



New World Unfolding

March 2007



As if all else matters in life!

We think all of life is so important, yet where do we rank taking care of, loving and getting to know our inner selves? Bottom of the list is where most of us reside in taking care of who we are. We are taught to look outside of ourselves and that what is inside, is not important. We have been fooled, the most important place for us to focus, is inside ourselves. This is where we can make changes, this is truly our place of power!

We are solely responsible for all that goes on in our lives, yet most of us do not take any responsibility for what we have created. We learned to blame others for our miserable lives, we learned to give our power away in many situations. It is possible for us to teach ourselves a new way of looking at things.

First we need to move ourselves up the totem pole, to realize that we need to empower ourselves, before we can truly help others. With a loving and happy heart, we have a place of great wonder to give from. When we are truly happy inside ourselves, that is what is reflected in our lives.

We move ourselves up the totem pole, by committing time and resources to learning more about ourselves. I find this is often the most difficult step for many of us, yet it is one of the most important steps, to begin to believe we are worth it.

Begin by using the affirmation, *I am worth the time and money!*

Making time to meditate and journal are important steps, in getting in touch with yourself. Many of us are so busy in our lives, that we believe we don't have enough time to waste on such frivolous activity. Yet it is not frivolous, it just feels that way as we are so conditioned to doing!

Try today, take 5 minutes and just sit and be quiet. What does your inner voice say? Is it telling you this is a waste of time or that this won't do anything? The inner voice has controlled many of us for a long time, without us really being aware of it doing so. Take a stand against the inner voice, let it know in kind loving words, that you wish to take the time to do this. Make a conscious choice around what you want to think. If you are having trouble shutting out that voice, imagine that you have a basket beside you and dump those thoughts into the basket, letting the brain know you will pick them up again in a few minutes. Focus on your breathing if you are still distracted. Listen to your breath going in and out. Follow it!

Congratulations, you have taken your first step in meditating!

Practice this daily, give yourself 5 minutes of quiet time, then begin to build it in 5 minute increments, until you reach a half hour.

Giving time to yourself, lets your inner self know that you care, that you believe in its value. Becoming important to yourself is crucial in making changes in your life.

If your brain is still telling you that you don't have time or listing all the things you need to do., take control and let it know you are the one in charge and this is what you'd like to do.

To learn more on this subject be sure to attend my next talk at the West Vancouver Library, where I will delve a little more deeply into making change and taking control of your life.



Creating Vision

Mark March 7th on your calendar!

My next talk date at the West Vancouver Library!

As if all else matters!



This talk/ mini workshop will focus on the importance of self in your world.

7pm Wednesday—March 7, 2007

West Vancouver Library

1950 Marine Drive

J. Peters Room

Talk is by donation.

I look forward to seeing you there.

Update on the young people's group.

Please welcome the *Empowered Souls*, you can access them on myspace.com. Go to groups and then do a search for the Empowered Souls. Please be patient as we are still working on the site. You are able to join the group at this time and make comments and such. It will become more dynamic as we move along, or should I say as I better understand how it all works. Please join the group, so we can reach you with updates and information. If you know of some young adults that are interested in changing their lives, please forward the information on to them. We all need to work on assisting each other in better ourselves and the planet. Peace will be found here on earth when we find it within ourselves. Thank you to everyone who has contributed to this point in helping to create this group.



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

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



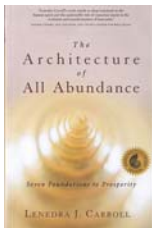
If you are ready to start living consciously and would like some help call me at 604-921-2882 to arrange coaching sessions. I will also be available to talk to groups in 2007, so if you have a group of eight or more friends or associates that you would like to inspire towards change, contact me and we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

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.

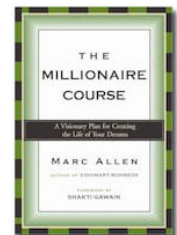
Get your group together and give yourself the gift of living consciously.



I am reading a book at the moment that I would like to recommend. The title is The Architecture of All Abundance. It is by Lenedra Carroll, who is the mother of Jewel the singer. I am enjoying the book as she talks about her life and what she has learned about abundance in the process. She has some great information and easy to relate to concepts for creating abundance. I bought the book at Indigo, I am sure you can get it online as well.

I have also recently completed an abundance course that I found very helpful. It is called The Millionaire Course by Marc Allen. One of the things I really liked about it was there was no rah-rah, get out and create. Marc considers himself one of the laziest millionaires and believes in one doing it their way. If you are not a high energy person, it is still possible to create whatever abundance you want in your world. I have seen many wonderful changes in my life since I began taking the course. It is online, as well as a book and a couple of cds to listen to. Check it out at ?. There is a one month free trial period, so give it whirl if you are wanting to make changes in this area of your life.

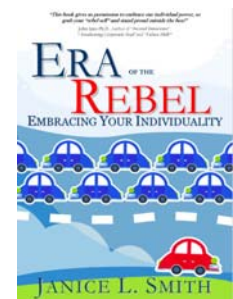
<http://consciousone.com/singleCourse.cfm?PID=323>



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



Youth Speak



By
*Shauna
Smith*

Recently we had the first ever meeting of the young minds regarding new ways of living and creating the world around us. We discussed the idea of no longer looking at life as happening to you but rather that we all have control over our personal outcomes and the power to make changes to these outcomes. The meeting was refreshing and encouraging, I really am not the only person in my age bracket who is interested in moving forward in a new way from what was previously known as “the right way.”

Thank you to everyone that came out to this meeting for reaffirming for me that the things I have been taught and sometimes struggle to apply in my life are not limited to just me and there are actually others who struggle with the same things and how to apply the knowledge that they have. Knowing this gives me great comfort and pushes me to work even harder towards maintaining a positive outlook and pushing through even the toughest of times with grace and integrity.

Thank you...



The young minds have decided to create an internet presence on myspace, to find us
Go to www.myspace.com
Click on groups, then click search groups
Empowered Souls is the name of our group.
Please join and put in your comments or ideas.

As I have been working on pursuing my passion in dancing, I haven't had much time this month to write anything. If you have any comments or ideas of how we can help you connect with us, please email me at shauna_lynne4@hotmail.com
I'd love to hear from you.

