

SUPER POWER
2014
REFLECTION
RITUAL

WITH CHRISTINE ARYLO

REMEMBER • CELEBRATE • RELEASE • EXPAND

THE WISDOM OF PAUSE AT WINTER SOLSTICE

Inside of me there is a great space
Full of wisdom and joy, love and happiness...
I am just too busy to visit,
For more than a few moments...

You see I have a life
Responsibilities. Goals. Aspirations. Things to do
Things that take my time,
For more than a few moments...

Don't get me wrong
Some of the taking of time is good
It fuels my heart and spirit. Feeds me and my family. And gives me a sense of purpose,
For more than a few moments...

But some of the time that is taken and spent
On the to do's, must do's and should do's
I would like to take back for myself,
For more than a few moments...

Does that make me selfish? Does that make me greedy?
How will it all get done if I don't do it myself?
These are the thoughts that fill my head
When I think about taking my time back, creating space for me,
For more than a few moments...

But today I think I will change the channel and tune my mind into a new thought stream
One that broadcasts messages like,
Yes, take time, create space for yourself,
For more than a few moments...

For the act of creating space, slowing down, pausing
Is not one of slacking, selfishness or greed, but a daring choice of self-love
Your body, mind and body were built to pause,
For more than a few moments...

But in a world so un-pause friendly, the pause can seem impossible.
Until you change your channel, and tune in to the natural pauses of the earth
And match your body, spirit and mind to Hers,
For more than a few moments...

On these days of Winter Solstice, as the day goes black for long
I invite you to dance with the earth to the slowest of waltzes
Slow down your internal rhythm, move with stillness,
Find silence, reflect on your year past, and celebrate yourself,
For more than a few moments...

In fact take the whole night, or the days before.
To love the woman or man you have become
Through the passing of this 12 months time
After all, don't you deserve to soak in all you have done and become
For more than a few moments...

Find gratitude for the surprises the year has brought.
Celebrate your successes.
Embrace your failures.
And on this night, find, gather and benefit from the Wisdom you earned over the year
Because you chose to pause at this sacred Solstice time,
For more than a few moments.



2015

A blank canvas ahead

Backed by your experiences of the past

Sparked by your desires of what's to come

How will you live this next year wiser, more free and in deeper alignment with your heart & soul?

You have a tremendous amount of wisdom already gained... wisdom that if you pause now to gather, can guide you into the uncharted territory of the new year with clarity, confidence and surrender to what is possible to co-create with the Universe.

This guide was developed to help you find the wisdom that has come through all you have experienced this past year, so you can reveal the wisdom and take it with you as you step into 2015. You spent a lot of your time, money, energy, and heart in 2014. Some of it paid off big, and some, while it might not have materialized the way you had hoped, can still have big payoffs.

But you have to create space at the end of 2014 to PAUSE and REFLECT... because it is only inside of the pause you can see the wisdom waiting to enlighten and elevate you as you walk into 2015.

Inside this guide you'll find sacred tools that together create a sacred ritual with yourself and the divine to give you the power to end your year:

- * feeling GOOD about yourself on the inside, regardless of the outside circumstances
- * feeling solid about what you have accomplished and haven't -- transforming disappointments into empowering energy that fuels you
- * feeling clearer about where you want to go in 2015 (once you've cleared out 2014, you can compost the garbage and take the wisdom with you, leaving space for new things to come.)

The tools included in this guide are ones I have used with my private clients, in my workshops and in my own life for a decade. Taking this year-end PAUSE has made a significant impact on the levels of happiness and success I've seen people create in the following year.

Wise women & wise men don't wait until January to reflect, they use the super power of Winter Solstice, the darkest night of the year that begins the turn back to the light, to reveal the wisdom and truth of their heart and soul - to remember, to celebrate, to release what has been, and then expand freely into what is to come.

I know that by activating your Feminine Super Power of PAUSE and changing the channel inside your head on your failures from the Inner Mean Girl/Dude channel to your Inner Wisdom channel, and CHOOSING to reveal your true soul story of this past year, you will step into your 2015 full of self-love... ready to empower yourself to create a year that is aligned with your heart and soul. So honored and excited to be on this journey with you!

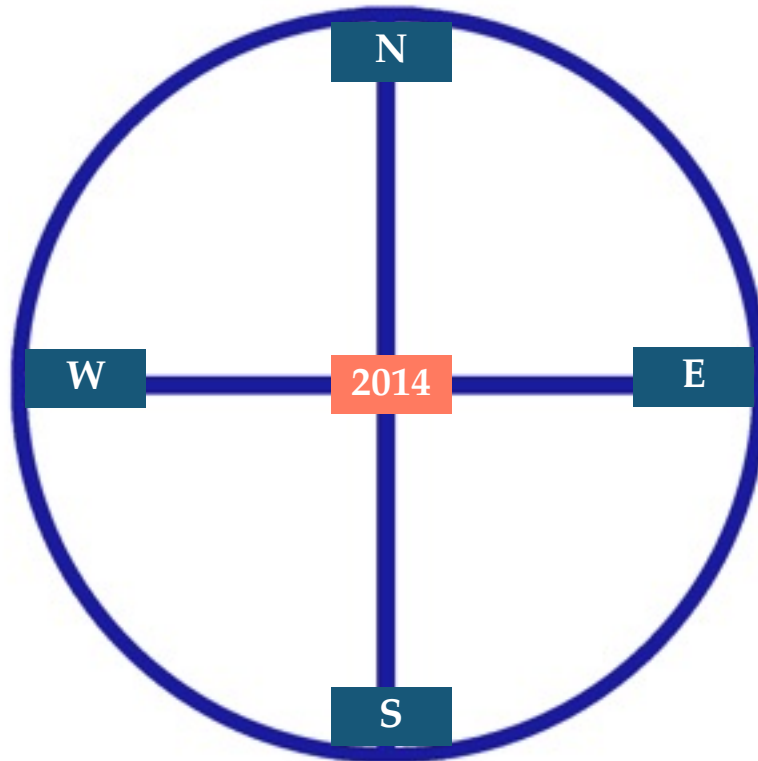
With big heart,
Christine Arylo

THE FEMININE SUPER POWER OF PAUSE

THE WHEEL OF REFLECTION

Learnings

The knowledge and wisdom you have gained over this past 12 months. New insights, perspectives, beliefs. Qualities and understandings you have with you for the rest of your life - you are a wiser person!



Failures

Whether you like the word or not, we all have failures -- things that didn't work out as planned, ways in which we didn't show up as our best and brightest. Disappointments, goals you didn't achieve, incompletions. Owning these as failures gives you power vs. the failure having the power over you. Plus, there is a reason these come before learnings - you can turn failures into learnings, but only after you've released the judgment, transmuted the disappointment with self-love and embraced the lesson and blessing!

Surprises

What happened that was unexpected? Great happenings, and the not so great. The unplanned, the special gifts, the things that the universe delivered in ways that you never expected.

Successes

You knocked it out of the ballpark. These are the things that you did well, your accomplishments, your wins, both internal and external. This is a time to gush! Don't hold back. Really celebrate all that you have gained, done and become over the year.

About the Wheel of Reflection

Passed down for thousands of years through Native American tribes, this wheel is one of many ancient and sacred “medicine wheels” used for wisdom and guidance in one’s life. These wheels, which always include at least four of the directions, allow us to look at our lives as observers, taking time to pause and see from the outside in. One always moves through the wheel one direction at a time, usually clockwise. This particular medicine wheel helps us reflect on a specific time period, in this case the year that has been. By examining the surprises, successes, failures and learnings of the past year, you’ll be better equipped to move into the new year fresh, taking only what you consciously decide is worth keeping. The wheel gives the gift of telling your story, taking in the valuable lessons and letting go of the rest. It was gifted and taught to me from my spiritual mentors Pele Rouge and Firehawk Hulin, and to them from their teachers Wind Eagle and RainbowHawk, and now I share it with you.

Using the Wheel

You’ll need some way to capture your thoughts as you move through the wheel... a journal, sketchpad, computer, anything that takes your thoughts and makes them physical. Thinking through the wheel is not enough. Once you have your supplies, follow these 5 steps in order.

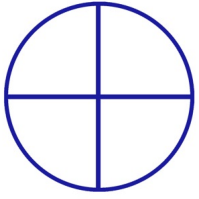
1. Start in the East with Surprises. Let yourself think back through the entire year and freely write everything that comes - no editing! Challenge yourself to just let the experiences and words flow and when it seems like you’ve captured everything challenge yourself again to find more. There are always a few gems at the end (use the Reflection meditation in the Reflection Ritual I lead you through to help you remember the year that has been).

2. After Surprises, continue on to the South with Successes, and then Failures repeating the process of thinking back through the year and transforming those thoughts into the physical.

3. Make a Mind Shift. Before moving onto the gold - the Learnings, take a short pause to shift your perspective on your failures using the transmutation process included in this guide, that shifts energy like blame/criticism/shame/guilt/sadness from your failures or disappointments into loving truth so you can be emotionally and energetically free of the heavy emotions that can weigh you down. Look, you were doing the best you could - give yourself some compassion! And remember, this coming year is a new year.

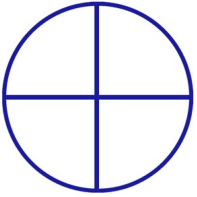
4. Gather the Wisdom... what did you learn? Standing in the North you have a vast perspective on all that you have experienced and accomplished - all that you have DONE and BECOME. Remember to consider both the external manifestations of your energy and devotion and also the internal shifts you’ve made in how you show up for yourself and the world. From this place, what does your Inner Wisdom know today that she may not have known before. What were your learnings from this past year?

5. Go back and read through everything you captured. Write more if more shows up. Notice the themes. Let yourself see the story of the year that’s been and then be willing to close the chapter to start a new book for the new year.



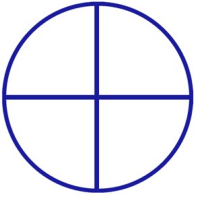
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Successes

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Failures / Disappointments

We all have failures. Things that didn't work out as planned, ways in which we didn't show up as our best and brightest. Disappointments. Goals you didn't achieve. These can be losses, incompletions, or things that never did quite get started. Owning these as failures gives you power vs. the failure having the power. Embracing what didn't work can be extremely empowering and freeing, but first you have to shine the light on them and love yourself even with them...

Feeling & Transforming Your Failures

No one likes to fail, but we all do, and there is so much gold in those failures if we can just drop the judgment, get through to the loving truth and keep going - free from the judgment we can soar so much higher!

So if you have some failures and disappointments, what do you do with them? Well, most people approach their failures in these common ways... 1. ignore them ("I don't really want to feel them again, the first time was enough")... 2. reframe them as something else ("I don't really believe in failures, I see them as learnings" - achievement junkies especially won't even use the word failure)... 3. gloss over them ("Ahh, yeah it happened, but no biggie, next year will be better")... 4. or beat themselves up with them ("I really fell short this year.").

I've tried all these, watched my clients do the same, and now, much wiser, I know that any of the 4 choices above shortchange the power available by seeing and transforming the failures.

There is real power in being able to feel the emotion attached to the failure, and then transform it into forward moving energy to fuel our new year. Without addressing and moving the emotion, the feelings get stuck inside of us, and we carry the baggage into the next year - yuck!

Use these transformation process to transform your failures and disappointments and make sure you don't carry unwanted and unneeded baggage into 2015.

Step One:

What is my Inner Mean Girl/
Dude saying about this
failure / disappointment?

Really rant out loud or write in your journal, no holding back... Use these sentence starters to get the judgment juice flowing:

"You should have..."
"You could have..."
"Why didn't you..."
"It really sucks that..."
"You really messed up..."

Once it's all out, and I mean all out, close your eyes, take a breath, then ask yourself...

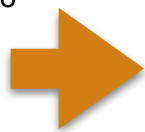
Step Two:

What does my Inner Wisdom
know is the TRUTH?

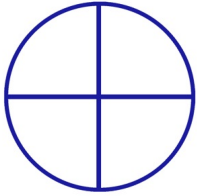
From this place really say the truth that your Inner Wisdom knows - say it out loud or write it in your journal, just make sure you feel it in your body as truth.

FEEL the energy shift, as you melt away all that judgement and criticism (because you are!)

Keep speaking/writing until you feel a release or you get to the nugget of LOVING truth - a statement or sentence, a love mantra that really sinks into your heart and releases chunks of the disappointment, hurt or judgment. Calm acceptance.

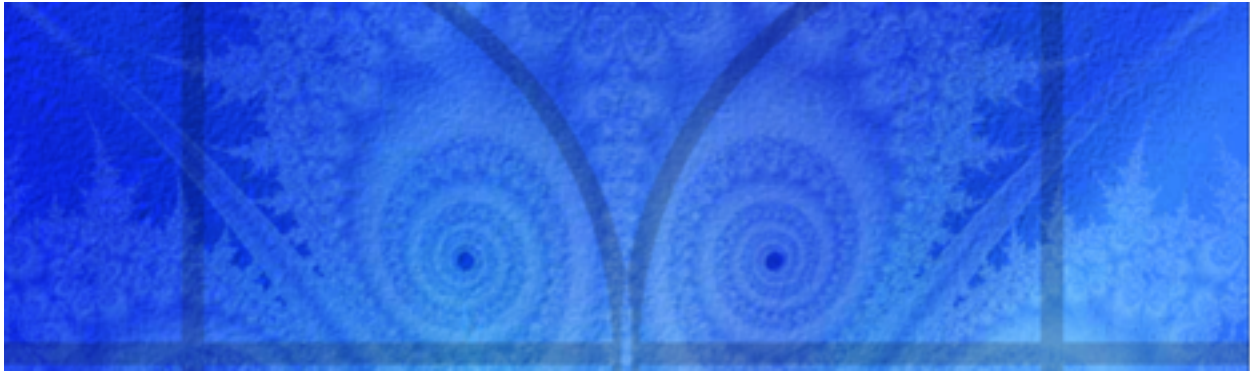


Repeat for each failure.



Learnings - the WISDOM!

The knowledge and wisdom you have gained over this past 12 months. New insights, perspectives, beliefs. Qualities and understandings you have with you for the rest of your life - your Inner Wisdom is rockin' with life here! Tune in and listen.



Your Completion Ritual

Lastly, as a final step to close out the past year, there's a sacred ritual for you to perform with yourself. Rituals mark a shift, and often times a closing and an opening - perfect for this time of year. Sacred rituals make shifts inside, ultimately creating shifts outside.

This ritual is a way for you to formally leave 2014 where it belongs: in 2014, and step consciously into 2015 as the powerful being that you are... wiser, led by your Inner Wisdom, and continuing to reveal your Great Woman or Great Man to yourself and the world.

Once you have answered the three questions below, complete your Proclamation Super Power Statement and read it aloud to yourself or a witness. This act of reading it out loud will officially close out the prior year and ready you for an EMPOWERED 2015!

Step 1: Ask yourself and journal out answer to these 3 questions:

1. What parts of 2014 do I want to leave in 2014? These are feelings, situations, relationships, lessons that will only weigh you down in 2014. Make a list of these things on a piece of paper. For extra super power: Conduct a releasing ceremony by writing these all on a piece of paper, saying "I release...and I surrender it, leaving it behind in 2014" for each one, and then burn the paper or disintegrate it with salt water.

2. What do you want to take with you from 2014? These are the skills, qualities, learnings that you want to pack in your Inner Wisdom backpack and toolbelt and take with you into 2014 to help you build and maintain momentum. You worked hard to get these things, be wise enough to consciously decide to take them with you.

3. Who am I stepping into 2015 as? As you walk across the bridge of 2014 to 2015, who is the person that is stepping forward? Describe yourself. Who are you today and who are you becoming? For extra super power: Write down a description of "Who I am today." Keep that somewhere special that you can reflect back on next year.

EXTRA SUPER POWER - JUST FOR FOR FUN:

See yourself, this powerful person as you are today, as you step into the new year and play this game: Imagine the type of shoes you walked in most of 2014 and what you will put on as you step into 2015? Are you sporting tennies or are you strutting in high heels or are you barefoot? See the shoes that you'd imagine your Great Woman or Great Man wearing this past year and the year to come.

Step 2: Prepare for the Proclamation

write what you will say aloud for your completion ritual

I RELEASE (failures, losses and incompletions)...

I CELEBRATE (successes & wins)...

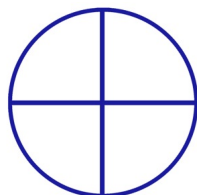
I TAKE WITH ME (learnings & wisdom
from all you've done and become)..


Step 3: Proclaim Your Year Complete & Receive the Wisdom with Power

say your proclamation out loud - in front of a mirror, to the ocean, to a friend, just say it aloud, feeling your soul's truth in your body as you speak.



Congratulations! Let's declare 2014 complete!
Enjoy the spaciousness and emptiness & open to the new coming in.





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2014
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WITH CHRISTINE ARYLO

REMEMBER • CELEBRATE • RELEASE • EXPAND

Many blessings to you during these holy-days.

Looking forward to connecting with you in 2015.

And to being in service to your ever expanding
love, peace, joy & remembrance.

in love,
Christine Arylo

Visit me at my website to see what's coming in 2015
(including a self-love retreat in February, a new book in April,
Summer Camp for Inner MeanGirls in June... and Italy in
September... ready to receive this new year!)

www.ChristineArylo.com

