

2020

# 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's 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 that 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'm going to share with you here.

I had 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 taught a workshop at a Tarot Conference on Montreal AND at The Wellness Universe SoulTreat in Sedona, I went to Las Vegas for a Master Healer Certification (and my sister took me to see Lady Gaga), and so much more!!

So, I encourage and invite you to set yourself up to truly thrive in 2020 by doing a short yet potent New Year's Eve Let Go & Intend Ceremony that will help you 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 out of 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 your 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, 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, I would recommend someone guiding everyone in a grounding meditation.

## 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, why?
- ♥ 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 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 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 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, 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 three 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, 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 2019 was "INTENTIONAL" Anytime I had to make a big decision, I would remind myself that everything I attract and do will support my sense of being intentional 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 (truthfully, I was never going to feel 100 percent prepared).

The theme can also be a way to recognize when you've gotten off balance 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 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! This 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 2020?

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's 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 2020 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 (*supportive*) others what you want 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

By this time, you should be feeling so good you could float, and you are ready to step into the next year as a reborn and new YOU!

Now I'd 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?

I'd love to hear how you feel after you work through all the suggestions above and create your own perfect way to wrap up 2019!!

If you are ready for some personalized help, be sure and apply for your Breakthrough to Success Session... you can fill out the form for that when you [click here!](#)





Here's to an EPIC 2020 😊

Much Love,

*Moira*

