The Year of Your Transformation Day 1

"To travel the winding road to the inner self is the most important journey you make, and perhaps the most dangerous."

Your lifetime is composed of so many journeys – to here, there or sometimes you may feel, to nowhere. Down the birth canal, the first day of school, down the aisle, the last breath – you see how many trips you make? And you are not going to nowhere as long as you are going to somewhere. But your journey inward is the most important one as the pathway to self-discovery is laden with illuminations and darkness, each of which composes the soul that you seek to uncover – to know. And as your soul seeks to know, you can observe each discovery with kindness and seek wisdom as your guide.

Walk with each step as a conscious traveler. Note each part of the pathway as a support to the very weight that you carry and remember that the journey is more important than the destination.

Is your journey more important than the destination?

The Year of Your Transformation Day 2

"The path is only wide enough for one as you must walk your own journey."

Even if you are a twin, you came into this world alone. And, unless you experience some dramatic departure, you will go out of this world alone. That is because this journey is your journey. It was planned just for you by a creative wisdom. All the preparations since the news was announced of your formation have been focused on you. And now that you are here, you must take those steps alone.

Of course there are loved ones along your pathway. They sit on the side and cheer you on. They provide support when you grow weary. You are refreshed by their smiles or touched by their tears. But the path is narrow and because no one can walk right beside you, they can only call out from the sideline. This is your path – your race, your purpose. Welcome.

Who did you recognize along your path yesterday?

The Year of Your Transformation Day 3

"Wherever you are is where you are supposed to be."

Listen to that again: Wherever you are is *just* where you are supposed to be. Do not look back and wonder *why* or always look forward and wonder *how*. Instead, look at this moment that surrounds you, the place where you stand right now and say to yourself, "this is a miracle – this moment, this place or this challenge was made just for me."

You will waste so much time wishing where you would like to be instead of being where you are. The moment that surrounds right now visits you only for just that – a moment. And then it is gone. What do you think you will miss if you do not notice your visitor who has come to show you something that may never happen again – like the moment you *just* had?

Is this moment a miracle?

The Year of Your Transformation Day 4

"Wherever you are, start where you are, as you are."

The party to which you have been invited is a "come as you are" party. There is no need to dress up or be in fancy clothes as those things don't matter in this event. "As you are" means just that – how you came into this world and the invitation is for you and your authentic self to sit at the head table. You are the honored guest and there will be time for accolades and funny testimonials.

The only request made of you is that when the band is about to begin, you and your authentic self partner go to the center of the dance floor and, wherever you are, start where you are, as you are. You will have a ball.

Invitation: Can you come as you are?

The Year of Your Transformation Day 5

"Some are ahead, some are behind and you are just where you are supposed to be."

When you were 12 you couldn't wait until you were 13. When you were 15 you couldn't wait until you were 16. When you reach 80, you may look back longingly at the years past and sometimes wish you could return to a more youthful state. But there is beauty in each of the years as they are like a different fruit – each one has a different color and flavor.

The benefit of those ahead of you is that there is proof that the pathway is safe for travel. With those behind, you are showing them the way, just as you have been led by others. That is the beauty of the pathway – full of travelers – all moving in some direction – all equally vulnerable. So walk gently.

Can you acknowledge those behind you – and ahead of you with gentleness?

The Year of Your Transformation Day 6

"Whenever you arrive will be the perfect time."

You can be so silly about time because in the vast expanse of the interstellar space of your soul, there is no time or space. When you start, you are already there. Where you are going is right where you are. In this oval womb of continuous creation you are in the right space at the right time. There are no accidents.

Enjoy it! Here is where you are never late – you are not the first to enter or the last to arrive. You just are – and time and all of its ticking and clicking is just a mechanical way of reminding you of each of those moments to enjoy. You are at the right place, at the right time.

You may not have time, but do you have now?

The Year of Your Transformation Day 7

"In the inward journey toward the true self, it is essential to learn to withhold nothing and be open to everything."

Holding on to what you know is a natural reaction of humanness. You find safety in the familiar and security in what has been predicable. But now may be the time to remove that constraint that has kept you unwilling to accept your beauty as what you are about to discover may have been hidden for a long time. Will this be your time to release the fear of the unknown and be open to that which may come?

Will this time for you become a new beginning, a rebirth of your innocent self that once knew perfection but you have clouded the lens with the murky shadow of fear?

Be open to the re-creative spirit of the universe that makes all things new each moment of every day. You are the co-creator of the universe of your own soul.

Will this be your time?