



# Creation Yoga

With Michelle Fiore

Conscious Thoughts from Creation Yoga

December 2012

## New Years Intentions

It's that time of year when many of us are thinking about what we want to improve for 2013 - a.k.a. "New Year's Resolutions". This typically includes a list what we want to do or not to do. I stopped setting New Year's resolutions a number of years ago because I had not been sticking them out.

Then I learned about the Power of Intention and started working with "New Years Intentions". Unlike resolution, an intention is not a rule we set for ourselves, but a vision of what we want to create in our lives. We manifest our vision by focusing our attention and intention to it. I like to put images representating my New Years Intentions onto a Visioning board. Then I spend focused, quiet, regular time with my board to direct my creative energy toward my intentions.

Having a clear focus around what we want to create can be magical. It doesn't have to be a Visioning board. Writing out intentions can be equally as powerful. I invite you to consider this approach to your New Year. You may be very surprised. We all possess the ability to create what we want out of our lives. How self empowering! It all starts by setting Intentions.

For more information, consider Dr. Wayne Dyer's book "The Power of Intention". This book changed my life.

Finally, if any of you have any feedback on my new Newsletter format, I'd appreciate hearing from you. Much more to come with Creation Yoga in 2013 - this is *my* Intention!!

Peace of the Season to all of you!

Michelle



## Quote of the Day

"The best way to insure you achieve the greatest satisfaction out of life is to behave intentionally."

-- Deborah Day, *BE HAPPY NOW!*

## Quick Links

[Email Michelle Fiore](#)

[Northbrook Yoga Center](#)

[Wayne Dyer's Webpage](#)

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## Michelle's Hatha Teaching Schedule

<u>Wednesdays</u>	10:30am - 11:45am	Wilmette Park District
<u>Thursdays</u>	7:00pm - 8:15pm	Northbrook Yoga Center <a href="http://www.NorthbrookYogaCenter.com">http://www.NorthbrookYogaCenter.com</a>
<u>Fridays</u>	9:00am - 10:15am	- Wilmette Park District Starting January 4th
<u>Saturdays</u>	8:00am - 9:15am	Northbrook Yoga Center <a href="http://www.NorthbrookYogaCenter.com">http://www.NorthbrookYogaCenter.com</a>
	1:00pm - 2:15pm	Northbrook Yoga Center <a href="http://www.NorthbrookYogaCenter.com">http://www.NorthbrookYogaCenter.com</a>

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