

# REFLECTIONS ON RESOLUTIONS

An Editorial From Poets of the New OM

By Marina Phillips {WolfWillow}

So much of what we do in the course of a year is lost on us. We pay bills, do chores, run errands, make meals. We also pay kindnesses, do favors, run to help, and make amends when it seems like we don't measure up to who, and what we think we should be.

Resolutions are decisions about who we think we should be. They are a way for us to modify things we don't necessarily appreciate about ourselves. If we are overweight, smoke too much, or need to exercise, resolutions provide a great way to consciously change our lifestyle for the better.

However, there are a few things you should be aware of, if you have decided to make a Resolution for the coming year. First – don't make more than three. Actually, one is plenty, especially if you desire a major change. Second – if you happen to 'fall off the wagon' don't just give up. Tomorrow is a new day, and a new opportunity to get yourself back on track. Third (and most important) – make sure this change is something you really desire, rather than something that someone else thinks you should do. There's nothing worse than making major changes in yourself for the sake of approval from others.

What do YOU desire for your life? Many of us have people in our lives who believe different things than we do. Family members, in particular, have a way of influencing how we see ourselves. We must remember that those opinions are just that – opinions – and that they only have as much influence as we decide to give them. Others may think we need to change in ways that conform better to their own perspectives, but our own desires and dreams must be what we hold ever before us.

Just as a poem cannot be based on someone else's emotions, a resolution must be born in your own heart, from a genuine place of love for yourself, and for your life. There's nothing better than allowing your dreams come true! Resolve to follow your own inner knowing this year, no matter where it takes you. You'll be glad you did!

**NAMASTE!**