SOUL SPACE

2018 NEW YEAR SOUL CEREMONY

Before we move into looking at intentions for the New Year, lets first take some time to acknowledge and express gratitude for the year that was. For the blessings and even the opportunities for growth that that come from the challenges.

2017 is the foundation year in the 9 year planetary cycle. For many it was a very challenging and our foundations were rocked to the core. What you achieved is setting you up for years to come.

Remember that all challenges are an opportunity for growth. We always have the choice to bemoan and complain about them, or to acknowledge that challenges are a normal part of our journey. They will always point us to where we can grow and expand, by consciously choosing how we will respond.

We're living in a time of great change, growth and healing. We are letting go of so much that no longer serves us and much that isn't even our own. We need to release in order to expand.

2017 REFLECTION

What are you most grateful when you reflect on the past year?

What were the most memorable parts?

Biggest achievements?

What difficulties did you survive?

What did the challenges teach you about yourself? Were there any blessings that have shone through the clouds?

2017 REFLECTION

What worked that you want to continue?

What didn't work that you want to stop?

What new seeds were planted that are getting ready to bloom?

Who were you BEING to have created all that you did (both the wanted and the unwanted?

2018 INTENTIONS

What do you desire to let go in 2018?

What would you like to be able to say about 2018 this time next year?

Use the following 5 categories to consider your intentions for 2018 in terms of your heart's desires for want to feel, create and experience:

HEALTH & WELLNESS

SPIRITUALITY/CREATIVITY/LEARNING

2018 INTENTIONS

FAMILY/FRIENDSHIPS/COMMUNITY

WORK/CAREER/MONEY

LIFESTYLE, LEISURE, HOME

2018 INTENTIONS

Who will you BE to create the year you want?

What will I need to do DAILY to bring this about?

What could be your guiding word or mantra this year?