

**Watch Out for Pandora's Box**  
It Can Derail Your New Year's Resolutions  
by Carolyn Jolly

In Greek mythology, the legend of Pandora's Box goes something like this. Pandora was curious about the contents of a box left behind by Mercury. The box was held together with a cord twisted into an intricate knot. Using her deft fingers, Pandora reasoned that she could untie the knot with no real intention of opening the box itself. However, when the knot was untied and fell to the floor, she was overcome by the desire to open the box just a crack to see what was inside. At that moment, a flurry of small moth-like creatures representing all of the plagues of humankind flew out of the box and stung her. They then flew out the window and started to sting all of the people.

Soon everyone was infected with the plagues of humankind—sorrow, strife, diseases, vices and crime. As Pandora panicked at what she had unleashed, she dragged the offensive box over to the door planning to bury it outside. The box once again fell open and the last moth flew out. This moth was different, however. It was shiny, bright and multi-colored with beautiful transparent wings. Pandora watched in fascination as the moth surrounded her and started to heal her wounds and the wounds of the other people. Pandora decided to name the beautiful moth Hope. That is the reason why hope has always sustained humankind.

Many of you will make New Year's resolutions in the coming weeks, resolving to list those things that will make your life better. People use various methods to make these resolutions become reality. Some tape a list to the bathroom mirror to remind themselves every morning of what they want to accomplish. Others enter their resolutions into the "reminder" function of their computer so that the resolutions pop up each time they log on. Still others repeat the resolutions as affirmations so they can connect to them in some energetic way.

Does this always work? Have you ever used one of these methods to make your resolutions become reality only to have a flood of problems show up in your life? Relationships show strain, you get a nasty cold, business deals falter or problems surface at work. "What's happening," you say. "The results of my carefully-worded resolutions are nowhere to be seen in my life—only problems are cropping up. I would have been better off if I had not made any resolutions."

Consider this. Your resolutions are working. You have just released a "Pandora's Box" of issues that must be dealt with before you can achieve your goals. Change is involved in any type of achievement. If you don't see the changes that are required, your higher self will lead you to those changes because you made the intention to create change in your life. If you still don't recognize what must

be changed, problems will appear to demonstrate to you what needs to be changed.

This year, take one more step with your resolutions. After each resolution, start a “sub-list” of changes that you recognize must happen in order to achieve your goal. Make a sub-list of changes for each resolution. Continue with your reminders and affirmations, but review the sub-lists every day and think about how you can best accomplish those changes in your life. The changes on the sub-lists can adjust as you acquire more knowledge. For example, a resolution of “Lose 20 pounds” might include a sub-list of 1) Restrict calorie intake to 1500 calories a day. 2) Work out for 45 minutes three times a week. 3) Have fruit available for snacks at the office. After a few weeks, you realize that you need to reduce your calorie intake to 1400 calories per day. You have also learned that you don’t like the fruit you’ve been purchasing at the supermarket so you have been stopping by the vending machine for a forbidden snack instead. Change the sub-list to include “stop at the farmer’s market three times a week for fruit”. Most important of all, don’t beat yourself up. Instead, through positive self-talk give yourself encouragement for the progress you have made so far.

By recognizing in advance the changes necessary to achieve your goals, you reduce the likelihood of creating chaos in your life. Work on a maximum of three resolutions at a time. If you’re working on major changes, such as “career change” work on only one at a time. Once you achieve your goal, you can always start the process over with a new resolution. No one ever said that we can’t add or revise our resolutions throughout the year.

Most of all, remember “hope”. It sustains all of us through the darker times and gives us a sense of perspective. Happy New Year to everyone, and here’s wishing you the highest success with your resolutions.