

Surfing the Energy W.A.V.E. into the New Year

As the Holiday Season starts to slow down a little, I look forward to 2014 with its promise of things to come. I used to make a New Year's resolution—or two or three—on what I thought at the time was right or good for me, such as:

- Eat less, or Exercise more, or Weigh less, or Eat more healthy foods
- Call, write, visit ___ (fill in the blank: mom, sis, grandpa, best friend) more often
- Stick to the budget, or the diet, or the exercise routine, etc.
- Don't lose patience with ___ (fill in the blank: kids, spouse, co-worker, pets, neighbor)
- Or even "make more time for me."

Have you made similar resolutions? Truthfully, I found it very difficult to maintain resolutions like these—have you experienced that too? If making a resolution works for you, I hope you patted yourself on the back! If the resolution didn't work out for you—did you ever wonder why and then told yourself you'd try again next year?

Resolutions seem like a good idea; we may feel ready for change...and the blank slate of a New Year seems like a good time to contemplate change (though my practical, loving husband said recently "why wait until a new year if you want to change something in your life?") If we're trying to change something we "think" we should, we're more than likely setting ourselves up to fail because we're "thinking" about a change with our mind instead of letting our feeling Heart be a part of the process. How can you bypass your mind and decide something with your Heart?

If it's making a New Year Resolution, or just a decision about something, here's a way to open yourself up to your Heart and to your Divine Soul's guidance.

Heaven Rushing In will enhance your grounded connection to Earth's energy and put you in touch with your sacred Soul connection. After doing this energy technique, spend a few moments more "in touch" and "listening" to your Heart, and even if you don't feel you receive guidance at that time, keep faith that it will come to you in perfect timing.

1. While standing (and I like to take my shoes off but you don't have to) take a deep breath in and spread your fingers on your thighs. Feel your feet on the ground (if you're on a floor, imagine the ground directly beneath you) and exhale slowly as you feel the energy release from your hands, down your thighs, into your feet and into the ground. This is your grounded connection to the energy of the Earth.

2. Take a deep breath in, bringing up your arms in a wide circling motion around you and bringing them in in front of you, then place your hands in a prayer position in front of your chest. Exhale slowly as you feel the sacred beat of your Heart.

3. Take a deep breath and lift your arms up high and wide as you look up to Heaven and Heaven reaches back to you. As you slowly exhale, you may feel a tingle, buzzing, or heat in your hands—you are touching Heaven with your hands and inviting healing energies to come to

you. As you breathe with your hands touching Heaven, you can pray or think about the resolution, issue, or decision you're trying to make, or you can just stand in gratitude for all of Heaven's blessings you've received.

4. When ready to lower your arms, scoop up all the wonderful energies into your arms and bring your hands to the middle of your chest at your Heart. There is an energy vortex at your Heart and "heavenly" energies rush into your Heart through this vortex with healing and/or with inspiration and guidance, as well as sacred Divine love.

5. Repeat steps 2 through 4 as often as you like if you feel you need more energies or guidance. If there is a specific area in your body that needs healing, after the energies have rushed into your Heart vortex you can place your "heavenly charged" hands over that area for healing, and with love in your heart let the healing energies stream in from your hands.

(Adapted from Eden Energy Medicine Five-Minute Daily Routine)

*The Heart is believed by many cultures to be the seat of the Soul. Scientific experiments have even shown that the Heart's magnetic field extends out from the body many more feet than the brain's magnetic field, indicating that the energy of the Heart reaches out to your environment much more than the brain does. The Heart is intelligent—trust the Heart as it always tells us True if we don't spend time second guessing it—and the **Heaven Rushing In** technique can be a great way to re-establish or strengthen your connection to guidance and inspiration, whether it's about creating a resolution for change you feel ready for or whether it's about bringing in healing energies.*

Wishing you a happy and Heart-full New Year!

Penny