

## 2022 – The Year of the Authentic Power

It is human nature to see life in a vacuum. We focus on the experience we are in, and often do not consider that the experience is part of something greater. That the choices we make to impact our own lives extends to others at the very least energetically. In that same forgetfulness we diminish our own value when we do not see the interconnectedness of our choices in the greater reality. In 2022 I believe that will change.

Every cycle of time tends to have a certain flow of energy that benefits certain types of experiences over others. They take on a theme. Historically we know this to be true. The soil can be ripe for certain fruits more than others. 2021 was ripe for relationships of all kinds. Many people found themselves dealing with all things related to the forming of relationships, whether it was personal or professional. In some ways it was a side effect of the confined experience COVID ushered in during 2020. We were hungry for connection. We went outside of our comfort zone to up level our interpersonal and professional relationships. In that we find personal meaning and connection.

This year, as we become a bit freer to move around, and as the public continues to come to terms with COVID as a culture we near the end of an interesting gestation period. A period where we have had to curtail our experiences and look forward to an unknown future. Our creativity and our inner drive have been bubbling and burbling below the surface, like a volcano ready to erupt. It wants to erupt in the most beautiful ways, creating both meaning and value in life. We seem to have the energy to do it. We have been storing up.

As we move into 2022, more than ever before I completely expect we will see people expressing their creativity in ways we have not seen in decades. We will see contribution to humanitarian issues become center stage for many. It is a year where individuals and organizations find energy and enthusiasm to break new ground. It directly correlates to being suppressed and contained. There is an urgency to manifest in our lives.

Human beings are creative by nature. We create our lives. Our minds and bodies must be free to express in all ways our mind conceives. That is the purpose of the

human experience. When these options are removed from our life we begin to ferment. That fermentation timed just right as in this case will produce experiences that are interesting, full of texture and innovation.

On the micro level, the day to day, the effect is that we will feel powerful, energized and in the “zone.” I expect this trend will be the theme for many in 2022. It is not even what happens from our creations that will be the focal point. Although in some cases it will be. It will be the joy people feel from connecting to passion, purpose and vision in a new way. The level of gratitude we will tend to feel collectively for our freedom and for our expression will cause us to feel an enormous sense of power. Not power in a domineering manner, but power as a means to create and express authentically.

The beauty of the COVID experience has been in watching people rediscover themselves, and remember who they are at their core center. In terms of abundance I call that ACTIVATING THE ABUNDANT CORE. When our abundant core is activated we become more magnetic in an effortless manner. Life comes to us. We don't chase what we want, we attract it through the course of our daily living.

I fully expect that 2022 will vastly exceed what 2021 was able to deliver in terms of authentic joy. As we say goodbye to 2021, we welcome in the energy of power, truth and expression. I say hello and welcome!