

Reviewing • Releasing • Reclaiming

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Every New Year, as a ritual, I take time to review the past year, release what is no longer serving me, write gratitude, and declare my intentions for manifestation for the New Year. I save paper work from the previous year and without fail I am always amazed at how much of what I list actually transpires. I believe that our intention and attention is what creates our experience and reality. Use this process to get yourself aligned with what you most desire. For additional support and for the shifting of your core beliefs (and attraction level) consider one of my many teleclasses on manifesting.

Reviewing

Review the past year and consider all of the things you intended to do, did do, or planned to do but did not. Make a list of these and acknowledge the experience and learning for you. I some times will have up to three to four pages for my list.

For Example:

1. I intended to raise the money to attend a yearlong program for Equine Experiential work. I succeeded in this and completed the reprogram. It changed my life in ways I never thought of, brought me into a deeper place of balanced power and self-expression. This is a big 'life' achievement for me.
2. I intended to do more artwork and begin writing my book on horses. I have continued to do more artwork, with two canvases currently in my studio awaiting paint. I however have fallen behind on the writing of my book. I have written stories, but have failed in focusing on the book. My learning is that I have a tremendous amount of creative energy ready to emerge and I also need better boundaries around my artistic time for this to happen.
3. I intended to facilitate Equine Experiential Programs and Coaching and succeeded at this! I traveled to many locations and helped many people with their horses or simply learning with horses. This has been a profound experience and a huge gift.
4. I found the geographical location that I desire for my long-term home. I huge success as I have been traveling and wandering around for some time.
5. I met a man, allowed my self to fall in love, and have continued to hold a place of love during a break up and rough times during the holidays. I have stayed in 'love' verses becoming resentful or bitter from fear. My realization is that this IS the easier path and I a powerful loving person for being able to do this.
6. I intended to complete project X and failed to do so, I am ok with this because now I see it does not serve me on my path.

Releasing

Part of living a conscious life is bringing awareness to the behaviors and beliefs that keep you having the same undesirable experiences. It is one thing to have awareness, the next it to declare the release of these items as part of your process of shifting your consciousness. Make a new list of all the things you are now ready to release. Below are some questions to help you along.

1. What old habits are you ready to let go of? (being late, unawareness of finances, saying things at the wrong time, letting people step on me)
2. What relationships (or relationship dynamics) no longer serve you? (power struggle with child or mate, critical thinking about the one I love, wanting to control other people's behaviors)

3. What activities do you participate in that do not feed your heart and soul? (volunteering at fundraisers that don't speak to me personally, offering to help others when I need to care for myself, going to movies that do not interest me)
4. What beliefs about yourself, other or the world do you need to release at this time? (The world is unfriendly, people don't understand me, money is hard to make and keep, there is not enough, I can't have what I want, I don't deserve).
5. What false perceptions about yourself are you ready to discard? (I am unworthy, I am needy, I don't deserve, I am too sensitive or too much for others)
6. What emotional needs are you ready to let go of? (recognition, attention, devotion, love, money, rewards)
7. What else are you completely ready to let go of?

Letter to the Universe (God, Spirit etc)

The end of the year is also a wonderful time to show your gratitude for what you have received and what is. Again, what we put our attention on we receive more of. Balance your process of reviewing and releasing with acknowledging your abundance. Write a letter to the universe on a fresh sheet of paper.

1. Demonstrate your gratitude for what you currently have in the physical world.
2. Demonstrate the spiritual connection you have created or strengthened this last year.
3. Ask the universe directly to help you to release all old things that you wrote about above that no longer serve you and ask for it to be done in a way that honors everyone involved.
4. Write forgiveness to yourself for your short comings.
5. Write forgiveness to others who have treated you poorly—and to yourself for being a part of that.
6. Close with words of appreciation for who you are and what you have accomplished this year, and for the support the universe gave you in that.

There will be repeats between lists and the Letter. Don't worry about it. Notice if emotion comes up when you write the letter and let the emotion flow! Don't hold back. Release any held old emotions around any old stuff. The tears help the process of releasing and of bringing in gratitude.

Reclaiming

Now it is time for you to reclaim what you want in your life and to draw to you what you desire! Let your imagination be free. Think of the things you always wanted and have not allowed yourself to have to this day. Put them on the list! Think of what makes you happy and makes you sing. Put those things on the list and take them to the next level! Have fun with this and do not limit your pages. Add material items (new car, computer etc) and experiences (travel, companion, horseback riding, diving) and goals (complete book, learn Spanish, get married) **GO FOR IT!**

1. What is your vision for your new year (personal life and business)?
2. If the BEST things in life were to happen to you—what would those things be?
3. If I gave you 10 million dollars what the top three things you would do right away?
4. What specific things would you like to manifest this year (new car, home, partner, job, vacation)?
5. What things would you like to see shift or grow in your life (deepening relationship with spouse, more opportunity for connection with others, more time for me, deep sense of community, lots of energy for my business)?

Letter to the Universe (God, Spirit etc)

Write a letter to the universe on a fresh sheet of paper.

1. Demonstrate your gratitude for what you currently have in the physical world.
2. Demonstrate the spiritual connection you have created or strengthened this last year.
3. Ask the universe directly for what you want in 2007 (use the information you explored under -Reclaiming). You may even make a list of these items. Be as specific as you wish.
4. Thank the universe for delivering these things in a timely fashion and in a way that benefits everyone involved.
5. Say it is so.

Prepare an envelope. Title it Releasing and Reclaiming for 2007. Add in your lists and letters. Seal the envelope. Go to your book self or a desk drawer. Put the envelope there and FORGET about it! It will resurface to you at the right time and in the right way. Do not hunt it down to review etc. Leave it be! You have made your requests. Now, open your arms and ALLOW the universe to deliver to you as you also take active steps towards creating what you want!

Ritual

You may choose to perform a ritual to support your process. You may find several rituals by searching on line, or if you have attending my classes you probably have a few already. If not you might try one of my meditations at www.pathwaystoradiance.com - look under products page.

Would you like more help and support in creating the life you desire!

For information about Kathy's upcoming;

- Tele-based (over the phone) classes
- Group coaching
- Equine facilitated learning programs or
- Individual life coaching.

Sign up for her newsletter at <http://coachpike.com/newsletter.htm>

Or, call Kathy at 303-545-2555, 970-947-9166

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