



AWAKENING THIS NEW YEAR (ANY)

Leap into a more conscious, balanced, awake you.



Deep down, we know what makes us feel alive and present. Yet we often get lost in daily noise. The new year is an opportunity to inspire yourself. Participate on your own or as part of a community.

WHAT IS THE ANY PROGRAM?

The idea is simple.

THE ANY PROGRAM PROVIDES A ONE-PAGE GUIDE. ANY'S QUESTIONS GUIDE YOU TO IGNITE YOUR LIFE .

You commit to follow what you create.
It's that easy. You commit to doing what calls to you.

POTENTIAL COMPONENTS

- Yoga
- Meditation
- Journaling
- Healthy Eating
- Eco-living
- Creating music
- Green Projects
- Dance
- Energy Healing
- Art
- Massage
- Volunteering
- Community
- Creating...
- And more

Time Frame: Three week commitment suggested.

Cost: Participation in ANY is free.

All information about ANY is included. The ANY guide is on page 5.

Question/Comments: Joanna Arc at blissmeander@gmail.com



STEP INTO YOUR DEEPER SELF

AWAKENING THIS NEW YEAR (ANY)

Leap into a more conscious, balanced, awake you.



Dear One:

The ANY Program was **created for you and is created by you**. ANYthing is possible in this new year.

The idea came to me during a cold autumn walk during a period of transition. I paused in my restlessness as a raven landed near piles of leaves swirling around me. Restlessness helps us shake up our lives, ask ourselves how do we best gift our energy into this world. My restlessness vanishes as I pour myself into tasks. Yet it always returns. It helps me keep opening and growing. Although I look outside of myself; to books, people, places, ultimately, I find stillness and my next task within myself.

What I have learned is that in my happiest moments, I connect with my higher self. We all have that wiser self within. We need to create the time to be with our higher self. When was the last time you spent time with that wiser self? That's what the ANY Program invites you to do. You know what is calling or perhaps only whispering now. You have ideas about what calms and ignites your body and soul. Now as you Awaken this New Year, commit to your higher self.

The ANY Program is set up as a one-page series of questions. These questions help me in my journey and I want to share them, as they have been shared with me. ANY does not tell you what to do and when, but invites you to create your own experience, as you already do daily. It invites you to create a community to support your work. Working on ourselves is not a selfish act; it is a gift so that you are ready for the world we are creating. ANY invites you to listen to what calls and then do the hardest, part: begin.

Much love,

Joanna Arc, Ph.D.



STEP INTO YOUR DEEPER SELF

AWAKENING THIS NEW YEAR (ANY)

Leap into a more conscious, balanced, awake you.

Welcome to Awakening in the New Year!

Imagine you are a bright and glowing light-bulb. Over the years, events and people can leave behind a sticky note on you—which dulls your glow. The sticky note may be a comment someone made about your eyes in 8th grade or the death of a friend. It can be a huge note or a tiny one. But notes add up. By taking the time to do your “personal work,” you are removing those sticky notes off yourself. Living more in the present. And learning, day by day, to glow more.

ANY has **three main components**: encouraging you to play with your **physical, spiritual, and emotional** self daily. You are the only one who knows what needs to happen on your play ground. And you’re the one who knows how many friends you’d like to invite to play with you. As always, you have choices. As always, you need to choose to begin and then choose to begin again in the next now. Perhaps that’s what we are always doing, beginning.

BUILDING YOUR COMMUNITY

If you’d like your friends to participate then invite them. ANY is a **free program**. You can **create your own ANY community**. You can create a group in your area and participate in some classes you choose together. You can reach out to others in your community and invite them to participate in a class with you. If you would like to make some new friends, we will have an online community through Facebook, set up as a “secret” group so that posts are private. To sign up, send a note to Joanna Cornell via Facebook.

SUGGESTIONS

Although you will decide what to include, adding **journaling** and **meditation** to your journey is highly recommended. Journaling simply means taking some time to capture words on paper or screen. Let the words flow. Meditation simply means taking some quiet time with yourself and trying to let go of the flowing words and thoughts. Play with both.

STEP INTO YOUR DEEPER SELF

AWAKENING THIS NEW YEAR (ANY)

Leap into a more conscious, balanced, awake you.



PLAYGROUND SUGGESTIONS

Be bold. Try something new. Come up with ideas that you never thought you'd try—then try. Why not? Who is stopping you?

(Not in any order and in no possible way even a start of the list...)

...walking, fire dancing, belly dancing, photographing, clogging, ballet, ballroom dancing, club dancing, raving, acro yoga, Thai massage, hot stone massage, biking, jump roping, hoola hooping, bikram yoga, kundulini yoga, trapeze, energy healing, meditating, Reiki, sewing, playing with children, knitting, painting, drawing, watsu massage, walking, running, skipping, laughing, writing, gardening, indoor gardening, weight lifting, acupuncture, Roling, horseback riding, surfing, hand-gliding, SCUBA diving, drumming, singing, birding, raw food partying, talking, playing a musical instrument, cleaning, loving, organizing, channeling, donating stuff, volunteering, attending a spiritual talk, ping-pong, picking up litter, spinning, removing invasive plants, planting trees, music healing, spa time, playing with an animal, rock climbing, baking, knitting, spelunking, ice climbing, snow showing, skiing, snowboarding, sledding, reading, sky diving, watching films, wandering an art museum/gallery, wandering in museums, jousting, ice-skating, playing tennis, past-life regression, hot-springs, hot-tubing, hot bathing, showering, watering plants, gifting, creating a sculpture, breathing, drinking, working with a life coach, partying, chatting with your spirit guides, cooking, kissing, really kissing, listening, acting, reading on-stage, shamanic journeying, performing, donating, exploring microfinance, increasing your vocabulary, cuddling, napping, activities from *The Artist's Way* (Cameron), ...

You decide if you are playing with your physical, spiritual, or emotional self through the action. If you're really engaged then you're probably playing with all.

STEP INTO YOUR DEEPER SELF

AWAKENING THIS NEW YEAR (ANY)

Leap into a more conscious, balanced, awake you.



Decide what works best for you. You can print out this page for each day or you can use it as guidance for the entire program. Adapt as needed. Whatever you do, commit to spending time with your higher self.

DAY: WEEK:

Today's Playground

To play with my physical body I commit to:

To play with my spiritual self, I commit to:

To play with my emotional self, I commit to:

My sticky note today is:

I would like to bring my attention today to:

An affirmation related to my area of focus today is:

I am grateful for:

A quote that speaks to me today is:

To be more conscious of my body, today I make the following choices regarding what food/drink goes into my body:

To feel supported today, I:

To feel more connected to a community or friend or self, I:

To give back to the world—to glow more— today I:



STEP INTO YOUR DEEPER SELF