

Write Your Will. by Cathy Mines

Write your Will. Your last Will and testament, yes that document that expresses your wishes after you die, that Will.

Write your Will today, not because you think you are going to die today, but because you are alive today. Write your Will.

Write your Will today with a big cup of hot tea/coffee beside you, with great music playing and with enthusiasm. Write your Will when you feel happy to be alive!

Write your Will today with a smile on your face as you begin to shine the light on the personal legacy left behind you, your etheric thumbprint if you will. The memory of You.

Get over the idea that writing your Will is a dreaded, stress inducing document filled with worry over who gets your 'stuff'.

Get over the idea that your Will represents your death. It is a perfect document that represents your life, your generosity and a written representation of what mattered most to you in this lifetime.

Consider writing your Will in percentages.

None of us really know what our exact finances will look like when all is said and done, so keep it simple. Write your finances in percentages for example.

50% of my total worth is to be given to (insert the person, place or thing that matters to you)

10% of my savings will be given to....

All of my assets will be divided equally between, and list ALL of the people, places and things that matter to you and so on.

Perhaps you will make a list in order of importance to you, or you write your list as they come to mind just know, your gifts will be received wonderfully as they unfold.

I will share some of the people, places and things I have included in my own Will and some of the reasons it makes me happy to do this as an example and I will go into more detail on a second section of my will that says my thank you's and explained why I'd like to share my life abundance with these particular people, places and things. (I have a unique way of expressing this second page I refer to here, it is by video. Where I have a recorded conversation with the person who will be dealing with my estate.)

Reach Yoga Business: My business, Reach Yoga is allocated to a like hearted friend, my incredible assistant Carolyn, she gets all of the funds in the bank account as well as the option to sell the business or take it over herself. All of the abundance connected to Reach Yoga becomes her's to do with as she loves. Her dedication to my life's work has blown my heart open and I wish for her to have all that we have created together all of these years.

My Personal Finances: With my personal money, ½ goes to Carolyn. The other half can be gifted among the others I'd like to share with. *The Angel* who stepped up to care for my current pet. There is money set aside if I pass before any pets I may be the guardian of which will go with them to their new home. *The Centre for Creative Intent.* May the legacy of Impeccability continue. BamHaRiNiSa.

Items/Belongings/Stuff: My jewellery is allocated to a girlfriend, who would love and appreciate it. If I found a buyer for any of my jewellery I can change my will, for now, it is allocated. All of my Instruments/ Healing/Shamanic Arts items are for the Centre for Creative Intent.

There are a few more details on my Will but not many more, I like to keep it simple. My Executor has all the direction needed, including final say if things get strange as I trust her mind of kindness very much.

You can rewrite your Will on a regular basis, I encourage it, given the simple fact that life changes. People come and go from our lives, our interests grow and change and our ideas of what truly matters to us grows and matures as we do.

Never worry about what someone else will think about your Will. This is YOUR legacy, YOUR life's abundance to be shared as you feel excited to share. Give freely to the people, places and things that make your heart sing, the things that remind you that your life is meaningful and because each of us gets to choose the people, places and things that we wish our financial gifts are passed on to, we do it with absolute freedom in our hearts. Never worry about what someone else will think about your Will. Never.

Grow up around this part of life. None of us will live forever, our time here will conclude one day. Stop treating your life like it is not worthy of its beautiful, unique life cycle. Grow up and love your life like it is the most amazing and precious thing you have. Because it is.

Write your Will today.

Re. Cathy Mines, Director of Wellness

The Eight Sacred Responsibilities & The Art of Living Sacred Daily

Book your Life Review and Abundance-Allocation with me and let me be your support as you take care of this action of sacred joy.

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