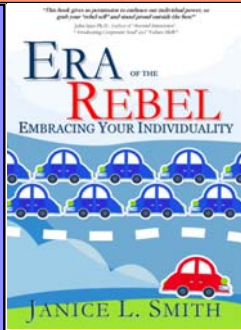


Sept 22, 2006



New World Unfolding

Available on line at www.eraoftherebel.com

Visit our blog at www.newworldunfolding.com

Excerpt from *Era of the Rebel, Embracing Your Individuality* by Janice Smith

You will need to be your own person and choose what kind of life you want to create, and you will have to keep choosing again and again, until you create something different.

This way of life is not for the faint of heart, it is not easy to choose a different path than the masses. To strive forth with your own beliefs and to choose them every day, despite information to the contrary. Continuing to believe, even when others tell you, you are wrong, take off those rose coloured glasses. Get back into reality. Come back to earth. Grow up. Be responsible. Yes, these are all things you will have to deal with, on your road to a fabulous life. This is how society has believed things have to be and they will want to keep you on the straight and narrow track, rather than you striving out to create something new. But know you can do it, you can create something different from others. You have the power to create your life the way you want. To feel good most of the time, to be blessed. The journey is worth it! Go forth!

*As the sun sets,
I realize, I am not alone in this world.
All I need do is ask and help is there.
I am loved and appreciated
I do not need to hear this from others.
I know I am truly a magnificent being
Even though I have the ability to be a rotten soul
I am at choice
Every moment of the day
I can choose.
Who do I want to be?
My money issue is my challenge.
Every moment of the day
I can choose,
To value and appreciate myself
I am at choice.
It is truly all up to me.
Happiness and joy
Or
Frustration and sadness
I can choose to enjoy the moment
Or
I can choose to be
Frustrated, sad and unhappy
The choice is mine
I am extremely valuable
Whether I have money or not!
All I need do is to own this
To love who I am
I am not perfect
But I am always
Striving to be the best me I can be!
And this is wonderful,
This is enough!*

Exercise on Choice

You are always at a place of choice, even when it doesn't seem like it. Often we have many reasons why we can't make the choice we wish to.

Start to be aware or conscious of the choices you make, are they serving you? Is there another choice you could make? Consciousness is the first step to choosing a different life. Be aware of the reasons you are making the choice. Is another choice possible? Many times just becoming more conscious of our choices will help us to make a different one.

Trust

I wanted to write a little on trust today, as it has been coming up for me and many of my clients.

Trust is not an easy thing to build. We are trained in our society to value reason and logic more than to trust our inner knowing! The trouble with trusting is that our logic thinks it knows better, that it has the correct answers. When we are learning to trust our intuition, it is often difficult as the direction often defies logic. I had an interesting experience recently, that was small but telling. I took a city bus in Victoria to the ferry. It was due to arrive 15 minutes before ferry sailing time. As many of you may know, one has to purchase their tickets 10 minutes before ferry sailing time, so I had 5 minutes of leeway! The bus I took meanders through the countryside, picking up and dropping off passengers. It definitely seemed the long way to go. I kept wanting to check my watch to see how we were doing. I refused to though, as I realized I would only likely stress myself and instead I could just trust and enjoy the beautiful ride through the countryside. I was tempted to check my watch a number of times but refused that part of myself that wanted to go there. I knew if I checked it, I would stress about whether we would arrive there on time or not. I just kept telling myself to trust the schedule and belief we would arrive in time for the ferry. We got to the ferry terminal, I got off the bus and headed into buy my ticket. Everything went smoothly and I sailed on the ferry I wanted to. My bonus was that I enjoyed a lovely ride in the countryside that morning and got home as planned.

Now I know that this is a very small item, I believe I set it up though to give myself another look at trust and how it affects my life. I can see the same pattern in much more important areas of my life and how by trusting I can create a great deal more joy in my life each and every day!

Where do you not trust in life, creating unnecessary stress?

The more I choose to trust, the happier and easier my life is. It is not always an easy choice but the results are amazing!



Yelapa Mexico Retreat

We still have a couple of spots available in our Yelapa retreat in October.

If you would like to join us, please contact me as soon as possible. Janice 604-921-2882.

We are looking forward to a relaxing and rewarding week.

Think, sun, sand, wisdom and fun!



Moving Forward From Where You Are.



Many of us are not where we want to be in life or are not happy with where we are. How do we make the changes we need to in order to create the life we want? Join Janice Smith, Empowerment Coach and Author of *Era of the Rebel, Embracing Your Individuality* for a fun filled informative evening on change. Janice teaches that by understanding what is going on in your life, you can make internal changes that affect the external. We all know that the only person we can change is ourselves. How can we change ourselves, in order to change our outside world? Janice will share some techniques and exercises that will assist you in knowing where to change.

The talk will be approximately 30 - 40 minutes with coaches available for another 30 minutes, to answer a question about life and change on a more personal level.

Wednesday night October 4th, 2006

7:00pm – 8:30pm.

West Vancouver Memorial Library

J.Peters Room

1950 Marine Drive

West Vancouver, BC

Cost: By Donation

Coaching

Coaching is available to assist you in making changes. Sometimes it is difficult to make the changes we wish to on our own, coaching is an avenue to assist you until you are able to live the changes on your own. If you need more direction in your life to find your pathway, give Janice a call at 604-921-2882



I am looking at creating a beginner's coaching class in the late fall or very early next year. If you are interested please let me know. The advanced coaching class that was just held, was a major success. The first coaches will graduate in early November. It has been a great time of learning and growing.

Life is always about the growing, not the mistakes!
info@eraoftherebel.com or call 604-921-2882.

Coming Fall/Winter 2006

Coaching Classes

604-921-2882
info@eraoftherebel.com

Beginner's Class

Come and learn what reflective learning is and how to use it to understand your life and make changes! The class will cover such topics as male/female dynamics, new principles of love, self-responsibility, making changes in relationships, achieving personal power, inner peace and contentment. This class is open to everyone, whether you are interested in learning to coach or would like to make changes in your life. If you are interested in learning to be an empowerment coach through this method, this class would be your first step. Class will be held once a week for two hours. There will be 12 sessions and the cost will be \$600.00.

Serious About Coaching!

Level Two

This class will go more in depth into the above areas and will also have you practicing reflective learning in your life as well as developing your intuition and energy work. Creative visualization, meditating and journaling will also be taught in this segment. This will be a much more intensive and demanding class, in order to move you into a place of empowerment and self-responsibility. As well as 10 group sessions, you will receive 10 private coaching sessions to assist you with your own development. Class will be held once every week or two for two hours, with the private sessions booked separately. Cost will be \$2100.00 and will include a workbook.

Advanced Class

These 10 class will be directed to coaching others, you will learn coaching techniques, the art of intuitive reading, business coaching and will have practice in coaching others. I will assist you in coaching on a number of sessions. You will also receive ten private sessions in order that you may keep moving forward and growing within yourself. This is an important aspect of this kind of coaching. Class will be held once every two weeks for two hours, with the private sessions being booked separately. Cost will be \$2100.00 and will include a manual.

Refresher Class

As I am continually receiving new information and exercises, you will want to attend one of my bi-annual refresher courses where I will share the new information received. These classes will be announced. Cost will likely be \$100.00 for a 2 hour class. Dates to be announced.

November 22 2006

I will be hosting another by donation talk at the West Vancouver Library. I am still undecided on the topic at this time but will send it out in the next newsletter. Book your calendar for another fun and informative evening. 7-8:30pm in the J. Peters Room.



Coaching, guiding you to new levels of self-awareness!