

Make a change in 2006

How many of us sat down New Years Eve or New Years day and came up with resolutions for the coming year? oh I am sure most of you thought of the same old stand bys like "I'm going to lose weight, eat better and exercise more." I think for most of the world those resolutions are hardwired into our system the moment the clock strikes 12. So we may take one more bite of the chocolate fudge leftover from Christmas, drink down another glass of champagne or sit that dance out knowing that tomorrow we will make a fresh healthy start. This year I did something different, I didn't come up with my resolutions until the middle of new years day because of course the night before I was celebrating with indulging rich foods and drinks while sitting for hours watching movies and finally the ball drop after midnight. However, I did manage to participate in a short meditation for world peace around midnight but ironically after I could not bear to move due to the assortment of goodies from before. (That is probably why it was so easy to meditate in spite of the gurgling coming from my tummy) I'd have to say that somewhere between mid December birthday parties and New Years Eve, I managed to fall off the wagon so to speak, me, the one who teaches how to lose weight holistically, charka balancing and anything else mind, body spirit related. Where was my holistic thinking when I shoveled that decadent piece of chocolate truffle into my mouth? {Probably for the third time} If you are looking for someone to sympathize with you and say "you really shouldn't eat that because it will go right to your hips.... Forget it because either your mother-in-law, grandmother, aunt or who ever it was that made that guilty pleasure will encourage you to eat more because after all it's the holidays and everyone indulges and wants to keep everyone else happy. Now I am sitting here a couple of days after New Years drinking a cleansing cocktail made from lemon juice, cayenne pepper and maple syrup hoping to purge my system of the damage from the excess food consumption over the last few weeks. It was one of my resolutions and I was able to convince my fiancé to join me. Hey I was more than willing to share the pain with him.

Maybe some of you would agree with me that the New Year is a chance to reflect back on last year and remember what worked for you and what did not. I look at it as taking what worked for your greater good last year and applying it this year and throwing the rest a way or purging the rest. This leaves room for new beginnings and growth. So it would be fitting that at the top of my list of resolutions is a cleansing and detox program. Along with this I have added several other hopes dreams and aspirations and more importantly chances to improve the quality of my life and those around me. I would like to share them with you and perhaps inspire you as well. Here they are:

1. To be more tolerant with loved ones and others {Do you ever notice that some times the more you try to improve the relationship with yourself the more challenging it becomes to relate to your family }
2. To have more contact with family and friends. These days there are so many methods of communication and we all know of someone that just had a baby, got engaged or lost a loved one. Just thinking about that person is good but letting them know you are thinking about them is great
3. To have more immediate family involvement-Quality time spent together. Schedule an afternoon or evening for you and your children to sit down and do an activity or play a game as a family. You may find your child practically volunteers information that you would normally have to pull teeth for when you are building something together.
4. More contact with Nature. This is not hard for me a look out any of our windows and one can see a forest of trees, streams, hills, blue skies and not to mention a wild animal or two. However I believe that it all has different message for me at different times. I want to learn to decipher what the gentleness of a deer is saying to me or the blanket of white snow covering the hills. I know if I just listen closely I will get it-perhaps you will too.

4. To follow through more. This could be something as simple as finishing projects that were started awhile ago to taking those few extra steps to file something where it belongs {and not in another pile to be filed later}

5. To be clear on what is wanted from someone or a situation even if you have to first visualize what you want- More clarity=less confusion=more peace and harmony in your life and others

7More spiritual expansion. I do not want to put myself in a box where I am limited to certain beliefs and miss out on other opportunities that work towards my greater good. If I stop expanding, I stop living.

And last but not least I will fill my head and heart and hopefully others with positive affirmations at least once a day. ***"Happiness comes when our work and words are of benefit to yourself and others as quoted by Buddha."***

So my friends if you are looking to make some changes in 2006 start by being gentle with yourself. Visualize what you would like to see happen and take the necessary steps needed to get you there. Remember to trust yourself and leave room in your heart for the unexpected mysteries of life. As you accomplish what you set out to do acknowledge those feats no matter how great or small by doing something special for yourself-Be patient... for it is not the destination but the journey that matters most. If you can live by a few of these bittersweet guidelines and resolutions than you will surely start to find inner peace and a smaller waistline. Blessings for a New Year that nourishes your mind, body and spirit!

Renee Guidelli owns and operates Faery Dustings in Greene NY where she specializes in Holistic Health and wellness products and services that nourish the mind, body and spirit. She believes that with the proper tools and guidance we can improve the quality of our life. She teaches wellness classes at Boces in the Adult Ed dept and is available for small groups and gatherings. Join her on the path of self-discovery and learn how you can make all your dreams come true. Renee can be contacted at 607-656-5194 or Faerydustings@frontiernet.net.