



THE *Wright* RESORT  
A BodyMindSpirit Wellness Center



**ILLUMINATION**

Issue #1 December 2007

*“Success means fulfilling your own dreams, singing your own song, dancing your own dance, creating from your heart and enjoying the journey, trusting that whatever happens, it will be OK. Creating your own adventure!”*  
~ Elana Lindquist

**Welcome** to the premiere issue of *Illumination*, the quarterly newsletter of **The Wright Resort**. *Illumination* will highlight TWR Offerings, provide health tips, and feature a column called *Mineral Musings*. We want your feedback and suggestions, and hope that you enjoy!

**Phenomenal Beginnings**

2008 is a nature year. In the Dagara\* cosmology, the element of nature symbolizes transformation and change. It deals with speaking the truth and unmasking to be your true self. Nature is also associated with magic and trickster energy, thus laughter and joy. Therefore we can expect and will experience profound change and transformation in our life’s journey and perhaps become more free to express our own true nature.

*As the New Year approaches, you may want to do an end-of-year inventory. This involves:*

- ~ clearing out, disposing of or giving away excess furnishings, clothing or accessories, books, etc.
- ~ forgiving those individuals or conditions for which you are still holding anger, resentment, fear,
- ~ cleansing your body by safely detoxifying or fasting,
- ~ releasing beliefs and attitudes that no longer serve you,
- ~ reflecting on the achievements and challenges of 2007,
- ~ acknowledging the lessons learned and wisdom gained in overcoming obstacles,
- ~ conducting a ritual of thanksgiving and closure for 2007

*Once you feel that you’ve cleared away the physical, mental and emotional clutter, you can begin to clearly focus on ways that you want to manifest a more joyful, peaceful, prosperous and fulfilling life. This may involve:*

- ~ clarifying your life’s purpose and intentions,
- ~ writing down your goals with action steps and a timetable,
- ~ developing and using daily affirmations and gratitudes,
- ~ reactivating spiritual practices such as prayer, meditation, journaling,
- ~ selecting a prayer partner or accountability partner to support you in staying on track,
- ~ joining a Mastermind Group or Manifestation Team,
- ~ creating a plan to celebrate your wins and celebrating,
- ~ conducting a ‘Commitment to My Goals’ ritual,
- ~ registering for a TWR Salon

Again, 2008 is a year of transformation. NOW is the time to prepare the ground, cultivate the soil and plant the seeds.

\* Dagara — indigenous people in southwest area of Burkina Faso, West Africa

**January–March ‘08  
Schedule of Salons**

**Letting Go–Moving On:  
Recommitting to My Dreams  
and Desires**

Sat. Jan. 5, 12:00–5:00pm

Make 2008 your year of transformation and triumph, your year of manifestation and fulfillment! Make a wise investment in yourself and prosper in all areas of your life.

\$48 before 12/31; \$68 after 1/1

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**Altar Your Life  
with Spirit and Style**

Sat. March 1, 12:00–5:00pm

Creating and using an altar with clear intention and purpose can help you consciously achieve what you desire and enjoy in life.

\$58 before 2/14; \$78 after 2/15

**Register NOW on our website:**

[www.TheWrightResort.com](http://www.TheWrightResort.com), where you will find more details about each TWR Salon.

**Upcoming Salons**

**Is Your Revenue Stream Blocked  
or Flowing: The Flow Formula  
and other ‘Prosperity’ Wisdom**

Saturday, April 5, 12noon – 5:00pm

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**Mother, Daughters, Sisters**

Saturday, May 5, 12noon – 5:00pm

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**Self Care, Pair Care: Finding  
Balance in Relationship**

Saturday, June 7, 12noon – 5:00pm

Go to: [www.TheWrightResort.com](http://www.TheWrightResort.com) for more information and registration