



Your Year (February 2010)

Hello You, and how are you right now I wonder ...?

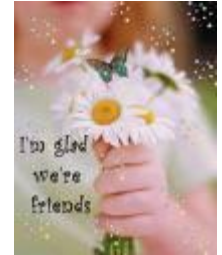
Well here we are in a brand new year, and at the start of a new decade. Though February

can feel like bleak month, reinforced by cold wet weather here in Aberdeen, I can still feel an excitement around the transition into a new year. I am writing this on 14th February,

on the day of the Chinese New Year (yes, I know, I should be doing something far more romantic

for Valentines Day!). We are moving into the year of the Tiger, which happens to be my birth

year. I'm wondering what 2010 has in store for us, what's mapped out already, what we will create through the choices we make, and our own endeavors.



Popular and ancient wisdom tells us that all we have is "now" - each present moment, and encourages us to live fully in the present as the past is over and the future is unknown. Yet we preoccupy ourselves with replaying the tapes of the past, and striving for or imagining what will happen in the future. Why aren't we humans wired to live in the present I wonder? I read a book some years back called "[Einstein's Dreams](#)". It's an unusual little book in which each chapter tells a story of how life would be if "time" as we have constructed as humans were to be quite different. One story is about what it would be like if time only lasted for a day, and we were to wake up each day with no memory of the day before. So every day us truly lived as a new day. How strange would that be!

So what's important to you about living your life in 2010? How do you want things to be? How do you want to show up? As part of my look back on 2009, I have read my journals and found some quotes that I came across during my own journey through the last year. Each of them had a message I was receptive to in the moment I read them. I have chosen a selection and share them with you below. I hope some of them connect with you, and that they will inspire you as your year evolves.

"Do not have regrets for how long you stayed in something before moving on. You stayed exactly the right amount of time that was needed for you to be where you are today" [Dave Richo](#), from his CDs on "Letting Go"

"To forgive is merely to remember only the loving thoughts you gave in the past, and those that were given you. All the rest must be forgotten" Marianne Williamson from "[A Return to Love](#)"

"And after we have shown each other how we have set and kept the clear, healthy boundaries that help us live side by side with each other, let us risk remembering that we never stop silently loving those we once loved out loud" Oria Mountain Dreamer from "[The Dance](#)"

"It doesn't matter what anyone else thinks about you. It only matters what you think. And if you are willing to let them think what ever they want to think, even about you, then you will be able to hold your thoughts steady with who-you-really-are and you will, in time, feel good, no matter what" Hicks from "[The Vortex](#)"



"For all that has been, thanks

For all that will be, Yes" Dag Hammerskjold - Swedish diplomat (1905 - 1961).

I have this one at the front of each of my journal.

My wish for you is that you know what makes you happy and brings you joy, and that you integrate that into your life each week this year, or even each day if you can. Don't wait until you retire to have fun and live your life!

Enjoy the opportunities 2010 brings you,

Until next time...

Alison

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