

## **HAPPY NEW YEAR 2026 (10 / 1 Year)**

### **The Year of Reclaiming the True Power of YOU**

You are embodying light and living as a light frequency — breathing, pulsing, and expressing power. This is the power through which things are accomplished. It is not power born of force, control, or manipulation. True power arises from the heart — from our ability to share authentically, to feel safe within ourselves, and to participate comfortably within the collective.

We have been seeded with Divine Energy to illuminate this LIGHT, allowing your natural ability to radiate and step fully into your mastery.

Part of our incarnation on this planet is the remembering that we are far more than physical beings — as incredible as the physical body is with its five senses. We are also mental, emotional, and spiritual beings, living within a multidimensional body. This body is an energetic system, and it is time to allow change to change *you*. We can create a more holistic environment within and without.

The change that is unfolding has been designed, created, and orchestrated with precision — not only for humanity, but for our entire solar system and the Earth itself. We are being invited to reactivate our central power as it was always intended, within a sacred and conscious environment.

### **ALIGNMENT IS THE KEY WORD FOR 2026**

Alignment means coming into **integrity** with who you truly are.

This may require the ending of self-abandonment. It may ask you to honor your tenderness and vulnerability — perhaps qualities that have been forgotten or set aside. These are not weaknesses; they are gateways back to your strength.

Allow your thoughts to flow. Spend time in reflection as we begin this new year, and gently ask your heart:

- What does my heart truly need right now?
- How do I desire power to be reflected in my life?
- How do I need to speak so my words reflect my true inner heart?
- Where am I resisting myself or my role in this universe?
- Where does my body feel stuck, and what old patterns or false controls am I struggling to release?
- Can I allow myself to receive the LOVE that is coming in?
- Do I feel ready — as who I am today — to participate in this new level of power unfolding within the universe?

It is safe to grow.  
It is safe to be seen.  
It is safe to speak up.

Consider reorganizing. Tidy things up — internally and externally — and create space for this new alignment. We align with the LIGHT, work with the LIGHT, and use our consciousness in harmony with the LIGHT. This is the crown and glory of life, and we are being called forward into it.

**LOVE, IN ITS PUREST FORM, IS SOURCE ENERGY.**

As you step into greater alignment in 2026, the body often becomes more communicative, offering signals that invite awareness, compassion, and recalibration. If you are experiencing symptoms, transitions, stress, or simply feel called to support your health on a deeper level, I invite you to reach out. Together, we can explore what your system is expressing and how to restore balance in a way that honors your unique journey.