

# A TIME OF RECKONING



Catherine Nelson, Ph.D.

energy every day of our life.

This is the time of year in our culture where we deeply feel the ending of one year and the opening to a new year, with a new cycle of energy. It is also our custom with the coming holidays to encourage and support self-reflection and self-assessment. Many of us seek quiet time to look back over the closing year and assess our personal actions, our behaviors, our intentions, and accomplishments. We

also take time to look forward to the possibility for new, personal growth and change in ways that will help us be better human beings in the coming year.

First, we want to look within and examine what we have done or not done in 2021. It's best to start with your relationship to yourself. Have I taken care of my health? Have I paid attention to my emotional needs? What have I done to grow spiritually? With my family and friends, where have I been unkind and uncaring? Where have I been impatient and dismissive? Where do I have regrets and want to do better? Do not "judge" yourself in this endeavor. We are all imperfect. We have all said and done things we wish we had not done or said. What matters is now and this *next* year.

Are you willing to set your intention to do some things better in your relationship with others by coming from your heart, not your ego? Perhaps some apologies may be needed.

**W**e are coming to the end of 2021. Another year of our life on planet Earth is ending. This year has been challenging in many ways. There were the forest fires with the devastation of our beloved lands and wilderness. There were the heavy layers of smoke filling our skies day after day. There were the days of excessive heat in our summer season. There were and are the drought conditions creating a loss of crops for farmers and the inability of ranchers to feed their cattle. And then there was Covid and all the problems in our communities around vaccinations. Goodbye to 2021!

But what is coming in 2022? Will things get better or worse? Will there be more forest fires? Will we get the water we need for the crops, for the animals, for the wild lands, for the vitality of our soil, even water for us to drink? Will there be another Covid variant? What else could possibly happen?

In some sense, we cannot individually change these large-

scale events. However, collectively we can. Positive vibrational energy creates more positive energy in our families, our groups, and in our communities. It is up to each of us to awaken the dynamic energy of our positive intentions and our hearts.

In astrology, each calendar year is very much affected by the alignment of the stars and the planets in the heavens and their relative positions and movements with each other. The astrological alignments each impact us too, given our date of birth. The point is that there are events and vibrational alignments from powerful energies that we cannot change. We can only try to do our best as individuals with the life circumstances we are given.

The cumulative effects of our individual choices create a collective energy that impacts everything around us. Our relationship with these energies is very important. How we choose to live our lives; how we choose to be with others; how we care and don't care creates its own

Perhaps a personal commitment to spend quality time with loved ones is desired. A key part in making these changes is opening your heart more and finding common ground that will deepen both your sense of self-worth and help the other people in your life feel a sense of caring and value.

For example, during Thanksgiving and Christmas, there will be holiday meals with family and friends. If you find yourself sitting next to someone you don't know, see if you can come from your heart and find common ground with them. If you are older and you end up sitting next to a small child who looks nervous and only wants to look at his cell phone, explore what you two might have in common. Maybe you both like baseball, and then you can help the child be more comfortable by talking with him. Our children need a lot of support and loving in these times. Another example might be thanking a family member for something he or she did this past year that helped you in some way that you did not yet acknowledge. A third example would be giving a neighbor an unexpected gift of some sort. All are examples of coming from your heart and seeking common ground with each other.

We all must realize that everything we say and do with others has ramifications of vibrational energies that go beyond the specific interaction. Our negative actions, our negative reactions, our criticisms, and our judgments of others do not serve us as individuals, nor do they help anyone else. If we want the world to become a better place, we each must play our part to contribute to the collective good.

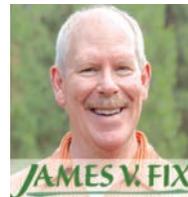
This is the time of year to self-assess, to reflect, and to set new and positive intentions. It is an opportunity to open our hearts and seek common ground. It is a time of reckoning. ■

CATHERINE NELSON, Ph.D., has a counseling practice in Bozeman with many years of experience working with individuals and groups. She has taught at the Barbara Brennan School of Healing and is a certified Path-work Helper. She offers workshops on personal



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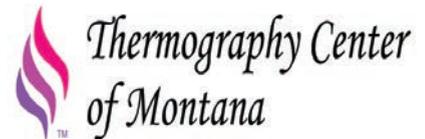


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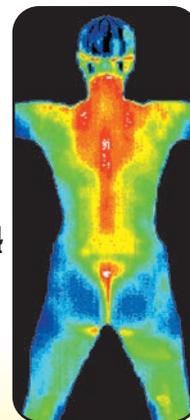
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