



Alexandra Joy
The Meeting of Two

My Annual Gratitude Letter for 2021

I close my eyes to old ends – and open my heart to new beginnings.

Hooray, it is 1 January 2021 and I am excited to be sitting down preparing to write this Annual Gratitude Letter. I sit in my new home in the Wollombi Valley, ready to leave the past in the past, it's part of my story, but not the whole story, today I am writing the new.

As delicious humans we have the power to choose, to change, to rewrite our story at any time. This is the time. It is now the 17th year I have penned a letter to my future self to set my legacy and vision, to make choices and create a new possibility to grow into. The year of 2020 was significant personally and to the world at large – it was the dawn of a new decade, the bringing of a global pandemic, the shut down of travel, the bringer of social distancing and a whole new way of life. All I can say is may kindness prevail.

Goodbye 2020 was the ongoing theme as people reeled from the impact of COVID 19 on their lives, work, relationships, business and beliefs. A challenging year for many, I felt as though I had been preparing for the pandemic long before it hit. Already working from home, conducting meetings and courses via zoom, spending time in nature and meditation, I had been embracing the change in lifestyle for several years prior. I was also extremely fortunate to not lose any loved ones though my ailing parents had created a lot of challenge and stress throughout the year, just prior to Christmas my brother and I made the hard decision to move them into an aged care facility to see out their senior years – it was a tough but necessary choice for their wellbeing and safety.

Last year I had decided it would be the decade to make my dreams a reality and help others make their dreams come true too, to have an impact on my own life, those I love and the world around me in a more meaningful way. What I notice most as I reflect back on the 2020 was is that I had really landed on the practices and tools that helped me to harness joy on a daily basis. Instead of thinking 'I'll be happy when ...' I began to think about what would give me the most joy in the moment.

I had begun to replace all my lists with things to do with lists of how I want to feel.

2020 began in Bali on an exponential business expansion trip with my partner in business Michelle – we left Bali just three days into the pandemic with no idea how great an impact it would have on the world around us and that it could be our last overseas trip for some time.



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Reflecting on 2020 – a year of strangeness globally I am grateful for:

- Learning to serve and accept the role reversal of parenting our ailing parents.
- Challenging myself and adding to my toolkit through completing my final year of yoga therapy study to support clients better with their wellbeing and healing.
- Serving many CEOs, organisations, entrepreneurs and women in business to become more fully expressed and to make small shifts to change their work life experience.
- The joy of connection and realising anything is possible with the Superhuman Summit Michelle and I ran in response to Covid, 15 countries, 2500 participants.
- Experiencing spending a lot of alone time in solitude as well as the deliciousness of new beginnings in relationships both personally and professionally.
- Working with 15 Pacific Island nations to improve outcomes for their lives in the areas of sustainability, environmental and awareness and community engagement.
- Adaptability and flexibility – learning to go with the flow, to find new revenue streams and to not sweat the small stuff when the going gets tough.
- Securing and purchasing my own piece of paradise – the Valley of Joy – a rural and bush acreage to park my tiny house and to strengthen my connection to nature.

In preparation for writing my letter each year I read a book over the holiday season. The books always choose me, this year the book that I was drawn to came about through the becoming more connected to land – Tom Brown's Field Guide to nature observing and tracking.

Just the opening paragraphs of the book got my juices flowing and my head nodding:

"I hope this book helps you become more aware of nature and to feel more fully the joy of living. I hope it helps you to hear the voices modern man misses – not just the voices that speak to the five senses, but the universal voice that speaks to the heart."

It is now 31 December 2021 and I am so joyful that this became a year of following the energy and aligning with truth.

One of my favourite cheat codes is to have a 'future' version of myself so this gratitude letter is written a year in advance to help me envision what my life will feel like a year from now. This is not to project myself into some better future to escape the now or spiritually or physically bypass my truth but to allow me to create a future that is already a parallel reality so I can transverse with ease to the path that has already been written just for me. Rather than chasing, grasping or hungering for something else, this path of surrendering and following the flow became about the joy of catching up to the vastness of who I am. My year was therefore more about simply catching up in the physical reality with love and joy.



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2021 was a year of understanding more deeply humanity's separation from energy and truth. My legacy this year has been an ability to deeply understand energy as currency and to support others to care less about the things they are against and to spend more energy creating what they want. To finetune their frequency, to become more themselves so they could trust that the people, activities and interests that are meant to be in their life stay and those who are meant to go and no longer serve them will vibrate out.

I had a number coder do my numbers at the end of 2020 and she noted how significant the number eight as my natural code (born on 8-8) that I need the feeling of abundance as well as being in control, that I need the feeling of achievement and recognition and that allowing this helps me feel the power within so I can attract easily what I want or need. The number eight is also about foundations so in 2021 I took time out at the beginning of the year business planning with my collaborator Michelle and taking time to set up the property in the best way possible to lay the right foundations for this year ahead.

The figure eight connects you and heavens energy together – I found I would do what I needed to do then would surrender and allow the universe to take care of the rest. In 2021, I never worried. Everything was in the timing. The eight is a karmic number and I found that when I took my power and made a call or decision that I know I needed to make, the universe put everything in the right place at the right time. I really embraced finding my truth, aligning with my truth, creating the pathway and taking responsibility helped me connect to the spirit of business and life and allowed me to support others to do the same.

Minimalising my life in previous years had seen me push away abundance to a degree and the recognition that the feeling of abundance is very important for me allowed me to invite in and redefine all manner of ways to achieve this feeling – largely through my investment in a new home and retreat centre in the Wollombi Valley – an historic town teeming with a richness of history – both indigenous and non-indigenous and an overwhelming sense of natural abundance. Money was not the main focus of what I did. The important lesson I learnt is that the more I trusted in my abilities and manifest them in the world I always found that the money would appear in my life almost like magic.

I became acutely aware of how what I saw around me each day really affected how I felt and how my environment greatly reflected the feeling of abundance. I took plenty of time out on a daily basis to re-energise and to ensure I felt this abundance and power on a daily basis. An indigenous smoking ceremony and blessing of my home and connecting me to the local tribe and land really created a sense of groundedness and calm within and set me up for a year of manifesting and creating my vision of a sacred healing place. My new home became a place of connection, manifestation, healing and socialising so from the start I built a carpark, cleared the labyrinth and kept my pantry and fridge full.



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My work focused on Following the Energy and the Truth Alignment and I found working with many people globally and locally that the moment you do what is best for you, let go of the past, let go of the emotions and karmic debts you feel you carry, whatever you want comes to you quickly and easily. I encouraged all my clients to do something that they love on a regular basis. When you give to yourself, the universe also gives to you.

I also rediscovered that I am very capable of building great wealth. Believing once again that I deserve to have the wealth and am entitled to keep the wealth has been a great lesson this year. My abundance cups overflowed this year and were poured back into my custodianship of the land, planting trees, building nature walks and gardens and regenerating the rainforest. I introduced a new ritual of when washing my hands each time I would repeat the affirmation – *“I choose love, luck, miracles and magic – I let go of struggle and striving.”*

My keywords for 2021 were confidence, creativity, energy and truth. My new brand Alexandra Joy and the meeting of two heralded a new direction in my work and as I stepped into my true identity I attracted great partnerships – personal and professional to support my ongoing evolution and the way I show up and serve. I realised how important it is not to allow others to define me. My new brand and logo depicting dot art and a labyrinth were significant in this new direction also. The Meeting of Two symbolising the coming together of the material and the spiritual – the best of both worlds. The blending of two cultures – indigenous and non-indigenous of the logical and creative, grounded spirituality, natural and supernatural worlds, balance of heaven and earth, Strength and Love, Intelligence and Wisdom, Masculine and Feminine, Indigenous culture and non-indigenous culture. The Labyrinth itself a symbol that is physically present on my property at Wollombi - carefully laid with 1050 stones it is an ancient symbol designed for spiritual development and inner growth. The Labyrinth represents the journey to our own centre and back again out into the world both literally and metaphorically. It is associated with the spiral of life and creation, as well as the four directions.

This year I maintained my daily practices of yoga, meditation and walking to stay healthy, strong and fit, this supported me to master my energy field and experience the fullness of life and my essence daily. Cultivating and conserving my energetic currency so it was available for creating and transforming allowed me to maintain and vibrate in my own home frequency. Releasing what now longer served me, while aligning with my truth allowed me to enjoy a healthy, balanced and integrated life.

I enjoyed many new projects and avenues – both with my Pacific Island countries and also with first nations people locally. Returning to old ways and bridging health and healing, nature and nurture I found it was important that I trusted in my knowledge and creativity.



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Knowing that we are all beautiful spiritual souls just the way we are helped me to create a feeling of peace and connection with others locally and around the world.

This year more than ever I was continually inspired by beauty and nature. Whenever I felt a little lost I would go out and spend time in nature or go to somewhere beautiful. Living in the Valley of Joy at Wollombi really suited me and I found being in nature would always bring out the best in me. Through immersing in nature and learning to listen to the land I learnt to be even more open and trust my spirituality and connection. This helped me to tap into my hidden gifts and meant life became more at ease and in flow with less of the struggle and sacrifice of the material world.

I discovered there was still so much to do, both in right action and in unified stillness. From co-writing a book and filming a documentary – Follow the Energy - with Michelle to running a number of transformational retreats working through my five step truth alignment process, I felt as though my life to date had really prepared me for everything in the now.

In 2021 I can truly say I felt connected and in love with life. I moved into a higher frequency of love, peace and joy and was able to heal myself and the wounds of past generations. My spiritual namesake Saraswati guided my thirst for knowledge and creativity and I felt a co-creative sense as I walked in the land of possibility in the Valley of Joy. My partnerships with delicious humans were reciprocal and trusting, I allowed myself to love and be loved. I allowed flow, oneness and acceptance. I lived and breathed my tagline – the Meeting of Two – unifying the material and the spiritual, black and white, nature and human.

My intention for 2021 was simple – to keep myself in the highest vibration possible so my presence alone would support other people and humanity's evolution.

At the start of 2020 I penned this gratitude letter to myself, printed it and went and planted it in a special spot in the bush, a sacred ritual for planting my dreams, then rooted in the ground they gave birth to all this goodness. How delicious.

Rise and Thrive AJ xx

“The tragedy in life is not what men suffer, but what they miss.” Thomas Carlyle