



## Inner Sun

Hello,

Spring brings renewal year after year - regardless of which political party sits in office. Whatever empty promises are made, there is one thing we can all rely on - the dawn of each new day is another chance to recreate ourselves and our lives differently. The question is how?

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## Renewal

Enthusiasm is key to renewing your life. If you are in touch with the deep inner source of life, fresh energy will naturally flow through every part of your world. It doesn't matter which party is in power, whether there is a recession or any other difficulty, if you **cultivate an enthusiastic approach to life**, your world will be renewed in remarkable ways.

Everyone and everything in our world is in vibration. Some people you meet leave you cold, even drained, others make a moderate impression and some seem so charged with energy and power they leave a lasting impression. Those who have a vital, vigorous personality weren't born lucky, they work at keeping their life force strong. It takes discipline.

How are your eyes? Are they bright and sparkling with energy or are they dull and listless? A dynamic, alive personality is developed by refreshing and re-stimulating your thoughts and actions continuously. **We renew our lives by renewing our thinking and behaviour.** However we cannot make room for new opportunities until we let go of old, worn out patterns. It is a natural law of life. We need to flush out hate, fear, worry, resentment and tension; these things are poisonous to the mind and heart. The truly energetic are those who have disciplined themselves to clear out such poison and fill their minds instead with healthy, dynamic thoughts.

In my many hours of coaching practice, letting go is the part everyone struggles with. Spring cleaning cupboards is far easier than clearing out minds and hearts! There is grief in letting go of what belongs to the past. But we need to resolve our grief and feel the loss in order to make space for something new and unexpected.

Virtually everyone I have worked with at some point think that they can bend the laws of nature. If only I can keep a hold of (fill in the blank) and reach out for what I want as well, then it would be OK. You know what happens to an elastic band when it's stretched too far. When someone does not let go of what now belongs to the past, all the energy for change and renewal is contained in tension between the past and the

future. It's like living life with one foot on either side of a huge, widening chasm, at some point something will give.

In order to truly grow, we cannot avoid this place of transition or the void as it is sometimes called. We cannot know what is coming next, we just know that some outdated way of living or working has come to an end. In the void, we experience deep feelings of loss, confusion and sometime even question our sanity. But if we have the courage and faith to sit in it, something remarkable happens. One day, we surface refreshed and renewed. No rhyme or reason to the timing, it just is. I've long since given up trying to figure out how long any particular metamorphosis will last. I trust in the natural renewal process and have learned to recognise when its time, yet again, to shed a skin and wait expectantly for the next phase of my life to emerge.

Renewal is a natural process. But in order to work with it, you need to be in harmony with your own inner source of life. If you are out of touch your inner self, life declines, vitality ebbs and enthusiasm leaks away. You are out of alignment whenever any part of your thinking and behaviour is negative, critical, mean and selfish, and basically destructive. Flush this stuff out of your system and fill your mind with enthusiasm and optimism.

Be grateful for what you do have, delight in the success of others, be big hearted and generous, and get excited about life now, rather than wait until whatever it is you think you want comes along. Enthusiasm is contagious; it breathes vitality into your life and breeds success - regardless of who is in political power.

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## Your Views

As always, I love to hear your own stories, comments and questions so please do get in touch if you have any.

Warmest,



## Wise Words

"Life is a pure flame, and we live by an invisible Sun within us."

Sir Thomas Browne

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t:01325 489 766

m:07740 416 891

e:juliette@juliettelee.co.uk

[www.juliettelee.co.uk](http://www.juliettelee.co.uk)

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