

# Reflections

I think most of us reflect on the year behind us as it comes to a close whether the marker used is the new calendar year or birth year. Since my birthday is just a few short weeks after the New Year, I reflect for both occasions at the same time.



I started 2007 in motion. Over the course of a couple of months and two separate trips, I traveled from New York City to LA in a car. It was a journey of a life time and one that I would recommend to anyone wanting to explore who they are outside the everyday routines that we all create around ourselves.

The two things I learned during my time on the road that are most important to me were first, my strength and stamina and second the level of commitment I have for Wayne and the lifestyle we are working to create.

If I knew what I was in for when I left to make the journey, I likely would have stayed home. It wasn't an easy trip; 3 people in a car for days on end, hardly no sleep or exercise – you get the picture... When the journey was over, there wasn't much left to say except, 'look at that!! I made it!!' Of course over the months since, I've had a lot of time to consider what I have learned about myself and the result of that trip was simply staggering.

Wayne didn't come with me for my cross country pilgrimage and by the time I got home, I had fallen in love with him all over again. Countless times while I was away I would think to myself, 'I really wish Wayne were here,' or 'Wayne would have just loved this!! He didn't come though and I don't regret

going, there was just way too much value in the many things I learned about myself while I was gone. Not to mention the outstanding feeling of good love having renewed itself.

Traveling at the top of 2007 set the tone for the rest of the year in a sense. I was so tired when I finally got back home that the last thing I even wanted to think about was to travel anywhere else. I had learned so much about myself that I needed some time in the stability of my home with Wayne to process all of the new information and discover how it might change my life as I move forward.

Ever since I settled back in to home life, I have been casting about, looking to define what I wanted in life in relationship to the new things I knew about myself. What I want to be when I grow up and what route I want to take became important questions, perhaps for the first time since I was 20 years old.

My casting about sent Wayne and I on a creative frenzy which has resulted in the creation of this magazine, our energy cards and many other imaginative things that we are quite proud of. We had an absolutely wonderful time; the energy of inspiration is probably the best high either of us could imagine and we were on it for several months.

As it must, reality began to settle in and some important realizations started to surface like bubbles in Champaign. We live in a physical dimension and while our spiritual journey is a very important part of what we are about, the fact that we are physical can not be avoided. There will always be some 'doing' to do. Living in the physical to the best of our ability turns out to be the highest spiritual journey possible while we are in this physical dimension.

We do believe that it is possible to win the lottery with the help of our spiritual nature, but let's face it; we would still have to get up and go claim the prize! Food has to be eaten, shelter has to be maintained and multitudes of other doings have to happen.

Doing we did while we were creating – and this is what I am getting at – however if we just put everything on the shelf, the creations stop there. We have to tell people about what we created if we want something to come from all of that inspired doing and the old marketing dilemma saunters nonchalantly out of the closet to thumb its nose at me.

Marketing is a point of irritation for many people and I am no exception to that irritant which I find kind of funny since I do have a degree in marketing. Doesn't marketing require that one asks another for money in exchange for their wares? Whether we admit it or not, that is a rather frightening concept for most of us.

What is it about our culture that leaves so many of us feeling like it is wrong to promote our own creations in exchange for money? I have noticed that it is far easier for me to promote someone else's wares without any personal benefit however, the minute I am to benefit financially; it becomes a whole other heart stopping matter...

It's a curious thing that our culture is so anti personal marketing since it is such a necessary part of our culture. It doesn't matter what kind of living one wants to make, at some point there will be some personal marketing involved. Even finding a mate has its marketing aspects since one important part of marketing is packaging and presentation and at its rudimentary level, taking a shower before going on a date is a matter of packaging. In fact, marketing is such an important part of how we do things, it occurs to me that it should be taught in schools as a basic skill beginning at grade 1.

I haven't come up with any solid answers to that question yet though it has become apparent that the answer may not be as important as the question. The question itself points out that this is a culturally driven ideal that doesn't need to affect me if I don't want it to. I finally came to the conclusion that I need

to hone my craft in spite of how it feels. Allowing a culturally driven ideal determine what I am willing to do or not do for myself is giving away my power to culture.

My theme for 2007 was discipline which is interwoven through all of the things I pondered and learned this year and this cultural question is no exception.

At the top of the year I had explored the different potential definitions of the word discipline and had come up with: discipline means to me to be in control of myself which at a root level is to be in control of my thinking processes. If I want to be in control of that, then I had best be aware of what I am thinking or more importantly, when I am not.

It is so easy to accept the belief systems of others, adapt them as our own beliefs and even investing large amounts of emotion into those beliefs without ever realizing that they are not even our own. If anything messes with my ability to create what I want it's adopted belief systems. Becoming disciplined in asking myself questions about whether or not this belief or that is of my own choosing was a big part of my pondering in 2007.

It really got me looking at how I feel about things and I realized that feelings (though maybe not all – I'm not sure yet) can be cultivated by looking intimately at belief systems, where they come from and why we have them.

Abraham-Hicks have the most useful process of moving up the vibrational scale that I had understood before, however now it has a far deeper meaning for me. This isn't about avoiding everything that feels uncomfortable for us; it is more about changing how we feel about those things. As long as we feel uncomfortable about anything, we are limited in what we can experience.

In the study of life, there is always at least one paradox to understand on any given subject. The paradox here is to break

away from feeling bad about anything INCLUDING feeling bad about feeling bad.

I had identified long ago that one thing that is important to me is to be relevant in the world. To be a source of information and life affirming ideas honors who I am on the deepest levels and yet, to be those things I must allow others to know that I can be that. So here I am, back at the need to learn to feel good about the practice of marketing myself and allowing others to see who I am.

As I stated at the beginning, I have learned that I am strong and I have endurance beyond what I thought I had. I've practiced my own definition of discipline all year. I've identified the thing that keeps getting in my way to furthering the creation of the life of my dreams. Now, in 2008, there remains only to put those pieces together and practice what I now know.

It will be interesting to see where all of this leads me this year.  
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Happy Trails

Kat

[Email Kat](#)