

REVIEW

The first quarter of 2016 has passed. If we were a business (as opposed to human), we would be having our first business review. Not a bad idea. We should all look in the mirror once in a while and ascertain what is looking back at us. If we checked our personal balance sheet every quarter, we would see where we were out of alignment, and how we were progressing with regards to our goals for the year.

Where to begin?

Look back to the beginning of the year and see what has changed for you. Are any patterns forming in your life? Synchronicities? Perhaps you were gung ho in January and started a healthy eating plan. Are you still following that plan? Maybe you were just going with the flow, yet something has unfolded as the months have progressed.

Personally, I was one of the people going with the flow. I am finding "my pattern" to be one of personal peace, how I can best obtain and sustain that within my everyday world. It would be easy if I could hibernate away from "life," but that would be running away. To obtain and sustain peace within the chaos of life, is far more gratifying, I hope, in the end.

Suffice it to say that my year thus far has tossed me enough curve balls that I have not had to go looking for ways to stay centered in peace. I have found that I turned to my "spiritual" tools, some which were rusty from non-use, but they did not take long to polish to a bright shine. Reiki, essential oils, crystals, Ho'oponopono, questioning and sitting in silence, allowing the answers to come; have all served me well, allowing me to feel the stress of a situation fully, and work my way to the center so that I can be at peace.

It seems to also be a year of examining my beliefs and discerning if they are mine, or ones that have been placed on me. Do they align with who I am, or whom I wish to be?

I find that I am doing less, and I have battled with this internally. Perhaps I have become lazy. My upbringing did not favour idleness, as it was looked upon as something that lazy, good for nothing people did, or at the very least, the extremely wealthy, also known as the idle rich. I have been working on letting that belief go. It has not been easy to come to the realization that it was not my belief, but one I was spoon fed. I am participating in life, and nothing is being left undone. There is a lovely stillness and quiet obtained by just "being." Plus, I am enjoying all that I am doing.

It is a great process to sit with a belief. Debating internally the many sides, and in the end, come away with what I truly do believe, and what feels right to me. Try it out sometime, you might be surprised.

This will be an intended focus for me moving forward this year. Everywhere you turn, the "guru's" are touting "let go of what no longer serves you", "let go of old paradigms." I have sat with that on many occasions, searching within to see what is old and no longer serving. I feel that too many of our beliefs, our judgments, our actions, are predicated on those who have gone before and instilled them in us from a very young age. And actually, not so young an age, for we continue to read, take courses, gain wisdom and integrate new ideas. Does all that I have learned in the last 20 years still feel true to me today? Not particularly, some parts of the equation, yes, and others not so much! There are also the ideals, beliefs, actions and judgments, that we spread out into the world. Worth checking on them to see if they are still valid, or if we are just spreading them out of habit.

Stripping away at the, “why I believed something, or followed something, or did something,” is interesting. It often leaves me feeling giddy and free, as I discover more of who I am, and what I truly stand for. Perhaps this is the most useful tool I have discovered this year, since it has helped me to obtain and sustain inner peace.

Each of us are like children. Children grow, and typically it happens slowly over time and no one really notices. Yet one day their legs are a little longer than their pants, their toes are scrunched in their shoes, and their jackets no longer cover their upper body properly – areas are exposed to the elements. As parents, we celebrate by purchasing new clothing and marking the occasion on the family “measuring wall.” Children sometimes like the new clothes, and other times, they want to continue using their familiar favorites. Each of us progresses slowly over time. Only, when it is an internal progress and growth, or worse – stagnation! – we don’t have the physical items to show us our growth. This is why a quarterly review is important.

The main thing with any review is to see where you are. A check-in point if you will. One that lets you know if you are on track, or if you need to adjust something. Right now, in this time frame, the energy is very much about a focus on self, in order to better serve the world. If we do not know where we are within our personal journey, how can we know how best to help others? A review brings us back to focus, to our center, and ensures that we stay the course over the long run. A personal review is a chance to gently look in the mirror and practice some self-care. Self-awareness is invaluable in understanding that we grow, not only physically, but emotionally and mentally as well. Who we were yesterday, or five years ago, might not be staring back at us. As long as we can honestly greet that person with love and understanding, and not criticism, the world is our oyster and nothing can stop us from being who we want to be.

Who are you in 2016? How has your path been so far? Conduct a review and see if you are in alignment or need a slight adjustment. The most important thing to remember is that no matter how invested you are in something, there is always room for growth, and time for change.

Namaste
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