

## Make 2009 Count

I don't know about you, but I have an excited feeling about this year. While on the one hand there is much talk of doom and gloom right now, on the other, there is a sense that the winds of change are building. As I watched President Obama's inauguration last Wednesday morning, I felt that while his presidency may not be a silver bullet to Americas' and the Worlds' problems, he does represent the one thing we can all count on, change.

So what kind of change do you want to see in your world this year? What do you want your year to look like? Do you have health goals? Career goals? Would you like to finally find a relationship that you just love to be in? What are your hopes?

Have you asked yourself lately, what do I really want? What is most important to me? Then ask yourself, if I get that, what will I get then, that's even more important?

Now check, what prevents you from having this right now? What's holding you back (if anything!)? Do you believe you deserve it? Do you actually really want it? Do you believe it's possible to have it? Do you think it's a worthwhile pursuit? Do you have the skills and abilities to get it? If you haven't answered a resounding YES! to each of these, check them out. If we aren't totally on board with a goal and have any hesitation, it will feel like hard work. It doesn't have to be!

Here is a great little exercise that will help you manifest your goals powerfully:  
*Imagine you could time-travel out into the future and see yourself one year from now, just as you want to be at that time. Perhaps you're fitter, enjoying a new job, in a new home ...*

*Now imagine you could see through time, all the way from the future back to now - the whole story. Notice what steps have been taken to get you where you are, what skills you've learnt, what beliefs you've had, what you've seen, heard, done, thought and felt. What has to happen between then and now for your dream to become a reality?*

This is one of the strategies of success. Successful people make their dreams come true by focusing on what they want and working out the steps to get there.

Make 2009 your year. Make your mark - on your friends, your community, at work. Make your mark as a parent. As soon as we commit to what we want we move forward, even if we're not sure about the *how* yet. Deepak Chopra recently wrote "Commitment is the ultimate assertion of human freedom ... When you set a one-pointed intention and absolutely refuse to allow obstacles to dissipate the focused quality of your attention, you engage the infinite organizing power of the universe."

Go well in this new year, have a super month, and make your mark.

"The mind is a superb instrument if used rightly. Used wrongly, however, it becomes very destructive. To put it more accurately, it is not so much that you use your mind wrongly - you usually don't use it at all. It uses you."

Eckhart Tolle



### A New Year: A New Earth

Do you want this year to be super satisfying, to really break through old habits and patterns and EVOLVE YOURSELF? This is the kind of year I want, and I was lucky enough to get a head start over the holidays. I read an exceptional book, and I would love to share it with you. Have you ever read a book you knew (then or retrospectively) changed your life in some small or significant way? I have read books like that, and then I read Eckhart Tolle's *A New Earth* over my holidays and I thought 'now this is a life-changing book



## *Back to work, back to basics*

Most of us are back at work now. How have your first few days or weeks been? As we return to work, it's common to fall straight back into the stress patterns and busyness we left behind at Christmas time. These days I think we all know that stress is not good for our health. A recent study published in the *Journal of the American College of Cardiology* shows that 'people with psychological stress had a 50% increased risk of a cardiovascular disease event (eg. heart attacks, stroke, bypass surgery, etc)' (Mark Hamer, University College London). Numerous research studies show that stress is harmful. It places pressure on the heart, the nervous system, digestion and affects mental clarity.

So what can we do to retain our sanity as we get back into work? Firstly we must accept that we have to go back to work. What we resist persists, so as soon as we accept where we are and what we're doing in this moment, we instantly feel better. With a clearer head we can then more easily think about how to make the most of the situation. I've been going for a swim every evening since I've been back at work, to remind me it's summer, reward myself for being back at work, and because it feels great! I decided not to get caught up in moping about not being on holiday anymore.

Being away from work for a few weeks gives us fresh perspective on our work day. A holiday acts as a pattern-interrupt, which we can use to our advantage. Watch out for your stress triggers so that you can get more in control of how you're spending your time, what your day at work (or home) is like, and how you are feeling.

Use this fresh start to get in charge of your day. Eat breakfast and eat regularly throughout the day. Drink plenty of water. Minimise coffee. You will get more sustained energy from a small meal containing protein than you will from a cup of coffee (I always keep a bag of toasted almonds in my office drawer and handbag). Take regular breaks. *Get away from your computer screen.* I hear that the fresh air outside is free all year.

Starting the week off like this is particularly important. It is generally recognised by researchers that more heart attacks occur on Monday (often Monday morning) than any other day of the week. So again, *eat breakfast.* Don't ask your brain and body to launch into a new working week with no fuel in the tank.

And it's not all work of course! We have weeks and weeks of summer left, so get planning now for camping weekends away, outdoor music and movie events, hiking, swimming, biking, lounging, and other summer activities!

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"What you get by reaching your goals is not nearly as important as what you become by reaching them."

Zig Ziglar

if ever there was one'.

A New Earth offers a profound new perspective on our human journey, with inspirational stories and also practical tools that really do make a difference. You cannot help but learn and grow as you read it.

And there's more! There are also free online resources available now. Last year the book featured on Oprah Winfrey's Book Club and so in April Oprah and Eckhart ran a global classroom for ten weeks, where each week for 90 minutes they would discuss one of the chapters of the book and people could skype, call or email in with their questions. They were asking the same questions I had rolling around in my head. It was great! There is also a workbook in pdf available and meditations by Eckhart Tolle. All of this is at [www.oprah.com](http://www.oprah.com) and it's free!

Over 11 million people have downloaded these resources and it is so exciting to be part of this learning!

If you aren't tired of being stuck in your head with a million thoughts constantly flying around, you may not need to read this book. If you are living with joy and peace and contentment right now, you may not feel the need to read it either. Check it out [here](#) and see if it's for you. Eckhart is decidedly straight up about this. He says you are either ready for this book or not. If not, that's just fine. If you are, go find it, get on the journey. You will love it!



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