



2023: Trust Yourself and Practice What You Know

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It is a new year, a new beginning and another opportunity to learn, grow and better ourselves. It is a year in need of more *action* stemming from *compassion* and *love* and less from fear.

So much is going on in the world and the changes sweeping our planet are not very comfortable....one might even call it dis-ease.

You are part of the ones helping to shift the consciousness of the planet. As it is through raising spiritual consciousness in yourself, positive shifts and changes are possible in the world.

Your spiritual aspect of yourself must be your foundation and your thoughts and actions stem from this inner wisdom. This is where the *truth* and *answers* reside to overcome the world's problems. *Wisdom* understands the planet and gives *better choices*.

What do you want for the world in 2023? More Peace? Truth? Freedom? Healing? Human Dignity?

Whatever it is, when you connect with your *own guidance* and follow it and do not give away your power to someone else, *everything is possible!*

Everything is in a state of transforming and flux. Align yourself with *love* and *compassion* and you will activate more *healing* in the world.

You can help another be well, in fact it's necessary, required and urgent in these times. Step in. Step up. You are the one to do it, not someone else.

The world is experiencing a global decline in health and drop in life expectancy despite trillions of dollars spent on public health measures.

A recent poll in the National Post showed Canadian are struggling financially and are concerned about the direction of the country:

- **Medical wait times in Canadian hospitals have never been longer.** It takes an average of 6 months to get medical treatment for a serious medical condition and average hospital emergency wait times are in excess of 20 hours.
- **Most Canadian cant get help with their mental health.** Young men and women in particular, are reporting mild to moderate functional impairment.
- **More than half of Canadians are worried about getting food on the table.** 60% are worried they won't be able to afford gasoline.

- **One third of Canadians are effectively shut out of home ownership.** 40% are worried they won't be able to make their rent or mortgage payments
- **Nearly a quarter of Canadians say they'll need charity to make ends meet.** Food Banks usage is up 35% pre-Covid era
- **Most Canadians think Government is making homelessness and addictions worse.** Federal Government is planning to admit an all time high of 500,000 immigrants annually worsening the country's housing and healthcare shortages if better solutions are not created.
- **Virtually all Canadians think we are heading into a recession in 2023**

Our medical and financial institutions appear to be in slow collapse.

We are being challenged in private practice like never before. Whether it is those coming in with anxiety, depression, autoimmune and inflammatory disorders, cancer, viral and post viral syndromes, GI disturbances, gynaecological and infertility issues, circulation and neurological disturbances, physical pain and structural problems or the many other syndromes and symptoms currently plaguing medicine.

We have always had these to deal with but it has exasperated exponentially. This requires vigilant self care for the practitioner on all levels, physically, emotionally, mentally, and spiritually. It also requires showing up, taking your place, holding the space, and not having to understand everything or explain anything in reference to the current world situation. Difficult realities to contend with but together we can help each other move through it.

Start in and do what you can with what you know and what you have. Be willing to extend yourself where you are needed regardless of someone's ability to pay. Decide for yourself what it is you can *give* and what you are willing to *receive* in exchange. It may very well be outside the current monetary system. It is called dealing in the *currency of care* --- showing *compassion* for each other through exchanging freely what each has to give.

Know how much you are needed and what a difference you can make. Make your mark in the world. It is the *antidote* to make life the way *you* want it to be. You are never alone.

We are here, and with the loving assistance of many others, we can create *meaningful change* in the world!