

HAPPY HEALTHY NEW YEAR

Music & Lyric by Joy Katzen-Guthrie

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May this healthy, happy new year find your thoughts all warm and bright,
Live joyously this moment and each day for you will feel just right.
May this healthy, happy new year bring contentment all year long.
As your heart is filled with laughter, let your life be blessed with friends and song.

May the mornings bring you wisdom, the night hold no regret,
May you always know the peace of mind that all your needs are met.
May the sun bring warmth and beauty, and on days when there is rain,
May challenges roll off of you like droplets down a window pane.

May this healthy, happy new year lead you to insight day by day
And your lips sing out with gladness of all the good things to come your way.

Live as if there's no tomorrow, loving everything you do,
Each moment as a birthday gift, a treasure just for you ...
May you find your work fulfilling, fueled by diligence and drive.
A blessing of prosperity and thankfulness to be alive.

May this healthy, happy, new year allow ambitions to unfurl,
With the knowledge that your vision and all that you do has changed the world.
May this healthy, happy, new year inspire you deeply from within,
That you feel the truest Oneness and Spirit of Love you've always been.