

Divine Connection:

*Hypnotherapy & Numerology for
Healing & More*

Universal Year 1: A Fresh Start Begins

Written by Donetta Huffman

A brand-new nine-year numerology cycle has begun, and with it comes the energy of new beginnings, courage, and fresh direction.

What Is a Universal Year 1?

In numerology, the Universal Year reflects the collective theme we all experience. Year 1 marks the start of a cycle, following the closure and reflection of Year 9. Think of it as planting seeds —what you begin now can shape the next nine years.

Key Themes of Universal Year 1

- **New beginnings** – Fresh ideas, goals, and opportunities
- **Initiative & leadership** – Taking the first step, even if it feels uncomfortable
- **Independence** – Defining your own path instead of following old patterns
- **Vision** – Clarifying what you truly want moving forward

How to Work With This Energy

- Start projects you've been thinking about but postponing
- Set intentions instead of pressuring yourself for instant results
- Trust your instincts and give yourself permission to try something new
- Release fear of “getting it wrong”—Year 1 is about learning by doing

WHAT'S IN THIS MONTH'S ISSUE:

- Universal Year 1: A Fresh Start Begins
- January Offerings



A Gentle Reminder

You don't need to have everything figured out this year. Universal Year 1 asks for **action, not perfection**. Small, consistent steps now will grow into something meaningful over time.

Reflection Prompt:

If you could begin again with one area of your life, what would you choose—and why?

Here's to new doors opening, fresh energy flowing, and the courage to begin again.

With intention and clarity,

Donetta Huffman 

Welcome to Your 2026 Reset

A new year brings fresh intentions—but lasting change begins beneath the surface.

If you're setting goals for 2026 and want clarity, direction, or deeper support, working with the subconscious can make all the difference.

2026 Numerology Session

Discover the themes, opportunities, and lessons shaping *your* year ahead. A personal numerology session offers insight, focus, and a clear energetic roadmap for 2026.

January Bonus:

All January numerology bookings include a complimentary personalized insight to help you work with your year more intentionally.

Hypnosis for New Year Goals

If motivation fades or old patterns resurface, hypnosis helps release subconscious blocks and align your inner world with your intentions—gently and effectively.

January Bonus:

January hypnosis sessions include a free follow-up integration recording to support lasting change.

Why Begin Now?

Clients often share that after their sessions they feel:

- More clear and grounded
- Lighter emotionally
- More confident in decisions
- Aligned with their goals—without forcing change

January is a powerful threshold. What you clarify now shapes how the year unfolds.

Book your January session and step into 2026 with clarity and confidence!

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