

HERE'S TO AN EVOLUTIONARY NEW YEAR

I LOVE THE FRESHNESS OF A NEW YEAR, a powerful time to release that which no longer serves and embrace expansive aspirations and new horizons. The new year invites us to recognize we are not static beings bound by yesterday's limitations but dynamic expressions of Divine Intelligence, constantly evolving, like all of nature.

I live in Central Oregon, where a profound juxtaposition exists between this time of rebirth and the depth of winter. Earth appears to be dormant. Trees whose leaves once danced are now bare. Animals, burrowed beneath snow, slumber.

But in the stillness, new life stirs and stretches. Beneath the ground, where the soil remains above freezing, tree roots

sprout and spread, preparing for the surge ahead. Mama bears, deep in slumber, nurse tiny, blind cubs that move instinctively into place and drink rich milk produced from fat their mother accumulated in the fall. Divine evolution designed bear cubs to be small, blind, and helpless for a relatively long period to give mother bears time to complete the hibernation cycle. Evolution is not just a continuous biological process but also a spiritual imperative woven into the very fabric of existence. The new year reminds us that growth is not optional—it is the essence of life itself.

Each new year is rich with potential as millions of people simultaneously hold thoughts of renewal. Collective human consciousness focusing on transformation creates a powerful energy that supports individual and collective evolution. This is not mere wishful thinking but rather the spiritual truth that consciousness creates reality. What we give our attention to shapes our experience of life. When we feel called to transform some aspect of our lives, we are responding to the divine urge for evolution expressing through our individual awareness.

Religious Science founder Ernest Holmes taught that “thoughts are things.” Nowhere is this more evident than during times of intentional renewal. The thoughts we think today about ourselves, others, and our world become the building blocks of tomorrow's experiences. As we release limiting beliefs, we create space for Divine Mind to express

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through us in unprecedented ways. *A Course in Miracles* encourages us to “Clear space on the altars of our minds,” making room for healthier, more empowering thoughts to enter. The old can be released with gratitude rather than regret because every experience, whether perceived as positive or negative, contributes to our spiritual education and awakening.

After release comes imagination. I used to make a lot of New Year's resolutions, but over time that shifted into a combination of aspirational goal setting, imagination, and conscious visioning. Consider that everything ever created was first created in imagination. Creative imagination, meditation, and visualization generate energy and momentum to transform dreams into reality.

New, healthier ways of thinking are valuable to us as individuals and essential to all of humanity. Our magnificent planet is hurting;

the ecosystems upon which all life depends are unraveling. This is a pivotal moment when personal spiritual evolution and ecological consciousness must merge. We are being called to birth an ecological civilization—a global mindset that honors the sacred relationship between humans and all the rest of nature. Our personal awakening and the earth's healing are not separate journeys but one unified evolutionary movement.

May each of us who've been blessed with the divine capacity to evolve and create thrive in this new year. And may our beloved earth flourish.

Action Idea: Harness the transformational energy of the new year by setting a goal to become part of an ecological civilization. Indulge in imagining how good it will feel when we get there. Let your heart and spirit sing! 🌸