

A New Year's Process

By Karen Puglia

Let's all sit quietly for a minute letting go of the day's events. Allow yourself to get comfortable in your chair. Inhaling and exhaling and with each breath allow yourself to feel centered. Breathe and settle in relaxing your body and mind. Take a few more relaxing breaths in through your nose and exhaling through your mouth relaxing with each breath and exhaling completely letting go of any tensions that you might be feeling. With the end of 2009 approaching, and the beginning of 2010 soon to follow, let's begin to focus on all that we are grateful for.... all the people, situations, and things that we are grateful for in our lives right now.

We know that when we are in the state of gratitude, we are in our heart center, feeling and sensing all that is around us. Being in your heart center is a great place to be in order to continue to bring the people, situations, and things that we are grateful for into our lives. When we focus energy on a particular situation or thing, it manifests in our life. So breathe gently and bring your focus to your heart center. (wait) Now, bring to mind one vision of a person, or situation or thing that you are grateful for. Place this vision in your heart. Sit with this vision for a minute. You may find yourself smiling. (wait) OK, now release that image and bring a second person, situation, or thing that you are grateful for into your heart. And sit with it as you continue to breathe in and out gently. (wait) Once again, release that image and bring a third person, situation or thing that you are grateful for to mind and place it in your heart. (wait).

I invite you now to bring your focus to 2010 and what you would like to create or bring into your life in this new year. Is there something else that you desire? Perhaps you would like to continue to feel gratitude for something or someone already in your life? Is there something that you wish to continue to have, or maybe you would like to have even more of this in your life in 2010? Being in the energy of gratitude will help you create and bring this into your life in 2010. Take another moment to think about this....bring your focus on what it is that you desire in 2010.

I invite you to take a few more breaths.... Inhaling and exhaling, allowing yourself to be here in a state of gratitude. Again inhaling and exhaling.

Let's start with heartlinking, touching your thumb to your middle finger on either or both hands and asking our angels to be present for us, to surround us in a bubble of love, light, and protection. I invite you to heartlink to each other...all of us on this call.

Focusing on the thing that you shared with us all....See it in front of you and begin to breathe and envision all the aspects of this vision. See it in full color..what would it look like in your life, how would you feel having it in your life.....take a moment now to do this. (*time for this*)

I invite you to take a breath and then send a heartlink to this vision... remembering the heartnet process from our Advanced IET classes. Continue to inhale and exhale...and on the inhaling breath bring your vision into your energy field and on the exhaling breath send out a heartlink. Each time you do this, your vision comes closer and closer to you and into your energy field. Inhaling and exhaling a few more breaths....(*time for this*) See your vision and feel it now in your energy field. (*wait*)

I invite you to bring this vision into your heart center. (*time for this*) Feel it there, see it there, really breath it into your heart center. Begin to feel gratitude... to feel grateful for this already being in your life, thank the angels silently. Take the time to really feel this in your life ... feel and experience how grateful you are to have it there. Do this now....(*time for this*)

Continuing to focus on your heart center and your vision, I invite you to breath your vision up to your soul star and Ariel (*wait*) and then bring it down into your crown chakrasee Raphael smiling and inviting you to place it in your crown chakra. (*wait*)

See Gabriel inviting you to bring your vision into your third eye. Once again see it as being in your life and feel the gratitude for this. (*wait*)

Now bring your vision with all that you can imagine about it ...into your throat center. Silently speak your vision to Celestina (*wait*) Picture yourself telling someone about the presence of this vision in your life.

Allow Angel Faith to bring freedom to you from all the shoulds that you place on yourself. See her removing the obstacles and the shoulds that may come up for you. Breath and feel her presence and her support.

Now bringing your vision once again into your heart center..... Allow Cassiel to embrace you and your vision. See her loving presence hold you and see her smile with joy as she also embraces you and your vision.

Bringing your vision to Angel Daniel.....see him remove any obstacles that you might have around resentment or anger for any past situations or people that might be limiting you in embracing and manifesting your vision. See Daniel's presence with his hands in prayer position in front of you blessing you.

See Angel Sarah empowering you and your thoughts around your vision bringing her strong, confident presence to you with the assurance and knowing that your vision is present already in your life. Take a moment and focus on your solar plexis and feel your strength and know that all is in place for you in your life.

Now bring your vision with all that you can feel, imagine, and see into your hip area and to Angel Michael. As any fears come up around... am I good enough, can this really happen, what about this and what about that? See Angel Michael standing in front of you and clearing the path for you to have all that you desire in your life. Take a moment to see Angel Michael taking your hand and walking you on the path and as you near the end of the path.... Picture yourself once again having, feel, sensing, imagining, and seeing your vision.

Once again take a moment for this ...

Now inhaling and exhaling bring your vision now down your legs and ground it into the earth. Inhaling once again bring the vision up the back of your body all the way up to the soulstar and

exhaling bring it back down the front of your body and into the earth once again. Once again inhaling up the back of your body up to your soulstar and exhaling bringing your vision and your

focus to your heart center. Take a moment to embrace it once again in your heart center. Breathing and being in the knowing that your vision is a part of your life....it is in your life.

Now focusing once again on your breath, bring your awareness back to the call and to all of us on the call. Do a grounding process..... Either placing your right hand on your left knee and your left hand on your right knee or bend over and touch your ankles