

# TREE OF PAST LIFE



January 2019

Happy New Year to all

So, how did your festivities go?

Did you feel relaxed and enjoy your time?

Did you eat, drink and be very merry indeed?

Did you manage to avoid any arguments?

Do you have a new plan for the year ahead?

Have you started on a high or are you finding yourself on a bit of a low?

## SO HERE WE GO...A BRAND-NEW YEAR AHEAD

January, the month when the baubles get bounced back off the tree, the tinsel is once again escorted to the loft and the big chubby man with the white beard is a dim and distant memory already.

What's next then?

Do you scramble around the house seeking out those pesky little cobwebs? Do you plump every cushion within an inch of its life? Knock up a pop of soup perhaps.

January can seem such a confusing month for some. As the weeks before were filled with planning, organising, hoping and dreaming of good times for all around you. All those little extra efforts and touches, all those hopeful smiles and rooms filled with laughter. Busy busy busy...

And let's not forget your own personal enjoyment...this is very important.

Then all of a sudden.... boom... it's finished! All over...all gone...

Sometimes this month may leave you a bit low, a bit despondent, moving at a different pace and feeling unsure what comes next for you.

Take a little comfort that these feelings are perfectly normal and natural. Rest assured you are not alone. Look at it as mother nature's way of putting the brakes on and allowing you some good old-fashioned thinking time for yourself. For the next couple of weeks ahead and how you would like to tackle the start of your year. Do remember it is **your** year...**your** time...**your** decisions to be made.

Use your now time to look, feel and review all around you with fresh thoughts, eyes and emotions. Take small baby steps in the right direction without putting too much pressure or high expectations upon yourself.

Time is in your hands so use it in a way that will make you smile, make you happy and help you to feel contented. **This is your life...**



## So best foot forward from now folks

No if's...no but's...you're not an ashtray!

Just take everything at your own pace and bit by bit your mojo will pick up and gain momentum. Try not to get too hung up on all the massive amount of new year advertising that makes you feel you should be doing this... that and the other. Diets, keeping fit, holidays, new relationships and so on. Do what is right for you... simples! Never feel pressured nor ever a failure.

Self-care comes from within and only at you own will and your own pace in your own special way. We are all unique and we all tick at different rates. Trust that you will work everything out and keep your faith for the weeks ahead.

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*Take it one day at a time & enjoy the journey*

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Wise little words:

Sometimes, you  
find yourself in  
the middle  
of nowhere,  
and sometimes, in  
the middle of  
nowhere, you  
find yourself.

If you have some tips to share then please email me and we can include these in next month's newsletter with pleasure. After all everyone needs a little helping hand sometimes...and lots of hands make light work of getting our year going.

Kindest Regards to all

Sally [www.treeofpastlife.co.uk](http://www.treeofpastlife.co.uk)



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