

## **New Year Journal**

### **Seven Questions for the New Year**

#### **Question One: What do you hope for this coming year that is different from other years?**

A very thought-provoking question that requires that you consider whether you are harbouring something deep within you that you are “hoping” for, either consciously or unconsciously. Were you hoping for a change in your lifestyle or for a new relationship, or simply a deepening of your relationship with yourself?

#### **Question Two: How do you want to improve your life this year?**

Improvements in our lives do not happen on their own. And whilst we are conditioned to looking ‘without’ or to the outside for positive change to happen in our lives, we need to see that we have to be the initiators of the change we wish for.

#### **Question Three: What do you want to contribute to your community to make it a better place?**

One of the things that stand out for me from the crisis of the past three years it is that we need community, we need to work collectively to create the world we wish for. And we need each other-it is our shared humanity that not only binds us together but also informs our spirituality.

#### **Question Four: How do you want to be different by the end of the year?**

This is a rich question and again one that requires reflection. Here you need to dig deep, because you really are setting an inner course for yourself.

#### **Question Five: Whose life do you want to improve and how will you do that?**

We are all connected/interconnected; what we do, think and feel does affect others as well as ourselves. And if living from your heart and

practicing compassion is a conscious path for you, here is how to practice it. Thinking of others, serving others enhances our own spiritual evolution and has been shown to aid our own healing.

**Question Six: What changes are unfolding in your life that you need to cooperate with and what does that mean?**

What quality or attitude do you want to breathe into the changes unfolding in your life? Perhaps you have lived through some emotional or health challenges during the past year that you have begun to see as part of a general 'cleansing' or clearing to prepare you for a better future? Perhaps a relationship you held dear has ended? It can be hard for us to trust that a greater plan is at work in our lives. Think about how you can consciously cooperate with such changes. As Caroline Myss writes, *"Realizations such as these, along with such thought-provoking questions, are the reasons why contemplation is seen as an essential practice within spiritual communities"*.

**Question Seven: In what way or ways do you want to deepen your spiritual life?**

Here, again, you are left to yourself to answer this question. But remember this- Just as healing is not a matter of will, a spiritual life is not a mental, intellectual experience. It is a prayerful, contemplative, mystical, reflective journey that, in fact, draws you out of your mental world. Your mind is the last place you want to be as you contemplate the nature of what is real in your life and what is of value. Your mind is filled with what you put there, often dictated by the narrow confines of your ego. Going within, into your heart is the only place to go to heal, to change and to deepen your spiritual life.

Benig Mauger adapted from Caroline Myss: Seven Questions for the New Year. December 2023

## **New Year : 12 Day Journal**

Each day, from January 1<sup>st</sup>-12<sup>th</sup> represents each month of the year and contains the seeds of the New Year to come. Day One represents January, day two, February and so on. Spend time at the end of each of the first 12 days of January recording not just your activities but also your thoughts, feelings and dreams of that day. Remember to include your New Year resolutions and or insights from asking yourself the seven questions above.

I have found this practice to be a powerful tool for raising my consciousness, becoming more self-aware, deepening my spiritual practice and creating positive changes in my life. And when the 'flow' of my life seems to be blocked by one obstacle or another, I practice surrender and 'being' in the felt sense that all is in order and will come right in Divine timing.

Practical suggestions. Make sure to have a fresh page for every day, so you can add to your journal for that specific day if you remember something from that day at a later date!