

**10 Themes**  
F  
O  
R  
Power &  
Prosperity  
in **2010**

‘A free ebook by Lucy Lopez’

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## **PREFACE**

I spent Christmas 2009 and the New Year 2010 with my family of origin. I have six brothers and two sisters and I am the last child. We still have our mother with us though our father left his physical form ten years ago. He remains with us in spirit.

This season, I got to experience, once again, the blessing of friends and friendships, some going back at least sixty years! It is truly a wonderful thing to experience – the loyalty and steadfastness of friends and the warmth and care that they express in the most gentle and unpretentious way.

As I watched people come and go, unannounced, turning up whenever they could despite their personally busy schedules, their many commitments and the competing interests in their lives, I couldn't help but feel blessed.

Knowing that you are thought of fondly is indeed a marvelous thing. It generates some very positive, feel-good vibrations!

I had been wanting to write something relevant to the New Year. After all, this is the time when we are most motivated to leave the past behind, start afresh and perhaps even pursue a few goals that we consider useful and enriching.

At the end of each day since the New Year, I would consider, albeit briefly, the fact that I had not yet written anything. At the start of each day and several times throughout, I would wonder if I would ever write anything that might help me and help my readers.

I have learned not to hurry inspiration. Indeed, it isn't possible. Hurrying only generates anxiety and frustration and depletes our faith. Inspiration is not made up of or assisted by any of these.

Expecting attentively, on the other hand, is an act of faith and it is reassuring. It recognizes that inspiration arises while one is gainfully and joyfully attending to the routine activities of each day and the fresh opportunities that lie within them!

On the fifth day of the New Year, my 'attentive expectation' was directed to following a fine thread of reflection guided by the question:

*What were the overriding themes for each of the first five days of the New Year?*

That reflection has resulted in this ebook.

I began by noting the main activities that dominated each day. From these activities, I was able to extract certain themes, ten in all that I've been guided to write about and reflect on. As I did, I realized the significance of these themes not just as useful points for reflection but, more importantly, as key signposts for my journey in the year 2010.

I suspect they could be equally relevant signposts for your journey too. I hope you will give them careful thought and use them to awaken your desires, map out your own goals and inspire fresh dreams for this year that lies ahead of you.

Throughout this book, I shall refer to my own desires, goals and dreams as a way of illustrating the relevance and usefulness of exploring these themes. I invite you to join me in this reflective exercise and stay open for what it might offer and open up for you.

I urge you not to skim through this ebook for the sake of satisfying yourself that you have done it! Instead, I urge you to go through it slowly and thoughtfully.

Let its messages penetrate your busy mind and still it. Allow yourself the precious gifts of mindfulness, openness, enthusiasm, joy and creative endeavor; gifts that you have been born with and gifts that you must use and express in order to live life joyously and with fulfillment!

Every moment is a moment of opportunity, a moment of possibility, a moment of change, a moment of desire and a moment for the expression of desire!

Seize each moment! Let this moment be the moment that changes your life in ways that you truly desire!

In love,  
Lucy

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**Visitors and Fire Crackers**  
INTERCONNECTEDNESS – BLESSINGS - POSITIVITY



## Theme – Interconnectedness



*"Go ahead – focus on yourself!  
Nurture and allow the goodness  
and greatness within so that it  
is expressed in all your  
relationships"*

### Reflection

Visitors come to extend good wishes, offer blessings and share joy and hope with us. They also come to offer support to those in the family who are not well. In return, visitors are likely to receive equally good wishes and blessings from us.

Visitors spend time with us because they enjoy our company. Perhaps they see or sense something about us that they appreciate and value and they want to be in our energy field.

But visitors also carry their own energy fields which are the outcomes of their thoughts. When these thoughts are of hope, happiness, success, and all things good, they allow high vibration states with which we can entrain.

THERE IS NO SEPARATION. ALL IS ONE.

Visitors remind us that we are never alone in this world, that we are connected with all else.

They remind us that our home, our personal space, where so many gather, is a metaphor for our mental space in which the entire world exists.

After all, it is through our thoughts that we engage and create the world i.e. our experiences, and all the people and things in it. It is in our mind that our experiences of the world first take shape.

THERE IS NO SEPARATION. ALL IS ONE.

It is our mind, its thoughts, beliefs, preconceptions and perceptions that determine our construal of situations and our responses, whether conscious and deliberate or unconscious and automatic.

It is via the neurons in our brain that images of the external, physical world are constructed and projected onto our mental screen.

THERE IS NO SEPARATION. ALL IS ONE.

Fire crackers, thought to be the invention of a Chinese monk some 1000 years ago, are lit to ward off evil spirits and thus usher in an auspicious occasion such as a New Year, free of bad energy.

The explosion of fire crackers is sudden and loud and tends to seize your entire attention, leaving you no room for thought. You could say that this is how 'evil spirits' i.e. negative thoughts are expunged from your mind, at least momentarily :).

So, the themes of the first day of the New Year – Interconnectedness, Blessings and Positivity – are themes that you might wish to explore for yourself and set empowering goals around.

THERE IS NO SEPARATION. ALL IS ONE.

All of life is intricately interconnected. In the ultimate and infinite field of reality, there is unity. There is neither separation nor power differentials.

All of life draws from the same source and affects and is affected by the same source. Yet, for all the changes that take place, executed by individuals and characterized by diversity, unity prevails while awareness expands.

How does this truth affect you on a daily basis and in a practical way?  
How does this truth speak to you?

THERE IS NO SEPARATION. ALL IS ONE.

Perhaps the following little sharing might help.

I was visiting a friend with my sister-in-law and her sister. The latter also happens to be my childhood best friend. As we were driving to our destination, I asked the question:

*What is your biggest learning from all these years? (We are now all mothers of grown children).*

My friend was the first to offer an answer:

“I’ve been learning to let go. Sometimes, things get really depressing or frightening. It can be overwhelming. But when I can remind myself that ‘this too shall pass’, it ceases to have such a strangle hold on me. I can be much more relaxed about things and I feel more peaceful”.

THERE IS NO SEPARATION. ALL IS ONE.

It was my turn next.

“Remembering that all things, without exception, are perfect and purposeful in themselves, helps me accept the world as it is and not to be in conflict with it. That doesn’t mean that I stop aspiring for different things. Not at all. Desire is a wonderful thing and moving in the effortless flow of desire is what keeps me happy. It leaves me little time for quarrel, fighting or rejection, though, and spares me the pain of such thinking and behaviour”.

But it was my sister-in-law who shared what I think is most relevant to the theme of interconnectedness.

***“Being charitable in thought, word and action because there is no such thing as individual happiness. You cannot be happy without going some way to helping others experience happiness”.***

THERE IS NO SEPARATION. ALL IS ONE.

Now doesn’t that speak directly to the theme of interconnectedness?

We know that in ultimate reality, we are one. But in this relative reality of physical existence, the perception of separation and individuality is a persistent and compelling one.

It is useful in some ways, but it is also obstructive. Our incomplete and indeed erroneous perception of ourselves as individual, independent

beings causes us to think and behave in ways that prevent us from experiencing our wholeness and completeness.

We feel we can only get ahead, indeed, survive, by giving ourselves priority. Certainly, we need to take care of ourselves. In this physical, material world of perceived lack, we feel compelled to ensure that our personal needs are satisfied before we can look out for the needs of others.

THERE IS NO SEPARATION. ALL IS ONE.

For as long as we perceive separation and lack, we will be driven to think and act in ways that reinforce and perpetuate our sense of separation and lack.

Is there a better way? Is there a more empowering way? Can we seek happiness not just for ourselves but for all else? How would that change the way we think, speak and behave?

In my own journey, this is what I do and how I think of things:

I understand that the best thing I can do for others is the best thing I can do for myself. And what is that? It is to keep myself happy, peaceful, creative, powerful and free.

THERE IS NO SEPARATION. ALL IS ONE.

I have come to see that it is when I myself am feeling peaceful, joyous, empowered and free that I am most open to and accepting of others. So, my work is focused primarily on the inner work of my mind and spirit.

I know that when these are in their most natural state i.e. free from blocks that my conditioned mind of separation and lack have fearfully imposed, I am free to enjoy truly loving relationships with others. This is when I feel most connected with others. This is when life flows most freely and effortlessly.

So, although my focus is on the inner work of my mind, spirit and body, I do it with the realization that it ultimately contributes to the happiness of all. Thus, there is no 'individual happiness'. True happiness is only experienced when there is a desire for the happiness of others.

THERE IS NO SEPARATION. ALL IS ONE.

This desire prevents us from thinking and acting in ways that increases our sense of separation. It prevents us from competing with others and trying to outdo, outthink or outtalk them.

Instead, our focus allows us to soften, to strengthen, to open, to create, to free and empower ourselves *from within*.

### **My Goal**

My goal for 2010 is to experience the consciousness of interconnectedness.

Why am I setting this goal?

To experience greater happiness, greater peace, greater freedom, greater power, greater love!

THERE IS NO SEPARATION. ALL IS ONE.

How will I achieve this?

- By continuing to sharpen my focus on, and attentiveness to, the natural flow of peace, joy, freedom, power and love from within.

I will do this by spending time in meditation using techniques such as mental noting, body awareness, breath awareness and visualization.

- I will start and finish my day by imagining, intending and allowing my happiness and the happiness of all.
- By maintaining an inner awareness, I will respond with peace, joy, power and freedom to the events in my day.

THERE IS NO SEPARATION. ALL IS ONE.

## Your Goal

I am certain that when you give some thought to the theme of interconnectedness, you will be intuitively guided to set your own goals. My only word of counsel here is that you begin by setting your heart and mind to the frequencies of peace, joy, power and freedom.

These are the higher frequencies at which we can choose to vibrate through our thoughts, words and actions.

THERE IS NO SEPARATION. ALL IS ONE.

However, there is always a tendency to act before we have set our minds and hearts at the higher frequencies. That is really like putting the cart before the horse. You will find it far more effective and effortless to set your mind/thinking first and then be guided into action by this high frequency consciousness.

That said, once you have set yourself at the higher frequencies, the following are some of the things that you may be guided to do or refrain from doing this year as you entrain in the consciousness of interconnectedness:

- Listen more attentively and less judgmentally to another
- Overcome your fear or reluctance to spend time with another
- Be more open in what you share with another
- Not feel guilty because you have chosen not to share something with another and instead feel confident and joyous about your decision
- Be less inclined to show favouritism, to praise one person over another, to make comparisons of people rather than focus on each one's strengths

THERE IS NO SEPARATION. ALL IS ONE.

## Theme – Blessings



"If we live our lives as a gift it is possible to reach a blissful state of eternal happiness. It is those who live their life with a sense of entitlement that undermine peace, freedom and liberty. Know that every breath is a miracle and every moment a blessing and you will achieve your dreams." *Michal Teal*

### Reflection

In its broadest sense, a blessing is an intention of good things upon someone. Wishing someone a Happy New Year in a mindful way is a blessing.

Traditionally, blessings have been part of religious rituals, many of which can be elaborate and complex. The rituals used in such blessings can be rich in symbolism, as for instance, the blessing of a child during its christening.

Water and oil are often used as symbols of purification and holiness respectively while a candle is used as a symbol of enlightenment.

### TO BLESS IS TO ENTER HEAVEN CONSCIOUSNESS

If we wish, we too can make our blessing rich with symbolism and ceremony, crafting them to convey our personal and shared meanings. This could be something to enjoy.

On the other hand, we can make our blessings simple, straightforward, and when necessary, something that we mentally perform rather than articulate in words or actions.

The opportunity to bless another is ever present but it is often missed or used in a mindless way. When we utter greetings or wishes for

someone's success, good health or safe journey, we might often do this rather mechanically without really thinking about what it could really mean for the other person.

#### TO BLESS IS TO ENTER HEAVEN CONSCIOUSNESS

Offering a blessing is most effective when we ourselves have an experience of that which we wish upon another. It is useful to bring to mind such an experience as we bless another. In this way, we bring the full force of our pleasant, joyous experience at its high vibration into the blessing we offer, prompting the person we bless to entrain with it.

In the process, we too are 'blessed' with the high vibrations of good wishes simply by recalling an experience of them and allowing those wishes to flow through!

In offering a blessing, we don't need ostentations and elaborate procedures. What we do need is a mindful heart that is filled with the energy of our good intentions.

#### TO BLESS IS TO ENTER HEAVEN CONSCIOUSNESS

The visitors to my family both gave and received blessings. There was nothing elaborate about these blessings which involved nothing more than words, hugs and kisses. What could be easier?

#### **My Goal**

I suppose you're curious about why I consider giving blessings a goal worth having this year.

Actually, what I am doing is bringing something that you and I already do to our attention so that we may do it more mindfully and thus more effectively, not just for the benefit of others but, as I explained earlier, for our benefit also.

So, for myself, my goal with respect to blessings is to offer them more frequently and more mindfully than I have done so far.

#### TO BLESS IS TO ENTER HEAVEN CONSCIOUSNESS

## **Your Goal**

I invite you to consider what role, if any, blessings have played in your life. I further invite you to consider if they might have a more meaningful role in your life and how you might go about bringing more blessings upon yourself and others. You might also consider bringing humour and creativity into the blessing that you bestow on others and on yourself' :)

TO BLESS IS TO ENTER HEAVEN CONSCIOUSNESS

## Theme – Positivity



*"Whatever is expressed is impressed. Whatever you say to yourself, with emotion, generates thoughts, emotions, ideas and behaviours consistent with those words"*  
*Brian Tracey*

### Reflection

With our visitors came their sense of hope, optimism and good wishes, things that we would generally call 'positivity'. You have to ask:

Why don't we maintain such positivity all the time? Why do we reserve it for certain occasions, certain times of the year, certain times of our life only? Why do we assume that life is generally a struggle ('No gain without pain'), that it is full of risks, that we must always be on our guard so that no one takes advantage of us, cons us or abuses us and that we have to fight against things?

If you don't think that the above reflects some of our underlying beliefs and fears, I encourage you to think again.

CHOOSE GOOD FEELINGS. THINK GOOD THOUGHTS.  
CREATE GOOD THINGS

Buckminster Fuller said, "To change something, build something better to make the existing model obsolete".

Isn't this a wonderful way of directing our attention and energy in a positive and powerful way without having to fight anything, whether it is poverty, excess weight, injustice or corruption?

And, don't we find that whenever we focus on happy thoughts and we choose and allow happy feelings, we feel a lot happier and able to take on any situation? In other words, by choosing to be happy, we are also choosing to be powerful!

More effective than mouthing words of positivity or even thinking positively, it is important to *feel* positive. Positive thoughts can help us some of the way but if they are not supported by good feelings, they are quite ineffective.

CHOOSE GOOD FEELINGS. THINK GOOD THOUGHTS.  
CREATE GOOD THINGS

When you want to move from a place of feeling bad, powerless, fearful or anything we typically consider 'negative', search for the good feeling that you wish to feel. Think of past experiences where you have felt such good feelings. Use your imagination to create mental pictures of situations where you have such good feelings. Get to the good feeling place!

### **My goal**

One of the big realizations I've had in recent times is the strength and persistence of feeling powerless and unworthy. These feelings have persisted from my childhood and although I have done a great deal of inner work through meditation/self-observation, I continue to uncover these feelings particularly in unfamiliar situations.

My goal, for this year, therefore, is to use the technique of visualization to choose feelings of power and freedom, both of which bring light to any lingering shadows of powerlessness and unworthiness.

CHOOSE GOOD FEELINGS. THINK GOOD THOUGHTS.  
CREATE GOOD THINGS

### **Your Goal**

By remembering what and who we truly are, underneath the veneer of our conditioned self, we align ourselves once again with our natural great power, perfection and freedom.

Perhaps you too might wish to explore the practices of meditation and visualization to have direct experiences of who and what you are beneath this thing that you call your 'self' or your 'personality'.

Alongside this, you may also want to practise choosing good feelings using your bad/unpleasant feelings as a trigger or reminder of your power to choose!

**Shopping and a Wedding**  
PROSPERITY – FULFILMENT



## Theme – Prosperity



"There is no way to prosperity.  
Prosperity is the way" *Wayne Dyer*

"The greatest single source of wealth is between your ears"  
*Brian Tracy*

### Reflection

On the second day of this year, I was unexpectedly invited to accompany a friend to a wedding reception. As I'd come from overseas in a hurry to be with my mother who was critically ill, I'd not planned nor given thought to being equipped for a celebratory occasion. Consequently, I had to go shopping for something suitable to wear to the wedding reception.

My niece and nephew accompanied me and both were exceedingly patient and helpful in finding me something appropriate, flattering and at a price that wasn't going to break the bank. Not an easy task even when you have oodles of time on your hands, never mind when you barely have a couple of hours!

As we looked at a number of possibilities, many of which were clearly tailored for people who were not my size, I began to notice a sense of frustration set in. I realized that this frustration was the result not just my not finding 'the' item but especially because I had the weight of time and cost restrictions bearing down on me!

### GRATITUDE OVERCOMES LACK AND BUILDS PROSPERITY

I decided I would not be burdened by these 'pressures' and that, instead, I would focus on what I really liked and felt good in and leave my other concerns to 'sort themselves' out. Within seconds, an item that had thus far escaped our attention became apparent to my niece. She asked me if I thought it might be suitable. I tried it on and not only did it fit perfectly, it was very flattering! Everyone who saw me in it some hours later had very nice things to say!

What does all this have to do with prosperity? Well, prosperity is really the opposite of 'lack'. When we feel prosperous, we feel like we have plenty, which is beyond enough.

'Enough' can be a limiting and limited concept. Prosperity, however, is the very opposite of lack or anything limiting. Prosperity is about having and being plentiful.

In what ways can we be prosperous? In any number of ways. We can be prosperous in the families, friends and friendships we have. We can be prosperous in our charitable thoughts and our feelings of goodwill, peace and joy. We can be prosperous in our sense of power, our sense of time and space and in our creativity. And of course, we can be prosperous in our finances, our businesses and in our homes and gardens..

#### GRATITUDE OVERCOMES LACK AND BUILDS PROSPERITY

##### **My goal**

I have noticed that feelings and thoughts of lack can occur in several areas of my life. There are times when I feel I lack money, the freedom to do certain things, the closeness of family and the presence of friends.

However, I have been learning that the feeling of lack is something that arises in my mind and which I then 'see' the confirmation of in the situations and events of my life.

I also have come to realize that I can experience the feeling of prosperity, of plentiful, when I think of all the ways in which my life is rich – the family I do have, the friends I do see, the home and garden that I do have and take care of, the animal friends that keep me company and the money that I do attract, whether through my labours or as gifts from others.

#### GRATITUDE OVERCOMES LACK AND BUILDS PROSPERITY

I can also experience the feeling of prosperity when I think of the infinite and incredible universal power that I always have access to.

Perhaps you will see from the above that prosperity and gratitude (which, for me, is the recognition of goodness) are very much related.

So, my goal for this year is to refuse to entertain feelings and thoughts of lack and instead direct my attention and energy into recognizing goodness

i.e. feeling gratitude and thus, feeling prosperous. It is simply impossible to feel gratitude without feeling prosperous!

#### GRATITUDE OVERCOMES LACK AND BUILDS PROSPERITY

I have also noticed that I feel truly prosperous whenever I 'give' something freely and fully, such as my time, my skills, my ear, my acceptance of others, my money. I realize that my 'giving' is a reflection of my faith in the certain availability of whatever it is that I 'give'.

Because I most experience lack with respect to money, my goal for this year is to cultivate an even greater sense of gratitude for money and all the wonderful ways in which I can use it.

In these ways, I intend to feel and thus become more prosperous than I've ever felt or been!

#### GRATITUDE OVERCOMES LACK AND BUILDS PROSPERITY

#### **Your goal**

What about you? Has the above given you some ideas about enhancing feelings of prosperity and reducing feelings of lack?

What areas in your life can you start to feel even more grateful for i.e. recognize the goodness of? Can you see how having gratitude can overcome any sense of lack and help you feel and be truly prosperous?

#### GRATITUDE OVERCOMES LACK AND BUILDS PROSPERITY

## Theme – Fulfilment



*"The only thing that will stop you from fulfilling your dreams is you" Tom Bradley*

### Reflection

A wedding represents both the culmination of one cycle or phase in a relationship and the beginning of another. In this sense, a wedding reflects fulfilment as well as joyous anticipation.

At the wedding reception I attended, the guests were treated to a slide show capturing significant moments in the bride and groom's lives from birth to their wedding day.

This slide show was further augmented by recollections of friends of the two people who knew them before they became a couple and who witnessed some of their 'courtship'. It was all done in a spirit of affection and humour much to the delight of all the guests.

### YOU, NOT THINGS, ARE THE CAUSE OF YOUR FULFILMENT

It was lovely to see how the two young people who were the centre of everyone's attention had journeyed in life, separately and together. It really did make me feel that there was a great sense of fulfilment in this union. It was clear that, for the couple at least, their wedding was the fulfilment of their dreams.

Do we need a wedding to experience fulfilment? Not at all. There are many occasions and events in life when we can feel a great sense of fulfilment – a meal heartily enjoyed by friends and family, a project completed to one's satisfaction or the enjoyment of a favourite piece of music or a play can all be very fulfilling events.

When you think about it, it isn't the event itself that makes us fulfilled. Rather, it is our ability and willingness to anticipate it and enjoy it as fully and freely as we can that is fulfilling.

YOU, NOT THINGS, ARE THE CAUSE OF YOUR FULFILMENT

Feeling fulfilled enables us to look forward to the next phase, next cycle, next project or next event with joyous anticipation. It predisposes us to more fulfilling experiences.

### **My goal**

My goal this year is to really take the time to savour the events of my day, including the more mundane/routine ones such as washing up, making my bed and watering my plants. Why miss an opportunity to feel fulfilled?!

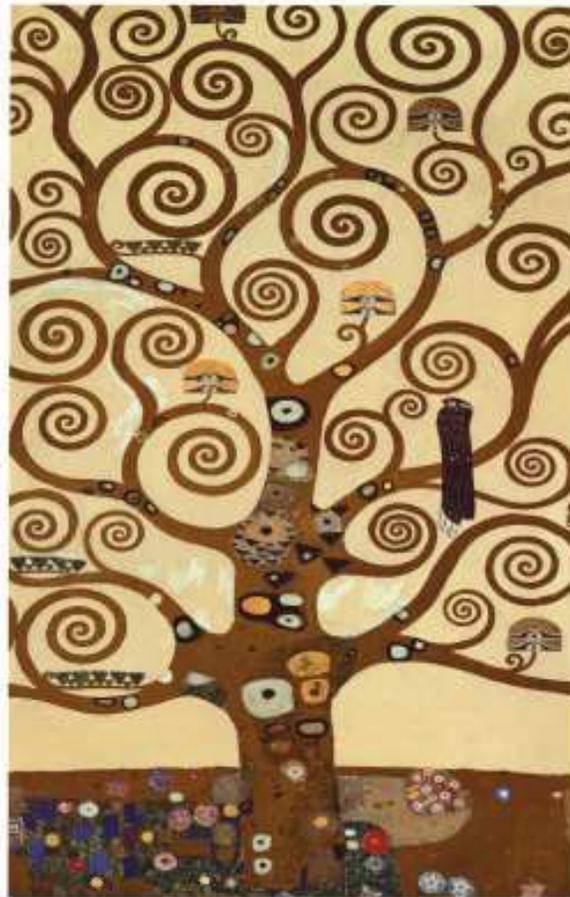
YOU, NOT THINGS, ARE THE CAUSE OF YOUR FULFILMENT

### **Your goal**

How about you? Are you waiting for great events such as a wedding or a graduation or a promotion to allow yourself to feel fulfilled? Are you motivated to seize more and more opportunities to feel fulfilled?

YOU, NOT THINGS, ARE THE CAUSE OF YOUR FULFILMENT

**Quiet time and Family**  
INNER JOURNEY - ROOTS



## Theme – Inner Journey



*"I find it fascinating that  
most people plan their  
vacation with better care  
than they plan their lives"  
Jim Rohn*

### Reflection

The third day of the New Year was a day of quiet time. The demands of the previous days and weeks had been met and now, I had an extended period of time to look inwards.

We certainly don't need an entire day or several days to look into our inner journey. As a matter of fact, this can be done everyday in meditation practice and, if we've trained ourselves, we will have never lost complete sight of the inner movements of our mind, body and spirit in the course of each day. This is something that I make a conscious effort to do.

However, when we do get an extended period of time free from demands upon us, it is a marvellous opportunity to yield to the inner movements of our mind, body and spirit and align more fully with the source of all things – that which we might call Spirit, God, Love, Source or Universal Energy.

GO INWARDS TO DISCOVER YOUR TRUE POWER, PEACE AND JOY!

Here, we can experience more fully the power, peace, joy, limitlessness, beauty and perfection of our true nature. What could be more fulfilling? More enriching? More empowering? More liberating?

Until and unless we experience that which we truly are, we will never be convinced of our true power, our true joy, our true freedom, our true perfection, our true endlessness! Instead, we will continue to futilely reach for these through the limited scope and vision of our conditioned mind, an effort that can never satisfy our deepest longings.

## **My goal**

Typically, as I turn inwards, I take with me my most pressing and persistent concerns. They are accompanied by feelings of anxiety, guilt, anger, helplessness or powerlessness. It feels heavy and restraining.

GO INWARDS TO DISCOVER YOUR TRUE POWER, PEACE AND JOY!

As I tune into my breathing, allowing my mind and body to relax, I am drawn deeper and deeper into a state of peace, comfort and joy. This feels open, light and expansive. It feels very freeing.

It is at this point that I have an awareness of the purpose of my life – to enjoy life!

This awareness frees me from all my cares and bad feelings. I realize how all of them are the result of my construal of events and situations in my life – a result of my beliefs.

I realize that life is possible without many of these beliefs. Indeed, life is wonderful without them! This motivates me to focus more on the purpose of my life – the experience and expression of joy!

What a wonderful shift in consciousness this creates! I feel refreshed, encouraged, empowered! What a perfect place from which to plan my day, my week, my month, my year, indeed, my life!

GO INWARDS TO DISCOVER YOUR TRUE POWER, PEACE AND JOY!

My goal, therefore, is to live life increasingly from the inside out, from my natural state of joy, peace, power and freedom and to hold this consciousness in all the things I do, the words I speak and the thoughts I think.

## **Your goal**

Are you motivated to experience your true nature? Your naturally powerful, free, limitless, peaceful and joyful Self? Are you motivated to express more of your natural Self rather than your conditioned self which, at best, is a poor imitation?

Perhaps you might consider giving time to this inner journey, aligning more fully with its natural flow. As you do, you'll find yourself living more and more effortlessly and needing less and less to try to manipulate the external world in the vain hope of getting it to satisfy your needs and dispel your fears!

GO INWARDS TO DISCOVER YOUR TRUE POWER, PEACE AND JOY!

## Theme – Roots



"The tree of life has physical and spiritual roots but it is the spiritual roots that transcend the perceived limitations of time and space"

### Reflection

On the third day of this New Year, with fewer visitors, I began to refocus on the people immediately around me – my family.

We are a large family with five of us nine siblings married (or once married) with our own families. Three of us live overseas and of these, two of us have our own families. The third has her 'family' too, bound, not by blood, but by a common spiritual mission.

For the last two years, my oldest and unmarried sibling and my mother have not been well. Specifically, my brother spends most of his day in bed or in a wheelchair – an outcome of a brain operation three years ago.

SET YOUR SPIRITUAL GOALS AND ENJOY THEIR  
MATERIAL FRUITS!

He does not speak much and requires a high level of assistance with all his daily activities including having his meals, going to the toilet and having a shower.

My mother, although much more independent, does suffer from asthma related to old age. This is the diagnosis of her doctors. She has had several episodes of intense breathlessness necessitating hospitalization. The latest episode appeared to be particularly bad. It resulted in my hurried arrival from abroad.

When I consider my family, I have a rich landscape to traverse both in years and in diversity. With ten living and immediate members, each uniquely strung on the same family thread, there is plenty of history, both common and individual and shared by some or all members.

SET YOUR SPIRITUAL GOALS AND ENJOY THEIR  
MATERIAL FRUITS!

Each piece of history triggers unique and shared memories in each member, some painful and poignant, others lined with humorous simplicity. As our lives have each taken different trajectories, increasingly, it is our memories and our common causes that keep us together.

The care of family members who are not able to care for themselves fully, the marriages and births of nieces and nephews, grandchildren and great grandchildren and the passing on of some family traditions and practices such as devotions to certain religious entities as well as the celebrations and deaths of close family friends and relatives are some of the more significant common causes and events we share. These, more than anything else, keep us a family and give us our roots.

SET YOUR SPIRITUAL GOALS AND ENJOY THEIR  
MATERIAL FRUITS!

But our roots extend even deeper and wider into the social, cultural, political and geographical backdrop of our country, home town, neighbourhood and parish given that the physicality of our existence is finite and thus has a beginning and an end.

These are strong roots which the passage of time has not been able to weaken. Rather, time and, especially for those members who have settled abroad, the space of distance, have made them more transparent, more accessible to scrutiny and reflection, providing fresh opportunities for change and growth.

How important are our roots to us? What roots do we have beyond our physical lives? What importance do we give to our spiritual roots which transcend time, space and cultural, social, religious, political and other dimensions? What is the impact of our roots, spiritual and temporal?

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MATERIAL FRUITS!

These are useful questions to reflect on for they provide us with clues and inroads to a deeper and wider sense of self. They help us understand ourselves and our loved ones better. They can map out paths for our enlightenment.

## **My goal**

This year, I wish to take a close and fresh look at my roots - my family of origin. I want to bring fresh insight and understanding to the perceptions I have of my family as a whole and each of its members.

I also want to push past the boundaries that my roots have imposed on me thus far. To do this, I will focus on the spiritual states of joy, power, peace, freedom and limitlessness.

I know that these high energy states and their high frequencies will help me dream big dreams and provide the faith to follow them. I know they will help me transcend the limitations of my more 'physical' roots.

SET YOUR SPIRITUAL GOALS AND ENJOY THEIR  
MATERIAL FRUITS!

## **Your goal**

Do you have dreams? Have you given up on dreaming? Have you settled for less? Are there ways in which your roots and your family history have got in the way of your dreams? Would you like to free yourself from these constraints?

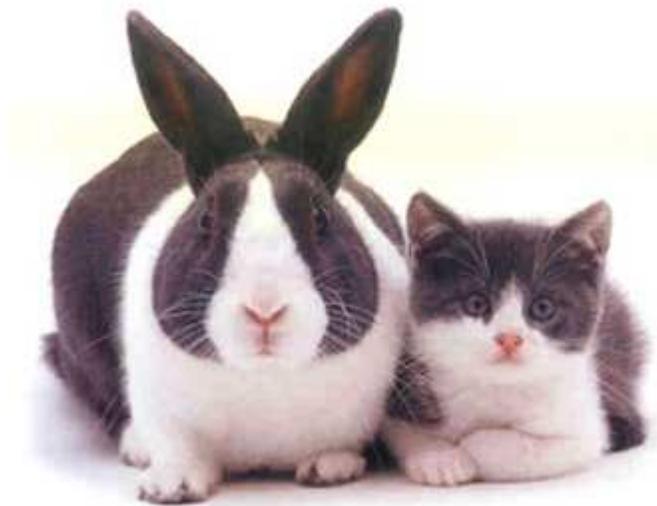
Perhaps you might consider giving time to activities that help you experience joy, power, peace, a sense of freedom and limitlessness, an 'I can do, have, be anything I desire!'. Why not make this a goal?

Choose the spiritual state first, then let it guide you to the activity, job, relationship etc that you desire! Let it light the way for your dreams!

SET YOUR SPIRITUAL GOALS AND ENJOY THEIR  
MATERIAL FRUITS!

## Coincidences

INTUITION



## Theme – Intuition



*"You have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover is yourself" Alan Alda*

### Reflection

It was the evening of the fourth day of the New Year. Dinner was about to be served and I felt some gentle, classical music would create a lovely ambience.

I rummaged through the rather old and neglected collection of cds that was in a bureau. There wasn't a single classical album. Most of the albums were old hits from the sixties and later.

Just as I was about to give up, I saw a cd by the "Carmels" – a colloquial name given to the Carmelite sisters, one of whom was in the novitiate at the time my second oldest sister joined the convent over forty years ago. But that convent was the Good Shepherds not the Carmelites.

### INTUITION – UNLEARNED, UNCONDITIONED, UNLIMITED!

You see, Sister Clare, who became well known to our family through my sister, had first joined the Good Shepherds. After about eight years, however, she knew it was time to join the community she had always wanted to join – the Carmelites.

The Carmelites are a cloistered and contemplative community. The sisters spend a great deal of time in prayer and rarely communicate with the outside world. About five days of the year, family and friends are allowed to visit. The sisters remain behind a grilled window and speak with visitors through it.

Given all this, you can imagine my surprise when the phone rang early on the fifth day of the New Year and Sister Clare was on the other end of the line! I immediately remembered the cd that I had chosen to play the night before and related the 'coincidence' to Sister Clare.

Was this just a coincidence? Of course it was a coincidence but not '*just a coincidence!*' It, like every other event in life, was an incident related to another incident.

#### INTUITION – UNLEARNED, UNCONDITIONED, UNLIMITED!

Because I had not expected these two events to occur in such close proximity, I labelled the event a 'coincidence' to differentiate it from numerous other events that also occur in chronological proximity but which I fail to see the relatedness of! In truth, all things are related and 'coincidental'.

The more I see relatedness or 'coincidence', the more aware and awake I am and the less I am bound by the conventions of time – space 'reality'. The more aware and awake I am, the more I am in tune with my natural, all-perceiving, all-knowing Self.

The behaviour and responses of this all-knowing Self is what the world regards as 'intuitive'. Intuition is the natural, though uncommon, quality of the awakened mind. It is uncommon because our conditioning into fear and time-space reality has suppressed this quality or characteristic of mind in most of us.

#### INTUITION – UNLEARNED, UNCONDITIONED, UNLIMITED!

However, when we allow our natural, intuitive mind to guide us through life, living becomes less effortful, less of a struggle and more of an effortless *flow*.

It is the intuitive mind that reveals creative and novel solutions to problem situations in life.

It is the intuitive mind that predisposes us to doing things with ease.

It is the intuitive mind that enables us to see what our conditioned, egoistic minds prevent us from seeing.

It is our intuitive mind that allows us to dare things that our fear-conditioned mind prevents us from doing.

How wonderful it would be for us if we were constantly engaging the natural, intuitive mind! How much easier and joyful life would be if we were constantly in *flow*!

INTUITION – UNLEARNED, UNCONDITIONED, UNLIMITED!

### **My goal**

This year, I wish to increase my experience of *flow*. I wish to engage my intuitive mind even more than before. I will do this by becoming more aware of barriers that I impose on myself and situations I encounter.

Instead of focusing on why something cannot or should not be done, I shall shift my focus to how good it would feel if what I desire was achieved. I will spend more time imagining desired outcomes thus removing mental barriers that typically prevent them from manifesting.

INTUITION – UNLEARNED, UNCONDITIONED, UNLIMITED!

### **Your goal**

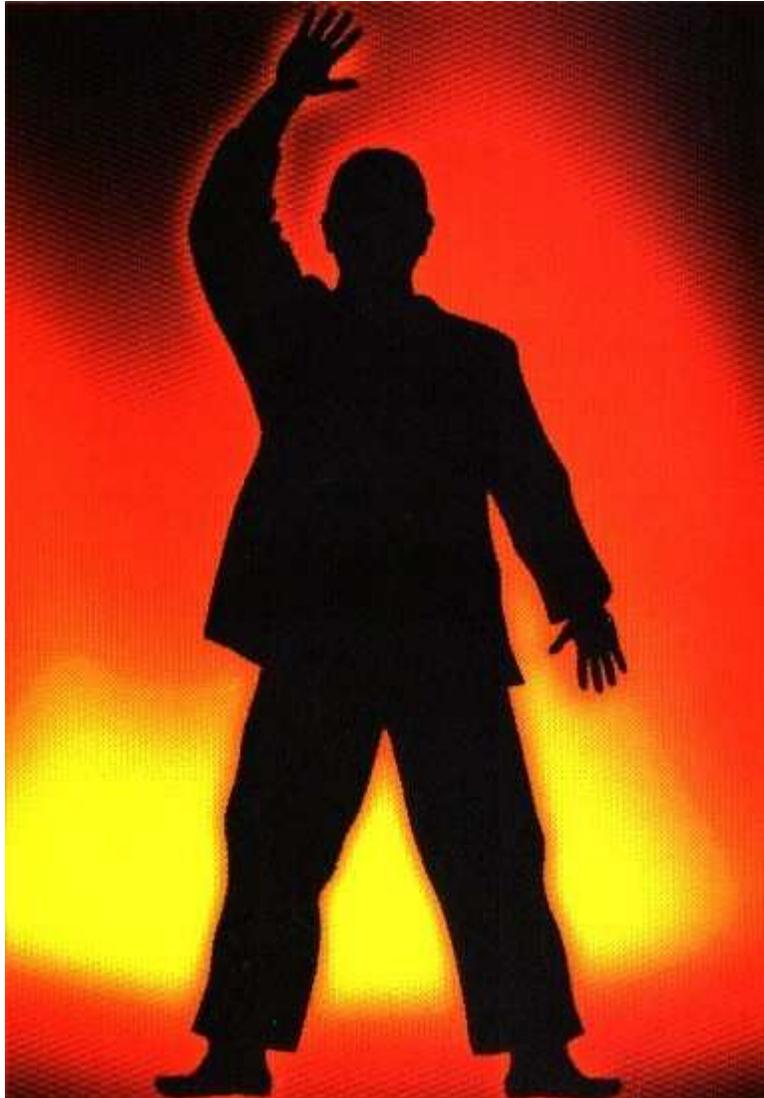
Are you willing to trust your intuitive wisdom? Are you willing to listen to it? Are you willing to give yourself the time and space to reconnect with it?

Intuitive wisdom is unlearned wisdom. It is unlearned knowing. It is innately yours. Unlike the reasoning and rationalization of your conditioned mind, intuitive knowing transcends learned ways of knowing and understanding and draws on the illimitable knowledge and presence of all that is – the underlying ocean of consciousness that we have mostly learned to tune out from.

When you listen to your intuitive wisdom, you have access to information that lies beyond the limits of your senses and reasoning. It is powerful and it is perfect.

INTUITION – UNLEARNED, UNCONDITIONED, UNLIMITED!

**A New Skill**  
LEARNING – MOVING ENERGY



## Theme – Learning



*"Learning without thought is  
labour lost. Thought without  
learning is perilous"*  
Confucious

### Reflection

As I mentioned at the start of this book, I have six brothers all of whom are older than me. One of the wonderful things about my brothers is that they have a collection of friends who have remained loyal and caring over many years.

During the holiday season, one of their friends whom we've always called Mr Ho, came to visit. Mr Ho is about seventy but looks decades younger. He is also extremely fit, cycling 10 miles everyday, often in heat and humidity. And he is a practitioner of Wai Tan Kung, a form of Chinese exercise especially designed for people in their middle to latter years.

According to Mr Ho, one of the many benefits of Wai Tan Kung that he personally derived was cure from years of bronchitis. In previous visits to my family, I had met Mr Ho and was always intrigued and inspired by his stories about Wai Tan Kung as well as his thoughts around politics, religion, health and the mind-body relationship.

### LEARNING IS EVER EXPANDING AWARENESS

I would often listen speechless while he declared with a strong accent and great self-belief, his ideas on a variety of interesting and, what some may call, controversial topics.

This last visit, my interest in the Chinese exercise became so great that Mr Ho volunteered to teach me Wai Tan Kung. For a whole week, starting on the fifth day of the New Year, he came over everyday and took me through the 12 routines of Wai Tan Kung, pointing out the finer details and explaining the benefits of each.

On the last but one day, as he was leaving, he told me that the following day would be my graduation day. But it was a graduation with one further instruction!

“Go back to Australia and teach others so that they too can enjoy good health”.

#### LEARNING IS EVER EXPANDING AWARENESS

He didn't make me promise this but he said it with a conviction and confidence that I would. I knew it was something I wanted to do.

I was clearly thrilled, not so much because I was graduating, but because I had reached a level that he was confident would enable me to teach this great form of exercise to others for their benefit as well as mine. He added,

“Do not charge them any money”.

I've long appreciated the deep kindness, gentleness and care that many of my brothers' friends have shown them and my family. This experience deepened my appreciation even further.

#### LEARNING IS EVER EXPANDING AWARENESS

The theme of learning is such a key theme in life. When we learn something that benefits us, whether it expands our thinking, deepens our faith, improves our physical health or gives us the confidence to do what we truly desire, we are not the only ones that benefit. The entire universe benefits, often in ways that are invisible and remain consciously unknown to us.

It is true that we learn (or are conditioned into) many things that don't seem to have a useful purpose. Indeed, they may be unhelpful and can be destructive.

Addictive behaviours, whether in our thinking, feeling, speaking or acting are things that we have learned over time. Anxiety, fear, guilt and limitation are examples of mental and emotional behaviours that we have learned.

#### LEARNING IS EVER EXPANDING AWARENESS

Many of these emotional responses are residents in certain parts of our brain such as the amygdale, for instance. What we have 'learned', therefore, are the *associations* of these states to various triggers in our environment.

These associations can be so well learned, they become automatic and slip out of our conscious control until such time we rein them in with conscious intent and choice. The process involves ccreating *new associations* with old triggers.

Over-eating, smoking and drinking are other forms of addictive behaviours which we have lost control over. At one point in our lives, however, they were new behaviours which we had to consciously learn.

#### LEARNING IS EVER EXPANDING AWARENESS

What you learn and to what purpose you put what you learn has a key role to play in your ability to live peacefully, productively and powerfully. Your capacity to learn is unlimited and age will only be a barrier if you allow it to.

My learning Wai Tan Kung for the purposes of understanding a new system of mind-body exercise, improving my health and sharing what I learn with others is something that I consider an act of love.

The joy of learning something so useful is great and hugely satisfying. We're always learning, whether consciously or unconsciously (something that advertisers make good use of!). We are always learning, both subtly as well as grossly i.e. on an invisible, energetic level as well as on the physical, material level.

#### LEARNING IS EVER EXPANDING AWARENESS

Cells in our body, for instance, are continuously learning and adapting to the environment which we create for them through our food and lifestyle and which, they in turn, modify.

In a more subtle way, people are learning how to respond to us and modify their behaviour accordingly, just as we do with them. Such learning is non-physical, yet often is the most powerful form of learning!

We can make more of our learning conscious so that we only learn what we feel will be useful to us. At the same time, we can help to minimize the impact of unwanted and unconscious learning by keeping our environment filled with life-giving and liberating reminders, prompts and symbols of what we truly desire for ourselves – peace, joy, freedom and abundance.

## LEARNING IS EVER EXPANDING AWARENESS

This kind of environment will typically be free from sources or reminders of violence, gossip, competition, greed and so on. For this reason, more conscious intent and choice must be made in our use of the television, radio, newspapers, magazines, the internet and the company we keep!

### **My Goal**

My goal for this year will be to enjoy the benefits of new skills that I choose to learn. I will do this with consistent practice and the conscious intent to improve.

One of these skills, of course, is the practice of Wai Tan Kung. The other is the use of Spanish which I started learning about a year ago.

In addition, I will continue to expand and deepen some of my existing skills, one of which is my practice of Yoga.

### **Your Goal**

Would you like to bring more conscious intent and choice to what you learn? Would you like to reduce the impact of unconscious and unhelpful learning, learning that happens through television, radio, conversation and the internet?

It is not that these things are bad but what they offer and what we take from them may not always be useful in helping us live with greater peace, joy, abundance and freedom!

Set some goals around your learning this year!

## LEARNING IS EVER EXPANDING AWARENESS

## Theme – Moving Energy



"Thousands of candles can be lit from a single candle and the life of the candle will not be shortened. Happiness never decreases by being shared"  
*The Buddha*

### Reflection

The Chinese form of exercise called Wai Tan Kung which I talked about in the previous chapter is essentially about moving energy in a conscious and deliberate way.

The Chinese describe it as moving 'Chi' – the life force or universal energy also know as 'Ki' (as in Reiki) or 'Prana' in the Indian system of Yoga.

Chi, Ki or Prana is universal energy which we are all immersed in and which each object, plant and animal gives shape and form to. In this sense, energy is constantly in motion. How this energy moves and to what use it is put is something that we can give conscious intent to.

JOY SHARED IS JOY MULTIPLIED!

When the natural, free flow of this energy is 'blocked', as for instance through fear, anxiety, doubt, anger and other afflictive emotions, we suffer the consequences.

If we are mindful, then we can either prevent these blocks or quickly undo them. Meditation is one way by which we can raise our awareness and in the process release the mind-body from the blocks that have become established within.

Exercise, when done in a peaceful rather than aggressive way, is another way of removing blocks to the free flow of energy.

JOY SHARED IS JOY MULTIPLIED!

But the flow of energy and the blocks we place in its way is something that is happening all the time. Movement, thinking, speech and attending to something all involve energy and depending on the kind of movement, thought, speech and attention, this energy can be allowed to flow freely or can be blocked.

Sharing what we learn is something that allows flow. Giving with good intent allows flow. Thinking good, peaceful thoughts allows flow. Desiring joyfully allows flow! Desiring fearfully, on the other hand, blocks flow!

I think you get the picture.

JOY SHARED IS JOY MULTIPLIED!

### **My Goal**

Towards the end of 2009, I had already decided that I wanted to 'give' much more than I had been. I decided I wanted to give much more freely than I have ever been able to. What I give is not nearly as important as how I give i.e. the intentions and emotions I give with.

We have all experienced the joy of giving especially when we give with no expectation or desire for anything in return. You see, it is this form of giving that truly recognizes the deep truth about our nature – we are all one and when we 'give', we are ultimately simply redistributing energy that benefits us! How can it not!

JOY SHARED IS JOY MULTIPLIED!

### **Your Goal**

What a marvellous opportunity you have to move energy around! It's an opportunity that is always present! How would you like to do this? What form will it take for you? Money? Skills? Time? Labour? A listening heart? Tending your garden?

The ways in which you can consciously and joyously move energy are uncountable. Start with one small thing and allow it to awaken your intuitive wisdom which will guide you along!

JOY SHARED IS JOY MULTIPLIED!

# Conclusion

In this ebook, I have personally explored ten themes that presented themselves to me over the first five days of the New Year 2010.

I have explored these powerful, life-giving themes with the purpose of deepening my own understanding of them and to use them to guide and extend my own personal and spiritual growth.

I have also done so with the purpose of sharing them with you so that you too may perhaps be inspired to explore them and use them as themes for your own personal and spiritual growth.

The themes that I've explored are:

**Interconnectedness**

**Blessings**

**Positivity**

**Prosperity**

**Fulfilment**

**The Inner Journey**

**Family**

**Intuition**

**Learning**

**Moving Energy**

I've shared with you the goals that each of these themes has inspired me to set for myself for this year. I've also invited you to consider what goals you might be inspired to set for yourself from reading what I've had to share.

I would strongly urge you not to put this ebook away now that you've come to the end. Rather, keep it close at hand and refer to it frequently. Better yet, start with one small goal right now.

I'm sure there's something in these 43 pages that you can use to move your life, your energy forward in a powerful, prosperous and productive way!

Make use of the occasion and energy of a New Year to change your life. So what if you feel you've failed in the past? Each moment is a new moment, fresh and replete with opportunity and possibility!

Seize it!

Use it to do what you desire!

Blessings of Power, Peace and Prosperity!

Lucy Lopez  
January 2010

FOR MORE INFORMATION AND MATERIAL VISIT

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