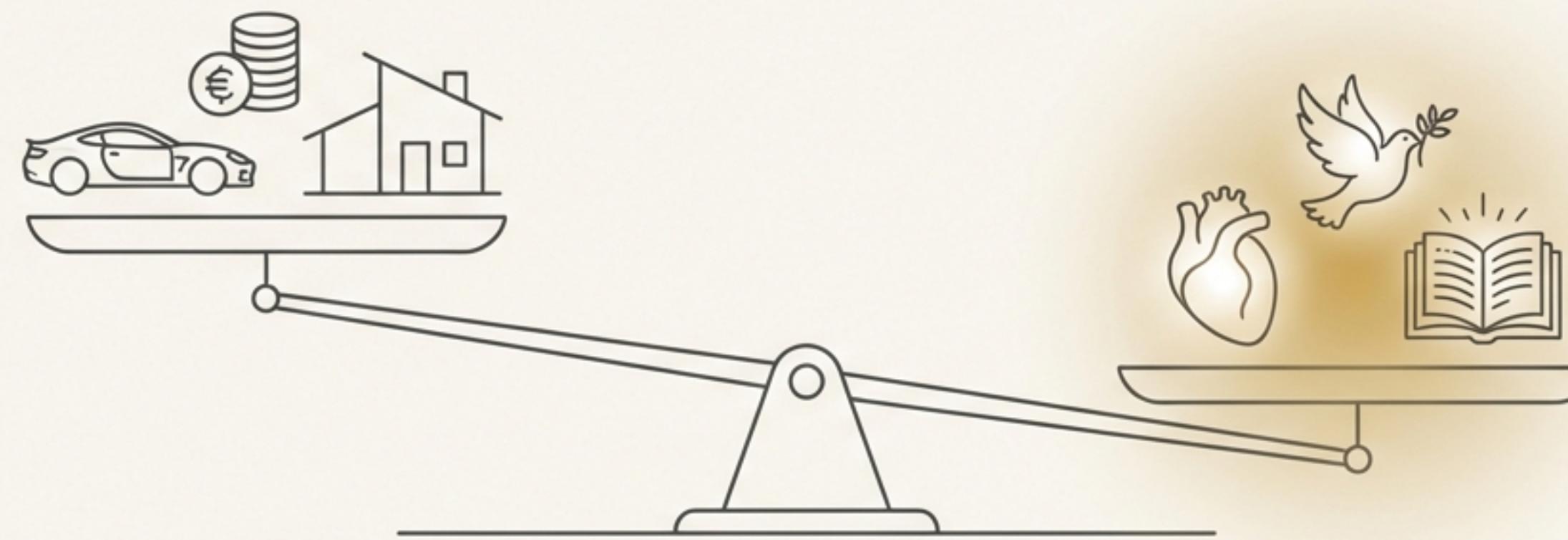




# A Blueprint for a Meaningful Year

Twelve Suggestions for 2026, Inspired by the Wisdom of Amma

# In life, there are two kinds of wealth. We must choose which to prioritize.



Happiness, peace, love, friendship, knowledge and moral values are spiritual wealth. These deserve greater importance because they alone bring true satisfaction and makes life beautiful.

# **Part I: The Foundation**

## **Cultivating a Conscious Relationship with Time, Nature, and Resources**

Before we can grow, we must tend to the ground beneath our feet. This begins with honoring the fundamental elements that sustain our lives.



# Honor the Finite Gifts of Time and Resources



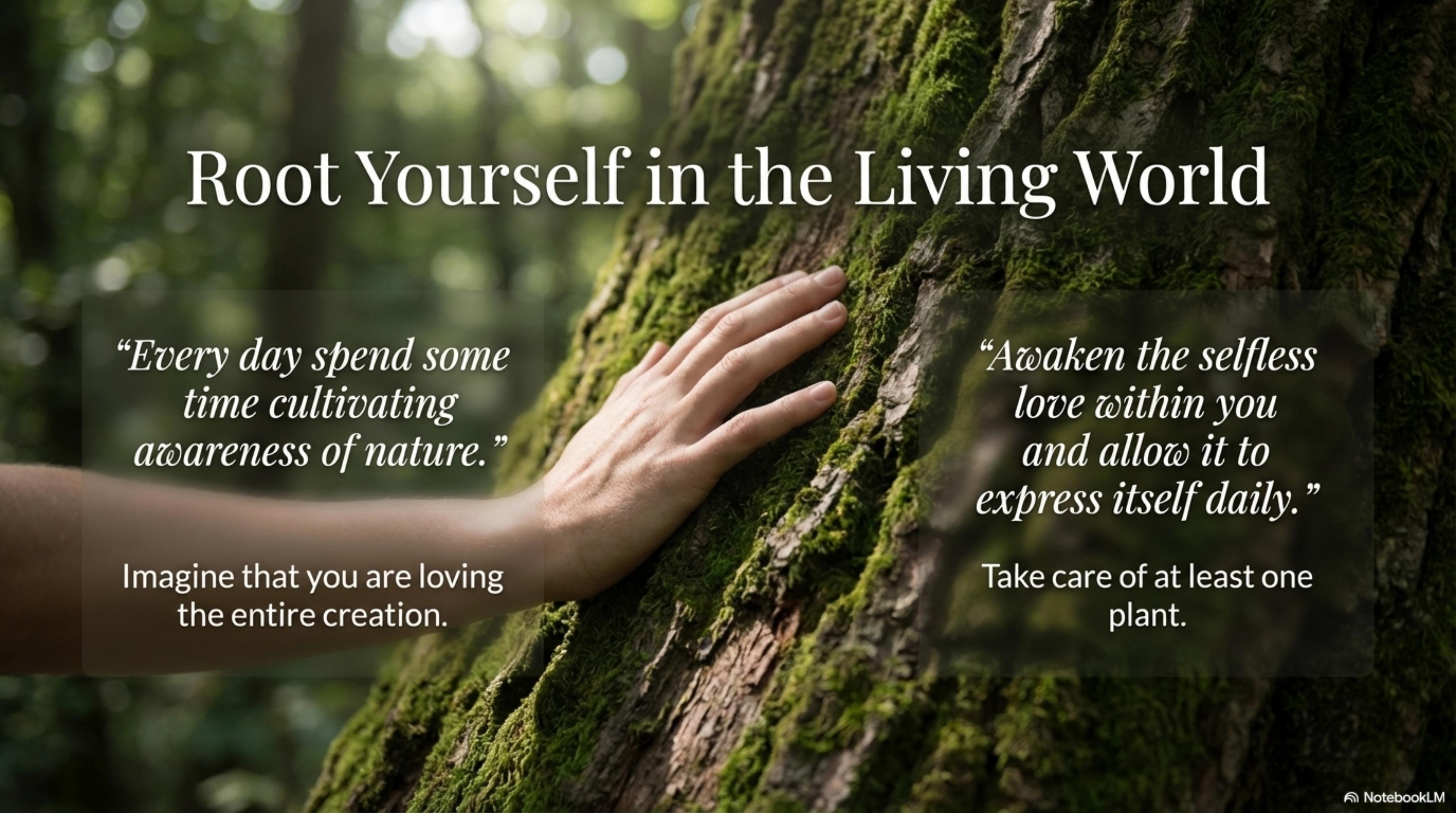
***“Since time cannot be saved to use in the future, use it with utmost care.”***

Create a daily routine / schedule and follow it sincerely.

***“Place greater importance on what you have given rather than what you have received.”***

Use natural resources carefully and responsibly.

# Root Yourself in the Living World



*“Every day spend some time cultivating awareness of nature.”*

Imagine that you are loving the entire creation.

*“Awaken the selfless love within you and allow it to express itself daily.”*

Take care of at least one plant.



## Part II: The Inner Realm

### The Dedicated Work of Self-Mastery and Introspection

With a strong foundation established, the **most vital work begins within**. It is a daily practice of awareness, refinement, and discovering our true nature.



# Excellence Is a Daily, Conscious Practice

“Compared to yesterday, try to bring a little more maturity and excellence into at least one aspect of your life today.”

“Every day spend at least a little time performing your actions with complete awareness.”

A photograph of a man standing on a rocky shore of a lake. He is wearing a dark long-sleeved shirt and dark pants. He is looking down and slightly to his left with a contemplative expression. The lake is calm with some ripples, and there is a thick layer of fog or mist over the water, which reflects the light from the rising sun. In the background, there are trees and hills. The overall atmosphere is peaceful and reflective.

# Look Within with Honesty, Gratitude, and Responsibility

*“Write down your negative tendencies and shortcomings...”*

Set aside one specific day each week to consciously work on controlling each one of them.

*“Cultivate Gratitude for the good you have received in life.”*

Take responsibility for your own mistakes, hardships and losses.

# Discover the Unshakeable Stillness Within

*“When praise or insults, victory or defeat come your way, reflect deeply...”*

**...and remind yourself ‘In truth,  
I’m beyond all this’.**

*“Each day, spend a little time  
remembering the form of the Guru.”*

**Then sit quietly and observe  
your own inner nature.**



# Part III: The Outer World

## Extending Inner Wisdom into Your Words and Actions

True growth is not for ourselves alone. It finds its ultimate expression in how we engage with the world and contribute to the lives of others.





## **Meet the World with Understanding and a Forgiving Heart**

“Awaken the selfless love within you and allow it to express itself daily.”

“Cultivate the virtue of forgiveness.”

Correct them with understanding. Just as when a child makes a mistake, adults know that it is due to its ignorance and guide it gently.

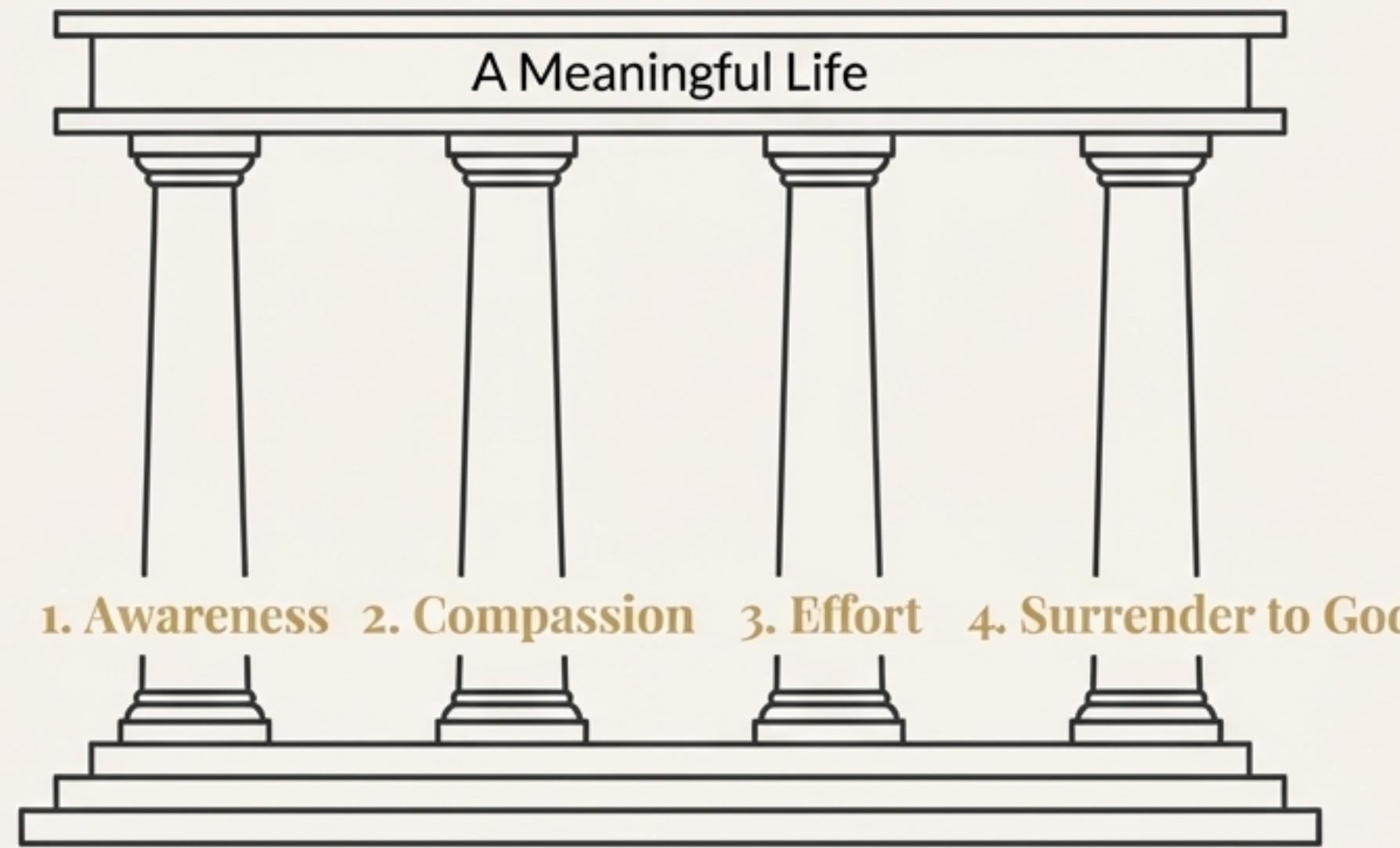
# The Art of Navigating Human Connection

- **Practice Humility & Simplicity:** "*Respect the view of others and move forward through cooperation.*"
- **When to Be Patient:** "*There will be times when cooperation is impossible... remain patient.*"
- **When to Step Aside:** "*If you see that continuing will only weaken you, there is no harm in stepping aside...*"
- **The First Step:** "*First stand aside and look into yourself. Then perhaps acceptance of others may be possible.*"



# The Four Pillars of Lasting Transformation

For internal and external transformation, four principles are essential.



When these four come together, it will mark the beginning of some beautiful chapters in our life.

# The True Resolution Is to Keep Trying

You may fall. If you do, do not lie there lamenting. Make the effort to rise again, cultivate that spirit and attitude.

Every one makes resolutions for the New Year, but only a few follow them.  
Let it not be so for you... keep trying continuously.

A wide-angle photograph of a mountain range during a sunset or sunrise. The sky is filled with dramatic, orange and yellow clouds. In the foreground, dark, silhouetted mountain peaks are visible. As the eye moves towards the horizon, the mountains transition into a lighter blue-grey, and the sun is seen low on the horizon, casting a warm glow. The overall atmosphere is serene and inspiring.

**Awaken yourself,  
Uplift yourself,  
Help others rise as well!**

May the New Year be the one in which peace and happiness sustain across the world. May we be able to realise a meaningful 2026—one that brings us closer to our Goal.