



New World Unfolding

August 2008



Changing with Ease!

Change is definitely upon us at this time. We can see it in the price of oil, the financial markets, and the real estate market. There will be more yet to come, we are meant to change at this time. Do not be afraid of change, it will be for something better. The fear I hear from people is they do not know what it means and what will happen because of it. Many people seem to think that something bad is going to happen. This does not have to be your truth, you can create something incredibly wonderful from this.

In giving up my house last year, I could have thought all kinds of fearful thoughts about what would happen to me but I chose not to. This past almost year, has been an incredible experience. I have met many wonderful people and experienced many amazing places. I have been living a life filled with joy and wonderment. Would I have chosen to live this way initially? No, not on your life, I loved security as much as the next person. I have experienced a sense of freedom, moving through life, not knowing what may happen next but trusting all would be well. I think this is a huge gift I have given myself. I have learned to let go with more ease and to embrace the changes I find myself in on a regular basis. There is a great sense of joy, as well as peace and contentment in this. Who would have thought!

So, learn to let go and embrace the change, believe that wonderful things are about to happen, even if you have no idea what they are. This is the art of learning to trust in the goodness and abundance of the universe.

When you feel stressed or afraid, say to yourself “ I trust the universe is here for me, good is arriving daily!”

Also reach out to your more positive friends, spend time with them, see that they are ok, even if their lives look nothing like you think you would like yours to be.

There are many guides and teachers available at this time, let yourself connect with them. They do have a great deal of information on where we are going. Information is being transmitted regularly through them. Old sources that you believed or trusted for information will no longer be the ones to trust. The media in most of its old forms is mostly transmitting the fear and negativity you may already be feeling. Do not spend time absorbing more of it. It will not help you to change. Instead listen to the new ideas that are out there. Embrace the new ways.

It is all choice as to where you wish to put your energy and what you choose to expand on.

You always have an option, this is free will.

Me personally, I have chosen to go with the Polly Anna's of the world, embracing light and love. I find it a much more enjoyable place to reside in. I experience much better health and many more pleasant experiences when I chose to reside in this energy.

The choice is always yours! Choose wisely and do not complain if you chose the negativity and find life to be not so much fun!

Love, light, laughter and bliss on your journey!

Janice



Believing

Change!

Change,
It can be frightening,
The not knowing
What is about to happen.
Change can also be wonderful,
If we consciously believe
It will be so!
The choice is always ours,
Joy and Love
Or
Fear and negativity!
Choose wisely
In this time of change.
Know that the choice is yours,
Heaven or hell.
Talk to others
Who embrace the light.
Hear what they have to say.
Truly listen and let the energy in.
The choice is yours,
Choose wisely and consciously!

Janice Smith
Copyright 2008

Creating Vision

Trusting in Change!

Exercises

Trust, it is not an easy one.

Let yourself know that you are safe and all is well.

Then take a deep breath and feel yourself letting go!

Keep breathing and letting go of all that is.

Nothing in this lifetime is actually important, we are all here on a journey of discovery.

Just let go, knowing that all is well and you are taken care of, the planet is abundant.

It is in changing our thinking that we move to a new spot.

See your brain disintegrating, all previous knowledge is draining away. You no longer need to store anything, as you already know at a different level.

Now imagine your heart opening and a beautiful green light spilling out. This green light spills out and connects with a universal white light spilling down from the heavens above.

Allow the two lights to mingle and connect.

This is your power!

This connection to higher wisdom. You are all that is, you are a piece of this higher wisdom.

Tell yourself I remember, I know, it is all inside of me.

I trust in this power, I trust in my abilities. I am all knowing!

I feel this connection on a daily basis!

I believe! I trust in all that is.

I re-read this from last month and thought it still fit, so left you with this for the start of the exercise this month.

To add to it.

Take time each day to visualize where you want to go, what do you want to create in this world? Do not worry about how you are going to create it, just allow yourself to have the dream.

I can't tell you how many things I imagined would happen in life and find years later, looking back, that they have.

Be patient and be positive. The universe is here to assist you and is abundant and full of love. Yes there is also a great deal of fear and hatred in the world, but please do not feed this energy any longer. Shine a positive light of love and joy, to assist this energy to shift.

Be patient and when you have doubt, talk to someone else who is positive, who can help you to regain your positive stance and be in the light and love of life.

We are all very capable of changing our world to a much better place.

Please believe this and do your part to shine the light of love.

Wishing you peace and happiness in this time of change.

Shine your light and let's see what happens.

Much love,

Janice



Creating Conscious Living

On the Fore Front!

Yes, the changes are continuing at a very rapid pace. All of us must remember to be in our places of love. When you see energy or words coming from another that are not loving, put up your love shield and bounce back loving energy. Do not, I repeat do not buy into their energy. It will be tempting, but it gives this energy a chance to grow, it is looking for space at this moment, it is trying to shake you out of what it believes to be your namby pamby space of love. Do not let it. You want to counter any negative energy with love. Shine love doubly when you encounter negativity. Do not let the negative energy get a hold in you. This is very important at this time of transition, it is up to us to assist in the change by not buying in to this energy. Remember love is all that is and is able to dissolve the negativity when we hold it up to it. It will not like this but the love will win out!

Oh the places we shall go! Dr. Suess



Orbs and Orb Energy

I took these new pictures at Spanish Banks on July 1st.

There are so many orbs in some of the pics that you can hardly see the person, very powerful!

I have orb pictures available for meditation.

If you are interested in purchasing one of these pictures

Please let me know.

They will be around \$5 each.

The printed ones are much better than this one.

This is just to give you an idea!



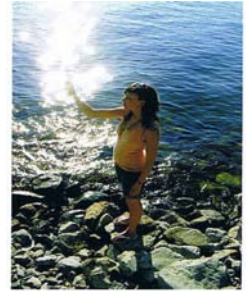
Era of the Rebel—Available on line at www.eraoftherebel.com

Also available at many local bookstores including:

Indigo Books Park Royal, Utopia North Vancouver, Banyen Books Vancouver, Lions Bay General Store, Duthie Books Vancouver, Essential Oil Techniques Burnaby.

Youth Speak

*Shauna
Smith*



Embracing Change!

Well, my whole family is now officially homeless, which is one of the craziest things ever, I still can't believe it myself sometimes. The craziest part of it all is that all of us are happier than we have ever been in life and I personally feel so free and truly able to do anything in the process. There is a lot of learning that must take place at the same time however, which I muddle my way through daily. Ive found that since Ive started this journey I have been more confused about who I am and what I want, as I am constantly in motion it seems and always surrounded by different energies and ideals. One day I will be surrounded by carefree, fun loving people and the next by more serious and deep individuals who really make me think about everything that I say and do. Without a stable place to call home, you feel as if you are in a constant state of flux and that things could go either way at any moment, it is a very strange feeling to be honest. The normal security that you usually rely so heavily upon is gone and you are forced to really look at what is important to you and what makes you tick as a person.

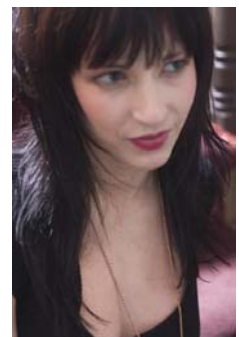
I have been re-realizing this past few weeks, the importance of love in my life and my reflections with this have been amazing. Loving myself and being loved in return is very important to me and I have been taking time recently to give and receive both, which feels great. I have been going to dance classes, bike rides and evening walks with people I really enjoy and have seen such love flowing back to me from those closest to me, which feels amazing. Simplicity is another thing I have been realizing is very important and comfortable to me. I am noticing that I do not have necessity for elaborate planning, primping rituals or mass quantities of material things. I am just as happy to live off of what I have available to me and to live on the run with things just happening rather than being planned and then executed.

Noticing these things is great learning in many ways but of course there is the other part of me that can't wait to get to Las Vegas to be with the one I love and to start a more stable life together. I am beyond excited and scared by this prospect but am being forced to trust in my abilities to create what it is I want and need and to do this anywhere, just as I have done for myself here. Moving will kind of be the "ultimate test" for me, of my abilities to stay positive and to create without boundaries or limitations. I am affirming every night that I will transition to my new life with ease and that I will find the perfect job for me quickly. Of course, with all that is going on, my trust waivers in this daily and the comfort of home calls many times, however I am forcing myself to move forward and remind myself constantly of how amazing the experience can and will be, if I let it and I know that if I can just force myself to jump wholeheartedly, the response from the univers will be unparalleled and I will never look back.

Here's to exciting risks and beautiful results!

I can't wait to tell you all about my new life soon

Love and hugs
Shauna



Youth Speak



Contributing Writer & Coach - Ann Sullivan

I read a quote by a Greek philosopher Heraclitus, “Nothing endures but change.”

I agree with Heraclitus, and yet, change is the thing we resist the most. Many people I know, including me, are trying to find security, control the outcome, struggling against change. Really, life IS change, so in truth, what are we resisting but life?

So, why is it that something that seems to be a universal law is so difficult for us?

I suggest because we don't grow when there is nothing to push against. But, that's for another time; I am not here to give you answers, simply to explore my process with you, and to share some insights I have had from working with people in an intimate way.

I have seen and experienced so much change in the last year, big physical movement, small emotional shifts, and gradual growth of spiritual seeds. Throughout all of this, I have become more aware of my reaction to change. And, this reaction, or choice, completely depends on the level of my self esteem.

When I have low self esteem, my ability to accept life on life's terms and find the joy in it is difficult. When I am certain that I deserve love, well, I am more able to receive it, from myself, others, and life. When I am on my side, I have an easier time believing change is good.

When a client comes to me with a change that at first glance looks negative, I always work with them to find the mystery, the “who knows what great things this could bring.” As they work to see things differently, I watch their whole body transform, and the energy field around them lighten, brighten and expand. The dark cloud literally lifts off of them, and they begin looking for creative ways of looking at their lives and the possible opportunities coming their way.

I think it is important to express your feelings, your fears around change, if you have them, and the most powerful tool I have discovered recently is the ability to let feelings come up and out, to release feelings, as opposed to grab onto them as they surface.

Feelings change, constantly, and it is important to go with the flow of them, letting them course through you and channel them, then release them back to the atmosphere to be cycled and recycled.

Our feelings tell us things, they are information. I was recently reading a book all about ‘vibes’. Our feelings are our vibes and they let us know if we are on the right track. Most of us though, have become detached from our feelings, and have learned not to trust them. But, with practice we can begin to take charge of our feelings once again and start to understand what they are trying to tell us.

Feelings are not there to set up camp and become our identity, they are there to tell us if we need to stop, slow down, speed up, take a risk, challenge something...Next time a feeling comes, good or bad, allow it to come up and then try and release it. You could try thinking of it as a colour if that helps.

When you are going through a big change or little, allow yourself a process, and remember, in a process there are ups and downs. They ebb and flow, so be gentle with yourself, don't beat yourself up for having emotions, or making a mistake, that's just your ego talking.

If change is the one thing we can count on, we may as well expect the best from it.