



# Essential Energy

Cyndi Dale

## The New Paradigm: A Matter Of “No” And “Yes”

As we round the New Year, many of us are breathing a sigh of relief. I found myself frequently “putting up” with 2012 and the so-called end of the Mayan calendar, awaiting the start of something new.

There is spiritual precedence to believing we are entering a new age or paradigm. Peoples including the Hopi, Sioux, and Hindu, suggest we are at the horizon of a fifth age.

Collectively I think we are all hoping this next age, if it is real, will say “yes” to a lot of great ideas. How about unity, compassion, care, and prosperity? Personally, I am a little more self-oriented than that. My vote is the lottery or at least daily housekeeping services. Maybe someone else to walk the dogs; their combined weight is 150 pounds and still, they seem to continue eating all the time. My kids vote for a chef; they still ride me about the Thanksgiving I forgot to turn on the oven and the turkey was raw—as in totally uncooked.

My sense, however, is that before we decide when to say “yes”, we have to get clear on a few “no’s.” This is especially important for those of us working in the spiritual and energy arts. As we know, it does little good to take arbitrary action and think you are producing long-term change. That is equivalent to the

proverbial moving of the chairs on the Titanic. The goal is to shift internally. Change what creates reality and all of reality will change.

In my own life, I have already been practicing a few “no’s.” The holidays gave me great opportunities for that. There was the relative whose addictions have controlled the family for years. This year I said “No,” in a polite but very clear letter. She wrote back that I should never contact her again. Since that is impossible, I am ignoring that comment—but I am deciding it is time to stop losing power to cruelty.

I watched my youngest come up with a hard-won “No.” (One of the hardest things is watching someone you love struggle and be unable to help.) For two weeks, my effervescent blonde bubble was grumpy around the house and went to bed depressed. He did not even get into his bad-for-you video games.

You just know it is a girl (or boy, depending on gender) when teenagers act like that.

Then one night I picked him up from church youth group and he was gregarious again.

“So you figured out what to do about Jane?” I asked.

“How did you KNOW?” He was shocked.

(Really?)

It seems Gabe had finally decided that being in love with someone who does not love you back is not worth the pain.

“I decided to stop feeling bad because she does not see who I really am,” he stated. “It is time to move on.”

What is it that no longer serves -- to which we can say “No”? Beliefs about our unworthiness of goodness? The sense that we are not powerful? The patterns of thinking someone else’s opinion of us is more important than our own?

“No” is as powerful as “yes” and is also stronger when followed by a yes. What if inside of ourselves we unpack the “yes’es” that we already know are true. “Yes, I am a great being!” “Yes, I have made mistakes and have become wiser because of it.” “Yes, I am here on purpose and am eager to continue unfolding to it.”

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# Chakras

Or on Gabe's behalf, "Yes, I deserve to be really seen and valued by someone."

When we give ourselves the right "nay" and "yay," we are then able to support the same in our loved ones, clients, and patients. Perhaps someone upstairs will hear my "yes" to a housekeeper and all will be well!

Regardless of my private sense of success, it is truly as many great philosophers have said. Spoken by columnist Jan Denise: *Love really does make everything beautiful, from the inside out.*

If we concentrate on the beauty of the self inside and say no to what makes us think we are ugly, how could our lives not form a new paradigm outside of ourselves, like petals opening to the sun? €



Cyndi Dale is the author of *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*, and eight other bestselling books on energy healing. She has worked with over 30,000 clients in the past 20 years. To learn more about

Cyndi, her work, books and products please visit:

[www.cyndidale.com](http://www.cyndidale.com)