

# AWAKENING NEWSLETTER

## #14

### NEW YEAR'S RESOLUTIONS

*“Self improvement is my drug of choice, more addictive than coffee, more seductive than marijuana. But imagining I’ll be happier once I’m a ‘better man’ is an illusion. When I die, will my daughters be heartened to know I went to the gym 3 times a week and was at my ideal weight? I’m tired of all my rules, tired of making them, tired of breaking them. My vow this year: to be with the world as it is, and to be with myself as I am.” - Sy Syfranski, editor, The Sun*

By nature, the end of the year is the time when the yin, or receptive energy is at its peak. The days are shortest, and it is a time when energy pulls inward, a time for rest, slowing down, and recharging, a time for germination of the new that will come to life in the spring.

So what are we presented with at this time? “The holidays”. Gatherings and parties, candy offered everywhere, overindulgence in food and drink, obligations to shop for presents for long lists of people – high energy output. It is no wonder that for many of us, the holidays are something to “get through”. Christmas and Chanukah have become a time in which the original meaning - the birth of the Divine within us – has been transmuted into a commercial orgy.

Depression and loneliness arise most strongly at this time. The suicide rate is at its highest. People already stressed have to have a high output of energy at a time when nature is pulling their energy in. For some, it means visiting with dysfunctional families. (Saturate with alcohol to increase volatility).

At the end of all this, we then make resolutions for the New Year. Now be honest - how long did these “resolutions” last? (The average is 3 weeks).

It is beautiful to start the New Year with an intention, to declare it and state it, write it down, and revisit it often throughout the year. But a one time commitment is not going to change a lifetime of habits by itself. It is most important to a) make it an intention you are committed to working with and b) recognize that it will take repeated application, reminders, bringing yourself back when you fall away. For instance, last New Year’s my intention was to see how easy I could experience life being. That didn’t mean that there weren’t difficult times, or that I fell into the experience of life being hard at times. What it did mean is that periodically throughout the year I reminded myself of my intention, checked out how well I was falling in line with it, and looked for evidence of how my intention was being manifest.

Judith Wright, in *There Must Be MORE Than This*, talks about aligning with a higher life purpose -

***“Your resolution has to be more than just setting goals for the next year. It has to be a decision about what matters to you and what you really want from life. I call it the One Decision. A One Decision is a very personal choice about who you are and what you care about. The One Decision gives you a reason to go through what it takes to not only achieve your goals, but also to change your life. Lance Armstrong didn’t just set a goal to win the Tour de France. He made a bigger commitment about living strong, and that is what gave him the courage and strength to keep winning. That’s a One Decision.”***

Worse than making no resolution at all is making one you don’t keep, for this then undermines the power of your word. So if you commit to quit smoking, then this is your year for that, no matter what. If you commit to be less judgmental, recognize your year is about examining judgment, going after the root of it, not indulging it when it arises. Close the door to excuses, and do whatever it takes to manifest your intention!

#### **Actions Steps –**

1. Celebrate this time as the perfect opportunity to practice the art of being. Rather than constantly doing, thinking about doing or feeling guilty about not keeping up with the pace of a culture that has grown increasingly out of rhythm with nature, take this time to fill your cup. When the mind starts in with its urgency around doing remind it that this is holiday time, as in take a break already! Restore now for a more active energetic Spring.
2. Define your One Decision – the underlying commitment you can make that will support all the secondary choices that support it.

## **AWAKENING**

Awakening is doing the actual work of stopping, of breaking the identification with the story, of directly experiencing who you really are. It is a strong group for those who are committed to transformation **NOW**. If you know you are ready for the next phase of your life, give yourself this great gift of directly experiencing inner freedom. A few places remain in the Jan. 12 Intensive.

Quotes from the last Intensive -

**“What a huge clearing! Every day I discover new ways in which Awakening has changed me. I can’t understand how you did it!! Things really don’t hurt me any more! I lived a lifetime of pain, self criticism, turning everything against myself. I am SO much more at peace with myself. I can watch my stories go**

**right by. I am 200,000% stronger in not falling in.” – Eleanor, Translator**

**“You stood at the door of Hatred and invited me in. I dared to walk through it and I found the lost pieces of my heart. I saw the strength to make a commitment and not give up.”**

**–Cassie, Massage Therapist**

**“I knew how to give but not receive. I was never going to let anyone close enough to hurt me. I played safe my whole life and lived in mediocrity. I knew Love was the truth but didn’t trust it. I got that trust starts with me – it all sorted out in a beautiful way. Now I have a pathway to trust and strength. I’m done seeking and ready to start creating. The Jack popped out of the box!” – Jennifer, Healing Arts**

**“This brought me to what’s always been here. I can now say no to that judgmental voice that kept me from living. Now I know I am the artist of my life.” – Judy, Professor**

**“I see things differently. I don’t care what others think anymore. I never felt I had anything to offer, now I feel clean. I can be beautiful and still loved for who I am. I am worthy and not self conscious.” – Grace, Office Manager**

**“I was hurting for a long time, incongruent with myself. Now I am lighter, I’ve been inspired. I’m ready to help the world see more about Love.” – Rick, Vice President of Sales**

**“I had lost trust and faith. I have never before had a male to guide me in the right direction. Now I am complete and whole. My soul thanks you.” –William, Spiritual Healer**

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