

January, perfect month to . . .

January is such a perfect month for fresh starts, new beginnings, embracing truth. There is something akin to starting with a “clean slate” when we begin a new year. The opportunity can provide an environment in which attitudes may be adjusted or revised. People are drawn to make New Year’s resolutions because they intuitively understand the trail blazing aspect of a new start in January.

There are strong thought forms that are commonly referred to as Universal Truths. The working knowledge of some of these can help you raise your consciousness and increase your awareness for your highest good. They help to remind us that there is a higher energy at work within our lives and we’re active participants. Here are a few thoughts to consider:

*God’s nature is pure love and God’s gift to us is our free will.

*We are spiritual beings, having a physical experience.

*We learn by our perceived “mistakes.”

*The earth plan is a classroom in which we learn and grow.

*We are all God’s children and God doesn’t just love good children.

*Nothing happens by accident or coincidence; divine order prevails.

*Everything in the universe is matter and it is all electrically charged.

*Thoughts are things that are electrically charged and they create and manifest.

*Perceived negative thoughts create dis-harmony in our feelings and ultimately dis-ease in our physical body.

*Perceived positive thoughts create love, joy, warmth and harmony in our lives.

*What goes around, comes around.

*We create our anger when we want something we think we aren’t getting.

*We attract what we fear the most.

*Every thought, every spoken word and every action either builds a bridge or builds a wall.

*A better world starts with you!

*Until we learn to live each present moment with joy, we haven’t learned what we came to learn.

If these thoughts inspire you but you’re wondering how to apply them in a practical way, start by making a short-term list of things you want to change. These can be changes as simple as cleaning the drawer you’ve been meaning to reorganize; writing the note of

***May the coming year of
2021
be filled with many
blessings and
good health
to each of you,
My Readers!***

thanks, appreciation or sympathy that you meant to write; smiling and looking into another person’s eyes to acknowledge their existence as you move through your day; and being as patient, sensitive, and nurturing to yourself as you are to others. Being polite make present moments more meaningful and enjoyable.

Don’t make work out of this. Do it with love and for yourself! It’s your life! Be aware of letting your light shine to every one and every thing. You’ll be amazed at the change you’ll observe in yourself and others.

Remember that each day is a new gift. May you find moments of comfort, glimmers of joy and a deep awareness of the simple abundance that surround you. Blessings in 2021 on your journey to Wholeness!

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Prayer for the New Year 2021



Our Father and our God, as I stand at the beginning of this new year I confess my need of Your presence and Your guidance to face the future considering the Coronavirus Pandemic. I do have my hopes and expectations for the year that is ahead of me, but You alone know what it holds for me and only You can give me the strength and the wisdom I will need to meet its challenges.

So help me to humbly put my hands into Yours and to trust You and to seek Your will for my life during this coming year. In the midst of life's uncertainties in the days ahead, ensure me of the certainty of Your unchanging love. In the midst of life's inevitable disappointments and heartaches, help me to turn to You for the stability and comfort I will need. Help me not to lose my way but to have the courage to do what is right in Your sight, regardless of the cost. And in the midst of my daily preoccupations and pursuits, open my eyes to the sorrows and injustice of our hurting world and help me to respond with compassion and sacrifice to those who are friendless and in need. May my constant prayer be that of the ancient Psalmist: "Teach me, Lord, to follow your decrees, that I will keep them to the end."

I pray for our nation and its leaders during these difficult times and for all those who are seeking to bring peace and justice to our dangerous and troubled world. I pray especially for Your protection on all those who serve in our armed forces, and I thank You for their commitment to defend our freedom, even at the cost of their own lives.

Bring our divided nation together, and give us a greater vision of what You would have us to be. Your Word reminds me that "Blessed is the nation whose God is the Lord." As I look back over this past year I thank You for Your goodness to me—far beyond what I have deserved. May I never presume on Your past goodness or forget all Your mercies to me, but may they instead lead me to repentance and to a new commitment to make You the foundation and center of my life this year.

I thank You for the promise and hope of the new year, and I look forward to it with expectancy and faith. This I ask in the name of our Lord and Savior, who by His death and resurrection has give me hope both for the world and the world to come. Amen!

A whole year has passed since last New Year's Eve. You're a year older. Are you a year wiser? Use these reflection however you see fit!

What was the best thing that happened this past year? What was the most challenging thing that happened? What was an unexpected joy this past year? What was an unexpected obstacle? Pick three words to describe this past year. What was your biggest personal change from January to December of this past year? In what ways did you grow spiritually? Physically? In your relationships with others? What was the most enjoyable part of your life? The most challenging part of your life? Your single biggest time waster? The best way you used your time? The biggest thing you learned? What phrase or statement describes this past year for you?

FOR THE NEW YEAR...Do you have any dreams? Hopes? Goals so big they make you laugh? What would you like to happen for you personally?