



## NEW YEAR INTENTION MEDITATION 15.01.2026

**2026 is a Year 1 in numerology.**

$2 + 0 + 2 + 6 = 10 \rightarrow 1$

This marks the beginning of a new nine-year cycle. A Year 1 is not about rushing forward or having everything figured out. It is about choosing direction and laying foundations for what is to come.

This year is not a sprint.

It is the beginning of a marathon.

### **What a Year 1 Asks of Us**

A Year 1 is the energy of initiation.

New directions begin quietly, often beneath the surface.

Rather than dramatic external change, this year works internally first:

- identity shifts begin
- priorities subtly rearrange
- soul-level decisions are made

This is the year where the seed chooses its direction.

The focus is not on outcomes yet, but on alignment.

### **Intention Setting as Listening**

In a Year 1, intention setting is not about forcing change or controlling the future.

It is about listening inward.

Instead of asking "What should I do?", we are invited to ask:

- What am I being drawn toward?
- What wants to grow through me?
- What feels aligned with who I am becoming?

Intentions set from this place are not rigid goals, they are directions that allow life to meet us and unfold naturally.

### **Making Space for the New**

For new seeds to take root, space is required.

A Year 1 gently reveals old ways of being that no longer fit. We don't need to search for them, life shows us through:

- repeated patterns
- emotional triggers
- moments of resistance or discomfort

These are not problems. They are information.

Awareness alone creates release.

As old ways soften, flow returns and the ground becomes fertile again.

### **Inner-Standing vs Understanding**

Understanding is often borrowed, shaped by someone else's explanations or beliefs.

Inner-standing is different.

Inner-standing is when truth becomes your own.

It is embodied, felt, and lived.

In a Year 1, not everything needs to make logical sense yet. Much of what is forming is new. Clarity arrives through resonance, not reasoning.



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### **Trusting the Path Ahead**

When something matters to us in life, we plan for it.

From a soul perspective, we did the same before incarnating.

We are not here by accident.

Our oversoul continues to guide us, leaving subtle breadcrumbs along our path. When we encounter them, our inner guidance responds, often through the body:

- a sense of recognition
- a quiet yes
- a feeling of familiarity

This is not the mind deciding, it is the soul remembering.

We are here:

- at this time
- in the bodies we chose
- within the families and circumstances that support our growth

We are not alone.

### **Reflection Questions**

You may wish to return to these throughout the year:

- What am I being drawn toward right now?
- What wants to grow through me over the coming years?
- What feels ready to be released so something new can take root?
- How do I want to feel as I move through my life?
- Where am I being invited to trust rather than force?

### **A Closing Thought**

Year 1 is about choosing direction, not demanding results.

What you seed now, gently, consciously, and with care, will support you not just this year, but for many years to come.

You don't need to have it all figured out.

You are exactly where you need to be.

Trust in the pre-planning

Love and Light

Jennifer Thevalyn