

NEW YEAR RESOLUTIONTION

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At the end of every year we wish the **New Year** will be better, we will accomplish more, and we will be happier, healthier and so on. A wish is just a wish, it makes nothing happen unless we take charge and make changes. Most of the time, we do the same things in the same way, naïvely expecting different results.

We **wish** everything will be **new**, improved better... but how can the new come to our lives if we do not make room for it? To get the new we have to get rid of the old. We have to get rid of those things that once served us, but no longer fit us, no longer fit our purpose in life.

Last year this column gave you some ideas about how to get rid of your material clutter. I received many comments of readers that took the task to heart, got rid of all kind of material clutter and saw an enormous difference in their lives. This year let's go a little further; We will review our mental clutter:

WORRYING

Have you noticed that when you worry your mind race from one point to another and no matter how fast the race is you get no where? Worry is a complete waste of time and cut off our chances to find solutions. While you worry you cannot think clearly about anything.

Furthermore, understanding that you magnetize whatever you focus your attention on. The more you allow yourself to worry, the more likely things will go wrong! For some people worrying becomes such a habit that they worry about everything all the time, most of the things they worry about will never happen in their lives. Next time you catch yourself worrying; shift your thought immediately to something that is already working in your life. This simple process, will take your mind away from worry and by law of attractions you will attract more wonderful stuff in your life. Make a list right now of all the things you worry about. This list will help you to spot yourself when your mind wonder into worry and also will serve for a future reference for you the check out and be amazed to find out how many of those things you once worried about, never come true in your life and consequently worrying would be a complete waste of time.

JUDGING AND CRITICIZING

I believe that the hardest lesson we are here to learn is NON-JUDGEMENT. All the spiritual teacher says the same thing: "Do not judge anybody or anything. Everything is just perfect as they are!" It is easy said than done, but a good exercise to control our judgment is to get in the habit that every time a criticism statement comes into your mind, stop and think: Why does this person attitude bother me? Might it me that what I am criticize and judge about others is something I don't like about myself? If so, how can I change myself? Commonly, the greatest critics are those who

unconscious believe, for whatever reason, that they themselves aren't good enough. Discover and change these your inner insecurities and the desire to degrade others will magically disappear. Instead of judging and/or criticizing, silently send blessings to all the people you meet and be you will be amazed by how they in turn respond to you and show the best of themselves.

GOSSIPING

When you engage in gossip about others you are cluttering your psyche and lowering your energy flow. If you have time for gossip is only shows how little are happening in your own life. Concentrate on your own issues. And send blesses to those in trouble to aid them to move through difficult issues.

COMPLAINING

Do you know someone who is constantly complaining about something or somebody? How does it feels be in this person presence? Do you feel uplifted or drained? Complaining, and blaming everything and everyone else for what is happening in our life makes us the kind of person that most people don't even want to be around. Instead, focus on what you are grateful for and those marvelous thins that with no doubt you have in your life more of the same will come in your directions and you will be surround by people that love to be with you. Keep moaning and groaning and you'll be on your own.

MEND THE FENCES

Imagine yourself in a social event. Can you think about a person in your life that if he or she would walk through the door, would immediately produce a feeling of discomfort in your body? If so, you **do** have unresolved issues with this person. You may not consciously remember these people, in fact you may actively try to keep them out of your thoughts, but your good old subconscious mind keeps track of them. Having unresolved issues in your life depletes your energy levels immensely. Make a list of people you do not feel comfortable being in the presence of, and make a commitment to reach out to them, one at time, maybe invite them for a cup of coffee and just talk, forget old issues, just play catching up, and you will be surprised how little meaning what happened in the past has, and how much better you will feel afterwards.

YOU COME FIRST

If you are like me, probably you find yourself with never enough time to do want you want to do, because we are much worried about the needs of other than our on. Let's on this New Year figure out the things we really enjoy doing and schedule them on our calendar before anything else. The little daily pleasures are what our spirit thrives on. If we just work, work, work without ever having time for ourselves, pretty soon our spirit starts to wither and die. General fatigue and diminishing health are the first signs that you are neglecting yourself. So, with no guilt put **you** on your schedule first.

