

Kat's Note



I love the celebration we call New Year! It's one of many opportunities in a year to get a fresh start, gain a new perspective or a 'fresh perspective' if you will.

Looking back over 2009 I see many changes and shifts in my life and the world around me. It's all stacking up to an amazing 2010. Carrying the new things that appeared in 2009 forward into this New Year is an exciting proposition. What will come out of this year is anyone's guess but I can guarantee it will be another wonderfilled journey through time and space.

For those who know what a yearly 'theme' is: Did you pick one for this year? I did and this year my theme is 'to be surrender.'

For those who don't know what a theme is, here is the explanation in a nutshell. A yearly theme is like the theme of a story. We can, if we choose, decide in advance what the theme of the coming year will be.

Unlike a New Years resolution a theme is never a 'to do list.' A theme is not a doing but rather a being. 'To be abundant' is a theme whereas 'to make \$100,000' is not a theme. To be healthy, happy and alive is a theme. To loose 20 pounds is not.

I challenge each of you to pick a theme for this year. It's not too late, just do it. You will be surprised next year what you have learned and gained on the subject of your theme.

This is my 14th year working with themes and I believe it is the single most powerful technology that I employ. I've had more growth and powerful experience from themes than anything else I have ever used. That's why I keep using it.

Last year my theme was 'excellence' and I have to tell you that I learned more about when I am in excellence and when I'm not that I ever could have hoped for. I learned that I live in excellence when I am joyful and I don't when I'm not. This year is surrender because I want to surrender to joy more fully in my life.

Once you have picked your theme, write it down somewhere that you can look it up in the autumn of 2010. There is a really good chance that you will forget what your theme was and that's ok. The thing about working with themes is that they happen regardless if we remember it or not. Once we declare the theme, it takes on a life of its own and it influences everything we do or experience.

In the autumn, you will be able to see how your theme manifested in your daily life. Just like magic you will have grown in the direction of your theme.

I wish you a powerful year of joy and love.

Kathleen (Kat) McCarthy

[Email Kathleen](#)