



2019 POWER PAUSE & REFLECTION RITUAL

COMPLETE THE YEAR FEELING STRONG:
POWERFUL, PEACEFUL & PROUD
OF WHAT YOU'VE DONE & BECOME

WITH CHRISTINE ARYLO

ILLUSTRATIONS BY KATHERINE TORRINI

REMEMBER • CELEBRATE • RELEASE • EXPAND



How you end the year impacts how you will start and live the next year, so how about we complete 2019 in a way that leaves you feeling strong and successful, proud and at peace with the year that has been, wiser and more prepared to meet this coming year?

This one change, choosing to take what I call a “Power Pause” at the completion of a year, can truly change your life, and alleviate a lot of overwhelm and pressure you feel during the year. Most people feel like they aren’t doing enough, are always behind, like there is never enough time, and like they’ll never have the space to get to what matters most. Why? Because we suffer from “Achievers Amnesia.”

Think about it this way... over the course of a year, you give so much to so many people and projects and do much to manage your daily demands while also working towards your dreams. And you forget how much you actually accomplish.

It's way easier to see what you *have not* done vs. seeing all you have. So you keep driving, striving, working, until you drop from exhaustion or melt down because of overwhelm. Or you just keep persevering and pushing forward. Living this way isn't sustainable and it robs you of receiving the success and happiness you work so hard for. Here is what we do in the Feminine Wisdom Way instead:

We take an end of the year Power Pause between winter solstice (Dec 21-ish) and the end of the year to complete our year knowing it will make a big difference in how replenished and ready we are in 2020.

One of the greatest gifts you can give yourself in December is to reflect on your achievements and accomplishments in both what you have *DONE* and who you have *BECOME*. And then celebrate your successes, release the shortcomings, and harvest the wisdom gained.

"When I pause to reflect on all I have done + become, I FEEL and SEE the results of the energy and time I have given.



When you reflect and receive what you've done, it registers in your mind and body in a way that doesn't occur if you don't pause. Then, feeling grateful and successful on the inside, you gain the power to focus your life force & resources in 2020 on what really matters.

The first part of this process – The Wheel of Reflection - you are about to go through is based on timeless wisdom taught to me by my indigenous wisdom teachers from Timeless Earth Wisdom and Ehama Institute. I have modified it for our modern times and then added steps based on the Feminine Wisdom and Leadership teachings, and self-love work, I've been sharing for over a decade. I think of it as "sacred technology." I have done this process with myself, my private clients, in my workshops and have taught it to over 8000 people worldwide. I even do this with my life partner Noah and with my team every year.



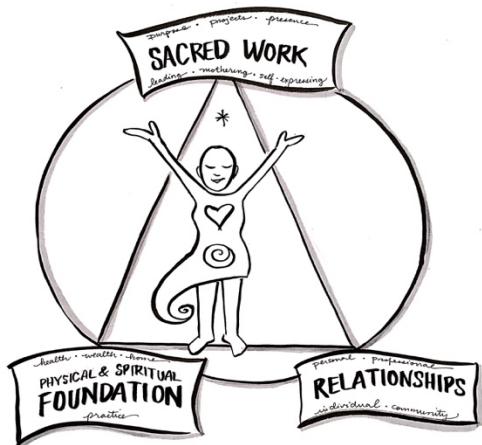
Here's how the Reflection Ritual will flow:

1. **Remember + Reflect on 2019** – illuminate the surprises, successes, shorts and wisdom gained using the "Wheel of Reflection," a "medicine wheel" from indigenous wisdom that uses the four directions to give you insight and perspective into your life.
2. **Celebrate YOU** - who you have become and what you have done using your "Feminine Super Power of Receiving!" If you don't pause to FEEL proud, and receive the truth of how you have made a difference, made progress, etc. it's like it didn't happen, and you will start the new year already feeling behind. Here we get it into your heart and head. (All beings have feminine super powers too. We all have both masculine and feminine powers that give us access to our full spectrum of power, regardless of gender.)
3. **Release** - the disappointments, failures, and self-judgments using your "Feminine Super Power of Compassion."
4. **Complete 2019 Wise and Clear** – choose to close the book on this year, claim the wisdom you'll bring with you, and choose to leave behind what you won't need in 2020.

STEP ONE: REMEMBER + REFLECT ON 2019

Let's tell the story of the past year using the Wheel of Reflection...

First, you have to remember all the way back to the start of the year and everything that has happened. Most of us forget just how much we have done, become and been through. So take a pause here and think back and remember all the way back to January 2019 and all the months since – the Spring, Summer, Fall, Winter, now.



Think about all the parts of your life, using the Feminine Wisdom Way framework for living a Whole Life, your:

- * **Sacred Work** (including your work, job, projects, parenting, self expression),
- * **Relationships** (family, friends, colleagues, community),
- * **Physical & Spiritual Foundation** (home, health, wealth and daily practice)
- * **Presence & Growth** (your personal growth and how your presence has evolved and grown).

Then using the "Wheel of Reflection" on the next page, write down everything you can remember in all four areas - Surprises, Successes, Shorts and Wisdom.

ONE: SURPRISES: What happened that was unexpected or unplanned? Recall both happenings that were wonderful and supportive, and occurrences that were hard.

TWO: SUCCESSES: What are you proud of? What went well? What were the accomplishments, wins, and stretches you met with victory? Recall both things you have done and also ways in which you have grown, shown up and become a stronger, wiser, more fully expressed, loving and conscious version of you. Don't focus on what wasn't perfect or up to your high expectations. Give yourself credit for the way you showed up, what you did that mattered to you, how you stretched yourself, and what you are proud of.

THREE: SHORTS: What fell short of your expectations or desires? What disappointments or failures happened this year? Losses, disappointments, incompletions, things that fell short of your desire or expectation. Owning these as "shorts" or failures gives you power vs. the failure having the power.

FOUR: WISDOM: What knowledge and wisdom have you gained over this past year?

Presence new insights, perspectives, beliefs, qualities and understandings you gained this year and now will have for the rest of your life.



WISDOM

SHORTS

2019

SURPRISES

SUCCESSES

STEP TWO: CELEBRATE ALL YOU HAVE DONE AND BECOME

We use the "Feminine Super Power of Receiving" at this step so you RECEIVE all you have both done and become and register it as real! You can be a strong achiever but if you are also not a strong receiver, you will never reap the rewards of all you work for and all you give.

Which is also why we focus on both what you have **done + who you have become**. Our overculture over values doing – tangible measurable results, things you can see, projects and products – which while important, are not what makes the biggest impact. It is the person you are, your presence that people remember the most. In my experience, growing on the inside to be a better, more conscious human living in alignment with my heart and soul has been more challenging than any project. In fact, it has been my personal growth that has empowered me to be more successful in what I do. And made me feel proud of who I am in the process.

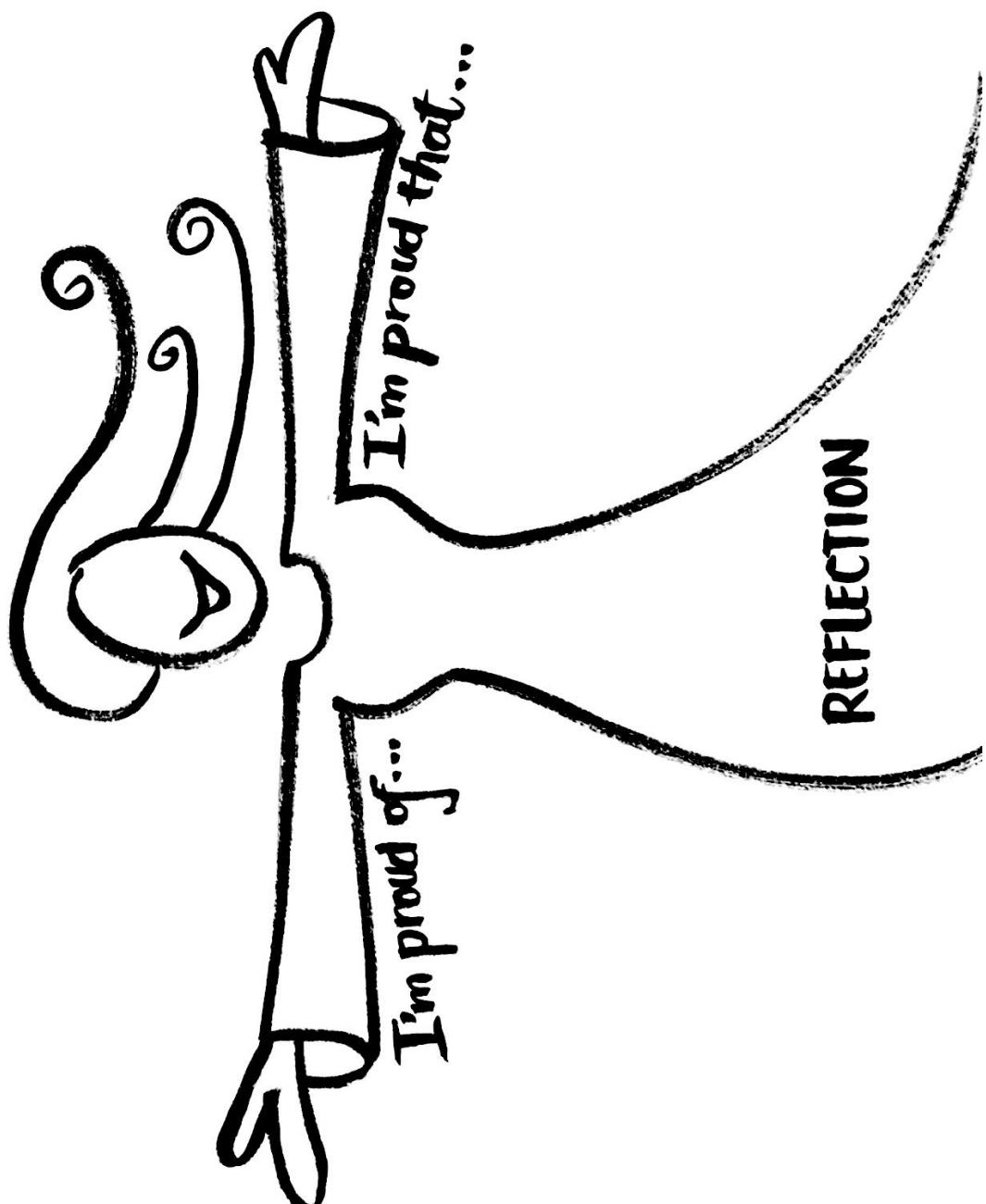
So here you pause to ACKNOWLEDGE + RECEIVE + CELEBRATE by expressing how PROUD you are of yourself, first by writing and then by sharing out loud. Just like you would be proud of a child and express your love and support by using the words "*I am proud of you for ...*" or "*I am proud that you...*" - you do the same for yourself. This is self-love. It may feel uncomfortable, and I promise you it will feel great! Treat this like a game, drop the serious adult persona and let yourself play. Get out of your head and into your heart.

Okay, give it a try... seriously, receive what you've done & become.

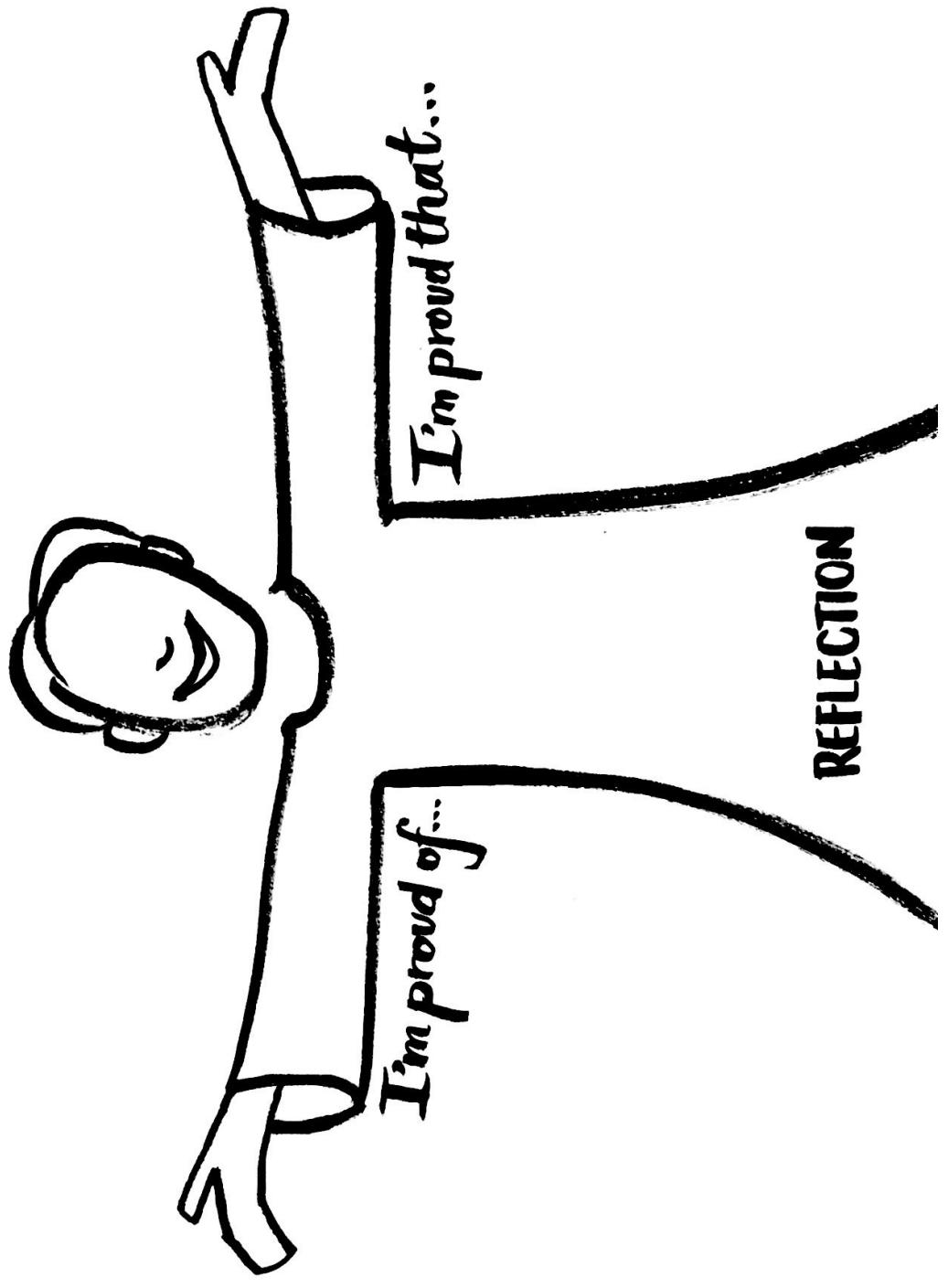


1. Write out your celebrations so you can SEE them (use templates on next page)
 - a. "I am proud that I have become..." (qualities and expressions of your presence)
 - b. "I am proud that I have ..." (accomplishments & stretches met, things done)
2. Read the words out loud so you can FEEL the love - One by one say, "*I am PROUD that I have...*" and feel the loving acknowledgment coming through your body.
3. Then I double dog dare you to SHARE with a trusted friend, and witness each other's journey this past year. Share what you're proud of and then have the other person reflect what they heard, by saying, "*I really hear that...*" or "*I really witness that...*" Your job is to listen and receive, and let the reality of what you have done and become sink in more deeply at a cellular level.
Then do the same for your friend.

I've become a woman who...



I am becoming who I want to be.



STEP THREE: RELEASE SELF-CRITICISM. INSTALL SELF-COMPASSION.

No one likes to fall short or fail, but we all do. We just don't talk about it and as a result we often walk around with unnecessary negative self-talk and self-imposed pressure based on unconscious self-judgments, we don't even know are driving our choices.

These unconscious self-judgments are like malware running inside of our internal operating systems, maliciously making us treat our failures with self-criticism instead of self-compassion. This malware is really good at keeping you from seeing how you are the one running yourself ragged, trying to do too much, because you are overcompensating for your shortfalls from the past and fears of repeating them in the future.

When you don't release the self-criticism & disappointment tied to the shortcomings that occurred in the past, you keep repeating the same self-sabotaging habits & choices.

What do you do with the disappointments and shortfalls? Definitely don't do any of these:

1. **Ignore or Emotionally bypass.** ("I don't believe in failures, I see them as learnings.")
Achievers avoid the word failure like the plague, when failing is part of the process and by not letting yourself fail it sets unrealistic expectations and pressure.
2. **Gloss over** ("Yeah it happened, but no biggie.")
3. **Spiritually bypass.** ("It was for my highest good. It was my karma.")
4. **Beat yourself up.** ("I am a failure.") You may have failed or fell short of unrealistic expectations, but you are never a failure if you keep showing up!

It's essential that we feel the short or disappointment, and the emotions that come with it, as well as the judgments. Self-aware, we can then transform these heavier emotions and thoughts into learning and wisdom. If you skip the feeling, you skip the heart, and you will just keep recreating the same patterns over and over, year after year.

In the Feminine Wisdom Way, we courageously dive into our hearts because we know that's where our power stems from. **We do this instead:** Even though it can feel uncomfortable, be courageous and admit your disappointment, then expose the judgment and criticism, and then use the "Feminine Super Power of Self-Compassion" to release yourself and others for just being human, doing the best you/they could at the time. Compassion has the power to open up your heart and mind to take the wisdom learned and apply it to next year.

What follows is a two-step process, in which I invite you to take 3 of your shorts – one from your work, your relationships and your health/wealth/home – or just 1 short that feels potent – and transform them from self-criticism into self-compassion and wisdom.



Transforming Your Shorts into Self-Empowered, Supportive Action

Step One: Expose the Criticism **What's my Inner Mean Girl or Guy Saying About Me & The Situation?**

1. Let all the critical thoughts about the failure, shortcoming, or disappointment run. Use these sentence starters:

"I should have..." "I could have..."
"Why didn't I..." "It really sucks that..."

Get it all out.

2. Then pinpoint the judgment so you can delete this bad programming.

Take a breath, close your eyes, put your hand on your heart (this helps access your inner wisdom) and ask:

"What is the core judgment I have against myself?
I judge that I..."

3. Pause. Be an observer. Notice how you are making yourself or this situation wrong vs. accepting it for what it is. If you can accept it, you can release it.

4. Move to the next step & transform.

Step Two: Embrace Compassion **What is the LOVING TRUTH? I was doing the best I could, at the time.**

Self compassion is simply choosing to be patient, understanding, gentle and kind with yourself, like you would be to your best friend or a child that you wanted to support and encourage vs. pressure or be hard on. Wise beings motivate themselves by compassion not criticism.

Take these steps:

1. Observe the situation as if you were your best friend, and ask yourself:

"What is the Loving Truth?" and then state "The loving truth is..."

2. Release yourself from the judgment so you can be free of the heavy baggage and be lighter to start the new year by writing and saying out loud:

"I forgive myself for..."

The truth is, I was doing the best I knew how at the time. In 2020, from a place of self love, I promise myself that I will..."

2019 Short I Choose to Release:

Self Criticism & Judgment

I should have...

I could have...

Why didn't I...

It really sucks that...

I judge that I ...



The Root Judgment that I have against myself is...



SELF-COMPASSION – LOVING TRUTH

The loving truth is...

I forgive myself for...

The truth is, I was doing the best I knew how to at the time (write this out).

The Root Truth is...



**In 2020, from a place of self-love,
I promise myself that I will...**



STEP FOUR: COMPLETE THE YEAR WISE + CLEAR

This last step is a ritual, an intentional act you take to formally leave 2019 where it belongs: in 2019, and step consciously into 2020 as the powerful being that you are... wiser, led by your Inner Wisdom, in alignment with your heart and soul.

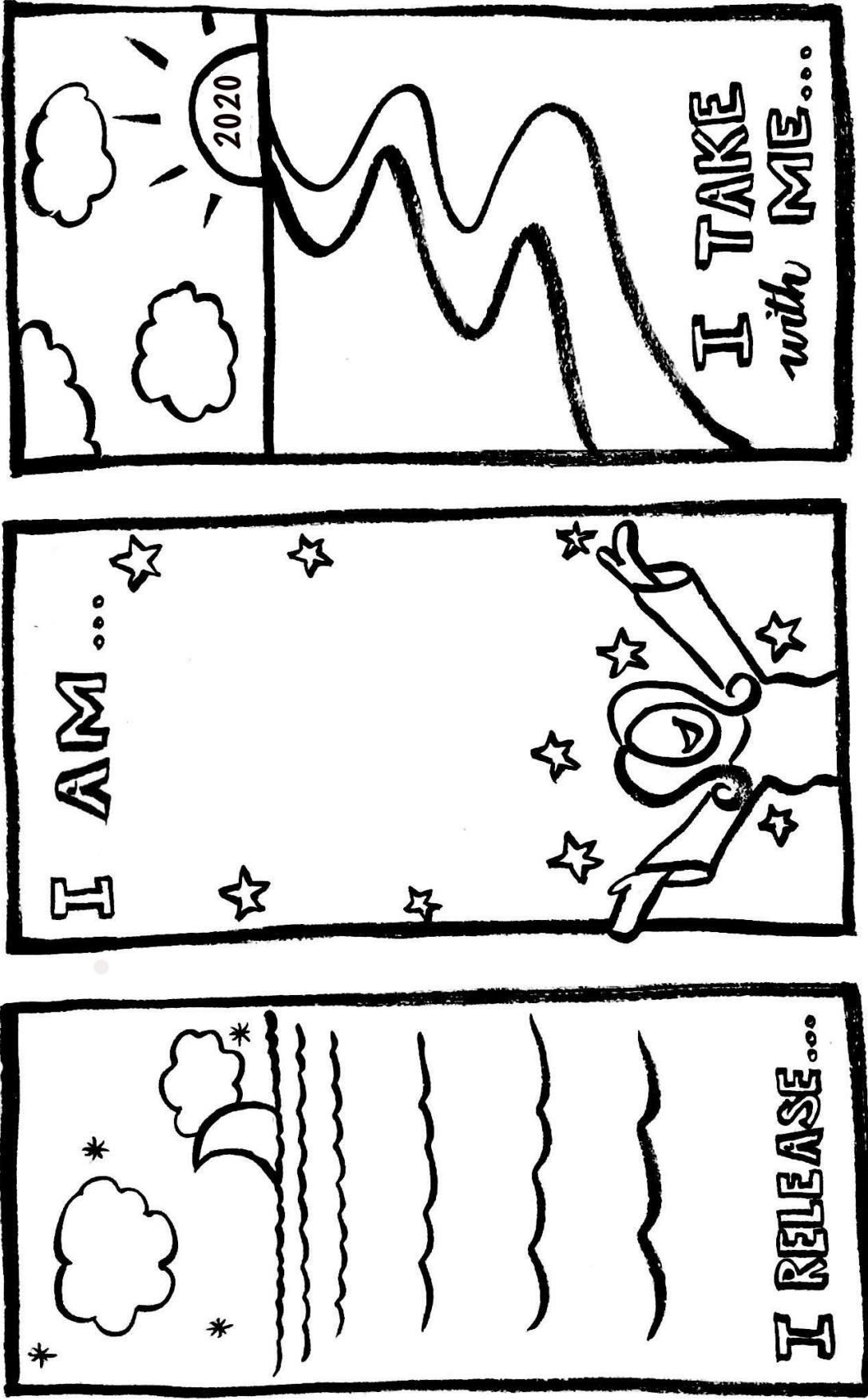


Step 1: Choose How You Step Into 2020.

Answer these three inquiries as empowered choices you are making to complete your year. Put your answers directly into the wisdom sheet to make your ritual even more powerful.

1. **What do I choose to release and leave in 2019?** These are feelings, situations, relationships, habits, that will weigh you down in 2020. Release with gratitude and compassion for what they have taught and brought you.
2. **Who do I choose to step into 2020 as?** As you walk across the bridge from 2019 into 2020, who is the person that is stepping forward? Celebrate who you have become. Describe your presence with 5 words or phrases, "I am..." or ask, "Who am I becoming?"
3. **What do I choose to take with me into 2020?** These are the skills, qualities, learnings, wisdom, relationships, habits and elevated levels of freedom and expression that you desire to take with you into 2020, to support your continued unfoldment and elevation as a soul. You gave energy and devotion to these, be wise and consciously decide to take them with you.

2019 Completion RITUAL



I declare this year complete!



Step 2: Proclaim Your Year Complete & Receive the Wisdom with Power

Using what you've written down on the wisdom sheet on the following page, conduct your 2019 completion ceremony. You can do this any way you want, it's your ritual, but do DO it. Here are some suggestions:

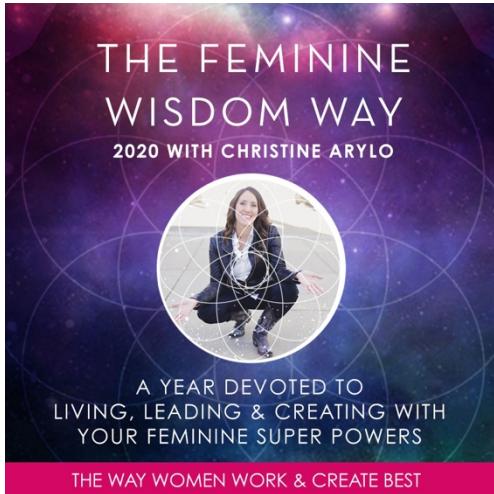
- **Say your proclamations out loud - I release... I am... I take with me... in front of a mirror, to the ocean, in nature, to a friend, just say it aloud. As you say it, really feel it in your body as you speak.**
- **Then call 2019 complete by stating "I declare 2019 complete!" (say it 3x clapping for affect and fun!)**
- **Invite the Universe to guide the way for where to focus your life force ahead as you step into 2020, by saying something like: "I am open to receiving what is next!"**
- **As you step over the threshold into 2020, enjoy the spaciousness and allow yourself to be empty and open. Give yourself permission to just be an open vessel receiving guidance, without having to create thoughts. Don't get caught up in the Jan 1 resolution setting. You have the full month of January to sense into what you desire to create and focus on. So we EMERGE in grace, courage, & clarity regenerated and ready for what's to come.**

I by the power vested in me by myself,
declare 2019 complete!



More Feminine Wisdom in 2020

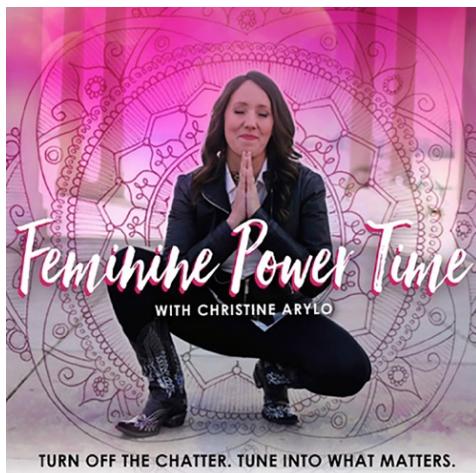
In these intense times, we really do need super powers - practices, wisdom, experiences - we can use in our daily lives to thrive, on all levels, including our personal health and happiness. The more vital we are on the inside, the more clarity, impact, grace and power we have to lead our teams, businesses, lives and families on the outside. Consider yourself invited to join me for more Feminine Wisdom this year:



The Feminine Wisdom Way 2020. Super Powers for Living, Leading & Succeeding the Way Women Work Best

Starting with the EMERGE 2020 Visioning Journey in January, and then working with the natural cycles of how the earth and women naturally flow, you'll learn to EMBODY your feminine power and wisdom. You'll learn 13 super powers that empower you to focus your life force and resources on what matters in your work, relationships, health, wealth and desires. And show up as the wise, courageous, clear, receptive woman you are.

For details: <http://www.femininewisdomway.com/>



Feminine Power Time - a weekly-ish podcast with Christine Arylo that gives you permission to turn off the outside chatter and tune into what matters, inside.

Features timeless wisdom modified for our modern lives made personal for you to apply to all areas of your life. Previous episodes include "Overwhelmed and Over It," "Why Women Hide and Hold Back" "The Shadow of Sisterhood"

Subscribe on Itunes or Your Podcast App: Feminine Power Time
Or listen in at www.FemininePowerTime.com

THE WISDOM OF PAUSING AS THE YEAR ENDS... for more than a few moments

(a poem by Christine Arylo for all those who feel pressured to keep going, doing, working)

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

You see I have these things, perhaps you do too, called
Responsibilities. Goals. Aspirations. To Do's.
These "things" seem to take my time and give it away.
And then there is not much time left for myself except
For more than a few moments...

Don't get me wrong
Some of the taking of time is good
It fuels our hearts and spirits. Feeds us and our families. And gives us a sense of purpose,
For more than a few moments...

But some of that time is spent
On the to do's, must do's and should do's that don't give such a great return
And wouldn't it be divine to take that time back for yourself,
For more than a few moments...

Does taking time for yourself make you selfish? greedy?
How could you possibly take 'time' for yourself with so much to do?
These kind of thoughts fill my head, do they yours?
Warning you not to slow down, when you consider creating space for yourself,
For more than a few moments...

What if today, you changed the channel and tune in your mind to a new thought stream
One that broadcasts messages like,
"Yes, take time, create space for yourself,
For more than a few moments..."

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, heart and body were built to pause,
For more than a few moments..."

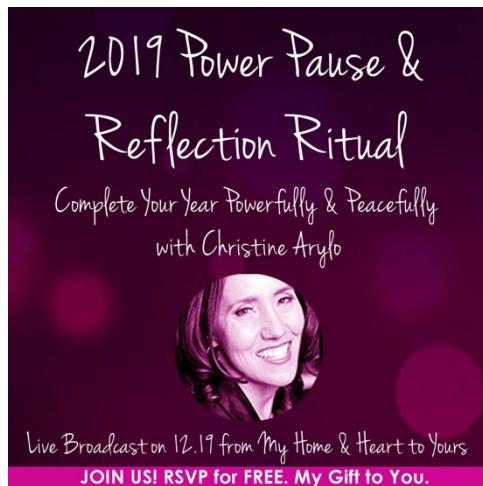
Imagine even when taking a pause seems improbable or impossible
You had the super power to tune into the natural pauses of the earth
And match your body, heart, spirit and mind to its nourishing rhythm,
For more than a few moments...

On these final days of the year, 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 a whole night, or even a few days.
To love the person you have become
Through the passing of a year of 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.
Find, gather and benefit from the Wisdom you earned over the year
Because you chose to pause at this time to reflect,
For more than a few moments.

About this Power Pause & Reflection Ritual and Booklet



This ritual combines the ancient technology of the earth wisdom and sacred feminine traditions translated by Christine Arylo, leadership advisor, wisdom teacher and MBA, + the Path of Self Love technology created by Arylo, + the visual graphic magic of Katherine Torrini, graphic artist and creative catalyst.

This end of the year ritual takes place at the shift in seasons known as Winter Solstice in the Northern Hemisphere. But wherever you are in the world, regardless of if you can see the shift in seasons, this is a time that signifies the return of the light. It's the time to turn back to illuminate what has been, and then open up to receive the light – insight, guidance, inspiration - for what is to come.

For the past decade, Christine Arylo through her feminine wisdom school – The Feminine Wisdom Way – has offered this Reflection Ritual as a gift to the community to experience the power of slowing down, unplugging from the madness matrix and tuning into a deeper internal wisdom, to complete their year powerfully and purposefully. All people are invited.

Christine and Katherine also lead end of the year and mid-year Power Pauses for leadership teams, women's organizations and leaders in transition in their careers and work. Christine and her partner in life and love and business, Noah Martin, lead visioning retreats for couples on the Island where they live on the coast of the Puget Sound.

Christine and the wisdom school offer programs throughout the year including: the Feminine Wisdom Way, Emerge January Visioning Process, retreats at Spring and Fall Equinox to restore balance, Livestream Feminine Wisdom Sessions, Virtual Power Pauses at Summer Solstice, and pilgrimages to sacred sites around the world. You can learn more about Christine and these programs and events at www.ChristineArylo.com