

STYLUS

Scratching Beneath the Surface

stylus *n.* an instrument of metal, bone, or the like,
used by the ancients for writing

CHOOSING OUR BETTER HISTORY The New Era of Responsibility

by Nina Durfee

We've rung in a new year. We've sworn in a new President. Hope springs eternal!

Indeed, hope is the message broadcast by President Obama in his inaugural address. "The time has come to reaffirm our enduring spirit; *to choose our better history*. . . ." What a powerful concept, that we can *CHOOSE* our history!

Yet, when you think about it, that is exactly what we do and have done, day in and day out, century after century, and we continue to do so daily by our thoughts, words and actions. The question is, are we doing so by default or by design?

When we do nothing, we choose status quo. When we take, we choose not to give. When we stay, we choose not to go. When we ignore, we choose not to love. When we lie down, we choose not to stand. When we stagnate, we choose not to nurture and grow. How, then, do we choose our new history?

The answer is in the direction of our vision. Let us choose to look forward to what we want, not back on what didn't work and what wasn't effective. It's one thing to acknowledge the past -- quite another to contemplate it, bemoan it, wallow in it. All of that simply holds us in the space of ineffectiveness, weakness and unhappiness.

Isn't it logical instead to look forward, to embrace new light, to see harmony, to enjoy productivity for all, to act with the solution rather than the problem in mind, to shed the security blanket of scarcity and don the cloak of abundance?

Given free rein, water flows naturally toward the fullness of the sea. Disrupting the flow requires resistance. It causes a parting of ways, stress and dissention, and discord of purpose. To honor and nurture the growth and love of the human spirit, we must release our resistance of diversity, and instead accept and appreciate the uniqueness in culture, religion, skin color and political stance.

To "step into a new era of responsibility" is to live by design. It is to accept responsibility for our own actions and choices in alignment with our "old and true" values. Honoring our core values is the ultimate action of responsibility. When we align with our inner truth, we respect the inner truth of others and allow it to shine. As individuals honor and respect the unique values of each other while holding true to their own, we flow powerfully, as a community, a nation and a world, to the common sea of freedom, abundance, success and purpose that is a magnificent body greater than the sum of each individual drop.

5 Questions to Face you Forward

1. How will you honor your values this year?
2. What changes will you make?
3. To what responsibility will you hold yourself accountable?
4. What is your contribution that will "reaffirm our enduring spirit"?
5. How will you live not by default, but by design?

4 Ways to Responsibly Choose your Better History

1. **Workshop: Creating Your Own Reality. . . Be Careful What You Wish For!**
A 6-hour workshop to hurdle the stumbling blocks that keep you from successful change.
Friday, February 27, 9:00 – 4:00, Kent WA. \$295 (includes lunch). Register by 2/13 for 15% discount. 8 seats available. To register call 425-495-6967 or email Nina@LifeSculpt.net.
2. **1-on-1 coaching.** Partner with a coach to clarify your intentions, identify your stuck points, enliven your passion, and create an action plan that moves you forward. Hourly rate or package discount. Call for a FREE consultation to see if coaching is for you: 425-495-6967.
3. **Luxury Retreat: Full Bloom: 7 Practical Steps to Get What you Want +1 to Grow On.** Call for details: 425-495-6967.
4. **Peaceful Energy Meditation.** For information go to www.LifeSculpt.net and click on Programs.

What action will move you forward today?

For information or to schedule a free consultation go to

www.LifeSculpt.net.