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New Year Blessings

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New Year Blessings

The most important part of new year traditions are the blessings associated with them. We can give not only polite wishes, but true blessings with our "Happy New Year" greetings for January 1, for the lunar new year, or for some other new year date that is used by people we know. For our own blessings, we can start a "new year" any time when we are inspired to do so.

We can give new year blessings to as many people as we desire. Our intention makes the difference between wishes and reality. Do we want others to have peace, happiness, good health? If we would like others to experience abiding quality of life, we are blessing them.

When we greet others with sincere intentions, we are "stand ins" for God, indicating in our human expressions God's abiding desires that those we address might make positive choices, live up to their values, and grow in love. The more care we have for those to whom we speak or write, the more we will convey our personal blessings not only by the few words we use but by our manner and attitude. Small as the value of our blessings might seem, costing us hardly any effort, they are real and gracious gifts, allied with the goodness of God.

The blessings we give to others come from a blessed place in us. We cannot give what we do not have. We receive many blessings from God, from family, friends, work-companions, and many others. And we can bless ourselves, too. Whenever we choose to initiate a new, forward movement in our lives, we cooperate with God's gracious desires for us, and become more capable of blessing others effectively and consistently.

We can at any time seek to discover a blessing within us that is ready to be recognized and fulfilled. Since God is not restricted by a calendar, we can begin a "new year blessing" today, tomorrow, or whatever day seems appropriate to us. We might be surprised at how much positive energy we develop once we begin brainstorming with ourselves, with God, or with someone else who knows us well. What would be a blessing to which we are called or invited? Do we want to become involved in a particular issue such as global warming, the plight of homeless persons or children who are at-risk, or some other issue that touches us, interests us, or keeps coming to mind? What do we want to do that nudges our heart with an enlivening challenge?

Looking within our minds and hearts to discover some new direction is an act of hope and trust that blesses us and overflows to others. "New" seldom means starting all over in a totally new direction. God's grace grows in us, so that we become ready for something that we have not experienced previously, though whatever wells up from within us almost always arises naturally from attitudes and actions that have been ours for many years. Our intention is to trust God, so that we might gain a clear sense of some initiative, attitude, or movement that we could take: our own new year blessing.

New year blessings to you.