

TEN STEPS FOR GETTING THE LIFE YOU WANT! *written by Sylvia Marina ©*

This is the time when many set an intention for their festive and holiday season, closely followed by their new year love and lifestyle objectives.

I recall the lament of many of our readers who last year, overspent in the days close to christmas. From a December over-spend, it is difficult to get a clear start to the new year.

Here are some tips to assist you to stay on track

1. Don't carry old baggage into a new year. Manage your finances, address negative emotions and patterns of behaviour. Start the new year with a clean slate.
2. Visualise what you truly want.
If you create an overdrawn bank account – what are the consequences!
If you want a specific lifestyle, visualise step by step how you will make that happen.
3. Identify limiting beliefs. Sometimes awareness is all that is needed to change a belief.
4. Every morning connect with your wisdom energy.
5. Align your energy with your soul purpose.
You'll know when your lifestyle, soul purpose and wisdom are aligned.
When energy is aligned, you feel an inner peace, happiness, joy, miracles and prosperity happens.
6. Stay on track. You've had enough dissappointments. It is time to learn your lessons.
2012 is a year of change. Now is the time to alignment with your soul purpose, harmony and bliss. Do you need a mentor or soul coach to help you map the way?
7. Be kind to yourself.
Don't overburden yourself. Honour yourself. Know when to say no!
Don't accept seconds! Second servings has consequences!
8. Reward yourself, spend time connected to nature.
Take time for creative expression, art, music, singing, gardening – whatever brings you joy! Meditate in theta and delta, it will lift your spirit.
9. Be open to receive. Stop writing the lists for a perfect partner, lifestyle or career.
Let go of all that clouds your beauty.
Become the person you dream you will someday be – be that person now.
10. Be honest with yourself. Most look at their life from the inside out.
Take time to observe your life from the outside in.

Life is precious. Life is love. If love has not reached the innermost part of your soul, isn't it time to unveil the magnificent you so that love can transform and evolve your life?



Sylvia Marina is a Spiritual Educator and Professional Intuitive. She specialises in helping people heal their body, emotional struggles, blocks, and fears. She has developed a series of programs to enhance Intuitive Awareness. An experienced teacher and personal development mentor, her natural abilities are supported by her professional background in health and behavioural sciences and thirty year career as a professional kinesiology teacher and practitioner.

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