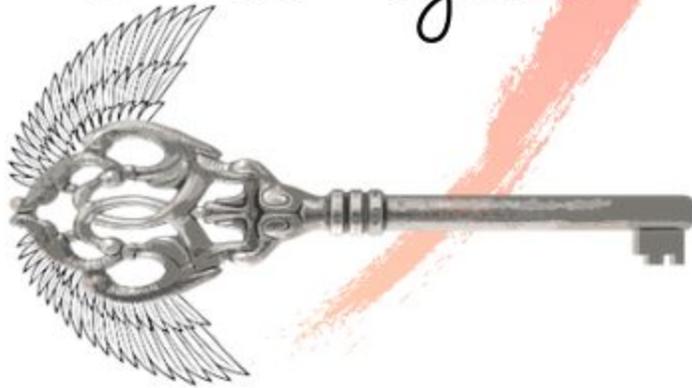


Transform
Your
New Year



**Release the Unwanted, Embrace the Gifts, and
Invite Your Transformation**

A Ritual by LA Bourgeois

Transformation seems like magic. When we think of transformation, we think of magicians turning a beautiful lady into a pacing tiger - something amazing and fast and done with a whirl of a magic wand. We think of the butterfly the caterpillar becomes, flying loopily from blossom to blossom.

However, the actual transforming part happens before that butterfly appears. It occurs in hibernation when no one is looking.

It happens on dark nights on tiny stages with small audiences. It happens during years of early mornings at kitchen tables as our computer screens paint our faces with unflattering light. It happens in classrooms and studios and offices and kitchens and gardens and fields and mountains and oceans.

But mostly, it happens with very few witnesses. When no one is paying attention to us. When we are locked away in our cocoon, working and pushing and maybe even in pain as we push this part of us forward and chop off this other useless bit and dissolve into goo and build a new body.

Embracing transformation doesn't mean that we are going to magically become this new person that we want to be.

Embracing transformation means that we commit to embracing our creativity to manifest our meaning in the world. It means doing the work, setting milestone goals, and making progress toward our big goal. It means we dedicate ourselves to the transformation we wish to see in our work, in our creativity, in ourselves..

What one thing would you like to transform in your next year?

Do you want to make your creative business your day job?

Do you want to embrace a new art form?

Do you want to fall in love with your art again?

At your chosen new year, instead of making resolutions, take a moment to consider what you want to leave behind and what you want to embrace in the coming year, recognize the gifts that you have received, and name the big goal that you are incorporating into my life.

By naming these things, you identify them and make them easier to see when they appear.

Use this ritual to release everything you want to release, to invite into your life those things you want to embrace, and to declare one thing that you want to transform.

Gather your Materials

You'll need:

- A candle
- Matches or a lighter
- A fireproof container
- A sheet of paper torn into four pieces (I fold my sheet in half twice and rip along the folds)
- Pen or pencil
- A glass of water (just in case!)
- A beverage that makes you feel jolly
- A quiet space

Light your candle.

With your candle lit, center yourself in the moment with meditation. Read the following poem and then close your eyes. Allow the words to penetrate your spirit. Feel the cocoon beginning to form.

*Darkness wraps around us
Holding us
Enrobing us*

*No one can see you
No one can find you*

*You enter your cocoon
Sitting at the kitchen table
Fingers ready to exercise*

*You shed your skin
As your hands dance
With the tools at your bench*

*You dissolve into goo
Walking onto a small stage
Performing for an audience of two*

Maybe three

*A sliver of light reveals your work
To those you allow into
Your sacred transformation*

*Witnesses of your change
Lugging your bucket of goo
Saying "Yes" even when they don't understand.*

Still

*You
Burn away the unnecessary
You
Gather what you need
You
Take the goo in the bucket
And shape wings.*

On the first piece of paper, write down ten things you want to release from the past year.

Crumple up that paper and light it on fire. Drop it into your bowl and watch it burn.

Breathe in and hold it for a count of four. Exhale and release those things into the flames.

Say *“Goodbye.”*

On the second piece, write down five gifts you received in the past year.

Crumple up that paper and light it on fire. Drop it into the bowl and watch it burn.

Breathe in and hold for a count of four. Now exhale and release these gifts in the flames.

Say, *“I honor these gifts by passing them along, allowing their goodness to flow through me and touch others.”*

On the third piece, write down ten things you want to embrace in the coming year.

Crumple up that paper and light it on fire. Drop it into the bowl and watch it burn.

Breathe in and hold for a count of four. Now exhale and release your dreams into the flames.

Say, *“I dream with hope and flexibility, knowing that these wishes reflect the brightest sparkles of me and my limited knowledge of how they can manifest in the world.”*

On the final piece, write down the one big thing you want to transform in the coming year.

Look at what you've written. Feel the power within those words, see the goal unfurling before you.

Close your eyes. Imagine how you will feel on this day next year as you look back on this time and see how you've made this transformation. Rejoice at the lessons you've learned and the challenges you overcame to get to this point. See the project completed, the goals fulfilled, the real live thing you've created.

Embrace the transformation you have chosen.

Open your eyes and blow out the candle.

This one, you keep.

You can put it somewhere you see it each day or seal it in an envelope to surprise yourself next year. Whatever works for you.

Now, celebrate! Drink a toast to your chosen transformation!

Have a wonderful and transformative year!

Who Am I?

I'm LA Bourgeois, a creativity & business coach located in Asheville, North Carolina. I love helping all kinds of artists manifest their creativity. Through a combination of creative play and exploration of your curiosity, we work together to inspire you to create your chosen art form. Then, we continue the work by finding the space to put your art into the world.

You explore and manifest your creativity through my combination of exercises and accountability. Then, if you want to create a business around your art, I use my business experience and knowledge to guide you.

I pursue art as it takes me, but my main love is writing. I have a degree from the University of Denver in English with an emphasis on Theatre. I am a serial entrepreneur, having run businesses as diverse as an internet service provider, yarn & fabric shop, and liquor store. I've worked for a university, a non-profit arts council, and a small manufacturer hand-building custom wooden furniture. I've been a solo-preneur as a knitting designer & teacher and writer.

In my working life, you'll find me "behind the scenes," working as the bookkeeper and administrative glue which holds companies together. With this intensely personal understanding of the decidedly unglamorous side of business, I help you create the systems and processes which will make that side easier to manage.

Want to chat? Contact me at la@labourgeois.biz or by phone at (970)879-2388.