

New Year's Thoughts

~ set positive intentions

A New Years' resolution can seem trite, and yet a goal to aim for can allow us to improve our abilities or re-define our outlook. There is a good chance of success to set a positive aim rather than a negative or restrictive goal (eg. 'No booze' becomes 'Drink more water', 'Eat fresh fruit' replaces 'Drop 20kg'). To go cold turkey maybe the best way to break a bad habit, just set the aim in summer when far easier to distract yourself! One December 31st I chose "to have more fun" having studied long hours the previous year. An Easter resolution saw my promise of "a healthier year ahead" lighten my waistline not my wallet!



A new leaf sprouts at this tree stumps' heart

Looking forward with anticipation to the spring helps ease the feeling of glumness as short days of sunlight and dank damp drizzle fills the skies too often. I love the crisp bright winter days even though the bite of cold catches at the coat fastenings and ears. If only to stomp to the end of the road so store up some vital sunlight and fresh air! Maybe promise to walk just 10minutes every day, lengthen as time permits.



"Flow: If the boulders are moved, even the river changes its flow."

365 Tao

Maybe add a challenge to sweeten the looming dread of a big '0' year. A 30th wish to travel was balanced as Sam learnt a foreign language so could teach local healthcare workers while in Africa. Marks' 50th real ale and music party raised £2000+ for a dog rehousing charity. Jan for her 60th successfully mastered handstand and raised donations for dialysis machines.

"Do not be afraid to let go of the familiar, for the new cannot enter

until the old & outworn has departed"

Angel Oracle Cards

So what challenge might you set yourself? Learn something very different or re-visit a forgotten loved hobby. Picking up rusty skills of painting made me rethink how I meet my meditation practice when it's so easy to lose myself to colours and mixing tones.

Within your yoga could you:

- Dedicate this year to living the Yamas & Niyamas
- Explore a new pose or variation each month
- A daily positive intention
- Vary classes & teachers
- Sit with an open heart as try new meditation approach.

Written by Hazel Faithfull

November 2012: forward looking and looking forward to New Year! All photos cHazel Faithfull, Devon /Ardeche



2013: master new skills or dust off old ones