



# *New World Unfolding*

January 2009



## *New Beginnings!*

A new year, a time when we all think thoughts of a new start.

I think it is important at this time to let go of the old and allow yourself to have a complete new beginning. By this I mean old thoughts, beliefs, ideas and ways of being. If you are in a relationship or a job that is not working for you, it is time to let go. 2009 is about creating what it is we truly desire, it is time to start living our dreams.

Get clear on what these are, what do you want in your life? How do you want your relationships to look? Don't limit yourself with how they have previously been. This time allow yourself to feel all of the love and joy you desire in your life. The time is ripe for our dreams to become reality!

It will no longer serve us to be small or limited. We are unlimited beings, full of light and love. We are God and have the ability to create fabulous things in our lives. The only thing that stops us is ourselves, with our thoughts and beliefs.

Now I know it is not all that easy to change our beliefs, I don't think this is true, I think where our problem arises, is in our being conscious. I think that is one of the most difficult things for us to do. We think all that we have to accomplish or do in our lives is more important than taking a moment to be conscious. The funny thing is when we take the time to be conscious, we create much more wonderful things in our lives and we do not need to be so harried or stressed!

Let 2009 be your year of consciousness, commit to taking time to be in the present moment. When you start to feel stressed or tired, you have been out of the present. Take yourself back to this moment in time, what is it like there, at that very moment? What are your thoughts? Are you serving yourself or are your thoughts taking you to a place you don't wish to go?

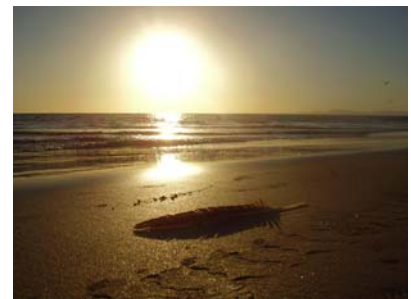
Guide your thoughts this year to be as bright and grand as you would like your life to be!

If your logic cuts in and tries to tell you to get back to reality, that is not your life, let it gently know you are making changes. This year you are choosing to see only the bright side of what you wish to create. Let yourself live in your dream world!

I don't mean you have to become a complete flake, just let yourself see your life as the fabulous dream you want it to be, no matter what is happening now!

Living in the moment will truly create new beginnings for you in 2009!

Holding many blessings and much love for you in 2009.  
Janice



# *Believing*

## **Creating Magic!**

**Life is yours to live,  
Let it be magical,  
You have the power!  
You are in charge  
Of your creation.  
Let it be  
The best it can be!  
Let your dreams  
Become reality!  
Listen to your thoughts  
Do they support  
Your dream?  
Or do they  
Negate it?  
You are the one  
In charge.  
Take the control back.  
It is your thoughts  
That are creating  
Any misery  
In your life!  
Be conscious,  
Be in the moment,  
Become aware  
Of your thoughts.  
You have the power,  
You are  
A powerful being!  
You are the God  
Of your life!  
Live it!**



# *Creating Vision*

*You, in charge!*

## **Exercises**

2009 is the time to take charge of your life.

If you are not happy with it, it will only get worse, unless you take charge of its creation!

There has been a real split in pathways as the new year rolled in.

If you are having negative thoughts or an unhappy life, you have placed yourself on the road to what feels like hell!

If you have realized you are responsible for all that happens in your life, you have placed yourself on the road that leads to what feels like heaven.

We all have a choice and it is not too late to change roads. All one need to do is to take responsibility for their lives and adopt the thought that you create your life, good and bad, and you have the ability to change it! You are in charge!

Take the power now, sit down and listen for a moment, make a list of all the thoughts you can hear in your mind?

Are they supporting you in the life you dream of having, or are they taking you down a different pathway?

Make another list of thoughts that support your dream life. Look at it every day. Be generous with this list, make them positive statements. Even if they do not seem possible at this time, put them on the list, let yourself dream and grow.

Do not limit yourself with thinking things are impossible.

Make the list and then ask the universe to assist you in creating this list.

Read the list every morning and ask the universe each day to assist, then watch what begins to happen in your life.

You are worth the time it takes to do this. If you are unable to do it, then begin there with the thought, I am worthy of taking time to make changes in my life. I am the most important piece of my life, if I am not happy, then life is not as I want it to be. My most important step this year is to find my happiness and experience joy!

Go for it, you are worth it! Every minute it takes! Trust me it works!

I am holding a positive light of creation for each and everyone of you this year!  
Let it be your year to flourish and experience divine love and joy!

Please share your stories of success with me, so I can share them in the newsletter and inspire others.



# Creating Conscious Living

## On the Fore Front!

I just read last month's message and it is so appropriate for 2009, you might want to re-read it from last month's newsletter, should be available on my website if you no longer have a copy. 2009, what an incredible year it will be. Change is inevitable, it will just be a matter of how you move along with the change. Love will be where it is at. This is not love as we have known it, being in love. This will be about actually being love, an unlimited being who radiates love and shares it with all they meet. We each have the ability to be love or to truly live in a state of love. It takes being willing to let go of our smallness, to let go of our fears and our unhappiness. Life is a beautiful thing, when we allow ourselves to make the choice to see it this way. Even though we all have things in our lives that we are not happy with, it is about learning to let them go and trusting the universe to help us find our way to happiness and love. Universal love, is a trippy experience, inside it feels like an incredible, light show of moving loving energy. The more we are willing to open and let go of our old ways, the more we will experience it. If you don't know how to do this, find a coach or person who does and can help you. It is well worth any investment you have to make for it. 2009 make it an incredible year!



## 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](mailto:janice@universalenergycoaching.com)

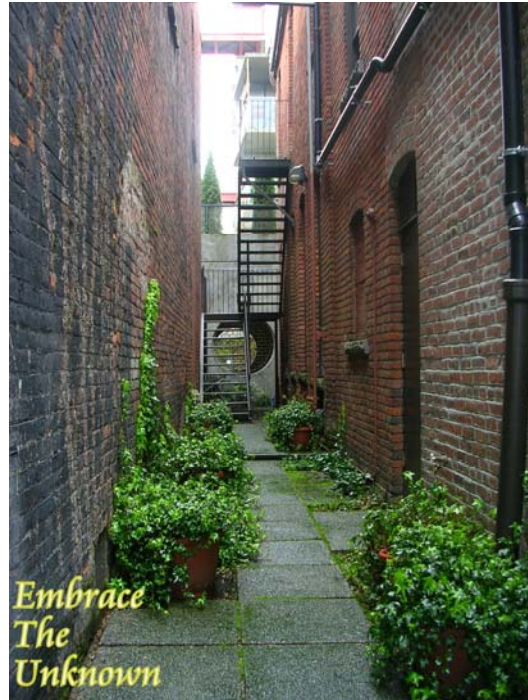
This month's column.

I want to open to this new energy. I have many problems in my life and am tired, stressed and not feeling great. As well as I can't keep up with all I need to do.

The first thing you will need to do is to slow down, which will be totally backwards to what your logic is telling you. In slowing down you will see and experience more. Meditation would be a great daily exercise for you. This is so you have time to hear the universe and its messages. When we are always busy we miss so much. It may take some work of taking control of your logic and letting it know you are going to do things differently from here on in. You are going to be in charge now, you are going to be conscious in order to hear the messages your logic has been putting out to the universe. This is a very important step, as your logic has been like a spoiled child, doing whatever it likes and has created the mess you are now in. You need to become the parent again, starting to guide and be aware of what you are thinking.

# *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. These are just a couple of samples, there will be more added regularly. We are still working on this project so please check the website next week, if I do not have them up when you receive your newsletter.



# Youth Speak

*Shauna  
Smith*



## *New Year 2009 -A Time of Choice*

The past few months have been a somewhat varied and interesting experience for me. Physically I have moved, mentally I think I probably digressed and spiritually, I felt lost. I got engaged, I laughed a lot, I cried even more and I saw some amazing things.

I am back to my regular lifestyle now momentarily and I am left wondering, where has all this craziness gotten me in the end?

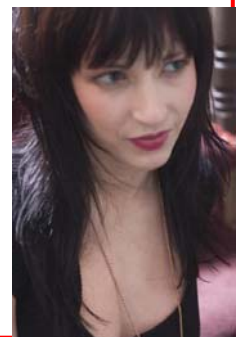
The answer to this is still not entirely clear for me but I think it has left me in a beautiful, raw place of certain uncertainty. What I mean is, I have had a year of experiencing the true spectrum of what life has to offer I think. A year of some of the most profoundly beautiful and scarily sad moments that my time here has shown me thus far. I feel somewhat confused by it all but amazed and ever so grateful at the same time. If I look back at the experiences that I have had both good and bad, they all really have had a silver lining, if I chose to see it.

Now it is my time to enable myself and to allow even more positive thoughts and energy into my life and my very being. I want 2009 to be the year that I look back on and am hard pressed to find the negatives, not because they didn't occur but rather because I have chosen to see them all as beautiful positives in my life. This is the year I choose to see with only loving eyes and wide open arms for the love that is available to me in the universe. I am choosing to embrace this year as my time to truly learn about and grow with the power that I know is within me. I am going to become a creation expert this year and amaze even myself with what I can do for myself.

I am going to start this tonight by creating a list of affirmations for all that I am now moving into for 2009. I suggest you do this as well and who knows, maybe together we will create an even larger change on a global scale?

Happy New Year and may you enjoy wonderful abundance for 2009!

Love  
Shauna



# Youth Speak



## *Contributing Writer & Coach - Ann Sullivan*

It is time to live the life you dream-**2009**-time to let in the New Year and New Energy. Not so easy when you feel like you are right back at square one is it?

Sometimes we seem to find ourselves there, in the same fight with our partners, making the same New Year's resolutions we didn't stick to last year. The same city we moved away from last year? The same mistakes, the same debt piling up...it can get scary, and overwhelming. The media doesn't help either does it? Financial crises, Gaza bloodbath, how can one stay positive in this mess without feeling like you live in a fantasy land? It's hard to trust yourself when you make mistakes and your mind is telling you that you screwed up, again. It can feel like a sick joke, a nasty God pendulum that swings back and forth between 'all good' and 'everything fell apart (should've expected that) whose fault is this? Not mine!'

It's tricky, this life stuff. It's tricky how one day, you can watch a woman on Oprah experiencing pain and loss and see so clearly how she will move through this and arrive on the other side more open, more loving, with a new sense of self, it's so clear. Then, the very next day you can be in her shoes, and feel just how hard it was for her to begin the process of climbing out of the pain and just how easy it is to turn on oneself. Besides feeling bestowed with the great gift of empathy- it sucks.

Here's a secret though.

When you are in those moments, back at square one, after the dust has settled...take a good look around, take a deep breath. It isn't the same. The thing about growth is that it can be (usually is) non-linear, which means that even though a situation can feel like similar experiences in your life, it is actually different. You have grown, you are different in the situation, how you deal with it, and how you look at it, even what you contribute to it.

For example, you don't let it go so far without dealing with it. This time, you get honest quicker, before you really hurt yourself or another, learning a valuable lesson. This year, you feel a little more confident at the gym. This time, you listened to your partner instead of walking out or pushing them away, and even though you feel the same feelings of rejection, abandonment, fear, you are dealing with it differently, this time you stayed in the room and guess what? You walked through it and you did come out the other side a better person, stronger, more confident, more true to self.

By now, I imagine you get that I am not really talking about you...I am talking about me. But since I'm pretty sure we share the same feelings inside, you may relate. We all want love, wealth, health, and peace. And, we all want to grow...we all want to get it. The thing is, we do get it, and everyone is doing their very best in every moment of the day.

A great teacher reminds me: Every time we climb a rung on the spiritual ladder, the one behind us disappears. You can fall off the ladder, and you can land hard, but when you pick yourself up and dust yourself off, you get back on the ladder at the same rung that you left off at. Not at square one. So, in fact, the pendulum swings upwards, constantly refining this Great Spirit within and without.

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