



CHRISTMAS TIME IS HERE AGAIN

Whatever your religious beliefs, Christmas is a time to celebrate the life of an amazing person. Throughout history there are people who light up the world and show us that it is OK to think differently and to be true to a belief system which differs from the prevailing paradigms.

Now is the time to celebrate being alive and being YOU. Each one of us has the capacity for joyously being alive, knowing that we are capable of continued growth and development.

Yet another year has past. This year has been particularly challenging and difficult. It started with Solar Flares which disrupted our physical functions, with inexplicable symptoms such as: dizziness; headaches; nausea; increased anxiety; palpitations; and, feelings of unease and forgetfulness.

Now we are feeling the impact of the earth changing on a more fundamental level as well as the emotional impact of the GFC which continues to affect our sense of confidence. We are constantly surrounded by a global sense of insecurity and a loss of hope for a resolution. This is challenging our Base Chakra on a daily basis, creating a pervading sense of unease. It is as if the future has disappeared. Previously most people had a belief that the future would continue to provide and that life would improve. This certainty has been effectively placed on hold.

Additionally we are finding it hard to be present in the moment. There is a great feeling of 'I want time out - could everything just stop and let me catch my breath'. The world is doing what I call the 'Startled Rabbit' (when a rabbit is caught in the headlights of a car). Everything is in pause mode.

So what can we do to counteract the global energetics to which we are constantly exposed?

- We need to focus primarily upon ourselves. This is the time when it is essential to be completely aware of whom 'I' am. What makes me the unique individual that is ME? Each one of us has special distinctive qualities, mannerisms and belief structures. It is necessary to be aware of 'me' as a separate entity from the rest of the world.
- Think about what is important in your life. Whilst we have to live in the world, do it with your priorities, don't be swayed or influenced by society's concepts of happiness and its demands to conform.



- Focus on your dreams, aspirations and what brings you joy. This is very much forgotten in our daily routines - life intrudes and we forget that we are entitled to, and deserve, JOY and happiness. Throughout the day remember where or when you have felt happiest, try to recreate this experience either in reality if possible, or as a mental picture.
- Ensure that you have at least 15 minutes every day that is YOUR time to do whatever it is that you enjoy. It could be exercise, reading, playing computer games, doing crosswords, sitting in the sun, listening to music, learning something new, being with friends, having a bath etc. The only rule is that you have to be doing it entirely because you want to and it brings you a feeling of happiness.
- Cherish the love you give and receive. Love is an ever expanding pool, the more you give, the greater your capacity to give. Know that you are loveable for simply being yourself.

Nelson Mandela
1994 Inaugural Speech

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness, that most frightens us.

We ask ourselves, who am I to be?

Brilliant, gorgeous, talented and fabulous?

Actually who are you not to be?

You are a child of God.

Your playing small doesn't serve the world.

There is nothing enlightened about shrinking so that other people won't feel insecure around you.

We are born to make manifest the glory of God that is within us.

It's not just in some of us; it is in everyone.

And as we let our own light shine, we unconsciously give other people the permission to do the same.

As we are liberated from our own fear, our presence automatically liberates others!

This is a wonderful time to embrace life and flourish in a period of awareness of the quintessential you. Rejoice in your spiritual empowerment.