

2008 Letter of Intention

Hello!

We are beginning a New Year, and as such a new cycle in our lives. This New Year is a very exciting one. It is the opening to a new cycle in the evolution of humanity. That may sound a bit dramatic, but I am by no means being dramatic by saying it.

For centuries this time has been called the “Shift of the Ages” by many indigenous people. As most of you know, the Mayan calendar ends in the year 2012 (beginning in November of 2011.) That does not mean the end of humanity; it does mean the beginning of a new consciousness. Those of you that have been attending retreats with me for the past few years know that I believe we are evolving into multidimensional and multisensory beings. And, how very cool and exciting I think that opportunity is.

It may also seem as if time is speeding up. While time is relative, what is speeding up is creation. Making it appear and feel as if time is speeding up. Or as I hear often, we feel like we “don’t have enough time.”

There are energy shifts going on within the Earth Mother and these shifts affect the energy within our own energy field. We feel the shift and can often mistake this “quickenings” as fear and react to the shift in panic and fear.

I realize I am writing paragraphs that truly demand and require time and attention. I assure you, for those of you who are willing we will give this “Shift” the time and attention it deserves throughout the year. For now I invite you to be a conscious creator in your destiny. The first key in the evolution of our own personal consciousness is to be conscious! To be awake and aware of self, beliefs, behaviors, defenses, wants desires and the truth that you and I are active participants in our own reality. We are creating every minute of every day. Knowing that, wouldn’t you want to be aware of what you are creating?

For the next few weeks I will be sending you weekly assignments that will assist you in consciousness. For two decades I have worked with the transformation of the human consciousness in healing and empowering ways. I have researched tools that I believe assist each of us in truth and awareness about our own individual and collective awakening. I hope you will take the challenge and “Be the Change” you want to see in the world.

So, let’s begin. Step by step.

Your first assignment is reflection;

Reflection:

For this work you will need a journal. Start a new one for this work.

Begin by reflecting back on the past year.

Questions I would like you to write about.

1. What have you learned during this past year about yourself?
2. Write about five things that you have learned that have made a positive impact on your life.
3. Write about five people that have made a positive impact on your life. What attributes do these people have that you admire?
4. Take some time now and notice if you have common themes that reoccur in your life. Examples: Relationships that seem to play the same lesson or theme over and over. Either in the relationship you have been in for some time. Or, in new relationships with new a new partner. Have you ever said to yourself or others? "Why does this keep happening to me?"

Another example may be jobs, or friends or circumstances that continue to reoccur. Really explore this topic in your life. This is rich information for you to discover. If the same circumstances happen over and over again, you are being asked to look deeply at yourself to see how you are contributing to the co-creation of your reality. In short, anything that continues to manifest in your life is a lesson or contract that is set up to assist your evolution. Feeling or acting like a victim will not shift reality. It will only attract more of what you have been getting in bigger and better ways. So, look at all areas of your life and truly take the time to see if what you are attracting is what you want.

Areas to spend time on:

Health

Your Relationships (look at as many as you feel are important to you now)

Your work or Career

Creativity

Family

Personal Time

Self Esteem,

Communication

Spirituality

School or continuing education

By all means make your own list of priorities. If you have more than I have listed I would love to hear from you. This exercise in reflection is very important. You may find that in looking over the past year you find common themes that have repeated over years or in fact continue over your lifetime. It is very important to practice releasing all judgment you may have at this time and be the witness, see yourself as the researcher of your life. At this point no thing is good or bad, let's let go of that thought process right now. It is what it is!

Exercise 2:

Take the same list, including anything else you may have identified that is important to you.

Now, start creating!

What do you want! What dreams do you have? What are your desires? What are your goals? Really play with this one! Have fun! If you are in relationship with someone that you want to create with, play this game with them as well!

Let's take some time and talk about creating what you want. Many times when I have this conversation with people I am working with either in retreats or individually, I get some resistance at this point. For some reason we have been taught to believe that we don't deserve to get what we want. By the way, I would love to get ride of the word "deserve". However, in this transition we will use it because it is so prevalent in the current reality we are living in. The word "deserve" begins in the lowest of lack realities. When you begin your thoughts with the word deserve, notice how you feel in your belly. Now, imagine that you are ordering a meal at a very fine restaurant; you have been invited by the chief an owner of the restaurant to order anything, anything off the menu that you want. This restaurant is abundant and beautiful. You are a guest, highly values and respected. There are no prices on this menu, nothing is deemed of better or lesser value. You simply get to choose. Only you're preconceived value system places higher or lesser value. What would you choose? And, would you be grateful for the experience?

Well, that is what I am asking you to do. In this abundant and beautiful process called active co-creating of life, your life! What do you want?

The Universal energy field or divine matrix IS responding to YOU! What do you want!!!

Ok, that seems like enough for today. Take some time, enjoy! I will send another assignment next week if you are willing.

Love and Light
Nameste'
Vicki