

A New Year, A New You

Wow! Can you believe we are now in 2020? It's a new decade! With that comes a whole slew of new **everything**, ha!

As we move forward in a changing world, we must remember first and foremost that we are doing this together and are never alone. (I call this "tribaling up!")

This year will take teamwork, focused direction, and new outlooks on perceptions that are about creativity, accomplishment, and ease. The past is definitely over and many people are realizing that the feeling of "starting over" somewhere in their lives is front and center. The old ideas, direction, etc. have exhausted themselves in these times. As we consciously (or subconsciously) expand our world, the opportunities are coming in fast and furious! The only thing we need to do is listen.

From there we can accept the challenge of moving forward, which inherently will surprise us with many new accomplishments that continue to expand our rewards and manifestations. 2020 is a year of focused intention and plenty of open opportunities to "take your power back" and regain a new profound confidence. Life doesn't have to be hard. It needs to be clearly understood from how we've interpreted and lived it. That means if energy is constantly in motion, then we are the rulers of our own worlds, allowing (as they say in Star Wars) "the force to be with us"!

Speaking of Star Wars, I hope you all had the opportunity to see the final movie, The Rise of Skywalker, recently. If you want the metaphoric reading of this delicious concept, we are all coming into a time of choice. How we decide to grow in a life that has endless possibilities may come with a few challenges, but in the long run, our choice and determination always wins.

I hope to get to know more of you in this bright and exciting year as we prepare for more deep inner work to connect with the alignment of our souls.

Happy New Year!!

~ **Mona**