

Oprah and the Wisdom Beneath Resolutions

We begin with a story shared by Oprah Winfrey. Oprah once wrote in her journal, “*God, let me know love.*” What followed was not a romantic fairy tale, but a season filled with challenges that tested her capacity to love. Looking back, she laughed and said she stopped making traditional New Year’s resolutions altogether. Her insight invites us to smile at our own experience. How many times have we made bold resolutions, only to discover that life had other plans? These moments are not failures. They are clues.

Reflection Question: Where have my past resolutions revealed something deeper about me?

Resolutions Are Surface-Level

Resolutions often focus on behavior: fixing habits, changing outcomes, forcing improvement. But life has a way of revealing what lives beneath our goals. A *revelation* is different. A revelation is an uncovering, something already true, waiting to be seen.

- Resolution says: “*I must force change.*”
- Revelation says: “*I am listening for what wants to emerge.*”

What if nothing about you is broken—only unfolding?

From Resolution to Revelation

A resolution comes from willpower. A revelation comes from willingness. Instead of asking, “*What should I change?*” We ask, “*What quality is Spirit inviting me to embody?*” This is the shift from self-improvement to self-alignment.

The Power of Intention & Inner Transformation

Spiritual wisdom across traditions reminds us that transformation begins within:

- From the **Upanishads**:
“*You are what your deep, driving desire is. As your desire is, so is your destiny.*”
- From the **Buddha**:
“*The mind is everything. What you think, you become.*”
- From **Jalaluddin Rumi**:
“*What you seek is seeking you.*” Also, “*Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.*”

- Christian scripture echoes this truth in **Revelation 2:17**, speaking of a *new name written on a white stone*—a symbol of spiritual identity revealed, not manufactured.

Guided Meditation: Discovering Your Word of Intention

Find a comfortable seat. Gently close your eyes. Take a slow, deep breath... and release it fully. Feel your body supported. Safe. Present. Bring your awareness to your heart space. Imagine a warm, golden light glowing there—the divine spark within you.

Silently ask:

- *What is mine to know about this year?*
- *What quality is Spirit inviting me to live?*
- *What is my word?*

Do not force an answer. Simply listen.

A word, image, phrase, or feeling may gently arise. Trust whatever comes—or trust the silence itself.

Now imagine writing that word on your paper or magnet. Let gratitude arise. This word is your companion, not your command. Take one final breath. When you're ready, open your eyes.

Living Your Revelation

Your word is now your inner compass. This intention did not come from pressure—it came from presence. It will guide you not by perfection, but by practice.

Ask gently, again and again:

- *How would my word live here?*
- *How would it guide this moment?*

Small choices, repeated often, become a transformed life.

Affirmation: *I move from resolution to revelation. Guided by divine Spirit, I live my intention and transform my life.*

Closing Blessing

May your word meet you in ordinary moments. May it guide you with kindness, not judgment. May you remember that you are not fixing your life, you are revealing it. And so, it is. Amen.