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Anatomy Of A Resolution

by Rebbie Straubing

There are few things more enjoyable than a clean slate. When you sit to write your new year's resolutions, all past indiscretions get the go-ahead to pale, diminish and fade from view. You peer into your intention like a child approaching a telescope. Nothing in this room matters. You turn the crosshairs of your attention to what is out there in the distance waiting to be discovered. What is it that

you see?

Scale. If things have been going smoothly for you, broad new goals may "dance like sugarplums" calling you toward them. Your dreams may be big, ambitious, adventurous, tantalizing.

If you have been steeped in struggle – physical, emotional or financial – your dreams may be modest and small. You may look into yourself and find only the slightest belief in a next baby step.

Do you dream big or do you dream small? Some will encourage you to dream big. Others will judge those who dare to dream big.

Some will encourage you to be humble. Others will criticize those with "no drive." If you are trying to please others, you will distort your desires and sabotage your joy.

When considering the scale of your resolutions, the first thing to do is to lead everyone and their opinions out the door. Sit with yourself free from judgments and feel for just the right desire. It's the one that lights you up when you think of it. If you start to feel overwhelmed and pressured by your resolution, you went too big. If you fall asleep with your pen in your hand, you went too small.

Direction. A goal or resolution can point in infinite directions but all these directions boil down to two categories: inward and outward. Be sure to notice which direction your goals are calling you. If after you've written out your declaration, you find yourself looking at a shopping list of outer accomplishments, ask yourself this question: What inner qualities can I cultivate to nourish these goals? Then put those on your list.

If your list of resolutions ends up looking like a catalog of vague inner states (your goals are to be happy, to know yourself better, inner peace, etc.) see if there are any outer forms you would like to experience as the expression of those qualities. Keeping some balance between inner and outer goals moves you forward. They nourish each other's fulfillment and by taking the extra time to balance out your list, you'll always have a soothing intention to return to no matter your mood.

Essence. Looking into the essence of your resolution tells you what you truly desire. As you become familiar with your desire's unworded essence, all the stories drop away and you instantly receive the feeling you were asking for. By feeling this essence purely and often, the resolution will manifest quickly.

Texture. We don't often think of goals having a texture but if you look into the fabric of your desire, you will find a variety of coarse and smooth, simple and complex goals. As you think of them, some will feel like velvet while others feel like sandpaper.

If a goal feels uncomfortably scratchy, this is a good time (before it manifests) to smooth it out by tweaking its scale and direction. This is also the time to double check that you truly desire what is at its essence.

Breadcrumbs. Once your spirit has blazed a trail through the un-lived future, marking out the accomplishments you desire, now you can joyfully follow its track on your human legs. Watch for its trail of breadcrumbs in sweet moments letting you know you are still on the path. Watch for the signposts and indicators that tell you to stay cheerful. They come as moments of inner knowing and involuntary smiles.

By feeling your way through this process, customizing the scale, direction and essence of your resolutions, you vastly increase your likelihood of fulfillment. The more closely you can articulate the aspirations that match your inner truth, the more swiftly you glide toward their manifestation. In this way your list of resolutions and goals morphs into your day-to-day reality.

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