



New World Unfolding

May 2009



Surrender

Spring has finally sprung here in Vancouver, we have been blessed this past week with beautiful, warm sunshine.

Spring brings so many new things, this is true with energy right now too. We are moving into a new space, the energy shift that happened at the time of the spring equinox has been assisting us to clear up old rubble, left over bits and pieces of our childhoods, our families and our past.

This is in preparation for the new energy arriving with the summer solstice in June. At this time many new things will be anchored in this reality.



In order for us to partake of this shift on all levels we must surrender to the universe.

This means that it is time to let go of our old ways of thinking and to fully embrace the new.

Trust is an important component of surrendering, trusting the universe has good intention, trusting that we will not be slam dunked face first into the pavement, believing that what we wish to create can easily become reality, letting go of the control, thinking we know more about the timing and how to get there.

We are all exactly where we need to be at this moment in time. The part I sometimes have trouble with is that I don't see that in relation to what it is I want. I don't always trust that where I am now is taking me to where I want to go. I want to get in there and make it different, I want to change what is happening, as to me it doesn't look like what I want it to.

In surrendering, one trusts that they are always in the correct place at any given moment and the universe is working on creating what we say we want.

I may need to clear up old energy and beliefs before I can create what I say I want, I don't always know this, as they may be deeply buried in my subconscious mind, but the universe does and it will create what I need in order for me to see this and let it go, so I can then co-create what I truly want.

The universe does not work in a logical sequence as we have been taught to.

This could mean just because I have no money today, it doesn't mean I won't have lots tomorrow or just because I don't have the relationship I desire, it doesn't mean it won't show up later today.

It is in the not believing that we keep ourselves stuck. If we could just trust in the universe rather than getting caught up in our logical thinking, we could create all that we want with a great deal more ease.

Surrender means to let go and trust, to own that you are exactly where you need to be at any given moment, to let go of your logical, know it all thinking. We are small pieces of a much larger whole. When we can surrender to this and trust the universe wants to help us create, then we can experience true freedom, joy, love and abundance!

Let go and let the love in, then allow it to shine forth from you.
Peace, love and magic on your journey, JL

Believing

Surrender

*Surrender
Let go,
Trust,
Believe
You are part
Of a magnificent system.
Everything you need
Is here.
Believe in the divine.
Release the struggle
And settle
Into peace
And magnificence.
We are all
Part of the whole.
Each one of us
Has the ability
To change the whole.
All we need do
Is believe in our
Magnificence.
Then fully
Love and embrace,
Our most divine self.
We are enough,
As we are all that is!*

Creating Vision

Surrendering!

Exercises

Let go and let the universe lead!

It is in our thinking we know what is best, that we create the most problems for ourselves. We have thought for a long time now that we are the brains of the operation, but we are not. We see and know very little compared to the divine mind. Our small logical brains can only see or know what we have experienced or what our eyes and senses can take in at any given moment.

The divine mind is so much larger than that, so all knowing and all seeing.

Yet we resist trusting it, thinking we know what is best.

We can not see it all though, it is time to let go of that need to be in charge and to join the flow of the larger system. In order to do this though we must surrender our control.

Not an easy task for one that has been so proud of being in control, creating our own destinies.

We will still create our own destinies, just in a much different way. This time it will be with ease and joy, a sense of magnificence that we have not yet experienced and beyond what we might previously have imagined possible.

You can begin today by saying to yourself “ **I am ready to release control and to trust in the universe!**”

Take time to be quiet, relax and connect with the universal energy. If you do not know what this feels like, then make it up. Imagine what you think it might feel like, the universe will be happy to go along with you or will assist you in making adjustments as need be.

Feel yourself being in the flow of this energy, feel this energy assisting you, feel the love and warmth of this energy, the knowingness. See it taking you to your destination, trust it will take you there the easiest route possible. Believe you are worthy of having this, we yourself being loved and supported.

Just let yourself float in this wonderful energy, trusting that it is helping you, loving you, supporting you, you can just let go, knowing that all is happening, you will be guided with love.

Do this exercise each day for a week, you may do it more than once a day if you enjoy it!

Then see what begins to happen with your life.

Please write me at janice@universalenergycoaching.com and share your experiences of surrendering to the flow.



Creating Conscious Living

On the Fore Front!

The energy continues to expand and grow, we are all being pushed to grow and change. I have found lately that old bits and pieces are now being cleaned up. You may find yourself looking once more at things you thought you were finished with. Be patient, this is the final sweep or clean up. At the summer solstice, we will once more feel another leap forward, we are spending time now cleaning out what is left of the old, preparing to move into this new energy. You may notice things like actually feeling that you are abundant, or in love with yourself. What may previously have been an idea or a thought is now becoming reality, we are readying ourselves to embrace and to live this new way of life. My best advice at the moment is to know that you are exactly where you need to be, embrace this spot, love this spot as soon you will be moving into previously only thought of ways of being.

These are exciting times and the better you get at letting go, the easier it will be for you to transition to something new.

Trust is paramount at the moment, in order to move easily into this new energy and new way of being.

Trust in the universe and love the process.



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.

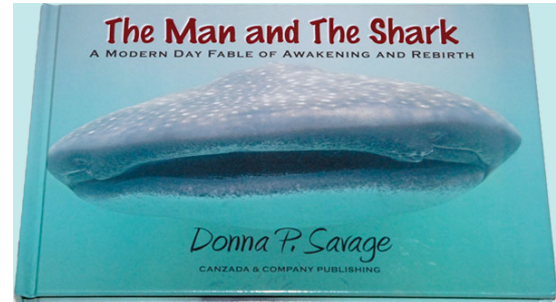
I feel as though I am two sides of a coin at the moment, how can I bring myself into alignment?

To bring yourself into alignment at this time, you must trust, in the universe, in the process and in knowing you are loved and it doesn't matter that you are in conflict with yourself at this time. It is perfectly ok to be in this place. As we change and grow, we will be a study in duality at times, this is to be expected. Be at peace with it, you do not have to all to everybody. Allow your light to shine when it can and take care of yourself or shine it upon yourself when you don't feel capable of being the light. The universe is here to help us all. It wants to help us move forward, we have to let it by letting go of the old. The easier we learn to let go and to trust in something more wonderful coming our way, the better we will feel through the process.

More News

I highly recommend this book written by a good friend of mine, please go to the website below to check it out.

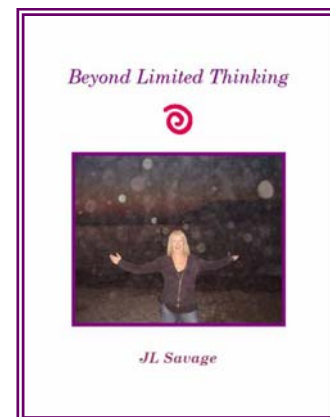
<http://www.donnapsavage.com/>



Now available on line!

My new book, Beyond Limited Thinking!

See next page for table of contents
To purchase go to
www.universalenergycoaching.com/store



Beyond Limited Thinking, takes up where *Era of the Rebel* left off. We are extremely powerful beings, capable of much more than we realize. The time has come to embrace our power and to move forward in our thinking and our actions. The world is at a time of great change, and we have the opportunity to create something wonderful, when we consciously live an empowered life!

I hope you enjoy the information that has been delivered to me through my connection to source.

Now available on-line, new video lessons, watch for new ones to be posted soon!

I will be posting a series of short videos with mini lessons on many different subjects.

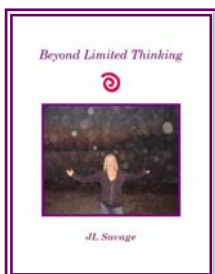
These are currently available for \$4.00 each on my website www.universalenergycoaching.com

The first video is entitled *Moving Through Change With Ease* and deals with staying positive in these turbulent times.

I will post new videos regularly. So if you need a little pick me up be sure and check out my website.



Moving Through Change with Ease!



Beyond Limited Thinking!

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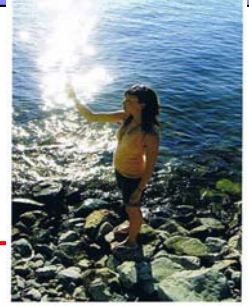
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Youth Speak

Shauna



For some reason, the word “surrender” seems to have such negative connotations. When I sit and think about it deeper though and contemplate its true meaning, I realize what a beautiful word it truly is. To surrender to something is to give yourself fully to it. I choose to see the term surrender as a way of living rather than a way of being controlled and or manipulated by a source outside of myself. A way of living in that when I truly trust in and surrender to what life has to offer, I know that all is just as it should be and as it needs to be. I think the term surrender is also about letting go of previous thoughts and ideals and allowing yourself to go on new adventures with life, whether they be physical or spiritual or hopefully both!

I have met so many people lately who are ready for surrender to a new way of living but are scared to jump from their safety net (what they previously saw as their only life option) These people are slowly peaking over the edge at the curiosity ensuing below them, above them and all around them and secretly hoping that something will push them into this new place of surrender, abandon and endless love that many people have begun to embrace as their lives. The interesting thing though is that no matter how long they wait for someone or something else to push them from their net, it never happens. They, themselves are the only ones capable of spreading their wings and creating their own life changes. It is their adventure to be had, no one else's!

For some people who are still in the net and feeling confused and scared at these new possibilities in life, I say just jump! The worst thing that can happen is you will end up stuck where you originally started, which was unhappy to begin with. The saying “jump and the net will appear” is very true in creating your own reality and existence and is a mantra I now try to live by. For the other people who are already outside of their net but might be struggling with how to help others out, know this: You are not responsible for maintaining other people's happiness or facilitating their learning, only your own. In return though for your own surrender to growth and happiness you will also inevitably recognize change in those around you. You will be viewing your surroundings with new eyes and thoughts and beliefs and you will start to notice new things, which you never noticed previously, nor might have deemed important. Life will just be there for you to take and enjoy.

For all of us, I would say:

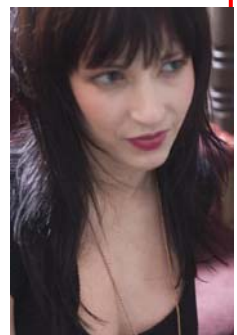
Surrender yourself to having an effortless, whole and rewarding life and you will.

Surrender yourself to love and you will see love all around you and feel it within you

Surrender yourself to life completely and your eyes will open to new things, ideas and experiences only you could imagine!

Embrace the idea of surrender, don't shy away from it

Shauna



Youth Speak



Contributing Writer & Coach - Ann Sullivan

The thing is I have struggles in life.

I struggle in life and I think I am supposed to be perfect, so the idea of surrender brings up my struggles and they seem to be a problem to me. Anyone else feel that way?

The word surrender for me has meant failure.

And in the past when I was sure I sucked, surrendering to situations that were clearly failures was fine. But as I grow and learn I no longer want to look at my struggles and challenges as failures. I don't see letting go, or giving in as failing, I just cannot do that. I am not wrong, nor am I right. I am just doing my best. So the idea of surrender for me brings up HUGE resistance. I also know I don't suck anymore...so...it is time for some new beliefs.

I was raised by this world to see surrender as demoralizing and humiliating. I looked it up, the definitions don't sound like great times. It's about giving up to the enemy, about turning yourself into authorities. It's about giving your power away. I have issues with the word itself. So, I have to change the meaning of the word. From now on surrender, to me, means: relaxing into support and love. Which are not bad things to me anymore...and believe me love and support used to make me a little nauseous.

I feel like the topic this month is asking me to face my idea of failure, and what in my life feels like that. And to be honest and share that, to say, it's okay to struggle and it's okay to surrender. I read a lot, I listen to a lot, by people who seem to say they have the answers and many of them say that struggles and negativity and challenges are choices. We can choose to be happy all the time; we can choose to know life is easy. I don't know. I have tried it for a few years now, and absolutely- awareness of thinking is a massive step for humankind, conscious thought and intention are extraordinary tools that I use every day and they work. I also think that it takes time to completely shift a belief system. And, I have struggles, I have challenges, and when I try to deny those I end up repressing, feeling bad about myself, and feeling separate. Maybe one day I will be perfect and happy *all* the time, but right now, I am not. I am in process.

Right now I am experiencing struggles. I recently went through a break up from a man I thought I was going to marry. I then chose to give away our two little furry babies, Mermemoomoo and Princess Buttercup (devastating). I am living with my parents while I get back on my feet, and we all can imagine the wounds, old patterns, and fears that brings up in both me and them. I am rebuilding my life and work in Vancouver. The bank account is by no means full. There have been days where I am overwhelmed with my insecurities and thoughts of failure.

Surrender has not been a word I have used much through this process. Because I have seen what a warrior I am through this. Because all of it is showing me how worthy I am. Because when he left it forced me to finally (*finally*) see just how incredible a partner I am and to own that. That rejection is okay and takes you to the better things. Because having to make tough choices is showing me what I value. Because needing people to help me is bringing me closer to self acceptance than I have ever been, because through everything I have shown myself that I create beauty and that I inspire others. I don't regret a moment. But lord have I had to surrender to the feelings, again and again and again.

My fear of failure; it has held me back in life. Yet, with all of these glaring supposed failures, I am getting to know myself more, and falling in love with what I find. And yes, sometimes I find things I don't love *yet*, and that's where surrender comes in, because often when I talk about my feelings, there is someone out there who can help me see how lovable I am.

A wise woman said to me recently, we all die in the end, you either die with a bunch of stuff or not, so who cares!?! It's the same end for all of us, so trying to be something you aren't isn't going to get you a different result. Gak. Okay? It's okay. We are okay. You are okay. I love you. MWAH!

Bliss Flow Coaching 604-339-9600 ann@blissflow.ca