



CULTIVATING THE SEEDS OF CHANGE ©
Renée Canali, Mindset Coach Vol.6, Issue 1, January, 2009
The Year of Illumination

Share The Warmth

As the year begins, Cultivating Change, LLC is transitioning from The Year of Gratitude to The Year of Illumination. Focusing on gratitude brings us on a many faceted journey of appreciation and self discovery. Please continue on this journey with us into 2009.

The journey begins with an appreciation of the gifts we receive every day, some of which are wrapped in frustration or disguised as hardship. Seeing gifts as every day occurrences allows us to discover what we want and what may need to change in our lives. By consciously choosing to step out of our comfort zone, we discover how to better identify ourselves. WHO we really are comes from within-our spirit, our values and our deepest passions.

To fully know who we are takes skill in evaluating what we believe and courage to change what we may have thought about WHO we are. [Julian Kalmar's article](#) guides us through the process of nurturing our own happiness. He skillfully teaches us how important it is for our health and wellbeing to happily engage in activities that offer both mental and physical exercise. When we are connected to that inner part of us, we discover true happiness.

What we discover in that self-connection shows us where the gap exists between where we are right now in our happiness and what we want to experience in our lives. Moving incrementally from what is right now involves a change in what you believe: about yourself, about others and about the world. Leaving behind expectations that encumber our growth and rewriting our future creates a space for learning, discovery and true happiness.

This year's focus on illumination begins with the warmth we created on the first stages of our journey beginning in 2008. Now that we have stimulated a deeper wanting in ourselves and for ourselves, we have ignited a dormant fire within our souls. We are eager to keep this fire stoked and share the warmth with others in 2009.

And of all illumination which human reason can give, none is comparable to the discovery of what we are, our nature, our obligations, what happiness we are capable of and what are the means of attaining it. Adam Weishaupt

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GROWTH ACTION PLAN FOR January 2009 ©

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What would it mean for you to live in true happiness? Try this guided meditation to create your ideal life.

I invite you to take a deep breath, close your eyes and allow your mind to wander. Guide your mind past yesterday's sorrows and today's worries. Urge it gently forward to the dreams of tomorrow. Wait for the picture to take form. Can you see the brilliant colors surrounding you? Notice which color is brightest or most prevalent. Capture its beauty in your mind's eye.

Stand in the light. Feel the warmth on your face, arms, and back. Allow yourself to become wrapped in the warmth. Notice the gentle breeze that is beginning to blow. It brings soft fragrances to you. Take a deep breath and bring those wonderful scents into your body. Let them become part of you.

Listen. There is a whisper in the breeze. It is the voice of internal wisdom calling to you. It beckons you forward, encouraging you to take a step-just a small one. Focus on the horizon and will yourself just one small step ahead, closer to the horizon of your dreams.

Experience the ease with which you move forward. Appreciate the strength with which you propel yourself to take just one more step. It is a familiar feeling; you have experienced this many times before. Celebrate the progress you have already made towards that horizon. Walk with confidence in easy, steady strides. There is no rush, just exhilaration as you get closer to fulfilling your dreams.

You are filled with excitement and energy. Revel in your progress: drink it in. Savor every triumph, every lesson, and every gift. See how you can share this with others. Bring your gifts to them and offer them willingly. Unwrap them from the confines of your thoughts and allow them to be opened by those who treasure them.

You have talents and gifts that are meant to be shared with others. This is your purpose here on earth. As you begin to emerge from your sacred dream, bring these gifts with you into the world. Allow them to be discovered as you carefully reveal them through your thoughts, words, and actions. Observe the joy you have brought to those in need of your gifts.

You give but little when you give of your possessions. It is when you give of yourself that you truly give. Kahlil Gibran, The Prophet

For things to be different you have to cultivate change. Take action ! Contact Renée at Renee@landofpossibility.com or call 866-337-2728. to experience a sample coaching consultation. All rights reserved. This may be reproduced with copyright statement and credits intact.