

HAPPY NEW YEAR 2024

Our New Year's Transformation not, Our New Year's Resolutions

Transformation – the most powerful choice we make!

Transformation happens by chance or by choice!

Of course, sometimes it is completely a Saul of Tarsus on the road to Damascus happening; but mostly, **transformation is a choice we make.**

Sometimes it is what we listen to – what we hear may trigger a time that we are challenged and forever changed. Sometimes it is a book or movie we watch – sometimes it is the words spoken by a small child that sets a corrective course or gives us inspiration to the direction in our heart. Sometimes it is an illness that makes you conscious of the need for a **RE-SET!**

One of my favourite lines when someone asks me how I prepare for a message and what advise I would give them – I would reply – **“Prepare the man not the message!”** After all, it is the abundance of the heart that the mouth speaks. 😊

Now, I have changed that saying to say, **“Prepare the man – become the message!”**

As we set our hearts to this next year, the challenge is to bring to life a new thought each day. You may listen to these challenges and simply say ‘I know that’ or you may thoughtfully internalize them and see where the next thought will come from. Free will starts the process, and allows God to partner with you to His design and purpose.

When we spend time in this focus, it is like adjusting a lens of a camera to see an image clearly. In focus, your ideas, thoughts, feelings, and emotions may find a resting

place is a room in your heart where they can be met with Divine Council and who knows where they will go from there?

Setting your thoughts **purposefully** to change is a gift that you give yourself and whether you listen once or take a thought a day to meditate on remember, what we give our attention to expands.

The choice is always yours – choose wisely.

In these next 7 days, these next 7 thoughts are to inspire you to thoughts and actions that may hopefully change your reality and bring you into a new place. They may also help to broaden your personal foundation in life to help achieve goals, visions or intentions.

Our goal here is to take one a day until we meet again next Wednesday and then have a round table discussion on where we landed on each. Listen to the silence each day – you may be surprised what you find out about yourself. Journal if you need to . . .

Let's begin. . . .

Day 1 - Remember.

Remember, Isn't that a lovely word? Re-member. Bring things back into the right place – visualizing a time of strength or bliss. If the members of your body are out of sync then your whole being doesn't work well – you need to be able to re-member them to their original intent.

The same in groups – professionally or socially, the principle of 're-membering' is the same but today; it is your time - for you to re-member you!

Don't be tempted to take this exercise outside of your personal life.

Today, take time to remember YOU! Allow YOU time. We give moments of meditation to re-member people who have passed away; even short two minutes in a service. We give

them a moment of silence. When was the last time you gave yourself time of reflection.

If something comes to your heart or mind that is negative or re-membering a past trauma or fear – welcome it – thank it for showing up. Ask – what the situation is teaching you. Ie sickness from this last week. . . don't beat yourself up – forgive what needs forgiving – feel what needs feeling and then put the event into a balloon – or write it out and put it in a fire to let it go.

Honour yourself today – in the silence let yourself think of sometime that you felt excited about something. Maybe a time you were surprised, or a time when you felt cherished and loved.

Let that time into your heart and then simply say 'thank you.' Nothing else. Just a sweet thank you for that is again, a lovely part of you. You re-membered it into your life.

After the day – complete this sentence. I AM

_____.

Day 2. Take time to think about nature. If possible, today spend time in a natural setting that has green space with trees, flowers sunshine or even a walk in the rain or snow.

It can be when you look out your window – whether you are in a high-rise apartment or a cottage by a lake; nature is around you and has different forms and frequencies. Stop and look carefully. Tune into the scene. For instance. . .

If you are in a high-rise, amazingly, you can hear the sounds of the vehicles in the city streets even though far away. See the sky? Look deeply into the azure blue or the cloud formations. Is there a plane flying by? How many people are on that plane do you think? Each person have lives you may never know; all with families – jobs – dreams and goals.

If you are at a place by a lake; the trees, grass, water, wind all make up an intricate part of your vision. You may be surprised at what you hear when you can let yourself have time to listen. The forest animals that you have never heard rustle in the grass. The birds all have different sounds – right now they are much louder than you remember.

Are you aware that you and nature around you have the same elements of 3D creation that is in you. I'm not asking for you to hug a tree but allowing for the frequency of nature to become part of your personal awareness may open a new dimension of conversation with Father.

Oh, on second thought, maybe just hug one tree if you have never done it before.

Expand your thoughts to see and feel what is around you.

Take time to whisper – thank you. Take time in the silence.

Day 2. Finish this sentence I AM

Day 3. Take time to make a memory. Whatever you do today, wherever you may be, stop and make a memory.

Our lives can be like a runaway train going downhill – faster and faster. Purposefully in the middle of walking through a mall – grocery shopping – at a stop light – playing golf or putting the children to bed. Stop and make a memory.

Take a deep breath let your thoughts and senses show you in that moment what to be grateful for. Let the scene imprint on your mind and your heart.

I remember late one night I was holding my youngest daughter and rocking her to sleep. She was just a wee person and I was nursing her in the dark as she settled into the rhythm of resting and the movement of the chair. I purposefully said to myself that I needed to make a memory. Let all my feelings, emotions, all my physical senses

embrace the moment. I knew I would need it one day. I'm forever glad I did.

One day I was golfing with Ed and a couple of friends who actually could golf. I don't really love the sport but I do accessorize ☺. If you saw my 'Benneton' golf bag – the bag of many colours - you would understand. I have matching tees and balls – a groovy towel – that I'm not sure what I'm supposed to do with and of course.

This one day, a friend and I were walking to the next tee and we were alone on the top of a hill with my Benneton bag in tow. It was an amazing sight. We came up a hill and when we stopped, we could see quite far into the distance where a quaint church, some houses, a valley was our view. . . the day was sunny and still.

Together we stood and I said, "Let's make a memory – just for fun". I did that a lot with my children as they were growing and my friend played with me. Do you know that today – probably close to 30 years ago now that image stuck with both of us and when we joke about making a memory and that short moment is one that created a heart connection between us in the loveliest way.

Making a memory is like taking a snap shot of the moment.

We actually have them often in our lives but they too often they are attached to tragedy or trauma. Those are times we can be a victim of the moment however, when you learn to make memories meaningfully and consciously, with purpose, you will be surprised by joy some day when the beautiful memories surfaces right when you needed to smile and remember the peace of the moment. They are in you when you need them.

Day 3. Finish this sentence I AM

Day 4. Do something special for someone.

Be God's champion of caring. Write someone a note, call them, pay for the person's coffee behind you in line at the drive through as you place your order. Compliment a complete stranger with a smile or even a kind word – and then, walk on. Easy, simple things.

If there is a person that you are having a problem with – forgive them if necessary – then, forgive yourself. Sincerely forgive. That is a special thing that you do for YOU!

Purposefully forgive. It has been said that when we don't forgive it is like drinking poison and expecting the other person to die. Imagine.

Unforgiveness is toxic – even if the other person doesn't know they have offended you. Be aware of judging another by your standards and letting it be even a moment in your thoughts. With the measure we judge we will be judged. People think that God is the judge of your thoughts – actually, you are. **Your thoughts create your circumstance.**

You have free will. Neither God nor the devil makes you do anything.

Day 4. Finish this sentence I AM

Day 5. Always remember it is much better to be kind than right.

Remember that argument where you tried to make a point? The moment became heated, words were spoken that you wish had not been said – by both parties.

Sometimes those exchanges will be planted and will fester like an unattended wound. Sometimes these exchanges will get implanted in your subconscious where at the most in opportune time they will surface and cause pain to another and you wonder where that came from. No one wins some arguments.

Should we be able to disagree? Absolutely. We can disagree without being disagreeable however. Also, weigh the moment – think through what you are trying to convey. Can you change another or should you realize that sometimes you have to change yourself first.

Psalm 106:15

The phrase "He gave them the desires of their heart, but sent leanness into their soul" is from Psalm 106:15. It means that the Israelites got what they wanted, but lost what they needed. They were physically full but spiritually empty. God sent leanness into their soul because of their complaining and lack of contentment, and their desire for the things of Egypt

Do these things without sharing with anyone else – you see, it's not about you! You are simply being to your world who God is to you. Take every opportunity to be special to someone else.

Day 5. Finish this sentence I AM _____

Day 6. Give and it shall be given. . . sadly, some folk don't give unless there is a benefit to them. They will only consider an offering if it has a tax credit – or if they receive something from it. These folk tend to be most extravagant when people are watching.

Many of us live with too much yet, don't think of giving it away. Oh, we might sell it to someone if the price is right but today, think about giving something away just because you can.

Do you really need 6 sweaters, 5 winter jackets, a closet full of purses? And when deciding to give – don't just give away your junk or what you don't want any more.

I went through the seasons of religious giving. I call it religious because of what seems to be the impetus behind it when people talk about it. Tithing – called 10% - then the questions came – do we tithe on the gross or on the net. Some taught that if you don't tithe you will be poor and quote scripture to that fact. Then 'terumah' was taught – the 2% of your income is given to the priests and Rabbi's in the Jewish culture. Then Trading – Trading your finances for spiritual revelation. I have to repent for buying into all of it at one time or another. Are all those teachings wrong? My answer at this point is to say, take the question to God and ask. Let the answer come from peace which is where enlightenment is. Stay in the energy of love and compassion. I have come to the place where I'm led by Peace not programs or processes. Giving is a heart position first. Freely you receive – freely give.

Giving isn't just about money or 'stuff' Giving is also about your time – your talent – your ability to share with others. Sometime to be extravagant without telling anyone. . . giving mimics God – He is the most extravagant giver and expects nothing in return.

Ask "How may I serve?"

Day 6. Finish this sentence I AM

Day 7. Do not bear false witness sometimes written 'thou shalt not lie' We call it the 9th commandment. I found out that this isn't about lying – well sort of, maybe a little, but it actually means – 'don't tell another person's story'. In a courtroom when someone tries to tell another's testimony the judge or lawyer will say 'that's hear-say'.

When you hear a story or see a situation, it is really not our story to tell. I wonder how many problems in life would be avoided if when someone asks to tell you about someone else your answer is 'that's their story to tell'.

One of my first jobs when I moved to Winnipeg from Ottawa, was in a medical clinic. When the Interviewer asked me a very personal question about my former employer my answer was, ' I know the answer to that but I don't believe it is relevant to my qualification for this job. Furthermore, it's a small world and there is a chance that should you meet this person you can ask and I know that you will get an honest reply.'

At that moment I didn't care if I got the job or not. He laughed and hired me immediately saying 'you are just who I'm looking for'. He knew at that moment, if I would keep the confidence of another, that I would keep his confidence as well.

The funny part about this situation is that the Doctor who hired me met the person he asked the question of me. They actually met while out of the county on a holiday. He came back laughing – told me I was right – it indeed is a small world.

Day 7. Finish this sentence I AM

Our goal here is to take one a day at a time until we meet again next Wednesday and then we will have a round table discussion on where we landed on each day. Listen to the silence each day – you may be surprised what you find out about yourself.

Our round table next week will be us sharing our day testimonies and encouraging each other to live from our sacred self.

Choosing life styles like these is when Transformation – When transformation happens, we are that caterpillar that learns to fly.

This might feel like a basic kindergarten type of exercise by I want to take us in the same way into the power of intuition and how we transform from that place.

Laying a foundation of purposefully living from our sacred self – will empower us to the next levels . . . We have to live our lives from purpose and on purpose – love passionately and inspire others. . .

