

## Happy New Year

Hi Lovelies,

Happy New Year! Have you made any resolutions or intentions for the year? Maybe a phrase or even just a word sums up what you want to create for 2014?

Mine is forgiveness. Yes, the F word, as I like to call it! Well, let's be honest sometimes it's much easier to say F you rather than I forgive you. I am forgiving all that has and continues to seemingly occur in this illusion of life and freeing myself of guilt, pain, fear, anger etc. that is sometimes buried deep in my unconscious and sometimes not : ) Here are my 3 main reasons why I'm focusing on Forgiveness this year:

1. I don't have to carry the pain, anger or frustration. I can choose to let it go, even if I need a few minutes (hours or days) to do so. I get to choose Love or Fear.

2. We all get stuck in the ego at times and throw a few sparks around. A Course In Miracles explains that we are either coming from love or calling out for love.

If someone or some people are causing me pain through coming from fear/ego, then why jump in too? I can choose compassion and wonder what pain they must be going through. I don't have to pick up the other end of the tug of war rope and create more fear and drama. I can silently forgive them for having a human moment, just like I do at times : ) When I get really practiced at forgiving I will be able to see that all they need is some love and things will be better for them and for me : )

3. It's not real. It's a dream and I made the whole thing up and I'm projecting my guilt because I believe, wrongly, that I have separated from Source. We can never be apart from Source/God because we are all One with God and One with all of life.



**"Fear binds the world.  
Forgiveness sets it  
free."** (A Course In Miracles)

I invite you to see what triggers you and forgive those involved and that part of you. You/they simply forgot who we truly are: Love and oneness.

Forgiveness It is the singular most effective method I have found to improve my mothering and relationship with my boys. I'm no longer carrying around a truck load of guilt. I also have miraculous amounts of patience, at times, as I remember to forgive that part of me or them that is in fear and pain.

### **Diva Date Nights**

I was thrilled to do a couple of "date nights" for Conscious Divas in December.

<http://www.consciousdivas.com/> I highly recommend joining or checking out a Diva Date Night. I met some lovely women and we had a lot of fun. Don't forget your invitations to the upcoming Bright Shiny Soul Intros Divas!