

JANUARY 2011 NEWS

Happy New Year to all my readers. I wish you a blessed year; a year that will be remembered for its wonderful times.

The contents of this letter has been decided on as a result of conversations with people, who not only experienced many a negative moment in the past year, but also as a result of a visit to Gauteng where people seem to live a highly stressed life and where conversation is often negative and fear based.

Now granted this is not the case for everyone, but unfortunately many people do fall into the above category. More so than my fellow Capetonians, who are, I am afraid, quickly following the same pattern.

There are two sayings that I read a few days ago that resonated on a deep level. "Looking on the bright side of life will never cause eyestrain" and "worry pulls tomorrows cloud over todays sunshine". Today is a good time to decide how you are going to view 2011!

If we look at the natural law "energy follows thought", we understand that what we think and the manner in which we look at life and behave, can determine our reality. For most people reading this newsletter, this is nothing new as it is for me. However, it is amazing how easily we fall into negative talk and thoughts.

The decision is simple ... do we wish to have a year of mink or manure? Now some would say that New Year resolutions are useless as we seem to be unable to keep them. I say that the "mink" or "manure" choice is not a New Year resolution but rather a life choice.

At the same time, as energy follows thought, we are also able to understand that for each person that decides to go with the "mink" choice, you will not only be enhancing your own life with happier thoughts and experiences but also raising the vibration of other people who err towards the negative.

I believe that this year is a profoundly significant year as we move towards the 11th of November which is the day that we step onto the threshold of the Aquarian Age. Into a time where love and positivity resonate, where awareness of self is of vital importance and where service to the earth and all its inhabitants is our greater purpose.

Finally, do remember "that which we most resist, will persist" and therefore my affirmation for the year is "LET GO, LET GOD".

Blessing to all.

Sat Nam

Have a great year!

LOVE AND LIGHT

Debbie