



Live YOUR Truth

Heal Your Life



Hi there, so 2026 is here!! Welcome to it!!

Weekend Wisdom will be resuming next weekend.

Today, as a Happy New Year, what's 2026 all about perspective, I got permission to share my article from the SoJournal: The Year 2026: A Numerological Perspective.

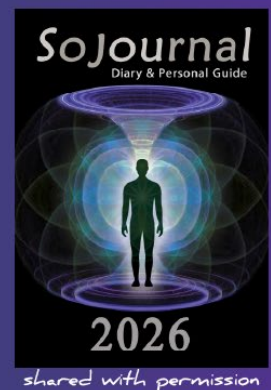
Let me know what you think and feel free to share your thoughts and insights.



Weekend Wisdom
04 January 2026



Welcome to 2026
The Year 2026: A numerological Perspective



The Year 2026: A Numerological Perspective

Welcome to 2026! The SoJournal this year is all about trusting the journey and part of that is being able to understand cycles. Cycles start and cycles end, this is the meaning of life. It is important when considering cycles to understand that the cycle will go on, it just slows down and becomes painful if you consciously or unconsciously hold on to it.

One of the methods we use to understand these cycles is the use of numerology.

To get some perspective, let's look at the numerology for 2025. It was a 9 year ($2+0+2+5=9$), all about endings and letting go, certainly in my experience the nine was very active in 2025. The 9 is also about looking back at what worked, the people that supported and lifted you up, and what didn't work or which people no longer support and lift you up, the beliefs holding you back as well.

This assessment and evaluation will expose some scary and maybe "ugly" truths. The process takes some strength and courage but discarding or at the very least re-evaluating and re-interpreting your experiences, your relationships, the people that work against you, the belief systems holding you back, and the thoughts that are blocking you is very necessary for you to move to the next cycle.

Before 2025 ends, do yourself a favour and spend some time looking back and assessing the past year honestly. Don't beat yourself up, we all make mistakes all the time, be as objective as you can. Sounds a bit like preparing New Years resolutions doesn't it, well where do you think the activity started?

While it may not be a natural cycle like the rising and setting of the sun, it is a human process interpreting the cycle of beginnings and endings and processing. When so much focussed energy is being raised at the same time throughout the world, it shifts the energy of the earth itself and impacts on every living being on the planet.

I have noticed, even though I do not follow any specific belief system, that when it comes to Christmas for example, the energy of my environment seems to shift into a more happy and relaxed one, the same thing here. While not a natural process, it is still an energetic process humanity has created to make things make sense to us

Don't take my word for it, look around you with an open mind and open heart and you will see it for yourself.



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Moving into 2026, when we add the digits of the year we get 10 ($2+0+2+6$). Normally in numerology you work down to one digit, in this case, the number 10 has some interesting things going on all based on the 0, so let's look at that.

Mathematically 0 it is really a non-number representing nothing but also including everything in the void of creation i.e. infinite potential. It all depends how you use it. When you add 0 to any number as part of a "natural progression", it makes no obvious difference to it; ($1+0=1$; $5+0=5$), basically re-enforcing the integrity of the number itself, however it can also be completely destructive. When you multiply any number by 0, it totally obliterates the other number and stays "true" to itself, by re-enforcing itself.

So, when you use it for expansion, adding it to what you currently have or know, it re-enforces what you have, but if you try to force it to multiply, or push the result you think should work (multiplying any number by itself or any other number normally increases it exponentially) except 0, it destroys anything it touches.

There is a profound understanding that comes with this, if you allow the natural and slower progression, your being expands, if you try consciously multiply baseless knowledge with any other knowledge, it negates the entire knowledge set.

With that little mind bender, let's move to the 1. The number 1, often referred to as the Monad, represents first thought, unity and first action, so looking at it in terms of moving into a 1 year, 2026 is a good time to consider new paths, re-interpreting old patterns and replacing them with more useful.

Pay attention to your thoughts, words and actions, particularly in the beginning of the year. One is represented by the point, similarly, once a point has been created on the artboard, it will forever hold a relationship with anything else that is placed there, even if it is ignored.

Embrace the cycles in your life and let them flow, enjoy the new beginnings 2026 brings!!

We still have some stock of the SoJournal Diary & Personal Guide 2026. The video below has more detailed info. If you haven't ordered your copy yet, we still have stock. It is a limited special edition, so get yours now!