

*This existence isn't about learning to accept reality,
but rather remembering your power to create it. ~ Michael Cummings*



Numerology Insight

Within the practice of numerology, every calendar year is associated with a single-digit number known as the Universal Year number. This number is calculated by adding all the digits of the year together to create a single digit. Each number, from one to nine, gives insight into the vibrations that are felt globally throughout the year. This involves a set of feelings, opportunities and challenges that everyone in the collective consciousness may encounter in the next 12 months.

Concept of the 9-year Cycle and Corresponding Years:

- (1) universal 1 year (2017): beginnings
- (2) universal 2 year (2018): connecting
- (3) universal 3 year (2019): creating
- (4) universal 4 year (2020): building
- (5) universal 5 year (2021): changing
- (6) universal 6 year (2022): nurturing
- (7) universal 7 year (2023): re-evaluating
- (8) universal 8 year (2024): expanding
- (9) universal 9 year (2025): completing

2023 is a 7 year, which is a year of **re-evaluating**. 2023 reminds us to spend time in reflection, go inward, connect with our spirit and get clear about what we desire to create.

The new year is the perfect time to set intentions, rather than resolutions, and to declare a power word or statement that we wish to embody for the new year.

What would you like to create?

How do you want to feel?

What are your intentions for the year?

What word do you wish to embody?

Setting Intentions

An intentional creative process entails invoking the power of choice along with the energy of words through clear, honest and authentic communication. Setting intentions involves working with our intuition and requires an awareness of our inner desires. The process includes connecting fully with our being — body, mind and spirit — in order to align with a desired aspect of life or feeling. As part of this practice, we are choosing to create an intentional statement or word of declaration. Much like setting an intention, affirmations are positive statements intended to create new thought patterns and are meant to work in unison with the Law of Attraction. The affirmation itself is comprised of words that you choose to affirm and embody.

Invoking Power Words

The words I am, which we use to define who we are and what we are capable of, are expressions of the highest aspect of ourselves. Every time the words I am are thought or spoken, we are knowingly or unknowingly directing the Universe to manifest what we are saying, thinking or feeling.

Individually, we can each choose to accept and embody the unlimited power of our inner spirit by declaring a power word or an empowering statement, such as one of the following statements:

I am unconditional love. I am energy. I am beautiful. I am amazing. I am confident. I am empowered. I am joyful. I am successful. I am smart. I am attractive. I am resourceful. I am healthy. I am creative. I am financially stable. I am happy. I am loved. I am wonderful. I am making a difference in the lives of others. I am a being of love and light.

What words do you wish to embody at this time?



Inspired Writing Exercise

An acronym is an abbreviation formed from the initial letters of other words and pronounced as a word. In this instance, the acronym is a word, such as a feeling or energy, you wish to embody. Begin this exercise by writing down the word you have chosen. For each letter of the word, allow the first word or phrase beginning with that letter to come into your awareness. Then, write the word or phrase down next to the letter. After you have completed each letter, feel into the words that you have written down. If another word comes into your awareness, please include that word as well.

The intent of this exercise is to be inspired and to allow the words to flow to you rather than overthinking. You may then be guided to transform the inspired words into an affirmative statement that becomes a mantra. Subsequently, you may be guided to repeat this exercise periodically as there may be new words that come into your mind that you desire to embody. I encourage you to have fun with this exercise and don't stress if a word doesn't flow into your mind easily. Simply pause and breathe as you intend for the words to flow to you with ease.

Personally speaking, I have chosen the word *JOY* to embody this year.



- J** Just be
- O** Openness and understanding
- Y** Yes to me

♡ AFFIRMATIVE STATEMENT ♡

I desire to experience **JOY**. I choose to just be with openness and understanding as I say yes to me.