



New World Unfolding

November 2008



Creating Love!

I am in Sedona writing this excerpt. Really felt a need to write it from here!
As always Sedona is amazing and I wanted to share some of its energy with you.

As you know things are changing rapidly, the time has come for us to create a world that is much more loving energetically. Please join me in taking time to bring in the wonderful energy of Sedona, allow the love to flow through you! You are all blessed divine beings!

You are safe and the world is evolving into a wondrous place filled with divine beings who are radiating love. The more you are able to consciously radiate love at this time, the more you are assisting with the process of change.

You can do your part by moving into conscious awareness every day and bringing in the love, allowing it to move through your system and then sending it out through your heart chakra to the rest of the world.

When ever you feel the fear of the change or hear anyone in the fear, bring in the love. Seeing the fear, is just a sign that love needs to be present.

If we can all do this, we will assist the change to happen with ease and much more quickly than we can imagine!

In doing this, you will also be assisting yourself to feel the love, be the love and to live the love, moving yourself and those around you into this very loving space.

It is an amazing place and you will be amazed at how wonderful you will feel and those around you will change.

It is time, time to create the love we are meant to live in!

If you can set up a time with friends or like minded individuals and do this exercise at the same time, joining hands if you are together in person, you will increase the value of this exercise!

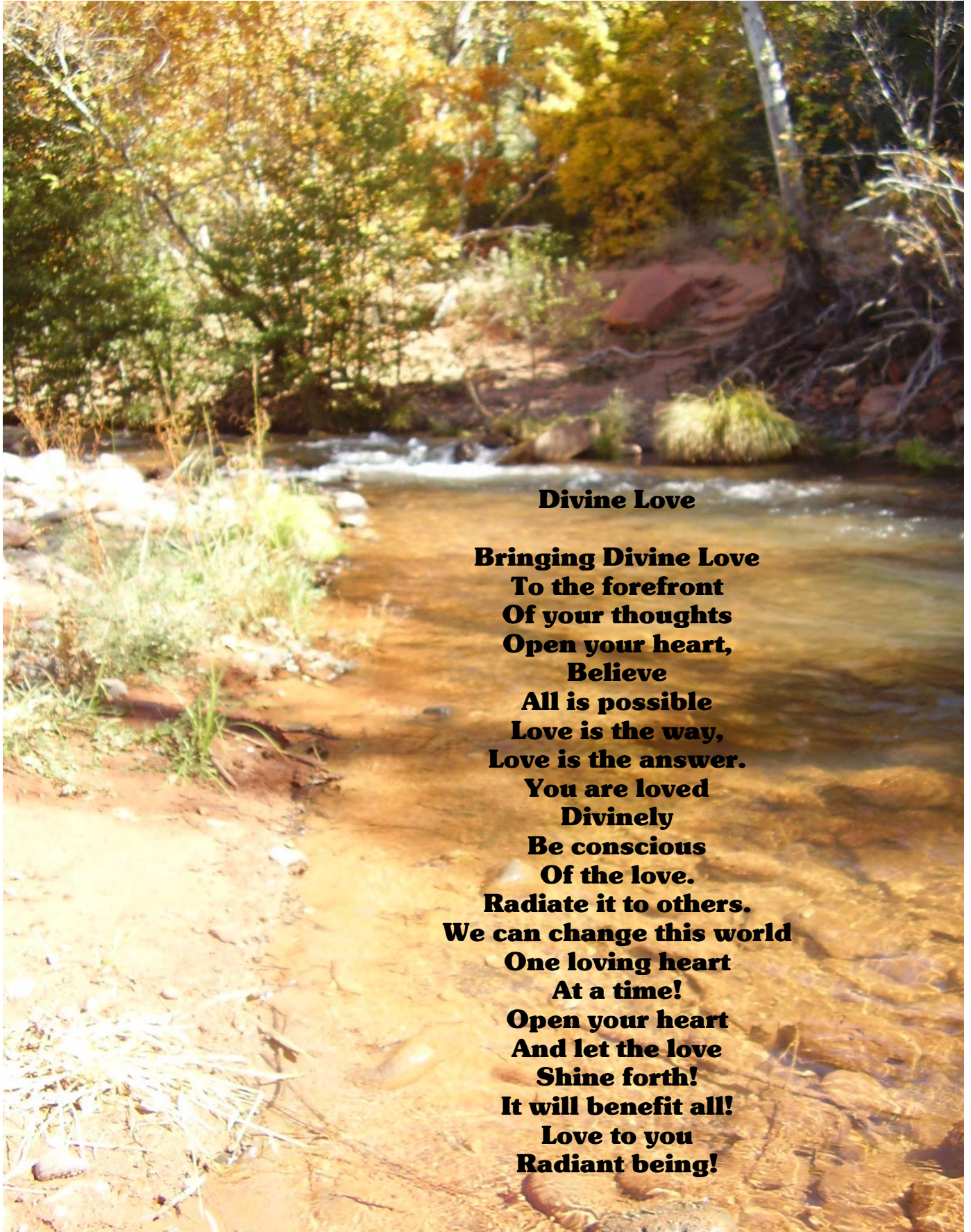
May we all create this place of love within us and in our world!

Wishing you love, light, laughter and bliss as we move through these exciting times!

Janice



Believing



Divine Love

**Bringing Divine Love
To the forefront
Of your thoughts
Open your heart,
Believe
All is possible
Love is the way,
Love is the answer.
You are loved
Divinely
Be conscious
Of the love.
Radiate it to others.
We can change this world
One loving heart
At a time!
Open your heart
And let the love
Shine forth!
It will benefit all!
Love to you
Radiant being!**

Creating Vision

Let Your Love Shine!

Exercises

It is important to let your love shine out, the more you can maintain a space of love, the more you will assist others, yourself and this world.

There are two things you can do, actually there are many and if you are guided, then do what you get. But I am going to suggest two.

When you meditate, take time during your meditation to bring in the loving energy, move it through your body, ground it and then send it out through your crown chakra, spraying it everywhere around you and out into the world. You can wrap those you love in the love, or see them in a circle with love all around them. Send it out to your neighbours, your city, state or province, your country and the world.

The other thing you can do, is to take a moment when you are out and about in your day, and leave love deposits. Take a breath, feel the love within you and leave a love deposit. You can do this in many ways, you can place actual love hearts all over the place, just get some heart stickers, or cut out hearts and leave them infused with a loving intent in all different kinds of places. You can also create different ways of leaving imaginary love showers if you don't have any hearts with you.

This may sound a little silly but the guides are very clear with me that it will work.

In some ways, this is what I am doing here on my journey, it is the intent that we need to leave more than anything else.

So all you loving hearts out there, get out and start leaving love in all kinds of different places. Let's see how quickly we can get this energy to move and the loving world to be our daily presence.

We need all the help we can get at the moment, so enlist your friends and your children to leave hearts of love everywhere.

You can just purchase some hearts and make the intent that they will shine love wherever you leave them. Then head out into the world and spread that love.

Opening your heart to love, and blessing you with abundance and light,

Janice



Creating Conscious Living

On the Fore Front!

I just read an article asking if we are out of our minds and yes that is the direction we are moving. It is time to let go of the mind as the ruler and to start to listen with our hearts. Many people ask me how to make changes now and I think the biggest one we can make at this time is to know our brain does not know everything, there is so much more out there for us.

I like now when people tell me I am crazy, because to many I am, but to me it means I am living my pathway which is uniquely me and not the same as any one else's. I find great joy in doing all the crazy things I am guided to do. My mind does not often agree with or understand how I am going to do what I am meant to. But somehow we get there, the universe gives me just what I need once I get out of the way and just believe in the abundant love that is there for me!

Embrace your unique pathway, be willing to be different. You are meant to be! Let yourself fully live in the wonderful loving universe that is there to support you!



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 am having trouble with my wife and sister, they do not see eye to eye and I feel caught in the middle, which one am I supposed to support. I don't want to upset either of them.

Yes, this can be a tough position to be in. The one you need to support is yourself. What part of you in conflict with? Are you listening to your intuition or are you having trouble hearing it? Take time to meditate and to send love to all parts of yourself. There is an inner split for you at the moment and the way to heal it is to bring the two parts together with love.

Lay quietly and imagine your sister and your wife send love to both of them from your heart, see the two of them understanding each other on a loving level. Know that they both love you and the only thing you wish for them is love. Hold them as able to work it out. As you heal this rift within you, they will get better.

More News

Give the gift of love this Christmas!

Purchase a discounted half hour trial session for friends and family.
This half hour session can be used for a reading
Or
For a coaching session.
To purchase contact janice@universalenergycoaching.com.

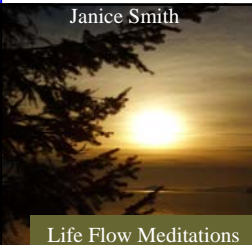


New Email

I have cancelled my Telus email
Please note in your address book
My new email

janice@universalenergycoaching.com

Janice Smith



Life Flow Meditations

Life Flow Meditation CD now available

I have created a meditation cd to assist you in meditating and connecting to your inner energy. You can purchase it from me or through my website www.universalenergycoaching.com

The price is \$10.00

Visit My New Website!

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I have many new features on my new website.

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Moving Forward

The US Presidential Elections

I felt I needed to write a piece on the election that happened a few days ago.

Ann has written a lovely piece pertaining to the newly elected President, which you can read on page 8 of this newsletter.

Energetically, the election of Obama as President will be an important turning point in history.

Obama is radiating a very different energy than any previous President of the US, his first and second chakras are wide open and radiating a very loving energy.

What will this mean to the US and to the world as a whole?

Loving energy radiating from the first two chakras, will help us all to feel safer in the world, it will embrace new ways of being, in the sense that love will be at the core of all that happens. Each person will learn that love and freedom come from within, and not from anything or anyone in the world outside of us.

This means that lying and cheating to get ahead will start to dissipate in this world.

There will no longer be a place for it. It will be replaced with caring and love for your fellow human beings, including family, neighbours, friends, relatives and most importantly, yourself. People will find themselves wanting to help others more than to make themselves rich, they will realize that being rich comes from within and not by how much money one makes or how many possessions one has. Learning to love from the heart, beginning with oneself will be the new way. It will be about unconditional love for all, not just love of some that are important to you.

In money matters, we will share in new ways. Companies will be successful when they support the earth and society in loving ways. For instance a chemical company that is harming the earth will go out of business and will find new ways to do things that are earth friendly. Food that is genetically modified will no longer be used by anyone, the people will just not be interested.

Life will slow down in many ways, we will stop stressing ourselves by working too many hours and trying to get ahead. There will be a lot more sharing of resources and wealth.

People will learn to know their neighbours again and to share with them. Having the neighbours in for dinner and getting to know them. People who grow gardens will share the wealth with their neighbours, who in turn will help each other in different ways.

More time will be spent with family and friends, helping each other out in all kinds of ways. There will be no thoughts of someone is out to get me or life is out to get me.

We will understand that the universe and everyone in it is only radiating love, once we let go of unloving thoughts, we can feel this love.

Life is going to change at a very rapid rate. I believe for the better.

Be prepared to let go of your old logical thinking and embrace new ways of being.

We will be feeling messages more than hearing them or thinking about them.

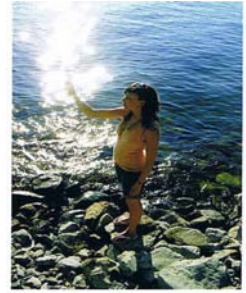
Obama is a part of this new world, we are in for some very exciting changes.

Let go of your old ways of thinking and be open to new ways, the more you can do this, the easier you will move through this time of change.

Congratulations to the American people for being willing to embrace change and to move into a new and as yet unknown world.

Youth Speak

*Shauna
Smith*



Embracing Change!

I was and still am not quite sure what to write about this month. I have so much going on for me here and yet I almost feel stuck in my learning at the moment. I have still been coming up against several unflattering reflections, some of them even stronger than ever. I find these reflections happening almost daily now (ones of selfishness, insecurity, anger and judgement) but I am having the hardest time taking action in order to move through them. This, of course leads to further frustration and at times a feeling of being victimized by my life and surroundings.

Once I get in this state, knowing what I do, I have to remind myself that I am indeed in control of all that is happening around me and I am choosing this path for some reason, so I might as well suck it up, open my eyes and learn something! My mom is a great reminder of all that I can do to move through these reflections and feelings and yet only about half of what she tells me actually ends up being done on my end. Why is this? Why is it that I can barely find the five minutes for myself to meditate, affirm and change my life? It should be so simple and enjoyable and yet mentally I treat it as if it is the greatest hardship and can't seem to make time to do it!? Of course I have time, I am not even working steadily here and have a very limited social schedule so there are really no excuses.

My question to myself then is, why on earth am I consciously choosing to carry on in such a way. To see hurt and anger every day and to immerse myself in it, as if it is the air that I breathe? It is the most unhealthy thing I can possibly do for myself and yet, it seems the easiest for some strange reason, even though it hurts and I tell myself I want nothing more than to move past it. I am sure I am not the only one who has ever done this to themselves and yet, it feels as if I am the only one in my world silly enough to carry on in such a manner. Further instigating my feelings of aloneness and insecurity.

Wow, consciousness can be so profound and yet so complicated all at once. I know what it is I need to do and I can even speak about it to others and yet the actual act of acting on this knowledge is seemingly impossible at the moment. When things feel as if they are at rock bottom, there are brief glimpses of the me that is actively conscious and is aware of what I am creating and yet for the other (much larger) percentage of the time, I am not so blissfully unaware and oh so miserable.

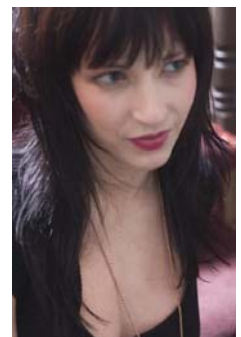
I guess my question this month to readers of the newsletter is the following:

Can anyone offer suggestions, anecdotes, ideas or just simple ways in which they maintain their consciousness and take action with it in their daily lives? Ways that seem effortless or become fun and have become habit forming, so that I might work towards some of my own.

Don't get me wrong, for all of the negativity, I have also seen great accomplishment since I have been here and I have grown in many other ways as well, of which I am truly grateful. It is just a couple of issues which I can't seem to move past and don't seem to have the tools to eliminate at the moment, so I am interested in adding to my tool belt!

I look forward to peoples input and thank you all for listening

Shauna



Youth Speak



Contributing Writer & Coach - Ann Sullivan

Last night Americans chose hope and change over fear and negativity. Last night, the old regime gave way to a new energy. And, just as we gently speak to our ego voice that tries to scare us into remaining 'safe', Barack Obama, the new president elect of the USA, thanked his opponent, graciously, gently, easing the part of us that is still afraid into the next phase of evolution...love.

I, along with my partner, friends, colleagues, Oprah and Jesse Jackson, tearfully allowed in the possibility of a new belief system. Gathered at Grant Park in Chicago, young, old, black, white, came out in the thousands to celebrate the manifestation of an incredible shift that is taking place in the world. Whether you were celebrating, mourning, interested or not, you are a part of this new time in the evolution of man.

Every day I sit with people and help them to focus on releasing old beliefs and energy that have been holding them back in their growth, and support them in creating a new system of living that works for them. I coach people (literally, I cheer them on- I should have a whistle) to start listening to their inner voice, to face their fears and turn them into faith. It's not always easy, often we have no idea how they will get from A to B, but we take the process step by step of unravelling the negativity and fear and challenge their system of beliefs that say:

"I am not enough", "Life is hard", "The world is a dangerous place", "I don't deserve"... "I can't".

Last night, along with people all over the world, I listened to a man who embodies a new energy. A man who is willing to take the torch of love and hope and run through the world with it, shining light on all our possibility, a man who truly believes that anything is possible, and has proven it. A man who leaped across boundaries and limits to say, "Yes, we can". A man who represents something that is happening in so many of us, I believe Eckhart Tolle calls it, "A New Earth".

For many, last night was affirming. But let us not ignore, forget, or be smug to those for whom this was a loss. As we go through the process of personal development, we learn that we are made up of so many different pieces. We contain multitudes and dualities. We are walking paradox. We have so much to learn from each other. If McCain had won, this too would have been telling, and yes, even positive. As we who are reading this newsletter are working to love ourselves, learn about ourselves, and accept ourselves without judgement, we **MUST** do the same as a global community. We must learn to accept every part of the world as a part of ourselves. If we continue to see how we are separate, if we continue to see life as 'us versus them', we will remain a divided world, and in turn, a divided self. When we can see that we are moving, as a whole, towards our true essence of love, we will no longer consider this life a fight, with winners and losers, but a love story between ourselves and the source of all that is, with life, with each other.

Just as we have learned to ask, what is this person showing me about myself? We can also ask what a conflict is showing us about our world. We can ask ourselves what "they" are showing "us" and vice versa. What aspects of humanity are not being given a space to exist? What are we not integrating? And, by asking these questions, begin to heal and grow together towards a world we all feel a part of.