

*Happy  
New Year!*



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## Welcome 2011

If you haven't noticed, there is a new look to the newsletter. I did this on purpose for a number of reasons. The main reason is because it is time consuming to keep a monthly 10-15 page newsletter up and running for one person. I also wanted to become more focused on one specific subject at a time.

I want to take this time to thank the people that contributed each month to making the newsletter a huge success.

In no particular order Bunni Tomlyn, Joseph Bonneville, Benjamin Snider, Tammy Chase, Ron Petker & Bruce Hare. Many thanks for all of your creations that you brought to life in the pages of the newsletter.

So what is next? Simplicity! You have to love that concept. I want to encourage you to be the best you can be, starting right now. No New Year's Resolution, no more laziness, no more procrastination. This is time for "ME." Say it with me "This is time for "ME". Feels good, doesn't it?

Shall we begin our journey now? No time like the present. Don't worry about failure, falling off the wagon or forgetting the purpose. That's not important. What is important is that you believe in yourself and you deserve to be happy, abundant, prosperous, healthy, full of life and in balance. It doesn't happen overnight, but if you give yourself permission, you can do it!

## Choose your mood!

Only you can decide on how you feel and think.

Do you go through your day exhausted and run down because of situations at work and home? Or, are you the kind of person who looks for positive outcomes in your daily life. Do you have bad days? Or do you look at things as having bad moments within a day? Does a bad situation control how you function for the rest of your day or do you choose to resolve the situation and move onto being in your greatness?

Think carefully about this. Are you a bad mood day type of person? If so, challenge yourself for the next month to live in moments only. Focus on the positive of

what the day has instead of what you dread in the day.

Every morning I choose to start the day on a positive note. I say to myself "Today is going to be a great day". At the end of my day I say to myself, "Today was a great day and tomorrow will be even better".

For anyone that knows me personally, those statements have been tested for the past few months. Yes, I have had bad moments but I decided not to have bad days.

Today is the day you take charge of your life. To be living in your "spotlight" everyday. Be the best you can be and enjoy the simple pleasures of having more time to be a positive thinker.



## Your "Spotlight"

What do I mean by standing in your "Spotlight"?

Your spotlight means that you choose to live in your truth and integrity. No one influences you in negative ways. You live your life to the best of your abilities and you capture each precious moment to absorb and share with special loved ones. Ask yourself, "What difference do I need to make in my daily life to enhance the experience of positive thoughts and actions?" Do I laugh daily? Do people call me a "mother to many?" Do I insist on trying to save people but do nothing to promote their wellness?

That is standing in your spotlight. Decide to shine today, and vibrate with others to make a beautiful lighted difference.



## I need inspiration

As I live my life and meet a lot of wonderful people through my private practice I notice that more people these days aren't inspired by much. I'm not sure if it's because we are looking for that huge smack in the forehead of saying OH YA? Or if it's just that we have decided to be satisfied with that of feeling of underwhelmed. Maybe, it's a combination of both?

What a shame that so many awesome people aren't feeling connected to themselves and to others.

As I try do on a regular basis, I have these great conversations with my dear friend Ron. The other day we were talking about a situation that has been a concern for me and has been on my mind for a while.

Through Ron's gentle guidance, he affirmed for me what I knew I had to do with the situation. He also was able to add more depth to the situation that was concerning me. It was important for me let go and find it's own path, instead of me trying to control the situation when it wasn't mine to control.

With this reassurance I was able to lift the 'heavy load' that was overwhelming my thoughts. Ron's encouragement inspired me to be free of the bonds that were chaining me to a narrow thought process. When I was able to see things in a different light and perspective, the path was clear and less stressful to deal with.

I was inspired with the generosity of Ron's patience. He sat and listened to what I had to say and yet let me form my own conclusions.

## Did they get the date wrong for 2012?

No, it's a miscalculation – it's now December 2010 - check it out. (DO NOT PANIC! – it's all good)

December 21, 2012 - Did they get the date wrong?

Is December 21, 2010 the right date?

According to this collection of articles, (*urls and authors incomplete*) the "big shift" is not December 21, 2012, but only 4 days away!

THE GOOD NEWS! The world will not end on December 21, 2012.

THE BAD NEWS: The date has been moved up to December 21, 2010.

An astrologer, Victoria Peltz just wrote an article explaining that we are – or may be - two years off in our calendar because of the confusion back in the 16th century between the Gregorian and Julian calendar.

In other words when we interpreted the end of the age in the Mayan calendar as 2012, it should have been 2010. Now what is so interesting about that is when I heard of the 2012 end of the world scenario, I immediately did a chart for Dec 21, 2012 and saw nothing. Then I asked a few of my astro friends and they saw nothing.

To read the full article click [2012](#)

## Predictions

I have completed the first part of my predictions for 2011. I will post them shortly to my website. In order for you to view them, you have to sign up for the website.

The year 2010 was either extremely good or extremely not so good! You are going to find a lot of turmoil coming the world. Even though my predictions for 2011 might seem like a lot of doom and gloom, it is what it is. I look at it as an adjustment period to making things right.

The way the Universe works with balance is simple. In order for us to achieve a sense of balance we need to learn about the extremes. For example if our intention is to have great wealth, we will go through a time period of being without. For us to appreciate our

healthiness, we might have to go through hardships with unhealthiness.

Mother Earth is purging in order to become healthy once more. She is waking humans up! She needs us to collectively "grow up" and become responsible for our actions on a global level.

The year of 2010 brought unexpected delays with many of our goals and dreams. The year of 2011 will allow us to finally get back on track. It's a slow process but we will see movement in the right direction.

If you want something in 2011, you are going to have to earn it! This doesn't necessarily mean struggling, it means you have to believe and have conviction with things for you to realize your goals. Getting back to basics is key here. No more fluff. Sweat equity is in store.

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