

If you dare to dream, you can fly

Create a world of possibilities in the new year

By Bernadette Chua

It is the start of a brand new year, and some of you would have already made your resolutions and set your goals for 2011. The start of a year is a useful time to create a world of possibilities and to let go of the past.

If 2010 has been a fruitful year for you, you can continue the new year on a positive note. But if it hasn't been a swell year, decide right now to let it go.

Instead of focusing and wasting your energy on how awful or unhappy it has been, you might as well focus your attention and energy on the brand new year ahead. Five minutes focusing on the negative is the same as five minutes concentrating on the positive. The difference is that the negative will anchor you to the past, while the positive has an amplifying effect that can help propel you forward. So, centre your energy on what you want. Rather than rehash what went wrong, why not look at what could be better?

Getting Started

For those of you looking to create a different year, a useful question you could ask yourself for a start is: What would make you happy?

The pursuit of happiness is certainly one of the top priorities for many, but yet, many clients I see (like in the example below) are uncertain what makes them happy.

Client: I am unhappy because...

Me: So, what would make you happy?

Client: Err... err... Don't know. I am unhappy because...

If you don't know what makes you happy, then you would most likely find

yourself caught in an endless web of unhappiness. If you have no idea what makes you happy, then it is challenging or near impossible for anyone else in your life to help you.

Back in my own dark nights, I was caught in a web of pain and sadness. At the same time, I also focused on what would be my dream life, what would make me happy. So each December and January became a period of self-reflection and determination to have a brand new start. Day by day, month by month, year by year, I began to realise the different aspects of my dream life. Because I know what would make me happy, such as self-development, financial stability, meeting new friends, travel and picking up new skills, I could work towards that. Today, I am living the life I desire.

If you are feeling unhappy right now, take some time off for yourself. Enjoy a cup of tea, relax and start thinking about what would make you happy. If your mind starts to go "but I can't achieve that" or "how can I get that", stop and take your attention back to what would make you

happy. When you are doing this exercise, the key word is YOU. Not what would make Jane, James, Dad or Mum happy, but YOU. Otherwise, what you desire is not yours, but someone else's dream and it would only serve to give you an excuse not to move forward or to assign blame.

During the session, if your mind is blank as to what makes you happy, then that in itself is an important realisation and insight for you. How can you take flight and enjoy your life when you keep looking backwards and not towards the sky?

As William Jennings Bryan said: "Destiny is not a matter of chance, it is a matter of choice." I came across this quote during my dark nights and it has helped me to create the life I desire. In the same way, you too can start 2011 on a fresh new note.

In my book *Fly Free*, I shared insights on how accepting the wings of life can help you reach your rainbow. These wings are: accepting responsibility, accepting help, accepting opportunities, accepting love, accepting goodness, accepting your inner voice and accepting me. They are catalysts to create the year and life you desire. As all of us are unique with different life paths, this also means the duration for each of us to achieve our outcomes will differ. So, be patient if you are not achieving it as fast as you might have liked.

Bernadette Chua, a US-certified Quantum-Touch practitioner and instructor, is a passionate advocate of personal empowerment. She believes every individual possesses the innate ability for positive change. Through her Dream Catalyst talks and workshops, she helps people attain their peak physical, mental and emotional well-being.
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