



Letter from the Editor

Dear Readers,

A new beginning welcomes us into 2022!

It feels as if so much has transpired in the previous 12 months, yet the time has gone by so quickly. Personally, there is still so much I am digesting from 2020; a part of me is in disbelief at the time that has come and gone.

It is not a negative thing to feel unprepared for a new start; there is no denying the amount of responsibilities we tackle from day to day - from home life to work life, from self-care to care for our loved ones, and facing obstacles as they arise — each day brings about a small accomplishment and seems to speed up the clock. For many, starting anew is a time of introspective wandering for the mind. Perhaps through reflection, whether celebrating our achievements or contemplating the challenges of the past and present period, the new year has snuck up a bit unexpectedly. On the other hand, looking ahead and considering the possibilities of what 2022 will bring you may allow you to greet this fresh start as an old friend.

However you choose to embrace this time, we encourage you to recognize the balance of past-present-future to honor the new horizons that stretch out before us.

A new beginning holds significance. It is a tangible way for us to mark the abstract passing of time. Time is a powerful experience shared by all living beings. In recognizing an end or a start, we often feel that sentimental pull of emotion; perhaps uncertainty, sometimes grief, or maybe relief and excitement.

By honoring the new year (in whatever form suits you best), we are imbuing intentions of a positive atmosphere in the days, weeks, and months to come.

There is an energy of revitalization and a combined sensation that is both quiet and mindful, yet filled with anticipation and the bustle of celebration. I find myself often looking back at the photos on my phone, sharing them with my family and sparking conversation — “Remember the time when...” Eventually, our attention turns to the future: “Now what?”

Cherish your favorite moments from 2021. Allow yourself space to feel the emotions that come up, enjoying the light and releasing the dark. Incorporate the lessons you have learned and give yourself time to shift and grow.

Now look ahead; consider your intentions thoughtfully, attracting the energy you need to support you, while meeting in the middle by brainstorming a plan to guide you in the direction of your choosing. Write down your goals. Share your desires. Use inspiration as a fuel to motivate you into action.

In the pages of this January/February 2022 issue, we will be your guide to set the tone of the year to come. Learn with us as you read about manifestation, affirmations, and new practices to try as a part of your daily rituals. You'll find new columns, authors, and some wonderful bonus articles included in this issue as well to touch on the many components of what makes up a New Horizon.

If you are reading this letter today, I leave you with one final word of encouragement; it's never too late to pursue your fulfillment. Maybe you have a dream that is yet to unfold, a goal that was not met, a previous resolution that lost steam after a few weeks, or even an idea that is just starting to bud in your mind. No matter the need, you can blossom. Find the freedom that opens your path to happiness; you can do it! Hold the feeling of your desire close to your heart and let this be the fire that sets the motion forward. We commend you on all that you have done to be where you are now, and we are excited to see where you go next.

With this said, may you be supported in all that you do and we wish you a very Happy New Year.

Cheers to 2022,

Anya

Anya Charles
Editor-in-Chief

P.S: Is one of your goals for 2022 to publish your writing? We are always looking for new authors at Energy Magazine; what better time than the New Year to make new connections! You do not have to be a professional. Our team will help you edit, revise, and design any pieces we receive that are selected for publication. If you are interested in working with us in this new year, I want to hear from you! You can email me directly at DiscoverEnergyMagazine@gmail.com.

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