



# *New World Unfolding*

October 2008



## *Out to Get Me!*

I have witnessed this a great deal lately, people behaving or thinking someone, or something is out to get them. I wasn't sure how this pertained to me but I was definitely aware that it was going on around me, which to me is always the first sign that I have something to see and learn about myself. We stayed in a place called Weed one night, located at the base of Mt. Shasta and there I found how I was carrying the thinking of something out to get me.

I realized that my thought patterns were moving along the lines, that my universe was out to get me. The thoughts I had been experiencing were of illness, lack of abundance and lack of love. What I saw that morning, was that my universe is a very loving universe. A universe that supports me and only wants the best for me. I could let go of all the other thinking and limitations. My universe loved me completely and fully. What a delightful thought!

I call it my universe, as I believe we are all existing within our personal universes that are part of the greater universe. I have the option in my personal universe to create it however I like, to keep it however I like. This is true for each and everyone of us. No one tells us how our universe needs to be or how it needs to look. We can have as much garbage in our personal universe as we like. It may not serve us well, but it is our choice.

This out to get one thinking, I have seen in many ways, thoughts of the government out to get us, thoughts of neighbours, friends and enemies out to get us. Thoughts of illness out to get us, whereas the universe wants only good health for us, that is the energy the universe is putting out. A big one right now is the financial world is out to get us, it does this by collapsing. Yes, it is collapsing at this time but the place to put your thinking is that something better is coming rather than we are in trouble. We can also have thoughts of work out to get us or time out to get us. None of these things are the natural order of the universe. The natural order of the universe is love, compassion, understanding, fabulous health and a wonderful life.

We are the ones who mess it up with our thinking!

Learn to let go of that thinking, learn to feel only love, compassion, understanding and good health.

No one is out to get you in any way, the only person that is creating any unease in your life, is you and you are the only one who has the power to change this!

Refresh your thinking now, take time each day to focus on a loving universe.

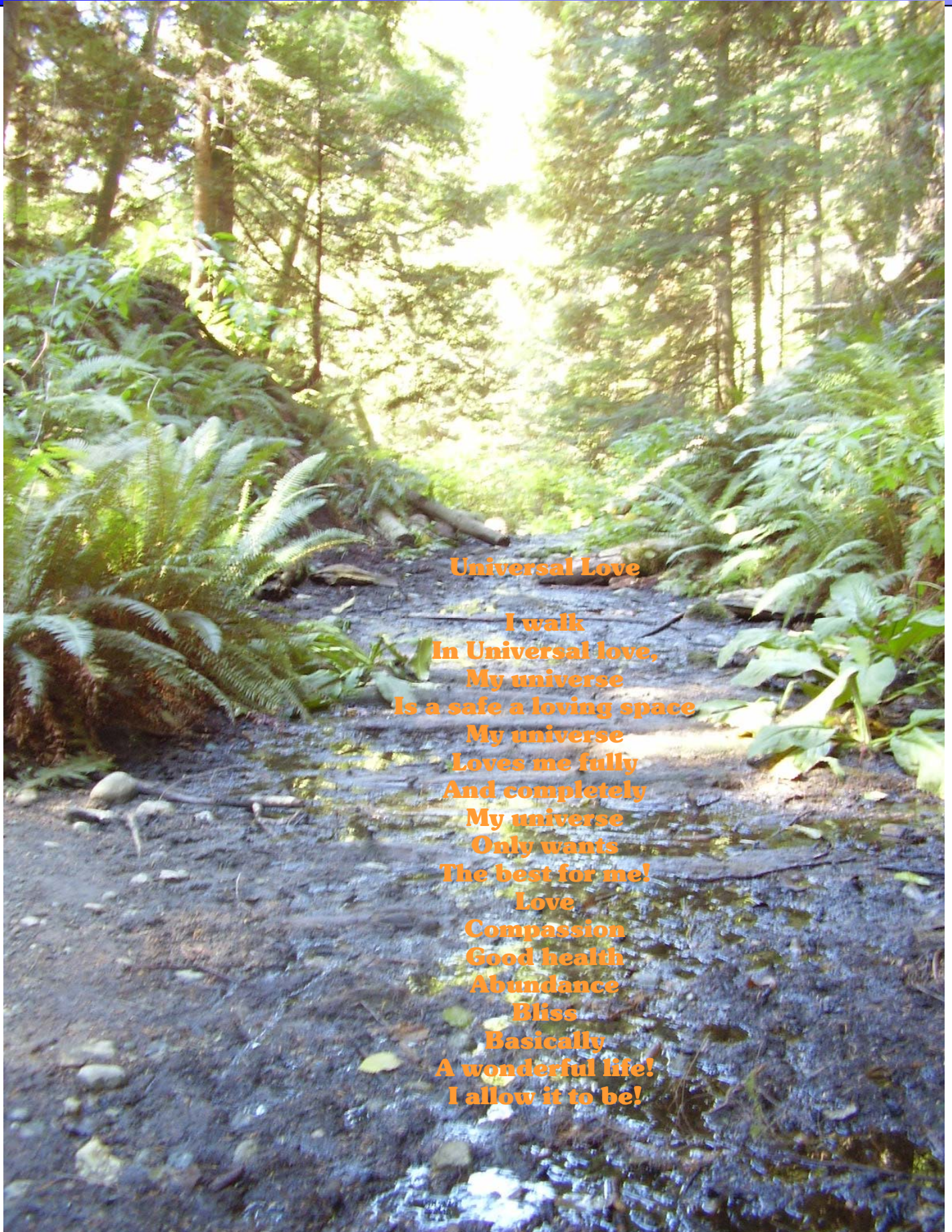
Let yourself feel the love that is present, it is your choice whether you feel the love or the fear!

Choose wisely and feed the one you want to experience!

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

Janice

# *Believing*



## **Universal Love**

**I walk  
In Universal love,  
My universe  
Is a safe a loving space  
My universe  
Loves me fully  
And completely  
My universe  
Only wants  
The best for me!  
Love  
Compassion  
Good health  
Abundance  
Bliss  
Basically  
A wonderful life!  
I allow it to be!**

# Creating Vision

## *Maintaining the Love!*

### Exercises

The answer is in our thinking!

There is a conscious awareness one needs to develop in order to make the necessary changes. It is important each day to take time to be conscious and aware.

This means stopping what one is doing, taking a breath and moving into awareness.

The key here is stopping what one is *doing*.

As you become more aware, you can change your thinking. One has to be aware though in order to make these changes. I often do this through meditation although you don't have to meditate in order to be aware, you can just stop, take a deep breath and allow yourself to be in the space of awareness.

Affirmations are a good way to begin this practice, once you get better at it, you won't need to do the affirmations as much, as you will be more able to feel when you are in the space you would like to be. This is energy awareness.

Begin by using the affirmation " My universe loves me and wants only the best for me!"

As you say that focus on your feeling centre, what does it feel like when you say those words. Compare this to what it feels like when you say the more negative words that have been moving through your mind,

This paying attention to feelings is an important step. When you are more aware of your feelings, you will be able to create on a much deeper level and also more easily.

Get quiet and sit or lie down, repeat the above sentence and allow yourself experience and enjoy the feeling of being loved by your universe. If you can't feel it just imagine what it may be like. It doesn't make any difference whether the feeling is real or imagined.

The more you allow yourself to be in the presence of universal love, the more you will learn to allow it to be a permanent fixture in your life.

Practice daily and you will begin to see a big change in your life. Be aware of whenever you use words that do not support a loving, compassion and understanding universe.

Learn to catch yourself in the act of "being out to get yourself" by this I mean wherever your thinking is not supporting you to be in a loving, kind and compassionate universe.

Your universe loves you fully and unconditionally, let this be your reality!

You are the one at choice here, choose to support yourself in a place of love!

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

Janice



# Creating Conscious Living

## On the Fore Front!

Many people are concerned about the financial world at this moment in time, as a huge shift takes place. This is definitely a time of change but change does not have to be a bad thing. In a time of change things begin to look differently and we may not understand the change that is taking place. Allow yourself to believe that we are moving to a better place. Much of the financial world has been a front with a hollow core, due to the hollow core, it is now collapsing on itself. It will be rebuilt with a much stronger centre. At this moment in time, anything with a hollow core energetically, will collapse and be rebuilt. The core is created from a place of love, compassion and understanding, a true caringness.

Do not go to a place of fear in these times of change, instead choose to see the love and you will move more easily through these times of change. Stand in the light and the darkness will melt away!



*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](mailto:janice@universalenergycoaching.com)

This month's column.

I have been having a great deal of trouble with my husband. He is constantly nagging at me to get a job. I am wanting to do it in my own way. I am taking time to visualize and create my job. He doesn't understand this though and thinks I should be doing it the old way, pounding the pavement and handing out numerous resumes.

You are likely forgetting to acknowledge the work you are doing in finding a job. Your husbands lack of understanding comes from your own inner male energy, trying to get you to do it the old way. Reassure this part of yourself, let it know you are trying something new here and you will be ok. When your fears come up that you may never get a job using this new method, remind yourself that you can do it. The universe is here to love you and is abundant. Getting clear on what you want, will assist the universe to assist you. Keep up the good work, you are headed in the right direction.

# More News

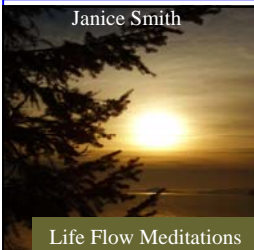
## Smooth Out the Rough Spots in Your Life Special Offer

For the month of October  
Book a one hour internet session with Janice on Skype  
For \$85.00  
Valid for new customers  
go to [www.universalenergycoaching.com/store](http://www.universalenergycoaching.com/store) to purchase and book

## New Email

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

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



*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](http://www.universalenergycoaching.com)*

The price is \$10.00

## Visit My New Website!

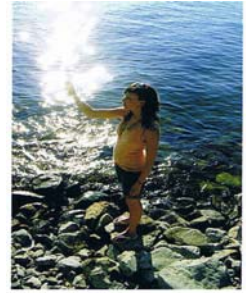
[www.universalenergycoaching.com](http://www.universalenergycoaching.com)

I have many new features on my new website.

You can book sessions,  
Buy books and cds  
Read my blog,  
Listen to me live  
Read the newsletter  
Find some of my favourite links.

# Youth Speak

*Shauna  
Smith*



## *Embracing Change!*

So, I have officially been in Vegas now just over a month. Life here is very different as I mentioned in my last article and it is something I have come to accept and am learning to embrace (sort of)

I knew when I came here that it would be an upheaval of all that was comfortable and acceptable to me and that it would throw me into a whole other realm of learning about myself. Knowing this though, did not make coming up against it any easier! My first few weeks here felt like a living hell, I constantly felt like a victim. I felt like a victim to my surroundings, to my situation, to myself, to those that I love, it was the most horrible feeling in the world. I was miserable to say the least!

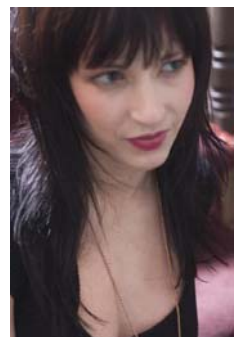
Luckily somewhere in this process my mom and her friend came to visit me. Let me just say that the timing could not have possibly been better and this helped renew my faith in the fact that indeed I was in control of my own life, as I was at a boiling point and something had to change and now.....All of the things I had been struggling with since I got here erupted while my mom was here and started spewing out of me in the most unattractive ways. I found myself saying and doing things that I knew would never have come from me only weeks earlier, I was appalled with myself. I was appalled and yet, everything suddenly became very clear to me. Literally overnight I no longer felt victimized by my situation but instead reminded myself of why "I" came here, what this journey was supposed to mean for me. When I first got here I was making my journey all about being here for my boyfriend (now fiancé) and was feeling resentment, anger, fear and all of the other ugly emotions that come with losing sight of your ability to create. In the one night of staying with my mom, I woke up feeling sure, in charge and in control again. I no longer felt the need to cry every time one of my fears was verbalized or thrown at me as they were completely out of control in my mind.

Fast forward one week since my mom's arrival.....

I came up against a few bumps even after my mom's departure, flight moments when all I wanted to do was run for the hills and never turn back. This time though, instead of feeling like a victim and letting the fear in on all fronts, I verbally attacked the fear with the belief that I now know to be true. The belief that I am doing what I need to do at all times in order to get the results here that are right for me. No one else is in charge of my outcome anymore now, I feel confident, calm, happy and sure that this is what I need right now and I am not trying to think past that for the moment. It feels good.

Today I got my first job here, which was a huge fear for me (that I wouldn't get one at all) and I know that this is just the first of many wonderful things to come my way here.

I guess the moral of this story is to stay true to what it is you wish to create against all adversity and it will happen for you. If you can stay true to what it is "you" want and what you believe in, in what seem like the worst of times, then you will receive exactly what you ask for in return, giving you the best of times.





**BLISS FLOW  
COACHING**

## Find Your Flow this Fall...

An Empowerment Workshop by *Bliss Flow Coaching*

**Give yourself the gift of love.**

**The most powerful relationship you can have is with yourself.**

Join empowerment coach Ann Sullivan, and **take your journey to the next level!**

Discover your inner voice and learn how to find guidance from within.

Whether you are looking for more clarity in your life,  
moving through a transition, or just feel stuck.  
Ann will guide the group through personal growth exercises and  
help you to discover blocks to growth and  
move through them with support.

Gain powerful, practical tools you can take with you  
to achieve your goals and change your life.

**Date: Sunday, October 19, 2008**

**Time: 12pm-3pm**

**Where: 2171 Danforth Avenue**

**Cost: \$40.00**

**Space is limited so register today!!!**

For more information and to register  
contact Ann Sullivan at 416-830-8354 or [ann@blissflow.ca](mailto:ann@blissflow.ca)

Check out our Website: [www.blissflow.ca](http://www.blissflow.ca)

# Youth Speak



## *Contributing Writer & Coach - Ann Sullivan*

I have been looking around at all the Halloween decorations on the lawns of my neighbours and in the windows of community businesses. Cobwebs and fake tombstones, the cackling witches and spooky boney hands reaching up from their shallow graves, and my mind tends, lately, to wander to how this is a manifestation, a celebration, of our fears. At a time in my life when I am really learning about fear, what it is and how to use it to empower ourselves as opposed to stop ourselves, I am fascinated with the way in which our society engages with fear and the unknown.

It has been my tactic to try and avoid my paranoia, my fear, my panic, my anxiety about life. I hear the nagging voice in the back of my head, and I try and run from it, to soothe it with an extra helping of “I am safe, I am safe, I am safe...I ...am...safe...” Lately though, I have been looking at it and questioning it, what is it trying to tell me? Things are good, why am I afraid that means they will soon turn ugly?

You know, I used to be (and sometimes still am) terrified of the dark, scary movies, scary places...I think I was, and am picking up on the energy of the world around me, a fear that was underlying the lives of the people in my environment, the stories on television and in movies, books, magazines and newspapers. Fear quickly became my intolerable partner in life and in dreams. I saw fear and the unknown as something that I was forced to fight against, or run from. I remember being a young girl lying in bed with the blankets pulled up to my chin whispering, “You aren’t real, you aren’t real” to the shadows in my room. As I got older, fear took me to a place in my life that was scary and painful, and although I am lucky to have come back from that dark place, and start to live the life of a light bearer and light seeker, my interest in the dark, and my tendency to give power to the dark are still quite a part of my life and work. Now I understand more and know how to work with the energy I pick up around me, and I am amazed at how terrified we really are. I also see how capable we are of facing that fear.

Please understand that what we are talking about this month is a complex topic, one that I myself am only beginning to chip away at the surface of. But look closely, please, and begin to see how much power you give your fear. Now, think if you gave that power to create your own safe universe where you are free to explore and create with joy.

What would it mean if you *were* the person in front of you, the terrorist in Afghanistan, that co-worker you hate, ex-boyfriend, girl he had an affair with, the tree in the Amazon, would you treat them any differently, would you be less worried about what they were going to do to you? What does that even mean? Well, what if we are all simply fragments of a whole?

We must realize that the things that go bump in the night, the monsters and goblins, and witches, and disfigured mass murderers with chainsaws are simply manifestations of our own fears. Our fears that we aren’t worthy, that we don’t deserve the good things in life, that we won’t be safe and taken care of, we won’t have enough money, we are going to die.

Often, we will pin our fears onto others, he doesn’t love me, she is going to think I am stupid, I am going to get fired; everyone will think I am not good enough.

Either way, I have yet to meet a person without defences (aka fear). Most people I know are unsure of being able to trust the future, most people have experienced enough pain in their lives to be a little wary of what’s coming around the corner, and I don’t blame them, but I can help them to move past that. All I ask is for people to realize that fear may be the very thing that is calling the dark spirit forth, and our misunderstanding of what that fear is trying to tell us.

Fear is the reason so many died at the hands of the inquisition, the holocaust, and the witch hunts.

We are powerful beings, and we have been taught to fear life and the unknown. Look around you this Halloween at all the things that go bump in the night- there is truly no end to the ways we express our fears. But, usually underneath that mask of gory horror, is just another person, with dreams, hopes, wisdom, and a need for love, just like you. Now is the time to see how much we keep out of our life because of fear, and to begin the process of letting it in, one thing at a time, so that we can feel safer in our world. Halloween lets us laugh at ourselves, and laughter is so healing...have fun this Halloween and delight in the mastery you have to create and construct a world around you of fear, or faith.