

# Happy (belated) Hogmanay

## New Beginnings... or Not

It has become customary to express a resolution as a new year is born. It is usually based on some form of self-improvement. This necessitates a self-assessment to determine wherein doth lay the offending flaw. Or maybe a well-intended-albeit critical-spouse, friend, parent or other person made a suggestion that spawned a resolution. The truth is that all sustainable and meaningful change has to come from within. The caution to New Year's resolutions is because they are cultural memes rooted in group think. Individual commitment to change is between that soul and its Great Spirit rather than between whole tribe on one specific day.

Hogmanay (New Year's Day) gained significance as the midwinter feast in Scotland when the Scots ceased to celebrate Christmas during the Reformation. This Hogmanay was the first since the Scots voted to stay in the United Kingdom. As I watched the process, I felt the tug of my highland ancestors. I also watched heartfelt pleas to stay and shameful bullying to not go. Lines were drawn in the sand. People took a stand individually and they voiced it. Nationalism yielded to individual choice. Does that mean status quo? For some, that would be "aye". For others, heat of the moment resolutions were already uttered. Can it be a fresh start in an old relationship and an opportunity to heal? Time will tell.

Only you alone can choose when and how you want to declare change for yourself.

## Help – my clothes don't fit!!

This fall, I noticed my usual clothes for work were all rather snug. I could have berated myself. I could have starved myself. I could have guilt tripped myself into doing more (or at least some) exercise. I didn't do any of that. I recognized how stressed I already was and wasn't about to beat myself up more on top of it. It had been a very difficult time at work. I knew extra weight meant I felt under attack and needed layers of protection. I also knew I had not been loving enough to myself in the self-care department- which will happen when we are so busy meeting the needs of others instead of our own. I decided weight fluctuates. I knew it would come down when I was ready. In the meantime, I switched to more flowing and less fitted outfits, bought a couple of loose tops to tide me over and I let it go. Sometimes surrender is the most serene self-care one can do.

“(i do not know what it is about you that closes and opens; only something in me understands the voice of your eyes is deeper than all roses)  
nobody, not even the rain, has such small hands!”

-ee cummings

## Soul Coaching by Sandy

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# Inner Peace in Changing Times

## Coping with Life Transitions

Ever have someone move something from your personal space or do something that throws off your morning mojo? You know how it feels. The rest of the day starts with chaos. You are off of your game. Caroline Myss says that our morning routines are our energetic imprints that ground us to set out on the right tone for the day. Like dogs that circle around until they settle down to sleep- we have our own motions, sequences and items that help us circle down to business.

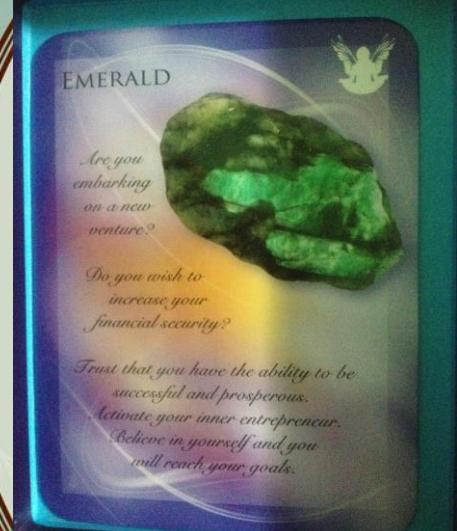
Little life changes can get us off balance. When major life changes occur we find ourselves completely ungrounded. That is when those little routines are so important. When we are barely holding it together to keep the big balls in the air, the little ones can make or break us. Bedtimes, meals, morning stretches might be bookends that seem trite, but bookends serve a purpose too to keep the books standing tall. Routines are the ends that hold our day's story together. Sonia Choquette has many recommendations for getting grounded in her book True Balance that range from wearing comfortable supportive shoes, eating traditional food, gardening to using good quality toilet paper. They all support the Root or foundational energy centre in the body.



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*From the Angels &  
Guardian Gemstones  
Cards*

*by Margaret Ann Lembo*

## Rock Star of the Month Emerald

### Earth Changes

Change has a ripple effect. It brings up new opportunities. Some are more pleasant than others. Embrace whatever comes up to really grow and evolve.

"What happens when you move a lot of large rocks in your garden that you've never moved before? The things that live under them, in the dark, suddenly scamper out when exposed to the light. Perhaps you didn't even know they were there, lurking, but they were all along."

A message from Kryon channeled by Lee Carroll December 2014

## Coaching questions:

- ④ Are you on good footing?
- ④ What do you do to “bookend” your day in am and pm?
- ④ Do you respect others in their own daily routines?
- ④ **What do you want to change in your life? What are you doing to make it happen?**
- ④ Do you skimp on cheap toilet paper or do you treat your-self with quality?
- ④ When an earthquake rattles through your life, where do you find solid ground?

## Did you know that...

- Emerald is a type of beryl stone and is made of aluminum and silicate?
- Emerald resonates with the heart chakra and is considered a stone of passion. It can help reawaken passion for life, work, love etc.? Emeralds exchanged between lovers are thought to ensure fidelity.
- Emerald was believed to relieve eye pressure so jewelers used to keep emerald in their desks to aid vision?
- Some say the Holy Grail of Arthurian legend was made of emerald?
- Roman Emperor Nero would watch gladiator combats through an emerald lens to keep him calm?



## Me to We

Proceeds of Jewelry Sales go to pay for Water, Food, Education, Health Costs etc.

Karmic consumerism need not become massive second mortgage time investments. Little things can have a positive impact. More importantly, the energy behind the decision to purchase ethically has a greater impact. If we do it out of compassion, it is loved based energy. If we do it out of resentment or guilt, it is fear based. Recently, I was about to buy a birthday card for a friend. The cards were next to some Rafiki friendship bracelets in the shop. She currently has a baby in the hospital, so I opted to purchase the health bracelet which pays forward medical costs for a year for a child in a third world country. Yeah, it costs me a few more loonies than a card would have, but for a mere ten bucks it was a symbolic act of solidarity for my friend and a way to spread the hope of good health to others in need. I have taken to having morning tea at the McCafe after I drop everyone off to school/work (free Wi-Fi to boot). Since my friend's family have been so generously fed and housed by Ronald McDonald House while the baby is in Sick Kids, I do not hesitate now to throw the spare change into the Ronald McDonald bucket.



*The Emerald City in the Wizard of Oz*

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## Sacred Stones for the Soul

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