



Your Life Matters

"It takes courage to make time for yourself.
It takes humility to be honest with yourself.
It takes real love to nurture yourself."

- Marla Dee

Your Life Matters - Closing your year with presence!

The closing of the year is like the setting of the sun. It is a time to slowly surrender into the nighttime energy of stillness. How will you close your year? Will you stay busy, distracted and unconscious? Or will you choose this precious time to slow down, to reflect, to soften and to heal?

Each day, each year and even a life follow a cycle set by nature. This cycle contains an opening, working and closing. The opening is the natural time to awaken and get present. The working piece is about engaging and movement. Last, the closing is time to slow down and reflect.

Our nature guide for this cycle is the sun, our source. Each day the sun shows the way to align with our natural rhythm by rising, shining and setting. And isn't it sweetly perfect that our bodies are attuned to follow the sun's lead?

The rising sun slowly works her way over the horizon, taking her time to lighten the night sky. The invitation to your body is to slowly wake up by opening your eyes, stretching and changing from soft nighttime clothing to daytime.

The shining sun offers warmth and light. She gives you the energy to move into action and creation. This is the time to engage with the changes presented by life.

After a full day the sun sets and surrenders back to the earth and darkness. When the outside world gets dark it is time to stop! You know how your body feels at the end of the day. Just imagine sitting by a fire, in your mind drifts through the day. You let your body be the setting sun.

You can take this simple cycle into your year. *The closing of the year is like the setting of the sun.* It is a time to go still, to connect with yourself and loved ones. It is time for deep reflection and celebration of all that has transpired. How will you choose to close down this year?

My invitation is to look now at your calendar and claim one full day for yourself. Let it be a day of centering, of ease, of celebration and permission. Trust your inner "wise self" to share and prepare you for what is next.

Here are some simple, yet profound ways to close your year.

For you right brain folks - grab 4 large pieces of paper (no lines please). Then draw, color and create:

Page 1 – What have I been building this last year? Where has my time and energy been going? What have I been up to? What story have I been telling?

Page 2 – What is my next step? What am I feeling compelled to do, create, launch, surrender to, or open to? What is coming up in me that is ready to be born?

Page 3 – What is blocking me from moving forward? What is stopping me?

Page 4 – What will move me through the block? What do I need to move forward?

Lastly, take what you created on page 4 and turn it into a THEME for the next year? Keep it as simple as possible – a phrase, a picture, a word is enough!

For you left brain people - get your pen and paper for writing. By reflecting on and answering the questions below you will receive the insight that is waiting to be revealed.

What worked? It is vital to begin with looking at what worked? There is a human tendency to focus on the negative or what still needs to get done. There is sweetness & grounding in beginning your review with the good things that happened.

- What did I accomplish? What can I celebrate?
- Who did I touch – who touched me?
- What new territory did I explore?
- What am I grateful for?

What didn't work? What didn't work this last year? *Most of the time my disappointments are connected to people, events and things over which I have no control.* However, they deserve and need to be acknowledged.

- What were my disappointments?
- What did I lose? What did I grieve?
- Who let me down?
- Who left me? How does that feel?

What did I learn? Every day life is offering experiences for healing and growth. By taking the time to ask what I have learned, I deepen the gift.

- What was the most valuable lesson I learned?
- What did I learn about myself? – About others?
- What did I learn about life?
- How did I heal?

Now take what you learned and turn it into a THEME for the next year? Keep it as simple as possible – a phrase, a picture, a word is enough! In this last month of the year 2015, in the sunset, in this time of winter – How will you close your year? Will you close with care, with presence, with consciousness?

Please let me know if you want my personal guidance and witnessing of your journey. I offer an in-depth Guidebook, and Guided Journey (live or virtual). Visit

www.clearsimple.com/your-life-matters/

Marla Dee.
Creator of the Clear & SIMPLE Way
Free of clutter and organized with ease & joy

info@clearsimple.com | 801.463.9090

