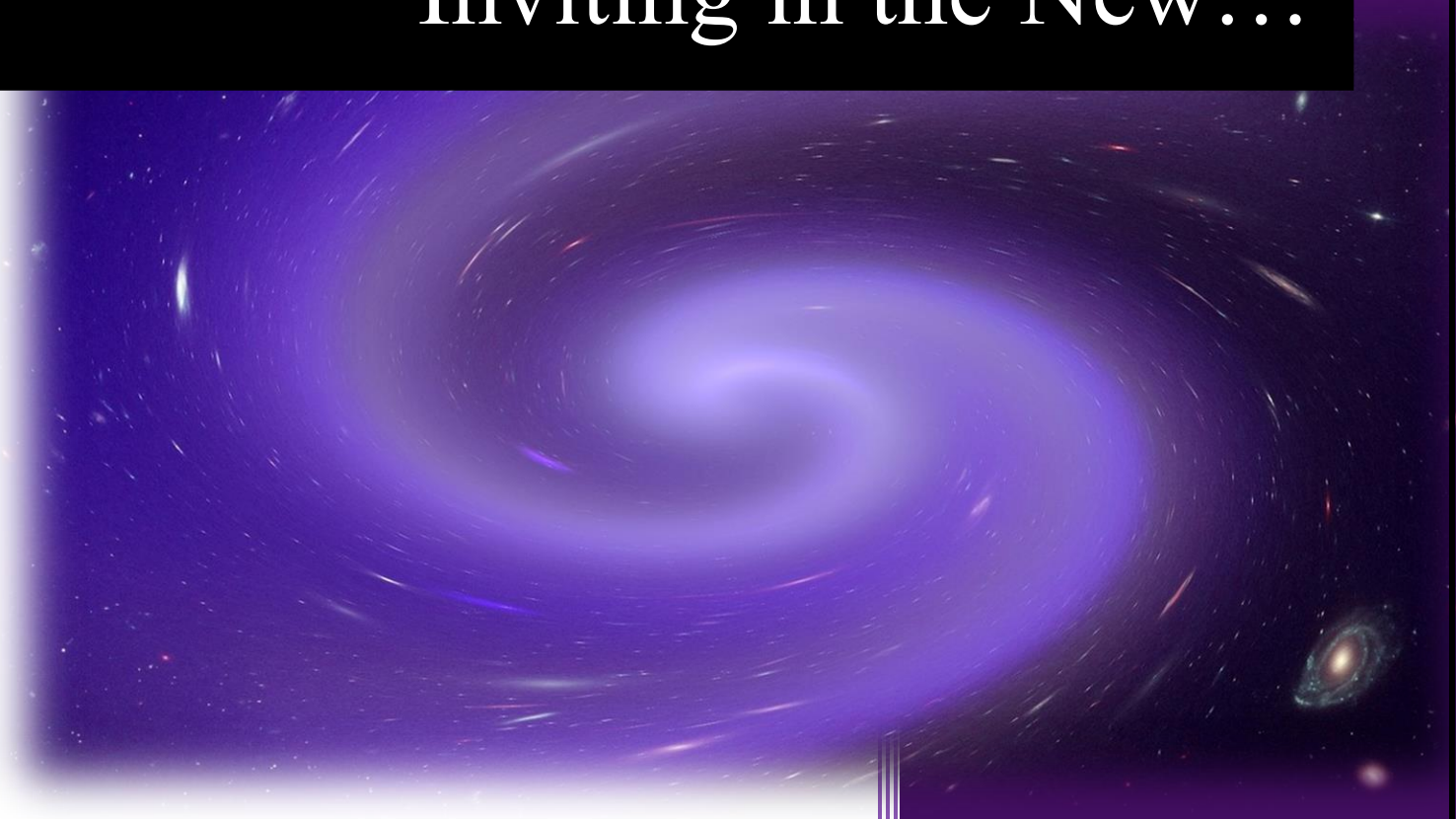
Ready for 2024?

Releasing the Old Year & Inviting in the New…



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Releasing the Old Year & Inviting in the New

Many people look forward to setting New Year's resolutions in January, but few recognize that it is *how* you end the year that matters way more for achieving your intentions.

Preparation is the secret sauce for every victory in life.

Psychological, emotional, and energetic planning and attention is what separates those who succeed from those that yearn for it.

When I began purposefully closing the year, my life felt more conscious, and I achieved many more intentions than previous years by using the process I am going to share with you here.

I continue to have my guided meditations listened to and rated all around the globe, I work with clients all over the world from the comfort of my home office, I created and launched more courses to help people awaken to and access their intuitive gifts, I continue to facilitate two on-line groups, I launched a new deck of cards, I create ongoing content for my membership group, I up-levelled my own sacred self care protocols, and so much more!!

So, I encourage and invite you to set yourself up to truly thrive in 2024 by doing a short yet potent ***New Year's Eve Let Go & Intend Ceremony*** that will help you acknowledge and achieve what you desire.

The eve of the last day of the year has long been recognized as an auspicious and sacred time to:

- review, reflect and celebrate the year that has passed.
- let go of thoughts, ideas and beliefs that are no longer serving you.
- set clear, powerful intentions for the year ahead.
- invite the potent energy of attraction to manifest your desires.

Here are some ideas to guide you to create the best kind of Ceremony for yourself:

Set aside at least an hour and select the pieces from the suggestions below that resonate with you. Above all, remember to make this ceremony fun and exciting!!

1. **CREATE A SACRED SPACE**.

You don't have to do the New Year's Eve ceremony on the 31st of December. Select a day and time when you (*and whoever you choose to invite*) will enjoy focusing upon setting intentions without interruptions.

When deciding on location, start with feeling into what a ceremony means to you and what kind of an environment is conducive for feeling connected in your heart, mind, and soul.

For me, this could mean any of the following:

- lighting a candle with the intention of illuminating the vision for next year.
- burning some incense or sage to clear the space.
- creating an altar with things that hold deep personal meaning such as pictures, art, cards, and sacred objects.
- having a journal and pen ready and maybe even getting a whole collection of art supplies.
- gathering tarot cards, oracle cards or any other tools for connecting with your inner wisdom.
- putting on inspiring music.
- dressing up in clothes that make me feel beautiful, empowered, and comfortable.

2. **CENTRE YOURSELF**.

Meditate or just do some deep belly-breathing for about 5-10 minutes. Slow down your heart rate. Feel your body and all the present sensations. Drop-in to your sense of Beingness.

If you are gathering with friends or family, I would recommend someone guiding everyone in a grounding meditation. Or you could all listen to this guided meditation: **Grounding & Connecting**: https://insig.ht/rnsBxznRNEb

3. **REFLECT ON INTENTIONS FROM THIS YEAR**.

If you can read last year's notes or remember your intentions for this past year, it will be useful to reflect and journal your thoughts about them:

- Have you achieved what you set out to accomplish in the last 12 months?
- Did you live in alignment with your true intentions and priorities? If not, how come?
- What valuable personal and professional lessons have you learned?

Maybe you feel proud and empowered for making courageous choices. Or maybe you feel irritated and frustrated for continuing outdated patterns. All of it is perfectly okay, and I highly suggest removing any internal judging, labelling or censoring and having a real open heart-to-heart with your journal.

Lean into Napoleon Hill's wisdom that "*Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit*."

(***If you can't remember any intentions for this year, that's okay, just think about the general things that are important to you and whether you are living in alignment with them or not***.)

If you want to share this with other people who are doing the ceremony with you, share 2-3 lessons you learned from the year.

And if you love fire like I do… then write down 2-3 habits or beliefs that you know you are ready to release and burn them.

As they go up in flames, know that the consciousness that created this world receives and recognizes your readiness to shift and will now fully support you in your desire!!

4. **WRITE DOWN 5-10 HIGHLIGHTS FROM THIS YEAR**.

These can be big achievements or more subtle magical moments. Remember how they felt and what it was that made them so special.

If you are present with others, share some of your highlights in all their juicy glory!

Focusing and reliving the most exciting and exhilarating times of your life is one of the most powerful ways of reprogramming your mindset to keep a success score card, instead of a failure log!!

5. **AFFIRM WHAT YOU WANT NEXT YEAR**.

I suggest writing down one intention for each area of your life. I find these wishes to feel more powerful when I state them in present tense so that I feel like I am already living my desires. Here are four main areas to focus on:

1. **Your Health**. The health goal can be related to fitness or dietary habits, or it can be very general, such as: "*I tune into my body's wisdom and make choices that nourish and support every cell in radiant well-being*."

2. **Your Wealth**. The wealth intention can be a specific desire in your career or finances, or it can be something like: "*I recognize my innate ability to experience an abundance of money, resources, time and love*."

3. **Your Relationships**. A relationship goal will be more powerful if you can focus on how YOU want to feel instead of how you would like someone else to change. For example: "*I love being in satisfying, loving and*

nurturing relationships" or "*I am attracting the perfect partner for me by being the type of mate I want to attract*."

4. **Your Personal Enhancement**. Probably the most important goal out of all four because this is what feeds your heart, mind, and soul. A great way to explore this topic is to free-write all the things that you would be doing if you had all the money, resources, time and freedom you could possibly want.

Look over what you wrote and think of one goal for the year ahead that lights you up. For instance, you could explore meditation programs or new classes: "*I love investing in myself by signing up for {blank} program*."

You can also make it as simple as something like: "*I dance and play every chance I get and remember my freedom, power and beauty*."

6. **CHOOSE A THEME FOR NEXT YEAR**.

After you have reflected on where you have been and where you want to go, it is also useful to pick a theme word or phrase for the year. This focus can be your Guiding Star when making decisions in the coming months.

> For example, my theme for 2023 was "**ENLIGHTEN**" … (*Enlighten comes from the metaphor that ignorance is a state of being "in the dark," and that knowledge is illuminating. We use enlighten as a verb meaning to clear up, to remove confusion. Light is also a powerful metaphor for spiritual insight. If you have a great revelation about the divinity of the world, you could say you have been enlightened.*).

Anytime I had to make choices or decisions, I would remind myself that everything I attract and do will support my sense of creating and having experiences that were focused upon clearing up and removing confusion as well as evolving, embracing, and sharing spiritual insight… and that helped me launch new projects and focus on doing the type of work that makes my heart sing, all before I felt I was truly prepared (truth be told, I never do feel 100 percent prepared 😊).

The theme can also be a way to recognize when you have gotten off track and help course correct.

I make up a big sign with my one-word theme above my desk and it guides me to take the path of least resistance and keep things in perspective instead of struggling or trying too hard.

It's amazing how just a one-word theme can help us remember and align with what our priorities are!

I love the simplicity of choosing a single word as a focus for the coming year. I believe in the power of one - one word, one goal, one focus - as an exceptional catalyst for transformation.

Truth be told, it can be one word or two. It can be a whole phrase. It can be for a whole year, six months, or until it's done!

There are no rules with this!! It is your life. You can play with this idea any way that you like.

Discovering Your Perfect Word

Is there is a single word or a phrase that captures what you would like to manifest in your self or in your life in 2024?

Your perfect word might immediately pop into your mind. Or you may need to let the idea percolate for a while. Then see what bubbles up. There's no rush.

Here are some questions that may help you with the process of finding your perfect word:

1. Is there a quality you would like to grow in your life?
2. Is there a quality that you would like to diminish? If so, what is the opposite?

3. What outcome would you like to see at the end of the year?
4. What activity is primary for the coming year?
5. What change would you like to see in yourself or in your life in the coming year?
6. Can you encapsulate a goal for the year in one word?
7. What do you want your year to look like?

Your word might be highly practical. Or it might be creative. It might be light-hearted. Or it might be laser focused. The key piece is it simply needs to be the perfect word for you.

7. **REVEAL, INTENSIFY, MAGNIFY**.

If you are with others, share your intentions and your theme one by one and after each person finished speaking, reflect aloud together: "And so it is!"

And if you did the ceremony on your own, I recommend writing an email to a couple of friends summarizing your desires for 2024 and asking them to help you stay focused in the coming year.

When two or more minds connect with an idea at the same time, the power of the idea becomes greater than the sum of the individual parts.

So, share with others (*who are supportive*) what you intend to develop in your life, and you will be amazed how much more fun and easier it will be to journey to your goals.



CONCLUSION

As a result of all of this, you will be feeling so good you could float, and you are ready to step into the next year as a reborn and new YOU!

I would love to hear your favorite ways to wrap up the end of the year and set intentions for next year. Have you seen a difference in your life when doing a New Year's Eve ritual?

Want Some Further Guidance and Support?

To support and inspire you further, I have two options to help empower to share and be the absolute best and aligned version of YOU for the year ahead:

1. I have created a journal for you to use to help you feel nurtured and inspired as you evolve your theme and intentions for the year ahead. You can learn more about this and get your copy by clicking on the link below:

   Liberate Your Inner Truth ~ Journal

2. I am also offering my annual report which is intended to provide you with inspiration, clarity, and insight into what to expect for the year ahead… to learn more and request your personal report, click on the link below:

   Guidance & Inspiration for Your 2024

I wish you a bright beautiful, auspiciously aligned, and self-empowered 2024 💜😇✨

Much Love, Light and Many Blessings

Moira