

HAPPY NEW YEAR! (Almost)



A long, long, long, very long time ago, the New Year began on the Vernal Equinox. Somewhere down the annals of history somebody decided we needed a bit of excitement after Christmas (as if that wasn't exciting enough). Being a seasonal kind of gal, celebrating the New Year in the Spring feels normal to me. I do live (occasionally) in this modern age and I'm up for a celebration any ole' time of the year, even January 1st. Before I point my toes forward to 2008, let me take a moment to reflect back upon 2007.

I knew 2007 was going to be my year. It was such a strong feeling. I could only speculate and daydream about what it would be. Most of my focus was on increased money flow, business booming, publishing my book, that sort of stuff.

I did indeed see an increase in business sales during 2007, however not quite the way I expected. There were many ups and downs too in that regard. All of it was necessary for growth and expansion. And it was indeed my year. It was my year for more inner growth. More? When they talk about expansion is limitless well they aren't kidding.

I expanded upon trusting my instincts.

Sure I still question my sanity and dance that little dance. However, my dance has changed from a waltz to a quick jig. I can say that I more so (than ever before) run on inspiration. It sure beats the perspiration of so much effort!

I learned to really, REALLY let go of the how. So many times in 2007 the Universe would deliver something so much better than what I had dreamed up. Plus looking at the whole picture, if things had gone the way I thought they should, I would have been miserable and stressed out. Such a silly perspective I had!

There is true magic and miracles when you let things unfold naturally.

I learned that there is still much for me to learn and grow spiritually. I was led to new teachings and perspectives. During this sifting and sorting period, I remembered that I must always go with what feels best for me. In other words, you don't have to agree or believe in the whole spiritual dinner. Don't eat the lima beans just because it's on that particular plate. I had a habit of having to accept the whole thing as "true" and would choke down the lima bean parts. Take what resonates fully with you and leave the rest. Your spirituality is unique and there is not one-size-fits-all cookie cutter path. Yes, I do have resistance to lima beans.

I've gotten clearer on my version of success and what I'd like to be when I grow up. There were things I had given up to pursue other dreams. I sorely missed them. I had no idea how important they were. I realized that it's simply part of who I am this lifetime, plain and simple. It's all part of the complete Gourdess package: chickens, goats, gardening, and all that natural living stuff. It fascinates me!

I'm turning around now. The toes are pointed forward. Oh look at **2008**, full of potential, mystery, intrigue and excitement! Here's my New Year's Resolution:

To live fully present in the moment to the best of my ability

Have fun

Laugh

Love

Live life with passion

Carry pencils with eraser tops *

Here's a toast to you and your New Year. May it be filled with all the Wonder, Joy and Magic of the Universe! May your hair be blown back from all the surprises and delights to come!

(clink)

Namaste,
Tracy Swartz

The Domestic Gourdess is a creative fiend. She delights in playing with dried gourds and blogging. Her gourdacious creations and blog can be found at <http://tracyswartz.com>. Warning, reading her blog has been known to cause giggles, laughter and uncontrollable spitting of beverages. You will be entering another realm of pure silliness and may not return the same person when you leave. You have been warned.

*Pencil erasers are cleaning tool taught by Dr. Hew Len. Visit <http://hoponopono.org> for more information.