

March 2001

Keys for Living

This month the key is: "New Beginnings"

It is Spring, a time of new beginnings. We can all agree **nature moves in cycles and seasons**. In the fall the trees release their leaves, bulbs move their energy underground, plants often appear dormant.

Sometimes it is easy to get caught up in the routine of life or the chaos of life and forget that **all life is made up of cycles, including our own lives**. However, if we do not take the time to really look at our lives periodically, we may miss the inspiring freshness of new beginnings.

Releasing old feelings that no longer serve us is one way to create a new beginning. These feelings can include guilt over deeds long over and addressed, past mistakes we think we have made, or "what ifs." Sometimes we feel unnecessarily responsible for a friend, family member, or project. Or perhaps we are squandering energy by harboring mistaken beliefs that convince us we have failed or we must behave or look a certain way to be lovable.

Even seemingly little things can take up energy. I recently discovered that I still wondered about a friend with whom I had lost contact years ago. She had cancer, and I wondered if she was still alive. In the process of releasing, I realized that she had ways to contact me if she desired, and my efforts had been exhausted. It was time for me to let go and trust that, alive or not, the Universe had her in It's care. It was time for me to stop investing *my* energy in *her* path.

I have found that **if we state an intention to release unnecessary feelings, the Universe will gladly offer us** what author Jamie Sams calls, "pop-quizzes." This means the Universe will give us situations that highlight our old, out-dated feelings. The **pop-quizzes** can be as mundane as a TV show, or as intense as a relationship clash. However, if we are open and alert to letting go of what no longer contributes to our greatest good, a very real cleansing can be created—a new beginning.

Letting go is not always comfortable. However, if our minds, emotions, the cells in our body, our homes are full of unnecessary things, there is little room left for new and exciting people, things, and energies to enter our lives. **Commitment is necessary.** It is important to honestly assess if we are ready to commit to releasing those things which no longer contribute to our greatest good.

Sometimes when things or relationships are difficult to release, psychotherapy, Reiki, or other options can provide us with extra energy for healing or help us understand what we need to learn before we move on. *I have also found it productive to ask directly for the help and intervention of the Universe.* With genuine intention, you can say to yourself before sleep each night, **"I ask the Universe to help me release that which no longer serves me, and to accept that which will move me closer to the greatest good in my life."** Sometimes healing can be so simple!

Acceptance is another aspect of new beginnings. Accepting our past means it no longer holds power over us, allowing us to move on. Maybe we need to attend to unfinished business or make amends as needed; however, **there comes a time to accept what has been, move on, and create something new.** Then, we can use acceptance again to help us be open to new people and new energies in our lives.

Finally, new beginnings are fostered when we are fully in our *own* lives, not investing energy in judgments about what others should be doing. We can never know another person's story or path. We can only know our own. **It is our responsibility to accept other people's paths as right for them.** In the spirit of Spring, **I invite you** to join with the energy of Mother Earth and the life around us. Consider embracing release and acceptance as you **create a cycle of new beginnings for yourself and your life.**