



**January 4th, 2010**

**Finding the Right Current: New Energies are Upon Us!**

The month of January appropriately got its name from Janus, the Roman god of doors and gates; he had two faces--one looking forward, the other looking back. This month gives us a chance to look back on the old year and reflect a moment before focusing on the new year of 2010 with its blank canvas of possibilities--and remember that you are the artist! Also remember that intention is now a very powerful tool available to anyone so take the opportunity to set specific intentions for your life instead of drifting through the year.

In my *LifeWeaving into the New Year* class, attendees released last year using the framework of the feng shui life areas: journey/career, relationships/marriage, elders/family/bosses, helpful friends/helping others/travel, creativity/children, knowledge/contemplation, and fame/illumination. Once clear, we re-entered those areas to identify new goals. Try it. This exercise needs to be done by turning off your analytical mind and allowing the intuition, through meditation or by using a divination card deck of your choice, to flow and create a year full of magic.

2010 has been described in several channelings by the words "*expansion, acceleration; a pivotal year; the year of the Crystal Rose of Peace; a year of creativity, manifestation and self-expression*". The numerology of 2010 is 3; that gives us the energy of social expansion and creative successes, a time to find yourself and to find or make the opportunity to blend your personal, professional and social lives. **(Folks, that is what destiny work is all about!)** In the Chinese astrology, February brings in the Year of the Metal Tiger with an inherent energy of "power and conquer" along with a theme of brotherhood to heal and cure common problems that the world is facing.

Checking with spirit and using my LifeWeaving chart, the words identifying this year are *clarity* and *faith*. Meditate on them and see how they fit into your life and planning.

In a spiritual sense, the time of hand-holding is over and each spirit, each person, must make his or her own choices and own life path. Stop looking for healing and instead **go get activated**. Find people, places, activities, teachers, etc., that will increase your life frequency and provide you with tools to sustain that increase. And, of course, you must follow through on your end and utilize what you learn.

**2010 To Do List**

1. Let go of the old.
2. Clean your home, auto and computer to prepare for the new energies coming in.

3. Set intentions for all areas of your life.
4. Get into the flow of overlapping energies coming with 2010.
5. Get activated!
6. Have fun doing it all.

### **Carole's Update**

In 2009, Albuquerque averaged 28 sunny days each month, a situation that I highly recommend!

For the past few days, I have been amazed at an entire flock of robins - an entire flock! - congregating around the apartment complex. Where I grew up in Ohio, sighting just one robin was the first sign of spring. So what do I do with an entire flock? I looked up the symbolism for the robin: it is a teacher of growth and renewal and has the ability to nurture itself into true adulthood. So this entire flock is helping to direct me to let go of the past (all those pesky childhood issues) and be renewed and free to nurture and serve myself and others. Cool message.

Healing always begins with one's self.

As part of my own healing, I will be moving into a different apartment soon. This action is providing me with the opportunity to start fresh this new decade. Unlike the move uprooting me from Washington State a couple years ago, this will be a gentle shuffle to help me fine-tune my new life and allow me to meet the coming energies of the decade and year the way I need to. It is an exciting proposition. This is also the perfect opportunity for spring cleaning!

A final thought on HEALING from the Osho Zen Tarot: "Move as a total being, and accept things. Just for twenty-four hours, try it - total acceptance, whatsoever happens . . . don't react . . . see what happens . . . Suddenly you will feel an energy flowing in you that you have not felt before." Try this exercise. You might just like the feeling! And enjoy a healing 2010.

Stay tuned for more on personal wellness, transformation and activation throughout the year. Check out [current classes](#) or [products](#) on this site to see if there is an activator waiting for you.

I AM, I AM I AM,

*Carole*