



Make 2009 Your Year Of Change

This is the time of the year when everyone is thinking of New Year's resolutions and contemplating what this year will hold for them. With all the fear regarding the global recession, job concerns and life hiccups, where do we begin?

Have you recently been feeling stuck or out of place? There is a reason for this. It has been documented for centuries that we are greatly influenced by energy, the stars, the universal energy and our own personal energy.

Recently, we have been under the influence of a retrograde, where everything feels like its going backwards or at a halt. The first Mercury retrograde of 2009 is now officially over. So let the misunderstandings, confusions and unclear thinking end. It's time to get a firm plan together and put energy into your goals. The doors have been opened, encouraging you to charge forward but at a sensible pace. Whether you want to move ahead with a new career, ventures, creative project, relationship, you name it..... get going! Cosmically speaking, there's nothing stopping you! And with the current influences, it indicates that the support you need is there for you, but be wary of your own over-reactions.

For those who follow Feng Shui (universal energy), where the home/business environment and year is taken into account. We move out of the Year of the 2008 Rat (turmoil) and into the Year of the 2009 Ox, (achievements and steady growth)

The Ox is the second sign of the Chinese zodiac and it signifies new beginnings. The main difference is the Ox is associated with building to last but slow and sure action. **Even more so than last year we all have to make good choices, have persistence, as that which is begun now is likely to have long term consequences.**

The year 2009 will be a period of lasting accomplishments and growth. There may be times when motivation appears to be lacking. In fact the big challenge everyone faces is to generate the enthusiasm and desire to act. Those individuals and organizations that do will create enduring benefits for themselves and the world.

But most importantly, we are greatly influenced by our own personal energy: thoughts, and automatic patterns/programs. So to sum up 2009, 'what you sow, you will reap'. What ever thoughts you hold onto (good or bad) and where ever you place your energy, is the results you will get (good or bad). By making a conscious effort to nurture your positive thoughts, attitudes and self talk and cutting out the negative, self sabotage ones, will lift your vibration energy, motivation, spirit and in turn affect your results.

It is interesting to note, research has shown we all resonate on certain vibrational energies. Cancer patients or those with certain diseases resonate on 40Hz, an average person who is reasonably happy resonates on 70Hz, but a person who is passionate and in flow with life resonates on 90 Hz. All of our thoughts and what we say can either lower or lift our vibrational energy. So it makes it even more important for us to stay in tune with ourselves and develop nurturing habits in order to get better results and outcomes in our lives.

"You can either seek security or opportunity but they're on two different planes. So which plane do you choose to stand on?" TD Gillis 2008

Your 2009 tips to stay motivated and have a great year:

1. **Surround yourself with positive people:** Energy is contagious! Ever been in a room full of people who are down or complaining, you end up feeling drained and depressed. Being in a room full of people who are vibrant, happy and uplifting, you walk away feeling uplifted. Limit your time with friends and family who complain, blame, gossip, play victim or keep talking

about themselves only, or what they're GOING to do and never follow through. Your energy is too important and so is your head space, don't let them rent it! Surround yourself with those that make you laugh, challenge your thinking, celebrate your wins and encourage you to do better. Decide what's more important to you, energy moving away or energy moving in?

2. **See the good in all people:** Separate what people do from who they are. We all, at sometime aren't going to get it right. Just because we've failed doesn't mean this is who we truly are. It might take us several attempts before we master something in our lives. Whether it's connecting to our children or partner or mastering life itself. If we constantly judge people by what they have done, what does it reveal about ourselves? See the beauty of every soul not the struggle of their attempts or lack of attempts. Too many people dwell on what's wrong and who is right. Time to move away from this and understand life is a journey; some people master it earlier on, whilst others take their time.

Do we have the right to judge others, as we judge ourselves so critically? How many times do we beat ourselves up for not getting it right? Stop now! See the good in others so you feel the good in YOU.

"Don't spend time beating yourself up; spend all your time beating down the door to your dreams." TD Gillis © 2007

3. **Do acts of kindness every day:** We are constantly caught up in our self talk and own programs that we have forgotten what it feels like to just give from the heart. And I don't mean giving to get noticed. My children aged 11 & 9 understand this principle, on Tuesday they take the neighbours bins back to their doors. It's like playing secret Santa. They enjoy seeing people's faces change from stress to lightening up. This has caused a rippling effect on our neighbours, where everyone is taking the time to care and surprise one another. Studies show that doing five good deeds a day will increase your happiness chemicals. It's wonderful heart energy!

4. **Show gratitude and thanks in all that you already have:** Our mind takes us to places of loss and what we don't have. So to counteract this, notice all that you do have right now. That wardrobe that is filled with clothes! How many times do we direct our focus "it's not enough?" We create energy of loss and this depletes our energy. What would happen if we lost everything today, our house, clothes, car, family and friends? Take time to celebrate them, not when they're gone. This means daily practice.

5. **Start an achievements book:** So many people focus on New Year's Resolutions, and wonder why they haven't achieved their desired goal. The reason for this is our mind focuses on the mountain not the steps it takes to actually climb it; and it's no wonder we end up feeling overwhelmed and give up. We need to re-focus our mind on our strengths rather than what we haven't achieved. The greatest way to begin is write all the things "big or small" you have achieved in 2008. Next step is to write a 'things to do list' (on a daily basis), this will keep your focus on the present and be your list of achievements for 2009. You will be surprised looking back over the 365 days; about clearing out the garage, writing pages of your book, exercise, spending quality time with partner, kids and so on. Our mind literally deletes all the energy we have poured into the small building blocks of life and focus is vital.

"We spend most of our time preparing for life instead of really tasting it. Make every day count." TD Gillis 2008

6. **Practice following through:** Nothing hurts our spirit more and drains our energy when we don't follow through. When we say we are going to call or do something and then we don't, it takes a toll count within our subconscious mind. Excuses are the tell tail sign of not following through. The first step is to be honest with ourselves; next take full accountability of all our results or lack of results. Accountability is like having a bank account you hold. When you don't follow through your frequency lowers and so does your bank account. By the time Karma comes to check your account, it gives you back exactly the frequency you hold. Karma is our reminder of what we are really holding onto. So which do you choose holding onto losses, or breaking through into the achievement bonuses account?

"You can get comfortable and not grow or you can get uncomfortable and grow. One will make you expand; the other will deaden your spirit." TD Gillis 2008

- 7. Forgive and let go:** Forgiveness is essential to our well-being, the more we hold onto things, the more anchors we carry. This is an area that people find so hard. When we hold onto "wrongdoings", our subconscious mind interprets this as we are the victim and we have no control. This creates a sense of more loss and we end up doing the 'pain, blame and avoidance game' © in order to survive and counterattack. Forgiveness means no longer choosing to hold onto grudges/hurt or blame. Make a list of all the people you truly haven't forgiven, including yourself. Take 100% responsibility over your own actions and decisions. Gain awareness of what was the highest learning from having this experience. Everyone in our lives are our teachers, and more difficult the experience the higher the learning and growth. Forgive and let go.

- 8. Add more laughter into your daily life:** There so much research coming through on the benefits of laughter, from curing disease to elevating pain. (Check out the June-Dec 2008 Newsletter on the web site for more info <http://www.caresforyou.com.au/foryou.htm> . It's sad to note that the older we get, the more serious we are becoming. As preschoolers we laughed the average of 400 times, now as adults we are likely to laugh the average of 1-5. It's further interesting to note that relationships which have laughter as their main ingredient are documented to be happy and fulfilled. And those relationships that have little or no laughter are in serious trouble. Give yourself laughter therapy everyday, read the funnies, watch a comedy, share a joke, surround yourself with friends or family who make you laugh. Make it a MUST!

- 9. Do something every day that brings joy:** When we spend time really enjoying life we lift our vibrational energy. Fill your day with the activities you truly love, whether it's singing, cooking, drawing, dancing, yoga, learning a new language or whatever. What are some of the things you secretly wish you had time for? Your time is precious, choose something joyous

every day. And for those who say they don't have the time, by cutting out 1 hour of T.V time, this equates to 365 hours in one year, approximately 2 months additional time. It's amazing to find that the average American spends approximately 6 hours a day watching TV, and we Australians are not too far from this statistic. By the time we hit 60 we would have wasted 15 years of our lives; watching others live their dreams and follow their passions. Give away this autopilot restrictive program which leaves you numb and do something special everyday.

"Don't underestimate the true power of your heart. Believe in yourself and only do the things you truly love." TD Gillis 2008

Nothing is more energy zapping than our imaginary anchors that we have tied to ourselves. If we could release them, we would naturally slip into flow and fulfillment. Perhaps that is you -holding onto past hurts, frustration, anger, resentment, fears or incompleteness. This drains our energy more than we care to admit. Think of all the thoughts you have throughout the day, where do they go? So what happens when we continue to carry these anchors? Well we never breakthrough, creating a new future or new outcomes. Instead we press down harder onto the accelerator, leaving us even more exhausted, confused and disillusioned.

The truth is, we need to face these so called anchors. Only when we do, can we embrace the life we were meant to lead.

"People spend a lot of time searching outside themselves. Our true treasures lie within us." TD Gillis 2008

In 1983 Cliff Young, a 61 year old farmer entered the worlds most grueling marathon. A Marathon annually held in Australian, an endurance race of over 1000kms (543 miles). As you can imagine there were world class athletes, most of whom where in their 20's-30's. Cliff showed up in his boots and overalls determined to run the 5 day marathon. Of course everyone thought he was crazy.

At the end of the five days, it was Cliff who came in 1st setting a new course record. The following year he came in 7th with his unique shuffling style, today it's been accepted by the marathon runners as energy efficient.

An amazing motivational speaker, Nick Vujicic was born without any arms and legs. But this hasn't stopped him from learning how to swim, play golf, music and even travel the world. If you like to see how he does all this, email me and I will send you this special link, he will touch your heart.

Here is the most important thing to note, as we continue to focus on our problems or faults it is not our age, money or physical limitations that hold us back, but our own subconscious barriers. So make this year your best year ever, 'kick the arse' out of limitations, cut past anchors and be 'The Best You' you were meant to be!

"The path is clear to those who conquer their fears and know what they want instead of what they don't." TD Gillis 2008

(We all need reminding of how amazing and capable we truly are, read this often and 'Pass this forward' to another).

"If an apple symbolized the fruits of our labour, why is it we over look the core. Within the core lie the seeds of opportunity." TD Gillis 2008

Its times to get serious don't let another year slip you by, what is it you really want for 2009? Your energy is vital, and so too are your dreams. Begin doing what you want now. 'The mountain might look big and overwhelming but the steps to climb it are smaller.' TD

With loving energy,

TD Gillis

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