

Message from Spirit for Group
Jolene Brackett
January 22, 2026

As with private clients or groups, I always open myself up and ask Spirit to use me in the highest way to serve people. I'm open to being a conduit for what Spirit wants you to understand.

This is what came through today. I took some notes so I wouldn't forget.

They're saying your message — or if you want to call it your theme — actually, before I even get into that, do you already have a theme established for this year, Dona?

Dona

Yes. Mind, mastery, and inner peace.

Jolene

Okay. This will tie in very well — without even knowing that.

Because what they said is that your theme is about alignment over action.

2026 is asking you to decide who you're going to be. It's asking you to be available to what is already arriving. To become aligned, personally.

I asked Spirit today about the universal number of 2026 being a 10 — also a 1 — with 10 representing Spirit. They said that because this group focuses on Spirit, the quantum field, and expanding beyond the physical into the cosmos and the universe, there will be people on the planet who receive the power of 10, which is Spirit.

So they want you to think about this year as Spirit first, self second.

What you're doing this year is not about action before alignment, or leadership before listening.

The 10 becomes a 1, right? So you'll hear people say, "2026 is all about leadership and new beginnings." And yes, that's the universal year — but your personal numerology also ties into it.

What they want you to do is listen first. Incorporate the messaging coming through into your physicality before you put it out into the world, before you take action, before you step into leadership.

Everyone in this group — and I'm getting goosebumps as I say this — is going to be a channel for information and leadership. It may not look the way I do it. It may not look the way Dona or Mike do it.

It may be you connecting with your family, your partner, your business — in a different way.

But the point is this: receive first.

Your presence with Spirit should be felt before direction is taken.

That looks like your morning connection — being aware of what you're receiving.

Jolene

You may feel quieter, or a sense of stillness. If you've been feeling fatigue, it's not what it used to be. It's a recalibration.

I experienced this personally when I had a virus. It lasted four days, but it completely

eviscerated my energy. Spirit said that when fatigue happens now, it's because you're shifting timelines. Your identity is changing, and your body has to recalibrate to a new frequency.

That stillness you're feeling is alignment.

If you experience confusion, they say that's your new identity coming online. It's reorganizing your energetic field.

You might feel like, I don't even know who I am anymore. I just want to go back to who I used to be.

We all get there.

When I was sick, I kept thinking, I just want to go back to the gym. I want my routine back. And every time I fought the recalibration, it depleted me further.

Spirit wants you to know that if you push your agenda this year — even if you planned everything — you may find nothing works.

That's because you're being asked to ask:

Who am I going to be when I open myself to receive the true essence of what my soul came here to do?

Jolene

Spirit has said for years that the greatest conflict humanity faces is who the soul came to be versus who the ego was told to be.

The ego is shaped by parents, lineage, culture, religion, education, gender — all the "shoulds."

When you align with your soul — which is what's happening this year — your identity changes.

Your ego will fight you. It will say, I'm helping you survive.

That resistance can also create fatigue.

But remember: this is recalibration.

This is about having divine faith — not falling into fear.

Jolene

They gave me some questions. These will be on the recording, but I want you to close your eyes now and see what comes up.

Take a deep breath.

First question:

What am I being asked to slow down and stay present with this year, instead of trying to move on from it?

Don't edit what comes up.

Second question:

Where in my life do I need to be more honest with myself, rather than trying to fix or improve it?

Third question:

If I trusted that things are unfolding in right timing, what would I stop pushing, rushing, or fearing right now?

If you can, write these down. If not, return to the recording later.

These questions are showing you how to begin the year — and how to let go of the old identity.

Jolene

Spirit wants you to dissolve, not resolve.

Resolve means bringing something back to fix it. Dissolve means letting go of the frequency entirely.

Your work this year is making space for what wants to move through you.

Spirit wants to move through you — as a catalyst to expand human consciousness.

I get emotional when I say that, because the world is suffering. Everywhere.

This isn't about right or wrong. It's about holding compassion for all beings — allowing people to experience their chosen lives without needing to correct or control them.

Jolene

They're showing me an image of the crystal skulls — energetic grids planted on the Earth to shift consciousness.

There are people now who serve a similar purpose.

When you allow yourself to be a conduit, you shift timelines for humanity.

The question becomes:

What frequency can you hold without collapsing yourself?

Your third chakra — your personal power, your gut — may feel activated. What you think is anxiety may actually be your body uploading a new frequency.

The practice is learning how to hold it — without running back to comfort, certainty, or hiding.

Jolene

You are not here by accident.

If I'm here with you — and I'm just the glass the water is poured into — Spirit called you here.

Your presence is designed.

When information comes to you, it's something you already designed in a timeline your ego wasn't aware of.

Now the question is:

Who will you be available to become this year, when you choose alignment before action?

Jolene

I'll share one last thing.

At the start of January, I had all my plans. Then on January 3rd, I woke up with a high fever that lasted days — and my energy was gone. Completely gone.

Spirit said: Now is the time to curate your energy.

What you choose is the identity you become.

So part of your journey this year is choosing what you receive and what you give to.

My word this year is peace.

And I practice that — even while driving.

Your energy is your identity.

How you curate your energy is who you choose to be.

So — any questions or comments before we move into the next step?