



song: **Hope** – Idina Menzel

**hope:** (verb: do it)

- to wish for something with expectation and desire
- to look forward to with confidence or expectation, trust

(noun: own it)

- a wish or desire accompanied by confident expectation of its fulfillment
- trust, confidence

*anticipation, aspiration, belief, desire, dream, faith, goal, longing, optimism, promise, wish*

***“The pessimist sees difficulty in every opportunity.  
The optimist sees the opportunity in every difficulty.” - Winston Churchill***

...Pandora curiously opened her box, and she let out all evils... and yet, something remained inside... Hope.

At the mercy of all the evils that she had set free, the world lived in darkness, Evil felt in every corner and seen in everyone's eyes. Trust and faith were lost.

One day, with a heavy heart, Pandora revisited the box, with faith that she could might make a change that would fix her mistakes. She slowly opened it, and Hope quickly fluttered out. Rays of light spread amongst all of humanity.

To the Greeks, Hope became more powerful than all the evils combined. Hope trumped any atrocity, bringing balance to otherwise unexplainable situations.

Hope is light, anticipation and optimism. Hope is aspiration and dreams and vision.... but true hope can only be magical when it's based in trust. More than the trust of another person – we must be able to trust in ourselves – our ability to set a goal and follow through.

**ACTION:** This week, hope passionately! Dream...desire...imagine. With your list of hopes and desires, begin to assist their manifestation, by taking the first step in making a change... Know that faith must be active.



The Curtsey Step-back exercise is a graceful reminder to keep our hearts lifted and our spirits light. They say “hope floats”.

### February Color: Sheer Lilac

Surround yourself with this color to build a relationship, share love when working toward a cause or connect to your spiritual nature.

- Uplifting
- Progressive

### February Chakra: Crown

The seventh chakra becomes fully active between the ages of 43-49 years. You can picture it as a lotus with a thousand petals; meaning that it is limitless to how it interacts with the universe. When you balance your crown chakra, you will exude inner peace and satisfaction.