



New World Unfolding

June 2007



Believing In Your Value and Worth In a New Way!

Under the old system, we learned to value ourselves by what we did or accomplished. In this new world that is unfolding we must learn to value ourselves for who we are, simply put, for being!

This is not necessarily an easy task, as we are so doing oriented. Try and just sit for a day, doing nothing, when you have lots you believe you should be doing. In order to find peace and contentment in this world, we have to find it within ourselves.

Many of us are very busy, this addiction, keeps us from having to connect with our inner selves. We are so busy creating our lives, that we don't have time to just be with ourselves and find out what is going on underneath it all. What are you feeling? Are you unhappy, stressed and discontented, or are you happy and fulfilled? Do you know, or are you just on automatic pilot?

Automatic pilot is fine, if your life is working the way you want it to. Your relationships are good, you are living your dream, you have plenty of money, your health is good, you have plenty of time to do as you wish, you feel happy and have lots of energy. Likely some of these areas are working very well for you but for most of us, there are certain areas that we'd like to change.

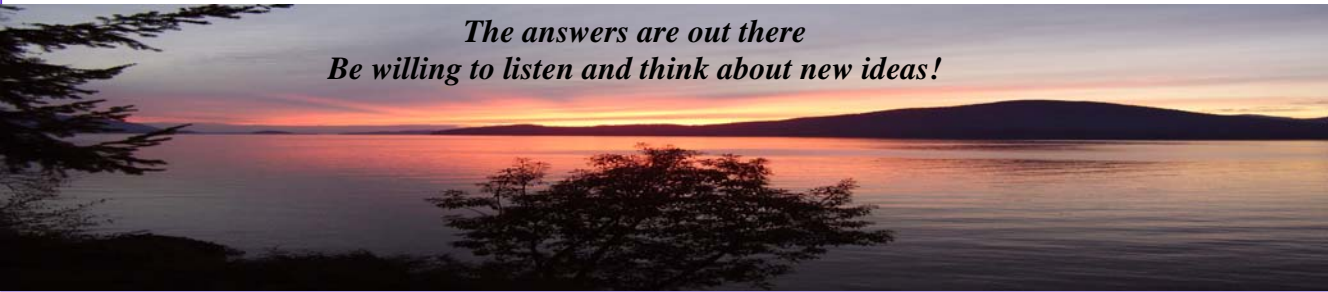
How does one begin to value their beingness more?

The first step is to cut back on ones doing. This means to find time to meditate and journal, to learn to be your own best friend, to ask what your inner self needs and to take quiet time to hear the answer.

The world is energetically shifting, asking each and everyone of us to become more conscious of our inner self. The messages are coming through illness, and hard times. These things aren't happening to upset us or to make our lives difficult, they are happening in order for us to be pushed in a new direction and make changes in our lives.

Give yourself the gift, of opening your mind to new ways of thinking. What worked before, may not work now, be willing to be open, to shift and change the way you are doing things. Look at things from a different perspective or viewpoint.

Listen to what others are saying and be willing to think about it!



*The answers are out there
Be willing to listen and think about new ideas!*

Creating Vision

June 13 is my next talk at the
West Vancouver Library.

This month's topic is

Valuing your Worthiness as a Human Being!

The time is now to create what you want in life, to do this we must believe we deserve it and are worthy of having it!

We can all create all that we want, our dreams are possible in an easy and relaxed manner, we just have to believe it!

This will be the final talk before the summer, so bring your friends and find out more ways to change our thinking!

June 13 2007

7:30pm

West Vancouver Library,

Peter J Peters Room

1950 Marine Drive

West Vancouver , BC

For more info call Janice @ 604-921-2882.



For the Advanced Student

For those of you who are already working on changing your thinking, you may notice some rather intense stuff coming up in the next short while. This is what is holding you back from creating your dream. Be willing to face it and not hide from it, often we find all kinds of ways to try and go around it, or to comfort ourselves, through the process. The time has come to face your biggest fears and move into your dream. The dream may be whatever it is you'd like to create in you life. Be clear on what this is, as the universe is working very efficiently at the moment to help you achieve it. If you are wishy-washy or keep changing your mind, the universe, will have a hard time assisting you to create it. Remember, the universe is a very literal place and will say yes to whatever you chose to think about.

Take extra time for yourself at this time, be willing to rest and meditate. You may be tired as you face your fears. I often say it is more taxing than many physical activities. Keep refocusing your brain and your feelings, until you have created what you want.

Your biggest fears may take a lot more conscious effort than many of the other things you have created. Be patient with yourself and be gentle. You are moving into a whole new way of being, into a much gentler world and a much more loving world, in order to get there, you must learn to treat yourself more gently and more kindly.

This means taking more time for you, taking time to be quiet and reflect, taking time to just be with yourself. To just be yourself and trust this is enough to take you where you want to go!

It is time to stop trying to build your life and instead relax into what it is you are creating!

Have fun and enjoy the process!



Creating Conscious Living

Do You Want to See How Coaching Can Help You?

**June Special 6 of 6
Never before offered.**

In order to give back and assist others to move forward, I am offering a very special deal for the month of June. For the first 6 new clients that sign up for 6 sessions of coaching, I will offer you the incredible deal of paying just \$50.00 per session, this is half my regular rate and is only available to the first 6 new clients. To receive this incredible offer, you will need to pay for the 6 sessions at the beginning of your sessions.

Now is the time to invest in you!

Give yourself this gift of creating more peace and contentment within.

Call me at 604-921-2882 to sign up for this incredible deal.

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.

Monday night Group

For many years, I ran a Monday night group, in order to make moving ahead more affordable for people. I am going to bring back the Monday Night Group, starting immediately. I will need to hear from you by the previous Friday to know if you will be attending. The cost will be \$30.00 per person and the group will run from 7-9pm at my house in Lions Bay. I am looking to create a group of committed individuals who are wanting to move forward in their lives.

For those of you who haven't been here, I live on the water in a beautiful, relaxing setting. If weather permits, I will hold the class outside on the deck overlooking the ocean.

This is a great opportunity to meet other like minded people and to have a weekly check in of positive loving energy.

I will be giving a short lesson each week with experiential work to help move your forward on your journey. Contact me at 604-921-2882 to reserve your spot.

Youth Speak



By
Shauna
Smith

Stay true to you.....

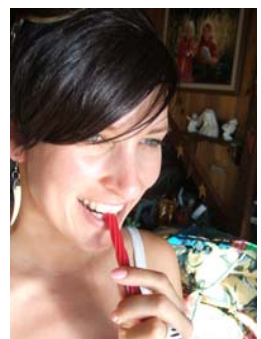
I have been experiencing some sort of writers block this week and have been feeling uninspired with what to write. I suggested not offering a submission until next month but was given the suggestion to write about what is happening for me right now instead and so decided to try that.

For the past few months, I had been struggling with the job I was in and how to move on from it, as I had finally decided was necessary for me. I had finally made the decision and worked up the courage to voice my desires to my boss, which was a huge step for me on many levels. Once this was done, I had felt a huge weight lifted off of my shoulders, I felt free and happy for the first time in months. The only issue for me was that I had a three months notice clause in my contract, which would have me there for the rest of the summer, which is not a very busy time in that industry. I was not looking forward to this to say the least, as I am not good at sitting idle and being paid for it. I did however, promise to do whatever I could to ease the situation and was willing to stand by that word for as long as necessary.

However, this past week the process was sped up for me, which I am truly thankful for. I am now free to pursue my dreams and a huge weight feels as if it has been lifted from my shoulders. I was no longer willing to be fake or insincere and the universe seemed to know that and put forth an interesting set of events to finalize my fate. Unfortunately, in this process I was deeply hurt by someone close to me, who violated my personal space and made me realize the importance of trust and honesty in any relationship. Since, I have contemplated many ways to “retaliate” and upset this person as well. Several sources close to me have also suggested this as “the right” thing to do. After much thought though, I have realized that in order to stay true to myself in the situation, I need to forgive this person for what they have done and to move forth with integrity and a new found wisdom. Trying to hurt this person in return will only bring me down and leave me with negative energy, which I don’t want or need in my life. I have decided that the best medicine in the situation is to allow myself to heal and to hope for the same for the other party. No amount of negative energy put out, will be met by positive energy in return.

I suppose my “lesson” in this, is to always maintain integrity and stay “true to yourself” especially when life seems to deal you the worst cards. The times where it is the most difficult to stay in that positive space are truly the ones that are most important for your own growth and happiness.

You can write Shauna at shauna_lynne4@hotmail.com



Youth Speak



New Contributing Writer - Ann Sullivan

I have always had to hit rock bottom before I am willing to take a leap of faith and try to change the way things are in my life. Basically, when I have nothing to lose, or the pain is too much am I willing to look at what it is I might be able to do to change my circumstances.

So, of course, it was pretty scary to discover I placed all of my worth in what others thought of me or what I *had* around me. I spent my life going from outside in. I placed my value in my friends, family, work, and lover...not in me. In fact, it wasn't until all of those things fell apart that I realized I had better find some value in myself, or what was the point? If I am honest, it was when I realized I believed I had no worth, and had been creating my life in that belief that I began to build my self worth.

If there is anything I want to share about changing the way we look at our value, it is that it is a process...I can be very hard on myself when I am working on something, when I am learning something new. I am a perfectionist, and as such always think I should get it right, the first time. It is only in the past couple years that I have allowed myself the freedom to learn, and to make mistakes.

This fall, things came to a head for me. I was sitting on my bed contemplating my life, another relationship over, my friendships non-existent, my work unfulfilling etc. etc. but something was new. All of the coping mechanisms I had used throughout my life, substance abuse, running away, dishonesty, focusing on others, they were no longer an option. I actually had to feel what I was feeling, and it hurt. It was almost as if I had no choice but to face myself. In that moment I had an epiphany: this person (me) that I had spent my life running away from, hating, beating up emotionally or ignoring, well, they could be my best friend. I could be my own best friend...what a concept.

I have spent the last few months, slowly making my way towards myself, with the help of supportive people and groups who could stand by me while I discovered what it meant to love myself, to place worth in me! Again, it is a process; we don't come into this world with the tools, we learn them, through trial and error. So, it is important to surround yourself with the love and encouragement you need to walk through the fairly shaky beginnings of building self-esteem.

Is it worth it? Absolutely.

The woman I am today, I love to spend time with, I can truly say, I am becoming my best friend...I am far from arriving, and hope I never do, because it is discovery and growth that I live for. I am learning to live my life celebrating life, and celebrating me.

There are teachers of this work. People who have shown me ways of connecting with myself...there are examples of these throughout this newsletter, in books, magazines, and groups, thousands of ways to get to know you and look within. Things for everyone, and I try to spend my time doing these things, as I find my quality of life to be extraordinary when I do.

I suppose I am not speaking to people who already love themselves, although, I am guessing everyone could tuck in a little deeper and love themselves a little more, I am speaking to those who have this feeling that all is not well, and are taking their first timid steps towards themselves. I am speaking to those who are already on this path of self-discovery, of healing and growth...whatever stage you are at with the work. To you I say, walk on, and know others are with you, including me, and you are loved.



A Male Perspective



New Contributing Writer - Paul Light

AM I...???

Am I where I should be in life? Am I good looking enough? Do I possess what I need to survive in today's high paced world? Will I survive? Do I have the skills to pay the bills? Will she/he like me? What if I can't afford that? Will I ever be truly happy, feel truly accomplished, feel the success that I see others possessing? Am I a worthy individual? DO I HAVE WHAT IT TAKES???? Ahhhhhhhhhhhh !!!

An uneasy mind hears these questions day in day out, getting louder and louder, more intense, focusing on what you think you don't have or are. Until those thoughts are almost over whelming, ear piercing and inside the head to point of maddening frustration, leading, ultimately, to what has been called "the breakdown" We've all heard about it right? Some call it a quarter life crisis, a mid life crisis, or whatever crisis you create and instill upon your self....

I call it "Normal" Relax a bit, breath a deep breath, look up at the sky and simply tell your self "You are" "You do" "You will" "You have" "You know" "You see" "You will be" Yes, yes, yes!!!! Say it.....Feels good doesn't it?..... Be your best promoter, you are worthy, worthy to do what ever it is you wish to do, or accomplish, or possess. It's that easy.

The answers are simple; you are what you think. It sounds terribly cliché, and too easy right? You've heard all this before right? But have you actually put it out there? Told your self that you will succeed, that you will survive, and she/he will like you.... These are the truths we all need to tell ourselves on the regular. Watch how good it makes you feel. You might even feel a burst of energy surge through your body as you pump in positive thoughts of health, wealth, knowledge and love of self. It's as true as the clear blue sky my friends. Whole-heartedly, unequivocally, the undeniable truth is this: Believe it and it will be. Just do it.....(thanks Nike)

Is the true measure of a man gagged by how he looks upon himself? Quite simply ya'll; yes. Start out slow and get used to applying the positive to your everyday situations. Your subconscious mind knows, so listen to it. Be the Engine that could, and did because you knew it from the start.

"I am worthy, I am successful, I am good looking, I am on track, I have the skills, I can afford it, I am the Man I want to be.....and gosh darn it....People like me...

Why? Because I like myself...sound familiar? If not, then make it so.....

A positive Light shines.....

