

Personal

A Commitment to Living a Sacred Now

By Natashia Halikowski, IntuitionWorks

Believing is Seeing...living your joy now!! This is my personal vision statement. My biggest challenge is living these words day by day. Please travel with me as I show you how you can incorporate more joy into your daily living.

Your personal vision statement is how you face the world as yourself. It can be any statement that speaks to your heart. It is in the commitment to your vision that you can create the life you love.

Your personal vision statement best sums up how you face the world. The key is to create the commitment to really work with your vision statement. Your energy is already flowing to a subconscious commitment you have already created whether you are aware of it or not; be it positive or negative. What is important is to change or realign where we direct our energy and hence our commitments. To answer this will require that you take several inventories of where your commitment lies and where your energy is flowing so that you can consciously redirect it.

Are you, at this precise moment, feeling full of joy? Is your life full of juiciness? Are you able to know that you are free to create any opportunity or situation that is your heart's desire? This is very important. How frequently do you put off today's thoughts, reflections and pauses directed either at yesterday or tomorrow? The result is you are in a twilight zone that avoids the sacred now.

Step 1) Observe where your energy flows - Note where your mind goes: allow this process to take a day or even a week. Themes may include: money and your pursuit of it; your debts; troubled relationships; your search for your soul mate; your spouse. Where your energy flows is the face you present to the universe. The universe reflects this face back to you because this is what the universe believes to be your heart's desire.

Step 2) Create an inventory of what you have created thus far - List your creative results: include work, relationships, family, accomplishments. Have two columns - one positive and one negative. Take your time and above all else be honest.

Step 3) List over 20-50 ways to create joy - What brings you joy, what

allows you to feel full of laughter at any moment? Remember, the technique to creating joy is in the moment.

Step 4) List 20-50 ways to create energy - What are you going to do to increase your energy today?

Step 5) Note how you learn and integrate knowledge - Do you mutter under your breath when you are faced by struggles? Stop and look for the joyous moments. Long before you learned how to read you were faced by a learning crisis: remember what it was like to be full of doubt as a child and faced with a learning challenge. Someone helped us through that threshold and we climbed over the challenge and we did learn. How have you learned based on the past successes to go beyond a challenge? This is your path. This is how you can create joy in your life today.

The mystery is that we are not aware of our perceptions and willingness to work to create daily joy which impacts our life. Joy is very healing. It will allow your body to have greater vitality and for you to experience greater passion which in turn is a very attractive quality. Hence, we all gravitate towards the joyous person.

Once you have completed the inventories and have reflected how you learn, it is time to create a way to easily and effortlessly re-direct the energy flow. Create a learning story. I learn best when a friend reminds me that I can commit to my vision every day. I reflect on where I am going daily. Next, throughout the day, I check in and juice up my energy by incorporating the many ways that I increase my energy.

Lastly, I ignore my doubts. I focus my energy towards creating joy. We attract that which we give energy, thus it is important to give energy by creating joy day by day.

Natashia Halikowski B.A. Economics, C.E.C. (Royal Roads University), is President of IntuitionWorks, a company that provides training, seminars and personal coaching. IntuitionWorks focuses on harnessing your intuition to expand and enhance personal and professional performance. This article first appeared in Rising Women Magazine 2001.

(403) 238-5424; info@intuitionworks.ca; www.intuitionworks.ca