

First Quarter Resolutions

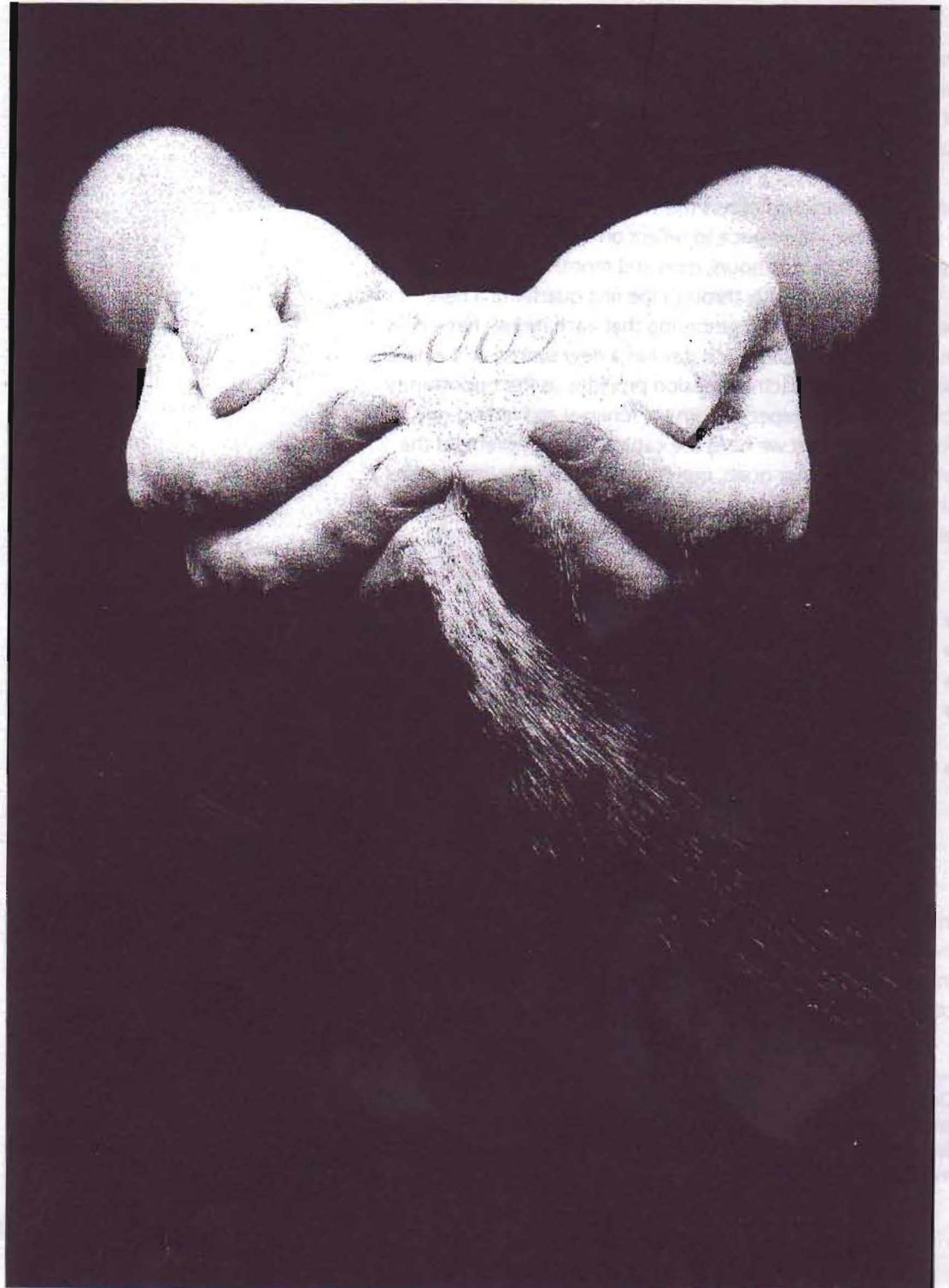
BY CLAIRE KNOWLES

**TICK ... TICK ...
TICK ... TICK ...**

There is a connection at the turn of the new year to Janus, the Roman god, who stands at the precise place where the old year dies. Janus (depicted as Father Time and sometimes with two heads), looks back reflectively at what was, and at the same moment, he looks forward to the new year that is about to emerge.

Janus is deemed the guardian of this threshold—the narrow space that is the boundary between the past and the future, between what was and what can be. It is a transition place, a portal, a temporary pass-through, much like the place we all have experienced when letting go of the old and embracing the new. We know this place well. Indeed, our lives are marked by transition and growth.

The ancients believed that the old year comes to an end at the winter solstice, full of experiences and meaning. At the moment of dying, the new year is born—like a new baby, full of potential, full of possibility. Similarly, the lunar cycles provide newness and fullness—a reminder of our connection to the deep patterns of renewal. In our daily connections to



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these deeper patterns, we note the ticking away of time. We experience sunrise and sunset—with the beginning promise of a new day and ending with the fullness of the very same day.

While the start of a new year remains a useful time to pause, look back and assess the various aspects of life, for me it is of greater importance to reflect on the gift of time—even as seconds, minutes, hours, days and months tick by.

We progress quickly through the first quarter of a new year. Is it not worth remembering that each month has a new moon? Reflecting that each day has a new sunrise and a new beginning? That each dimension provides us the opportunity for insight into deeper patterns of renewal and letting go? To remember that we have the capacity to comprehend the world, our lives, our goals, our endeavors and our inspirations and to cultivate our work and other contributions into that gift of time?

At the beginning of this new year, ask yourself:

- What am I doing with this gift of time?
- In what ways am I becoming better?
- In what ways am I reflecting and renewing?
- Am I sunsetting old and worn-out ideas and emerging with new, worthy ones?
- Am I fulfilling those personal and professional promises I made as the archetypal Janus stood at that threshold such a very short time ago?

Here's to making the changes you envision as necessary in your life each day and each month throughout 2009. With every new moon and full moon, with each sunrise and sunset, may you sense the deeper patterns that spark renewal and compel you to make the best use of your gift of time.

Tick ... tick ... tick ... tick ... ☺

Claire Knowles is a retired human resources and labor relations manager, certified in coaching and mediation. She is a partner in The SOLiance Group www.soliancegroup.com Her coaching focus can be viewed at www.lightsonworkshop.com



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the old year comes to an end
at the winter solstice, full of
darkness and waiting. At the
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vide renewal and fullness—the
reminder of our connection to
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in our daily existence.