

Make your dreams come true (or a lighter approach to New Year's Resolutions)

By now most of you out there have either succeeded at your New Year's resolutions or have perhaps lost the motivation to continue. Either way, not all New Year's Resolutions need to be dreaded half-hearted obligations to quit smoking, or lose weight by a certain date. The way we put pressure on ourselves to be a certain way by a certain date leads to exactly the opposite of what we are trying to achieve. Pressure leads to headaches, criticism, complaining, boredom and ultimately heartaches. Pressure means we are being too hard on ourselves like 1500 pounds of perfectionism weighing us down. Naturally the opposite of pressure or being too hard on our selves is to lighten up that heavy load. How do we go about doing that you ask? By learning to have a light heart.

Some Clues on Light Heart Training:

Suppose for one minute, you have a faery godmother come down and say "I'm here to grant your wish and make your dreams come true!" How would you feel after hearing this? Would you laugh at this ridiculous notion that some one still believes in faery god mothers still? Do you wonder if there really is such a thing? Perhaps you may even want to believe that the possibility exists? Does it remind you of younger years gone by when innocence and make believe were encouraged and accepted? How do you feel now? Excited? Happy? Joyful? Perhaps even light hearted?

You see lightheartedness stirs up feelings of love, compassion, creativity, and a connection to the mystery and the magic of the unknown. Once we experience these feelings, we are naturally inspired and motivated to create what we truly want in our lives for our greater good. By looking at things through the eyes of a child we see things differently and for the first time again and again. The innocence of trusting is born and this in turn nurtures our own inner child as well as our inner magic. We then can concentrate on the bigger picture in life; who we are, where we come from and ultimately where we are going. Losing weight, trying to quit smoking, and any other nagging negative habit will disappear as we learn to transform our heart-felt desires into reality. So I ask you once again if you were told that you were capable of making all your dreams and wishes come true would you believe it? And what is the first step you would take? Could you trust the process of life? But more importantly trust yourself?

I believe we are not put on this earth to do things by ourselves, we are put on this earth to connect with one another and grow from those experiences, to give and receive openly and honestly from the heart. Faery godmothers and fathers are out there, they are all around us, all you have to do is trust with an open heart and BELIEVE!

Renee Guidelli owns and operates Faery Dustings transformational tools and services, which help you bring about positive changes in your life. Whether you are looking to lose weight, balance your chakras, journal for your spirit, or just get in touch with your inner child, Renee guides you on the path of self-discovery by using a fun lighthearted approach. She believes that once we re-discover who we really are, we can create the life we have always dared to dream of. She is currently offering workshops at Little Flowers Retreat and Healing Arts Center in Greene and can be contacted at 607-656-5194.