



# *New World Unfolding*

May 2007



## *Choosing To Be Happy!*

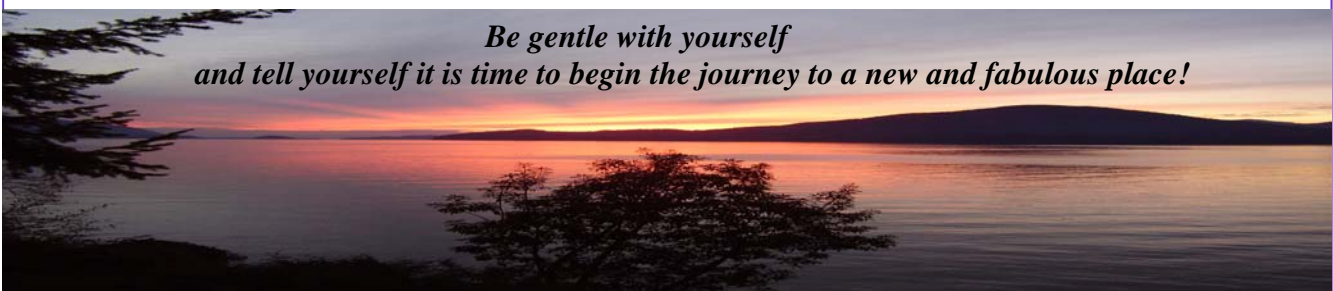
This month's theme is really a continuation of last month's. I have seen that I have a doom and gloom place as most of us do. It is often different issues for each of us, but still the same doom and gloom. This is the place, where you go where everything is not going to be ok. It can be that I will be out on the street, nothing ever goes my way or no one ever truly loves me, or I am often sick. It is the place that we have visited many times before, in fact, it is a learned response, a place that we believe to be the truth or reality because we have visited it so many times.

### *Where is this place in your life?*

I found as I started to see my personal doom and gloom story that I had lots of beliefs around it, beliefs that my ego hung onto with super power strength, these were the cornerstones of my existence. I made a choice though to believe there was a different possibility, a new place to reside. I have had to work hard though on convincing my ego that it is ok to believe this, there is a better way or a better place. My ego was so strong and so convincing that I felt as if I was going crazy. The ego would just try harder to convince me that the dreaded doom and gloom was on it's way, if I didn't do things as it believed they should be done. Which of course was the old way of get out there and get it done. I remember one day that I thought I would crack up and my ego said DO SOMETHING! GET BUSY! I started to do something and realized I had once more fallen under the command of the ego! Being in the other side feels as though I am continually being pushed out the door of an airplane for my first sky diving lesson with no idea of whether the parachute will work or not! In fact I told a friend that it may be easier just to take up sky diving than this trust building exercise I am going through. I am starting though to see the end of the tunnel or at least the beginning of it. The light is starting to shine and I can hear my inner voice saying new things, I can feel a new light or energy surrounding me. I am moving away from doom and gloom and into an amazing new space that I don't have a name for as of yet. It is still too new and in some ways too fragile at the moment, I am just enjoying it and the joy that it is bringing.

Take a moment and get in touch with your doom and gloom, become aware of it and where it is you like to take yourself. It may not be that you take yourself there consciously, but listen to your words or your beliefs, what do you believe is impossible for you? I believe we all have this place, so dig deep and be patient with yourself. It is time to erase these believes and to paint a new picture. I found that I had to put a lot of time and energy into making the changes, meditating, journaling and affirming!

*Be gentle with yourself  
and tell yourself it is time to begin the journey to a new and fabulous place!*



# *Creating Vision*

Mark May 24th on your calendar!

My next talk date at the West Vancouver Library!

## *Choosing to be Happy!*

This mini workshop will focus on the choices we can make to create happiness.

**7pm** Thursday—May 24th, 2007

West Vancouver Library

1950 Marine Drive

J. Peters Room

Talk is by donation.

I look forward to seeing you there.

***HAVE FUN WITH YOUR FRIENDS, DOING SOMETHING DIFFERENT***

***ARRANGE A PSYCHIC PARTY WITH JANICE***

***IT'S FUN AND IT'S EASY***

Get a group of 6 friends together for an evening and for \$40 per person, each friend will receive a private half hour reading. The host receives a free half hour reading.

To make arrangements, call Janice at 604-921-2882



What kind of retreats or workshops would you like to see in the future! More local retreats, shorter duration? Or some other exciting destination retreats?

I am looking at what classes or retreats I will plan for the next six months to a year. Please email your ideas or wishes to [Info@eraoftherebel.com](mailto:Info@eraoftherebel.com)

I look forward to working with you!



# Creating Conscious Living

## Business Section

Help your business to function better.

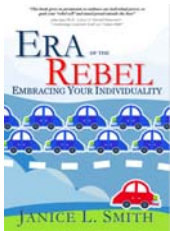
Janice offers staff development workshops or talks. Some of the various topics to choose from are

*Communicating on an Energetic Level*  
*Understanding What Makes Others Tick!*  
*Creating Harmony out of Chaos!*  
*Peace and Contentment Within!*

Janice has spent many years honing her ability to understand why people are the way they are. She has a vast understanding of inter connectedness and how we can create Peace and Harmony in any situation!

Janice is a very real and engaging speaker, you will certainly have lots to think about after hearing her share her knowledge.

To arrange to have her speak to your group call 604-921-2882



## What a great birthday gift for your friends!

Give them the gift that keeps on giving!

*Era of the Rebel: Embracing Your Individuality*

Check my website at [www.eraoftherebel.com](http://www.eraoftherebel.com)  
to find out where the book is available for purchase.

## Understanding Energy

How important is the study of Energy in our World? It is something we are not able to see, yet it has a huge effect in our lives. Energy affects us in many areas of our lives, relationships, work, emotionally and physically. A better understanding, will help you gain control over many areas of your life.

To assist with this process I will be running a **one day workshop Sunday May 27th, 2007.**

**It will run from 11am till 4pm.**

We will be learning how to get more in touch with energy and how to feel and be more aware of energy.

There will be exercises in feeling and touching energy. If you are wanting to open your intuition more, this workshop will assist you with that. Call Janice at 604-91-2882 to reserve your spot. Cost is \$100.00

**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.

# Youth Speak



By  
*Shauna  
Smith*

I choose.....Happiness!

Choosing happiness sounds so fun, light and easy. For anyone who has tried to make a conscious choice about this though, they know different. Deciding that you want to live your life from a place of joy and happiness can be one of the most difficult decisions you ever make. Why is this though? How can it be hard to choose to be happy? It sounds so backwards!

As we work through this crazy thing we call life, we all tend to lean toward creating a “comfort” zone for ourselves. In many cases this comfort zone comes in the form of an emotional wall, or various ways of sheltering ourselves from any hurt or pain that might come our way. Through doing this, many times we are being dishonest with ourselves and our true wants and needs. Of course, it is impossible to feel happy when you are denying yourself these things. I believe that in choosing to be happy, you are really choosing to be “you” and to commit to that 100%. It is a choice to not buy into the daily societal guidelines that are placed upon us and to just do what feels good to you. When you are choosing happiness, you are no longer living for anyone else but you.

I know when reading this, many people will say to themselves “I already do live my life for me” but when you sit down and really contemplate this, are you really? Can you honestly say that there is nothing you do during your day that is done for someone else? I know, personally there are several things in my day that I do to make others happy and don’t necessarily even take into account my own happiness or feelings first. This type of behaviour seems to be ingrained in us somehow, it is seen as the “right” way to be. To always put other peoples health, well being and happiness before our own. We spend so much time worrying about these other peoples issues rather than looking inward at what truly makes us whole and happy.

For the next week, try eliminating all of the things that you do solely for other peoples benefit, those things which might make you uncomfortable or unhappy but that you do regardless, as you feel it is “required” of you. Instead, replace these things with things that somehow benefit you and your well being. Go for a walk at the beach, take a nap, get a pedicure, go to a movie. You will notice that as you start to make the choice to be happy and to focus inwardly instead of always looking outward, your happiness quotient will increase. You will start to look at situations that once seemed negative and upsetting, as positive learning experiences. You will notice that those people which used to upset you or that you felt negativity towards will start to move out of your life, or just won’t bother you as much anymore.

I find that when I am consciously choosing to live my life, there is not much other option than to feel “happiness” and contentment. When you are the master of your own happiness and you are not relying on anyone else to supply you with this, it is very hard to go astray. Happiness also breeds more happiness. Start right now by smiling while you walk down the street. You will see, your happiness will inspire other peoples happiness as well and really, how can that be bad?

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

