

This New Year, like most others, I spent time reflecting on what I hoped for in the year. Like most, I hoped for peace, joy, prosperity, good health and all of the wonderful things everyone else wanted for themselves. I hoped for a smooth happy life with mostly “ups” and few “downs”. I had recently become engaged to wonderful man and I hoped for a beautiful peaceful relationship in which we rarely disagreed. I heard friends wishing for similar things for themselves and others and while most people welcomed the wishes, some responded flatly “What makes New Year so special? What’s there to celebrate? It’s just another day, just a flip of the calendar”.

I began to wonder about this. Is it really just another day? What exactly is New Year’s Day?

It is the beginning of a new orbit of the earth around the sun. The same path traced by the earth over and over since its inception. *But each cycle begins and ends at a different point in time creating a kind of spiral.*

As I thought about it, I noted that we are surrounded by spiral cycles. The cycle of the moon around the earth, the cycle of the earth around its own axis, the cycle of the seasons, the cycle of the tides, the cycle of electrons around an atomic nucleus, the spiral cycles described by the Fibonacci numbers. Cycles everywhere. All of nature and the universe is defined by cycles starting and ending at different points in time, creating spirals. Even the milky way, our home galaxy, and human DNA are shaped in spirals.

Our lives too are defined by cycles, starting with that great cycle of birth and death whose end points are only separated by time. I began to see that our experiences are also governed by cycles. I realized that each time my fiancé and I had a disagreement after a period of peace, it was just another cycle through which we addressed some unresolved issue that stood between us. Each cycle started and ended at a different point in time. I realized that, rather than view each disagreement as a disruption of my longed-for “straight-line” of peace, I could navigate each cycle equipped with the knowledge and wisdom gained from my experiences of previous cycles. Not only could I do this with my fiancé but with ALL of my relationships such as work, friendships, family etc. What liberation it was to understand the cyclical nature of life! Now I could navigate the cycles with grace and ease.

What is New Year’s Day? To me, it is a reminder of the cyclical construct of the universe, that blueprint lovingly left by the Creator for us to discover and use in navigating our way through his beautiful work of Creation with grace and ease.

So, yes let’s go ahead and celebrate but let’s remember to thank the All Wise One who makes all things possible for us.

I wish you a Happy New Year. In this year, may you navigate the cycles of your life with grace and ease!