

The Power of the Soul Driven Journey

The holidays are coming and we shall celebrate with feasts, presents and thanksgivings to mark another year. As we make way for the coming year, we'll take some time to transmit the customs and beliefs to each generation in grand tradition, and we will reflect. What are your traditions? What do you hold dear? Some people love all the ceremonies of the holidays, while others find they do nothing more than take us to places we'd prefer not to remember. However, traditions hold a special value as the glue that holds families and societies together. This stabilizing force reassures us through the multitude of changes assaulting our systems throughout the year. At the end, is one of the unofficial customs that comes about this time of year as we assess where we are and where we are going. You know, the time for determining how we did last year with our resolutions, the inevitable time of year for goal setting!

During this time we judge and weigh what we did last year as well as what we will accomplish this year. Sometimes we hit it right and start the year with, "Wow, what a great year." Then kick it out by saying, now next year I am going to do it twice as good! Mostly, we will judge ourselves too harshly, because we didn't do some tremendous feat or goal that seemed terribly important to us. Perhaps we don't try at all, because we have failed too many times to attempt another trial by fire. But now is the perfect time to reassess how we assess ourselves as well...

The truth is we are mostly too harsh on ourselves, but not for the reasons that you think. True success is not measured in things, not money, not accomplishments, not even goals, but in flow. Have you ever had a day where everything felt completely harmonious? Where the friends and relatives that you share the planet with are drama free? Where you hold a space of love in your life, empowering you further? Where the life you lead is enough in and of itself? Let me offer this, that success is created when the flow of the Universe runs through your life in perfect union. When you see all the aspects of your life in balance and you say yes to your good, whatever that is for you, without judgment. The world looks good through your eyes and a sense that there is *enough* to make you feel that life is fulfilling. Where even negative things calls your attention to, "What can I learn from this happening?"

When we get to this level of operating, it frees us to do our work on this plane, whatever that is for us, in peace and harmony. Goal setting hurts us when it is intense and inflexible. That said, goals help us be more direct in our actions and allow us to enhance who we are and where we are going. So having a goal in mind is a good thing, but as we select and manage them, keep this in mind. We are all on an evolutionary journey and if we concentrate on the steps along the way (the goals), we lose sight of the synchronicities of the journey, which illuminates our life and gives the goals power. The power of a soul driven journey is that it brings us the true meaning of life, joy in living, peace and harmony and above all, a life filled with love. The energy of love may come to us in different forms, a great job, one special person or a community of supportive people or humanity itself. Love always energizes and empowers our goals. If we lose focus on our foundational values, for the practical goals of living, we will never have access to

the many wonderful things that go with the journey, self-actualization and enlightenment. So when you craft your goals, keep the true meaning and spirit of the holidays in mind all year. Live each day in wonder and allow spirit to guide your way.

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