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Why set yourself up to fail? We all do it. Each and every January. I'm talking about New Year's resolutions.

Teri Uktena writes that most of these resolutions are just self-abuse. She says that they are a weighty burden.

She says that most people's resolutions will initially take all of their time and attention, require them to

"Then we can say we tried and yet be released from such a drastic change."

Why do we do this to ourselves? Madisyn Taylor writes that we may find ourselves wanting to walk away

"Rather than moving us forward, our personal paths may take us in a seemingly never-ending circle where we

According to Madisyn, awareness is the first step to change. We simply have to start realising what we are

Still, even if you are no longer asleep to the truth behind your actions, you might not know what to do

"The old world falls apart but the new has not yet emerged," writes Charles Eisenstein in 'The more beautiful world

Charles graduated from Yale University with a degree in mathematics and philosophy; then went to work for

In his late twenties he entered a long period of intensifying crisis when it became intolerable to do what he

“Everything that once seemed permanent and real is revealed as a kind of hallucination. You don’t know

Charles writes that during the next five years his old world dissolved, and everything that he once

Today Charles is an author, speaker and counterculture revolutionary to be reckoned with. He says

“Our culture wants us to move on, to do. The old story we leave behind . . . releases us with great reluct

Be still and open to whatever you might discover about yourself once your old structures of securit

Life coach Mary Morrissey speaks about this push-and-pull as that which guides us. You have to e

In this way you discover a form of capacity and power that would have been unknown to you witho

You see, wherever you might have been, really has no control over where you can still go.