

# Is it the End, Or the Beginning?

By Marina Phillips

The following words were found floating around on a desk amongst a lot of other papers, books, plants, and candle holders. They jumped out of the mess quite forcefully, and it seemed like their time had finally come. Some words of wisdom for the New Year :

**Breathe** deep - realize that being alive now is a great gift. When fear grips your heart, breathe it in - then breathe it out again. Release all that no longer serves you with a deep, cleansing breath.

**Walk** in nature as often as you can. Visit with the birds; bask in the warming rays of the sun. Feel the wind on your face - and know deep down that you are One with it all.

**Share** all that you are with everyone, and everything you come in contact with. People, pets, and plants are uplifted by your high vibration. Share your light ... and your cheesecake!

**Feel** your oats, and sow some new ones. Acknowledge all you feel, and let go of any emotions that make you want to be less than whom and what you are. Feel deeply and live richly, with depth and beauty all around you. It is absolutely there - you must find it with your awareness.

**Be Grateful** for all that you have. Gratitude is one of the most powerful states of being, second only to Love. Being thankful puts your energy into the higher echelons of metaphysical being. Try it - you'll feel lighter than air!

**Smell** the flowers. Inhale the aromas around you - is that a fabulous dinner on the stove? Perhaps your partner's perfume seems especially sweet today. Whatever the smells - take time to slow down, be aware, and notice them.

**Celebrate** everything! It doesn't matter that you're not Catholic, or Orthodox - celebrate Christian holidays, and Jewish holidays, and Kwanzaa. Heck - celebrate the ancient Pagan holidays, too! It can't hurt! They're all interesting, and they all put you in touch with your inner state of being - that's where we all need to be now as much as possible. Always come back to joy!

**Learn** something new every day. It keeps your mind agile, and you can impress your family and friends with all the 'seemingly' useless trivia floating around in your head. It's not useless, it keeps you young!

**Offer Your Gifts** to any and all who need them. Think you don't have gifts? Think again! Everyone is endowed with many special qualities and skills - we need only offer them in service to the world to fulfill our purpose. Here's a hint: it's whatever brings you the most joy!

**Commune** with everything - be present in your life. Let go of the past; stop worrying so much about the future. Whatever happens, Spirit is always with you, and you will always be taken care of.

**May You be Abundantly Blessed in 2012 - Namaste!**