

# CONNECTED WITHIN

## ONE WITH EVERYTHING

### NEWSLETTER

JANUARY 2023



Here we go again – the first newsletter in 2023 – a few days after the Chinese New Year and the beginning of the ‘GUI MAO – the year of the Water Rabbit’.

Today is also my sister and my Mum’s and one of my closest friend’s Dad’s birthday – my Mum would have turned 95 today, my friend’s Dad 90. How quickly time passes.

So I am in gratitude for what I was given, how I was loved but also in deep reflection, how fleeting time is!

What they might have wanted to have done differently?

How and what I can *CHOOSE* differently, to live my life fully present, with all the gifts offered, to all of us.

How I can be of service through my art, through my creativity or spirituality, my teaching.

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How can I comfort and encourage others to dare to live their best life, their full potential?

How can I live as an example?

It is said that the year of the water rabbit is going to be a gentler year. That we'll have time to take a breather.

Which I believe many of us truly need, in order to restore our stamina, make space for new inspiration and enjoy the empty space till new ideas resurface. We have felt like in a tunnel for the last three years, but I feel and it is said that the light is getting bigger now.

Maybe also time to get to know ourselves better, once again. As we have challenges to grow into - let us not be victimized by them, but feel our growth as we meet them.

More so let us feel proud of the fabric we are made of! Of pure gold, I'd say :))

And let us be grateful for being such radiant, powerful souls.

Just now I have talked to my parents' best friend, a catholic priest in his late 80s, who struggles with confusion after a stroke, and getting weaker and more feeble and yet – he so inspires me with his intention to give love, reassurance and joy – and is a beacon of inspiration how he carries himself, how he walks through his last years with such grace. Reminding me – and me you – how precious life is! Leaving me time with a blessing for me and everyone I love.

Let's do that from now on – give other's thoughts of little blessings – before we put the phone down, walk away, wave Good-Bye, finish an email.

Aren't we only meant to feel joy, happiness, inspiration and love?

I believe so – and I am choosing daily to feel this today!

Sooner than, when I've reached all my goals, have made my dreams come true. Today, - choosing peace over irritation, gratitude over regret, flow over resistance.

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We have a CHOICE how we respond to our lives' challenges.

So let me encourage you – celebrate your life, your kindness, your dreams, your inspirations, your love, your relationships, your insights, your wisdom, your body, your feelings and everything you intend to give your attention to.

Intend to be happy and radiate that knowing that right now everything is just right, into your body, your mind, your choices, your intentions, your experiences, your surroundings, people around you, projects you're planning and walk towards.

Right now, everything is a gift! Take it one breath at a time. Thank the Universe for BEING YOU!

With all my Love and warmest wishes,  
*Birgitta*