



New World Unfolding

February 2009



True Love!

Wow much is happening! I can not believe we are already one month into the new year! I have felt so much shifting already this year it is unbelievable and there is another huge energy alignment due on Feb 14th. At this time your masculine and feminine energies have the opportunity to be supported to open to the true love essence of each other. This is about them coming together in a new way to love and support each other. It means our masculine or logical energy is ready to quit fighting the feminine or intuitive energy and vice versus. They are ready to work together to create a better world for all.

What does this mean to you personally?

It means you can let go and trust in the universe. You may find many things that you thought were important becoming unimportant, systems may crash and be restructured in new ways. You will want to get clear on what is truly important to you, be more discerning, ask do I really want this in my life or is it filler.

You need to get clear on what it is you want in life, bottom line. It is not about making money or having the nicest car, those are trimmings. I am talking about what is truly important to you. Do you want to be alone? Or do you want to be loved? Do you want to work 60 hours a week or do you want to enjoy life? Do you want to live where you do or do you want to live some where else?

It is not about how you are going to create this but about what is important to you. Many of you may say money but under that is usually freedom, so freedom is what you truly want. It doesn't actually come through money, it is created inside of us.

How much filler do you have in your life? Things that take up your time but are not really what you want to be doing?

I still find in small ways that I use filler in my life. I would like to get my book I am writing finished but I often dilly dally on the computer or do other mundane things rather than work on my book. I have to consciously catch myself and remind myself that I am just filling time, yes it is important to me to stay in touch with my friends and family but I also know I dally with it more than I need to.

This is a small example we all have many ways of filling our time, some we think are important but when we really look at what we want we realize they are not that important.

In this next week leading up to Valentine's day, take some time to get clear on what you want, then at 7:25am on Valentine's day, get quiet and see the universe assisting you in creating this. Feel your male and female falling in love.

Let go of your logic and let the love in!

Blessings and love to all of you,
JL



Believing



True Love!

**The essence
Of who you are
True love
Is inside of us
True love
Is unconditional
True love
Is forgiving
True love
Is universal
True love
Stems from
Loving ourselves
True love
Is all knowing
True love
Lacks definition
True love
Has no boundaries
True love
Is indefinable
True love
Is amazing
True love
Is all there is
True love
Is joyful
True love
Is complete
True love
Is wow!**

Creating Vision

You, in charge!

Exercises

Creating What We Want Inside of Us.

I mentioned on the first page about many wanting money, which is actually about freedom. How do we create this inside of us.

The trick to having freedom from the money game is not wanting it anymore.

Knowing you are safe without it. Does this mean you have to give away all your money, certainly not, but what it does mean is that you are willing and able to live with what you have, be it a lot or a little. It means believing that the universe loves you and will assist you in providing. I learned this by travelling with very little money and finding I made what I needed or created what I needed. Now I am free of the money game. Of course I would still love to have more money, but it does not drive my life, it is not at the core of what I do.

Try this exercise

Allow yourself to be money free for a day. Don't spend any money, see how you can manage with out it. You are still to do things you like to do, only you have to do them without money. You may need to make some adjustments, you may need to walk instead of driving, you may need to eat what you have in your house rather than buying what you want. You may need to down size your life for a day. The trick is to still have fun and feel good without using money.

At the end of the day, write about how this was for you. Was it easy? Did you feel frustrated? Were you able to enjoy yourself.

Rate yourself on a scale of one to ten as to how important money is in your life

One being not so important and ten being very important.

This will show you how large your attachment to money is.

In order to break this attachment you have to work through your fears of not having any. Practice having no money, spend a day here and there using much less money than you normally would, take short trips with very little money, give the universe a chance to show it supports you in all ways.

Having lots of money is not freedom, if you are very attached to it for your happiness, it is just a lot of work as you have to manage it, so as not to lose it. When you are unattached to money, it does not matter if you have lots or not. This does not mean you won't, it does not mean you won't manage your money, it just changes how you feel inside about all of it. In detaching, you allow the universe to assist you in many ways.

When you are detached and quite struggling, the universe can take you to many interesting opportunities, it is no longer restricted by your need for money.

The funny thing is since I have detached from money, I find I actually have more money, more fun and less stress!

Yes money may always be important to us, it buys us many things, but freedom is not one of them, it is the way we think about money that is our freedom.



Creating Conscious Living

On the Fore Front!

I can't seem to stop talking about love. This is the basis of all that is. And is a very important piece of life right now. The world needs to open more to the love energy and let go of our fears. Universal love is about trusting in the unknown (to our logic that is) and allowing ourselves to live in this place of not knowing. What this means is trusting the universal energy flow, being guided by our intuition or higher self, even though the logic does not understand the purpose or where it will take us. In some ways it feels like living from blind faith. It is definitely a challenge to reach this level as one must disengage the logic as the master. The beauty of it is that life is much simpler, easier, less stressful and more beautiful, enjoyable and relaxing.

I encourage each and everyone of you to let go and begin to enjoy the unknown and the uncertainty. Allow yourself to trust in the process and to find the joy in not knowing! Welcome to 2009 and beyond, the easier you let go, the more enjoyable life will be!



Oh the places we shall go! Dr. Suess

A New Column

I am going to start a new column in the newsletter, I want to have people write in with a problem or an issue in their lives and I will look at what is being reflected for the person and write it in the newsletter. Your name will not be revealed. I feel this column may help people to understand reflections better and also find ways to get answers to their issues.

So if you have an issue or a problem that you would like an answer to
Please write me at janice@universalenergycoaching.com

This month's column.

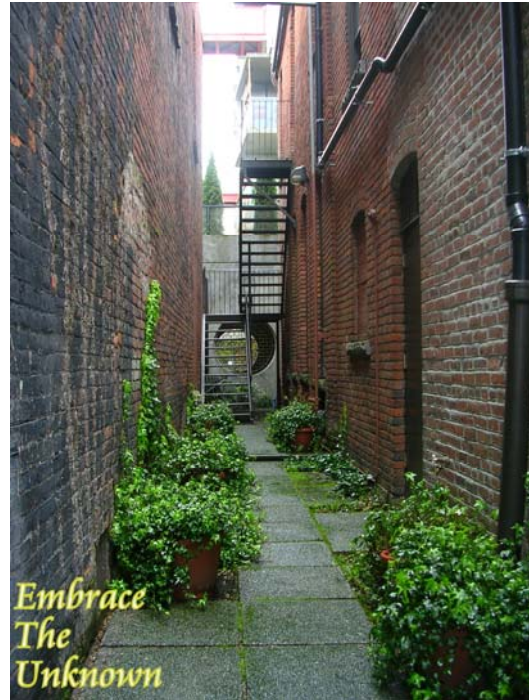
I do not know what is happening in my life, I have lost a great deal of money on the stock market and may be let go from my job any day now. I don't know what to do? I am so stressed.

We are definitely in a time of uncertainty. Stop thinking your world is going to end and start inputting affirmations such as My life is changing in a positive way! The fear is that it is not, you must let go of what was and trust that something new and wonderful is about to unfold, rather than thinking the end is near! You will create whatever you choose to think, stop reading the papers, getting your fill of media doom and gloom. Instead join a group of positive thinkers and look for the silver lining in your changes!

You have the choice to create what you want, by what you think, so clean up your thoughts and get going on something new! Faith be with you!

More News

Janicisms! I am working with my daughter Sarah to assist her to pay off her student loans. We are using Sarah's photos along with my words to bring you some great wall art. Please check out my website for pricing and details. I am in the process this week of getting these onto my website. Check it out at www.universalenergycoaching.com. These will make great gifts!



Youth Speak

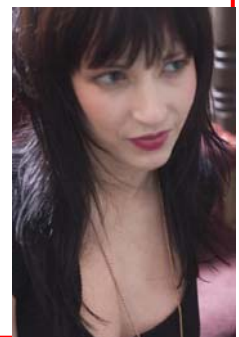
*Shauna
Smith*



Shauna is crazy busy this month
With her move back
To Vancouver!

She will join us again
Next month
With her wisdom
And insight

All the best
To Shauna
In her
New Ventures!



Youth Speak



Contributing Writer & Coach - Ann Sullivan

“It is not about how you are going to create this but about what is important to you.” What a relief right? We can all just stop forcing it and just focus on what is important to us...thank you Janice! Hahaha! Seriously though, I can’t tell you what that little sentence did for me. And, talk about shifts. So many things have changed in my life in such a short time I am tempted to say that I don’t even know who I am right now, but that’s not true. In fact, as my life gets completely shaken apart, I am left sitting at the core saying, “Oh hi, I know you, good to see you.” I have spent so much of the last year focusing outside of myself. Not in a bad way, just that I have been building externally on the interior work I had done, and as I write this many of those things have fallen away, some easily, some painfully, but trying to maintain unconditional love through it all is the truest challenge I have ever experienced. I am making space for the next level. Someone said to me, the Christians believe we must die to ourselves every day, I know what this means now. I am making space for a new life and a new image of love.

I believe in myself, and I believe in this life, I believe in the source from which we all came and to which I think we return, and I know that I can achieve this: this internal shift to unconditional love. This is a very important time in history, things are moving fast, and if you are reading this it means you are conscious of that. That isn’t to say that others aren’t, it is simply acknowledging that you are awake. It is good to be awake. It is good to be alive. I have been told we made this choice gleefully. That we waited in line and volunteered for this, we were grateful for the opportunity to come down to this crazy planet and create for everything that is. We are little evolving spirits; gorgeous.

Okay, so what’s important to me?

What is important to me right now is time. Or, more specifically the time to heal and grow, the time to change and create new things for my life. This is a new energy. For those who know me, it will come as no surprise that I am the most impatient human being this side of the North Pole. When I make a decision to do something, I want to do it yesterday. I can’t stand waiting for things to unfold. Yet, I am beginning to see the benefits of doing just that, and I am beginning to realize I want time. I want to wait, hold back, and give things a chance to come to me. I am only at the beginning of this...as I said it’s new...

Now, my initial reaction to that feeling is the ego voice screaming: “LAZY GIRL”. I breathe a bit and tell that voice to hush now, I start to feel this tingling and even more interesting, the Universe says yes. That pressure to get things all done right now, it’s hurting me, and I think the people in my life too. So, even though there is the pressure to take care of myself materially, to make things happen...I am seeing in my life the results of both ideas. What happens when I will something, make plans and try and make it happen, pain and suffering usually. What comes from putting it out there, but then holding a space for it, sustaining it, letting it unfold? Well, as I said, the Universe keeps saying yes to that one. Gotta find the strength to wait and trust. That’s what I am going to envision on Valentine’s Day, me trusting the Universe. Here’s to love.

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