

The Theme Project 2008



'Change your mind and your ass will follow.' A profound though light statement and also the brilliant title of a less than agreeable song released in 1972. (Sorry, can't remember the name of the band.) The idea behind it isn't new, in fact, it has been written in different ways at different times over many, many centuries.

There are many ways to change one's mind, some are effortless and others require some work and diligence. I do prefer the effortless methods though I don't actually believe in magic pills that once taken can transform a life into a fairy tale over night. I do however believe in effortless change, things that run in the back ground that can change a life over time. One example is [subliminal programs](#), I use them, I love them and they make a great deal of difference – over time and another example is what we have come to call, 'The Theme Project.'

The Theme Project is a simple exercise of creating a particular kind of intention that is set for an entire year.

Though recently titled, this will be my eleventh year working with Themes and it has made so very much difference in my life I would be hard pressed to explain it all. With my experience however, I can say with confidence that it is

powerful, it is effortless and it works for everyone. At least, I have yet to offer this to anyone who didn't get some results from the exercise.

I don't really have a clear memory of how all of this started though I do remember that it was a year when I was simply fed up with myself and my world – and that is after 20 years as a student of personal evolution techniques. So I declared rather bluntly and forcefully that New Years Day that 'THIS IS THE YEAR THAT I CLEAN UP MY LIFE.' It wasn't a perfect Theme by any means however, it was far enough removed from a New Years resolution that it was useful and that is exactly what happened that year.

It was a very turbulent year. That year many opportunities were presented to me to clean things up and at the end of that year, I had gotten rid of a great deal of clutter – both inside and out. I had ended a relationship that simply wasn't serving either of us any more, cut loose the business I had been involved in and moved to a smaller place with far less stuff and basically started over in a very minimal way.

It was really interesting how it happened. It all started with a visit to a website where I clicked on a link to somewhere else (something that I never did back then) and meeting some people who turned me on to a seminar that empowered me to make decisions that reflected how I was really feeling to telling the man I was done the relationship – and so on.

I had completely forgotten my declaration almost immediately so it was lucky I had said it in front of a friend or I may have never noticed what had actually happened.

At the end of that year my friend reminded me of what I had said in a simple question. 'Did you happen to notice that what you had declared last year has happened, simply and naturally?' Hot Damn!! It did too!!

That first year was very turbulent and at the end of it I was feeling rather breathless, however, to this day, eleven years later, I can honestly say that I continue to live more simply and cleanly. The affects of that year haven't worn off; it was a profound and permanent change that I reap the benefits from to this day.

Over the years of experimentation, I have perfected the technique and it has become more sophisticated, powerful and ever so much gentler. It has been a fascinating journey of implementing, observing and tweaking. A few years ago, I began sharing this inner technology with others and it has delighted me to discover that every single one of those that I have shared this with have experienced the same lasting results as I have.

It turns out that the year a Theme is declared is only the activation period and so once the activation is set in motion, it continues indefinitely. The year of the declaration is the steep part of the learning curve, meaning that it is the year where the greatest learning on the Theme is done. After that, the learning curve seems to level out and that new perspective is indelibly added to our way of being.

1. Choosing a Theme

Based on my experiments over the last decade, this is what seems to work best:

Choose something that you want to be or become. A New Years resolution is a call to action and usually results in a struggle with yourself to be something you are not. So I look at a Theme as a being and a resolution as a doing. Doing is fine however the whole point to this exercise is to experience effortless change and anything requiring a doing will likely contain some effort.

A really common first Theme is 'to be in the flow.' The most profound Theme I have ever explored was 'to

become unconditional love.' This year, my Theme is to 'become self love,' and I expect it will be a very enlightening year since it is very similar to unconditional love with just a slightly different perspective.

Themes support inner work first and foremost and so be careful that you don't set your Theme as if it was a goal.

An example: 'To become wealthy' is a common first thought for the beginner in working with Themes and while it would serve anyone who took it on (as I have in the past), it is important to understand that it won't necessarily mean you will end the year with large sums of cash in the bank. What this Theme is likely to net you is a deeper understanding of what wealth is, in what ways you prevent it from showing up and many other related things. This Theme will support you in the creation of wealth – in the long run, however it is easy to be disappointed at the end of the year because the money isn't sitting there in the bank for you if you have considered it a goal that lies outside of yourself.

Make sure what you choose as Theme excites you and allows you a sense of adventure and anticipation. Feeling good about what you are embarking on is critical to experiencing a supportive outcome. If you don't feel good about it, the year will take on the energy of how you are feeling and you will end up struggling with your Theme.

2. Choose your marker.

While I am sure there would be some value to having a monthly Theme, I find the time period much too short. Our tendency as human beings is to try and 'do' what we want to 'be' over the first few weeks or even a couple of months and it is important to have time to let the doing go. Also there are other processes at work here that need

time to evolve; so I highly recommend your Theme be an annual commitment.

While any date in a calendar year is fine, the process does seem easier to track and build the habit if it is attached to something significant. Sometimes you will find that you will forget your Theme for a while however if you are in the habit of creating a Theme each year on a particular date, you will also find that a couple of months before the year ends you will always remember your Theme and begin to process what you have learned – all effortless and natural. So while New Years is my preferred date of activation, a birthday or any other significant date will work just fine.

It is now a little past New Years Day and that is fine if you still want to use our traditionally set new year.

The actual time required to use this technology to it's fullest is at least 9 months – it appears a little like the process of procreation and birthing or farming. 😊

3. What to expect.

While the outcome for each individual will be quite different (even if their Theme is the same) the process seems to be fairly similar for everyone. Each stage lasts several weeks and there is also some overlap so while I wrote them independently to give you an idea what to expect, it is a bit muddier than I present the process.

Stage 1: The Sowing

In the first stage, which lasts anywhere between a few weeks and a couple of months, most people try and 'do' their

Theme which is our human habit and is perfectly fine and natural.

I suggest that you use this period of time to consider the different definitions that could potentially apply to your Theme and decide which definition best suits the end results you are after. My Theme for 2007 was to 'become disciplined' (a Theme that I would not suggest a new person to take on because it could easily become a 'doing') and I used the first stage to get clear about what that meant to me.

The first thing I realized is that I didn't really have a clear idea of what it meant to be disciplined and so I started asking everyone I talked to what it meant to them. I started to notice that there were several different ways to look at discipline and some of them seemed far more enlightened than others. In the end, I decided that to me, discipline was about being diligent with my thoughts and attitudes, so now I had the basis of my exploration.

There are some people who are better at allowing than others so the first stage will be experienced at varying degrees. Find ways to make this time productive since you will probably try and do some doing anyway.

Stage 2: The Growing

In the second stage you will begin to accept that there is nothing to do and begin observing how your Theme is playing out in your life.

Some people will forget what their Theme is and if this happens to you, don't worry about it. The changes will happen whether you are observing them or not.

If you are observing your Theme playing out, you may notice that there is an unusually large number of things happening that are teaching you about different aspects of your Theme. I assure you, there are not really more than there was before, it is simply a matter of you have accented those particular types of events through your observation and your Theme. As this happens, simply notice how you handle them and what you liked or disliked in your reactions. Do nothing except notice.

Stage 3: The Harvest

In stage three, things begin to gel into glimpses of the outcome. Most of the time, one of the first things that becomes clear is that your Theme wasn't what you thought it was.



You will notice how you are evaluating events in your life differently and in many cases, responding differently – all without trying.

The harvest is the most difficult to explain however it is one of the most wonderful parts of this process so I will just leave the rest for you to experience for yourself.

Stage 4: The Evaluation

Nearing the end of Harvest, approximately 4 to 8 weeks before the close of the year, you will be able to say that you have learned this and that.

You may also be able to see a gap or two. It's really hard to explain but it is so obvious if there is a gap, you will be able to see it clearly.

During this time is when I recommend you choose the next years Theme. That gap that I mentioned is a piece of the puzzle that didn't clear itself through the four stage process you have just completed and in most cases, it is your best next Theme.

My Theme for 2007, as I stated above, was 'to become disciplined.' What I noticed as the year ended that when I was least disciplined, I was also taking out the old whip and beating on myself. There was a definite lack of self appreciation in that moment. So while I do love myself and my life, it became clear that there is much farther for me to go on that subject as of yet. Therefore, I chose self love for my 2008 Theme. I expect that this Theme will support many different aspects of my life as well as the 'becoming disciplined' thing. I am feeling a great deal of excitement about the prospects of this Theme.

This whole process is an evolution that is being guided by your intuition and over all intentions for your life. If you work the process from that perspective and keep the cycle going rather than stopping and restarting with a completely unrelated Theme for the next year, you will grow according to our inner map and learn exactly what you need to learn next. As the years pass you will become exactly who you want to become, even if you don't know who that is yet. Like a snowball gathering more snow as it rolls down hill, you will build momentum and growth will become exponential rather quickly if you just roll with it.

On occasion you will pick a Theme and at the end of the year you will feel an overall completeness with that Theme and its related topics. If that happens, just pick a new starting point and watch the magic grow anyway. 😊

4. Activating your Theme

Activating your Theme is as simple as declaring it so.

Some people like to create a little ritual or celebration and if you are inspired to do that, by all means indulge yourself. Do whatever makes you feel good or make you feel like you have activated the Theme.

I personally simply make the decision, play with definitions for a while and then let it go to the best of my ability.

In Closing



Life is a process and we make changes by simple one and two degree shifts. While that measure may seem insignificant, imagine being on the ocean and being off course by just one degree. If you were to draw a diagram you would notice that for every mile you traveled the

distance between you and your destination would become larger. By the time you had traveled 1000 miles, you would be somewhere in the neighborhood of 250 miles away from where you intended.

Working with Themes and other effortless inner technologies that shift us just a few degrees, will dramatically affect our over all lives in an exponential way, over time. Whether we choose to captain our own ships or not, time will continue to move forward, small degrees of shifting will happen and we experience new shores. Doesn't it just make sense to begin choosing the ports to drop anchor?

I can hear a groan coming from some of those reading this. I can remember thinking that a whole year was a long time too, so don't worry (be happy) you are not alone!

I would like to remind you of 'the tortoise and the hare' story where the one who took the baby steps was the one that won the race.

Only there is no race here, no one to impress or beat; there is only you and your deepest souls desire to create and one effortless tool you can use in the discovery and creating of the best self you can be.

This tool does not need to be scheduled in or made time for; it will enhance any other learning and growing you choose. Just do it and be easy about it and you will reap benefits beyond your wildest dreams.

Happy Trails
Kat McCarthy
[Email Kat](#)