

The beginning of a New Year is a wonderful time to focus on the good you are looking to experience in the coming year.

This is not a list of resolutions of things you should do. It is a knowing of what you would like to experience more of.

Thus, every January, Unity hosts a Burning Bowl Ceremony, leading us through the experience of letting go of what is no longer needed, to make space for the new good that is desired and anticipated, for ourselves and for everyone.

The following steps are to guide you through this process.



**A New Year, A New You!**

Unity UK

## The release ceremony:

- Light a candle to make a sacred space.
- Perhaps play some gentle background music.
- Settle into a quiet time; speak a few words of prayer to help connect you with the presence of God.
- When ready, write down on a sheet of paper any idea, feeling, belief or experience you recognise no longer serves you and you are ready to let go.
- Give yourself plenty of time to do this. This is a golden opportunity to free yourself of anything you realise is blocking your good.
- This can include any thoughts of lack, feelings of resentment, anger, depression, judgement, an identity with illness or pain, guilt, shame, the thought that you or someone else is wrong.
- Let go of dwelling on events of the past year as they may stop the movement forward.
- When you feel clear, take the piece of paper outside and burn it safely in a metal container. Watch as it vanishes into ash and know that you are letting go of all written down.
- *I have let go of the past.  
I recognise and forgive all that has got in the way of my experience of abundant good as I release everything to God.  
I am a sacred vessel from which I pour out the past.  
I rest in holy emptiness.  
PAUSE  
Having let go, I am on the threshold of a new beginning.  
I give thanks for all my unfolding good.*

## The power of gratitude

- Take some time to focus with gratitude on all the good you have in your life: Your environment, your family and friends, your work, your safety and security; anything which fills you with joy.
- Focus each day on the good you have, for this draws to you even more of the same.

## A letter to God

- Consciously focus on what you want to experience and know for this year.
- Make a list of what this is for you; be clear and thorough.
- As much as you can, feel the truth of your desire for good.
- How do you want to make a difference this year?
- How can you say yes to an abundant life?
- When clear, write a letter to God:  
*Dear God, I give thanks that ...  
I am healthy, strong and well  
I am in the perfect work and environment for me  
When you feel complete close your letter:  
Thank you, God, for my good which is with me now.*
- If you wish, post the letter to Silent Unity to hold for you in prayer for the year.
- Write an affirmation of completion to keep around you to focus on throughout the year:
- *"I am here to live a great life! With God I give and receive, living an abundant and authentic life."*