



Awaken from Wandering

The Newsletter

December 2008

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To receive a **Free Subscription:**

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Finding Your Truth

I have recently discovered that no matter what wonderful façade you put up, if the foundation is not sound then all that you build will eventually start to show cracks. This was one of those demonstrated lessons that became crystal clear to me as I realized that no matter what the cost is the foundation has to be solid and there is just no way around it. It made me start to review my own life and really ask myself if my personal foundation was solid. What changes did I need to make in my life so that I could proceed forward in a solid way? December for me is all about discovering my personal truth.

As we move into December and the final weeks of this year it is a great time to review where we are. Not where we have been but where we are at this moment. What is it that you know about yourself? What is it that you would like to know more about? What things in your life no longer serve you? Spend some time reflecting on your personal truth, your foundation. Are you following your heart and allowing your life to change course to do so? This is a wonderful time to spend some time reflecting and realigning with your hearts desire.

If you have never spent a lot of time pondering what is in your heart, take time each week of December to do this. Sit in a favorite place or take a quiet walk by yourself. Allow the worries and thoughts of your day to fall away, allow your thoughts to drift inward and allow yourself to connect with your heart. Ask your heart, am I happy? Allow no restrictions on your answer. Ask your heart what would make me happier and more fulfilled? Open up to the words that come. Write down what comes to you; write it down without judgment or trying to get the words perfect, just

allow the words to come. Do this at least once a week during the month of December.

On January 1st, read what you have written. Is your heart trying to tell you something? Are there changes that you could make in your life so you can start going where your heart wants to be? Are there things in your life that you need to strip away so that you can rebuild your foundation in preparation for this new path? Open to the possibilities and allow yourself to refresh and renew yourself as you head into 2009.

Give it a try; pause, reflect and connect with your heart. You may be amazed what you learn about yourself.



Please pass this newsletter on to others and invite them to email me for a **free** subscription.

Email: Elizabeth@awakenfromwandering.com

Awaken From Wandering, LLC

*Helping people find unity
and balance in their lives.*

Writing a Letter to Yourself

Instead of resolutions this year, spend a few moments writing a letter to yourself. Find a quiet time on January 1st and allow yourself to travel into the future to December 30th 2009. Imagine that it is the end of 2009 and from that place write a letter to yourself reviewing what you have done throughout the year. Don't try to over think this, just let yourself go and write from your heart. When you are done, fold the letter and place it safely away in a drawer or special place. You can read it at any time, yet don't be obsessed with it. Write it down and let it go. Setting your intention this way can be more powerful than you think. At the end of December 2009 read what you wrote, celebrate your changes and growth, and get ready to write your 2010 letter.

The next 100 Days starts on January 20th

Join me on this journey of self discovery. You select the journey. We meet twice weekly (on the telephone) for support and celebration. You take a leap toward creating or mastering what you desire in your life? What would you work on: fitness, health, writing, painting, financial satisfaction, de-cluttering or something else? Take a chance on yourself. Email me for details at:

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My Current Groups and Programs:

- **Network Community** - Join together to create community that reaches beyond the borders of the region we live in. Meets the second Wednesday of the month at 1:00 PM ET. Please [Email me](#) for more details.
- **100 Days of Discovery** - The next 100 days starts on January 20th 2009. You can join the challenge at any time. Please [Email me](#) for more details.
- **Cookbook Writing Mastermind Group** - This group started in September and will meet monthly. It is open to new members at any time. Please [Email me](#) for more details.
- **Writer's Special Interest Group (SIG)** - This group meets on the 4th Wednesday of the month at 3:00 PM ET on a telephone bridge line. If you are passionate about writing or just have an interest in writing please join us on the call. [Email me](#) for more information and to get the telephone number.
- **My BLOG** - I write about my journeys and self discovery. I post new entries daily. On Fridays I Coach You to Cook with recipe postings.
- **Individual Coaching** - Visit my services page on my web site for more information and for fees for individual coaching.

Are you looking for balance in your life? Are you ready to discover more about yourself? I would love to help you discover your path.

Call me to find out how to get started.

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