

Meditation of the month

New Year, new you

Remove all the obstacles that prevent your growth this year,
writes Jill Lawson



To make a resolution is to clearly set and often publicly announce your plans to have, be or do something. The month of January might as well be called 'Resolutionary' because we all know the beginning of the year means we will finally get started on whatever it is we've been meaning to achieve all year long. Or will we?

Instead of chasing after well-made plans that are encased in self doubt, or grasping at grandiose goals that you secretly believe are too unrealistic for you to achieve, focus on removing the obstacles that keep you from being, doing or having what you want in the coming year. We all have the potential to create the life we dream about, whether it is to practise yoga more often, fit into the same size trousers we wore 10 years ago or simply be a little happier. But sometimes self-imposed barriers outshine these dreams.

Ganesha, the Hindu deity of new beginnings, is revered as the remover of the self-imposed obstacles that keep us from having what we want. Adorned with the head of an elephant, Ganesha's blessings are sought after at the start of a new adventure to keep us safe, steadfast and successful on our enlightening journey toward attaining our goals.

The following mantra meditation will help you to embrace the New Year not for the purpose of resolving to change everything about your life, but rather to remove the obstacles that hinder the success of your resolution.

Sit in a comfortable position free from external distractions.

Repeat to yourself or out loud the mantra: '*Om Shri Ganeshaya Namaha*' which is a call to action for the blessings of Ganesha.

As you repeat this mantra over and over, imagine you are taking your first step down the long and winding road of 2012. See it cluttered with the roadblocks of your uncertainty and self-doubt.

Continue to repeat the Ganesha mantra and visualise these obstructions disappearing.

Let old concepts and ideas about yourself that used to be hindrances vanish and give way to a clear path.

Proceed down the road with ease, and be led by an internal sense of support and freedom to persevere.

When you release obstacles such as self-doubt and believe in yourself whole-heartedly, your resolutions will take the path of least resistance and you'll find joy in even the smallest triumphs for a happy, prosperous and healthy New Year.