

00:01:58 Jaime Campbell: I'm becoming a badass. And I was surprised by the lack of celebrations on my calendar.

00:01:58 Janet Thomasson: My story of 2017: The Garden of Me had been neglected for a very, very long time. This year, I finally began paying attention to it: nurturing, weeding, fertilizing, trimming off dead branches, trimming away overgrowth blocking me from growing tall and strong. What I'm left with doesn't look fantastic at first glance, but I have everything I need to come alive as I'm meant to, in the coming days.

I've become much more honest with myself about what I do and do not want, and released SO much of what has been holding me back, and small, and in a box that I allowed myself to be placed into.

00:01:58 Tamara Suttle: So many blessings! So much support!

00:02:46 Tamara Suttle: I attended to self-care better in 2017 than in previous years. Increasingly committing to this.

00:02:50 Kate: I'm always so hard on myself and then discover how much I actually accomplished! It's always stunning to me once I do this inventory.

00:03:03 robyn: I recognized the grief I experience with my family experience must be in a similar way that Mother Earth watches and grieves

00:03:29 Jennifer: I experienced a lot of different kinds of grief in 2017. What I didn't realize until today is that I also have to grieve the time, energy and money that was associated with the events that caused the first level of grief (moving house several times, deaths, and serious illness).

00:04:00 caober: That I could actually begin to turn back aging by taking on a healthier life style. I have gained more energy and mental clarity. Cindy Ober

00:04:00 alyseparise: i travelled much more this past year and i earned more money. GO figure?

00:04:09 Tamara Suttle: Ditto, Jaime - didn't put celebrations on my calendar, either. Took them for granted.

00:04:21 Tamara Suttle: "The Garden of Me!" Love that

00:04:30 Dillon: I discovered how I overwork on most everything I do and that my life needs to be easier and more in the flow of life.

00:04:52 Mary: I feel that I am doing this backwards since I did not get a chance to complete the planning activities but I am patient with myself and so delighted to be here. I will go over the planning exercises during my days off next week.

00:05:41 Carol McClelland Fields: Huge shift in the foundational levels of my home and

- 00:05:54 Sharon: business. A reawakening to ways to nurture myself. My Story of 2017 was that of Reset. I celebrated the completion of a long-planned for addition to my house that included a reading/meditation room. Then, about 4 months after "moving in" to the new space, having it whacked by Hurricane Irma. Have just completed rebuilding it and am in the process of re-inhabiting it.
- 00:05:57 smadar: Hi all ... when contemplating 2017 I am well aware that communication has been key - especially expressing my deeper spirituality. I work with crystals and stones so I'm used to speaking of metaphysical things but I think that I was needing to go even deeper. What surprised me when I was writing the story was that a big theme of 2017 was AUTHORSHIP ... so my own in writing a book but also realizing my authority over myself and who and what I was allowing to give authority over me.
- 00:06:07 Nancy Alexander: Noticed that I felt successful at quick-hit items but repeatedly had my energy fade or dropped the ball on activities that required sustained, longer-term attention. Reinforced why I was also more compassionate with myself this year following my mother's passing in January.
- 00:07:16 Regina: What made it easy for me to be happy: taking in beauty, especially in my home environment; workability (ease, grace and power); the difference it makes when I stand for people being present to possibility as a possibility - focusing on possibility and appreciating my survival mechanisms
- 00:07:40 Ellie: Realizing I've been fighting things that are all non-physical, and even though they're hopefully (done), I'm still feeling like I'm still threatened. Sensing that physical work, that involves pushing against things (like Iyengar yoga) will help release that
- 00:07:45 iPhone: 2017 revolved around My Daughters' trauma recovery and My own Self-care. If I didn't know I was a Hero before, I sure as fck do now!
- 00:07:45 Tamara Suttle: Yes - it does make everything else flow!
- 00:08:04 Ajeet khalsa: much more action and personal relationships in business to me that I didn't realize I had. I dug a lot deeper into my spiritual practice I have taken courses attending to as you say, deeper yearning stuff b closer to the infinity within me, I feel keener and grounded
- 00:09:38 Tamara Suttle: "Shifting from clutch energy to expansive opening to receive . . . ."

00:09:49 Kym Sevilla: This year feels so poignant. Deep losses and milestones events, so much to process still.... I gave myself deeply to riding the waves and let my worklife sustain itself, which it fortunately did

00:10:24 Regina: What surprised me was opportunities that showed up beyond what I could've imagined as a result of what I spoke as my vision. And what I noticed how much I have been WAITING!

00:11:00 Ajeet khalsa: I sold my house for this year which also my business. I realized as I let go of my home I also found other relationships to find inner wisdom and peace

00:13:33 Leslie: Looking at my story what emerged was a a breakthrough in allowing myself my creative expression in writing and painting - and discovering my gifts and abilites - and alongside with this deeper emergence I also have a more profound trust in my psychtherapy practice to sustain me and provide the space for creative expression,

00:18:22 smadar: I missed one ... what were the 2nd and 3rd ones

00:18:34 Carol McClelland Fields: flavor and scent

00:18:43 smadar: thanks!

00:24:27 Tamara Suttle: Sweet Darkness - poem by David Whyte

00:24:51 Tamara Suttle: "The world was made to be free in"



