



Make sure Your Next Chapter Revitalises You

***Change is inevitable, embrace change and grow**

The 19th and 20th century models that we've been working with no longer work, you're seeing this at every level. Stop denying this and accept that there needs to be a new model and new thinking at every level. Are you open to introducing new thinking to your life? What action are you taking?

*** Ensure your change is revitalising and transformational**

Global transformational change is what is needed at this time. Be willing to contribute. Be guided from within and prepared to take quantum leaps. Your life is bursting with opportunities as long as you're prepared to change. How might you prepare yourself for these leaps?

*** Make sure this next chapter reflects you, let's you shine**

Luminosity depends on your inner world and your inner beauty. Change is an opportunity to upgrade and nourish your relationship with your Self and become even more authentic. The world needs you to shine. What is stopping you shine even brighter in this next chapter?

*** Banish regrets of the past, live in the now**

Living in the past and regretting what you did or never did is never productive. Instead live in the present, embrace the world's transformational change. Are you creating a new chapter that you're proud of and revitalises you? Does it support global transformation?

***Acknowledge your inner treasures, value your Self**

Your inner treasures are unique to you. Spend no time being envious of others. Do as the Dalai Lama says ...do what is right and good for you to do. Share your treasures and reap the rewards. How might you use your inner treasures to revitalise you and others in this changing world?

*** Create supportive beliefs, dis-create limiting ones**

Attitudes and beliefs govern your behaviours, feelings and energy vibration so make sure they support and revitalise you. In this changing world your new chapter is bursting with opportunities...are you attracting them? Are you replacing your beliefs that stop you from succeeding?

*** Nourish you creativity – celebrate change triumphantly**

Creativity can lead us collectively out of a dark place just as quickly as it can lead us in. Each one of us contributes and needs to act responsibly. Be creative, see your life as an orchestra. Globally and individually each chapter is played differently and requires different and perhaps new musicians. Which musicians will bring vitality to your next chapter?