

# THE JOY OF CONSCIOUS LIVING – Part V

## Reflections and Projections on Jello

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The great purge began for us personally, and for everyone who also felt that push, during the second half of 2017. Aaron and I started letting go of many things that no longer serve us: our camper and seasonal campsite in Maine, caring for my elderly parents in our home, shedding extra clothing and belongings, and inefficiencies.

Interestingly, our seasonal site camping and caring for my parents were both for about 14-15 years. Camp ceased to be our retreat, and became yet another place to work, and another place we did not have time to properly maintain.

A series of serious incidents helped us realize that we could no longer keep my parents safe in our home, despite our best efforts for many years. In September, two different couples became the excited new owners of our old campsite and giant deck, and our beloved camper. On December 1, we moved my parents into a wonderful facility nearby. Although it is still a challenging transition for them, we know in our hearts it is best for all of us.

These transitions have prepared us for 2018 and beyond.

### Here is the essence of what 2018 is all about, for everyone who chooses to rise to the challenge:

**Continued Deconstruction**—disentangling and separating the way we used to do things. Phony facades fall away, as do things that no longer serve us for our highest and best passions. A great time of purging and cleansing, and releasing old ambitions. Sometimes it is about letting go of relationships and arrangements.

**Magnification of the Essence**—we must examine closely the pieces from our deconstruction process, and find the core love, passion, truth and joy that may be in the rubble, if we look closely enough. It may have been damaged or warped, but when we go deep into our heart we can find it untarnished. Reflection, meditation and self-healing are very important for enabling this to occur. This is the perfect time to bring out your copy of the book *Nine Simple Laws to Create Joy and Grace: A Comprehensive Guide to Manifestation* and its *BMG Companion Guide*. One repetitive reader recently shared with me, “Whenever I start using the book again and doing the exercises, I get whatever the #?!^ I want!”

**Embrace Liminality**—this is a critical time when we recognize that **what once was, no longer is. What is yet to be is not fully formed.** I refer to this as “liminality jello.” Although I do not consider jello\* to be a nutritional food, it still makes for a great analogy! For example, in order to make jello, you choose a flavor, and add boiling water to the powder. Without the intense heat, you will not make jello. Next, you choose a mold in whatever shape you desire: a star, ring, heart, fish, etc. and pour your liquid mixture into it. This represents your overall goal or intention. It also represents when you create new definitions of who you are. *(Continued on the next page)*



You can add various fruits of your choice, whether it be oranges, cherries or whatever your particular taste. These symbolize the important essences or aspects of what you choose to have in your life. Finally, you put your jello into the refrigerator and give it time to incubate, to firm up. Without that time to process, it will fall apart when you try to move the jello from the mold to the serving plate.

**Transmutation**—we know what type of jello we’ve made, and this part of the process represents a return to, or the first discovery of, our passions and joy. We allow our lives to have deeper meaning by healthier daily self-talk, activities, behaviors, and perhaps even changes in the types of people with whom we choose to spend the most time. We continue to nurture and grow the recipe we’ve made. A new life of infinite possibilities is here!

### **What jello are YOU making for your life in 2018 and beyond?**

*\*Jell-O® is a trademarked brand of flavored gelatin, produced by Kraft Foods. Throughout this article, the use of the word “Jello”, is used simply for reference to the **concept** of flavored gelatin, since the Jell-O brand name has become synonymous with flavored gelatin in modern culture. The opinions expressed in this article are solely those of the author, and do not reflect the opinions of Kraft Foods.*



*This is the fifth installment in Sue Singleton’s article series, **The Joy of Conscious Living**, in which Sue shares – in her own light-hearted yet deeply personal way – the insights that she has discerned from various experiences throughout her fully-embraced journey through life.*

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