

Choices in 2011

The start of a new year can often seem like a breath of fresh air. It can be a time filled with hope and possibilities. We set our goals, make our resolutions, declare our vow to do things differently this year. The idea of creating new patterns, manifesting more abundance, letting go of what no longer serves us can fill us with a sense of lightness and joy. When what we want to manifest, either internally or externally is still in the ethers, or on the imagination level, the energy is very high. It often feels as though it's Divinely inspired. We are then in the Essence of infinite supply that our soul is plugged in to. The problem may come in when we start to move that energy into form, and need to bring it into the reality of our day to day existence. We begin to make choices that sabotage our change. Making choices doesn't mean just the behaviors that we do every day that either lead us towards what we want or away from it. Making choices also means looking at what inner experience we are creating. If we're trying to manifest abundance from a place of fear or lack, it's not going to happen. If we're trying to change a pattern of anger from a place of judgment and shame, we will continue to repeat the old ways. We can go unconscious in all the ways we create, promote, or allow the old patterns by the daily choices we make, both internally and externally. So, here are some ways we sabotage moving forward:

- *Wanting guarantees of success before we make a decision to change*
- *Trying to manifest from a mental level, and wanting to analyze, reason, control*
- *Giving our power away to fear, limiting beliefs, doubting our abilities*
- *Giving up when it seems too hard*
- *Living from a place of anger, resentment, jealousy, any negativity*
- *Living each day on autopilot, unconsciously creating the same things over and over*
- *Blaming others*
- *Continuing to focus on what we don't want instead of setting our intentions for the new*

We were given the power of choice to learn how to use it wisely and to co-create with God. Each day we are creating our experience by the choices we make. Our Soul does not interfere, as it learns from it all. When we are tired of the consequences of the old patterns, when we've learned what we've needed to and realize this is no longer how we want to express ourselves, we begin to make different choices.

The process of change many of us go through can be summed up in these 5 chapters.

I walk down a different street

Autobiography in five short chapters by Portia Nelson

Chapter 1

I walk down the street

There is a deep hole in the sidewalk

I fall in...

I am lost, I am helpless

It isn't my fault
It takes forever to find a way out

Chapter 2

I walk down the same street
There is a deep hole in the sidewalk
I pretend not to see it
I fall in again
I can't believe I am in the same place
But isn't my fault
It still takes a long time to get out.

Chapter 3

I walk down the same street
There is a deep hole in the sidewalk
I see it is there
I fall in.. it's a habit..., but my eyes
are open
I know where I am
It is my fault
I get out immediately

Chapter 4

I walk down the same street
There is a deep hole in the sidewalk
I walk around it

Chapter 5

[I walk down a different street](#)

The process of change and manifesting involves moving from unconscious programming to making conscious choices. It involves aligning with the higher level energies and inner experience that will assist in moving us towards what we want. It involves setting intentions that are for our highest good and learning to let go.

In this new year, let us all become aware of the choices we make each day. Let us all open up to a sense of purpose or intention to guide us.

Healing starts with the intention to change. The choices we make each day, both internally and externally determine our quality of life.

In this new year we can begin to choose to:

- *create an inner environment that allows for changes to manifest such as loving, joy, compassion, enthusiasm. All the qualities that our Soul thrives on*
- *focus on our intention, our purpose, and being willing to sacrifice the negativity that would pull us away from what's truly important*
- *let go of judgment of ourselves and others.*

- *identify what we want, and believe we have the right to speak our Truth*
- *take care of ourselves on all levels daily*
- *live from a place of soul awareness and do whatever it takes to stay on that path*
- *identify who we want to be at this stage in our life, and make choices that lead us toward that*
- *live in trust that we are being Divinely supported*
- *endure to the end on this spiritual path we're on*

There are so many blessings of Grace and abundance that await us. We can open up to these gifts by making choices that will create a space for these to come forward. Use your power of choice wisely.

Many blessings to you all in this New Year.