

Living with Soul



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Happy New Year!

Leaving the Past Behind

We are usually excited about a new year. There is a sense of opportunity and new beginnings. It's exhilarating to look forward with hope and optimism.

And yet, we may forget that it's also important to leave things behind.

Think about moving into a brand new house. Would you fill it with old junk? Would you haul and carry things you don't need and place them into that beautiful new home?

If you could, would you not prefer to fill it with lovely furniture, artwork, new linens, potted plants and a whole new outfitted kitchen? Of course you would!

The opportunity of a new year is just like being given such a home, plus the budget to fill it with stunning new things.

Let's see how we can do this.

Stepping into a Happy New Year

My favorite way to express this is with a quote from *A Course in Miracles*:

All your past except its beauty is gone, and nothing is left but a blessing.

Isn't that beautiful? Can you imagine moving forward with nothing but beauty from your past? You can!

Let's let go of all guilt, all disappointment, all fear and all sadness. They are authentic in the moment, but carrying them forward puts your health at risk and robs your life of happiness.

Focus on your happy memories.
Focus on the beauty of your life.
Practice gratitude daily. And you will be able to move into this New Year with great joy, taking with you only the blessings!

May you be blessed!