and new ways of being.

Love will be more prominent than fear. Try to think in every situation, how you could bring love to this situation? Imagine each and every situation in your life and see it surrounded by love. What would you do differently? What would you say?

Bring the energy of love into your body and sprinkle it over the other beings in the situation, what do you see from this viewpoint?


Each and everyone of us is a being of love, the trick is to remember this when things are not looking rosy!

## *Perfection*

Most of us would like to be perfect, whatever that means to us. We are all made up of bad and good, as we tend to judge it. Part of the trick to finding peace and contentment, is to let go of the judgment and realize we are all on our journey through life, trying the best we can to make sense of it and make it work. Many times we are not able to be as we'd like to, we can choose to beat ourselves up for this and make ourselves more miserable, or we can realize it is part of our journey, accept it as who we are at this moment in time, and continue to journey forth in the best way we know how. This is not always easy as we have learned to label our actions as bad or good. Just letting go of the judgment, will make a huge change in your life. This does not mean we accept our behaviours and stop working to create a better life for ourselves. It just means that we don't beat ourselves up any more and continue to work on the changes we are wanting to make.

The more we are able to accept all parts of ourselves, the happier and more content we will be.

I hope you enjoy this month's newsletter. I continue to share in hope of helping others, as I progress through my own journey of life!



*You are already perfect,  
Just as you are!*

# *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](http://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 #1

Believe it is possible. Often the mind is giving us all the reasons why we can't do it. Start to focus on why you can do it! You can use the affirmation: *It is possible for me to create the life I want!*



# *Creating Conscious Living*

**Do You Want to See How Coaching Can Help You?**

**Free Introductory Offer For New Clients**

For the month of July, I am offering a free half hour coaching session, so you can see if coaching is for you.

The time to make changes is now, the universe is ready to assist you with your dreams!

To launch yourself on this journey, call Janice now to set up a informative appointment.

**604-921-2882**

If money is the issue that keeps you from making the changes you want in life, give me a call as I have some options available for those that are still working on creating abundance.

**Visit my blog at [www.newworldunfolding](http://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](http://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*

Hi Everyone,

I know it has been awhile since I wrote last and I just wanted to send a quick update to let everyone know what has been happening for me. In my last article, I wrote about quitting my “safe” job of three years, in order to pursue my passion for dance full time. This was a huge leap of faith for me and I was extremely nervous about how I would survive financially through this life change.

Well just over a month has passed since this change and things have been absolutely amazing!

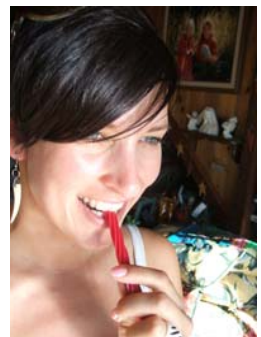
I’ve found that since I made the decision to be true to myself and to follow my heart and dreams rather than what was considered “normal and safe” the success that has followed has been overwhelming (thus the lack of time to write in recently) I have had people that I have never even met, calling me regarding work. I have been blessed to be offered classes to teach on an almost daily basis, as well as various other performing gigs and am now working with two dance groups as well. I have done more with my dancing in the past month than I was able to in the last 8 years!

This has all been possible, as I finally put myself where I needed to be, where I loved to be.....happy! I am no longer stressed daily, I don’t have anyone breathing down my neck or telling me I am doing things wrong, I no longer resent having to go to work. Now I actually have a following of people who love to take my class and employers who appreciate me for me. I have honestly never been happier in my life and I cannot stress to any of you enough, how important it is to follow your dreams. The changes that have come about since I left my other job are immeasurable, my relationship is now relaxed and happy, my financial situation is less stressful, I have more energy and smile while I’m at work. I am in love with my new life and I’m sure it shows.

To all of you reading this, please don’t continue to work at a job that you don’t love or to stay in a relationship that does not make you smile. Figure out today what it is that makes you feel alive, what your passion is that drives you and work towards making it a part of your everyday life. I promise you, you will only see success if you are true to yourself and you follow this truth whole-heartedly. Take that leap and join me on the other side, I’ll be here smiling with open arms.

Hugs and love,  
Shauna

You can write Shauna at [shauna\\_lynne4@hotmail.com](mailto:shauna_lynne4@hotmail.com)



# Youth Speak



## *New Contributing Writer - Ann Sullivan*

I have been plugging away at this month's submission for days. One page. Days. I was sitting here having another go at it today, cutting and pasting, erasing and writing, when my roommate walked into the kitchen and started cutting up a pineapple. "Whatcha working on?" He asks.

I let out a big sigh, put my head in my hands and respond, "My submission for a newsletter, and it's rough going. I'm having a hard time explaining myself," I say.

"What's it about?" He asks. "Perfectionism," I say.....and then I laughed.

If you don't know why this is funny, don't worry, you aren't alone, but you *may* want to schedule an appointment with your, therapist, counselor, life coach...etc etc etc.

I was sitting here, typing away, trying to perfectly shape my discussion of how perfectionism has been a cunning core belief, and rearing its ugly head often without my awareness.

The thing is, I won't realize I am trying to be perfect until I realize I am not perfect, and that usually takes having another person witness what I am doing, and that can be uncomfortable. Because the number one rule of perfectionism is not to let anyone else see your imperfections. Hide it. Compare yourself to see how your doing, and beat yourself up if you are falling short. Deny Deny Deny. And, goddess forbid, don't laugh at yourself! Imperfection is not a laughing matter!!

Except, I am learning it is. I am learning that being perfect is not the goal down here on planet Earth, that we are all, in fact, perfectly imperfect, exactly as we are.

This does not mean we do not work on ourselves and change and grow, it means we accept ourselves, as we are, today, and love who that is.

For me, this process of writing about perfectionism was...perfect.

Writing about how difficult it has been to spot, how confusing it has been to change, how hard it has been to walk through in front of others. I was having such a difficult time explaining it, making it sound, just right. I began to compare myself to my father, who has been writing for over 40 years, "*He* could do this perfectly," I thought, "*He* could blow people away with his writing." I began to think about "how I never do it right, and it's too hard, and why even bother, and I know what's wrong with it, but I don't know how to make it better, I can't write, why do I even try, I have nothing to say..." Phew. It was becoming that spiral of negativity, going down down down, and then the denial kicks in, "I just want it to be good," I say to myself. "I know what I am trying to say, if I just take my time with it, it will get done right." "This," I tell myself, "is about caring about my work, caring about myself and how I come across to others!" "Now do it right stupid!" "And hurry, you have soooooo much to do!!!!!"

The best part was the content of what I was writing, and this is the tricky thing with perfectionism, I was preaching about how much I was changing my belief that I had to be perfect. I was telling you how I *used* to be a perfectionist, but I have seen the light, and now, now I am healed, and I love myself, just the way I am. If only I could say it right!

It's hilarious. Really. And, I can laugh today, Goddess knows what that means, it's hit or miss, some things, I can get it, I see it, and I forgive myself and have a chuckle or a cry. Other things, it's like there is a shadow of myself behind me, over my right shoulder, and she whispers in my ear...she usually says, "They're onto you.

They know. You are not perfect. They are going to see that, and reject you, and leave you." experience taught me a lesson today. The fog is lifting, and under it is a little girl, who just wants to be loved for who she is. I took one step closer to that today.

**Ann**



# *A Male Perspective*



## New Contributing Writer - Paul Light

### **Perfection:**

1. The quality of something that is as good or suitable as it can possibly be  
Someone or something that reaches the highest attainable standard, or an instance of this

A great word indeed, as we hear it often, we strive for this and other words like it. “Excellence, exactness, precision, faultlessness, aptness, flawlessness” Wow! More great words we all strive to attain or accomplish. Is it really that hard to reach these synonyms of greatness? I honestly think not....

Do yourself a favor...Grab that mirror in your bag, or dance right up to that huge one hanging in your bedroom or bathroom, look deep into your own beautiful eyes and let your self bask in those words, knowing that those qualities you work so hard at maintaining or reaching, already are a part of you. You say, you believe, you are.

Today, a lot of us focus a great deal on achieving someone or something else’s level of excellence. When in reality, your goals should focus around your own growth to “perfection” The level of perfection that suits where and who you are as your own person. Each of us know, deep down, who we are and how to be the perfect you. Listen to your inner self, as he/she is perfect, your perfect. You own it, and the thoughts you hear, but sometimes find hard to listen to. This is your perfect self, telling your conscious mind how to be “perfect” to you, in your own way. You say, you believe, you are..

The affirmation of your own well being will take you to this plane of perfection we all want to confirm in ourselves. It (perfection) will follow you wherever you go, and surround your actions and others around you. Change your situation by declaring the positive. You say, you believe, you are

I find myself uttering these words to my self, as I walk down the street, and doors open. I feel good about who I am, what I do and how I do it. As I know, in my own way, I am the best I can be right now. I am “perfect” at being me.

You say, you believe, you are PERFECT...in your own way.

A positive light shines...perfectly...

***Paul***

