



12 gifts for 2012

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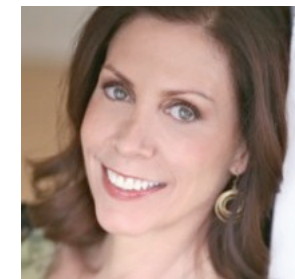
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Introduction

The idea for this simple, but heart-felt, ebook came to me as I was looking for something – a digital gift for the holidays – that I could send to my readers, followers and ‘peeps.’ Something inspiring and worthy of a new year as auspicious as 2012 – a year that will either transform the planet, or end it, depending on what you believe.

Playing on the 12 days of Christmas idea, I came up with 12 gifts for 2012... and immediately thought of 11 other people, extraordinary people, who might want to share a gift as well. They are the 11 other women entrepreneurs in my mastermind group led by our brilliant business coach Christine Kane.

Dubbed the “Glitter Girls,” by one of the members of the group, these women really do shine – in their work, their lives and their souls. Savvy, creative entrepreneurs, they are as much “heart at work” as hard at work. I am both awed and inspired to be among them.

So when I asked each of them if they would like to offer a gift for the new year, something the world could really use in 2012, I received a resounding “Yes!” from them, as well as some beautiful thoughts, ideas and images. In other words, they sent the best kind of gifts, gifts of the heart.

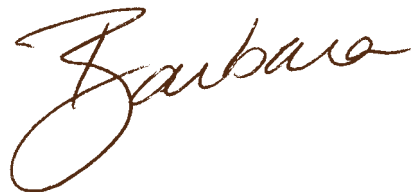
In many cases, as you might expect from women truly aligned with their higher purpose, their gift shines through in the great work that they do.

I am deeply grateful to all these women – my fellow glitter girls, soul sisters and friends – whose contributions not only made this project happen, but also who gave me the life-changing gift of their encouragement, love and support throughout the year. And that includes the bright light of our mentor and coach, Christine Kane, who brought us all together.

So as you ‘unwrap’ these 12 gifts page by page, I hope you find something that illuminates or inspires your own gifts and talents that you can share in 2012 and beyond. The world is ripe to receive them.

This wee ebook and holiday package has been created and wrapped in love. Please share it freely.

Love and peace,



Barbara Edie
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 @barbaraedie

“The more you are motivated by love the more fearless and free your actions will be.”

- His Holiness the Dalai Lama

“Those who say it cannot be done, should not interrupt the person doing it.”

– Chinese proverb

When Steve Jobs died earlier this year, thousands of people were moved not only because the world had lost an extraordinary entrepreneur and creative genius, but also someone who was a non-stop inspiration. Someone who showed up unassumingly in a black turtleneck and New Balance sneakers to reveal the latest magic in technology... and that would ultimately revolutionize design, communication and the entire planet.

Jobs, like Apple’s iconic advertisement, inspired others to “think differently.” He was a rebel, a leader... and one of the ‘crazy ones,’ who thought he could change the world — and did.

The word inspiration is derived from “in-spirit.”

Straddling that fine line between genius and madness, the ‘crazy ones’ inspire us because they are often closely connected to their soul, spirit and Source energy. They are as unstoppable as their ideas are improbable.

Powered by imagination, and confident in purpose, the inspired (or inspiring) go to the edge where wild ideas meet remote possibility, where limitations terminate at the tide pool... and open up into an ocean of creativity.

At the edge of inspiration risk, exploration, discovery and real magic happen.

Inspiration takes shape in...

The stories we tell

The thoughts we express

The technology we design

The architecture we build

The environments we create

The lives we lead...

And so much more.

Inspiration sparks the desire to lead, follow or strike a new path.

Inspiration gets us up in the morning, and keeps us up all night.

Inspiration is a feeling, a force, a fervour.

Inspiration moves us to pursue something – anything.

Inspiration lets us and our souls make travel plans.

Inspiration offers job opportunities with the Divine.

Inspire and be inspired.



Barbara Edie is a writer, editor and journalist who writes about lifestyle, architecture, travel, and passions of the soul. She finds few things more inspiring than real life, real people, and really good stories.

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Beauty

The gift of beauty can take many forms.

In my work as a cosmetic eyelid surgeon, I see patients in consultation from all walks of life. Sometimes, a person is looking for a change, a refreshed look, a boost. Others are surprised at how they looked in a recent photograph. Or, they are weary of answering the question, “Hey, are you tired?” when their eyes are sending out the wrong message to the world.

Once in awhile, the person is looking for something else. Something that can't be fixed by removing the extra skin around their eyes. They are looking for a change within.

When a person comes in who has gone through a difficult spell – whether it's a divorce, job change, or move – that time of upheaval can make them feel unsettled. Maybe unloved. And certainly, unattractive. When that person lands in my consultation chair, I have to take a deep breath and say “Not now.”

I explore the patient's true needs and expectations; I take the time to show each person the beauty within.

I remind each of my patients of the value that is in each and every one of us. I encourage that patient to wait on a surgical intervention until feeling complete inside.

We can't BE beautiful until we FEEL beautiful -- from the inside out.

As Maya Angelou said: “People will forget what you said; people will forget what you did; but people will never forget how you made them feel.”

To help others find and feel the essence of their own beauty is a true gift – for themselves and all those around them.



Dr. Starla Fitch is a Board Certified Ophthalmologist who specializes in cosmetic eyelid surgery. She has been in practice in Atlanta, Georgia since 1994.

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Receiving

In a world focused on giving, the gift of receiving is not often talked about or understood. Many people aren't even sure what it means to be a good receiver, that is, to accept love and kindness with grace rather than discomfort.

Some believe the opposite of giving is taking, which has a much more negative connotation than receiving. Have you ever heard someone say, "Can't you take a compliment?" It's not taking, it's receiving!

The beauty of receiving happens when you are able to accept a compliment or any gift with gratitude — without any need to explain, return the compliment, change the subject, or divert attention away from yourself.

When you truly receive you allow the energy into your heart. In order for that to happen your heart must be open and undefended, you must feel emotionally safe.

To experience being in "receptive mode," picture your self grounded, shoulders back, heart chakra open, arms gently outstretched. You are connected to the earth and your center, breathing fully and deeply, and balanced energetically. This is an expression of Divine Feminine energy – the ultimate in receptivity!

You may be an excellent "giver," but not a great "receiver." Why is it so much easier to give than to receive? Because when you're giving you are in control; when you're receiving you are vulnerable. And that can be uncomfortable for several reasons.

Receiving is a spiritual practice. When someone gives you a gift, a compliment, assistance, opens a door for you – whatever – no matter what your head tells you, just say a heartfelt "Thank you," and then when nobody's looking rub the goodness into your heart.

If you can't receive, you can't receive love. To be in the flow, you must learn to receive as well as you give.



Lisa E. Zimmerman is a Transformational Consultant and Spiritual Teacher in NYC utilizing Intuitive Astrology, Deep Coaching, NeurOptimal Neurofeedback and other energetic techniques to enable clients to connect with their Authentic Self, speak their truth, find their purpose, and step into their power.

www.soullevelsolutions.com

Your Nature



From my heart to yours.
Palms together. Fingers touching.
Chenrezig holds the most precious jewel, our buddha
nature, our pure potential. Unique yet shared.
Inseparably one while multitudinous in appearance.
Permeating, illuminating, pure in potential and
manifested in limitless creative, sometimes messy, ways.

Love. Compassion. Understanding.
From my heart to yours.
And from yours to mine.
Thank you for your light.

Detail from "Chenrezig", an original appliqué thangka-quilt by Leslie Rinchen-Wongmo.



Leslie Rinchen-Wongmo makes art that speaks to your highest aspirations. She is one of the only westerners trained in the rare Buddhist art of silk appliqué thangkas, a sacred Tibetan cultural tradition, His Holiness the Dalai Lama gave his blessings to Leslie's work and encouraged her to make images that speak to people across religions and cultures.

www.threadsOfawakening.com

Compassionate Self-care

I work with women who want to lose weight. Women who want to get closer to the ideal they see of themselves in their mind.

So, together, we start to look at the client's life.

At her eating habits.

At the amount of movement in her life.

At her general level of happiness.

And each time we find her doing something that's taking her in the opposite direction, we step back and look at what needs to change.

We keep stepping back and looking at all the components that make a successful life. The main question we ask is: 'In order for this to happen, what has to happen before that?'

And then we hit the wall.

The wall is the foundation of any and all change you might want to make in your life.

The wall is how you talk to yourself, how you care for yourself, and how you feel about yourself.

Are you compassionate towards yourself? Or do you believe that without self-hatred and harshness, you won't be able to make any changes?

The truth is *caring for yourself with great compassion is the key to lasting change.*

It is the foundation of everything.

Start there.



Cookie Rosenblum is a Certified Life Coach and a weight loss expert. She has successfully helped hundreds of women shed excess weight by teaching them to think and behave like a naturally thin person, and working on change from the inside out.
realweightlossrealwomen.com

Inner Awareness

I have chosen to live my life seeking joy and a deep sense of inner fulfillment, and through following my own unique path, I have found far more than I had ever expected... I found the sacred part of me.

There is something very mystical about nature, something so clear and grounding that, if we can quiet the mind enough, we will open to the keys that unlock what our heart truly seeks.

The crucial piece is the ability to find personal alignment. You can only do this through learning how to stop the doingness of life so that you can take the inner journey to the Be-ingness of life. Some of my greatest awareness has come through discovery in the co-creative experiential work with horses, not as animals to be ridden or beasts of burden, but as healers and teachers that are part of all of nature, here to help us understand.

Through the direct reflection of the horse, I've learned how to read and now teach the language of the heart. Through this vibration of emotion we are given our most accurate barometer of life... it is always there to guide us every step of the way.

The healing power of horses can open us to a deeper sense of inner peace, clear guidance and more meaning in our lives. At the core of Be-ingness... everything in life shifts into meaning as you learn how to listen to your heart and align your life with your soul.

Through the desire to create a life that made my heart sing, I found the gift of my life's calling. By creating a sacred place for others to embark on their own inner journey and reconnect with their heart's desires, I hope to share that gift.



Barbara Alexander is the founder of Epona Ridge, a magical place where women come to gain insight about their inner lives and seek a greater awareness of their hearts true calling. Barbara mentors and guides retreat participants through their individual journeys towards true happiness, joy and inner peace.

www.eponaridge.com

True Freedom

True freedom is about creating a life that is based on your own conscious choices.

Life in a job, any job, is limited by the structure of the organization. Structures, especially big ones, require job descriptions, if only to keep it all straight!

Job descriptions are like little boxes. When the boxes are all assembled, voila! A company!

The thing is, people are not like boxes. When you try to fit yourself into the job description box, you feel cramped, not creative. Inevitably some arm or leg is left hanging outside the box!

That means that some parts of you will feel constricted, and some parts won't get a chance to shine at all.

While it can feel comforting to fit into an existing structure, it doesn't leave you with a lot of room for your own creativity.

You often end up being a reactor. Someone who responds to situations.

Instead, you could be a creator.

A creator has choices. A creator makes her own decisions about where she will go next. A creator has true freedom.

You may have been thinking about starting your own business for some time. Or it may be a relatively new possibility.

I had thought about starting my own business for several years prior to leaving corporate life 16 years ago. (What can I say? I really like to think things over!)

Once you choose to start your own business, you're no longer restricted by the structure that you work in.

You can explore and find the work that truly lets you stretch and grow. Work that does not contain you.

Now, it's about work, and a life, that you consciously create.

And that, my friend, is true freedom.



Ursula Jorch is the mentor to corporate refugees who choose freedom disguised as their own successful business. She blogs at WorkAlchemy.com.

The Art of Observation



Photo title:
Roy with Reflections
on the Prom, 1990,
published in *Roy
Lichtenstein In His
Studio* by Laurie
Lambrecht, Monacelli
Press, 2011.



Laurie Lambrecht is a visual artist working in photography, whose work has been widely published and exhibited in the United States, Europe, South Africa and China. As a visual observer she finds inspiration all around her...in the playful spirit of children, the beauty and drama of nature, and in the wisdom of her peers. Her recently published book *Roy Lichtenstein In His Studio* is an insider's view of the creative process and working environment of the Pop Artist.

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Most people would be jealous of Lisa; beautiful, in great shape, married to her soul mate, and lives in a fabulous home. She has one teenage girl at home and one in college.

So why isn't she happy?

In my office, Lisa was telling me about a great ski trip she had planned. It was going to be a surprise for her family. She worked out all the details so that her family would be happy.

What struck me as I listened to Lisa is that she looked so sad and exhausted.

I asked her, "What about you, what will make **you** happy?" Lisa looked at me with a blank stare, "I have no idea. I haven't thought about it."

You matter! Your happiness matters.

It is easy for moms to forget about their happiness. You give attention to your family, volunteering, work, home and a million other things, but you lose your heart and soul in the process. You end up not knowing what you want anymore.

No one wins if mama's not happy. If Lisa's not happy the ski trip is not going to be fun for her family.

When you neglect yourself and your own happiness, you can end up resenting your family.

Too often we push through life and forget that the point is to enjoy it. So planning a special trip, looking after our home and family, baking cookies, or going to parties become items to check off our list.

It's time to remember YOU.

It's time to factor in your happiness. What makes your heart sing? How can you be kind to yourself in the midst of taking care of your family? So what about you, what are you looking forward to in the new year?

Your happiness blesses you and your family.



Colleen O'Grady is a Licensed Psychotherapist and Life Coach with a thriving private practice for over 20 years. The mother of a happy teenage daughter, she empowers women to reconnect with their teenage daughters and reclaim their lives, through her Power Your Parenting program.

www.poweryourparenting.com

Courage

“When courage finally comes you never see it coming. Right out of nowhere you open your heart and that changes everything. You’re going somewhere and all you need to know is that you’re free to go.”

- Christine Kane, mentor, singer songwriter

Sometimes I’ve found myself praying for courage, other times I’ve found myself writing in my journal about how grateful I was for receiving some.

Finding your courage creates a whole new level of freedom.

I am no different from anyone else on the planet. Everyone has to be brave at times in their life, whether it’s standing up to someone, sharing your heart and speaking honestly about something, quitting the corporate world to start your own business or saying goodbye to a loved one for the last time.

When you need courage the most you never see it coming, it appears as if outta nowhere and creates a positive ripple effect on you and those around you. It can change everything. Something shifts inside — like changing gear. This happens when you open your heart to any situation, and lean into what you fear.

This is so poetically described in the lyrics of Christine Kane’s beautiful song called Right Outta Nowhere (see above). I never realized the true depth of what these words meant until this year as my father was dying.

I know that courage is always waiting at the other side of fear. If you get clear and reach through your fear you’ll find a deeper level of courage that is pure, beautiful and always there for you...Always. It’s deep in the core of your existence waiting to be let free.

Connect to your heart and reach through your fear.



Elaine Bailey is the president and founder of Elaine Bailey International Ltd, a company solely devoted to coaching successful women and men into their best lives. She mentors busy corporate people to move away from the chaos and overwhelm of settling and surviving by offering them a whole new approach to productivity, business and lifestyle.

www.elainebaileyinternational.com

Passion

The gift of...

Passion

“Don’t ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.” ~ Howard Thurman

The world is saturated with sameness. Burgers, fries, reality shows. It’s numbing. But there’s only one you. No one else can bring to the world what you can. Only you have your lessons from your past, your vision for the future and the presence to use it all wisely.

Passion is not always the thing you’re trained to do. Or the thing you’re paid to do.

It’s what makes you want to get out of bed in the morning. The thing that gives you chills on great days and centers you on not-so-great days.

Passion flows, erupts and serves. It’s part vision, part action and part love.

Passion, when ignored, struggles toward the light. It twists and grows and seeks until it finds breath. And then, wow.

My passion changes a little corner of the world. So can yours.

Feed it. Revere it. Watch it explode into the landscape of humanity.

Like only you can do.



Sue Ludwig, OTR/L is the President and Founder of the National Association of Neonatal Therapists (NANT). She is passionate about serving neonatal therapists, premature babies, and changing the culture of healthcare. Sue is a sought after national speaker, educator, writer and consultant.

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<http://vimeo.com/videobizwiz/thegiftofvideo>

Video is a powerful medium that can bring up a range of emotions... especially when the images remind you of great times. Those are the best kind – the ones that touch your heart. As we end one year and begin another, it's the perfect time to reflect on and share some memories. Video puts our memories in motion, and inspires us to think about some of the good times past and those yet to come.



Jen Uteda is President and Founder of VideoBizWiz.com, and creates videos for entrepreneurs to help them to connect authentically with their customers, showcase their business and bring in more revenue.

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Credits

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