

## *January 2018: Letter to the Universe*

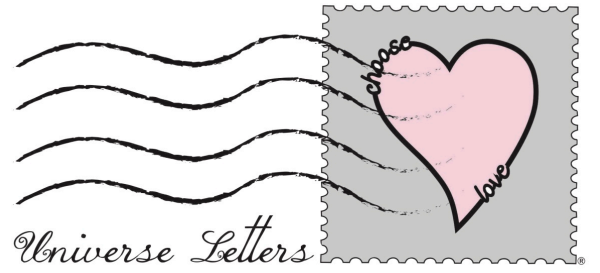
### *Word of the Month*

*surrender:*

*We so often start the New Year with a frantic energy, wanting to accomplish it all, see it all and do it all. But what if instead of pushing ourselves and forcing things to happen we try to surrender to it all? Surrender to the flow of your life. Surrender to divine timing. Envision your dream and surrender in knowing that what's meant to be will never pass you by.*

*Prompt:*

*What is something you would like to surrender to the Universe? What are some ways you can make that happen? How would you like to feel?*



*Dear Universe,*

*I am ready to surrender...*

*With Gratitude,*