

***Connections***  
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**New Year's Wishes**

It's finally arrived--2000! Welcome to the new century, and to you, our readers. As we thought about this very special and unique time, we were filled with a sense of appreciation. It is in this spirit that we send you our wishes.

- **Abundance:** May your life feel full with that which your heart desires.
- **Balance:** May you have ample time for love, work and exercise.
- **Courage:** May you have the courage to follow your dreams.
- **Delight:** May you delight in the sweet surprises of daily life.
- **Empathy:** May you seek deep understanding of the hearts and minds of others.
- **Friendship:** May your friendships be open, loving, tenacious and enduring.
- **Goodness:** May you regularly choose goodness over fear.
- **Heart:** May you listen with your heart.
- **Injustice:** May you find your unique way to fight injustice.
- **Jaded:** May you not succumb to becoming jaded.
- **Kindness:** May your kindness extend to people with less power.
- **Love:** May you be blessed with all kinds of love.
- **Mystery:** May you be open to and unafraid of life's mystery.
- **No:** May you have the courage to say no.
- **Open:** May you remain open to living and not settle for existing.
- **Peace:** May you live with a sense of deep peace--even when life is hard.
- **Quiet:** May you cherish the opportunities offered by quiet.
- **Rest:** May you structure your life with ample time for rest.
- **Sincerity:** May your inner and outer selves be one.
- **Truth:** May you be willing to risk hard truth with yourself and others.
- **Unusual:** May you enjoy and flaunt the unusual that makes you You.
- **Vision:** May you have the vision to see and appreciate things and people as they are, not as you'd like them to be.
- **Wonder:** May you never lose a sense of wonder.

- **Xenophobic:** May you welcome people of all races, religions and cultures.
- **Yes:** May you have the courage to say yes.
- **Zest:** May you live 2000 with gusto and zest.

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