

NEWSLETTER

MOMENT OF REFLECTION

Hello!

Wow. What a year we've all had. Come and let's sit and chat for a few minutes. Grab a cup of your favorite de-caf beverage and take a deep breath.

Do you feel your shoulders dropping? Maybe some of that stored-up pressure is finally leaving your body and mind now that the holiday season has wound down?

For sure, January is a "deep exhale", relaxing, regrouping and starting with new momentum kind of month. It's time to slow down and let go. Allow a moment of decompression, a moment to empty your mind and just observe. Now that the excitement and expectations of the holidays are over, what's your present life landscape showing you? Are there hills and valleys to cross? Are you at a fork in the road or turning around to take another path? No judgment. Just observe and take stock of where you are.

Take a few more mindful breaths and imagine letting go of internal stresses and mind chatter. Sweep away any judgments and the need to control anything in this moment. Allow yourself to release all "should", "could", and "would" out of your field for about 30 minutes or as long as you can.

"Now what?", you ask.

"Curiosity"

Once you know where you are, it makes it easier to decide what you would like to create in your life.

Just like making a cake, you need to determine:

- A. What kind of cake to make and what ingredients are needed to make your cake/meet your goals.

A few questions to get you started:

- "What do I choose to create?"
- "What are my core values?"

To get you started, here are some key concepts to explore:

- Abundance, Acceptance, Appreciation, Authenticity

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- Balance, Benevolence, Bliss
- Clarity, Courage, Creativity
- Decisiveness, Depth, Discipline
- Faith, Flexibility, Focus
- Grace, Gratitude, Guidance
- Harmony, Health, Helpfulness, Humor, Hope
- Imagination, Inspiration, Intuitiveness
- Joy
- Kindness, Knowledge, Knowingness (personal)
- Longevity, Loyalty, Love
- Meditation, Mindfulness, Motivation
- Nature
- Openness, optimism, order
- Passion, peace, perceptiveness, presence
- Recognition, reflection, relaxation, reliability
- Sanctuary, satisfaction, security, sharing, simplicity, sincerity, spirituality, stability, success, support
- Teamwork, thankfulness, tidiness, time, tranquility, trust
- Understanding, unity, usefulness
- Valor, virtue, visualization
- Warmth, wealth, wisdom, worthiness
- Youthfulness
- Zeal.

Now that you have a clearer idea of what you want to create and what matters most to you, are you ready to join a community of like-minded individuals who are on a similar journey?

Together, we can explore classes, workshops, book studies and practices that foster self-discovery and authenticity, enabling you to manifest your dreams in your own unique way.

BOOK STUDY

Current Book study: *“Heart of the Soul”* by Gary Zhukov and Linda Francis

Start Date: 12/11/2025

When and how do we meet: Every Thursday from 7pm - 8:30pm on ZOOM

Come and join us! We read through the chapters as a group, stop and discuss it, so you don't have to read ahead, unless you want to.

Please reach out to me at tammy@Innerawarenessministry.com if you would like to join us.

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Spots are limited to keep the group small, so if for any reason you are not able to join this one, please know there will be another one on the way soon.

Thank You.

TOOLS FOR MEDITATION

Today we will explore the benefits of Incense to the senses for calming:

Frankincense: has been said to be a stress reducer, ideal for meditation. It has an earthy, spicy scent, harvested from the sap of the Boswellia tree.

Myrrh: paired with Frankincense has been said to promote even a deeper sense of meditation and purification.

Lavender: for calm and relaxation.

Sandalwood: has been known by many to offer a smooth, woody, grounding scent.

Sage, Sweetgrass and **Palo Santo:** have been widely used for decades for energetic clearing of spaces, persons and things and calming the mind.

Nag Champa: Has a bit of a sweet, earthy, spicy scent that is wonderful for also clearing people, places and things and wonderful for meditative purposes.

These scents can be found in incense, oil and candle form.

***Note:** If you are receiving this Newsletter via email, please feel free to explore the possibilities at <https://www.innerawarenessministry.com>

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