

So What's up for 2010?

by Mary K Weinhagen



I'm always thrilled with the start of a new year. And because I round out the first week of each new year with a birthday... it really is a doubly powerful time for me to check my intentions and declare any new ones.

As we start 2010 every cell in my body is humming with anticipation as I feel the fluttering of some big winds of change. It's a year for taking a stand. And taking a stand calls on us to commit in ways that inevitably mean we will be the ones providing contrast to others on the Planet.



No more 'fence-sitting'

No more waffling

No more going along to get along.

So I'm writing a new story of 2010. Like all good stories it needs a new foundation. And I know that means going within and connecting with Source in order to re-member who I am and why I am here.

The idea of 'remembering' can seem like a backwards move. Yet when we go within to connect and be still we arrive at that place where time stands still. In order to build a long lasting, authentic foundation I know I need to re-connect with my true, authentic self; not just releasing anything and everything within that has to do with old roles but with allowing myself to *become* who I really came to be and FINALLY knowing it's time for my visions to manifest.

I feel a stirring in my soul that reminds me I have a purpose... to experience as much joy as possible while creating and experiencing with passion from the heart.

2009 was a time of making great distinctions. And I was a bit surprised to realize how unfamiliar I was with my 'heart' energy... and how the

decision making I was doing using predominantly the mind's reasoning blinded me to my full potential.

Oh, certainly I've known about 'living from the heart' intellectually for quite some time. In fact, I had convinced myself that I was doing exactly that, only to discover, with a willingness to truly embrace my 'truth', that while I had the best intentions, I had built a wall of protection around my heart that kept it from being fully open.



I admit... it's with slightly sweaty palms that I step into 2010 with an open heart and a willingness to hone heart and feeling processes. I sense that I will make connections that make absolutely no sense intellectually yet I will listen to and follow my heart.

I'm following the urging to listen to more music and letting it stir the muse within.

I'm noticing things through the eyes of heart that have not come to my attention before.

I'm setting up for things to arrive... even though I don't know what they are yet.

I'm putting out simple desires in very non-attached ways and allowing magnificent experiences to manifest.

I'm experiencing eager anticipation, knowing life is good and getting better every day.

I am experiencing a new power and confidence within that I AM in charge and I know *what it is* that I want to create.

I'm filled with a fresh perspective for this new beginning as I embrace my contribution to the whole, knowing and honoring that it is simply only one piece designed to fit in with many other pieces in order to create a masterpiece.

