



Co-Create Your Success!



Transform ▶ Align ▶ Manifest ▶ Expand

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What is This 12/21/2012 All About Anyway?

"A miracle is what seems impossible but happens anyway."



Today is the 12/21/12 Mayan calendar pinnacle point. It is a time of shift. As you have probably noticed, throughout the last few months and especially the last few weeks, days and hours, the ups and downs of life. Many have experienced extremes ... the very highs and even the very lows including deep depression and questioning life.

This is all a process of us shifting into a fifth dimensional vibration and operating from a foundation of love, service and thrival rather than from a third dimensional base of fear, separation and survival. The fifth dimension is one of synchronicity, allowance, ease and flow versus struggle, resistance, effort and drain. It is also a state of cooperation, collaboration and co-creation versus competition and dog eat dog energy.

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You can see how this is occurring within your relationships, within our governments and our world. It's why there seems to be so much upheaval, turf wars, government arguments and tragic occurrences such as what occurred in Connecticut. It is the sorting out of the old paradigms of fear and pain to help us to shift into new paradigms of love and well-being. There is a right siding up so we are in balance and a state of grace, compassion and acceptance.

All of it is calling to our attention that change is occurring and must occur so we can live together within more cohesive and supportive communities through deeper and committed, healthy relationships with ourselves and with each other. We are being called to take action and not be complacent with the status quo of what no longer works or serves us or others.

So this is actually a really exciting time to be alive! We are being supported to co-create through love and to surrender into what can be our Highest order and potential. However, if you insist on holding onto what you know and what is familiar (not necessarily comfortable) rather than walk through the doors which are being opened for you, you will probably miss golden opportunities that are available to you.

These are the blessings being given to us daily to learn, grow and create the MORE and to receive what you truly desire in all aspects of your life. It is time for you to choose what you want to co-create now and in the future! And it can be an exciting adventure to do so!

To find out more about 12/21/2012, go to:

http://www.youtube.com/watch?v=Y_ObJkeGwO0&list=UUIGWv1gbDD431zW95Lzt1TA&index=1

and also read the insights from Leo at:

<http://www.magnificentu.com/2012/12/december-2012-astrological-perspectives.html#.UNRo53eulVI>

Our Mission
We are of service to inspire & teach new systems which create Empowerment, Thrival & Diamond Life™ Success.

Stress During the Holidays & With Your Family? Plus 5 Tips to Thrive During the Holidays!

The holidays again??? Are the holidays a joyful experience for you or is there some sort of dread to it?

Holidays seem to bring up 'stuff' within ourselves as well as with our families and friends. Part of it, is due to the expectations we or others put upon ourselves during the holiday seasons. The other part is generally unresolved feelings or issues tied to past pains, wounds or upsets.

Does it feel like when you walk through your family's front door you go into a time wharp and you seem to revert to being that 10-year kid again? Sometimes it's a good thing while other times, you may feel old feelings and thoughts come up about your Self or them. You see them through the filters of the past rather than the present. And a lot of times, it's the way they see you too.

It can trigger any or all of your and their co-dependent behaviors. You say or do things to make them happy. You say yes, when you want to say no. You fear not being loved, accepted approved of or validated by them in a way you would like. You or they don't 'show up' the way you want or expect them to do so or visa versa. These alone magnify the stress of the holidays.

During the holidays, we also seem too busy to take care of ourselves. There seems to be not enough time to get it all done. Then you add in the worry of "am I doing enough?" or "is it good enough?" Whew ... that's exhausting, right?

All of this sucks the life out of you and the joy, the love, the creativity out of what the holidays are really about ... sharing love, sharing time, connecting with one another, being in gratitude for all of the gifts we each bring to the table and contribute to one another. It can be a time of thrival versus survival. Read on to find get the **5 Tips to Thrive During The Holidays** which can help you to achieve this and MORE!

"Find a place inside where there is joy, and joy will burn out the pain." - Joseph Campbell

Here's 5 Tips to Thrive During the Holidays!

1. Breathe! When you feel stressed or pressured, stop for a moment and take some deep breaths. As you do so, on the out-breath intend to let go of the energies that are creating stress for you. On the in-breath, what is the energy you desire to shift into and create i.e. more joy, feeling love or peace, compassion, grace, gratitude. Remember a time when you felt it and tap into the energy to bring it into the present.
2. Take time each day to be quiet. Meditate at least 10 minutes in the morning to get your Self ready for the day. Meditation is like brushing your teeth; it helps you to manage your energy and vibrations to align you with what you desire. Meditation creates a connection within your Self and with the Universe which can help you throughout the day to co-create what is in your Highest order and potential. Plus you will be surprised how easy and quickly things can be done! If you don't have a meditation you like to use, download the FREE guided Grounding & Connection mediation by clicking [here](#).
3. Focus on what you want, like and have, not what you don't want, don't like or don't have. If your mind wants to go to judgment or beat up about your Self or others, give it a new job. Find the blessing and gift in your experience, in your Self, in them. Give gratitude for all that you are and do have!
4. Look at how you may expect your Self or another to 'show up'. Release the attachment to the expectation and allow for what is really true ... see the beauty in your experience. You may be surprised in what you observe rather than seeing it through the veils of shoulds and have to.
5. Realize in an instant, things can change. Miracles can occur ... small and large as well as accidents, tragedy and death so live in the present moment. Appreciate all that you are and do and all of who others are and what they do. If there is something you don't like, you can shift it. If there is a behavior you don't like within your Self or others, you can choose to change your Self and your reactions to them. You are the co-creator of your life and your experiences!



Now to implement the above, you may need some assistance to see what may be running you, your opinions of Self and others, your behaviors and your decisions. Take our FREE Co-Dependent survey to find out how your past experiences, conditioning and programming may be affecting all aspects of your relationships and life.

So now when you arrive on the doorstep of your family's home, you have the choice to be empowered and confident, to be the awesome adult that you are and to interact with them in living, kind and generous ways.

And remember, don't make assumptions about what they may be thinking, saying or doing and don't take it personally ... you know the Truth of you.

Choose to tap back into the connection of the Divine power within you and your True Self which is LOVE ... Living Only Vibrant Energy.

My wish to you is to have a fun and wonder filled holiday and new year!



Amanda Butler is a relationship expert, specializing in helping people resolve co-dependency issues within themselves, their relationships, their careers. She teaches individuals how to shift the past and their patterns which keep them stuck in the rut of continually creating the same type of relationships and results. Over the last 11 years, Amanda has developed and facilitated powerful systems such as The Diamond Co-Creative System™ and the Diamond Power Within™ programs designed to realign, restore and re-energize individuals so they can create confident, successful and fulfilled lives.

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