

Wednesday (2025-12-31)

Welcoming 2026: Releasing Grief and Embracing Renewal – Reflections from My Journey and eBooks

A Fresh Start: Letting Go of Grief as We Welcome the New Year

As we stand on the threshold of 2026, I invite you to join me in a gentle release of the past year's griefs, sorrows, and burdens. At 60, I've learned that true vitality comes not just from physical rituals but from emotional freedom — forgiving old wounds, honoring losses, and opening space for joy. This New Year, let's forget what weighed us down and step forward lighter, with hearts full of hope. Science supports this: rituals of release, like expressive writing or symbolic ceremonies, reduce anxiety, depression, and stress while improving mood and resilience [1][2]. Forgiveness and letting go lower cortisol, boost self-esteem, and foster emotional healing, creating room for positive growth [3][4].

The Healing Power of Release

Holding onto grief keeps us tethered to pain, but releasing it — through rituals like journaling grievances and burning the paper, or simply breathing deeply while affirming "I let go" — transforms us. Studies show such acts alleviate grieving, regain control, and promote well-being, even for ambiguous losses [5]. For me, this practice has been heart-touching: it honors what was lost while making way for new beginnings. As we bid farewell to 2025's challenges, remember: grief and joy can coexist, but releasing the old invites fresh light.

My eBooks as Companions on This Journey

This renewal aligns deeply with my three published eBooks, which share wisdom from my life and rituals:

- **Fasting for Longevity: Ancient Wisdom, Modern Science, and the Ikigai Path to a 100-Year Life** – My guide to the transformative power of fasting. Amazon: <https://www.amazon.com/dp/B0FWXBQSJP>
- **TRUSTING THE INVISIBLE: Rewilding Microbiomes for Immune Harmony, Longevity and Legacy: A Post-Nobel Journey from Loss to Legacy**– Everything I've learned about nurturing the inner ecosystem for health and youthfulness. Amazon: <https://www.amazon.com/dp/B0G2CK4HB3>
- **PILGRIMAGE AS REMEMBRANCE: Finding Ikigai After Loss** – Reflections on inner peace, faith, and emotional renewal. Amazon: <https://www.amazon.com/dp/B0G4926548>

These eBooks are my gifts to you — practical and heartfelt tools for releasing the past and embracing health, joy, and longevity.

Simple Rituals to Release and Renew

Try these evidence-based rituals:

1. **Expressive Writing:** Write your griefs, then safely burn or shred the paper — reduces stress and improves health [1].
2. **Forgiveness Letter:** Write (unsent) to those who hurt you, releasing resentment for lower depression and higher hope [3].
3. **Candle Ceremony:** Light a candle for what you're releasing, blow it out for renewal — honors loss while creating closure [2][5].

These acts foster self-compassion, lower emotional burden, and enhance life satisfaction [4][6].

A Heartfelt New Year Wish

As 2026 dawns, may we all release grief's hold and welcome abundance. My rituals — and eBooks — have taught me youth is a state of heart and mind. Let's start fresh together.

Wishing you peace, joy, and renewal. Happy New Year!

Grab my eBooks on Amazon — links above or request me for PDF files.

Bibliography

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<https://www.psychologytoday.com/us/blog/soulbroken/202501/new-year-same-grief-how-to-use-rituals-to-really-let-go>
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