



JOYFUL

MOMENTS



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Peace, Love, and Joy



As I sit to write this last newsletter for 2006, I am overwhelmed by the incredible amount of emotion I am feeling. This past year has brought about change in a powerful and dynamic way. So much newness in my life and with each new experience or person there seems to be an equal and opposite force that enabled balance in my life.

I want to share with you and encourage you to reflect upon your year. What have you been blessed with and by whom have you been blessed by?

This past year has birthed two new businesses - Joy in the Journey and Woo Woo Marketing - which have enabled me to express my heart, my passion, and my joy in ways that are so fulfilling. I am grateful for your support and your encouragement.

This year has also brought more sacred connections. I feel blessed to have powerful women in my life that show me their beauty and inspire me to be more than I thought I could be both in my personal life and in my business. I send a heartfelt thank you to the BE YEW group (a business women's support group I started), the Shamanic Women's Group (a self exploration and soul honoring group), and to Kati-Joy (an angel on earth)!

There is one other major blessing that at first didn't feel like a blessing. I know that some things in your life may not always feel like a blessing especially when you are left feeling sad, hurt, angry, or heart broken. After a seven year on-again off-again relationship there is finally clarity in my heart and soul. The letting go and emotional release of what "could be" was a process of separating the fantasy and claiming the reality and possibility of a true beloved in my life. The blessing is now very clear to me. I am a free woman who is available to receive her beloved partner. I am no longer living in the crumbs of what might be someday. It wasn't an easy process yet it brought abundant blessings of peace, a new level of self-love, and a willingness to love again.

Last but definitely not least...there is my family and there is only one word to describe them - WOW!! I want to thank each of them for their brilliance and the inspiration they provide in my life. To my sister for her willingness to explore herself. To my niece for her desire to love and to be loved. To my nephew for his curiosity and playfulness. To my Dad for his surrender to what is verses what isn't. And to my Mom for giving me the opportunity to express compassion.

In this very festive time of year, please remember that each of you is a gift to me, to your family, friends, and community. No matter if you are alone or with a group of people, know that you are always part of a greater whole. I am so blessed to be part of this world and part of this time in history. I know that the holiday season can bring stress, chaos, and frustration. I encourage you to focus on the things that give you peace, love and joy! Here's a short process to allow you to connect with the true spirit of this time of year.

Connecting with Peace, Love, and Joy:

- ☼ Quiet your mind by taking some nice long inhales and exhales. With each inhale allow yourself to feel connected and with each exhale allow yourself to release the busyness of your thoughts.
- ☼ On your next breath; bring to mind all the happy moments over the past year...give yourself permission to see them like a movie in your mind. Maybe it's a particular someone, or a moment of celebration, or the birth of a baby, or a hug from a dear friend...no matter what it is let it come back into your mind, let it fill your heart and soul with the emotions that make you smile.
- ☼ See your heart expanding, opening up, and the warmth that is now filling your entire body with delight. Soak in the warmth of peace, of love, and of joy! Breathe in and stay in that thought until you feel full.

So I started out this newsletter by asking you how you have been blessed. I would love to hear from you. Share with me your blessings. You can send me an email at dani@joyinthejourney.com.

Here's to a very blessed and joyful New Year! May your dreams become a reality!

Joyful Blessings,
Dani

