

Your 2012 Year in Review

Make a cup of tea, get a nice pen, three pieces of paper, and a pad of post-its. Find a quiet place where you can sit.

Light a candle, and get comfortable. Let your breath smooth out and slide into meditation for a few minutes...

Once in quiet - creative space, reflect on your experience of 2012. Let your mind drift through the past year, the milestones that have passed, the highs and lows. Let it all come. Breathe.

Embrace the whole of where you are at in your life right now. Acceptance and appreciation of now, is the base-camp for your journey into 2013.

In bold letters, title the first piece of paper:

What I'm leaving behind in 2012.

Inhale....Exhale... Start writing... Don't stop, judge, or filter in any way. Get it onto the page. What are you so-done with? What will not survive the strike of midnight on December 31st?

Explore the facets of your life. Home, career, relationships, (might need more paper!) health, behaviors. Then get into the energetics. List your done-with fears, doubts, hesitations, and grudges... No, you won't have to read this aloud in class. Keep going.

Have you been unkind or hurt anyone? Apologize. Has anyone treated you unkindly - unfairly? Forgive them. Make amends, Make your peace.

List your disappointments, and how you've disappointed others. Where are you kidding yourself?

(Breathe) Are you still carrying that bad habit? You know the one, the one you said you were done with last year. Go ahead and write it down. These ripples end here...

Phew. Still with me? great. Onward. In bold letters across the top of the second sheet, write: **How i've grown and what I've learned in 2012.**

What has living 2012 has reveled to you? What have you accomplished in the different areas of your life? how have you grown, what have you've learned, especially those tougher lessons.

(breathe, steady and evenly) What obstacles have you overcome... what have you gained? Where have you surprised yourself in your strength?

What are the important changes you'll bring forward into the new year. What are the high points, peak moments, sweet memories you'll savor?

Take some time with this, We'll squeeze every last bit of goodness from 2012 before moving on. These waves live on.

You're doing great. Keep going! Here's where it gets fun. Label the third sheet:

I'm happy - healthy and thriving in 2013.

Dare to write how you would envision your ideal life. Again, ponder the facets of your life, Relationships, work, creativity, your home, finances, health, your Yoga practice...

Writing in positive and present tense, like it is already your reality, How will you feel? Describe in detail your day, from rising after a great nights sleep, to the work you will do, to the beauty you'll experience, to tucking yourself in...(Or being tucked in?)

Take a break, sip some tea, then meditate on this visualization, allow it to saturate you.

let a word or simple phrase of summary come to you.. One that sums up this direction you'd like to move in, this quality you'd like to see more of.

Write this theme, **Your Mantra for the coming year** - nicely on your post-it note.

Finish your tea, slide back into meditation for a few minutes before rising.

Bring your first sheet, and your candle outdoors, or to your fireplace where you can safely burn the list. Make a ritual of this, as your paper turns to ash, state:

I _____ release these qualities and experiences from my life.... and shed these anchors for real. So be it, Swaha!

The second and third lists you'll read once more, then tuck away. Reflect on them in in a month or two, You may need a refresher to get back on track.

Stick the post-it Mantra on your bathroom mirror, or a place where it will be the last thing you see before you go to sleep, the first thing you see before starting your day. Read it while you brush your teeth, ponder it for the full two minutes.

Putting pen to paper, and writing these intentions seem to work. We leap from, "I might want to think about maybe making this change someday, to "I'm doing this!"

For more on these practices of writing down our intentions, check out the book: [Write it down - Make it Happen.](#)

May all beings be happy and free. Om Shanti Shanti Shanti... john

p.s. by the way, 'Simplify' is my post-it Mantra for this year. See the extended version of this New Year's Message and share your word of the year in the comment field at:

www.YogaWithJohn.com/blog