

song: *Going Deep* – Chicane

week #51

**prepare** [v: do it]

- to make ready beforehand for a specific purpose, as for an event or occasion
- to create by combining various elements of ingredients; manufacture or compound

*anticipate, brace, coach, concoct, contrive, cook, develop, formulate, fortify, make up, perfect, plan, practice, ready, warm up*

As you move through life, you may find yourself preparing for something uncomfortable or unwanted. Approach this undesired future with patient strength, as you recognize that this chapter of your life will pass. With a calm understanding of the natural cycle of life; the ebb and flow, look to the future with strong resolve. Brace yourself, fearless, with a clear and open heart, knowing that your eyes will see only what your mind can accept. See light through any darkness.

**"People only see what they are prepared to see."** - Ralph Waldo Emerson

Preparation is not a magical or emotional term – rather, it is responsibility for yourself, a strong cornerstone; or a springboard, to all of your future; your needs and desires.

When The Universe presents you with the opportunity that you've dreamed of, it's your responsibility to reach for your chance at the golden ring. This is your birthright - but you must do the work.

**"I will prepare and some day my chance will come."**

- Abraham Lincoln, 16th president of US

It's a special time!

People are having babies: Look with stars in your eyes at your beautiful new person, friend, family; your child has the potential to be an Olympic athlete, graceful dancer, a brilliant healer, concentrated thinker, renowned humanitarian...prepare your child to change the world.

To those who are performing on stage: you will never be too prepared...train until you ache, sing until you cry. To the world travelers: prepare yourself to be (safe and) open to the wonders that you will see – the interesting and different people whom you'll encounter.

As you enter into the holiday season, prepare yourself to abstain from over-indulgence. Have a plan to stay healthy and on-track. Prepare for a potential "new start" as collective consciousness surrounds you with hope of an ambitious new year.

**"The future belongs to those who prepare for it today."** - Malcolm X

**Action:** What's your plan? This week, prepare for your upcoming year. Set your large goals, and break them down into bite-sized pieces. Planning is essential - set your foundation into a calendar, with dates, times, and specific tasks.



*Preparation is the springboard to your future. In Grand Plie with Heels, we leap with power and land with grace. With each landing, a new set-up; preparation to fly.*

### December Color: Pagoda Blue

Pagoda blue, this month's color, can be used by anyone on a spiritual journey.

### December Chakra: Throat Chakra

When balanced, the 5th chakra can lead you to spiritual communication and expression. The vibration of singing in harmony with what you feel in the heart can help prepare your mind to make room for vision and wisdom.