



New World Unfolding

October 2007



Letting Go Of What We Know and Love.

How do we let go of what we love?

Times are changing and we are being guided to move forward and let go. For many of us, this brings up the fear of the unknown. We are creatures of habit and like to know where to come home to and what to expect. Yet we are being guided to move our domains, change our jobs and let go of our need to control ourselves and others. We have lived so long in this way, that it can be difficult to adjust to a new way.

So, how do we let go?

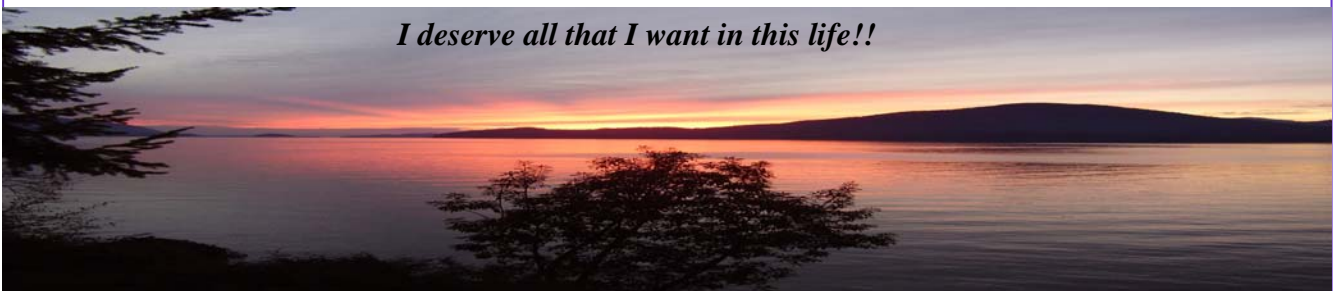
It is learning to trust in change that we find the strength to let go. To trust that we will be safe and the outcome will be good. The way I have managed it, is to work with affirmations or positive statements that reassure my scared self. It is by developing trust in the universe and a belief that good is our natural space. Some of my favourite and most trusted affirmations are by Louise Hay, I truly value and enjoy Louise's work, her books are available at most bookstores.

One of my favourites at the moment is:

I Declare Richness and Fullness for My Life!

I now choose to move away from the limiting beliefs that have been denying me the benefits I so desire. I declare that every negative thought pattern is now being cleared out, erased and let go. My consciousness is now being filled with cheerful, loving thought patterns that contribute to my health, wealth and loving relationships. I now release all negative thought patterns that have contributed to fear of loss, fear of the dark, fear of being harmed, fear of poverty, pain, loneliness, self abuse of any sort, feeling not good enough, burdens or losses of any sort, and any other nonsense that may be lingering in some dark corner of my consciousness. I am now free to allow and accept the good to manifest in my life. I now declare for myself, the richness and fullness of life in all its profuse abundance; love lavishly flowing, prosperity abounding, health vital and vibrant, creativity ever new and fresh, and peace all surrounding. All this I deserve and am now willing to accept on a permanent basis. I am a co-creator with the One Infinite Allness of Life and therefore the totality of possibilities lay before me and I rejoice that this is so. And so it is!

I deserve all that I want in this life!!



Creating Vision

Help in Letting Go!

I Am Motivated By Love!

Release from within you all bitterness and resentment. Affirm that you are totally willing to forgive everyone. If you think of anyone who may have harmed you in any way at any point in your lifetime, you now bless that person with love and release him. And dismiss the thought. Nobody can take anything from you that is rightfully yours. That which belongs to you will always return to you in Divine right order. If something does not come back to you, then it wasn't meant to. Accept this with peace. Dissolving resentment is highly important. Trust yourself. You are safe. You are motivated by love.
From Heart Thoughts by Louise Hay.

I Have A Choice!

Today I make the choice to release and let go of my past. I imagine the ocean waves washing away all past pain, hurt and resentment. I choose to be free and to believe in the possibility of wonderful things happening in my life. I open my heart to love, allowing myself to feel this love throughout my body. I know that I deserve to have a fabulous life, full of love, abundance, respect and good health. I affirm for myself on a daily basis the goodness of life is mine. I make a conscious choice to believe this is possible. The only choice I make for myself now is a belief in goodness, love, abundance and good health flowing into and through my life consistently. I open to this fabulous aspect of living. I am blessed with all of the above. I radiate this Divine love out to others. I am a servant of the universe. Loving, laughing, abundant, fulfilled and radiant. I am a miracle in action. I rejoice in this knowledge and let myself live it with glee. And so it is!
By Janice Smith

I am More Than I Realize!

I am more than I realize. I am the creator of my world. I am powerful and loving at the same time. I believe in the goodness of life, I honour and respect myself and others. Today I allow this to be my truth. It is possible for me to create all that I want in love. I stop beating myself up and look upon myself with love and wonder. I respect the magnificent being that I am. I believe in me and all of my possibilities. I stand in front of the mirror and tell myself I love You! You are a magnificent being! From here on in, I will respect you and love you each and every day. I trust in you and your ability to create good.

Today I step up to the plate, knowing that I create my world and all of my experiences. I choose healthy, respectful experiences in my life. This is my only choice. I release all else.
By Janice Smith

Make today, the day you have a choice and be conscious of what choices you wish in your life. You are the creator, the choice is yours. Be conscious and take the time to love and appreciate who you are!

Blessings to each and everyone of you creators!
May your life be filled with miracles and blessings!





Creating Conscious Living

Readings!

I am offering a special on readings!

Come for an informative one hour reading for \$75.00!

Or

Get a half hour reading for \$40.00.

You can get a group together

Or

Honour yourself with one!

You can reach me at 604-921-2882

Or

Email me at Janice_smith@telus.net

Find out what you need to know to move through these challenging times!

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.

Coaching

Where is your life at the moment? Are you happy with what is happening or are you struggling with what to do or how to get better. The universe is challenging us to change our ways and our thinking. Yet people are still struggling to stay the same. I have been training intuitive coaches to assist others in making change, to help them find new ways of thinking and being in the world. If you are not happy with your life, now is the time to learn new ways.

I am available to help you with this whether individually or in groups.

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.

Call me at **604-921-2882** and I will get back to you.

Youth Speak



*By
Shauna
Smith*

Learning to let go.....

I always find it interesting when my mom sends us writers her topics for the monthly newsletter, sometimes it seems as if they are hand picked to suit situations I am facing at that moment. It always makes me laugh.

This months topic is definitely no exception to this as I have been facing the “letting go” battle for quite some time now.

Let me start by saying that, I am the type of person who loves very deeply and can easily let my entire being get wrapped up in my thoughts and feelings for another person or thing. I love being in love and am prone to putting others success and well being ahead of my own when I am in this space. I tend to forget that I should always be my first priority and I give myself entirely to bettering the person I am with. This is a good trait to be able to have, of course, however it is also one which is easy to have taken advantage of and it can also be taken for granted. In every relationship I have ever been in, this has come into play in one way or another. I see it happening as I am usually quite in touch with what is going on for me, but I am also usually powerless to stop the cycle. Knowing this and feeling helpless towards it, angers me usually and causes me to act out at my partner or those around me, leaving me feeling somewhat used and misunderstood. Obviously these are not ideal feelings to have in any relationship and anyone suffering from this same issue needs to find ways to deal with these things.

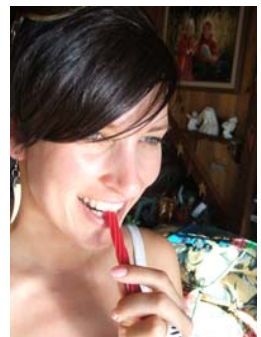
In my most recent relationship, I have come up against this once again. I have made numerous compromises and changes from my comfortable norm, in hopes of being accommodating and understanding of my partners situation. As usual, this is only met by irritation and distaste on their part and I have been left feeling unwanted and confused on several occasions. Every time this comes up, I kick myself for not being able to prevent it and for not having the insight and courage to do what is right for me and trust that everything else will fall into place.

Fast forward to the past couple of weeks. I have been making a concentrated effort, with help from my partner, to change these habits. To stop making his wants and needs my first priority and to make mine foremost in my mind. I now no longer worry about whether our relationship is coming or going but am making a conscious effort daily to just enjoy the “now” of things. To let go of the idea that if we do not see each other enough, we will grow apart and realize that even if that does happen over time, then that is what is meant to be. I cannot change that which is ideal for me, nor should I fight it. I need to embrace the path that I am on, regardless of whether this man is following me and know that it is what is right for me.

For me, this is my personal exercise and learning in letting go. I am learning to let go of old patterns with regards to relationships and old thoughts with regards to my self worth. I am realizing that in order to be loved in the world, I must first love myself and that no one else can supply this for me. I am trying my best to let go of the need to control a situation, such as my relationship and to be understanding of my partners needs while still fulfilling my own desires.

As I said, I’m only two weeks in but I believe that being conscious of what needs to change is the first step and it can only improve from there.

Hugs
Shauna



Youth Speak



Contributing Writer - Ann Sullivan

I'm going to talk about love. I'm going to talk about letting it go. Here's how it went:

Another failed relationship, but this time, I couldn't just move onto the next one, this one hurt, this one hurt badly.

I think for me, it was being sober for the first time in my dating career; I had never previously experienced the feelings of love or heartbreak. Before, I merely reacted, got hysterical and then drank away the pain...or I never let myself become attached. I suppose a part of me recognized the signs of a pattern, I could actually sense the turning point in each relationship, that moment when I knew-one of us was going to walk.

The thing about shame is it will do anything in its power to remain hidden and protected.

And that was me in a nutshell, shame, shame for wanting love and shame for not being able to hang onto it.

So, I pretended I didn't care, or I pretended I deserved better and knew it, but I didn't know it, I felt unworthy of love.

When I felt the turning point in this last relationship happening, I panicked...I had invested so much, I wanted it to work out, I had a clean slate and this would ruin it. I was terrified, terrified because I think I knew, finally, my way wasn't working.

When I realized I couldn't make it work and I had no where to hide, I got help, I went to every kind of healer, therapist, life coach, body worker, psychics, doctors, teachers, friends, books, you name it, I felt like a walking wounded hole (if that's possible) there was nothing left except a bitterness and a fear and I needed to heal, fast, because if anyone noticed I was hurt over this, that would be the end of the world.

At one point Janice told me (all too gleefully) I was changing my image of love...and I remember that moment so well. I have never been more confused.

But then, it slowly and painfully dawned on me, we don't have a supply of images of love; love is. It is a feeling it is an experience. You can't really choose it, or can you?

This is where I got angry, really angry, really, really angry, because I realized that I would have to go at it alone for awhile, I would have to turn away from what I thought was love, because my image of love, was actually, pain. That first would have to change.

A person with a healthy image of love saw pain, I saw Prince Charming.

A person with a healthy image of love saw emotionally unavailable, I saw the One.

People with healthy images of love saw unstable, I saw best friend.

So, I began my program of will power, the way someone goes at a diet. But, as with most diets, I cheated. I went back to him, I found new distractions, I just couldn't stop. And this is when it got really embarrassing; I just kept letting them in...hoping maybe this ones/times different?

But as hard as I have been on myself, as icky as it has felt, it happens less and less, and as I kept at it, I realized I wasn't giving up. I was getting more honest, I was starting to just tell people what I was thinking. Most people, the ones who mattered, they loved me, they sympathized, some of them felt the same way. Slowly, starting with a few women, a male body worker, and myself, I began to receive this love. It hurt at first to receive real love, it felt weird and uncomfortable, but, over time, that too is changing, I am starting to enjoy intimacy, real intimacy. Eventually I realized, it is a process and it takes time and there are many layers, but the difference today is, I take care of myself throughout the process. I try and not beat myself up too much if I fall down or I go back to my pattern. I am not perfect, I am still very much in process, but I am seeing that letting go of what you know and love, well, it can make room for something even better.

