New Year’s Eve Phone Call to YOU

January 13, 2015 By Karen Hoyt

Karen Hoyt is a blogger who has a story about hepatitis C, cirrhosis, end-stage liver disease, and liver cancer. This excerpt from Karen’s New Year’s eve blog is filled with hope and anticipation, and is good reading any time of the year.

Today I begin the much-anticipated **New Year’s Rituals**. They have varied over the years, but the core is the same:

Cry, Celebrate, Give Thanks, Forgive, Let go of everything from last year. I do this in a variety of ways. I write, draw, think, throw away journal pages, empty out drawers, move a “not needed now” box to the garage that is filled with books, papers, or whatever. Some of this includes dealing with feelings like **Dread, Anxiety, Guilt, or Fear**. That list could go on … you get what I mean. I’ve actually worked on this all week. Even that nasty mouse nest drawer in the bottom of the back closet got cleaned.

At the same time, I’ve been centering my thoughts around Abundance and Healing. Every day, I light a candle and ask for The Light of the World to shine brightly on me. Especially at the year’s end, I want to feel the warmth in my heart. **I need illumination in the dark places of my mind**. I sit quietly and empty my thoughts, listening for the Voice that calls me beloved and cherished.

I take deep breaths and let them out slowly. With each inhale, I breathe in love, holding it for a few seconds to allow it to heal my inner self. When I exhale, the love goes out into the world to you my Best Friends. I send it right into your hearts and lives. I send it to my family also. **I feel the love swelling up in me and then I unite with our Creator and send it to YOU.**

Of course, that is following by crying. The good kind of lovey soft heart tears that makes me want to hug you all right now. Pass the hankie.

I curl up in my little sanctuary and put on my headphones. I listen to soothing ambient music, soft Indian drums, or theta tones. My favorite thing is to create or vision with God. It’s a personal time where **I confront my past and explore healing for my future.** I may get brave and share my process for that someday.

Tonight I will for sure take at least 15 minutes of silence. I love lists and am going to write what I intend to **leave behind from last year**. I’ll probably tear it up into little pieces. I may start a little fire and burn it while I also burn incense.

I don’t stay up ’til midnight any more. It’s easier to fight negative thoughts - like depression - when I get good rest.

Tomorrow will start with journaling about the future. I have big plans. And a New Journal. Woohoo!

To read this entire blog entry and learn what Karen's New Year's plans are, click on IHelpC.com

---

© 2026 Smart + Strong All Rights Reserved.