

YOUR WORD OF THE YEAR DISCOVERY WORKSHOP

With so much intensity in the world right now, the usual pressure we might feel to set New Year resolutions may seem too daunting to even deal with this year, more overwhelming than exciting right now.

Besides, 90% of New Year resolutions are dropped by the end of February anyway, leaving us discouraged before the year really gets started!

Yet it is crucial during challenging times that we create a sense of personal well being, confident that we're on our own right path no matter what.

I have just the right soul medicine to help. It is a two hour workshop on Zoom to help you to lean into what you're being called to in the year ahead with a soft intentional approach. Yet the power of the focus and simplicity of this approach may surprise, even amaze you with the transformations that take place in your life.

First, we will ask a set of questions to slow down and get present to where you are right now, what really happened during the past year, and only after you've settled into that place take a look towards the future.

Then we will follow that up with a creative and compassionate process to help you focus in on your own guiding light or Northstar to help shape your thoughts and actions towards a desired way of being in the world. It's called your **Word of the Year.** I was introduced to this spiritual practice from the Edgar Cayce readings. This specific process was developed by a wonderful coach named **Christine Kane**.

We will also touch upon journaling and vision boards as further ways get in touch with what is seeking to emerge in your life at this time.

I am offering the workshop free of charge on ZOOM. But I ask you to consider a love offering for our Charlottesville CSL chapter.

PLEASE RESPOND TO ME, JANE McDONALD at VISIONSONG9@GMAIL.COM if you would like to join us, and whether you prefer Wednesday evening, Jan 26th at 7:00 or Sunday afternoon, Jan 30th at 2:00.

I may do both times.

Here is to a beautiful 2022 for you!

Peace and Blessings,

Jane