



What do you take with you on your 2018 journey?

During a congress I have attended recently, one of the speaker talked about this heavy backpack that we usually carry with us in life. He had decided to only carry 4 things in his backpack and, even though it was not the first time I heard that I liked the fact of choosing only 4 elements, not 3, not 5. At the time, my husband and I were on a trip in the Dominican Republic (dreamlike vacations), even though we had these two days in Santo Domingo for the congress Happiness at Work where Manuel also participated. After that we had 5 more days to just enjoy the magnificent beaches, the delicacies, the warm weather and our being together which was a true delight. On our last day, driving to the airport, we saw in front of us a truck on the road. It was like any other truck, except for the fact that this one did not have backdoors, which allowed us to appreciate its loading. It was completely empty ! Since I like to look for the symbolism in the details of daily life, I told my husband: "Look, it looks like we have well used our vacations and that we have cleared all our *stuff*". During the next few kilometers. we had that empty truck in front of us and I remembered about the image of the backpack and the 4 things Roberto decided to carry in his life starting from now. Then, I say to myself: What are the 4 things I am going to put in "my" truck? (backpack had transformed in a truck for me as it was visually right there). Hmm, not that simple ! So then, I chose 4 elements that I felt were so important to me and that sometimes in my agitated life they may get hidden by unnecessary stuff. After 10 days of vacation, I retrieved them and decided not to let any heavy stuff interfere anymore.

- 1- Love: To dedicate time to feel this love and this energy of loving my human brothers and sisters, those crossing my path. Starting with my family, but also anyone I can see or meet that day. I want to feel my heart vibrate with this loving energy.
- 2- Service: yes to serve and contribute to a new world. This also means, to surrender to my soul journey even if sometimes it feels dark or foggy.



3- Gratitude: To give and feel thankfulness for life, for the others and for the small and big things that I experience in my daily life.

4- Taking pleasure: To remember to be present and enjoy every moment, to take the time, to slow down, to get to the capacity of a child getting marveled at anything. (in a way, it's not casual that we used the slogan "Stop, Breathe and Play" for our annual retreat).

Yesterday, in our IBF breathing circle, James asked us what was our intention for the upcoming year 2018. So I took the small post-it that I had stuck to my shelf where these 4 elements were written down and shared it. The more I look at it, the more I share it, the stronger it becomes. And everything else? to see it, thank it and release it (or if too hard: at least start with the conscious choice to release) !

And you, what do you choose to take with you for 2018? What are your 4 elements? What do you choose to place in your "truck or backpack"? Take a note, write it down and draw it.

What about the number 4? see the symbolism of 4 wheels of a car (to move), 4 table legs (to stand), the 4 seasons (full life cycle), the 4 elements of nature (wholeness), the 4 symbols of the minor arcana in the tarot, etc.

**So what are your 4 choices?
Share them and inspire others!**

Wishing you the best on your journey,
Veronique