



# DreamLift

*a monthly newsletter from*  
**Carol McKay, Certified Life Coach**  
*helping people create a happier, more passionate life!*

**December 2007**

## **What were your lessons of 2007?**

As another year draws to a close, I find myself again reviewing the year, searching for the lessons and learnings which were revealed.

Just this week, I had a small backyard accident that left my face (and my ego) a bit bruised. My learning? Let go of the desire to multi-task and stay present and focused on the job at hand. Apparently I haven't fully learned this lesson yet, because the Universe keeps finding ways to remind me.

A family health emergency this summer was an important lesson in appreciating every moment, and taking every opportunity to tell the important people in my life how much I love them.

Completing my training to facilitate The Passion Test reminded me that when I follow my passions everything is easy - nothing feels like work.

The passing of our beloved 17-year-old dog taught me that sometimes the deepest acts of love are the most difficult to perform.

When our niece walked away from a brutal car accident, I learned that angels sometimes inhabit the passenger seat.

When my brother's company abandoned their Northern California operations, I learned what grace and absolute trust really look like, and I felt the pride an older sister can feel in her younger brother.

When my husband's new theatre opened with fanfare and flourish, I learned how a building can bring a community together and deeply impact a city's sense of itself.

When I had the chance to fly over the central US at sunset in July, and watch the fiery glow of the twilight illuminate the Mississippi River in amazing and breathtaking ways, I was reminded how fortunate I am to have the Sedona Method, which allows me to occupy the window seat fearlessly and see things I never dreamed possible.

When my husband and I celebrated our 20<sup>th</sup> wedding anniversary this year, I learned the lesson that no matter where we are geographically, my husband and I are always connected at the heart.

### ***Playtime***

So, what have you learned in 2007? What lessons will you carry into 2008 and use for the foundation for your new learnings?

I would like to invite you to brew a nice cup of tea, and open your appointment book, calendar or whatever method you used to schedule your life this year.

Month-by-month, review your year. Look for at least one lesson, one beautiful learning, from each month of the year. And then, spend some time appreciating each lesson for its power and presence in your life.

Be mindful of the magical, infinite, loving reality in which you live. Let go of thinking about how the year "should" have gone, and look at the face of the truth. Reality is all there is - the only truth is really here and now. Everything up to this point is a story; everything from here on is a dream. There is truth in the now.

So, what did you learn?

*And how will your learning support you as you move into the New Year?*