

## **Creating New Beginnings**

I first heard of Janus when I was in the tenth grade during a welcome back address from our vice principal after the Christmas break. Considered the god of gates and doors, this Roman god lent his name to the month of January and had a rather unusual appearance. He was depicted with a double-faced head, each looking in opposite directions. It is believed that he was depicted in this fashion because of the notion that gates and doors look in two directions. In this way one of his faces was able to look backwards while the other looked forward; representing Janus' contemplation of the happenings of the old year while looking forward to the new one.

### **A time of celebration**

We all possess the dual face characteristic of this ancient Roman god. It is a quality I whole-heartedly endorse. As we close out the old year with family gatherings and festivities we usually spend time musing over the happenings of the past year while considering the paths that we want our lives to take in the coming one. The end of the year is primarily about celebrating and while it is fitting to celebrate the season you should also take time out to celebrate all the hard work you put into attaining the goals you set over the past year and; if for whatever reason the year did not turn out as well as you anticipated, you should still celebrate the small victories you enjoyed along the way.

### **A time for contemplation**

Although this is something you should be doing throughout the entire year, this is the time of year when traditionally, most people give thought to the direction they want their lives to take over the next twelve months. They contemplate the goals they want to achieve, the lives they want to impact, the personal relationships they need to cultivate, the business contacts they need to establish, the changes they need to embrace, and ultimately the person they must become in order to make it all happen.

### **A time for new beginnings**

In his role as the Guardian of exits and entrances, Janus was also believed to represent beginnings. He was frequently used to symbolize change and transitions. These include the progression of the past to the future; the

transition from one condition to another, or of one vision to another. He was worshipped at the beginning of the harvest time, planting, marriage, birth, and other types of beginnings, especially the beginnings of important events in a person's life.

You play an even more significant role in your life because in addition to representing new beginnings in your life, consciously and subconsciously, you are also the creator of the events in your life, not only on January 1<sup>st</sup> but every single day of the year. Janus could observe the happenings on either side of the gate but I am sure you would agree that was powerless to affect the change necessary to ensure the future would be different from the past. Unlike Janus however, you have a mind that allows you to recall events from the past analyze them in the present and project them in the future. This means that through this incredible endowment that you have been given you have the ability not just to observe your life like a historian or a fortune teller but like a sculptor, through vision and painstaking hard work to make of it life what you will.

#### **A time for self-evaluation**

As you emerge through the door or gate of the old year to enter the new one do so through a process of self-evaluation. Don't rest on your laurels. Refuse to be complacent for that will only breed failure. Rather seek ways in which you can improve your level of effectiveness.

What habits did you develop over the past year that served you well?

What habits do you have now that does not support the goals and aspirations you have this year?

What was the biggest challenge you overcame last year?

What was your biggest setback?

What lessons did you learn from them?

Awake the Janus in you and start planting the seeds that will help you to create an abundant harvest and a new beginning. Do it today.

Keep On Pushing!

<http://www.devonharrislive.com>

The contents of this E-zine may be copied, reproduced, or freely distributed for all nonprofit purposes without the consent of the author as long as the author's name, copyright notice and contact information are included.

Copyright (C) 2005 Devon Harris  
All rights reserved worldwide  
[www.devonharrislive.com](http://www.devonharrislive.com)