As we begin another New Year 2017, remember that each day is precious. It is the day when all that has passed before us is gone, and all our future dreams can be created anew. This is the most important day in all your many lifetimes, for it is NOW. It is the day when we can choose to embrace love with our every thought, word and action.

We learned thus far in life that by manifesting the great power of Love which is “A natural energy, all pervasive, greater than mind,” we can bring to our Earth freedom from want, war, disease, one’s lower self, hate, and from basic emotionalism. We know why it is essential for us to manifest and continually radiate Love. We do this through prayer, through healing and selfless service to others.

Why is this so essential now more than ever before? With all the challenges and tragedies we have witnessed in the past year, it is clearer than ever that our true destiny is not about materialistic pursuits but to awaken to our innate spirituality.

To live fully in the moment, awakened to all life’s challenges and opportunities and be filled with love, is easier said than done. However, every journey starts with a single step, and it begins the moment we awaken from our slumbers each morning.

Each day—and this New Year ahead—is a blank canvas. There is stillness and quietude in the others as the new dawn arises. There is a feeling of possibility, of optimism, of hope and of expectancy. The days stretch out before us, as yet untouched by our desires, our choices, our mistakes and our achievements. There is a freshness of hours and minutes as yet untouched.

Regard the year ahead as an opportunity for deeper love. The urgency of this time of change requires that more of us become agents of positive change than ever before. It is essential now more than ever that awakened souls of every background and belief system, put their concern and love into action for the world.

Spirituality is not only the important theme of today, more potent than politics in bringing lasting change in the world, but it also provides a fascinating path for us. As we awaken more fully to the divine spark within, we begin to glimpse our true strength and power. This is the same spark that we share with the sun, the stars and the galaxies. It is limitless in nature and fueled by the great preservative force of love. Within every life-stream, human or otherwise, is the same spark, urging for expression; dimly in some and with great strength in others.

Take twelve fine, full-grown months; see that these are thoroughly free from old memories of bitterness, rancor and hate, cleanse them completely from every clinging spite; pick off all specks of pettiness and littleness; in short, see that these months are freed from all the past—have them fresh and clean as when they first came from the great store-house of Time. Cut these months into thirty or thirty-one equal parts. Do not attempt to make up the whole batch at one time (so many persons spoil the entire lot this way) but prepare one day at a time.

Into each day put equal parts of faith, patience, courage, work (some people omit this ingredient and so spoil the flavor of the rest), hope, fidelity, liberality, kindness, rest (leaving this out is like leaving the oil out of the salad dressing—don’t do it), prayer, meditation, and one well-selected resolution. Put in about one teaspoonful of good spirits, a dash of fun, a pinch of folly, a sprinkling of play, and a heaping cupful of good humor.

Happy New Year 2017!

As this New Year begins, remember that while resolutions can be beneficial, nothing you do can change the fact that you are enough. You have always been, are now, and will always be!

Be grateful each day!

Namaste!
Ordinary things...

Stop looking at ordinary things as “ordinary.” It can make your life indescribably richer. What makes things ordinary, as opposed to miraculous? Familiarity. It is said that familiarity breeds contempt. Maybe familiarity breeds invisibility.

It’s easy to stop seeing things that are in our lives every day. They become “part of the furniture” and that goes for the belongings we use every day...basically anything that has become familiar and routine, is relegated to the automatic parts of the brain. It’s like a habit.

When we learn a new task, we have to concentrate on it, and learn all about it before we master it. But once we’ve mastered it, we don’t have to think about it very much. It requires so little thought that we can be almost fully engaged with something else. When this happens, these actions are assimilated into our routine; and they become ordinary.

What’s wrong with relegating everyday things to “ordinary” and focusing on the extraordinary—exciting new experience, people and things? On a day to day basis we repeat what we did the day before. Extraordinary experiences only come along when we pull ourselves out of our daily routine. But then, the new thing becomes familiar. We seem to want and want and want, and when we get, then life is good for a brief time. But then, the longing starts again the instant the shine has worn off.

The truth is that the whole world is a series of miracles. We can learn to be happy and content with what we have. We can be completely familiar with something and still not see it as ordinary.

There are three simple ways to be in the moment, enjoy the miracle of the moment and get the maximum living out of the moment. **1) Practice gratitude**—look for the things you appreciate most about your everyday life. **2) Listen**—only a small part of what the brain takes in as information makes it to your conscious awareness. Pause every day to just listen and pick out the various sounds around you. **3) Slow down**—do what you normally do only do it slower, more deliberately and with joy. There is a tremendous value in a quiet, contented life of social connections and simple pleasures. Despite its ordinariness, if you can’t find joy in your everyday life, how can you expect to be happier once you set sail on your yacht?

*Embrace the everyday rhythms of life.*
*If you have a roof over your head, enough money for the necessities, and have a social life...it is enough, if you consciously enjoy and appreciate it.*
*Happiness is here and now, if you choose to see it!*

**Enjoy life NOW! It has an expiration date!**

To Start A New Year

A New Year is unfolding—like a blossom with petals curled tightly concealing the beauty within.

Lord, let this year be filled with the things that are truly good—with the comfort of warmth in our relationships, with the strength to help those who need our help and the humility and openness to accept help from others.

As we make our resolutions for the year ahead, we go forward with great hope that all things can be possible—**with Your help and guidance.**

Beginning with this issue of SAGE-ING AGE-ING, we begin the 8th year of publication. Thanks to you for faithfully reading each issue. Know that I truly enjoy writing monthly. I am grateful to begin another year with you!

Jane Z.