



Sacred Year End Practice

*complete the year with wisdom,
honor what is so,
open to intention and clarity*

Sowing seeds is the essence of the Sacred Year End Practice. This practice allows the inner longings of your heart to fully fuse with your awareness - honoring the sacredness of life.

Consider how you want this practice to unfold and make a declaration for its manifestation.

My suggestions:

- 1) complete these three phases at different times;
- 2) allow plenty of time and space to create a friendly and uninterrupted environment;
- 3) define a time zone (e.g. between Thanksgiving and the new year, between Christmas and the new year) for completion;
- 4) if blocked, engage your whole body with breath, movement and curiosity;
- 5) arrive at each writing session by centering, meditating or deep breathing to clear and open your mind.





Stake In The Ground

While completing an intensive coaching program a few years ago, my teacher instructed me to “put a stake in the ground.” I was in the habit of moving toward rather than looking back. Reflecting and savoring what has been is a nourishing practice – it feeds the soul. It helps us to digest any parts of life that have been skipped or unconsciously consumed. And it provides fuel for now and next. Putting a stake in the ground is a warrior move to stop, breathe down through your soles into the earth and ground the reality of your life: joys, tears, accolades and disappointments. Try one or more of the following questions to put your stake in the ground and complete the year with wisdom.

How have I spent my time in the past year?

What are the results of the actions I have taken?

What events, realizations, and understandings have come into being over the past twelve months?

What has inspired me over the past year?

What blessings have I received during the year?

What were my sorrows and disappointments, and how have I been changed by them?

What were my accomplishments, creations and joys, and how have I been changed by them?

What books have I read this year and what impact have they had?

What movies and other entertainments have moved me this past year, and in what ways?

What journeys have I taken?

What patterns and themes have I noticed in my nighttime and waking dreams?

What have been my most significant dreams, and how have they affected me?

What conditioned patterns have I recognized; what experiences opened me to see more clearly?

What hidden beliefs have I uncovered in working with these conditioned patterns?

What previously unrecognized aspects of my personality have been revealed?

What habitual patterns have I experimented with or changed?

Who has impacted me and how?

Who have I impacted and how?



What new ways of being have I embodied as a result of the above, and what effects have they had?



Presence Now

Eckhart Tolle, acclaimed author, teacher and guide wrote the worldwide bestseller, *Be Here Now*. If you have read the book, you understand presence now. If you have not, the essence of the book is that there is no other place to be but here, right now. The past is a memory and the future is the imagination; right here is the only reality we can face and meet with our energy. Try one or more of these questions to face into right now and honor what is so, the Good, the True and the Beautiful.



How am I different this year than I was last year at this time? What's changed?

How am I the same this year as I was last year?

How can I integrate the key lessons of this past year into my life?

Are there strategies, phrases, questions or flags that have significance for me right now? If so, why?

Am I being asked to do something now that I am rejecting? If so, what would happen if I did them?

Am I trying to force something into existence right now? If so, what would happen if I didn't?

Are there any new characters in my life that can reveal to me unrecognized aspects of who I am?

How healthy are my relationships? (with people, time, money, health, career, ... everything)

What recent synchronicities do I recall? What do they appear to point toward?

Has my experience of time changed at all since last year?

To what part of myself am I giving birth?

What am I becoming?





Planting Seeds

Our gardening metaphor is superb for manifesting your deepest intentions. Planting seeds is the specific action that cultivates the fruition of the garden. Growing a garden is a collective effort. You plant the seeds and set the conditions for their growth with healthy soil (completing the sacred year end practice), plenty of water (the continued flow of presence as life unfolds), and appropriate sun (shining awareness moment by moment). By completing the year with wisdom and honoring what is so, you free the space to open to intention and clarity. Try one or more of the following questions to support the seeds you want to plant this coming year.

Specifically what is it that I wish to focus on or experience in the coming year?

If I could see into the future, what wishes, longings, or creations will I bring to fruition?

How will I be, or engage my energies?

If I could sum up all my desires and longings into one simple statement, spoken from my highest self, what would it be?

Who or what is served by my intentions and clarity?



Now What?

Once you finish reflecting and writing, put your journal away in a safe place – out of harm's way or temptation. Forget about it and release any attachment to what is written, realizing that you are simply a gardener and what manifests is in the hands of the collective. Note on your organization system same practice next year and the location of your journal to support the process once again.



Inspired by *The Not So Big Life*, Year End Ritual by Sarah Susanka