

This week we welcome the start of a new lunar year. Each of us is given a chance to begin again, and to incorporate new energies. With Dog as our guide, we're invited to open to love, friendship, loyalty, fidelity and trust.

To do so, Dog asks you to get clear about your boundaries. Healthy boundaries arise from a clear sense of self. You must know yourself fully in order to share yourself in relationship. Only when you know and honor who you are and what you need, can you know and honor another. Loyalty and fidelity is a gift you must first give yourself. Be true to yourself, and you will be true to others. Be true to yourself, and others will be true to you, too.

Today, place your hand upon your heart and take a deep breath. Say to yourself,

"I honor myself and my needs."