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The Best of Times!

By Nina Howard

We start the New Year 2009 with renewed vigor, hope and enthusiasm! Can we all agree that 2008 was a roller coaster ride? Although our new President has the wind in his sails and an excited American populace rooting for him, our change as a nation will come one task, one person at a time. Collectively, energetically, 'We the People' are given the wake up call to change the consciousness of the planet. There is a small lingering group in our government of "them" that can do something but as we watch the systems break down we are shifting to an empowered collective *in action*.

In looking back at the Mayan culture and their calendar, it appears that this time frame (1999 - 2011) beckons consciousness to shift from a period where "power" reigns to a time when "ethics" reign. We are watching the breakdown of large financial institutions by their demonstration of greed and we have also been watching as the "higher ups" scramble for the biggest piece of the pie, leaving crumbs for the rest of us that we have to pay to eat. As prophesied by the Mayans, **ETHICS** (integrity) will overcome **POWER** (greed) in the ensuing years and we will transform as a nation, a world, into a more conscious co-create collective. We look ahead to the building of a better world.

I love analogies and I am reminded about the process of renovating a home. First is the vision, the hope for something new and beautiful. Next comes the tearing out of much debris, old fixtures, appliances and worn out furniture, emptying your closets of the smaller sizes, never worn, wrong color and torn clothing. During that time, life becomes chaotic and uncomfortable. You see the old life, the old you that you identified with being carted out the door in cardboard boxes and wheelbarrows. There can be pain and sadness in this letting go process. And then renovation begins. The construction phase is dirty, dusty, and loud, mistakes are made, things are put in, torn out, and mistakes are then corrected. Slowly but surely your home starts to fall back into place and then one day, voila! You walk back into a home that was once old and worn, what was once chaotic and you celebrate the newness and beauty. Your home is transformed and the experience has transformed you!

A similar scenario is upon us as a collective and I urge you to mentally prepare for the days to come as we are still in the beginning phase of the "hope for something new and beautiful". Focus on building your business, sharpening your treatment and homecare skills and satisfying your customer. Begin now by planting the tree that you want money to grow on!

I had a spiritual teacher back in the 80's teach our group to go back to

"nature" and learn self-sufficiency, self-reliance and sustainability. We learned to grow our organic gardens, store our seeds, animal husbandry and to clean the physical, mental and emotional debris from our body. Our teacher said, "In the middle of a hurricane is not the time to learn to sail a boat." That training has given me the strength and courage for the days to come which we are told are now upon us. I urge you, my dear customers, students and friends, to watch the squirrel's behavior before the winter and learn from them. Store your food, water and golden coins as if you are in for a very long winter. Begin discerning your wants from your needs. Though many would say these are bad times, these are the **BEST OF TIMES!** We, as a collective, are re-aligning our priorities and out of that, we are creating a better world not only for ourselves but for our children and grandchildren to come!

Here at Bellanina Day Spa & Institute, we are focused on refining our techniques, systems, product offering and customer service. Now, more than ever, is the time to hone our skills and offer our clients something better than they can get 'down the street'. I want to instill in you that Bellanina Facelift Massage and the products that support this awesome service can answer the needs of your clients to relax the body, renew the spirit and refine the beauty of the face! I still believe to this day that it is the best and most well rounded Spa treatment on the market as it offers so much value to the client.

We have completed many initiatives in product development and reduced our seemingly vast inventory which is now more succinctly represented in our Bellanina Cosmeceuticals, Naturals, & Botanicals brochures. Along with the NEW Facelift Massage brochure, these attractive and colorful new product brochures are available for sale to help you market this service and these fine products to your clientele.

We strive to give you the best support and greatest product offering to augment your Bellanina Facelift Massage treatment and spa services. I urge you to stay focused, remind yourself daily that you have something of great value to offer that will help people look and feel better. Now more than ever, your services are much needed. The staff of Bellanina sends you blessings and warm wishes for the *best of times ahead!*