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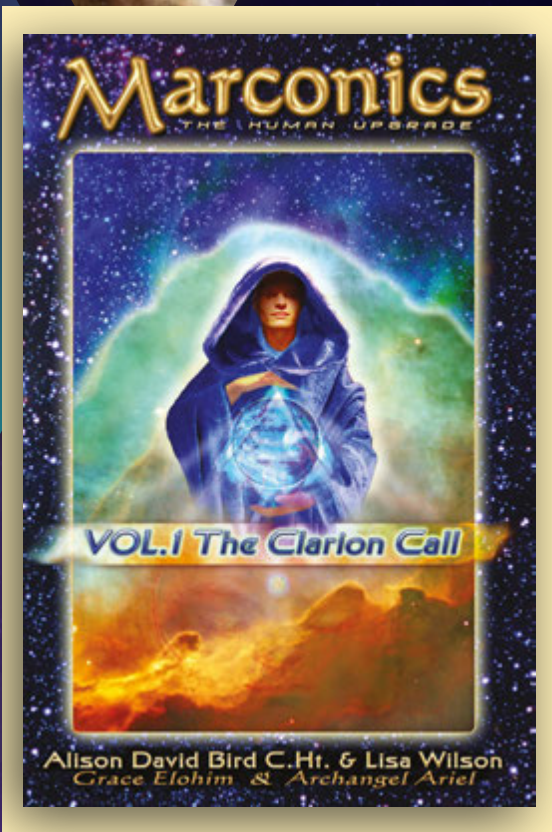
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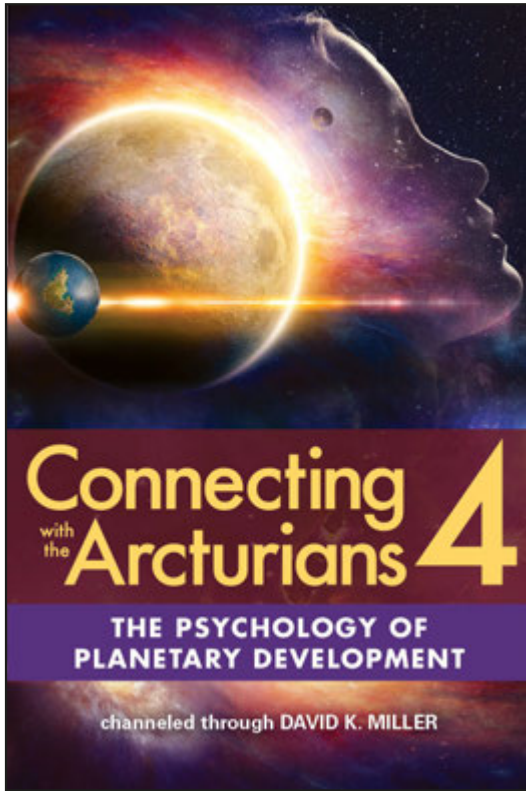
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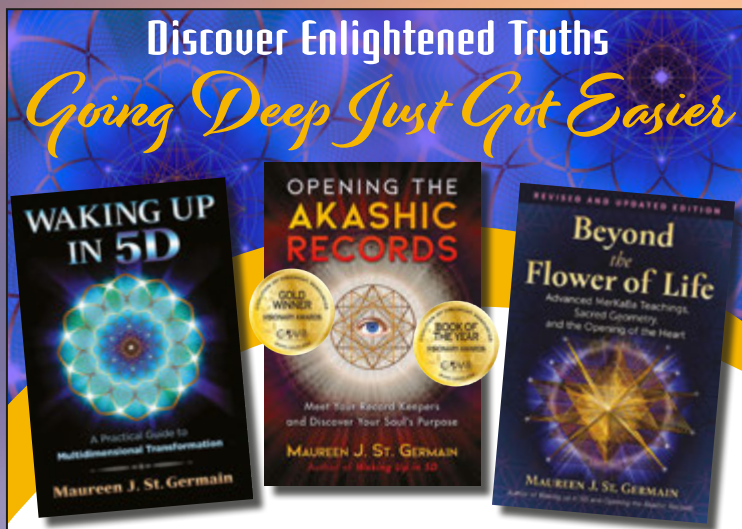
The Galactic Heritage Cards were originally created to help people learn about their extraterrestrial connections beyond this life and the lessons brought to Earth from the stars. The wisdom they reveal works on both the microcosmic level (the human self) as well as the macrocosmic level (the big picture of the human and galactic collective). With sometimes shocking precision and insight, countless clients have said the cards present a mirror in which they can see themselves and all of creation with stunning clarity.

Are you hesitant to dive in and learn this system of insight? Or do you have the cards and don't know where to start? With knowing galactic history on top of learning a new card system, it can seem daunting. This is why Lyssa has created a card tutorial channeled by Germane available free on YouTube.



By watching the videos, you will not only **learn about galactic history** but also **gain confidence in using the cards** for yourself. These card tutorials are located on the YouTube channel called SOLi School | Lyssa Royal Holt at <https://www.youtube.com/channel/UCeuLbnOjJBUfqm2KEqkPLA>.

Start with the short "Intro to the Galactic Heritage Cards, Pt 1" video and work your way through the cards (each video explores 4 cards). **By immersing yourself in these channeled videos, you will absorb much of the energy of our galactic history that can assist you to work more deeply with the cards.**



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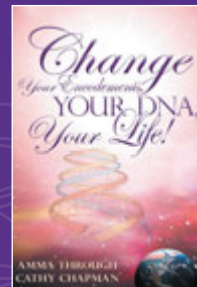
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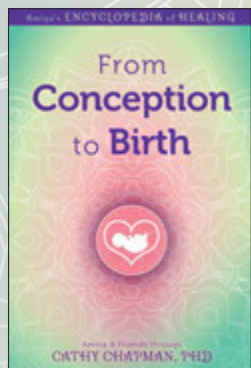
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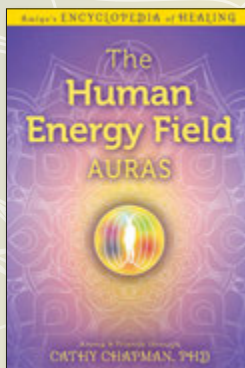
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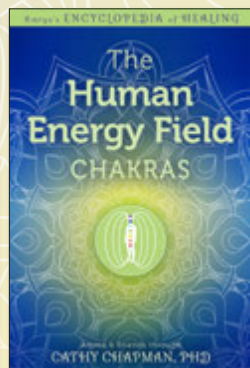
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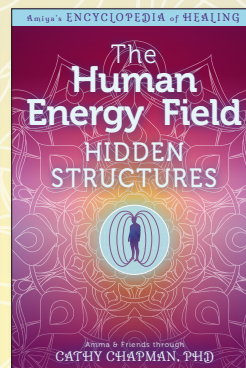
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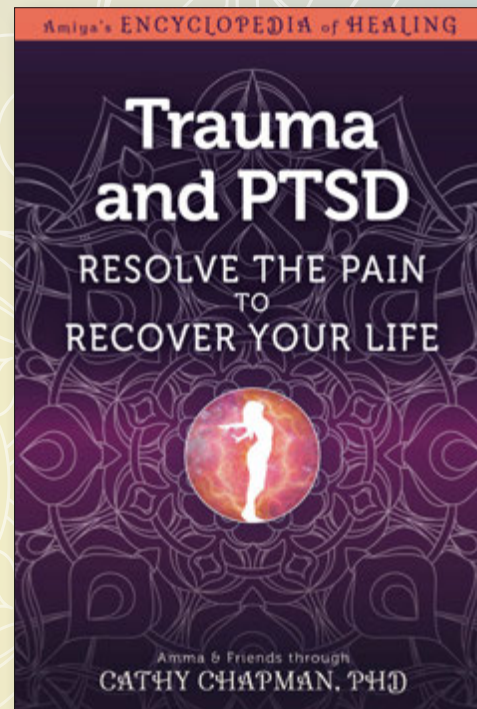
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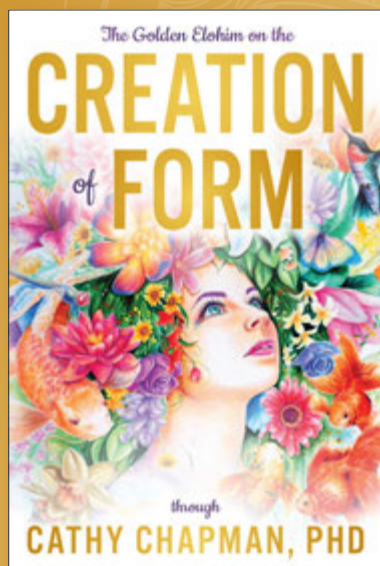
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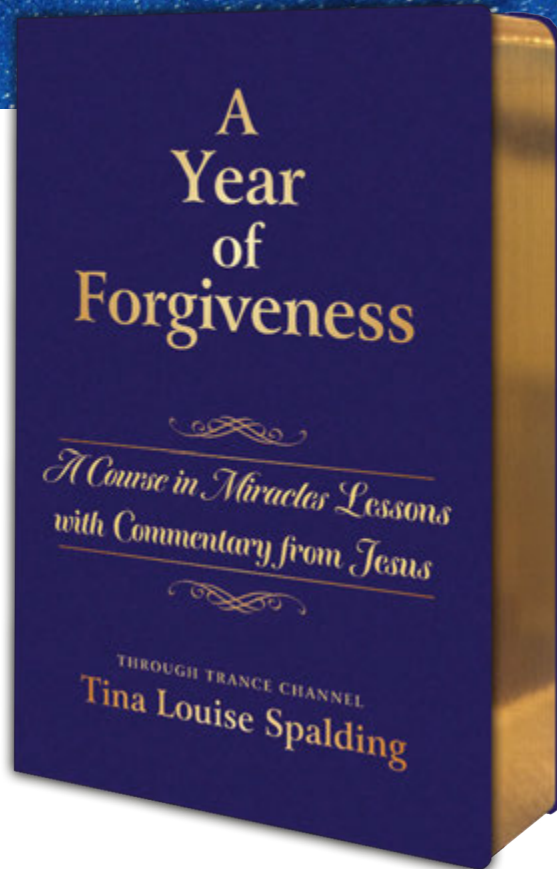
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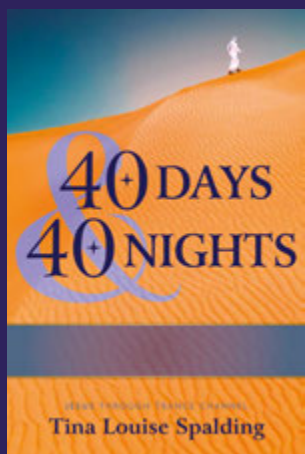
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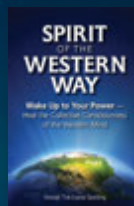


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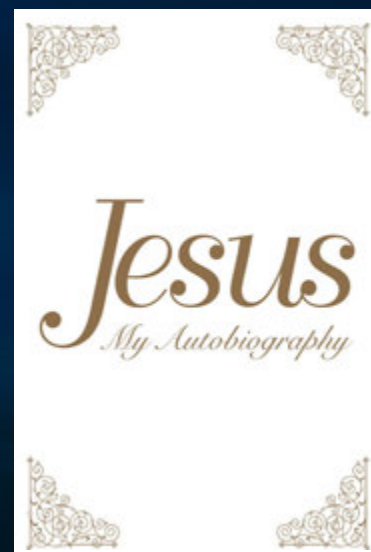
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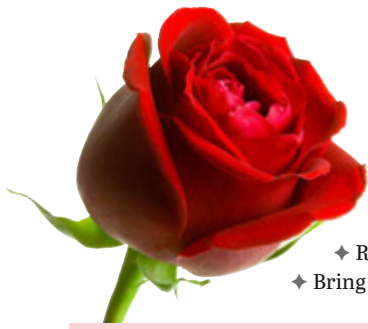
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A Plea to Scientists

Kryon through Lee Carroll

11 October 2020, Tucson, Arizona

Greetings, dear ones. I am Kryon of Magnetic Service. Questions have often been asked: “When you channel, is the entity being channeled [Kryon] aware enough to know where you are? Does spirit know what’s going on, or does channeling represent some kind of disconnect? That is, do you somehow bring in the entity from the other side of the veil, and is it in a kind of a bubble of sacred reality where it doesn’t know what you are experiencing?”

This entire question comes from misinformation about how God [Creative Source] sees you. The beautiful, magnificent truth is this: Known by God you are, in a way that you can’t truly imagine. “Known by God” means that all the things you are going through are felt and known. And the beauty of this is that it’s not just the difficulties, dear ones. Spirit is not here just to help you through difficulties. Spirit is here to celebrate all life experiences with you, and I want you to know that. When it’s time to laugh, do you realize just how healing and comforting that is? Don’t you feel the smiling creative energy of Mother/Father God with you when you laugh? When you are celebrating something specifically wonderful for you or for others and you’re in a space where you’re relaxing and having a wonderful time, we are there.

Spirit Is Right Beside You

Spirit is right next to you 24/7. Spirit loves you and, during those times when you need help, that’s when the outstretched hand of spirit will be there. If you choose to take it, that’s the free will that we speak of all the time. There are many who have been trained out of this reality. They believe they have to “climb stairs,” go to a certain place, say certain words, or behave in a certain way for the Creator to pay attention, listen to them, or grant a wish. That idea is completely and totally human-made, dear ones. It comes from your hierarchical structure of how you might speak to your royalty or Human

leadership, as in how many officials you’d have to go through to talk to the boss. That’s not the way it is with spirit. There is no hierarchy, only love. Creative Source, which created the universe and the heavens and all that you see, knows your name.

Something is happening on this planet that will change the way you think. We have said this before. We have told you there will be an opening of enhanced knowledge, and part of the opening will be the revelation of the validity of multidimensional energies as everyday science. You might even call it the multidimensional effect.

Humanity thinks a certain way, often for protection. It’s an unconscious perception of being protected from false things and relates to social survival. It comes from a long-term consistency of things being a certain way on the planet and, therefore, accurate and correct. So far so good.

There are many hidden biases, however, even among those who say they are unbiased, and it happens from the unconscious training that a Human receives since birth. It happens because those you respect and love taught you certain things and showed you how things work in your culture. This includes what you learn from your family growing up, throughout school, your church, and from peer relationships.

Over time and revelation, if you find proof that some of those things are very different from what you learned, there is often a confusion of logic and even dysfunction. Whereas many now see the reality of a revealed truth, they do not wish to participate in it. Instead, they want to stay with what they were told even when it has been proven false or incomplete. To do otherwise would almost be a betrayal of those who did their best to teach them this truth. There are hidden biases in many areas, especially science.



The Balanced Physicist

I'd like to introduce you to the balanced physicist. Those who come out of high physics know from the beginning that there is much more to reality than what the planet knows. There is much that has not yet been revealed. There is an acknowledgment that scientists don't know everything, and they see profound experiments that have results they don't fully understand. From the beginning, even in the teaching of physics, they see classic examples of things that don't work the way they should in 3D. The double-slot experiment of light is a good example. This is a very simple and old experiment showing that light can be in two places at once. It also asks a question about particles versus waves and the mystery of when the change from one to another occurs.

This is something beginner students of physics learn in their first courses. It opens a door in their teaching that comes from their teachers: "We don't know everything, so whatever we teach you is only what we believe we know today." A good, balanced physicist will always acknowledge that there is a great deal that humanity doesn't yet know. These scientists are very interested in the things they observe but cannot explain. There is full acknowledgment that there is much to learn about how things work.

Most of you will say that this is a very good thing, especially for a high science like physics. However, even with this great attitude toward the unknown, there is a bias: "Don't mess with the current laws of physics." In other words, laws of physics are golden. They work and have been proven time and time again. Among such scenarios are the laws of Newton and Kepler. These gravitational rules have worked for decades in some of the most highly developed science on the planet, such as space exploration. Those formulas have allowed humanity to leave this planet with probes, land on other planets, and even land on asteroids. That is the absolute validation of Newton and Kepler, that the formulas are proven, in stone. They never change, and they work.

The Challenge

Here comes a scientist with news: "I have evidence of a new law that would be very different from what Newton said." What do you think would be the reaction from most scientists? Would it be, "Wow, tell me more!" No. Instead, what they might do, and what they have done, is slam the door hard, and say, "What we know works well, so don't bother us with anything else."

This is the exact scenario that happened in the 1970s with astronomer Vera Rubin. Her discovery was called "a problem" because her ten-year galactic measurement findings did not follow the known laws of gravity as described by Newton and Kepler. So rather than enhance those established laws, scientists said there obviously

had to be more gravity that affected them. They invented dark matter to make things fit. The thought that perhaps they should alter those sacred laws did not occur to them. Later, Rubin objected and didn't accept dark matter at all. She believed she had discovered a new theory of gravitational attraction at large distances.

In one area, they say, "Tell me more because we don't have the answers," and in another area, they say, "Don't touch what we have learned." This is classic and common. What you're taught in school is what you cognize for life as the way of doing it, and nothing can change it.

Advice to Scientists

My advice to any man or woman of science is this: The laws that you've learned, the things that you know, consider them as the primer science of your reality. When other things are revealed that seem to change these ideas, understand that they do not negate what you've learned. Rather, they enhance it and make the laws bigger and more complete. New findings make current understandings more profound and more elegant than they were.

In Rubin's case, what if the laws of Newton and Kepler were just the basic ones? What if they are simply the default? What if these basic laws change with dimensional awareness? What if, as you study the universe, you find out there is something you can do that can actually alter these laws? Would you then object as you do now? Physicist, would you alter mass if you could, thereby changing the laws around it that you learned? Most of you would say, "Of course we wouldn't object. It's science. But you can't alter mass." Really? Who told you that? What if mass itself were simply a default that was alterable?

There are discoveries to be made that will take what is known now from Newton and Kepler and bring it to the next step using multidimensional energies. This will result in keeping what you've learned but enhancing it to relate to a larger reality than you knew existed. You might think this would be very exciting to the world of science, but the unconscious biases keep an entire planet of physicists from straying away from what they learned. That is what we speak of in these moments with you now.

What You See Is Not Complete

Thirty-one years ago, when I started channeling [through Lee Carroll], I presented something that has been my mantra to you ever since: You live in an energy that you feel is real, but it is not. It is a fraction of what is actually there.

Reality for me is defined as: The state of things that actually exist in a complete form. That includes all the dimensions that exist and attributes of dimensions that



JAN TOBER is an International speaker, healer, and facilitator. She is co-author of the best selling *Indigo Children* series *Hay House* books, having introduced the very term *Indigo Children* along with Lee Carroll in 1999. Co-creator of the *Kryon* work, she travels with Lee internationally, bringing her healing voice to thousands.

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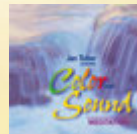


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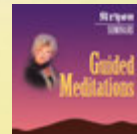
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you don't see or know about yet. It includes all the unseen but sensed attributes of everything around you. It includes all the dimensions that make up the whole of all matter everywhere.

Your world is in color, but you currently are seeing it in black and white. I gave you a statement some time ago that received a lot of pushback [criticism] from many people. I said, "The rocks are alive. Elementals live within them, in Gaia herself, and in the grid system too. Everything has an actual consciousness that knows you, and you call it Mother Nature. The rocks are alive."

Many were disappointed in this statement, since I didn't follow their reality: "Well, now you've gone too far, Kryon. The rocks are not alive. Obviously, we've tested them and there's nothing there." Do you see the bias? Of course they are not alive if you test them with a technology that can only reveal 4D attributes. That's all you have; that's all you know. Can you test multiple shades of color with a black-and-white test kit? Actually, you do all the time. Then you proudly announce the results of your black-and-white tests, and you say, "No, it cannot be 'this' or 'that' because of current scientific evidence."

Imagine that a scientist from the 1950s comes to your town today testing the area for TV broadcast transmissions. He will proudly announce: "There are no transmissions for TV in your area, and only a few

for radio. The air is clear of almost all transmissions." Meanwhile, he missed all the cellular, Bluetooth, Wi-Fi, drone, satellite, and GPS location signals. He also didn't know that, in your culture, TV no longer is transmitted the same way as before. Are you getting the picture? (no pun intended).

Your reality check is biased. You're testing color with a black-and-white kit and you don't even know it. You cannot see what you haven't discovered yet. So when it starts to happen, what do you do? This is the crux of the new debates in science.

Consciousness Is Energy

Your mainstream scientists are going to know soon that there are things beyond what they expected. Here is an example of how biased humanity is: As recently as 200 years ago, things that would show themselves as multidimensional were labeled witchcraft. Back then, when you found a reality that didn't line up with your beliefs, you made it evil. That is still with you, by the way. I won't say much more about that, but it is part of what is coming: The more enhanced, divine energy starts to show itself, the more fear will be developed by those who have no idea what the love of God looks like. The masters of old did amazing things. But if anyone today does any of those things, it is branded as unscientific.

Dear ones, get ready to see proof of your magnificence. What a world you live in!

Years ago, doctors and researchers started to look at DNA differently. Physics and biology haven't really been something that your planet studies together. They are seen as separate disciplines. In colleges today, you see the buildings where you study the protocols, and they are separate. Earth sciences are separated from physics, which is separated from biology.

However, there is change occurring. Even in some of the descriptions of what people study, we get a hint as to what their protocols have become. An alliance between physics and medicine is starting. Have you heard of quantum biology? That is now a field of study, and it's a big one. Biology has a multidimensional component. Over thirty years ago, that was shown.

Light is seen as multidimensional, and that is why it can be in two places at once. Some experiments with light and DNA reveal that the DNA molecule reacts to light differently than other matter. Some have postulated that anything that is overtly multidimensional (such as light) will then be attracted to anything else multidimensional — enter quantum biology. Dear ones, DNA has a multidimensional component.

How many medical experts today, and those who teach, would give you this information? How many professors and doctors would say, "Tell me more, because this is what we have been waiting for"? Medicine, to this day, defaults to black and white. As complicated and pristine you might think your biology is, it's simply the default.

Allopathic medicine is born: "Push 'here' with this chemistry and something reacts, so in order to cure disease, let's invent a chemical that pushes body chemistry the way we want." Unfortunately, the "push" is often not isolated to the disease, and side effects are always an issue. It's not a good system, but it's been the main one until now.

If you start to understand the multidimensionality concept of your biology, you realize that certain energies can also affect disease, the Innate, and the overall body intelligence. In the past twenty years, new studies have revealed that consciousness must be considered energy. Therefore, consciousness might be a healing modality — a big one.

How long has homeopathy been with you? Homeopathy, in general, has been dismissed by the American Medical Association as something that "doesn't work" [JAMA, October 2009]. The report says it can't work. (Here we go again.) Basically, the report says that tests have shown that a tincture in a homeopathic remedy has too few parts per million to create any chemical reaction. Therefore, your entire medical industry has debunked it. Yet, oddly enough, for hundreds of years, and all through

European history, it has worked. How can that be? It works because it carries an energetic signal from the remedy directly to the multidimensional portions of your biology. Your DNA and even your blood see it, but it has no chemical reaction. The tests are trying to evaluate color with a black-and-white test.

Healing Is Multidimensional

The innate process of your body is a multidimensional process that can be muscle-tested and will react with the energy of consciousness. All these things are being seen, used, proven, and tested, but there's more.

What if, in the multidimensionality of your DNA, there are patterns of energy that tell a story? This is where multidimensional science completely departs from anything linear. It's not simply another chemical component of DNA. It's not simply another linear part. Instead, it's expansive, it tells stories, it has patterns, and it holds secrets and truths. All multidimensionality is this way, as the surface of the ocean with a gentle wind. It all has patterns based on what is affecting it. This is very hard to explain, since you haven't seen it yet. It's as a template. It tells a story and sets a mold more than just of the cell. It might tell a story of your lineage and of your magnificence or even of your creation. These are the things that will begin to be seen in the New Lemuria [the upcoming energy of Earth], and you're going to start seeing it in medicine.

The medical doctor Dr. John Ryan is a practicing physician in a busy hospital in a busy city. He has had the very multidimensional revelations we have spoken of. He knows that the DNA carries libraries of stories for every Human Being. If you ask him, "Doctor, what has happened to all your training that says none of this is true?" he will say: "My training is valid. However, what I have discovered goes beyond it and enhances it. My esoteric discoveries do not void what I've learned. They magnify it."

These are some of the things I am telling you to look for. Men and women of science, be open for things you don't expect. There is more here than you know. Do not hold on to what you have been taught in the past as the ultimate and absolute truth of everything forever. What you have been trained for will not be erased, voided, or seen as bad. Instead, all that you know will be seen simply as the elementary building blocks of so much more. Be open to the rest of the story. If you are, you'll find yourself right in the middle of a new and more complete science, and that's the beauty of the New Lemuria. And so it is.

Lee Carroll is the author of twelve Kryon books and coauthor of The Indigo Children, An Indigo Celebration, and The Indigo Children Ten Years Later. It was in 1989 that a psychic told him about his spiritual path; three years later, an unrelated psychic told him the same thing! Both psychics spoke of Kryon — a name that almost nobody had ever heard. To learn more about Lee, go to his website, Kryon.com, or contact him at 1155 Camino del Mar, #422, Del Mar, CA 92014 or kryonemail@kryon.com.

A Well of Purity

Alison David Bird, the Fully Integrated Avatar Grace Elohim



The time matrix of Earth is a feedback loop: a self-correcting system that you populate with the energy of your thoughts, words, and intentions. You project the reality you perceive on to the collective.

You arrived here with higher vibrations and purer hearts. You were able to shape your reality with only your highest visions and expressions gathered over numerous experiences elsewhere. You have always had the ability to create your collective heaven here and to sustain your projection of the garden through the simple purity of your desires.

Free will was given in the belief that you were pure enough to always make the highest choices. It was believed that you could master and govern yourselves with pure motives. But the density of the Earth experience, separated from All That Is, gave way to feelings of loss and detachment. Darker thoughts took hold and began to seep into the matrix, redefining the landscape.

The well of purity was tainted and poisoned by fear and negativity and corrupted by interlopers and invaders. The matrix adjusted to these mirror-changing conditions as they affected the particle waves that form the unified field.

The Earth Experiment Is a Success

Has the Earth experiment been successful? An experiment is a collection of potentials that collide to form a new paradigm. Source does not judge creation by success or failure. Creation can be a messy business. When duality and density are part of the equation, too many variables exist to determine the outcome at the onset. If the outcomes were known, it would hardly be experimental.

Given the constraints, conditions, independent, and dependent variables compared with other experiments in the universe, the Earth experiment has indeed been successful. Don't view the world too harshly. Much of what you see here is necessary for the deconstruction of this phase of evolution. You can trust that nothing is wasted. Everything has a purpose. A forest fire purifies and leaves nutrients for rebirth. Flood waters recede and neutralize negativity locked beneath Earth's surface.

Many experience the closing of life cycles in what seem to be cruel ways, but really they simply choose to circumvent further life experience in a three-dimensional paradigm and seek ascension via spirit realms.

This enables them to continue to raise their vibrations in the finer densities of astral planes. They work toward their ascension, which might not have been achievable for them in this incarnation.

Many choose to work from the spirit realms to support those they love as they are guided toward their own evolution.

There is still time, and there is still hope. Clicking your heels together while thinking good thoughts about home and holding the vibration of love and joy at the thought of bringing all you desire into fruition — this is the way that change can be achieved. Frequencies influence the field of potentials, and the matrix adjusts and mirrors these back to the collective.

Manage Your Ascension Symptoms

Burning Hands

It has been normal for us as healers to draw down life force energy from the morphogenetic fields around us and consciously direct it out through the palms of our hands to facilitate healing. Those channels are well established in the 3D body template.

As we activate our DNA and higher templates, we access higher dimensions of cosmic energy and draw on greater quotients of light-encoded frequency. The newly evolving body template forms new energetic pathways in our arms and hands to send healing and vent excess energy as neuropathways conduct exhaustive levels of bioelectrical current.

In Marconics, we assist this venting process by removing the chakras in the palms, which improves energetic flow. This implant removal can open up new pathways that haven't been in use for eons. They are similar to rusty old pipes full of toxic debris.

A sudden flow of incoming frequency can be so forceful that if there is any resistance in the hands and fingers due to damage such as arthritis, carpal tunnel syndrome, or healed breaks in the bones of the fingers or wrist, the energy backs up and pools in the hands and fingers, causing painful symptoms.

The inflamed and swollen joints of the hands can mimic the onset of rheumatoid arthritis. It can be

difficult to bend the fingers or the thumbs, which feel as though stuffed with cotton wool. Hot, itchy digits swell up as overstuffed sausages. The pain can be severe for some and milder for others. As with all ascension symptoms, each person assimilates energy in a unique way.

You might encounter some of the following symptoms:

- excessive heat in the palms, fingers, and thumbs
- inflamed, red skin (might also be at elbows)
- incessant itch (don't scratch or your hands will be raw)
- joints feeling stiff and painful
- swelling in fingers and palms
- red pin-prick rash against blanched skin
- difficulty making a fist
- peeling off of thin top layer of skin, leaving shiny, new patches
- loss of fingerprints

These are some suggested solutions:

- Seek acupuncture treatment (gold needles only).

- Immerse hands regularly in a bowl of water with sea salt and ice.
- Hold grounding crystals, such as citrine, in each hand.
- Remove rings and bracelets. Even metal or silver necklaces can cause energy blockages, or pooling.
- Layer cold yogurt on palms and fingers and leave to dry.
- Lather your hands with neem or coconut oil blended with cooling peppermint and lavender oil, chamomile, or aloe.
- Put the oils on at night and sleep with cotton gloves on.
- As it heals keep the new, papery skin moisturized.

Alison David Bird, CHt, is the coauthor of *Marconics, Volume 2: Angels of Atlantis and the avatar Grace Elohim. A creator-level oversoul, Grace is fully integrated within Alison's biological vehicle. They do not channel conventionally. Information is transferred via kelontic data streaming. Alison, a former medical journalist, finally accepted her role as a psychic healer in 2008. In 2012, she was contacted by Pleiadians of the GFL, and in 2013, she was bestowed with Marconic Energy, for which she has been custodian over many lifetimes. To learn more, go to Marconics.com.*

Embrace the Cause of Freedom

Mahatma Gandhi, Mother of Light, Shockara Starbeings, and Grandfather Shaman of Mesa Verde through Blue Turtle

Mahatma Gandhi: Beloved children of God, you grow in my heart every day as I see you make wonderful strides and progress in bringing into the world the equality that has for so long been delayed and denied. The evil forces working to keep the status quo for humanity do not want to give up their tight control or stranglehold. Yet, you organize and unify to meet their awful energy with peaceful and continued protest. You show up in every way possible to finally bring systemic racism to its knees. It is time to take courage and hold each other up to stop racism in its tracks.

Arm in arm, hand in hand, and heart to heart, you make the greatest difference in the world. Your positive, healing energy motivates and fills the hearts and souls of your sisters and brothers who have been suffering terribly for years. They are grateful to you and working with you side by side to effect healing change.

The darkness cannot stop you. It will try to hinder, wound, and hurt you in your greatest vulnerability, but it cannot hold you back anymore. You look it right in the eye and call it what it is. It can no longer hide in the shadows, the darkness where it has been brewing for years.

There is incredible healing occurring where people

of all colors, walks of life, and cultures come together through you and your sisters and brothers to establish social, economic, and political justice. You have created such an outpouring of love, support, and power that you are changing history.

Through the years, the ongoing struggle for freedom and equality has continued with sweeping changes and sudden setbacks. The last-ditch efforts of the white supremacist status quo are working hard behind the scenes to take democracy away. This is the perfect time to act.

You cannot afford to let this opportunity slip away. There has been great momentum that should not be crushed in its intensity and urgency by nothing changing. Maintain your vigilance and persistence as you encounter rising opposition and oppression. Your evidence is the continuing retaliation in police brutality toward black women and men.

When I worked in India with many leaders of our movement to free the oppressed and enslaved Indian people, I appreciated the enthusiasm, goodwill, and devotion of the unified Indian people. All of us working hard and peacefully together against the violence,



hatred, and racism of the British commonwealth brought about our great success.

It was no easy task; far from it, as we were called to give up our lives if necessary for the cause of freedom for all. We were committed and stood steadfast against our common foe. We were not afraid to die in order for our people to live and our country to thrive.

I hope and pray to the Almighty God, the Atman, that you are as successful and fulfilled as we were. I hope that you can go the full mile to bring about your complete equality under the law and that your reconciliation can come to be. This is what is needed for your healing now. May God help you. I stand with you in solidarity for your full equality and opportunity.

Expand Your Capacities to Grow and Serve

Mother of Light: Beloved children of light, you no longer need to carry fear and worry in your hearts. Know in all your being that my spiritual colleagues and I are always present so that you feel safe and confident to pursue your potential and dreams. We hold you in our hearts and loving energy so that you can heal and be free.

You have been called to the most challenging situations and circumstances in the world because you are committed to the highest good and justice for others. You have answered the deep and responsible call to help others grow into their confidence and gifts so that they can serve from their expanding capacities.

What you have cultivated and possess inside you is actually what you share with others as you serve them. Life goes full circle as you learn, grow, and serve one another. I have watched you evolve into a beautiful and incredible being throughout your lifetime. It is an honor to be with you and work with you.

I have learned much from you as you have come into your gifts, wisdom, and blessings. While nourishing, guiding, and taking you by the hand, I have been blessed by your inspiration, persistence, and understanding. You know your worth now and who you are as holy children and instruments of the light.

Remember to always allow us healing energies to enter your precious sacred space and being so that we can assist and anchor you in unconditional love and light as you live and work. Call on us as you need, whenever you need. We are truly here for you in the moment.

I understand that many of you are being prepared for focused spiritual work where you will be tested time and again to see what you can do to bring about peace, joy, and abundance with others. Do not feel frustrated or overwhelmed when the road gets rocky or unsure. Know that we are present for you and will help you.

Ask in prayer and meditation for all that you might need at the time. You will always be given what you need

to help you. You are precious to me, and we are embracing you and keeping you safe. I have watched you all your life as you have grown and become indispensable to us as our physical instruments of light on Mother Earth.

You are moving out of a time of great darkness imposed on you, yet you are not fully free or relieved. There is a stifling, lingering element of oppressive darkness that still wants to erode and erase what you now steadily rebuild with others.

It is lurking in the shadows, desperately wanting to align with the disruptive forces it created before its toxic venom erupts into physical violation, chaos, and destruction. Pushed aside by good, it wants to keep the world on edge and maintain its lying power.

Know deeply in your hearts that you will succeed together with your love, joy, and well-being for and with each other. I walk every step beside you.

Your Healing Transformation Is Unstoppable

Shockara Starbeings: Beloved Earth beings, we watch very carefully as you undergo enormous changes in consciousness and discernment of energy. Evil forces do not want to give up their dominance, struggle, and perseverance to keep growing stronger in influence. They earnestly plan to keep you on your toes and paying attention to their distractions and chaos.

The powerful, sweeping changes that you have been part of and continue to effect throughout the world are reaping results. Organized and unified in purpose, you have just initiated vast positive shifts, which will come into place and grow. This is monumental in addressing what is needed in the world.

Nothing can stop your healing transformation of the dire circumstances that you have been confronted with. Social, economic, and political justice must occur and take central priorities in your lives. Your societies must be able to restore civility, reality, and care for one another.

Everyone is entitled to the same opportunities, possibilities, and blessings within the scope of your loving dream. No one can be held back or away from what is truly her sacred birthright for joy and well-being. Together, you can create love, happiness, and abundance for all involved.

We are present with you in the cosmos to help you find your way in spiritual and living consciousness to help you achieve your goals. Do not hesitate to call on us as you need in meditation and prayer. We can assist you as you move through the universe serving with your gifts and blessings.

Utilizing your merkavah, you can be part of our unified efforts to reach within to claim your full birthright within the cosmos. We will guide you in your soul and cosmic journeys as you are called by creation to serve. You will understand and know more how your internal

being and outer physical circumstances and being are interconnected and working.

What you have given up as ego and illusion will serve you well now as you pursue your true being and destiny. You will begin to see how you unfold within the scope of consciousness and what your rightful place is within the large picture. You are already deepening connections and relationships with like-minded others.

There is something that you still need to do to move your life abundantly in the ways that you are called to by creation. Ask for what you need from us, and we will readily help you find your way to what you want. There is nothing that will be kept from you in your earnest and heartfelt search.

You are ready to awaken to your full capabilities, opportunities, and capacities. You have been waiting for this moment for a long time. Now you move into the full energy of your awesome possibilities and potential. It is like the full moon leading you expansively where you want and need to go.

Know that you together, united in all your efforts for equality and justice, will manifest and steadfastly establish the transformative changes that you are committed to. Your combined strength, determination, and resilience will bring this all forth abundantly. You can meet the dark forces with the most powerful energy in the universe.

Helping Others Blesses You

Grandfather Shaman of Mesa Verde: Beloved children of the Creator, you are preparing to make great strides in your efforts to bring about monumental change in the world. I can feel your devotion, commitment, and expanding energy as you focus on what matters most to achieve. The Elders, Ancestors, and the Creator are supporting you in your concentrated envisioning to manifest.

You are ready to receive what is due to you as you have navigated the spiritual path through darkness to light. There is an incredible urgency for you to bring

forth your increasing gifts and understanding. The world needs your uniqueness, service, and calling as you help others in the most beautiful way.

Each of you will serve in the way that best illuminates your special and sincere talents and knowing. How you will touch others with the insights of the Creator as the Creator's instrument will be quite original and bring healing. You will move out of your own way to allow the loving light to come in through you to soothe, restore, and transform.

You chose this sacred path long ago. It has awakened you to new realms, new experiences, and how the universe actually works in terms of vibration and frequency. You can deeply feel within your holy temple how your being is uplifted and maintained by the healing energies of the Creator.

Once you get out of your own way, you will be completely provided for by divine energy. All that comes through you to bring comfort, relief, and blessing emanates from the Creator. You continue to learn how to allow this highest frequency of light and love to come through you in the most beautiful and comfortable way for you and the person you serve.

There is an incredible bounty in this work for all concerned. Each person you touch with this divine understanding and help will be changed for the better in the most perfect way. It will come through your moment of working together and continue to help thereafter. You are the conduit through which it works.

The people you help will also bless you and appreciate you as the instrument of this divine intervention and occurrence. They will feel very secure, safe, and relieved because they will feel and know the healing energies and information coming through you to help them.

You will also be blessed and healed in ways that you want and might not even be aware that you need. All aspects of this abundant, healing interchange and exchange will benefit everyone involved. It frees you from the poison and upset as it frees those you bring healing energy to, to help them through difficulty and strife.

The Mother energy works deeply with each of you in the different ways you need when you conduct healing energies in the safest and most loving ways for others and for you. Feel the love generated at the highest level so that peace, joy, and bounty can be restored one step at a time in the world. I walk with you in the Creator's light and love.

Blue Turtle, MDiv, MEd, has served the metaphysical community as an intuitive counselor and teacher for thirty years. He comes from an intuitive, maternal, Iberian-Serbian-Croatian lineage with his paternal line as founding Ashkenazi-Levite, caring for the female presence of God — the Shekinah — in the temple in Jerusalem. Blue Turtle shares a direct ancestor with Tutankhamen and Ramesses II, Pharaoh of the Exodus. You can contact him at mbarnett@tradenet.net or 215-256-8481.

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Our Evolving Consciousness

Robin Baldock and Greg Branson for the Peacemakers



America has been going through a period of destruction as cultural and even scientific norms break down. Consensual reality is shattering. You have entered a phase where those intent on destruction no longer have as much wind in their sails as they did previously. They are going out of fashion, and others, committed to building something more valuable for the future out of the ashes of their karma, gradually take their places.

You are working on the infrastructure of this new reality, which is more a psychic and mental construct from which the physical component can follow. You reinterpret your institutions to make them more meaningful for the world and to bring them more into alignment with your ecological realities.

Prehistoric humans lived in forests that provided everything they could possibly need. To them, it was a limitless existence because they knew what they had to do to ensure that it continued. For too long now, you have attempted to expand beyond the capacity of nature to renew itself and support you, and you have run up against the boundaries and limitations to what you can actually do. This leaves you no choice but to work in harmony with Gaia, who is dispensing tough love as any good parent should.

Gaia must not support you to be an errant child but rather teach you how to take on responsibilities as a fully functioning component of this great creation. It really is that simple. Moving to a new reality means letting go of the old certainties, or you will participate in your own destruction as many previous civilizations and cultures have in various ways.

Scientists and historians have tried to understand what went wrong in each case, but most did not understand that all civilizations have their seasons. Winter will inevitably come, as power decreases and it is time to move on.

Instead of rerunning their conflict karma yet again, your wise people are willing to bring the issues up just enough to understand what they mean and to use the energy generated to create a future based on cooperation.

Achieve Balance

As a species, you must be willing to go through this period of renewal and create a new kind of civilization no longer caught up in your long-standing concepts of failure. These date back to the end time of Atlantis,

when many restrictive ideas and fears were generated. They are also remnants of a former evolution in your political thinking where expansion at any cost was the way it was done.

Everybody wants more freedom: freedom of speech, freedom to carry guns, and freedom to act in various ways that do not serve the needs of the whole. It is easy to forget that whatever you create will affect others. There are always two sides to any situation that need to be balanced for everything to work.

American culture is very much about achievement. If you are not successful in worldly terms, there must be something wrong with you. This relates to the pursuit of happiness. Many follow this rather crude philosophy believing it frees them from responsibility. This must be replaced by a willingness to take responsibility beyond the needs of the self to serve the greater good.

The U.S. Constitution and governmental systems arising from it are mainly manifestations of your better impulses and beliefs and not something to get around. They should motivate your actions toward social harmony. If they are not doing this, you must collectively center yourselves to find deeper purpose.

Your new president needs to watch the current tendency to take things to extremes. When responding to protest movements, he must not overreact. Any extreme will always attract its complete opposite. Both austerity and too much money tend to increase inequality in different ways. The friction behind the scenes of inequality has a use in working through issues, but it might conceal what is really happening and what is needed for a lasting solution.

This is not a one-dimensional situation, as many autocratic regimes would like to believe, or a two-dimensional matter as suggested by your dual-party political system — two separate tribes arguing within themselves, and each is unable to communicate with the other. They listen only to their own preconceived ideas without hearing what the others truly have to say.

There are many beliefs and new understandings putting this confrontational approach and your basic systems under an intolerable strain, as this form of democracy is no longer adequate. You now need a plethora

of different views and a way to find balance among them. A many-party system is common in some European countries, but it is not easy to take on all views to ensure cooperation and avoid stagnation.

Find Fresh Responses to Change

All countries struggle to cope with the dilemmas of the times. None of this can be tackled simply by reinterpreting existing rules. While there is willingness within your current administration to do things differently, without adequate support, the president will not have the courage to make the unpopular decisions that are necessary. Many around him who are meant to encourage his leadership qualities are actually wedded to the status quo. New people are needed around him — a fresh team.

Some see the new administration as not radical enough, but if you want to adjust your course, you need to step back to where you went wrong and then decide on a way forward that will avoid the traps encountered the previous time. The times have changed, and the government's response needs to change too. There are new opportunities available now to develop a more realistic view of what lies ahead and to see how it can be done better.

Whatever path is taken will still hold many of the same ego traps that politicians, not grounded enough, are especially prone to. The changes happening need to be responded to with fresh, expansive intentions even though they might not yet be deeply felt.

Fortunately, some in the halls of political power see things more clearly now. Your president has changed his ideals a lot, but he is certainly a top-down operator. He will not change that. However, when he dispenses largesse from on high, which often in the past has ended in the pockets of the already rich, we expect that many of the recipients will be the right ones.

Competition with China blocks his ability to make a great difference in the world order, but at home there is much he can do to bring about real change where he is willing to listen to grassroots activists. He will look for popular avenues to work with that will not attract tremendous opposition or criticism of what he does. Perhaps this is the way forward — the path of least resistance — though of course resistance will still be met.

Because of their karma, even some of those motivated for the right reasons show a deep cynicism. Criticism and cynicism are not the same thing. Criticism can be very constructive when arising out of discernment. It needs to be precise and active and contain useful alternatives rather than just a destructive sweeping away. Condemnation without exact and valid reasoning is all too common today.

Know When to Compromise

Wisdom is about knowing when to compromise and

when to make a stand. By attempting to reach an unachievable goal, resistances will inevitably be stronger than the will to succeed. For that reason, when America chooses a relentless positivity, this inevitably generates cynicism. It clouds clarity about what the next step is, what the aims and goals behind it really are.

As Peacemakers, you know that the world has reached full capacity. You look around and see madness and mayhem. Yet, you are also more aware of your ability to be at peace, as long as you don't want too much from the world and expect it to move forward too quickly.

If you are willing to look deeply at the pace of change, you will see signs that things are moving forward quite strongly. Most of those signs are not very obvious. The negative resistances to fundamental change are the ones that stand out.

However, even those resistances are a positive sign that movement is happening, and the stuff of the past is being stirred up and rising to the surface. Your safety requires you to cling not to the world but to your own center of being. Trust in yourself that things will unfold in a way that may not be very expansive in your ego's terms and cultivate a quiet assurance that it will be okay.

Your understanding must now become more finely integrated with your physical reality. This is seen, in spiritual terms, as embodiment. Your bodies are your most intimate physical creations. You must bring yourselves down further into the physical body to establish a closer connection with Earth so that your consciousness becomes more embedded in the purpose of your existence, not something that floats over reality in a realm where anything could be true and there are no consequences.

Those of you who serve the welfare of others must listen before you speak, allowing them to develop in the way that they need to develop. They may contradict your ideas of what is the best way forward, yet to them, it makes sense. This will test your loyalty and maybe challenge your belief that you know better than they do.

Certainly, not everybody finds it easy to see what is really happening in your world, and people need help. Not everybody is ready to find that place within. Many haven't done the work asked of them by their inner selves quite as well as they could.

On the world stage, we expect that there will be more coherence coming, yet that has its own risks. The world order was fairly coherent before the recent upsets, but it was leading you into wrong futures. Fortunately, your average person is now more accepting of the need for genuine change. Without always knowing how to go about it, or having the tools, people accept that there probably are ways forward that will be more coherent in terms of the planet's resources and human survival.

Allow Cooperation to Replace Competition

The political challenges will be revealed quite gradually, some via Wall Street jitters when a few of the multinational mainstays reveal that they are in deep trouble. Those in charge still holding on to an old model by sheer force of will and trying to make the world obedient to them will start to recede as a political force, and those with a more cooperative nature will replace them.

Despite everything, we expect a little more coherence in most of your Western societies, which will come from many different directions, as a more balanced and widespread approach is undertaken to see what is truly on offer.

In America, which has chosen a rather difficult path, the pendulum will swing back toward spontaneous communal action and consensus rather than the will of a few; however, there will be many attempts to create impediments to that happening.

People will be offered a little bit more equality of

opportunity as they start demanding that their governments adhere to new and more effective ways and stop just talking about doing them and actually get on with it.

As spiritual folk, you can play your part on the subtle levels, entering the quiet spaces within and encouraging a deeper power to well up in those around you and in the halls of power. This is a subtle influence to help them meet and resolve intense challenges unfolding in every part of your country.

Be present in your world as it is, not necessarily as you would like it to be, while bringing the two into closer alignment. It is from there that the thought forms you choose to build can effectively serve the whole, and dear friends, we know that they will.

The Guild of Peacemakers, formed in 1976, is a group of trance channels who meet regularly to focus and direct energy to secure peace in our time. They are also past-life therapists and earth-energy workers who release trapped spirits and harmonize the underlying power grid in many places around the world. The guild can be contacted on heliosc@dialstart.net.

The Divine Director Speaks

The Divine Director through Irhaan Rae Chandran

The Divine Director: It is time for the human race to collectively choose a new reality, a reality in which you acknowledge your mighty I Am presence and the God force within. It is critical for human beings to make choices that help you go forward.

You see death and destruction across the planet. There is great chaos in every part of the world. How can you come out of this? How can you create a new path in the midst of all this chaos around the world? You do this by coming back into yourself, into your mighty I Am presence.

When you connect with your mighty I Am presence, you do not just connect to an individual aspect of God consciousness. You also connect to the larger aspect of the God force, the God particle, which is the individualized form of God consciousness within you. In other words, you connect through your I Am presence to the greater force of the universe.

It is time to take stock of your life:

- Where are you now?
- Where are you going?
- How will you get to where you wish to go?

This simply means you must take time for self-evaluation. Even many of you on spiritual paths do not know where you are going. You say you like to “go with the flow.” Yes, you can go with the flow, but also make

choices that help you flow into the larger part of your life’s purpose. If you align your flow with the purpose of your life as to why you were born, you will notice:

- continuous momentum of your life force
- ever-expanding consciousness
- constant awareness

When you align with your purpose, you naturally balance many of the karmic imprints you came here to balance. It becomes a natural part of your life.

We also ask you to become aware of the energies we call “awareness.” Can you, as a human being, increase your energy of awareness?

You can do this by incorporating methods and techniques called energy incubators. During incubation, something is held before it is birthed. Energy-incubator mechanisms exist in the human body. Go into the incubator and draw forth the energy that is waiting to be opened and released.

The process of the caterpillar turning into a butterfly has been told over thousands of years. It signifies humanity’s ability to transform into a higher reality from an earlier stage. When you connect with the incubator and begin to birth the energy it holds, it will be as if



several butterflies come out on a daily basis. Every day, you will transform more and more into yourself.

This incubator of energy is held in your sternum in a triangular form. A beautiful golden thread extends from the top of the triangle to its bottom, creating two parts that contain two specific frequencies:

- Earth incubating energies
 - cosmic incubating energies
- What are these incubating energies?

Earth Incubating Energies

When you are in alignment with Earth incubating energies, you feel the support of

- Earth
- the people of Earth
- the nature kingdom

Cosmic Incubating Energies

When you are in alignment with cosmic incubating energies, you feel the support of

- the cosmic realm (such as the ascended masters and your guides)
- the angelic realm
- most importantly, the Karmic Council

Open these energies you hold within. When you become aware of these incredible energies

- You will have more courage in your life.
- You will know that whatever challenge happens, you have the resources to deal with it. For example, if you encounter a financial challenge, you will have enough inner resources to overcome it.
- You will create more peace in your life.

What happens when you go into the incubator of energies?

- The more you go into the incubator where these energies are held, the more you get in touch with the larger aspect of your soul's frequency — your I Am presence.
- Since your I Am presence is connected to the universal energy of God, it is a never-ending supply of energy, as if a cup is always overflowing.
- The incubating energy of the Earth plane also contains the wisdom of the ancient masters, such as Master Jesus and Master Buddha.
- You will be able to call forth the specific wisdom and energies of these masters in their purest forms before they were corrupted by religious teachings.
- You will connect with universal wisdom as well as with all the other universes, multiuniverses, and subuniverses of the kingdom of God.

Exercises

You have many energetic formations on the top of

your head. Out of this, your crown chakra and soul-star chakra are tiny aspects of these many energetic formations.

- Become aware of and focus on the space 5 inches above your head.
- Say, "I am ready to open and fill myself from the cosmic paradise, the cosmic ocean. This is my heritage."
- Every day when you wake up, say, "I am ready and intend to add momentum to my soul's evolution. I am ready to increase the vibration of my soul's frequency today."

Every day, you must add momentum to your evolution by holding these thoughts as living truths within you. When you hold the thought that you are ready and willing to raise your vibration each day, you connect more and more with your soul's frequency and God's frequency.

It has been said that you grow by each moment. All your small steps lead you to a larger reality. Being aware of the space 5 inches above your head starts this process.

In the year 2021:

- Take time for yourself.
- Seek to improve yourself, develop yourself, and become more self-aware.
- Focus on yourself. When you do this, your increased awareness opens and cultivates energies that enable you to have more harmonious relationships with others, and you become more balanced.

When you change within, your outer world reflects that change. As within, so without.

One with the God of Light

Irhaan Rae Chandran: Like the stars in the sky

You shine and glitter
Setting all our hearts aflutter
You are magnificent and beautiful
I see in your stillness
The hidden smile
The heart murmurs and
Longs for the reunion with you
I have searched for you
In the wilderness of my heart and mind
Now I have found you
And my heart bursts with this newfound
love
I drink in this nectar of sweetness
And rejoice in this oneness with you, oh God
Oneness with God
Tribute to God

In the Divine, I merged and became the invisible one.

In this dance of cosmic symphony, I danced my soul's rhythm and became One with thee. I stepped into the cosmic ocean to greet my soul family, and in this rejoining, I expanded and became the cosmos itself. My eyes opened to the glory and magnificence of creation in its fullness. I bowed my head in deep reverence, and in this timelessness I uttered a prayer: *Eihey a ashur eihey a lman atman*; I am Mahasamatman.

The Ancients of Days said, "Welcome, my child, into the heart of mine, for we are one, have been one, and I am with you into eternity and beyond." I stepped into the limitless light, and I became part of the light.

Holy, holy, holy is the God of Light.

The great journey has begun, and there is excitement and wonder. I let go and allowed the wind to carry me into the unknown. Like a bird who needs to open its wings and

learn to fly, I allowed my inner compass to lead me, not knowing where my next step would lead. I surrendered to the unknown, trusting the process, and I found myself between the valley and mountain peaks. I wondered aloud about my choice to walk this unknown path; then a gentle butterfly flew past me, and I followed the flying one. I observed all life around me and realized the beauty and perfection in all creation, and my heart remembered: You will cross the valley of forgetfulness. I walked into the field of all possibilities, and my heart uttered a prayer of holy communion. I stood still in the moment of time.

Rae Chandran creates individual and healing soul symbols that are channeled from ascended masters such as Master Kuthumi, Lord St. Germain, Mary Magdalene, Isis, and a host of other lightbeings. Rae has been on the path of self-discovery for some time and teaches spiritual disciplines and other modes of healing for audiences around the world. He also conducts spiritual tours to sacred energy spots. To learn more, go to RaeChandran.com.

Relationship Guidance

Amma through Cathy Chapman, PhD

Amma: Hello, my blessed ones. I am Amma, the Divine Mother of the divine mothers, and I am your mother. I have always been your mother from before time. You were always in the heart of Source and in the knowledge that this infinite energy of love that some call chaos (the Ein Sof in the tradition of the Kabbalah) is pure potentiality.

There always has been the potential for community and relationship. Think about that: relationship and community. You are communal beings. You were created to be communal beings. Some of you like to be more isolated — hermits, for instance. But even they need to connect to Source and to the planet.

Humans Thrive on Variety

The reason many people have difficulty now is that you are not only communal but also enjoy variety. When forced to share life with one person, two people, or three people and you choose not to go anywhere, you lose that variety. This emphasizes that no one person can fulfill all your needs. No one person or small group can provide you the stimulation you need to grow and develop.

Every person in your life, past, present, and future, is there to stimulate your growth. Sometimes the stimulation is painful. Other times it is inquisitive: "Oh, I could do 'that.' Oh, I could be 'that.' Oh, I could learn more about 'that.'" Every person you meet — a cashier, the person who bumped into you on the sidewalk or held the door open for you, the homeless one you passed on

the street — has some connection with you. They all trigger something in you. They open you up to knowing more about yourself and what it is to be human.

When this one [the channel] said without thought, "Amma says things will get worse," I chided her: "You took away people's hope by just saying it's going to be worse without giving the fullness of what is going to happen." What is going to be worse is the weather. You have had many snowstorms and hurricanes. That is going to be worse. There are going to be some upticks in this virus that you have as it mutates. As people get tired of being isolated, there are those who do not believe the virus is real and do not avoid large groups.

Why are people drawn to groups? It is the need to share something fun. If you stay in your heart and eat foods that nourish your body, you strengthen your immune system with the minerals and vitamins that you need.

The Immune System Thrives on Interaction

Let's talk about what happens with the immune system when you do not have a variety of people to relate to. This happens in nursing homes where they have isolated people for fear of the infection spreading illness and death. Yet, as many of you know, there are things worse



than death. One is isolation without contact or the ability to love and to be loved and to touch and to be touched. These months of isolation and separation have been a time of discovering what your society needs.

I will focus on the United States and Canada because you have similar cultures, similar languages, and similar ways of relating to each other. You learn that some things are not needed anymore. You do not need the large office buildings where everybody comes in and sits in their cubicles of isolation. You discover that some of you can be more connected by working online. You discover that there are children who learn differently. Some do not do well with online learning and others do. That there are differences in learning shouldn't be a big discovery.

You who are parents and have children at home discover exactly what teachers bring to you and not just to your children. Many parents do not know how to handle their children being with them twenty-four hours a day. It was different when you were an agrarian society and all worked together at your chores. Many of you learn about creativity and investigate different creative aspects of yourselves — for example, through writing, painting, or drawing. Others face being with mentally or physically ill people without the usual breaks they had. You are tested beyond what you thought possible, and it is difficult.

Identify and Release Emotions

This is all about relationships. First, it is about your relationship with yourself. It is about relationships with those around you, including acquaintances and those in the inner circle of your heart or of being together. It is about your relationship with the transcendent part of you that goes into awe at a sunset, sunrise, child laughing, or puppies playing. You go into awe when someone gives herself much more than you could imagine. You read about it in the news or in your social media. All this is part of relationship.

You have to be able to first have the best relationship that you can with yourself. When energies come up within you that you identify as fear, anger, frustration, jealousy, or envy, acknowledge those feelings. Do not run away from them. Do not throw them at anybody, either.

Focus on the energy of those feelings in your body. Do that now. What feeling has been predominant for you this week that has not been a happy feeling? (We don't want to get rid of the energy of the good feelings, do we?) What feeling? What energy? Is it in your stomach, your head, your shoulders, or your legs? Focus on it now.

Tell it, "Hi," or use your favorite greeting. Be positive and not antagonistic. Now say, "Oh, I know you're there. I've been angry with you. I've been frustrated with you. I've tried to ignore you." Focus on it and say, "I'm not going to run away from you this time. We are going to look each other in the eye. Tell me what you are."

Ask, "What are you? What feeling are you?" If the name of a feeling pops into your head (such as fear, anger, jealousy, or frustration), ask "about what?" You might know in your head what it is, but perhaps you're not quite correct. "About what fear? About what anger? What frustration?" Then ask this question: "Are you my fear, anger, jealousy, or envy, or are you someone else's?" In other words, whose emotion is lodged in your body? If it is yours and you know what it's about, just say, "Thank you for that information. Thank you in all ways for that information."

Now that you have the information, say, "I don't need you anymore. You may leave." Command it to leave. Take a deep breath and blow it out of your body. Breathe it out just as if you were moving a cloud of fog or steam away from you. Let it leave. Go into your heart. It is best if you do all this from your heart. Now ask for that empty space to be filled with the highest vibration of love that you can handle.

If what you received when you asked, "What are you?" was not the name of a feeling but a person's name, greet him or her. Don't ignore the person. Don't be angry. Just say, "Well, hello. Why are you here?" You might get an answer. That person could be living or has already passed on. Talk to the person. He or she has reached out to you and grabbed you in that place to get your attention. If it is a person who is living, then listen, know, understand, or just feel and experience her or him. Then say, "Thank you. But you cannot stay here. It is not my job to hold you in any way. That is not my role. This is my body. This is my space. It is not yours, and you must leave now."

If it is someone still living, it could be somebody you are living with or somebody you know. From your heart, ask for that person to be filled with love. Ask for that person to be filled with the amount of love and the vibration that he or she needs at the time.

If it is somebody you are living with, know that the person is in need. Unless you are with someone who was disabled or a young child, you cannot meet those needs. Even with someone who is disabled or ill, you can only meet some needs. Send the person love.

The Third Dimension Will Pass

Things such as the virus, isolation, and the violence that you have seen these past months are illusions. Yes, they are real in the third-dimensional world, but they will pass. You get to take incidents and learn how to manage their energy. When you are far away from the incident, you ask, "How can I manage my feelings about what happened here or there; what I read in the news; or what I saw on YouTube, Facebook, or any social media? How can I handle this?"

Do not ask the question from the experience of frustration and not really wanting to know the answer. Ask from the standpoint of openness and wanting to listen.

Ask from the inquisitive, “How can I handle this?” and then listen to what comes up within you. Feel it.

This one I speak through has been going through little health issues. She asked, “How? What?” What did we do? We brought her deeper into meditation. We brought her deeper into connecting with herself. That is what is important. Connect with yourself and connect in gratitude with those you are with or that you miss.

There are many people leaving this planet now. You know that. You have heard stories of them. Some of you have lost precious ones. This one has lost two special friends. How do you handle that grief?

Some of you have lost relatives. Some of you know people who have lost relatives. Some of you know people who you are concerned about their health and well-being. Acknowledge your fear and anxiety but do not let them overcome you. Move into your heart and preferably your heart source. Send the energy of fear and anxiety away. Talk to your soul self (what many call the higher self), and ask for help in detaching from this. When you can detach and roll as the ocean rolls, as the stream or river flows, or the way that the seed flying through the wind detaches from where it has to land, you will find it easier.

Send Out Your Love

You are a human being with much love within you even though people hide all that love within them. Learn how to open that love and give it to those willing to receive it. You do not need to give it to those who are not willing to receive it. There is the saying, “Do not throw your pearls before swine.” Do not take your pearls and give them to someone who will only ground them into the dirt. Yes, you can hold that one who would ground them in the dirt and send the love of healing but not that love in which you leave yourself vulnerable. That would be an interesting talk for another time: the difference between the love from vulnerability and the love of healing that comes from the same source.

I would like each of you right now to bring to mind what you most struggle with right now. If it is not something within you, maybe you are struggling with watching other people struggle. It is still something within you, whatever it is. Now acknowledge that it is there. Do not fear facing what is there. Acknowledge it. When you face that which you are afraid of, you become stronger and it becomes weaker.

Now connect with your healing team and tell them, “I know there is a wound beneath what I struggle with. I ask you to heal it. Please remove all artificial encodements that hold the energy of that wound within me. Please repair the damaged and altered natural encodements that hold the energy of this wound within me. Please activate all natural encodements needed so that I can release the energy of this wound. Please activate

all natural encodements that contain the wisdom and knowledge I can gather from this wound.

You have heard the response to the question, “Why not you?” Remove that victim consciousness: “Healing team, if there is energy of that wound implanted somewhere within any of my chakras, please find those implants and remove them from me. Soul-healing angels, please find and bring back to me all the pieces of myself I lost because of this wound. Please clean, repair, and heal all pieces. And please fully integrate all pieces within me.” Now thank them. “Encodement team, may this wound heal, even if its tentacles go out to other lifetimes. Healing team, please do the same for a similar wound in any lifetime I have experienced. If I had any anger or any fear related to this in any lifetime — past, present, parallel, or future — remove it. Now, please remove my victim consciousness.”

Now ask your Creator, your Source, whoever you are connected to, to please fill you with all the love that you need to totally release this. If you wonder what you could possibly do of value during this time of strangeness, do what we just did, and do it every day. Imagine how much you will release, how much you will let go of, that is holding you back from being who you are, whether it is just you or whether it is in relation to someone else.

Remember that the energy of love you call Amma, Abba, God, Buddha, Allah, or El Señor surrounds you and penetrates every level of your being. Consciously accept that energy. Consciously spend even five minutes a day relaxing, feeling, and experiencing that energy of love.

Lastly, I would like you to imagine you are right before me. I have my hands on your shoulder. I am looking you in the eyes. And I am saying, “Dearly beloved, I love you with all my being. I accept you with all my being. I know more than you do the beauty of who you are.”

I am Amma the Divine Mother of the divine mothers. So much am I your mother, and so much I love you.

Dr. Cathy: I’m asking your healing team to please adjust your encodement system to accept every one of Amma’s words that apply to you and to place them within your encodement system. In case you’re not aware, this places it within the atoms, neutrons, protons, and electrons of your system and within your DNA. You are more precious than you can ever imagine. You are precious beyond measure. That’s hard to believe, isn’t it? You are precious beyond measure.

Cathy Chapman has been a psychotherapist since 1976. Over the years, she’s integrated spirituality, psychotherapy, energy work, and hypnotherapy into a powerful process of brief therapy. Cathy believes that people are perfect spiritual beings who came into their physical bodies to explore life and, believe it or not, have fun. To learn more about Cathy, go to her website, OdysseytoWholeness.com. To join Dr. Cathy for her Sunday Ceremonies, register at <https://drcathyphd.info/CeremoniesReg>. Each week you’ll hear a channeled message from Amma the Divine Mother (most often), Melchizedek, Mother Mary, Yeshua, and others. No charge!



Channel Schedule

Experience the radiant love energy of the spiritual beings through live channelings!

NOTE: We at the *Sedona Journal* want to bring the spiritual teachers we present in these pages and the people who want to know and become more of their natural selves together for mutual benefit. Please send your speaking, touring, or workshop schedule to us when you submit your monthly article, and we will publish it here.

In light of the coronavirus pandemic: Please check each channel's website for updates about events, as some may be canceled, postponed, or moved to online only.



Blue Turtle 215-256-8481

Videos on YouTube.com | "Blue Turtle: Discover Your Intuitive Self!"



Lee Carroll Kryon.com

10-Day Indigenous Healing Experience | May 5-15 | Monument Valley, Arizona & Utah



Cathy Chapman
drcathyphd.info/Ceremonies

Sunday Ceremonies: Hear from Amma, Melchizedek, Mother Mary, Yeshua, and others | Sundays | Online, Free



Adria Wind Horse Estribou
WingSound.com

Angel Conversations: Live Angel Channeling and Q&A | April 24 | Zoom meeting, Online



Natalie Glasson OmNa.org

Live Channeled Webinars | Three Sessions a Month | Online

Channeled Capsules of Wisdom | Two per Month | Online
Free Channeled Messages | Weekly | Online



Sri Ram Kaa and Kira Raa
SRIandKIRA.com

The Voice of Passionate Action | Sundays | OnenessTalkRadio.com, Noon PT

Explore the Mysteries | Sundays | OnenessTalkRadio.com, 6PM PT

Soul Mirrors: What Is Your Life Reflecting? | Tuesdays | OnenessTalkRadio.com, 5PM PT

Monthly Ascension Energy Forecast/Revelations | April 1 | YouTube.com/OfficialSriandKira

Mastery Mentorship Miracle Gathering and Ceremony | April 3 | Live, Online

The I Am Discourses Revealed! Self-Ascension Course in Miracles Virtual Course | April 12 | Online

Private Spiritual/San Pedro Retreats | April 6-27 | TOSA Blue Mountain, Ecuador



Tom T. Moore theGentleWay.com

Guest on Lee Carroll's Kyron Masters' Healing Wednesday program | April 14 |

KryonMasters.com/Healing-Wednesday, 6PM PT



Karinna Nielsen KarinnaNielsen.com

"Healing Moments with Karinna Nielsen" video webinar | First Saturdays | Live, Online, 11AM PST



Sal Rachele SalRachele.com

Timeline Healing | April 1-21 | Zagreb, Croatia



Miriandra Rota Miriandra.com

Powerful Channeled Teachings and Classes | Monthly | Online



Steve Rother Espavo.org

GlobalLight Healing Earth | April 7 | Online, Free, 11AM PT

Walking in Spirit — new Gentle Nudges series | April 9, 13 & 20 | Online, 11AM PT

The VirtualLight Broadcast | April 24 | Online, Free, 11AM PT



Robert Shapiro

Blogs | explorerrace.com/explorer-race-blog.php, mysticalman.blogspot.com, benevolentmagic.blogspot.com, robertshapirochannel.blogspot.com & nicelittlestories.blogspot.com



Sarah Weiss SpiritHealOnline.com

Earth Love Spirit Podcast | On demand | Online



Sara Wiseman SaraWiseman.com

Spiritual Psychic Podcast | On demand | Online
Intuition University Certification Training | Quarterly | Online

Divine Oracle | On demand | Online

The Lightbearers: No Heavy Lifting Required

Jeshua ben Joseph (Jesus) through Judith Coates



Beloved one, now we will talk about a heavy subject. We will make light of the subject, because truly there are times when your world becomes too much for you, and it feels heavy. You listen to your news, and in truth it is not new. You listen to your commentators who comment on all the news. You listen to people giving their viewpoints over and over until you say, “What is happening to my world? What is happening in my world? How can I be in the place of love when all this around me seems to be going to wrack and ruin?” (I like that. It is a good combination of sounds, because that is what it sounds like — wrack and ruin.)

In truth, the peace you seek is always yours. The peace you seek is within. One deep breath followed by another deep breath and perhaps another will transport you from the place of the world to the place within where you can be the breath itself. Take a deep breath with me: Breathe in, hold, and let it go. Breathe in, hold, and let it go.

Again, breathe in, hold, and let it go. There. In truth, you have revitalized the body, the mind, and the spirit. In that place of peace, allow yourself to say, “Self, this feels good. Self, I know we can come to this place any time by taking the deep breath.”

One deep breath gives you opportunity. It does not mean that you are going to choose that opportunity. I have seen you take the deep breath, even three of them, and then you turn to worrying about something. However, your power is in the deep breath and the choice to choose the peace that is your very nature.

Where do you think that peace comes from? It comes from the *Christos* of you, the Christ of you, that is always with you no matter what you get into or what excitement you think is going to come and disturb your peace. The *Christos* is you. It is your peace for the acceptance of it. That is the tricky part: You have to accept it. As easy as it is to accept, it is easy to let it slip away; therefore, breathe again. Accept knowing your true Self — capital *S* — the *Christos* Self, and breathe, hold, exhale, and repeat.

Peace Is Your Nature

As we have now put ourselves in a place of Oneness,

I will speak with you about what is going on in your world. Keep the peace while we speak of the upheaval that is happening in the world. The nature of the world is to “upheave.” (We made up that word a long time ago.) You are very good at upheaving and then saying, “Oh my, how we suffer.”

In truth, peace is your nature, and it is yours for the accepting. You have many opinions in the world. Many opinions come together on one side and on the other side, and it seems that never the twain shall meet and agree. But, in truth, as you look to what you call your future, a peace and an agreement will come to be known.

What you are doing now is sorting things out. It is similar to when you were a child, and you had the little round glass things you call marbles. You wanted to collect all the blue marbles. And your friend said, “I’m going to collect all the red ones.” And another friend said, “Well, you can do that, but I am going to get all the green-colored ones; the green-colored ones are the best.”

They are all the best as you give them value, and that is very much what you are doing when you look at all the activities of the world. You say, “Well, this person is a better leader. This person is a better spokesperson. This person cares more. This person has a better financial plan,” and so on. You stack one against another and choose your favorite. I ask of you — and this is a good question for self — does that bring you peace? No, but it brings you a lot of energy.

When you get tired of the energy, allow yourself to breathe and know what you know at a very deep level: In time — because it will play out in time — you will come to a place of agreement where people forget what they were so excited about. They will try to remake it. But as you have seen, the attention span of most individual *Christos*’ is a little short; praise God. And this too shall pass.

You are living by making choices that even the ones who do not have their feet planted on holy Mother Earth are watching. You have many of what you term ETs, the ones who are not on this world as you see yourself to be, yet they are most interested in the drama. It is the same

as when you turn on your square box, and you want to know, “Okay, what drama is playing tonight? What are the characters doing tonight? What decisions are they going to make? Oh, no, don’t make that decision. That’s going to take you in the wrong direction,” and so on.

Well, your friends who have been with you since before time was conceived are watching to see what you have on your channel. What drama are you playing out? Will they be involved? (Not truly, as there is no separation.) So they will be watching and feeling and judging things, but it will not come to a place where they intercede and take over. It makes for good drama. You are one of the places they are watching because the energy has brought forth all kinds of “danger” that you are making for yourself. “Oh my goodness, what is going to happen?”

Your news media, the ones who love to tell you what is happening, will tell you in brilliant color what has happened and interpret it for you and tell you what to beware of and how you can get through it by any kind of magic. One of the favorite pieces of magic that has been used for a long, long time is for you to hand it over to God. God — as the energy outside you, all-powerful, all-knowing — will take care of it for you. Well, I have news for you. You *are* God. In your sphere, your drama, you are creating it; you are God.

Spread Peace

I suggest that you spend as much time as possible in the place of the deep breath. Allow yourself to abide in peace and the inspiration that comes from peace. Allow yourself to look around to see where you can spread peace: with neighbors, with friends. When they are upset about something, spread peace. Invite them to breathe. Suggest, “Perhaps you would like to take a deep breath,” and they will look at you strangely, but you will say, “Try it. You might like it. Breathe with me.”

Allow yourself to breathe and to spread peace. If you take a deep breath before you say anything, inspiration will come to you as to what will diffuse any lingering opposition to peace — not opposition to whatever your viewpoint might be.

“Now, Yeshua,” you might say, “there’s not much money or many golden coins in peace.” Aha, have you tried it? There is quite a bit that is worth more than the golden coins in knowing peace and knowing how to give the gift of peace to another.

What is needed are lightbearers, ones who bear the light and say to others, “You know, it feels really good in this space of light, in this space of peace. Try it with me. Breathe. Hold. Abide. Exhale.” Do that. If they think you are crazy, they will — this is a prediction that I know to be true — come to some point in their life experience where they need to have the deep breath, and they will

feel peace with it. They might or might not remember that you said this to them, but deep within the recesses of their minds, you planted a peaceful seed that said, “There can be other than turmoil.”

At times you face what seems to be an insurmountable problem. “Yeshua, I don’t know how to do this. I don’t know how to solve this problem.” First, perhaps you do not have to solve it; perhaps it is not a problem. Second, as you take the deep breath, allow some time to pass. Inspiration for the answer you are seeking might come in that time. Or the answer might come that what you are truly searching for is a bit of peace. Allow yourself to take the deep breath and abide in peace.

You have ones who look to the golden coins that can come from stirring up a bit of the us-versus-them attitude. They do not want to put a monetary reward on peace. However, your body will tell you that peace might do a body good.

Allow Yourself to Give

Many in your world are suffering: ones who do not have shelter over their heads or food to nourish their bodies or souls. They look outside of themselves to have it given to them. What you can do is to speak words of peace to them. Speak words of encouragement to them, and then follow up with something that is tangible that they can understand. Give what you have to give. You have the stories in your holy writings of ones who helped a brother or sister who needed something. You have the story of the one who crossed over the road to help a seeming stranger.

Allow yourself to give. You will feel that you are bridging the gap of separation. That, in itself, is a gift to you. When you bridge the gap of suggested separation, a reward comes to you. It is not a big reward touted in your newspapers and on your square box but a reward that allows you to know: “I have been in that situation in another lifetime,” or “I might find myself in that situation later in a lifetime. How would I like to be treated? What would mean the most to me?” And you get very busy giving. That does a body good.

You stand now at a time of decision. You have asked. You have screamed to the heavens. You have said, “What in heaven’s name is going on?” Well, in heaven’s nature is an opportunity for peace. It is an opportunity for you to get outside the skin of your body, live in the heart, and give to the brothers or sisters that which will be understood to be a help and bridge the separation they feel.

Allow yourself to be very active in giving. You have much. Look around when you are in your home, your dwelling place. You have more than you can handle in any moment in time. Allow yourself to give. Allow yourself to say, “Of my largesse, all that I have, I give to you what you need.”

Yes, your small ego will say, “Well, look at how great I am.” But after a bit, that small ego is going to be forgotten. You will not even have to attend to it and say, “Get thee behind me,” because it will not exist for you. You will be so busy looking to who needs you that there will be no thought of, “Look what I have done.” It will be, “What can I do next? Who can I serve next? Who can I invite to have a meal, even a crust of bread, for one who has the hunger pangs that hurt.”

Allow yourself to give. Yes, you have obligations to meet your debts. You will do that. But of your abundance, give. Bridge the separation. “I am my brother and my sister. There I go, and I am hungry. There I go, and I am sore of thinking, ‘What am I going to do for my family, my children?’”

Allow yourself to open up and give. Be the lightbearer. Be the food bearer. Be the one who holds another one’s hand and says, “I know where there is a food bank. I know where there is food.” They might not know. They might not want to know. “My family has never had to go to a food bank. Jeshua, I can’t do that. Yes, my children are hungry, but I can’t go and ask for food.”

Oh yes, you can, and your children need you. Get out of your small self. Take that pride that says, “My family has never asked for help.” It is a new day. Allow yourself to take help now so that you can live another day to help someone else. You are not an island unto yourself. You are a lightbearer. You carry light and hope, and more than that, you know where to find the physical sustenance that people need.

Rejoice Those Who Have Recently Died

I want to speak to you now of the ones who have taken the opportunity to decessate the body with the sickness that has spread across holy Mother Earth. There are many; you get the numbers on your square box every day — every hour of every day, if you tune in. They tell you how many people have let go of the body.

Rejoice. These are not victims. They are not victims of a tiny little thing that you cannot even see. They have said yes to allowing their energy to be transmuted into light. They are, in truth, the angels who sing to you. They decided that no one heard their human voice, and they screamed it from time to time. But there was the still, small voice that said, “Come unto me.” Even though the human mind did not want to let go of the known and go into what seems to be unknown, they answered the call.

They are the angels of this time. Do not mourn them; celebrate them. Bring their names right in front of your face. Have a birthday celebration for them. They had a birth, a new being. They are the angels you want to call to. They are looking and watching you, and you have mourned them heavily. They do not want you to do that.

All, as they say yes — and they do say yes, because no one goes before they agree — celebrate the light that they are. They are truly the lightbearers.

You are lightbearers, as far as you can see, but as far as you can see is not all of you. I do not suggest that you decessate the body to see it right away. I suggest that you commune with the ones who have allowed their bodies to be cast aside and live as the light that they are, because they are rejoicing, and it’s not a false rejoicing of, “Oh, thank God I’m finished with that life.”

No. Once they make the decision to leave the body behind, their focus is on the light that they are. Their focus is on the expansion of being. You look at the decessated body and say, “Well, how can that be an expansion? It looks all shriveled up and discolored, and it looks as if it has really been in pain.” But that is not who they are. That is not who you are. You are the light. They are the lightbearers, and they have moved into acknowledging, feeling, and rejoicing as the light that they are.

The ones you mourn, you mourn because you miss their association. You miss having the ease of communication. That will be changing; it has changed for some. There will be a time when you hear them. “That sounded like Joe. That sounded like Richard. That sounded like Jim. That sounded like Catherine. Where is Kevin? Are you here?”

Allow yourself to get out of the box that says, “This is all there is,” and rejoice. You have choirs of angels who only a few days, weeks, months, or even years ago were dragging bodies around and doing the best they could — being friends, being helpful. But as the saying goes, “You should see me now.” In truth, you should. There is a radiance.

Call one to mind who has recently let go of the body, and ask them, “In the quiet time, can you show me what you are now?” Do not be surprised if they show you light, radiance, happiness, light expanding. They truly are the lightbearers, and there is no heavy lifting required. They do not have to, as you sometimes feel you have to, be the light as much as they can and lift up others. They know they lift up others just by being the light that they are. They do not have to work at it. “You mean that it can be this easy?” Sure; I do it all the time.

Life Is a Gift You Give Yourself

In truth, you are the light, but you became enamored with the body and what it can and cannot do. Some of your brothers and sisters have known the light that they are while still activating the body. You have known ones who have walked down the road and have been up off the road because they knew themselves to be light. You have brothers and sisters who have gone easily with smiles on their faces, where their souls sang even though the body was hurting. You have known ones who have lifted

you up just by their being, just by being who they are and being happy.

Allow yourself to have a smile on your face. A smile does a body good, and it does someone else good to see a smile. They might ask, "What are you smiling about? What is there in the world that you can smile at?" And you say, "Ah, but you know, I saw that dandelion, and it just looked so pretty. I saw the rain glimmering in the sunshine. Do you know each drop of rain holds a rainbow?" And they might say, "Oh, he's gone bonkers. Now he's looking at drops of rain." What better thing is there to do than look at a drop of rain and behold the rainbow?

Meet the Andromedans

Galactic Council of Lightbeings through *gia combs-ramirez*

Greetings! We are the Galactic Council of Lightbeings. We are here to support you in this time of great transformation of all living systems on Earth.

Although they began showing up energetically several months ago, we wish to introduce you to the Andromedans. They will work with you and us for the rest of the year. They are love embodied and expressed. Their mission is to help unify humanity with itself and with Earth through the vibration of love.

Those of you who already experience the consciousness of love might wonder why this is their focus. You know the old saying that love heals all, but you also know that you can be in the vibration of love and it doesn't change the person standing next to you. Activists who promote hatred and fear seem untouched by love. The Andromedans are here to share with you so that you might become a shapeshifter of the DNA of life itself.

The Andromedans, also known as the Mission Realmers, come from the galaxy of Andromeda. This galaxy is slowly approaching the Milky Way galaxy, and eventually the two will merge. They have incarnated on the planet in the past, but because of their gentle natures and the extreme harshness of 3D energies, they became very passive and depleted. The new Andromedans, who we call Crystalline Andromedans, are different from the former arrivals. They no longer experience depletion or detachment from the physical body. Working with them, you will develop your natural insights and abilities to deeply listen and balance your ego's desires with your soul's purpose.

Crystalline Andromedans are warriors in love. That doesn't mean they start wars in the name of love but that they are not passive or too sensitive when

Reward yourself for being. You have agreed that you will be who and what you are in a certain form for a while. Enjoy it. It is a gift that you give yourself. Be the lightbearer. No heavy lifting is required. Be and rejoice, again and again. So be it.

Judith Coates has been channeling Jeshua since 1993, sharing his love and wisdom with audiences around the globe. Jeshua's teachings and messages have been collected in a very special series of books, the Personal Christ books, published through Oakbridge University, which was founded by Judith and her husband, Tom. To learn more about Judith, go to her website, Oakbridge.org, or contact her at PO box 485, Sequim, WA 98382.



interacting with Earth energies. Love will not be denied in the New Earth energies. Hate and fear will not win. Hate and fear are force energies that don't honor free will and choice. Love is the fabric of the cosmos. To align to it is to unlock your highest potential and new levels of spiritual gifts and purpose.

You Will Create More from Love

There are two healing energies on Earth: One is love, and the other is creative energy expressed. Healing is an automatic side effect when you create anything in the vibration of love. Thus, as biological beings created by earth in the vibration/frequency of love, you have the ability to self-heal. The Crystalline Andromedans will enhance this natural ability.

As spiritual beings in human biomatrices in the vibration/frequency of love, you reconnect with the source of your self. This creates the ultimate sense of homecoming and belonging, not only on Earth but in the galaxy. All feelings of abandonment and separation, often the root sources of fear and hatred, disappear.

Over the rest of this year, the Crystalline Andromedans will share with you how to achieve love in all that you are and all that you do, including the human endeavors of money, birth, death, sex, and creation. Do you feel the power in that? Do you experience fear in that? We invite you to begin to notice when you are in the vibration/frequency of love and when you drop out. That is the first step.

Love is the ultimate expression of power. Working

with love and the New Earth energies, you will easily embody more of your power and create in potent ways. One of the biggest shifts will be an increased motivation to create with love rather than from feelings of discomfort, lack, or of being less than or not enough. This will be the essence of sustainability — the new relationship for humans with the planet.

gia combs-ramirez is the founder of Crystalline Consciousness Technique™, based on sacred geometry and the three phases of New Earth energy transformation. Channeled in 2004, CCT heals Earth systems including all living beings. *gia* is a master of energetic and spiritual transformation, working globally with clients. She is the author of two books about transformation, titled *The Way of Transformation: Discovering the Divine Map to Unlock Your Highest Potential and Transformation: The Emergence of the Crystalline System*. Her latest book is *New Earth Reiki*. Her website is ScienceofEnergyHealing.com.

Whole-World Consciousness

Council of the Agents of the Light through Raffaello Di Meglio

Humanity was given a message through a higher consciousness that has been absorbed by people and masters here on Earth. Now the world is aware that this is the time to act in accordance with what is in store for humanity. This energy is directly connected to the activation of a long-dormant expansion of consciousness that is now fully ablaze in people and in groups — a whole-world consciousness.

The leaders of this evolving world are not connected to governments or to governing. They take action to help humanity regain the balance that was promised but never fully imparted to everyone — an acknowledgment that all is one and one is all. The energy of the great Gaia is fully active in these times of reevaluating and re-healing every natural aspect of what we and you call planet Earth.

Her essence is deeply aware that each person who chooses to move into the future with this expanded whole-world consciousness will benefit. This will then be taken into the earth as a solid mass of energy. This mass will progress and absorb much of what has evolved through the years, both negative and positive.

Negative energies are now being recycled by many people who chose to be part of this process. They know that this choice made a long time ago to be agents of change would mean giving away their energy and perhaps their lives. A grave task has been thrust upon humanity to help the world move into the balance that was intended.

Many resist this change. We do not judge them. These people do not know how to release the energy of resistance, and they need to be healed through focused prayer. Many do not know how (or how to ask) to become more positively connected to the changes and how to make this the new reality. They need forgiveness, compassion, and empathy — feelings inherent in all humans.

All the anger that exists now in the world over injustice and everything you are experiencing does not help you move forward. This buildup of excessive

resentment and anger is totally understandable, and it has to be dealt with in small increments for compassion to flourish. Do not think that things will change overnight, but a gradual expansion of consciousness is certainly occurring, and this time, it is not a “flash in the pan,” to use a human term. This will be felt for generations to come.



A Call for Forgiveness and Compassion

Much has now been unleashed on humanity. We use the word “unleashed” to help you better understand the seriousness of this time. We call on each of you to create a space within where you can release all judgment of those not moving forward as quickly as you perhaps are. Using forgiveness can help you realign expanded consciousness where it needs to be. We believe “need” is the word to use because it emphasizes that every person on Earth has been called to change. At the same time, we recognize that the possibility of change is enhanced when you acknowledge in others the same powers you have in yourself.

Forgiveness, compassion, and empathy for those who cannot change might generate a small opening within them for the light to expand and illuminate the dark spaces where power resides. At this point, everyone has the potential to experience this new order, so sought after and needed. Your world is in such turmoil; this is a call for forgiveness and compassion.

Many will want to sensationalize or politicize this, but even with their extreme views, they are agents of change. Their lack of empathy is the conduit for the correction we are envisioning. This contrast will also ignite thoughts and ideas in others who are expanding their awareness of the positive changes you need to follow.

Positive changes must extend to *all* who live on Earth. When you project compassion, love, understanding, and collaboration, the achievement of great things

will not seem too distant or difficult to accomplish. This is true even among those of us in this Council of Light.

As the light expands, everything progressively expands, and the radiance we envision for this physical dimension is not far away. We send blessings to all of humanity today.

Raffaello Di Meglio has worked for over forty years guiding people to understand their personal connections to the divine by reading their akashic records, channeling, and identifying aspects of their higher selves. He uses personal sounds to help people understand their cosmic missions. Through the Agents of the Light, he has experienced their assurance that all is possible and that everything we desire can be achieved. Learn more at AgentsoftheLight.com or email welcome@agentsofthelight.com.

Ancient Pathways of Wisdom Support You

White Buffalo Calf Woman through Therese Dorer

Therese: The vision I see is of an expansive prairie landscape, and winding through the grasslands is a well-trodden path. I walk on a trail that feels ancient, worn down from the animals who have walked on the land for thousands of years. As I gaze ahead, I notice a grove of birch trees shimmering on the horizon, their white bark translucent against the blue sky and their leaves trembling in the gentle wind. I am drawn to the grove of trees, and there sitting in the shade of the trees is White Buffalo Calf Woman. She smiles and welcomes us to sit with her awhile.

White Buffalo Calf Woman: Welcome. I invite you to come sit with me, feel Mother Earth beneath your feet, and listen to her heartbeat. Whenever you take time to be still and connect to the land, you immediately find solace and peace.

All of you are children of Earth, and your Mother Earth has much to teach you. She is available to be your wise teacher and to support you going forward on this journey of your life. You are in a time of ascension, and the tumultuous energy and changes you experience are the resetting of Earth's energy. This is a massive opportunity for you individually and collectively. It is an opportunity to die to the old and be reborn. I ask you as children of Earth to consider that as Earth goes through her changes, you mirror these changes.

Each of you is called to go through a life review or recapitulation. In this maelstrom of energy, you might experience deep grief for the releasing of the old stories and old ways. This can feel intense, overwhelming, and very personal, but I ask you to remember that each of you chose this time to be here on Earth.

Mother Earth Provides Abundance

Do not take these changes as a personal affront, for each of you has the wisdom, tools, and fortitude to move into the next chapter of your life and embrace the new

beginnings that enfold in the Earth realm. I remind you not to fall prey to other people's fear and uncertainty. Notice when you are sourcing to scarcity and feelings that there is not enough health, love, or financial abundance.

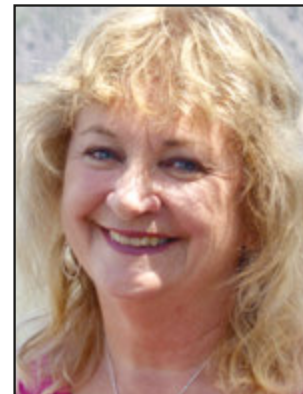
In the times I walked on Earth and shared good medicine with the people, I brought the gift of the buffalo archetype. The buffalo symbolizes abundance and the promise that there is enough for each of you. Your Mother Earth provides you with abundance every day you live on this planet. Pay attention when you source to scarcity, as this is common in your culture. You are each given many messages daily that there is not enough for you, but I ask you to trust that Mother Earth will provide all you need in this life. Living in reciprocity will bring the positive changes you seek.

The opening vision was given intentionally. Allow the winds of change to gently support you as you journey forward. Trust that there are ancient pathways of wisdom that you will instinctively know to follow. The animals of Earth have an inner knowing that enables them to find the pathways as they walk the land. They have followed these trails for thousands of years; you too have this inner instinct. Call on it now.

Find those pathways to wholeness and health in your bodies, minds, and spirits. The grove of birch trees is to remind you to find quiet places to rest and rejuvenate. These times are not a short sprint but more of a long, slow walk in which you are encouraged to rest when you need to.

Source to Water

The element of water supports your well-being. You need fluidity in your body and are encouraged to keep the flow of your spirit moving unhindered through your physical body. Your energy bodies work hard to keep



your equilibrium especially in the lower three chakras: the root, sacral, and solar plexus. These help you digest your food and nurture your body, mind, and spirit.

Rivers are beautiful examples of fluidity on Earth, as the flow of water streams to the vast ocean. Rivers are the life blood of the planet and emulate how your spirit light flows into your bodies and fills you with life force. When you intentionally connect with your source energy, you nurture your rivers of light. The more you connect to your infinite soul source, the more energy can flow in your body. This supports your immune system, your emotional well-being, and your mind's clarity in overcoming false truths.



RELEASING CEREMONY WITH HEALING WATERS

Take some time to find a place to be in a quiet space. To support you in this releasing ceremony, you can use a crystal or a stone you might have found on the earth. Now imagine that you are standing beside a beautiful river watching the water as it flows and swirls. Bring your crystal to the energy center of your root chakra and gently unwind any heavy energy that might be in this chakra. It might involve feelings of being unsafe or lack of trust.

Circle the crystal around this center and draw the energy away from your body as if you are pulling out sticky toffee. Inhale a big breath and then exhale, releasing any heavy energy that might be stuck in your root chakra.

When this feels complete, clear the crystal by tapping it on the floor, and bring your awareness to your sacral chakra just below your navel. Take another breath in and circle around this energy center with the crystal. Supported by your breath, release any time you second-guessed your dreams or doubted your creativity.

Clear the crystal again and come to your solar plexus. Breathe out when you worried about what other people thought of you. Breathe out lack of self-esteem and confidence. Use the crystal to clear and cleanse this energy center and use your breath as a catalyst to support the releasing.

When you have cleared all three energy centers, imagine once again that you are standing by the river. Breathe in the clear, clean water to your root, sacral, and solar plexus chakras to rejuvenate all three energy centers that connect you to Mother Earth and her cleansing waters. This will support fluidity in all three lower chakras.



Change Comes from Chaos

This is not the time to try to make logical sense of what is going on in the world or to take firm positions on right and wrong. You are in the vortex of the changes on Earth and are called to support yourselves and your families. Do not be caught up in the dramas that unfold on the world stage. Many have a false sense of reality. They seek out energy from each of you as they flail and spin in uncertainty.

It is from chaos that change will come, so it is incumbent on each of you to hold on to your centers and not get caught in the windstorms of fear. I suggest that each morning you greet the rising sun with a prayer and gratitude for the coming day and each evening give appreciation for what you have received however great or small. Honoring the bookends to your day will support you during these times of change and uncertainty.

I leave you with this chant: Mother, I feel you under my feet. Mother, I hear your heartbeat. Hey a, hey a, hey a, ho!

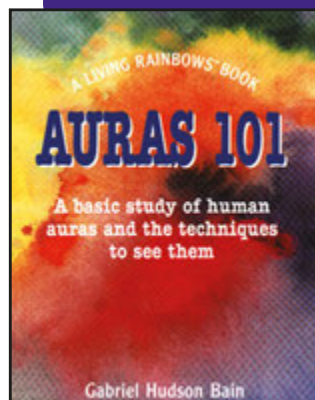
Therese Dorer lives in British Columbia, Canada. As a spiritual consultant for twenty years, her gifts include clairvoyance, mediumship, and shamanic healing. Therese loves teaching others about the power of earth-based medicine, and she feels honored to connect with the masters who come through her. She is a coauthor of the Wise Woman Journal for 2021 (ThreeWiseWomen.ca). Learn more about her private practice at CrystalClearInsights.ca.

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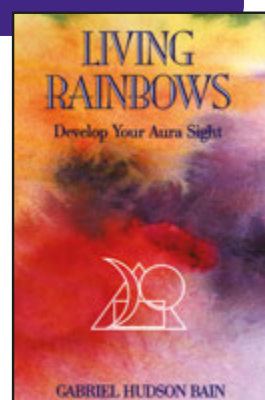
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Creating from the Void

Angels Ariel and Raphael through Adria Wind Horse Estribou



Angel Ariel: You have a gorgeous void within you in your interior landscape. By “void,” I do not mean the nullification of something (as in the term “null and void”). It is the absence of hoopla. It is the absence of destruction and fear. It is a scintillating energy. It’s not a feelingless place; it is a soft space.

We invite you to explore this gorgeous void with us. In the absence of needing to understand everything with the mind, with the visual senses, or with something outward, there comes the ability to enjoy the potentiality of all things that come in this form of a void. It’s not the same as a black hole, sucking life in and destroying it or dampening sensation.

A seed contains all life. A garden seed has a hard shell. If you crack one open, you see an empty space, a little pocket of nothing. (We’re not talking about a nut here, but a seed, a garden seed.) It contains nothing, yet it has the potential for life. A very similar void is within you. Inside your hard shell, in your energetic being, is this lovely nothing. It is a void, velvety rich with potential, with life. It doesn’t have the whiz bang of the expressions of the outer world, but in this place you can take deep comfort in being in a state of nothing and knowing at the same moment.

This is the place from which your creativity arises, and we don’t just mean painting, music — the creative arts. We mean the *spanda* [in Sanskrit], the impulse toward the creative principle. Anything you want to create in your world — a sandwich, a new relationship, a moment of peace, a good book to read, a work endeavor, a project to finish — the spark for that, the impulse toward creating something, comes out of this void.

You want to get a little familiar with this place and comfortable in it, because if you live exclusively in the realm of the outer senses where you enjoy or fear other people’s creations, you forget. Now you might think, “Oh, wait. I am a creation too. In fact, within me is a void — the creative potential for all life. It connects me with all life.” It’s the same way the roots of the trees in a forest connect with one another and communicate. There are still distinct trees, but the forest system knows itself; it’s in contact with itself. The void inside you, energetically speaking, is how you stay in contact with the human world and the divine world.

From the angelic viewpoint, there’s not such a distinction, but we believe we need to say it this way so that

you don’t think, “Oh, humanity is separate from divinity.” It’s not that way from our perspective because divinity is not separate from anything. That’s why it’s divinity.

If divinity had a polar opposite, it might be called individuality. That’s a little oversimplified, but we think you get our meaning. To connect with divinity, you come into this void space of the inner being.

Antidote to Feeling Bereft

Angel Raphael: We’re going to shift topics a little. Some of you have been feeling a lull. There was much struggle, in a sense, in 2020 (and the year and a half or so before that) to dismantle the old ways, the patriarchy, and the fixed energy patterns that didn’t allow full expression of the void. You’ve experienced that yourself in different ways, in your inner and outer being, societal expression, and so on. Much energy was spent dismantling those old structures that weren’t serving humanity well.

Now you might feel a little disappointment or a lull. You might think, “Hey, there was so much going on. And now there’s not so much going on in the energetic spaces.” If you feel as if you don’t know what to create from what’s left of all the dismantling (which is a lot of empty space), the void is a beautiful place to visit. It won’t spark you into doing or having all those energetic experiences again (or perhaps it will), but it’s the antidote to feeling bereft in a place without as much structure.

You consciously wanted structure to be dismantled so that you would have more choices. But still, the shell of you — these different layers of energetic expression — is accustomed to operating within certain confines and structures for this lifetime and many other lifetimes. It’s an adjustment, certainly, to come into an emptier chamber.

Your life doesn’t have as much definition now. You might see this as, “Oh, look at all the freedom.” Or you might see it as, “Where are the walls? What’s going on? I don’t understand what this world is anymore.” When you allow yourself to spend a little time in the void, you get more comfortable with the fact that the fullness of expression doesn’t have to manifest in a particular structure.

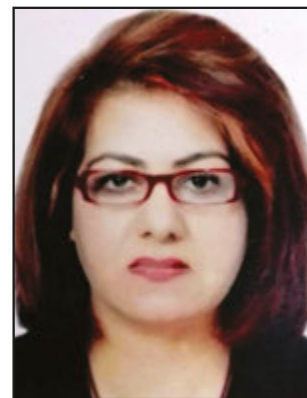
You're not limited in that way, but it's also not obvious. When you look at a pile of matches or Lego bricks, it's a little more obvious how to build with them. That's the uncomfortable part of this time in human history: It's not so obvious how to build. But that doesn't mean building is hard now. In fact, building — or the creative expression of anything you want made palpable for your outer layers of energetic experience — is easier than it

has ever been for humanity. It's a whole different way of living and expressing life.

Adria Wind Horse Estribou is a conscious channel of angels, Lemurians, and other beings who wish to assist humanity. She is the author of Angel Insights for Unprecedented Times and Why Did Lemuria Fall? Adria lives in Sedona, Arizona, and works one-on-one with clients around the world. For more information about monthly angel calls and angel blog messages, see her website, WingSound.com, and visit her Instagram, @wingsoundhealing.

Breathing Enhances Physical, Mental, and Emotional Well-being

Asr through Farali



The act of breathing refers to inhaling and exhaling through the lungs and spreading air throughout the body. Although we cannot see it, we know breathing is a physical activity because we can feel the air as we inhale and exhale. The simple act of breathing is one of the many things we take for granted, but our lives depend on it.

While none of us can live without breathing, it happens so naturally, unconsciously, and automatically that we don't give it a second thought. But if we look closer, breathing is a very methodical process. We cannot inhale twice in a row or exhale too fast. Breaths have to be correctly timed for maximum impact.

Various breathing techniques, such as deep breathing, meditative breathing, and *anuloma viloma* can be practiced on a regular basis to boost physical, mental, and emotional health. Did you know you can breathe consciously? You can feel the air go in and out, and you can breathe gradually in a relaxed way. Breathing that improves mental, emotional, and physical well-being requires conscious steps:

- Stop what you are doing — walking, sitting, working, or even running — and take a deep breath. Slow your movements and fully appreciate the beauty and joy of being alive.
- Take deep breaths whenever you can and wherever you are. Deep breathing is beneficial to the body and mind. If you are working and under a lot of pressure, give yourself a second to breathe deeply. Take long breaths using your belly and not your chest, and breathe in and out through your nose.
- To feel the power of breathing, focus on a particular

place or thought, and breathe in and out. Everything except your existence will seem to fade away. You will feel the warmth of your breaths.

Conscious Breathing Has Many Benefits

Conscious breathing has numerous benefits that are often forgotten or taken for granted. Conscious breathing can help you in many ways.

Regain focus: The mind is a beautiful thing. It can wander around the world while the physical self cannot. But too much mental activity can be distracting, and you might need something to bring you back to your physical self. Spare a few seconds to disengage from what you are doing, and breathe. Concentrate for about a minute on each breath going in and out of your body. This little exercise can help you focus on your work. The things you were having trouble grasping before will become clearer.

Reduce nervousness: Are you socially awkward? Do you suffer from stage fright? Conscious breathing can turn a stressful situation to your advantage. Deeply inhale and exhale for two minutes, and you will find a sense of calm flow through your mind and body. You will feel more relaxed, and your negative and nervous thoughts about your current situation will fade away.

Calm anger: Words said in extreme anger are often harsh and insensitive, and in most cases, we don't mean what we say. Once spoken, the words can never be taken back. If you are in the middle of a heated argument and tempted to say something irrational, take three to five deep breaths. Conscious breathing can clear your thoughts and prevent a situation from escalating into something worse. Just breathe and let it go.

Sleep well: Do you have trouble going to sleep? Do you often wake up in the middle of the night? Your mind is probably full of thoughts and worries. Deep breathing can help clear your mind of too many thoughts. If you find yourself awake and unable to sleep, breathe. It will help your mind be at peace and your body feel calm.

Cope with tough situations: Life can be overwhelming at times. You have too much going on, and all you want to do is escape. Thinking of solutions can be tough when you have so many other thoughts in your head. Try conscious breathing. As you gradually inhale and exhale, troubled thoughts will leave your mind, and you will feel lighter. The solution you were trying to find will come to you within minutes, and you will have a fresh perspective on the issue at hand.

Improve overall health: Breathing has an impact on your body's overall health and well-being. For best results, try waking up early and going for a morning walk. The fresh morning air can help you feel both energized and relaxed. You will feel less lethargic at work and have more energy for your normal routines. With more fresh oxygen, the organs in your body will function better, thus improving your health. Good breathing helps athletes perform better and gain strength.

Conscious breathing will make you more aware of your surroundings and fill you with the powerful sense that you can achieve anything.

Attain Lasting Happiness and Personal Growth by Helping Others

Happiness is a feeling of contentment that comes from within, and it lasts longer than you can imagine. Whether to help others with your abilities and resources is one of the biggest choices you can make. In today's world, you might want to help others, but you are so caught up in your life that you tend to ignore what others around you are going through.

It is important to put yourself ahead of others, but it is also important to help others when you have the opportunity. Contrary to popular belief, helping is not always about altruism. Serving and helping others can provide tangible benefits in your life, and it does not have to be at your expense. Helping others is a pathway to achieving great happiness. Being compassionate and generous toward others can give you a sense of accomplishment that no material achievement can match.

The simple acts of being nice and courteous to the people around you and helping others builds unparalleled trust. People normally feel suspicious of someone who helps others and doesn't seek anything in return, but if you continue this behavior, trust will grow. As people trust you more, the respect and admiration of your community will also grow.

Lending a helping hand aids in creating networks. Today, networking is empowering. Society thrives on human interactions, and networking can provide you with the needed resources to boost your success. The easiest way to build networks is by serving the needs of others so that they genuinely want to help you too without you having to ask.

Being of service to others creates a better society. A helping hand goes a long way to transform society and make it a better place to live.

If you are caught up in the rat race and feel separated from greater humanity, it is never too late to start helping others. Lend a helping hand to those in need, and you will feel more productive and reveal the true essence of your existence. Each of you has a duty that provides a clue to your existence. Have you ever wondered why people are so different from each other? Even siblings who come from the same parents possess different abilities. You are on Earth to serve a purpose: to transform society for the better.

Use These Simple Ways to Help Others

Here are some simple ways to unlock the great power of helping others:

Smile. Smiling is one of the simplest things you can do, but it can deeply touch others' hearts and make a difference in their lives. If randomly smiling at strangers makes you feel too awkward, start with smiling at people you know. You could begin by greeting your parents, partner, or siblings at home, and then extend the same to clerks in stores and colleagues at work. A simple smile can be enough to brighten someone's day.

Donate things you no longer use or need. Gather the things in your house that you no longer need, and donate them to a charity. Someone else will put your clutter to good use.

Donate to a homeless shelter. If you are cleaning your closets and come across clothes that are in good shape but no longer fit, donate them to a homeless shelter. If you have some money to spare, go the extra mile and buy the shelter some woolen blankets or food.

Volunteer for a cause. Volunteering, such as serving food at a soup kitchen, is one of the most fantastic things you can do. Find a local nonprofit organization that is looking for volunteers.

Babysit for a neighbor or relative. Parents need breaks at times. If a friend, relative, or neighbor has children, offer to babysit so that they can have some time for themselves.

Be there. Helping does not always mean giving money or items or volunteering for an organization. Sometimes all that's needed is a patient ear and being there for a person who is going through a troubling time.

Love others. Find ways to express your love for

others: Help your mother in the kitchen, get groceries for your household, wash a neighbor's car, help your sibling with a school assignment, or assist a colleague at work. Express your love for everyone around you — family, coworkers, and even strangers. A simple smile or hug (if safe and appropriate) can also do great wonders.

Helping others means looking beyond yourself but not forgetting yourself. Do not help someone with the intention that you will get something in return. Helping

will make you feel unburdened and happy only if you do it with no ulterior motives.

Have you helped someone today? If not, try it. You will be amazed at the positive transformation it brings.

Farali has been a healer for thirteen years, incorporating Reiki and ancient Greek and Asian techniques into her healing practice. She helps each client maintain a balance of body, mind, and soul. Farali resides in Saskatchewan, Canada, and can be contacted at faralihealingcenter@gmail.com or 1-306-715-5513. For more information, visit her website at FaraliHealing.com.

Generations of Wisdom

The Collective Soul Consciousness through Carolyn Gervais

It might seem like years have gone by since the COVID-19 virus appeared on your planet; many of you feel you have aged ten years or more. If that is your feeling and perception, you are not alone. We would like to help you view aging as something beautiful, purposeful, and elegant.

Many of you went through much loss in the year 2020 and into 2021, but hang on a little longer. More people will be vaccinated, which will lower the number of people getting sick and raise the number of people staying well. We know you are tired of all the pain and agony that has taken place on your Earth, which has caused many of you to feel years older than you did a year ago.

Those of you turning fifty soon might feel that you are already approaching elderhood. You are at the beginning of sorting out what options you have for re-creating a new way of living and being part of your world again. Yes, it will take effort and work for many of you to get back into physical and mental fitness to the best of your abilities. Make that your goal for now, and you will love what it gives you back.

But wait a moment, and do not give up on anything you can still do if you try hard enough. Do not go overboard until you have all the facts for what you are preparing to do next in life for your body, mind, and heart. Are the changes positive, and if not, why not? Maybe you are scared and do not believe in what you can do or give.

Living in a world where ego sensationalism tends to have the upper hand can, over time, become your only form of body esteem. Your inner sustenance is fed by flattering attention, talents, and success. Too many mature women and men in their fifties and older believe they do not or cannot measure up to those elite few, the cream of the crop. This can leave those of you who are older feeling inconsequential and anxious about the future.

Get Off the Ego Train

There is a way to get off the ego train honorably and with dignity and integrity. By activating your inner soul awareness, you can see that

what you perceive as unwanted changes mostly take place in your mind and not in your job or life. If you are confident in your abilities and who you are as a person and you get along with people, you will do well no matter what stage of life you are in. Do not assume that another person's perception of you is negative, especially if you are doing your very best. That is what counts: doing your best. You can only change what you believe you can change, want to change, and need to change to feel proud of what you have accomplished.

Many "lost" tribes lived in the wilderness without knowing about "civilization." It was the same for many of your ancestors. Did those women think about how young or old they looked? If you never saw your reflection in a mirror or had reason to care about what you looked like to yourself or others, you would see changes to your body as natural beauty. To these women, daily life consisted of men hunting animals and women gathering plants, seeds, and grains to feed their tribe according to the seasons of the year. In many past cultures and even in your present day, elders are held in great esteem and revered for their wisdom.

Your Life Has Seasons

Fearing and denying age is like carrying a ball and chain around your waist. Life is not about your age; it is about the seasons of life. You grow and change with each passing season and year. Your scientists teach that Earth's seasons are caused by the tilt of the Earth's axis. The tilting axis does not make you older or younger; only



your perception of the changing seasons makes you feel that way.

As in nature, the seasons of your life change. The spring brings young and zestful energy. Summer activates maturing growth. Autumn expresses what has been learned, representing experience and maturity. Winter draws life essence inward to prepare for rebirth, which equates to wisdom and renewal.

If you were a tribal woman on Earth thousands of years ago, you likely would not have known what your age was in years or what that meant for the changes in your body. Life is about being human in every way you can experience it. That is God's gift to humankind.

Nature changes all the time with its cycles of life. As with all nature, the human mammal experiences seasons before it leaves earthly life, sheds the body, and becomes invisible to your world. This transformation experience represents a winter of sorts, where life force energy (as the soul) leaves the body, becomes spirit, and returns after reviewing, refining, and recycling into another re-creation of itself as a human or humanoid.

Be Proud of the Life You Have

In many cultures, growing older is seen as something negative rather than a beautiful and natural process. No one wants to be dismissed as unimportant or spoken to as if they are deaf or a child. You have the spiritual right to maintain your dignity, honor, and self-respect in any season of your rich and beautiful life.

You Have the Support of the Universe

Archangel Michael through Natalie Glasson

I, Archangel Michael, extend greetings and love to you. It is an honor to be in your presence as I bring forth the energy, love, and peace of the angelic kingdom. May this vibration and frequency download into your being, through your being, and into Mother Earth so that she might experience the blessings and gifts we share with you and with all.

Today I wish to bring forth an insight: A transformation is taking place now, an energy vibration flowing from the universe of the Creator, the core of the Creator, into your being. It is an ascension process. I invite you to imagine with me now. Allow yourself to observe your physical body, your surroundings, and even the entire world that surrounds you. As you focus deeper within

When you wake every morning, breathe in and feel the creative energy of life fill your body, mind, heart, and soul. Think about what you believe is your defining purpose for living. You are meant to go about living, planning, and re-creating the life you are given each day. Then do what you can to help yourself and others be well. With that treasured bounty, you cannot help but make the world a loving place. Feel proud of the life you have, and continue to create, knowing that beauty is found in all seasons of life with their natural colors, shapes, and designs. As a human being, you come from the beautiful nature of God, including your magical mind, human magnificence, and deep and loving heart and soul.

Every day, ask yourself, "What is my reason for being on Earth today?" If you are retired, ask your source of God what you can do for yourself or another person that day that will warm your heart and theirs. As long as life is within you, there is a purpose for that life force today and every day you are willing to share it. Every season has endless expressions of beauty in the universe, and you are unmistakably one of them.

Carolyn Gervais is the author of Life Before Life: How Soul Agreements Direct Our Destiny. She has been devoted to metaphysical spirituality for more than thirty-five years. Carolyn is certified in spiritual psychology and clinical hypnotherapy. She also has a master's degree in holistic nutrition. Carolyn facilitates client resolutions through intuitive counseling, in-depth dream interpretation, numerology and soul-path plans. To learn more, visit AwakeningYou.com or [Facebook.com/soulagreements](https://www.facebook.com/soulagreements).



your being, you will become familiar with your energy and frequency and then connect to who you are. Do you feel alone? Do you feel connected to others?

You share the vibration of many in your existence on Earth, yet with your physical body, you might feel separate. You might feel as if you are an individual, and to some extent you are, but multiple vibrations of the Creator flow through you. You might liken this to a rainbow, but a rainbow that has multiple colors, even colors you do not recognize. These rainbow colors flow through your being into the earth, into all beings, and into everything you create. This is your expression of the Creator.

The rainbow energy of multiple colors flows through your being constantly, a river that cannot be stopped.

In your current existence in a physical body on Earth, you have accepted the purpose of creation. Every moment of your reality is a moment you created. Everything you feel within and around you are experiences you created, whether from your beliefs, subconscious mind, intentions, or the contracts of your soul. You are a creating machine; you cannot stop creating. You might not understand how you create, but it is continuous and maybe even automatic. As you imagine with me, imagine yourself as this creating machine. There is no on or off switch; there is simply continuous creations.

You Are Part of a Team

Now imagine beings all around you, physical beings on Earth, and they are the same as you. They have this rainbow light that allows them to express the Creator, and they have accepted the purpose of creating. They are creating machines and cannot stop creating. Every person on Earth is constantly creating. Sometimes the creations are purposeful, positive, and fulfilling, and other times they guide you on journeys of understanding and growth.

The purpose of this process is, firstly, to understand yourself more fully and begin to fine-tune your machine of creating. The second purpose is so that you might understand the Creator more fully and consciously open yourself to receive and express the purpose of the Creator through your being. Understanding that everyone is achieving the purpose of creation, you can recognize that everyone is in sync and connected. You are all the same; your purpose is the same. You are part of a team with everyone on Earth, and this is not only human beings.

Imagine yourself as a team with everyone on Earth. You support everyone, and they support you. This is not something you need to create, as it is the truth. When you create, expressing your rainbow light, you are supported by everyone on Earth, and you support everyone on Earth. There is a connection, a cocreation.

Imagine the Creator's universe has 352 dimensions. Within each dimension are multiple beings of light: ascended masters, lightbeings, starbeings, angels, archangels, goddess beings, elementals, and so many more. You might say there is darkness as well. Everything is created from the Creator, so it is true that even the darkness is created from the light and holds a purpose of growth and a journey of understanding.

Imagine all these beings of light expressing the rainbow light of multiple colors through their beings. They are expressing the Creator and the purpose of the Creator; therefore, they are looking at you and supporting you and everyone on Earth. Imagine every being in the 352 levels of the Creator's universe directing their energy

to you. You are a team with everyone in the universe of the Creator. Your energy, your purpose, is also directed to them and all beings, supporting their creations.

Again, imagine you are in existence in a physical body on Earth. Your purpose is to create, guided by the Creator. Everyone on Earth supports you and assists you. Everyone on the inner planes within the 352 dimensions of the Creator's universe supports you and sends you energy, love, and truth, energizing and amplifying all you create.

Choose What to Create

Can you imagine millions beyond millions of beings supporting you at this moment, in truth, at every given moment? This creates a oneness, a wholeness, and that oneness and wholeness is the Creator, so you are part of the integral oneness and truth of the Creator. As you allow yourself to imagine this, you will shift into this perspective, reality, and vibration. My questions to you are simple:

- With all this support, what do you choose to create now?
- With all this energy — the multicolored rainbow light flowing through you, which is the expression of the Creator — what do you choose to focus on?
- What do you wish to experience in your reality?
- What emotions do you wish to experience?
- What thoughts do you wish to experience?
- What actions and reactions do you wish to experience?
- What situations and circumstances do you wish to experience?
- What types of people do you wish to have in your reality?
- What do you wish your surroundings to be like?

Imagine you are creating on a fresh canvas where your past does not influence your present, and you have all the support you need. Many beings on Earth and the inner planes are cheering you on, amplifying and magnifying whatever you wish to create.

As you imagine this, what feelings emerge from within your being? Are they feelings of success, fulfillment, deep love, or maybe relaxation and peace? Allow this vibration to fill your entire being. Let it flow from your being, and send it to all beings on Earth and the inner planes. As you continue to imagine, I invite you to ask yourself:

- “What do I need to focus on now?”
- “What do I need to create in cocreation with the Creator, my soul, and everyone on Earth and on the inner planes?”
- “What needs to be created and expressed through me now?”

Shift Daily into the Vibration of Cocreation

This is my message to you today. I invite you daily to imagine all that I have shared. Allow yourself to shift into that cocreation vibration, because that cocreation vibration is essential to activating the New Earth ascension blueprint already anchored in your being and allowing you to create, heal, and experience cocreation and oneness with the Creator. Please imagine this daily. Shift into the vibration of cocreation where you are supported entirely by the universe of the Creator, because it is the truth. This is an important and integral aspect of your ascension now.

Please do not worry about creating the wrong thing or trying to get your creation perfect so that you create

the right thing. There is no such thing as wrong or right. Simply allow yourself to be inspired, as the wonderful thing about your creations is that you are always creating. You have so much time to practice and express what is truly within your heart and soul.

I love you deeply, and I am here to support you eternally. In truth and love, I, Archangel Michael, thank you.

Natalie Glasson is a channel, author, workshop facilitator, spiritual mentor, and founder of the Sacred School of OmNa. Natalie has been a channel for over ten years, dedicating her life to awakening others to the light of the Creator. She made a contract many lifetimes ago, during the time of Atlantis, to assist people in anchoring sacred energies into their bodies. She continues this service today. For more information, see OmNa.org.

The *Our* Is Here

The Society of Crystalline Light through Wisdom Teacher Sri Ram Kaa and Master Lady Kira Raa

Hello, beloved angels, beloved beings of luminescent crystalline light and eternal energy. You are freedom. As you dive within the experience of this moment of formed creation, the moment of celebration arises deep within the vast and expansive energetic flow that is your divine mastery nature expressing into form.

This energetic flow of experience is carried as both your divine nature and the collective experience, or *our* nature. Relax your mind and invite receptivity. Let us expand through our sharing the greater understanding of the experience of *our* nature, for indeed, the *our* is at hand.

You might say this is a play on words, and in many ways, it is. This is a gentle reminder that *it is all play*. When the *our* is at hand, the time experience, or the H-O-U-R, reveals itself. This is the energy of culmination when all comes back together. The *our*, the O-U-R, is at hand, and the hour is also at hand.

We offer this remembrance to you in the full recognition that to be in the reunified state of your divine wisdom-filled experience is to recognize that you are whole. You are complete without the need to rationalize.

The Choice Is Yours to Command

To rationalize is to make small, is it not? It is “to ration.” To consider the need to ration arises from a cup that is not full. To ration means you have great concern about insufficiency. It is the preoccupation with a cup that is already emptying, thereby validating the self-fulfilling energy that there will not be enough.

When the energy of insufficiency — in all its broad experiences of not being enough or not having enough

— becomes the primary focus, this creates an energetic imbalance where doubt, fear, and concern manifest. Within the concern and the fear wrapped around preoccupation, the mind steps forward to create a resolution: “Aha! I have come up with a plan, and the plan says we will allocate. We will ration. We will offer enough to sustain but not enough to live.”

Beloved one, you are here in this wondrous experience where choice is yours to command. As you relax ever more into the vast nature of your mastery presence, we invite you to receive the full cup of the well of *our* divine nature. This cup is continuously full and continually filling. Scarcity does not exist as *our* nature is ever-creating through the abundant flow.

Your heart already knows that the *our* is at hand and the celebration is here to command. The need to continue to rationalize, limit, and come from the aspect of density creation that there is not enough is indeed a perpetuation of the separation that your heart is calling to wholeness. To release the need to rationalize is to invite the glorious connection of the *our* at hand.

Relax the Rational Mind

Smile a soft smile as you gift permission to yourself now. Breathe and relax the mind as you invite your mastery presence to come forward and join in this *our*. As you relax evermore and join in this moment, notice with a soft smile the release of rationalizing and the smile of mastery that arises from deep within your mastery



presence as you release the singular paradigm of rational mentality.

The energy of limited rational mentality limits the fullness of your divine nature and thereby limits the *our* nature from experiencing divine balance. The rational mentality maintains: “I am aligned wholeheartedly with density. Everything in density is limited. For indeed, the experience of density, while full in its expression of the all-ness, in and of its nature is limited in its expansion.”

We repeat: While full in its expression of the all-ness, in and of its nature, it is limited in its expansion.

The energy of rationalization, the energy experience of rationing, and the experience of the collective patterning that calls forward the beliefs and paradigms that all things end are densified energies that serve form exclusively. To affirm and live within the energy experience that all things end is to be in the full expression of the density experience. This is a beautiful gift for those whose journey is to be in density. And it is merely a step on a journey that is ever-expanding.

Breathe and invite your mastery presence to allow the experience of rationing to come to completion. Smile and embrace it as the lesson and the divine gift that it is. It is the gift of consciously calling forward the fullness of the *our* at hand. This *our* is invoking, as it is an invocation that expands all energy without limitation and with complete neutrality.

Let us use the example of food. We make this choice as, in a world of density, food is often rationed. Food is often feared — of running out of it or not having enough. This energy is indeed a preoccupation, is it not? This preoccupation spans the complete breadth of the density experience. At one end of the spectrum, it requires some to beg to eat. At the other end, those who have plenty cannot see how the excess causes imbalance. The extreme of begging is also an imbalance, as food is easily offered by the loving environment of the planet that sustains your form.

You each have a perception of what is enough. Your questions continue, always asking: “Do we have enough? Are we prepared? Where is more coming from? How will it arrive? How is it prepared? Is it safe? Is it healthy?” Beloved ones, within your divine nature is the ever-bountiful food of the soul, the ever-bountiful energy of the universe, and the ever-bountiful *our* nature that does not diminish.

To release the rational mind is to embrace bounty. When you embrace bounty, the energy of miracles instantaneously manifests. As they say, the water turns into wine when you see the bounty before you. There will always be enough. There is always sustenance. This is because the sustenance is always within. It is the *our* at hand. It is the *our* of your divine beingness. It is your *our* of bountifully manifested miracle presence. To be rational is to close all opportunity to bounty.

Celebrate and Experience All

Living with full alignment in a rational world is simply the mastery process you have chosen: to always be in a rationing energy. “I will ration my time. I will ration my love. I will ration my ability to connect. I will ration my attention. I will ration my intelligence. I will ration my body. I will ration everything.” Releasing ration energy ignites the mastery awareness that embraces the energy of the bounty of ever-present “enough-ness.”

For some of you, this is a joyous message of divine freedom: to be in the energy, the moment, the *our* at hand. Living with the conscious awareness that the O-U-R at hand is a joy-filled homecoming of bountiful reunion, a blessing that permeates the oversoul and unifies all that you are while still in form.

For others, this might be perceived as a message of polarization, or it might be frightening to consider the release of the density experience. You declare: “I must be rational. Only rationality exists. I must ration to be sure I have plenty. I must be sure that all is in order according to my rational brain.”

We celebrate *our* experience as we celebrate the rational. We celebrate the bountiful. We celebrate those who proceed, step by step, in collusion with density. And we celebrate those who expand moment to moment in harmony with *our* moment.

It is in your divinity to celebrate all and to experience all. Only through the rational do you find the bountiful. Only in the bountiful can you masterfully understand and comprehend the rational. Together, the *our* is at hand, and it is a miracle presence: the *our*. It is a time of reunion. It is a time of rectification. And with rectification arrives the divine balance that calls forward the harmony that is *our* reunion.

Indeed, the *our* is at hand, and the rational can rest. The bounty is here. We love you. And so it is.

Sri and Kira remain at the forefront of the higher consciousness movement due to the wisdom, clarity, and accuracy of the information they share. With five best-selling books, hundreds of published articles, and a top-rated radio show presence, they present extraordinary insights about our human origins and divine destination. Newsweek magazine stated: “Sri and Kira are offering reassurance and uplifting the consciousness of the world.” Residing in Ecuador, they model universal citizenry and passionately exemplify the Yoga of Self-Ascension. Learn more at SriandKira.com and TOSABlueMountain.com.

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Energize Your Vision of a New Blue Earth

Beloved Elohim of the Twelve Rays through David Christopher Lewis



We come to impel you higher in this new year of 2021. This impelling energy is pure spirit manifesting from our realms and proffered to you to utilize for the victory of the light within your lives and within Earth. We come to cocreate with you a new planetary home of light, virtuous in all its glory, beautiful in its harmony and majesty, divine in how it out-pictures on behalf of the one eternal God the radiance of Earth and all her evolutions, and fully self-realized in the joy, godliness, and love that harmonizes all the cosmos in its radiance.

Dearest ones, at the onset of each new cycle, an opportunity arrives for you to enter a greater commitment, discipline, and action of light. You have written your letters to the karmic board. You have composed your promises to yourselves as vows, and we come to support what you have created as a thoroughfare, a means through which you can attain greater God consciousness and solar awareness.

When you step up your energies within your presence and step up to the plate to act thoroughly and dynamically in this way, we command particles of self within you to rise and broadcast those aspects of your causal bodies, your divine peoplehood, in ways that are magical, miraculous, and sometimes mysterious.

If you thought the past was interesting, the future within the eternal now is magnanimous and rife with opportunities for you to ascend daily. It is complete in how God affords you entrance into the divine experience, the greatest encounters with holy beings of light and yourselves connected, moving as one spirit, one community of light, toward the perfection of your mission and vision and the realization of you as divine and sovereign beings.

As cocreators with you, we will engender matrices in 2021 that will cause a great shift on Earth with others who resonate with you — those awakened and enlightened ones who know what is transpiring and who, like you, have stepped up to broadcast light through their beings, chakras, and auric fields.

You know from the heart of Saint Germain that light is the alchemical key. Utilize this light daily. Utilize love as light through your new heart form given to you by Gautama Buddha to emanate and aerate Earth with such

dynamic love and impelling fire that none can deny that God is present. None can dissuade others from imbibing this energy and realizing selfhood from knowing the true self. It is time for a massive self-realization experience in the I Am presence of each son and daughter of God to be realized, for the awakening is much more than an individual process; it is a collective initiation of lightbearers throughout Earth.

You Will See a New World

We have activated certain higher engrams within your I Am presence, your God-self, to come into play in your lives. You will see the activation of more than you could have imagined even a few years ago, sometimes from deep within the subconscious of what you had attained in past golden-age civilizations, both on Earth and in other star systems.

Yes, dearest ones, you are divine beings. Realize this, proclaim it, and acclaim it day after day, hour after hour, because when you attune to your divine reality, we energize that reality, that realization in your daily affairs. You will see the shortening of the days for the elite, the collapsing of the netherworlds of darkness within the astral plane.

See this as a mission before you within this Hearts Center community: the complete transmutation of the entire astral plane. Your Shakuntala Modi, the precious doctor of light who has proffered to humanity tomes of great understanding of the past, present, and future, has provided you the wherewithal to understand the matrix of the collapsing of the nonsense of unreality simultaneously with the realization of the all-godness and goodness of the Creator.

If you can take this understanding and utilize it as an alchemy for 2021, you will see the old order dissolve. You will witness the instauration of Saint Germain and the Divine Director's vision for America and the world. You will notice that aspects of your unreal nature no longer hold sway in your world. It is as if you have risen into a new world, peeped your head through the clouds to behold the glory of God, and now energize this reality and accept it as the totality of your new selfhood. You

realize that much more is to be had, seen, and realized. No longer will your not-self hold sway. You are free.

The entire initiation now across Earth is whether the sons and daughters of God will know freedom from tyranny or succumb to its ugly head and machinations. We know what you will proclaim and realize, but it must be realized and proclaimed by many thousands more, even millions of souls for victory. Ringing in this reality from the house tops, steeples, and churches throughout America and the world, there will come such a great conflagration of sacred fire, such an activation and energization of the I Am presence within the lives of millions, that it will be untenable for the sons and daughters of God not to awaken and be quickened to this understanding and reality.

You make it so through your past initiations and your self-realized states of higher beingness every day. We are there in each quickening experience. We are there when you are no longer lethargic, when you realize that God, the all-power of God, is available to you to fulfill what you desire to accomplish through your initiatives and chosen path of light.

Visualize a Blue Earth

It is no longer acceptable to live as human animals in the sense that you were carved out of earth as earthly beings. Dearest ones, you were created by light from the Source in the beginning, and you still have that light. You still retain that divine ideation, that holy blueprint of beingness, as a bright and luminous being. When you accept this reality and live in that energy field, all things are possible for you because God is present in your consciousness, heart, mind, and will in perfect balance.

We come as a collective, for the “uni-plurality” of our being one with you is a God manifestation of the glory of the one eternal Source. When more realize this oneness, feel this reality, and know this in totality, the miracle magic of all the ascended hosts comes into play through your thought processes, divine ideations, and what you magically render through your minds, hearts, and wills as the new blue Earth itself.

Let us do alchemy:

- See Earth as a beautiful, bright star of light in the firmament of the heavens.
- See the oceans as pristine blue, even aqua teal, and glorified in God.
- See the cities teeming with light instead of pollution or darkness.
- See all people happy and free to pursue their God identity.
- See Earth spinning in the brightness of its original divine matrix of perfection.
- See all creatures on the earth, in the oceans, and in

the skies happy and reverent toward one another, beautiful in their out-picturing of their divine design.

- Know Earth as the new blue vision of perfection.

Even a few moments visualizing this, with the completeness and authenticity of your higher self’s magical matrix of perfection, allows it to come into full realization more than you know. And we, the Elohim, make this commitment: When you energize this daily in your silent meditations and dynamic prayer sessions, we will be there working behind the scenes to activate it and allow it to be miraculously and God-victoriously manifest. This is our vow to you as initiates of the sacred fire, keepers of the lightning of God.

Gifts of the Holy Spirit Are Activating

With God, everything you choose to manifest and righteously desire with love might be yours because you ask with pure motive, heart, mind, and will. Saint Germain steps forth now from his retreat and broadcasts such an action of the violet laser light in your midst and around Earth that all will feel this impelling manifestation of seventh-ray joy. The Divine Director also activates the higher nerve impulses in your pituitary, pineal, and thymus glands so that you might self-realize more of the glories of God and the gifts of the Holy Spirit in your daily life and affairs.

The activation of these nine gifts of the Holy Spirit is tantamount to the use of 90 percent of your human brains, but more than this, your divine minds. When these gifts are fully activated, you will have visions and experiences that none can discount as real because their tangible manifestation is so cosmic in your life that it will move you again and again into ecstasy and the state of simple, profound oneness with your God presence. You should seek this more than all else: oneness with God in heart, mind, and will throughout your entire being, soul, and spirit.

By realizing this oneness and harmonizing yourselves to experience this state of divine ecstasy, you will realize all you came here to do, feel, and know. In this full God self-realization, that impelling light will broadcast from your auras and free many thousands of souls to also pursue the higher walk with God they must experience to be free in the light.

The Great Divine Mother also comes to purify you through her holy breath to energize your souls to know God deep within. Some of you still do not feel your I Am presence in its glory and totality as that washing of the spirit through your being and the activation of your centers and impulses with light and fire and the brightness of love’s holiness. The Divine Mother’s answer is to purify you and wash you clean. As the new year has begun, you are clean and have a bright white page before

you to write all your virtuous giving to the planet and to Father-Mother God. Remain in this state of purity. Claim it and reclaim it every day. Never descend into a sense of not having self-worth.

You are worth everything to God because you are God's sons and daughters. And in the brightness, purity, and levity of this sense of purity, you will endure the initiations of this year and beyond. You will ascend. You will be one with God. You will complete your assignments and rise above and beyond all human perceptions, senses of limitation, and darkness. We, the Elohim, embed this willingness within you to accomplish all with tenacity, veracity, and light.

All Is Being Exposed

The Lord Jesus, the living Christ, stands in the Holy City broadcasting cosmic rays of glory from his solar being into the earth and calling those who have performed deeds of ignominy to come to the light and leave their dark creations. All is being exposed within this golden light of the Christ through Jesus, the master of the ages. As more is revealed in coming days, you will see the separation of the tares from the wheat. You will see the separation of the sheep from the goats. You will notice that aspects of your lower nature — as these tares and goats — will no longer burden you with their energies, nonsense, and illusory states of awareness.

This initiation of the judgment of light from darkness is the cosmic separation that must occur for the new era to begin. Jesus is tangibly here with you if you would have him in the completeness of this God justice and divine judgment manifesting daily, hourly, and even moment by moment.

Stand and Face the World with Your Great Light

Supreme Creator Goddess through Luanne

It is true that every thought you think, act you perform, and word you speak either raises or lowers your light quotient. As goddesses of light, we are directed to continually raise our light quotients. As goddesses of the old Earth, you were directed by All That Is to lower your light quotients. Now you are being asked to return to the light by raising your light quotient every second of every day. Because every thought raises or lowers it, you must be vigilant in your thinking as well as in your words and actions.

In this time of confusion and transition, it is of the

The dark ones can no longer hide from the truth. Hilarion has averred it. You have too; therefore it is manifesting. More and more will awaken to these higher truths, and we will see what we will see. But the end is great. Hold that fort of light within. Hold that ideal, that high ideal within your higher minds of what America is and will always be — a land of the free and home of the brave, the courageous hearts of light who stand for God first and people second. The hosts of the Lord are on the march through your calls. The holy ones of God surround the planet now to envelop it in greater light for this victory.

Yes, we behold Earth as divine and all creatures evolving upon it as sublime. Live in that light, know your true nature, and allow love through this new heart form to suffuse itself in your daily life with so much spontaneity, creativity, and virtuosity that even you will be amazed at what comes through your heart, mind, and will of godliness and beauty in coming days.

We, the Elohim, have spoken. This reality now is established on Earth and within you through your acceptance of it, your joyful hearts, and your minds trued to the Divine. Thank you, dearest ones, for your work and service, which we see with eyes of glee and hearts trued to the perfection of the I Am. Bless you always in the brightness of your presence and in the glory of your true spirits.

*The Hearts-Center is a dynamic worldwide movement whose mission is to deliver teachings and inspiration from the ascended masters, angels, and divine beings through **David Christopher Lewis**. Daily prayer and meditation service broadcasts, local events, quarterly conferences, and annual pilgrimages provide opportunities for uniting hearts in service to the Divine. For more information, see HeartsCenter.org.*



utmost importance to hold or raise your vibration as high as you can each day. Notice when you listen to others that your light quotient drops with every negative word. Your job is to hold your light so that others can see and feel it no matter what they think or say.

Keep Your Light Quotient High

When we meditate, we can raise and hold our

vibrations higher and higher, but this is not the task for today. Rather, it is to march out into the world with your high frequency and teach by being the light. Preaching is no longer effective. Teaching by the action of holding steady in the light is the task. Attempt this and notice who and what lowers you to their level; then contact your inner light, return to the light, and hold it steady. They will come at you with all the negativity they have, but just hold true. Be the light.

You are all my great and powerful Earth goddesses. You live in my light. You spread my light. You are always and in all ways connected and protected by my light.

Bubble up with my light. Connect to my light through opening your crown chakra and calling to me. Then go out into the world with the power and grace of your light.

Huna Life Prayer

It is not productive to label and despise all the conspiracy theories winding their way through the wind; rather, it is a time for prayer. Think not of the present illness apparently appearing all around you, for it is unreal. The first part of our prayer is to forgive all those involved, for they know not what they do. Make sure your forgiveness is given in earnest and not just words upon words. You might believe that some horrors cannot be forgiven, but all is forgiven by All That Is. Forgive and let

the words travel up to the realms for release from Earth's atmosphere. As the Kahunas of Hawaii, hold a prayer:

Write exactly what you want to come to be. Call one of the great masters, Mother/Father God, or Supreme Creator God/Goddess and ask him or her to respond to your prayer.

Say this prayer out loud three times. Command your subconscious mind to take it through your soul monad all the way to God/Goddess with all the vital force needed to bring it to life. Then command out loud to Mother/Father, God/Goddess, Supreme Being, or your chosen great master: "Please let the blessings of eternal health and wellness in mind, body, and soul for all humans fall to Earth now."

This is my prayer for eternal health: "Dear Supreme Creator Goddess, Mother of All Creation, please find it in your heart, as I do in my heart, to forgive all those involved in the darkness that has been created on Earth. I pray that the light vibration of all humans on Earth be raised to the fifth dimension and above light quotient by rendering all disease and darkness ineffectual. Supreme Creator Goddess, please let the blessings of eternal health and wellness in mind, body, and soul for all humans fall to Earth, now. So be it, and so it is. It is done. Thank you."

Luanne

The Rules Have Changed

Inspired Guidance through Gillian MacBeth-Louthan

We are losing segments of time. It's as if we each live in separate time zones that change from one street to the next. It is very discombobulating. We are prepped like soldiers waiting for divine orders and do not understand why we are on edge — sharp and stressed.

All nature seems to be on alert as it seeks shelter from the invisible storm. Everything around us says, "Beware. Something does not feel right; it does not fit right." Our bodies experience unusual phenomena: pain, energy dispersals, hearts that beat differently. Our memories dig deep, lining the past with the now, and our emotional bodies circle to protect us.

As we move through these dimensional fluxes, we encounter aspects of ourselves we have not known, relationships that do not make sense, and truths that do not belong in this episode of self. We are upgrading via the dreamscapes and multilevels of learning that we experience when we sleep (whatever time of day or night that is). We might be unplugged in this form, but we

are plugged in via our other forms and timelines. No wonder we are so tired when we wake up, as if we've run marathons or worked triple shifts.

We move forward with caution as if walking in shifting quicksand, knowing at any minute the paradigm could change and we would float without wings. We look to nature for understanding and insight, but she looks back at us just as confused. The rules have changed. We bang our heads, trying to figure out what to do next and what tools of light we need in this place and time.

Most days it is best not to try to force outcomes. We look out the windows of our cars, homes, and souls, seeking signs that it is safe to move forward. As if driving through a dust storm, all we can do is pull over until it passes. Many of us are parked alongside our lives



waiting for situations or events to change that will give us permission to move forward.

Everything lines up as we face what pushes our buttons. Can we make this all go away until another day? Maybe, but do we really want to? This is a virtual time-out for good behavior, allowing us to get all our molecules and cells going in the right directions. It's a last-chance resort that allows us to be the people we've always wanted to be. It's a chance to rewrite what is written in disappearing ink within the ciphers of our souls.

Let Go of What No Longer Serves You

The spring energies give us opportunities to see ourselves as we have always known ourselves to be, deep in our hearts: good people with good souls and good intentions. If we are on Earth, we are highly evolved beings who have taken form in the reincarnational cycle we have chosen. These are roles we act out in plays we wrote and now direct. If we each choose to change a role as the director, producer, or actor of our drama (or melodrama), we can do just that. It starts with one thought and intention. But we must be aware that switching one role for another is not always a better or easier choice. All choices come with sets of rules and agendas. There are no vanilla boxes in these choices. All serve our highest good with no exceptions. We must embrace who we are and all our choices and stop searching for divine perfection on some far-off isle when it is reflected in our eyes in today's sunset.

As we move forward in energy light, we come to many crossroads and energetic choices that confuse the senses and mind. We are stretched dimensionally and biologically into many directions of development. These places have many doorways where light consciousness has many memories and connections. We can easily slip in and out of small places between time in a moment's blink.

This 2021 dimensional flux directs us into places of cellular memory that need healing in our humanness before we can move forward into higher light quotients that allow us to enter safer places of light. The body holds all memories through time and incarnation. Each physical pain is associated with a memory, place, time, or situation that needs to be cleansed and released.

What is known as ascension starts cell by cell. The cell is similar to a room being renovated and awaiting new paint, flooring, windows, and so on. First, the cell has to be completely emptied of all the old furniture before the new can become a reality. Can we willingly let go of our old furniture, or will we hang on to what no longer serves us? Think of winning the lottery and having enough money to buy a dream house anywhere in the world. But we choose to stay put, enduring what we have

always endured, not receiving the good that awaits us.

Speak Gently to Pain

We are learning to talk to our bodies in ways that can finally be heard. God has turned on his universal hearing aid. We are partners in this earth walk of body, mind, and spirit, and we go through a lot of shenanigans and cosmic comedy in this earthly show. We hold all memories, past and future, in our bodies. Some memories are sweet, some are nightmares, and others have blended with the horizon, not to be seen.

As we increase our light quotient, we push light into cells that are not yet ready for renovation. They still hold the pain of the past and are afraid to release. When we ask for more light, truth, and love, we can expect the human body to rebel and react. We can speak to the pain with love and understanding in our hearts, as if it is an unloved child.

The parts of us that feel unloved are disguised in this pain. We do not have to play the "name that pain" game, but like a master of light, we can gently speak it into healing without knowing why it hurts to begin with. The pain does not have to be physical. Spiritual, emotional, and mental healing are also needed as we enter new rooms in the many dimensional mansions of light.

Togetherness is not what it once was. It seems too short to fill our deep human hunger, our need to gather. Feeling isolated brings thoughts to the surface we have not allowed ourselves to think about. Remember that "oneness" exists in the word "loneliness." As we all learn to fly through what seems to be a Bermuda Triangle time storm, we learn to surf the waves of change like professionals. We cannot control the ocean or the outcomes; we can only trust ourselves and our souls and learn how to ride the really big waves.

Be Fearless in This Life

Earth is acting as if it's a black hole, not moving upward in light but spiraling into itself and hiding from the truth. The mood of any planet destined to become a star can be seen in its surrounding auric lightfield. Earth light rises and falls as if it's controlled by a drunk, one-armed lighthouse keeper. It sways with the pulse and outer beat of the elements. Black holes are all-or-nothing energy creations. If we were to enter the realm of a black hole, we would completely dissolve into nothingness with full consciousness and become one with original formless light. Then we would be reconstituted in form and light into a new creation, letting go completely of what was defining us. Entering a new realm, we would redefine, redesign, and resign ourselves.

Being a one-armed lighthouse keeper has its merits when it includes rescuing others from demise. But trying to hold on to what was with one arm while trying to

rescue others can pull us down and drown us in the waters of the past while we float to the bottom of the “see.”

So much sadness and depression pulses from Earth. All life in the universe notices the difference in this Earth star’s pulse and shine. We look like a dying star from other parts of the universe. Ancient future scientists from many distant light-years worry if this planet/star is becoming a black hole.

We know in our hearts that everything has shifted and changed forever on Earth. We are no longer on the same playing field, and Earth’s light pulse denotes this. We are transforming on a biological level, and all the cells in our bodies display that truth. As with caterpillars, we are not sure what we will become in the end, but our inner lights are timeless and reflective, shining through all forms. We must hold on to that and be fearless in this life.

Let Go of Ownership

The numerological energy of the word “money” and of the phrase “the United States of America” are both 9 vibrations. The destiny of 9 is to turn darkness into light, transform outcomes as alchemists of old to stand aligned with what is honorable, and battle for integrity. In the past few years, both the energy of money and the United States have gotten off track. Since their vibrations are the same, they always walk hand in hand down memory lane, feasting on regrets and “what ifs.” Within these 9 musings is a holy trinity of energy: the magic of three times three. We are destined to learn much about the vibration of money in upcoming times.

An early doctrine of America, as expressed by Abraham Lincoln, was “of the people, by the people, and for the people.” The founders of the guided words of the Declaration of Independence and the Constitution were aligned with the ancient teachings of the Masonic order and all holy orders before them that have since changed shape and form through time. They were knowledgeable in ancient secrets, holy instructions, and truths that were written in stone. Their bloodlines came from the great architects of the universe, a school of thought

birthed from father to son. The United States was built on an honorable foundation with cornerstones laid for the future of humankind. The original doctrines were solid and would not wear and tear with the political weather.

Money holds the same consciousness as the United States and its political temperature. We need to stop nursing our financial fevers and get well once and for all. When we get money, we can hold it for a minute and place the vibration of love into it (another 9), thus shifting its frequency. Then we can let it go back into the populace to radiate love with each financial interaction.

Money has shifted in accordance with our once-solid belief systems. Every financial fear weakens our immune systems and strips away joy. Our beliefs have holes in them, as do our pockets. They are turned inside out and upside down into the “land of not enough”: not enough money, gas, toilet paper, or hope for a shiny future. All these factors have lain beneath the surface for the past year or so, festering and marinating in “not enough.”

Our considerable awareness of money responds to every hidden thought of lack or prosperity. The deep-seeded genetic fear of not having enough needs only a single second to take root. Our lives mirror our inner fears before they ever reach our outer hopes. The secret to receiving the everlasting great wealth of the universe is to give as God: without limit or regret.

It is at that point of emptiness that we will become full. To believe when there is no proof, except for a deep knowing in our hearts, is proof positive the universe is guiding our way. Earth is a big day-care center: We can play with all the toys, but we cannot take them home. In truth, we own nothing. We must let go of the need for ownership and allow the wealth of the universe to flow through us. We are conduits of light.

Gillian MacBeth-Louthan is a visionary, a seer, born with the gift of knowing. She has been a clairvoyant psychic since age five. Gillian is a teacher, messenger, and world-renowned trance channel. She is keeper of the star languages and a crystal whisperer. Gillian lives in the Smokey Mountains of Tennessee. To learn more, go to theQuantumAwakening.com.

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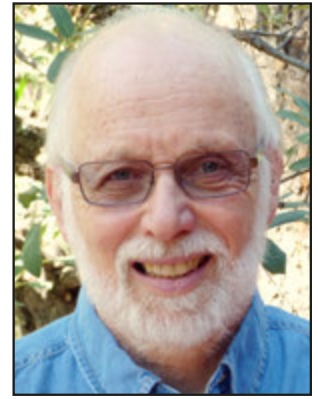
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Connect with Your Cosmic Consciousness

Juliano and the Arcturians through David K. Miller
with Artwork by Gudrun Miller



Greetings, I am Juliano. We are the Arcturians. We will now explain the sacred triangle, a core idea in the Arcturian teachings for the New Earth. I like to emphasize the term “New Earth,” because things are changing very rapidly. On Earth, you are moving into a new energy that requires a newer spiritual paradigm.

We define “spirituality” as the focus on matters of the soul and the spirit as opposed to the physical world. We realize that is a broad definition, but in essence, it goes along with the thinking of many great philosophers in the history of Western civilization. We will expand that definition, because you are moving into a new world

on planet Earth, and spirituality must also now include the relationship between spirit and the material world. In other words, we are no longer excluding the material world in spiritual work. Instead, we want to study and work with how spirit manifests in the third dimension, your physical reality.

Your spiritual practice should not lead you into a cave. Maybe that method was appropriate in other times, and maybe there are instances today when certain people require that kind of isolation. However, we believe that you, as starseeds, are interested in Arcturian group spirituality, and this is why you have come to us.

Our spiritual practice includes biorelativity, planetary cities of light, and connecting with the spirit of Earth and the spirit of the galaxy. We recommend that you practice Arcturian spirituality by using these Arcturian exercises and techniques. Maybe you have not thought of these as spiritual practices. **[Author’s note:** Biorelativity is a meditative practice for connecting with the spirit of Earth to change harmful weather patterns or earth events. Planetary cities of light exercises focus on creating sacred spiritual cities on Earth. The ring of ascension is a fifth-dimensional halo that the Arcturians helped to place around Earth.]

We consider these three practices as spiritual exercises. They fit our definition of spirituality because they include the relationship of spirit, soul, and energy for physical manifestation. You, on your soul journey, have manifested yourself on planet Earth. Your soul has a resonance or coherence with the energy on Earth. I listen with amusement at times to many of you who tell me: “I want to leave Earth. I am done with Earth. I want to ascend immediately.” I look at your soul history and your soul mission and see that you really wanted to be here on Earth. You wanted to have this Earth experience.

Change the Spiritual Paradigm

We know that the experience on Earth can be painful and uncomfortable. However, dealing with third-dimensional reality gives you the opportunity to



The Sacred Triangle by Gudrun Miller

contribute to your soul's growth and help the planet. A big question that has come up is, "Why can I not do the soul growth on the fifth dimension or on another dimension? Why do I have to be here on the third dimension, and why here on Earth?" Earth provides unique and desirable opportunities for soul growth, such as free will. You might ask: "Why do I need free will for soul growth?" Our best answer is you must have choice. You cannot grow if you live in a fishbowl.

Here is an example from the Bible. Life in the Garden of Eden was perfect, but because everything was perfect, there was no way in that story for Adam and Eve to grow. They had to leave the Garden of Eden, or leave the fishbowl, in order to understand what they had and what the beauty of that Garden of Eden was.

The Garden of Eden, in fact, was a fifth-dimensional paradise, but you do not understand the blessings of a paradise until you compare it to a dualistic or polarized world that has free will. A world with free will allows the existence of negativity and evil.

A new spiritual paradigm is necessary for the planet to assist in the transformation to New Earth. The old systems, spirituality, and religious views do not provide the necessary guidance and integration to help people bring forth this New Earth. This is only an observation. Ancient and medieval philosophers and spiritual teachers did not know that Earth revolved around the Sun. They believed that Earth was the center of the universe. How wrong they were. Their philosophies, ideas, and religious views were based on a comic misconception. New scientific discoveries, especially in the twentieth century, proved beyond a doubt that Earth is just a very small speck of sand in an unimaginably large universe. The universe has many other life forms and civilizations besides humans.

How would a first contact or an interaction with a higher extraterrestrial being change the spiritual paradigm? One of the resistances to acknowledging extraterrestrials' existence has always been that it would negatively affect the religions and consequently the spiritual welfare of the planet. Galileo proposed the idea that Earth revolves around the Sun. It was clear that the religions in the 1600s could not accept this, as it was contrary to their religious beliefs.

Paradigms Are Based on Beliefs

Beliefs are powerful. Beliefs are stronger than facts. Beliefs are the basis for paradigms. In the time of Galileo, there was no expanded religious belief system to encompass his new discovery. Church authorities had to go with the old paradigm, which included the belief that Earth was the center of the universe and that the Sun was going around Earth. This wrong view worked for a while, but new discoveries confirmed Galileo's claim.

During the life of Galileo, there was not a planetary crisis. The shifting of the spiritual paradigm was not critical for the existence of the planet or of humanity. Now the planet is in a crisis. The new scientific observations are so important that they must be integrated into a new spiritual paradigm. I have often asked my friends on Earth: "How would it affect Earth religions if they knew that Sananda/Jesus was also a prophet and messianic figure on other planets? How would that affect their beliefs and ideals?" Most interestingly, other planets gave him a better reception than he had on Earth, and there was much more receptivity to his lessons. There were no conflicts, wars, and polarizations following the interventions that Sananda made on these planets. His work on other planets would in fact be quite a shocking announcement. It might not be shocking to you as starseeds, because you are already aware of the existence of other planets and that you have been on other planets.

The new spiritual paradigm and model for this New Earth is the sacred triangle. This planet will not heal unless there is spiritual unity. The planet, to overcome its polarizations, dualism, and conflicts, requires spiritual unification. Unless the spiritual energy on Earth is united, global conflicts will not be resolved. If you look at the history of the Western and Eastern countries over the past 3,000 years, you will find that the majority of conflicts have been over spiritual beliefs. Many wars were over what truth is and who has spiritual truth.

Embrace Galactic Spirituality

By accepting the Great Brotherhood-Sisterhood of Light, you are saying that there is not just one path in the spiritual and religious world. There are many paths. Each ascended master is able to transcend the unique circumstances of his or her upbringing and religious background and pursue a path of spiritual unity. There is no conflict between Buddha and El Morya or between the teachings of any ascended masters. They all work as a united group, and this is a great development. At this time on Earth, there is more access to the Great Brotherhood-Sisterhood of Light than at any other time, despite the polarizations, conflicts, and ecological disasters. There are now more spiritual connections with the ascended masters on Earth.

We encourage you to learn about the Great Brotherhood-Sisterhood of Light and their teachings, unifications, and assistance, because Earth needs the spiritual guidance of these masters. What is beautiful about the ascended masters is that they are not teaching "you must only follow 'this' way or 'that' way or 'this' book or 'that' book." They teach the need for spiritual unity and promote united consciousness of all traditions.

The next part of the sacred triangle is called galactic



Galactic Kachina by Gudrun Miller

spirituality. I, Juliano, as a galactic spiritual teacher, am very excited to teach about galactic spirituality. It is an important part of Earth's development. Embracing galactic spirituality is necessary to bring forth a newer, higher paradigm and a new higher unity on Earth.

One of the interesting aspects of the sacred triangle is that this paradigm emphasizes the connection to both Earth and the galaxy. The third part of the triangle focuses on Native American teachings and native teachings throughout the world. This includes all native peoples, Aborigines and other native peoples in the many beautiful lands throughout the planet. The beauty of the native peoples is that they understand how to relate to the earth through ceremony, sacred space, and sacred sites. They work to preserve Earth.

This is an essential teaching of native peoples: Earth is a living spirit. This belief is one of the basic principles in the Arcturian spiritual practice of biorelativity. Because Earth is a living spirit, she is able to

respond and interact with the spirit of humanity. Star-seeds, especially the Arcturian starseeds, comfortably interact with the spirit of Earth. Together, we develop new ways to interact with the spirit of Earth. Starseeds have expanded their ability to use Arcturian spiritual practices through modern technology. For example, many of you use internet technology and social media to connect globally with other starseeds. Never before have there been such opportunities to globally connect in meditations, and never before has there existed this global network that can directly communicate with the spirit of Earth. This may seem commonplace now, but it has not been possible before. Previous to the new media and internet technology, it was difficult to organize global meditations. Now in 2021, spiritual groups such as the Group of Forty can organize and direct global meditations daily.

Using global meditations with multimedia technology is a huge step forward in developing a connection with the spirit of Earth. You are part of that new development. Your global work in this area is setting up a foundation for the future evolution of the planet and of humanity. Humanity and starseeds now communicate globally with the spirit of Earth.

If Earth is a living planet and Earth has a spirit, then is there also a living spirit for the galaxy? Would it not be the case that there is a spiritual energy in the galaxy? Now we enter the realm of cosmic consciousness, which is an expanded aspect of spirituality for Earth. Just over 100 years ago, there was no awareness of the true nature of our cosmos. In the early 1900s, there was an awareness of the existence of stars and planets, but astronomers did not have the conception of galaxies that we now have. It was only in the late 1920s, through the discoveries of Hubble, that astronomers discovered there were other galaxies. This huge discovery has spiritual significance for the development of cosmic consciousness.

Interact with the Living Earth and Central Sun

Earth has the ability to interact with you spiritually, and you can enhance your interaction with Earth through your planetary healing exercises. Native peoples interact with the spirit of Earth through dances, medicine wheels, and ceremonies. They also perform sacred journeys and work together to protect sacred places on their lands.

Communications with the living spirit of the galaxy refer to connecting to the Central Sun. The Central Sun is the spiritual center of the galaxy. It takes a great mind expansion to prepare yourself to interact with the spirit of the galaxy. One way to connect with the spirit of the galaxy is through using the Native



MEDITATION TO CONNECT WITH THE CENTRAL SUN

American concept of kachinas. [**Author's note:** The Hopi see these carved dolls as spirit beings who help create an abundant harvest and good life for them. They often dress up for dance ceremonies in costumes representing kachinas.] The idea is that the kachinas are spiritual intermediaries. An intermediary is necessary if you cannot directly talk to a spirit. If you want to communicate with a deceased relative, you might not have the psychic ability to do that. You could go to a medium, who would be the intermediary between you and that other spirit. The medium can talk to the dead person's spirit. This mediumship has been a practice for centuries and is even discussed in the Old Testament. The galactic kachina can help you connect spiritually with the energy of the Central Sun.

The awareness of the Central Sun energy came to the consciousness of the planet on December 22, 2012. The Earth's alignment with the Central Sun was a significant astronomical and astrological event. The purpose and the main energy of that alignment was to open up the consciousness of the starseeds on the planet to the energy of the Central Sun. Earth needs more information from the Central Sun. We need to connect spiritually to the Central Sun.

All the great spiritual teachers and ascended masters originate from and are in connection with the Central Sun. There is a galactic council that meets at the Central Sun area. There is a hierarchy of ascended masters who are connected and meet to oversee the energies and life forms in this galaxy. Remember, because of the alignment with the Central Sun on December 22, 2012, your DNA codes have been unlocked so that you can interact with the spirit of the Central Sun.

Visualize the Central Sun as containing a temple-like structure in the center. This center is magnificent because it houses all the ascended masters from all the inhabited planets in the galaxy. It is a palace with great spiritual energy. Visiting there would enable you to receive higher information and guidance. The Central Sun contains quantum light, which can be used for quantum healing. Quantum light transcends duality and polarization. This light originates from the Central Sun.

If you can believe that Earth has a consciousness and a spirit, then you can hopefully believe that the galaxy also has a consciousness and a spiritual energy. Cosmic consciousness includes the ability to understand and interact with the spirit of the universe. Relating to the consciousness of the galaxy is also a huge step. Your higher evolution allows you to interact with cosmic consciousness. This has been experienced by the Taoists who have received information and energy from the cosmos. Their philosophy is summarized by the great Tao, which is based on cosmic light, cosmic energy, and the spirit of the cosmos.

I am going to lead you now in a meditation to connect with the Central Sun and the spirit of the Central Sun. You might receive messages, energy, or visions during the meditation.

Take three breaths and feel yourself going into a state of spiritual balance. I, Juliano, send a corridor of light down over each of you in your homes, wherever you are on the globe, and I encourage you to allow your spirit to rise out of your crown chakra and travel with me at the speed of thought through the corridor that I have set up.

I will use the sound "ta, ta, ta." People have asked, "What does it mean?" "Ta ta ta" is an Arcturian word which means: "faster, faster, faster." It implies faster than what a word or sound can make or that it is as fast as the speed of thought.

Feel your spirit rise out of your crown chakra, enter a corridor, and travel at the speed of thought through the corridor to the Arcturian crystal temple. [Tones]: "Ta, ta, ta."

You travel at the speed of thought, and you come to the Arcturian crystal temple. [**Author's note:** The Arcturian crystal lake is also known as the crystal temple. It is a small lake with magical powers that the Arcturians have set up for Earth starseeds to visit to gain access to fifth-dimensional energies. There is a glass dome over it.]

You go through the dome and find your fifth-dimensional body sitting in meditation waiting for you. You are in perfect alignment with your fifth-dimensional body, and you, along with 1,600 other Arcturian starseeds, sit around the lake in meditation.

I, Juliano, raise the crystal up in the center of the lake to a point 100 feet upward. The crystal is a deep and long crystal, and now it is 100 feet above the water. The spiritual light and energy from the crystal floods your third eye and opens you to your galactic consciousness and abilities.

I, Juliano, now set up another corridor of light in the Arcturian crystal lake, and this also goes directly to the galactic center. In the galactic center, the Galactic Sun is a magnificent palace that is indescribable in Earth terms because of its beauty and immenseness.

It is a palace for the galactic masters overseeing a minimum 5,000 civilizations and planets in this galaxy. It is a magnificent palace in

the Central Sun area, and I have set up this corridor of light over you in the crystal lake. Feel and allow your spirit body to rise up out of your fifth-dimensional body and travel with me at the speed of thought to the galactic center. [Tones]: “Ta, ta, ta.”

At the speed of thought, you travel 26,000 light-years to the center of the galaxy and the Central Sun. You have now arrived in the central magnificent palace area where galactic masters wait for you. They have prepared a special reception area for you to be with them. Enter that special reception area, and let us go into meditation and silence as you interact with and enjoy this time together with the Central Sun and the galactic masters there. We will go into silence.

The galactic masters download special energies for you that you will be able to bring back to Earth with you. Receive that energy if you can. Integrate all this light and energy. You have established great connectivity to the Central Sun. [Tones]: “Oh.”

You prepare to leave the Central Sun palace, but you will be able to return whenever you need to be with them. You walk out of the palace and connect with the corridor of light that I, Juliano, have set up there for you. And now, at the speed of thought, you travel back to the Arcturian crystal lake knowing that you have made this wonderful contact, and you will be able to use it at any time in the future.

You enter the corridor. [Tones]: “Ta, ta, ta.” You travel at the speed of thought 26,000 light-years instantaneously, back to the Arcturian crystal lake, and in perfect alignment, you reenter your fifth-dimensional body — fully charged, expanded, and energetic.

Next, you leave your fifth-dimensional body as the crystal descends back in the water. You enter the corridor. You enter the corridor and travel at the speed of thought through the corridor back into Earth. [Tones]: “Ta, ta, ta.”

You come to a place 6 feet above your Earth body, and in perfect alignment, you reenter your body now, bringing with you the galactic Central Sun experience, the Arcturian crystal lake experience, and a new awareness and downloading of all this galactic energy into your third-dimensional Earth body.

You integrate all this as you prepare to return to normal consciousness. It will take you, I am sure, a couple of hours to process all this light and energy. Some of you might even get



The Crystal Temple by Gudrun Miller

words or new thoughts or intuitions or insights. Others might just feel the powerfulness of this experience beyond words. Some might record wonderful, beautiful dreams tonight, integrating this experience.

You are explorers of consciousness, and you are one of the first groups to visit the Central Sun in this way. Open your eyes and come back into your normal state of consciousness to the best of your ability.

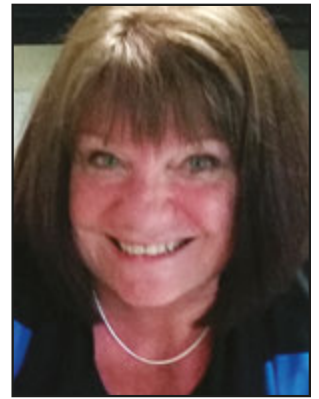


I send you my love and blessings. This is Juliano. Good day.

David K. Miller's original spiritual study was the Kaballah and Jewish mysticism. David has published many books and over a hundred articles in both American and Australian magazines. He currently does phone readings and conducts workshops focusing on ascension techniques, healings, and psychospiritual issues. He also works full time as a medical social worker. To learn more about David, you can visit his website, GroupofForty.com, or contact him directly at PO Box 4074, Prescott, AZ 86302, 928-776-1717, or davidmiller@groupofforty.com.

Transform Darkness into Light

Highest Council of Light through Penni Moore



Good day, beings of light. Many of you have been following the events, narratives, and speculations as to what has been truly occurring on your planet the past year. As you are probably aware, so-called digital warriors have been instrumental in helping and guiding humanity. Your world, as it appears to you, is being turned upside down. Day after day for quite some time now, events and plans have been revealing the dark and transforming it into light. This darkness has weighed heavily on your planet for a very long time.

Moving forward, it is a time to rejoice and join with your brothers and sisters in heralding a new time for humanity. Those of you reading this have worked very hard to bring the New Earth to fruition. Let us remind you that what is occurring to heal the planet and humanity all began with your inner soul work, which was, in part, taking care of your vehicle and shining your light, day after day, for the benefit of all.

Those orchestrating the necessary changes have continually spoken about the storm being upon you. This can be viewed from many levels. Your planet will move out of the darkness and the enslavement wrought on humanity for eons. In essence, a spiritual war is taking place. Lightworkers and digital warriors are doing their parts to inform humanity about what is occurring and what is to come. Only the so-called storm and subsequent steps have yet to occur to catapult Earth and humanity into the golden age.

This is an amazing time on your planet, and we remind you that you all volunteered to be here. We in the higher realms have front-row seats to what is occurring, and we are cheering you on.

Your Job Is to Hold the Light

All is divinely orchestrated and planned to the nth degree. As a lightworker, your job is to help inform humanity (in some cases) as to what is occurring and stay at peace and hold the light while all unfolds around you. So many people are extremely frustrated and angry about the restrictions placed on humanity over the past year. We suggest that you sit back and ponder why these restrictions are playing out. Humanity as a whole still needs to awaken to what you have endured for millennia. As we have expressed many times, you cannot fix a problem if you do not know what the problem is. You have heard the expression, “A picture is worth a thousand

words.” Well, humanity needs to see these pictures, one after the other, to truly comprehend what has been transpiring on your planet.

Holding the light for yourself and humanity keeps the vibration higher for all of you. This is why you are consistently advised to keep your vibration high. One person’s light flows out exponentially and affects all creation. That in itself is extremely powerful. It all begins with one person, one soul, expanding his or her light from within. The Divine is within you and not outside you up in the heavens somewhere. There is no power outside you. Source is within. You are it. Remember this!

The kindness and compassion people have shown one another has been very noticeable during the events of this past year. So many of you are realizing, more than ever, that humanity as a species must step up to the plate, so to speak, and be the example for others. This includes sharing, staying in peace and joy, and helping each other wherever and whenever you can. Thousands of people have taken on roles transforming the day-to-day business of the planet. These people behind the scenes are working diligently to right the wrongs perpetrated against humanity for an extremely long time. Your internet has been an important tool for helping truth seekers from all over the world get information out to those who are willing to listen. They are assisting others to think for themselves.

The New Age Is Already Upon You

So much more is yet to unfold! Your planet has just stepped into the Aquarian Age, and you could say the process is still in its infant stage. Envision a loving, peaceful, prosperous, abundant, and high-vibrational planet. Keep joy in your hearts, and trust this beautiful divine plan for planet Earth. There is absolutely nothing to fear but fear itself. A time will come on your planet when fear is unknown. Fear does not exist in the higher dimensions.

We remind you that you all came into this embodiment with soul contracts. This is a key time to fulfill those contracts in assisting your brothers and sisters as you move forward.

With that, we wish you Godspeed moving forward with love and joy in your hearts. Continue to stand in

your brilliant lights. Stay heart-centered. You have already won the battle over darkness. See only light in everyone, and feel only love in your hearts. Be the love that you are. Stay at peace. We are here for all humanity with so much love for you all.

Spirit Is Speaking. Are You Listening?

The Chancellor of Lemuria through Karinna Nielsen

Let us talk about the loving spiritual connection between you in the human world and the spirit guidance available to all. This seemingly magical communication with spirit is more common than you would imagine, and it is your choice to make it a greater part of your life.

Spirit speaks to you in a language of love for you to understand in your own way. Whether you are guided to take better care of yourself, channel healing light for someone who is ailing, or participate more in your community in a loving way, spirit uses myriad ways to speak to you and guide you in love. Are you listening?

This is the time of a great shift on Earth, and it will come about with the alliance of every incarnate soul on the planet. Listening to spirit is not for a chosen few who are considered gurus or high spiritualists. Spiritual guidance is open to all, and it is amplified by a rising collective consciousness of love that will be felt by all.

Open Communication with Spirit

If you would like to strengthen your communication with spirit, begin with a prayer. When I say “a prayer,” I mean a way to express your loving intentions, not a religious ritual. The prayer could be for yourself, your family, or for the upliftment of humanity. Pray in gratitude for the beauty of Mother Earth, or express your vision for the world. Then listen for the answers to your prayers and what you are guided to do to manifest your heartfelt desires. When you do this, you will understand the difference saying a prayer and listening to the guidance that follows can make.

Your communication with spirit can begin with your intention stated in a prayer and continue in meditation as you listen for the answers in love. This creates a channel into the realms of guidance, as a conversation opens between you and the light of spirit.

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I am thrilled with your guidance on listening to spirit. It feels like such a magical thing. Can you guide us on how to become better at listening to spirit and how can we use this process to be of service in our great shift?

This process we speak of might not be as magical as you think. Communication with the spirit realms is available to all, but many choose to ignore it. In addition, your ever-present technology can distract you from listening to spirit and can make it more difficult for you to be aware of guidance. Turn away from your phone or computer occasionally, and you will find the stillness of your heart in meditation and learn to understand the messages coming through for you.

The indigenous peoples of Earth have traditionally connected to guidance from other realms for eons. Why should it be any different for you or anyone else on Earth? We know you can all do this, for we in the realms of spirit speak to you all the time.

How can you use your ability to connect with spirit to assist Mother Earth and humanity in the shifting times you are in now? Begin with a prayer and express your request for a channel to open into the light of your spiritual guidance. Open your heart to communications with the spirit realms. Then be silent, and listen for the guidance that comes through.

Perhaps you will be guided to call a friend or read a book, or you will learn how to complete something that needs to be done. We in the realms of spirit will not take the journey for you, but we will light your way. Listen from your heart, and you will feel guided with a thought, an image, or even a voice. When you realize spirit is speaking to you in so many ways, you will also understand that every person plays a part in the great shift on Earth: you, your neighbors, your relatives far away, and even those who don't hold your same beliefs. Everyone plays a part in completing this process of ascension.

Meditate to Connect with Spirit

Please join me for a moment to nurture your openness to connect with spirit.

- Sit comfortably. Focus on breathing into a quiet space in your heart. In the steady beating of your heart is a weaving of who you truly are on all four bodies — physical, emotional, mental, and spiritual — that creates a balance of love.
- Settle into this state of stillness within your heart through your breathing. Between the inhale and the exhale, you will find a space of eternity where all four bodies weave together in balance and love, opening to guidance from the realms of spirit.
- Be conscious of this space as you inhale golden particles of light through your crown chakra and down into your heart. Be aware of the pause.
- As you exhale, create a bubble of golden light around you. Continue breathing, allowing your heart to fill with love. Feel yourself held safely within this bubble of light.
- Try to be still enough to hear your heart beat. This is your connection to your truth essence into the realms of spirit and the core light of Mother Earth.

It also creates a flow of love that connects you with all other sentient beings.

- Continue breathing, feeling this flow of energy. Then slowly return your awareness to where you began.

In this meditation, you return to your core light of love. You might feel it as the light of Goddess love, a mother's love, or the Creator's light. You might feel it as your divine love for self within. This love guides your desire to incarnate on Earth and be in service to the Creator's force of love and light.

Hold yourself in the highest light of esteem, for you have chosen the journey of evolution through your life on Earth. Your healing and evolutionary process is the most important thing. My blessings to all of you. It is time for ascension and graduation to a new level of love. And so it is.

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You Are Merging with All Creation

Archangel Michael through Ronna

Archangel Michael: Beloved master, you have been living in an unreal world. It is a world of illusion in which the truth has been distorted, altered, and even deleted to take away your God-given powers and keep you captive in a “reality” of fear, struggle, and deprivation.

The Creator's master plan for this universe is stored within your sacred mind, and the key to the wisdom of the ages and the ability to once again become a master cocreator on the Earth plane is stored within your sacred heart. That is why we have so often emphasized the importance of removing the protective shield you placed over your solar heart center eons ago so that you would not feel so much emotional distress.

You were not aware that by doing so your radiance was greatly diminished, for the inflow and outflow of divine creator light from your sacred heart center was also greatly decreased. As a result, you could no longer activate the adamantine particles of creator light with pure loving intent from within your sacred heart, and you thereafter had only the half-spectrum, primal

life force substance to work with. Your threefold flame could no longer blaze forth, and your cocreative abilities to manifest also diminished. Thus began the struggle to tap into and use your divinely bestowed attributes and talents.

You are in an era of great reversal, rectification, and expansion in which you are being given an opportunity to harmonize all the negativity you have personally created as well as the inequities that were forced on you. We have explained that when you, the starseed, began your journey into the great void and unmanifested universe, elaborate plans for the pathway back into the refined realms of light were made and put on hold until the appropriate time when certain conditions were met.

That time has arrived, and the plan was activated in the early 1980s of Earth time. As you are aware, every phase of life for humanity and Earth has radically changed in the past thirty years. Beloved, be aware that what has occurred in the recent past is only the



beginning of even greater changes, and we are endeavoring to give you techniques, advanced information, teachings, and every opportunity to traverse the waves of change with ease and grace.

You Are Reclaiming Multiple Facets of Your Soul Self

We have briefly explained, in several ways, how you refracted your divine, white fire-seed atom of God consciousness into smaller facets to prepare you for your journey into the denser, reduced-frequency, lower-dimensional realms of existence. When you answered the clarion call and agreed to be a part of the experiment in duality and polarity in the subuniversal experience, each fragment of your divinity separated into two sparks of light, one with feminine attributes and the other with masculine characteristics.

Each of those profound separations was accomplished within a small pyramid of light created expressly for that purpose. The master plan was fail-proof. Each time you divided your essence, you left an etheric replica waiting for the time of reunification within one of the small pyramids of light. These personal pyramids are scattered throughout the universe in every dimension and many subdimensions.

Our Father/Mother God, the Elohim/builders of form, and the archangels created living pyramids of light within every level of creation so that you could gain access to the building blocks of life. These life-giving forms give you access to the frequencies of light that are necessary components of transformation so that you, as a human being, can return to a state of higher consciousness — your divine state.

You are now in the process of reclaiming all the multiple facets of your soul self in the third and fourth dimensions so that you can move forward to a greater, more dynamic and expansive version of your higher self in a fifth-dimensional environment. To assist you in accomplishing this, your diamond-core God cell and personal flower of life creator wheel contain a full measure of the twelve rays of God consciousness for this subuniversal experience. They were designed so that when you were ready to begin the return journey into the higher levels of consciousness, you would have access to your full-spectrum divinity.

Your task is to activate these rays, incorporate the God qualities and attributes they contain, and use these qualities and attributes for the greatest good. There is still much confusion as to what the soul is, how it functions, and where it resides. It is vital that you understand the intricate process of reconnecting with the many facets of your higher self. It is also important that you gain clarity about the more in-depth teachings we have given you regarding your multiple higher-self fragments (you have many, not just one) and the process for incorporating these multiple facets of self.

The law of the circle has been initiated throughout this universe, and the energetic impact of this Grand Supreme Creator seed thought is now operating in full force. The time of expansion for this phase of creation has come to a close, and the current phase of the cycle entails the Creator sending forth its essence to incorporate all that has been created during this particular cycle of expansion. It merges all the balanced, manifested essence of creation so that the Supreme Creator, the cocreator gods and goddesses throughout this subuniverse, and all the great beings of light can know and experience all they have created. You have heard the saying many times: “As above, so below.” This is an important truth to remember. Just as you are reclaiming all the facets of your divinity, the same reunification process is occurring with the Supreme Creator Source.

You Are in a Cosmic Reunion Process

The information we have given to assist you in reclaiming your cocreative abilities is a microcosmic duplicate of the creative process throughout the omniverse. First, you must gain the ability to draw forth the full-spectrum Metatronic light/life force of this universe called adamantine particles, which radiate into the river of life from the heart core of our Father/Mother God. It becomes accessible when your energetic signature is attuned to the mid-fourth-dimensional level and higher.

To take advantage of this divine gift, you must understand and apply the universal laws of manifestation and activate the adamantine particles of light with your pure intention before this essence of light can be activated and flow into the world. To speed the process, it is important that you have created your personal creator wheel/flower of life circle around you and filled it with your carefully planned grand design for the future. Via the infinity breath, your focused intention, and deliberate actions, the process of manifestation in the material world will thereafter greatly accelerate.

The ebb and flow of creation is never-ending. There is a still-point pause while seed thoughts are formed and coalesced, and then the essence of life is activated within the mind and heart of the Creator and at every level of creation, down to you, a human cocreator on planet Earth. This is accomplished by infusing and activating seed thoughts with unconditional love. Seed thoughts are then breathed out into the void to be manifested in the world of form. This process continues through each great cycle until it is time for the return and reunion process to begin. All creation is in the process of being incorporated into the Grand Creator circle of divine light in anticipation of the next great still-point pause and the next momentous cycle of expansion. This process repeats at every level of creation within this universe.

You are in the midst of a cosmic reunion process,

and you will evolve in due time in one way or another. This transformation process is a long and complex cycle, but it can be a grand journey if you take advantage of the wisdom teachings and tools we offer you. The law of the circle states that every new creative endeavor must begin from within the still point of will and power, the core essence of the Creator and each cocreator.

Access the Power of the Trinity

The law of the triangle is another important component of creation. You are familiar with the trinity concept from your Bible: Father, Son, and Holy Spirit (which is actuality the masculine facet of God, the first ray of divine will and power). The Holy Spirit is the mother aspect of God whose cosmic womb is infused with seed thoughts — adamantine particles — from the mind of the Father God. The seed thoughts are activated with the second ray of love/wisdom from the heart core of the Mother God and radiated into the universe via the river of life. They are to be used by the suns (paradise sons and daughters) through the qualities, attributes, and aspects of the third ray to create worlds and wondrous things without end.

You gain entrance into the higher dimensions of light through the pyramidal form, either three- or four-sided. The higher realms function in a threefold balance: a trinity of power, the sacred fire of creation. The four-sided pyramid represents duality within the third- and fourth-dimensional realms of existence.

The power of the trinity has been a driving force throughout this universe. Archangel Metatron, Lord Melchizedek, and I, Archangel Michael, have been given the privilege to form a trinity of consciousness in this universal level. We bear and radiate the divine-light, divine-wisdom, and divine-will aspects and qualities of our Father/Mother God into this universe. The trinity of consciousness is an important component of the creative process, for you must use the attributes, qualities, and aspects of all three powerful God rays if you wish to become a successful and proficient cocreator of form at any level of creation.

You, the starseed, have joined with many groups, large and small, throughout the universe, and you have accepted special assignments that were to be carried out as groups in various locations and at specific times. You have been encoded with time or event triggers — memory seed atoms — within your diamond-core God cell, which have been or will be activated at the designated time or when a specific part of the grand plan is to be initiated. You have been part of many trinity-cell seed atoms that consist of special assignments of the highest order. These triads are usually composed of close soul companions or souls who have had many special assignments together in the past and will also

come together in the future. Groups of three, nine, and twelve are joining together more frequently during these times of reunion, and this will occur even more often in the future.

Are you ready to expand your vision beyond your private little world or microcosmic reality? Are you ready and willing to accept the truth that you affect everyone and everything within this universe, to one degree or another, and that everyone on Earth and in every other realm affects you? Are you ready to use the wondrous gifts that are your divine birthright? What will be your legacy to humanity and the world?

Reach for the stars, for there is no limit to what you can manifest when your visions are in harmony with the divine plan for the greatest good of all. Call on us, and we will assist you in bolstering your resolve. Know that we are ever near to inspire, guide, and protect you, and to radiate to you the love of our Father/Mother God. I am Archangel Michael.

Radiate Adamantine Particles into the Many Pyramids of Light You Have Created

Ronna: If you are willing, before you fall asleep, go into your personal pyramid of light. Lie on your crystal table, where there is an etheric replica of your soul/higher self. Envision a stream of light flowing from your personal pyramid upward into the world pyramid. Follow that stream of light and envision another etheric replica of your soul self in your personal crystal chair within the world pyramid. These etheric replicas of you will remain in place so that creator light can flow freely between the different pyramids you have created.

A smaller stream of light will radiate a small fraction of sixth-dimensional frequencies into your personal pyramid, if you have connected with the higher-dimensional city of light in your area via the meditations Archangel Michael has given us.

Another stream of light flows from your personal pyramid of light down into your physical vessel so that you are constantly receiving a flow of Creator light/adamantine particles. Share the light you have activated with your loving intention, sacred breathing techniques, and affirmations. This is true tithing, dear friends. What greater gift could we give than to share our God light with others?

Repeat this affirmation: “I am made of pure God substance. I embody and radiate the essence of our Father/Mother God. So be it. So it is.”

Ronna is an internationally known channel. She brings Archangel Michael's messages of hope and inspiration to thousands each year. Ronna's spiritual search began in the early 1970s. After intense study and training, she began a career as a spiritual teacher and counselor. To learn more about Ronna, visit StarQuestMastery.com or contact her at 775-856-3654 or ronnastar@earthlink.net.

The Turning of the Page

Ancient One through Miriandra Rota

Greetings! I am Ancient One, and I am most pleased to flow forth to speak with the many. First, I would like to say that you are all doing very well. This is a chaotic time, and you have abundant reasons for stress and reactions, but you have been able to hold truth to yourself and the meaning of truth. You have been able to remember that all beings are one being. During this time on Earth, that is quite an accomplishment. Cause and effect begs beings to celebrate right and wrong as well as truth and untruth, which is all right, except those are all persona-related actions and reactions. The truth is that the spirit of all beings is one spirit. That is what I am happy to congratulate you about.

I have come to speak about how the histories of those who have visited Earth in ancient times are now coming to fruition. What does that mean? I am not going to speak about something very strange although I suppose some of you would truly enjoy that. No, as some have previously said to you, I am speaking about the turning of the page. This is the time in your present history of a great upheaval of certain patterns and frequencies — frequencies that have been waiting for what?

The frequencies that reside within the encodings of all beings have been waiting for the consciousness to shift, for an awakening within the spirit of beings, so much so that the truth that is celebrated — the truth of One — is beginning to take hold in the consciousness. And that has occurred.

You might say that it surely doesn't look like the truth of One has taken hold in the consciousness. It does not look as if there is an awakening to the full knowing that we are all one being, that we are all here to celebrate this truth, the truth that says there is no such thing as separation from the whole. Yes, external demonstrations seem to say that this awakening is not occurring, but the external demonstrations are just what tell us that it *is* occurring.

This is what I mean by that: As the truth begins to be held incarnate, in consciousness, there is naturally an effort by those who are not yet awake to this truth to remain in control, to hold on to the power they have been enjoying, and to continue to keep secret those manners and inventions that will help humanity as a whole. The struggle to hold on to such seeming power is a real demonstration that there has been a shift in the

consciousness and that the encodings within all beings are being activated.

The Past Need Not Repeat Itself

What does this activation mean? It means, my dears, that the old ways are preparing to be released, and the new ways are beginning to blossom. The old ways do not like that. They feel the end coming, and those who reside in the seeming control of the old ways do not like this at all. But this is the time on Earth for a different frequency, a different vibration that continues to reside within the hearts and minds of those who are here to anchor truth incarnate. Yes, you dedicate your life journey to other things, but the one true purpose is to incarnate truth — the truth that all is one.

We are here now in this time of huge change, and you are a part of it, a great part of it. I am here to speak with you and encourage you to continue to know this to be true and dare you to feel the relief that the old ways of hate and resultant actions from hate are on their way out. Remember, hate is but a cover for what really resides within the beings who hate, and that is fear. What is that fear? It is that there is no peace, no resolution, no way to make everything right. But you and I know that the “right” is but truth. And at the risk of saying the same thing again and again, which I suppose I am known to do, the “right” is the truth that beings cannot be separated. Not only are we in this frequency-soup together but we are the soup itself, the essence of being taking form.

So what is the best news? It is this: The more you bring yourself to peace, the more you celebrate the full knowing that all is one, the more you allow yourself to love and be loved, the more you care about and for others, the more you care about and for yourself, the more you dare to smile and laugh, the more you see the beauty in everything, and the more you remember that you are here to hold incarnate truth, and then the more that this change, this turning of the page, delivers you relief that the past is the past and need not repeat itself.

When you are true to yourself, gentle with yourself, and giving to yourself, more frequencies within your being celebrate being incarnate. And the more the frequencies within your being celebrate being incarnate, the



more the external world delivers to you the reason to be joyful about being incarnate. Do you see?

You Are Aligning with the New Realm

You are celebrating the change even before it is totally made manifest. You are aligning with the new frequency birthing on Earth. You are aligning with the new realm making itself known, the realm that uplifts all beings (yes, all beings) into a way of residing that releases the need for war, poverty, illness, or anything that is the opposite of joyful living for all. Of course, this is the letting go of what has been.

Yes, many of you are struggling. But in your struggles, you have been able to find one reason for gratitude, one reason for a soft smile, one reason to sing a song or hum something familiar, one reason to care about another even when you are in need, or one reason to reach out to a hand that says “help me” because you remember when you did the same when you were awakening and didn’t know what was happening. You reached out and there was someone, perhaps a friend, a book, a song, a teaching, or an article. Someone or something grasped on to your asking and lifted you up so that you could take a deep breath and know that somehow you were going to be all right. It was then that you discovered that even in a crowd of beings, someone

showed you a knowing smile, and you knew you were not alone.

You weren’t alone. You were, and are now, embraced with the frequencies of truth, and the frequencies of truth feel like love: soft love, firm ground, more than relief but less than power — as if you are truly in the right place at the right time and the earth is not falling away beneath your feet but is lifting you up to higher ground, telling you this is a new day, a new time, a better day.

This is true. I would not say these words, bring them to you, for any other reason than to let you know that you are most beautiful. In your shining light, you radiate truth, and there are those like me who see you and say to you, “Bravo! Bravo! Bravo!”

Many of us in spirit form are ready to assist you in this change. I am most happy to have the opportunity to speak with you, lovely beings. Until we speak again, I am Ancient One, and I speak the words, “So be it.”

Miriandra Rota is an internationally known author, lecturer, explorer, and deep-level channel. Miriandra has been working in the spiritual field for nearly forty years and is the author and channel of numerous books and audio programs. Sharing expanded consciousness truths and helping others achieve the greatest realization of themselves continue to be her life’s work. To learn more about Miriandra, visit her website, Miriandra.com, or contact her at PO Box 81, Troutdale, VA 24378-0081 or miriandra@miriandra.com.

The Balancing Point

The Keeper of Time and Merlia through Steve Rother

The Keeper of Time: Greetings, dear ones. I am the Keeper of Time. I join you this day because your time frames are starting to move incredibly fast. It’s a very interesting process for us to watch as things now bubble to the surface. It’s a wonderful time because you are in the era of mastery. You can take anything and master it very quickly. What you have mastered no longer causes a problem for you because your flow through life is not restricted. During these times, it is actually the flow you can master rather than every aspect of things that enter your life. And this will lead to the mastery of life, dear ones, which is what you came to Earth for.

Mastery starts on different levels as many amazing movements happen simultaneously. Although planet Earth is still quite divided, this is changing ever so slightly. How can you help? Probably the most important way is to realize that there were no sides to begin with. People see things from different perspectives; however, if you pull back far enough, you can see that everyone has the same base motivation. Perhaps everyone wants

to reach goals in a different way, but you all have the same needs and desires. This is worth recognizing because it alone will resolve a lot of the differences and challenges that now bubble up to the surface. Much is changing very rapidly, and you’ll see more of that soon. Take this for what it is: an opportunity for mastery.

With recent changes and the introduction of the virus [COVID-19], many have been thrown into survival mode. Remember, sometimes it is necessary to walk through the mud puddle to get to the other side. Do not fear that or concern yourself with where you are at any given moment. Look at the larger picture of where you are going.

All humans now live in a very thin and continually narrowing sheet of reality that changes every moment. It’s almost as if you see the world through a picture window that has started to frost over or become distorted.



You also start to see that it's all simply a game. That can be scary for those who take life very seriously. Both physical and emotional pain can be challenging.

Grandmasters of Adaptation

Humans are grandmasters of adaptation. If you don't think so, all you need to do is go back six years. Look at what you were doing in your life then, what you believed, and the thought process you worked with at that time. See how much you've changed in that short period. If you go back six years before that, you'll also see change but not nearly the same kind of upside-down change you've experienced recently.

From a larger perspective, this energy opens opportunities for mastery. These might be opportunities to master a relationship or a problem that you bring into your life again and again. The thin sheet of reality on which you play this game narrows and changes. Soon you will start to see more of the other side of the veil. Although it can be confusing, it is a clear step forward. Spirits step into a higher vibrational status, but this doesn't happen in a moment, and it isn't yet visible to most.

It is a slow and gradual movement. Sometimes you take steps back. You're human, after all. But you also make rapid advancements much larger than you might see. Each of you leaves a trail of light behind you that others can follow to find their way in the darkness of the game.

All things can be mastered, even if you make mistakes along the way and fall out of balance. Every imbalance creates opportunities to achieve a deeper balance. From a larger perspective, societal imbalances precede massive change and ultimately achieve a new, deeper balance. The larger intent of the game is to bring back together that which has been separated in order to play this game. All started from one source, and consciousness has extruded in many different directions.

It could even be said that you are the extruded consciousness of source. Although you think you're the opposite of this one over here, you all came from the same source that we call Home. As you encounter people who see things from a different side of the fence, know that they're also serving a purpose.

The collective of humanity has an opportunity to reexamine everything during these times and then carefully choose what to bring into the next level. That's why there are so many things taking place right now. Dear ones, you're approaching a balancing point. This has happened over and over throughout history.

There are times when all games reach incredible balancing points. Earth is no exception and is reaching that balancing point now. It is at this stage where things start to teeter this way or that way. Most of the time it leads to evolution and a better balance. As societies change

or fall apart, sometimes it goes in different directions entirely. Right now, the balancing point on Earth is related to your separation. Your ability to be separated is largely the effect of living in a house of mirrors.

The pendulum that has been in motion is now at a balancing point. Will it swing back the other way still out of balance? Will it continue its divisive swing in the direction it is aimed, or will it find a new balance point? Those are the questions that humanity is deciding right now, and it's going to be about connection. If the collective is unable to connect or if you're unable to see each other without demonizing one another, this will determine the next movements of the pendulum. The interesting part is that you'll be able to step forward into this higher vibration together. There's no penalty for people who don't think the same way you do. Humans are wired for empathy, and now is a time to build on that. The truth is that you can still express love and be the light in the darkness.

Integrate the Spirit of Loved Ones

The virus [COVID-19], still active on Earth, feeds on division. You can find ways to create a Home connection, which many know as heaven on Earth. This is a simple place where you're all connected. You might have images of heaven and what happens to a spirit when it leaves a physical body. Dear ones, it's very difficult for us to describe Home. You're all part of each other. When you leave your physical body, you become part of everything again. That's what happens to you, and it is more amazing than you can possibly understand.

You have no idea how narrow your gameboard of reality is. The players on the gameboard are all strands of extruded consciousness evolving out in many ways. When that energy returns Home, it integrates and evolves everything that it integrates with. It even integrates into people the departed had relationships with on Earth. People left behind when loved ones die have the chance to integrate a part of the living energy of the departed into their physical bodies and walk with it henceforth.

This is not just a memory or an intent; it is a partial integration of a living spirit. It is always a choice made during the process humans call grieving. We see grieving as an integration process when humans learn to walk with a new balance created by the integration of the departed. There is a wave of grief on Earth at this time. Anger is a natural stage of grief, so be on guard, and understand where it comes from.

You all started at the same place, and you all have a Home to return to as you step out of those bodies. In the meantime, we ask you with all intent to treat each other with respect no matter who you are, no matter what side you think you're on. Nurture one another and open doors

whenever possible to make it easy for people to step in. Know that you're playing a new game.

I am the Keeper of Time. Espavo.

Integrate Your Multidimensional Nature

Merlia: Greetings, dear ones. I am Merlia. I join you this day with great joy from our side of the veil. You see, things are shifting very quietly. Even though many changes are in your headlines and getting all your attention, there is an incredible movement taking place very quietly, as the feminine energy starts to ground in very deep ways. In these times of distraction, the feminine found ways to integrate with the masculine to create a level playing field never seen before. It takes some effort, and there is much more to come, but there is a lot being decided about equality on Earth right now. The feminine energy is a stabilizing energy of the future. It is quietly rising now.

Of course, as a new wave comes in, there's always the receding wave. There's always a little bit of pushback, but that's how things move forward. Then they go forward a little further and a little further until change is achieved. The magic that you hold in this process is beyond your understanding. Dear ones, you are creator beings, each and every one of you. What you hold in your mind and match with your heart is manifest in front of you.

Most of the time you don't realize it because you're creating all sorts of things that you're not consciously aware of, but repetition is one of the keys to communication. If you listen to a song for the first time, it might sound nice but you do not really connect with it until you've played it three or four times. The repetition is what creates the energy or feeling of familiarity. You recreate emotional memories, and this is also true with your creations. Humans become accustomed to creating the same thing over and over. It becomes part of a belief system, which we call "BS." Those belief systems are connected in the collective and can be controlled with repetition. You simply say, "If I believe 'this,' then it must be true." Well, not always, dear ones. That will become very clear to all humanity as everyone steps into a collective life lesson of truth. It's fascinating to see. The life lesson of integrity is right behind truth, but now things are mixed up in many ways.

Find Where to Give Love

The idea is not to find something that you can call right or wrong but to find out where you can give love unconditionally. That is the beautiful part about all this: the connection that you all have, for you all come from the same essence. When we talk about you coming Home and leaving the physical body, remember that you are all part of everything. If you can stretch out even a little bit into that energy while you are incarnate, you can prepare

a nice place to live and experience the remainder of your time on planet Earth.

You also begin the multidimensional unification of humankind. There is a reconnection to your multidimensional selves, which begins a process of moving into a higher and less dense vibrational space. Physical pain and the general resistance of life become much less. You find that your natural magnetism pulls in creations from the universe more easily. In essence, you become more magical and perfect, which gives a spirit a new gameboard on which to play.

Imagine a state of life where things start moving aside very gracefully and easily, almost as if you were magic. Well, dear ones, the magic has always been there. You had to hide it from yourselves in order to play the game at this level of density. You are multidimensional in nature, so you hid a little bit of your magic over here and a little bit over there. There are different places throughout your multidimensional experience of the same soul, and you think that reality is what you experience right now.

What are you good at? What can you claim as mastery? What can you share with other people to teach them? Such questions become very important during these times, because you all evolve together as one. That's the part that you can't see, especially when you experience separations like you have, but that is starting to change. A new grip on reality is possible for every human if only you hold hands.

Dear ones, you have waves of crazy coming in and are doing things that you've never done before. The word "unprecedented" is now your norm, and you're moving at an incredible pace. The idea is to breathe. When you get scared and things start moving a little too fast, all you need to do is reach out energetically. Take each other's hands and energetically connect or connect over the internet if that's the only way.

The most important part is that connection of the heart is what you have brought to this beautiful planet. It's your part that you carry in this game. It is sorely needed now more than ever before. You will have opportunities. Many of you have traveled backward in time to be here, and now you've made it. Welcome Home. It's with the greatest of honor that we ask you to treat one another with respect, nurture one another, and play well together as you create this brand-new game in harmony. I am Merlia. Come up and see me sometime. Espavo.

Steve Rother was an entrepreneur before he became a lightworker and author. His change of path happened following a spiritual experience on New Year's Eve 1996. That night, he started saying things that, according to him, did not originate from him but came from the "group" — a group of nine energetic entities. To learn more about Steve, visit Espavo.org, or contact him at PO Box 34838, Las Vegas, NV 89133, 702-871-3317, or steve@espavo.org.

This Is a Critical Time for Starseeds

P'Taah through Marcela

I am P'Taah, a master in the Pleiadian Council. The connection with the Pleiadians is very important for starseeds, for we can provide you with much guidance during these trying times. The world's experience at this moment — with the degradation of the biosphere, pandemic, and political and social unrest — is very hard on starseeds because you are empaths.

You feel the pain and suffering of your fellow humans and of Mother Nature. You have a higher awareness and understanding of what is happening to Earth, and you find this very troubling and challenging to your mental and emotional health. You might feel as if you cannot tolerate the third dimension and that life in this incarnation is simply too much to bear.

How can you push forward during such trying and troubling times when the world seems to be falling apart and humanity does not seem to be advancing? Although you have not erred in your assessment that these could be end-times for Earth, there is much hope precisely because of *you*. On December 21, 2020, an increased surge of spiritual energy penetrated the Earth's aura and its noosphere due to the Jupiter-Saturn conjunction.

This event increased the spiritual consciousness of Earth and the collective consciousness. As a result, further awakening and openness to spirituality and an interest in personal healing will occur, particularly as they relate to human suffering and troubled minds due to the pandemic. Your presence on Earth at this time is critical. You are here to elevate the spirituality of the planet with your knowledge, strength, love, and light during this important transition year of 2021.

Three Factors Are Raising Spirituality

The spirituality of the planet is rising because of three important factors: First, more and more people believe that something exists beyond their third-dimensional life experiences. People are awakening to the fact that they are spiritual beings. They believe in energies they cannot see, past lives, and spirits who guide and protect them. This goes beyond religion or believing in God. We are talking about humans opening their minds and hearts to understanding that they are connected to something larger than themselves and that they are surrounded by celestial



beings who can communicate with them telepathically and support and guide them for their highest good. A further opening, awakening, and acceptance of the spirit world as a guiding force for individual and collective well-being will emerge.

Second, people are showing more interest in and openness toward meditation. This is good news. It will lead to a deeper understanding that higher consciousness exists and that meditation is the gateway to this expanded state of consciousness. It is through meditation that a connection to the higher self is strengthened and connecting with spiritual and cosmic family members becomes possible. Meditation will lead more people to connect with guides, teachers, and masters who are here to help them evolve and help Earth ascend. People will feel a desire to return to God's energy and communicate with divine beings through meditation.

Third, people are beginning to accept that Mother Earth is a sentient being. There will be a deeper understanding that Mother Earth suffers because of the unrelenting destruction of the biosphere and that something must be done to rectify this situation or the planet will cease to exist. Humanity will profoundly grasp that people must return to nature, reconnect with nature, and learn to live in harmony with nature. A renewed respect and reverence for nature and the life she provides will arise.

Due to this awakening, people will feel more receptive and open in 2021 to starseed's messages. The goal for starseeds this year is to continue to raise your spirituality to influence those around you. You are learning more about your origins and the ways you can save humanity and the planet as healers. You are divine messengers, and you are here to enlighten those around you. You are here to bring messages to help expand peoples' consciousnesses, bring forward more compassion for and understanding of the world crisis, and encourage people to be of service in many different ways.

You Have Important Roles

You are here to inspire a desire for higher spirituality in those you meet. You are spiritual teachers. You are missionaries of love and light for those interested in

learning more and for those still living in darkness. This year you will witness an increased desire to help repair the destruction done to Earth by humans. You will see a human need to reconnect to the spirit of Mother Earth and God energy for personal, collective, and planetary healing. You will help identify other starseeds who are here to save the planet.

You will help empaths navigate their emotions during these troubled times. You will further enlighten those who have spiritual curiosity and want to connect to spirit. You will function as teachers, guides, and missionaries for the word of God to help humanity move toward salvation. You have important jobs, and we believe you are up to the task. As enlightened and awakened starseeds, there is much you can do.

Continue on the path of self-love and self-healing, and keep improving your relationship with yourself so that you can be of service to those who need you and want to learn from you. Continue as planetary healers, for as you heal yourself, you help to heal Mother Earth. It is the greatest gift you can give the world.

Open Your Heart

Mary Magdalene through Maureen St. Germain

Greetings, dear ones. It is true that Jesus Christ and I went in different directions. This was not because we did not love each other but because the mission was so big that we felt two carrying the mission would be more effective than one. Of course, we did not have what you have today, which is the modern screen that allows you to convey information to one another.

Carry yourselves with big hearts. Keep your hearts open. When you think of your world, when you fear what is in front of you, you can say to yourselves, “It doesn’t matter; it will all work out. It is only a game, anyway.”

Many of you have wandered in your thinking, and we ask you to try to be more focused in your efforts. Dive a little deeper into those specific things that interest you so that you can develop mastery. If you jump around, you lose your focus and mastery.

There is much information out there. There is also quite a bit of disinformation, and you have heard this teacher speak of false narratives and the changing of history. This is very prevalent. When you worry about those you know who do not listen to what you listen to or they believe what the mainstream of humanity is being told without thinking it through, understand that an overlay prevents them from seeing beyond that.

As you connect to your personal light, you can radiate that light and elevate the vibration of those around you. Your light inspires and influences those you meet; it is infectious and contagious. Those around you will be inspired to follow your lead, so continue to lead wisely. Lead with love, and know you are here now for an important mission. You are doing an excellent job fulfilling your calling.

We are so grateful for you at this time. You are courageous spiritual warriors with a deep cosmic history that allows you to take on difficult times with power and grace in order to help those who are frail. You bring strength, inspiration, and guidance to those who are weakened by the stress of the times. You are very important.

Marcela is a channel, energy healer, and spiritual teacher. She is a messenger for the Pleiadean Collective and ascended masters, relaying messages and guidance from these fifth-dimensional energies to help starseeds and empaths become empowered and improve circumstances in their current timelines. Learn more at www.readingsbymarcela.com, or contact Marcela at info@readingsbymarcela.com.



Lead by Example with Your Love

As you look at the life around you, you will see many opportunities to lead by example and with your love. We had many trials in our time on Earth, but we had many solutions that have come forward through you and others. We ask you to keep working on those solutions. Hold the highest outcome you can think of so that you can bring in that great Golden Age.

There is so much temptation around you to eat one more potato chip (this is said with a big smile) or to sit instead of getting up and walking. All our time was spent in nature; we were connected to the earth. The fastest way you can gain mastery is to spend time outdoors and ask the elementals to teach you and work with you. Ask for the presence of the masters that you are inclined to work with. Call me if you are inclined to work with Mother Mary or Mary Magdalene.

It is true that I, Mary Magdalene, was married to Jesus. In our time, there were two marriages. The first marriage was to consummate the relationship and announce the engagement. If a woman did not conceive, then the engagement was broken, and the man was

permitted to find another woman to marry. This is how the tradition was handled. The second marriage was the marriage you read about in Cana. At that time, I was already pregnant. At that time, no one was married without being pregnant first.

The rituals and traditions you have today are different. Ours was not better; it was a matter of survival. I tell you this so that you can have more compassion toward each other and toward the so-called rules you think you have to follow.

Do not worry or fret over what other people do. Do

everything you can to stay in your hearts and be connected to Source and your divine essence. Do everything you can to be good examples, and love one another, no matter what.

Maureen St. Germain serves as a messenger for the ascended masters and the angelic realm. She practices merkabah and assists people in opening their akashic records through their higher selves. She has been featured in numerous publications and on radio shows. She has published Beyond the Flower of Life, Be a Genie, and Reweaving the Fabric of Your Reality and produced dozens of guided meditation CDs. She maintains numerous blogs and MaureenStGermain.com, where she offers free guided meditations each month. To learn more, email her at info@maureenstgermain.com.

Essence Energy Imprints of Light Children

The New Ascended Masters through Maureen Watson

Energy masters, as living examples, you now embark on a journey for the next six decades to guide and illuminate humanity as people become their own free energy masters. The embodied heart essence must be free energy. Your cosmic heart experiences awareness of that freedom inside each embodied master soul-heart essence DNA-code imprint. Free energy is essence heart guidance and communication moment to moment and potential to potential. The heart vibrates essence matter into existence, and it simply appears in your hands to use. Your beautiful heart knows what will fulfill its every potential and vibrates it into awareness because it already exists in the All That Is of creation.

Your quantum lightbody instrument serves as an adaptive imprint for your new-species evolutionary organism evolving all life for all ensouled children of creation. Indeed, the sovereign heart biosphere will continue to adapt for all the cosmic races until a new race of peace appears. The embodied soul essence experience of uniqueness and genetic multiplicity within diversity ascends enlightenment into a seeming mystery of a meta-essence heart.

The life code of light children's career soul-designs lives in the creativity of light children's heart's light vessel. Their soul-code imprints in their core light essence carry the qualities, tones, hues, and vibrations of the new light careers and lifestyles they will live in the light vessel.

Creative Leadership in the Light Vessel

Leadership in the light vessel means living in the creativity of who the light children are as heart-essence

beings. They answer to their consciousnesses and their evolving potentials, which manifest into expressive forms. However, they will use the New Earth consciousness standards you light-energy masters have anchored for them by being living examples in your light vessels. Your lives are the authentic stories of those who have walked before them. They don't want agenda leaders, lecturing rules, or dinosaur hierarchies. They want those who understand, support, or choose to mentor them in order to share their unique and creative light gifts with your world.

Most of them will design their own careers, yet unnamed, as they share their souls with life and humanity to fulfill their journeys on Earth and move into the superuniverses of light. The density of the animal-spirit senses describes the merge of their human emotions, angelic senses, and spirit essence blend. This integrates the new-essence-heart DNA-master light vessel. The light children have access to all or mixtures of these meta senses, which creates an adaptable model for the divine-human prototype for new paradigms in the New Earth light cycles.

The purpose of mastering the light vessel in the next generations is to end the need for reincarnation in the coming light universes. This is because the light vessels' essence-heart DNA codes can imprint any form they choose to experience through the essence-blend qualities of quantum density. These cycles could accelerate based on the overall consciousness of humanity and critical mass ratios in the growing adaptability of the light vessel.



The Elephant's Truth of Unity

The elephant children, born in 2005, 2023, and 2041 have a quantum essence that illuminates a turquoise-ivory. Their ivory-crystalline elephant-trunk essence sounds the truth of unity as unconditional compassion. Self-governance for them is riding the elephant while its heart trunk sounds in hues of pink-love's compassion. They know this as the essence of compassion's unity, justice, and equality.

These children are as light gurus or saints that ride the elephant and hug the world to remind all that there is no agrarian, cyber, or technological caste system that can bind or outshine humanity in the age of embodied divine light. They tell humanity that they cannot ignore the size of the elephant, just as they can't ignore the enormous size of divine love. Their energies offer humanity hues of ivory's shimmering peace available to all in deep communion within.

This still light permeates the globe and ends hierarchies of energy feeding caste systems for all. Their essence compassion lives as an active meditation to manifest new forms and living matter into the hands and use of everyone. This is the way of the elephant call to divine power and strength. They know humanity lives in resonance with Earth's light vehicle, which they live on simultaneously with their light vessels. They know the enormity of Gaia's love for the family of humanity.

The elephant cries real tears when one of its young dies, and the whole family grieves its death together. Their tears wash away old grief patterns of cycle after cycle of evolution, ending any need to suffer, die, or be ill to transform and evolve life when its feeling-sense essence nature is felt. Then, and only then, can all experience be valued equally and balance be restored.

They build careers as intraglobal or interstellar consultants for councils of peace. They consult on pending issues of Earth's compassion with energies, ethics-matter, or any matters toxic to Earth. This includes dwelling spaces that match innovative Earth practices and services and might include stellar colony migrations. Their energy fosters new agrarian, animal, and plant bioregenesis and bio-cyber sciences along with interspecies-communication-module training programs. They are also adepts at inner communion and meditation light techniques for self-love awareness.

Their energies break the old paradigm of a food chain where one kingdom takes energy from another to survive. They understand how all the kingdoms serve each other as well as humanity by reimprinting the species DNA codes in designer technologies of light. This ends energy-feeding from others' creations in a food chain hierarchy of power. It furthers consciousness of compassionate peace and meditation in action; this ends the need for competition. New ecosystems in renewed

biodiversity are the ivory crystal soul and diamond-spirit tusk of evolution. Indeed, this is the light vessel code stored in the elephant's crystal memory tusks. Elephants communicate by touch, sight, smell, and sound.

Elephant meta-essence uses infrasound and seismic communication over long distances. Elephants have global energy fields, yet these altruistic animals grieve, learn, mimic human behaviors, play, and use tools. They feel/sense compassion, cooperation, self-awareness, and they carry memory communication. These children's elephant essence pink-turquoise hugs heal all they touch and offer the miracles of change in an adaptive lightbody. For them, meditation is inner communion and compassion as action in the world that manifests into practical application. Hence, no soul is left out of the wholeness of the divine tusk, which is both a cornucopian horn and a call for unity of abundance and gratitude for the compassionate genesis of all life.

The Sainly Turtle Emerges from Solitude

The turtle children, born in 2006, 2024, and 2042, hold a quantum density of lavender-silver that transmits essence of communion with all the species of Earth. These children express their love of Earth inwardly in an almost saintly solitude when they retreat under their heart's turtle shell to transmit the heart pulse of Earth to all species.

They emerge from their shells to share their vibrational knowledge of life's kingdoms and ecosystems. Their energy illuminates the world as to how to care for and sustain their planet. The turtle carries the blueprint codes for Earth's ascension on its shell markings and leaves her eggs on the crystal sands for the re-genesis.

These children's hearts transmit codes through their communion energy, allowing inner Earth and outer Earth species to communicate and vibrate new consciousness. Their energy streams from the core inner Earth-Sun to the essence core of all the cosmic source suns. This triggers humans to follow their unique DNA-core light codes for lightbody ascension.

They create careers more suitable for lightbody adaptability such as in ergonomics, bioorganic lightbody food imprinting, genetic herbology, DNA homeopathy, stellar crystallography, stellar species-oceanography, or intraglobal geofarming sciences and technologies.

They know that technology is just an instrument of nature. They might take up careers as global or interstellar energy mediation educators, biolight gardeners, landscape terraform designers, hydro-cell chefs, or translating native-elder or Earth dances for new artistic lightbody applications.

They might also mentor others to initiate discoveries in new food sources as well as lightbody healing techniques that promote new methods or applications of

self-aware communion with all species. They carry their heart essence homes on their backs (as the turtle). And often in their teen years, they might reject formal education to allow their communion with nature to be their school. Each time they return from the pulses of nature, they share what they have lived to bring humanity out of its shell into its heart's bioorganic light consciousness.

Wisdom and Freedom of the Eagle

Children of the eagle, born in 2007, 2025, and 2043 hold quantum-density tones, hues, and qualities of unconditional leadership. It streams through their experiential wisdom of self-mastery rather than from external systems of power. Their eagle flight sonar transmits that free energy always seeks balance throughout creation. Their ultraviolet ivory essence has traveled throughout the universe to follow the codes and destiny of all the New Earth races and carry the wisdom of the cosmic elder to be brought forward as a new cosmic race of peace.

Their main vibrational carriage reminds humanity that violence in any form — emotional, mental, physical, or spiritual — collapses thriving life organisms, forms, and species. Their gift is bringing forth new visions of unconditional leadership; intraglobal and interstellar councils, self-governance models; or new energy and light-matter structure systems. They know that leadership means all are responsible for the equity of their own energy. Their ivory-lavender-peach tones and hues illuminate unity via self-sustaining light systems where equality, peace, and love are self-sustaining systems that can replace all old systems of violence, control, or forced evolution.

They appear in careers where their laser eagle eye lenses reimagine adaptable new visions as needed. Their energy streams illuminate local, global, or stellar changes in consciousness in areas such as commerce innovations, self-governing councils, intracultural global and stellar migration adaptations, religious transitions, innovative and compassion sciences, intra-world space aviation, and AI technology ethics.

They influence biogenetic and medical diagnostic ethics of life-and-death procedures or eugenics. Whenever wisdom in action is needed, they temper consciousness changes. Their eagle essence lens projects the image that sees to the heart of unnatural experience to balance the flight of energy balance. Their multidimensional wingspan soars eagle-essence freedom across the globe. As a drone, their inner eagles' golden beaks of inner knowing pinpoint where their freedom's wisdom must illuminate a crisis before any extremes impede the balance of all.

The Hawk as the Highest Potential

The hawk children, born in 2008, 2026, and 2944,

are messenger children who carry the essence of enlightened vision. Their visionary turquoise-yellow tones and hues, in a quantum spectrum of light, shine and illuminate messages. Their message of divine truth is that every human, soul, spirit, or species evolves and is sustained by the natural nurturing love-light of creation's DNA-codes. Their flight patterns message through the magnetic fields of Earth.

There is always a message of a higher potential waiting to be shown to those who are willing to project on to the awareness of their inner-eye heart screens what has not yet been realized. They naturally see these visions with both their naked eyes and their multi-quantum sight. Because of their meta-sense messenger abilities, they are usually schooled in special families or communities, or they are self-schooled in settings where they are understood and embraced. This is so that their meta-visions are not taken advantage of.

Their all-seeing hearts understand the humanoid gene of compassion coded in the DNA and all its prophetic potentials. They know the great messengers who came and went from your world were not always heard, and some were even sacrificed, misunderstood, or precepted into roles for the masses. They are found in careers where any soul, ecosystem, species, theatrical art form, or old energy educational or governing system needs an adaptive message for immediate change in order to sustain regenerative life. Their visionary messages do not allow imbalanced energies of the past or the future timelines to contaminate their experience. They can see the outcomes of combining past and future potentiate applications to new solutions and give messages to those influencers. They do not force their messenger visions, but all who engage them can choose and apply according to their frequency applications.

They can transmit a conscious video or virtual graphic image of the vision or next potential, whose outcome choice is in the highest potential for an individual or group. Inherent within each vision message is the free energy economy of all life systems that support compassionate unity and freedom in an equitable standard. Any vision message they live within also streams new consciousness and has a mass influence on humanity's awakening.

You will also find them in new careers in advisory light-system adaptations, where either telepathic or direct messaging of global-stellar enlightened models are envisioned. They might include global or stellar research models, generational self-healing models, soul-transfer messengers, soul-spirit counselors, soul-spirit intra-world messengers, or the potentiate sciences. Their versatility can stream into genetic cyber-serology, interlanguage economics, interstellar energy applications, bio-cyber tech, interplanetary ecosystems, and many yet

to be named. Their messenger visions help release outdated information networks and foster new light networks that will help humanity envision and transmit from an array of potentials into evolving new careers.

The Playfulness of Squirrels

The squirrel children, born in 2009, 2027, and 2045 carry the nested but playful squirrel essence of living joy. Their pink-peach essence shades, hues, and sound tones breathe the laughter of joyous nut-butter orb bubbles of playful freedom. It is life's dance of joy as the embodied divine presence within us all. They know that creation gave humanity unconditional freedom and endless energy to exist in life to play, dance, create, express, and humor all life so that it is always tickled by creation's joyful love. They know that the heart's lightness of soul-being can change any karmic situation. Their bushy-tail essence is always busy in their tree of life finding endless toys and friends in nature to remind humanity to play.

You will find them in multimodal careers such as mixed global or intrastellar creative arts; interactive lightbody education modulars; lightbody care techniques in wellness mentoring, meta-sense music formats; acting or joy clubs; dance and body sculpting; meta-sense martial art forms; inner-vision art; humor theaters; and community or global operettic-theater groups. Their energy always transmits that new forms of joyful expression allow the heart essence to raise one's vibration. They learn easily through interactive and multidimensional play as their squirrel-essence tail flies from experience to experience.

Their energy fields transmit that joy is its own sanctuary from humanity's mass consciousness infringing on or squeezing out light. They also transmit to all the children of Earth that they are always playing and meeting in the new universal light of global and interstellar networks together, where they can create any version of New Earth universes they want. These children always attract one another's meta-senses via shared careers in nature sciences, virtual and gaming platforms, nature's recreational sports, forestry engineering technologies, or creating New Earth's cultural or media trends. Indeed, their joy of being playful creators enhances and regenerates all life. It also grows the light-vessel essence embodiment using Earth's creator school as their cosmic theatrical playground.

Gentle Divinity of the Deer

Deer children, born in 2010, 2028, and 2046, hold quantum dense tones, hues, and essence qualities that emit a bodhisattva/enlightened nonresistance in their adaptable light vessels. Their light energy exposes all resistance to generate unity. They are born in karmic-free wombs and carry no contaminated ancestral DNA.

These master children are born with a fully enlightened, liberated, free energy consciousness. They know their very births are a bridge and a blessed living example for new enlightened humanity.

Their career lives always message that it is the unified heart of the divine essence of humanity that liberates resistance. Their lavender-pink unifying essence helps humanity shed its deer antlers every year for transglobal change. Their deer energy knows all too well that the hunting instinct in humans represents their resistance to the nature of the gentle spirit of the divine. As the swift gentle deer, who have scent glands on their legs, walk like masters following their meta-sense light, their every movement transmits unity in action. They know that the hearts of unity in action liberate resistance.

They are the bearers of unity through promoting enlightened careers emerging in transglobal and stellar nonviolent/nonresistance education, cosmic race multicultural diversity, or transglobal cultural engineering. You will find them on interworld unity councils, forums, or new platforms of exchange and interspecies enlightened generational modulars. They can also mentor stellar forums or exchanges with your New Earth cosmic races if called on. They are as deer, who need no gallbladder to filter old energy Earth universe male emotions of violence, hatred, resentment, control, or old lingering power modes.

Their love and wisdom will always promote old Earth universe's wisdom and the divine female's heart to balance, heal, and soften the harsh distorted male energy memories of Earth's evolution. As the hooves of the deer, their soothing gentle essence of spirit, jumps vibrational bridges to new worlds of light for humanity. Their nature and their answer will always be that quantum density of action will bring unity, dissolving any resistance; for that is wisdom's love, living beyond the atom's cause-effect perceptions and reactions.

They know the gentle grace that divine spirit essence experiences in the quantum worlds can blend humanity's density into transhuman experiences so that no one is left behind. These master children transmit that creation's DNA-spirit essence code for all humanity's potential is to live as embodied enlightened divine-human masters with quantum abilities and gifts walking Earth. This is no longer reserved to great beings who once walked your planet to upgrade humanity's ascension process but for all souls who choose to embody essence.

Maurene Watson is the author of New Earth Light Body, The Story of Love and Creation, and The New Earth. She conducts private consultations with all levels of new species bio-quanta heart DNA mastery with the lightbody, including the new Earth children and their parents. She consults for business, science, biotech, quantum psychology, and biotemplate choices. Maurene has master's degrees in oriental medicine, counseling, and special education. To contact her, call 585-383-0829 or email mwatson7@rochester.rr.com. To learn more about her books, go to Trafford.com.

Birth of the Awakened Self

The Divine through Sara Wiseman



Whereas one year ago you were met with the shadow of fear, in this new year you are met with the light of hope. It is a new cycle, a new era. You have entered not just the cycle of another year, another 365 days around the Sun, but the cycle of many hundreds of years: the Aquarian Age. It is here now, and oh yes, you can feel it.

The road has been bumpy and very difficult. The path you have walked has been incredibly draining and straining. But now there is relief, not just for 2021 but for the entire new cycle you have entered. This cycle, this Aquarian Age, is what you came here for and why you were born into this lifetime.

Many of you remain deep in the shadow of suffering. We know this; we see and feel this. We also say that you can lift your heads. You can lift your eyes, look around, and allow yourselves to see that the past is truly gone. Even the very rocky road of a soul collective that is shifting from one consciousness level to another will be smoother, easier, less draining, and less frightening. The soul collective has decided — not all of you, but enough so that the tipping point is reached — for the scale to shift to light.

You have determined together that there is a new way to live. So many aspects create convergence for this: First, the new Aquarian astrological cycle topples and tumbles all old structures, including those in your mind. Next, there is the growing awareness of souls being freed from the tyranny of group thought. And finally, all souls will remember they agreed to come here at this time, in this place, right here, to do this light work. Remember that your soul purpose is to be here right now — in this time, place, and culture — to contribute your unique gifts.

There Is No “Them”

In the old system of war, you worked with the energies of suffering. This was a hopeless solution and not a solution at all. It was an outpouring of rage that did not create a solution but only more anger. As you evolve, you understand that war can no longer be regarded as a viable system for anything. Even as the ego longs to release anger, your soul-self understands that war does not work and that other tools of resolution work better. Some of you know this fully already, but most of you are working toward this understanding.

Every time you move into “us” versus “them,” even when you are on the “right” side, you come to this learning anew. Even as you feel outrage over the injustice of things,

you also recognize that anger does not work. You can be as angry as you feel for as long as you like, but one day you will wake up and understand this approach does not work.

What is the solution? Let go of “us” versus “them.” Let go of righteous indignation. Let go of the ego, and try a new way: souls working together. This is a new idea for the collective, and you will suddenly see great strides when you begin to work with this understanding.

Right now, you are releasing current anger and healing past anger. Even after pain is over, trauma remains. This is where many of you are now: still processing the grief of the trauma you have been through, including the wound of corrupt systems, the trauma of chaos, the suffering of Gaia, the deep wailing grief of all who have lost loved ones this past year, and the fear of all who have suffered the loss of a practical reality that was never stable.

Understand that you are recovering, individually and collectively, from pain, grief, and loss. Even as you move into this better cycle, you must recognize the trauma to release it. Name it, know it, and let it go. What is past is not now. Allow this, and as you release it, be kind to others. You are all moving through grief together.

It Is Your Time to Contribute

Recall that you were born for this. This is the reason you, as a soul, agreed to come to this place, at this time, and in this culture you find yourself in — this collective awakening. Some of you are starseeds, long aware of your mission in this lifetime. Don’t delay a moment longer; the time is here. Others of you have been lightworkers in waiting, biding your time until the world caught up to you. Come out of hiding and begin your contribution! There is no more waiting, no more hiding, and certainly no more room for fear.

You were born for this time. Your contribution is to bring light, share light, and experience light. Your task is to bring consciousness to the collective. In past lifetimes, you kept yourself secret because the world was not ready for you. In this lifetime, perhaps for the first time, you do not have to hide. In fact, you are called to contribute without apology or fear.

Bring your talents, gifts, and understanding, and start acting from that place. Those who are still asleep

will either not see you, as if you are invisible, or they will awaken from your efforts. Your job — by this, we mean all souls born into this time who are now awake — is to awaken the soul collective. If you are afraid, feel your fear and step in anyway. The age of awakening is here, and you are here to contribute.

Hold your mind very open. Everything is already changing, and you will begin to see this soon in all aspects of politics, banking, manufacturing, medicine, and psychology. It is as if you have stepped onto a new planet. Soon, cars will not be cars, money will not be held in the same way, politics will move to coalition instead of parties, manufacturing will go green, medicine will come from Gaia, and psychology will move into the understanding of the soul. Competition, control, hoarding resources, inequality, waste, and coercive belief systems are passing. All these systems and structures are changing now, right in front of you, but you will not see them until you suddenly look up and notice that everything is different — and better.

Change is the constant. Nothing is static. Everything flows to its highest potentiality. Don't fight change or long for the old ways. Flow with what is happening, and be astonished by what the soul collective is creating at last.

Walk Your Path

You are called to go forward. Your understanding

A Time for Equanimity

One Life through Catherine Weser

When you look around at your world, you see many different people and things. You feel an attraction toward some of these, and toward others you don't. You naturally gravitate toward the people and things that bring you joy and comfort, and you try to avoid those that bring pain and unease. It is easy to develop a strategy for living life based on indulging in what you perceive will bring the greatest joy and avoiding what you perceive will be challenging or painful. Most people employ this strategy without consciously knowing it.

This strategy uses desire as the greatest motivator for creating your experiences. You desire or want "this," so you go after it. You don't want "this," so you reject it and anything that resembles it. This strategy is flawed, principally because it is mostly about the ego taking charge and seeking aggrandizement and protection. The ego is a mental construct or idea that is useful for navigating the relative world, but it is not a reliable substitute for being motivated and informed by the conscious

as an awakened being means you must walk the path of consciousness. Just as old systems are no longer relevant and toppling, so too are old relationships. Many relationships you have long held will no longer work. This could be relationships with family members, partners, friends, or colleagues. You are called to walk your soul path, and others might or might not continue on your soul path with you. It is okay to change.

In this New Age, at this time when you are here to contribute at the highest level of your soul destiny, you might be called to move, sever ties, leave home, and start fresh. You will be supported on your path, but you might not be supported by the same relationships or structures you once knew. Allow this. Release the need for things to stay as they were.

Seek kindred spirits who are also attending to the task of contributing to the soul collective. You will find them easily, for you are all seeking each other. Whatever or whoever is still consumed with anger, fear, vitriol, blame, or chaos — let these things and people go. Your path is light, bright and shining with hope. This is why you are here. You are called to walk this path now.

Sara Wiseman is a visionary spiritual teacher and award-winning author who has channeled the Divine since 2000. She is the founder of Intuition University, writes the Daily Divine blog, and hosts the Spiritual Psychic and Ask Sara podcasts. For free resources and to write to Sara, visit SaraWiseman.com.



realization of the insubstantial and impermanent nature of reality. In other words, if you are motivated primarily by your ego, you toss about in an endless sea of reactivity and attachment. If equanimity is at the root of your life experience, you cultivate a calmness and balance that does not fall apart on waves of aversion and attraction.

You might think equanimity is defined by being aloof, cold, or lacking passion. On the contrary, equanimity is mindfulness and acceptance of what is happening in the present moment. It allows you to fully experience the moment with unshakable freedom of mind, and it releases you from getting stuck in the ego's constantly changing cravings.

You Develop Equanimity Naturally

Equanimity enhances spaciousness of mind and your

ability to see the bigger picture — what we call One Life Awareness. It is an all-embracing seeing with understanding and patience that comes from inner strength, calm, and stability. In challenging times, equanimity developed from the accumulation of mindfulness in your daily encounters can keep you feeling balanced and positive.

You develop equanimity naturally as you become aware of when you are distracted by your desires and your ego's demands for attention. Your most natural state is equanimity. All other states are deviations from this. There is nothing wrong or right about these states. Just allow them to pass through you rather than try to avoid them or hold on to them. Simply notice when you are following your desires or the ego, and the natural state of equanimity will quite easily arise to encompass your being and radiate a peaceful sense of calm that carries you beyond unstable or unbalanced experiences.

Be willing to experience life from all sides, in all

directions, and with the sense of balance that equanimity provides. Feel the peace within you and a graceful knowing that you — and everything you might believe is not you — are truly One Life. This knowing supports equanimity, as equanimity supports knowing. There is no one-to-one causality here; everything causes everything at all times. You have the opportunity to sense this in every moment. By not engaging in the distraction of trying to know what you want to go after and what you want to avoid, you can embrace all life. Let it all be, and let it all arise from equanimity.

Catherine Weser is an artist and writer who has lived in Santa Fe, New Mexico, since 1974. She began a collaborative relationship in 1982 with inner guidance and information provided by a spiritual master in the One Life. The presence later came to be known as DK but is now identified simply as One Life Awareness. The teachings that come through are known as the One Life tutorials. To learn more about Catherine, go to OneLifeDK.com, or email her at catherineweser@yahoo.com.



CONSCIOUS LIVING

Making It All About You with Compassion toward Others

Phyllis Light, PhD

As I have watched the days, weeks, and months unfold over the past few years, it is apparent that humanity is going through a major awakening. It is a birthing of sorts; we are being born into a higher version of who we really are. And as labor can be, this birthing process might not be so pleasant for many of us.

To choose the highest truth, we sometimes need to get slammed by the underbelly of life to help us get in touch with our abilities to discern what is right for us. Sometimes we need the mud flung at us to ultimately

develop the abilities to keep ourselves clean and clear from it all.

Here is another way to view all that's going on: We are all on this accelerated path of personal and spiritual growth, whether we know it or not. To progress further, we must look at all our collective skeletons in the closet. We can't move forward until we clear out those old, negative, and hidden parts of ourselves.

When we open the closet door, they all start flying out, scaring the bejeezus out of us and making us feel unsafe and afraid for our survival.



We want to run away, hide, and ignore them; they are too scary. But that's exactly what we need to do: deal with them head-on and release their deep and frightful holds on us.

Times have been tough indeed, but we will get through this. We are learning the difference between freedom and control. We are sifting through the places in our minds where we feel like victims versus being in charge of our circumstances. We are learning to be more powerful.

Dig Deep to Heal and Transform

Spiritual transformation is here, and it is important now to take care of yourself. “Making it all about you” means exactly that. When you are with others and you feel uncomfortable with what they say or do, make it about you. Which of your buttons are they pushing by their words or actions? Which subconscious parts of you need healing and transforming?

Many people I work with have shared recently that their partners are driving them crazy due to being together constantly. Or they are going crazy because they can't get out of their homes and away from the people closest to them. This is where I say, “Make it all about you.”

In other words, what are you feeling deep inside that is causing your experience? Remember the highest truth: No one outside of you is doing this to you. That is, the people around you are mirroring your deepest beliefs to you all the time. Because you're spending more time with loved ones than usual, your subconscious programming is being triggered even more.

Dig down deep inside to see which programs are being triggered and what work you need to do to free yourself and grow even more. Everything going on in the world is giving us incredible growth opportunities, probably unlike anything that's happened to us in the past. We get to be home, do our work (if we can), and be with ourselves in new ways. We're being given the possibility of staying safe in our cocoons, away from the world, until we've transformed and are ready to fly free.

On one hand, it is all about you. You need to look within each time you feel upset, uneasy, or uncomfortable with whatever is going on around you. On the other hand, because all of us are going through similar discomforts, you must have compassion for others,

remembering that they might be having just as much trouble as you are sorting it all out.

As the human race, we are moving toward a higher consciousness of greater light, love, truth, divine guidance, forgiveness, compassion, peace, and harmony. Everything happening now is about helping us move ever closer to those higher energies and vibrational states. So even when it looks like storm clouds are brewing, it's all about discovering the light of heaven once the clouds part.

Do your best to be grateful for all that is going on in your life, because gratitude is a gateway to those higher energies. Trusting the process is also an important attitude. Work on clearing any parts of you that are not able to trust or are having trouble doing so. In other words, go for the positive, and be willing to look at the negative when it rears its head. You don't want to suppress the negative, fearing it will bite you in the butt later on. You want to feel it, deal with it, and release its hold on you by telling the truth about it and shifting your beliefs about the true nature of life.

You Are in Charge of Your Life

Do your best to find ways to enjoy yourself during these challenging times, and remind yourself that you can create a life of peace and harmony in which you experience winning. Your thoughts, attitudes, and words make you incredibly powerful, so do your best to tap into your power and use it wisely.

Create a list of what you'd like to accomplish. Your mind will go to work to create all that you want for yourself. Whatever you want to change, look within to find your deep beliefs that have created those situations or conditions, and work on rewiring your subconscious mind and integrating new ideas and beliefs that will lead you to a better, clearer place.

You are in charge of your life. Sometimes you just need a reminder of this truth. Whatever isn't working for you can be healed and transformed to help you create more peace and satisfaction in yourself and in your relationships. All you have known to date is up for major change.

Even when something looks “bad” or challenging, it's important to trust the divine plan for humanity that is moving us all forward, whether we see it or not. That's where trust comes in. Trust is having the faith that the forces of goodness and light are in charge and helping us through these dark times.

We are coming back to who we really are as spiritual beings of light and love. No matter how hard you feel life is hitting you, it's important to trust the path. Use this time to truly take care of and nurture yourself while maintaining, to the best of your ability, compassion for your friends and loved ones who are going through similar challenges. We will all make it through this. Prayer is another great tool to support the process. Your highest needs and desires to facilitate your personal and spiritual growth will always be met.

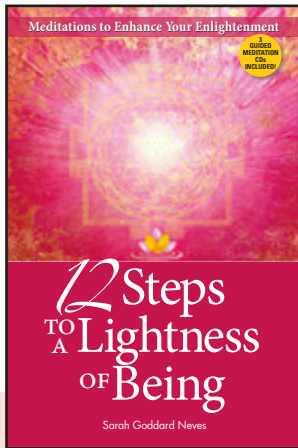
Your higher self knows where you need to be at every moment, so trust the perfection of life as it unfolds for you even if you think you are making a mistake. Trust that some part of you knows exactly what is best for you. Treat yourself with as much love and compassion as possible. This will greatly help you steer your ship through the uncharted waters ahead.

Phyllis Light, PhD, is an author, expert in telepathic healing, pioneer in subtle energy protection, and creator of Rejuvenizers®—protective and healing devices designed to combat the ills of life in a high-tech world. She helps people throughout the world free themselves from old subconscious programming and the harmful effects of electromagnetic fields, while helping them become both healthier and more spiritually aware. She can be reached at 512-301-2999 or LightHealing.com.

12 Steps to a Lightness of Being

Step 2: Opening to Your Intuition

Sarah Goddard Neves



This unique book has been designed as if you were taking a very special spiritual development course in the comfort of your own home. Through its wisdom and guided meditations — included on the enclosed CDs (see below for access) to boost empowerment — *12 Steps to a Lightness of Being* will gradually but surely lift your vibration and awaken you. Therefore, to get the most out of it, decide now not to rush it but to read it slowly. Take as long as you need on each step before moving on to the next. Commit to doing each meditation or visualization, giving yourself some quiet, undisturbed time to do this, and recall your meditation experiences and insights afterward. By doing so, you will get the most out of reading this book.



INDICATES RECORDED
MEDITATIONS

Email advertising@lighttechnology.com,
and we will email you the meditations.

Your intuition is an expert at telling you what is for your highest good. It can truthfully inform you of what is going on around you and what another person is like in order to help you make the right choices. For example, your intuition can usually spot whether someone is being honest or not. Of course, there may be other giveaways — like facial expressions, body language, and what is being said — to get an idea about character, and these are to be carefully observed. Yet when you become aware of the accuracy of this divinely tuned-in side, you can instantaneously sense the energy of others and your environment before needing to analyze a situation.

Some of you may have shut down your natural ability to recognize your feelings. To allow the wisdom of them to emerge, you will need to acknowledge the truth about how you are running your life, your feelings about a specific person or a certain situation. For some, this may seem scary, because once you admit your feelings, you might think that you have to change in some way or another. However, not being attentive to your feelings or denying them can slow down your growth.

By being aware of your feelings, you will bring in guidance from your higher self to positively assist you in life. In fact, life's dilemmas can be resolved far more easily and decisions can be made in your best interest and the good of everybody else concerned by taking notice of your

feelings. They are there to help you — not just on the odd occasion, but every day and every circumstance.

You are an intelligent being who knows a lot more than you let yourself admit. In fact, there is nothing that your higher self does not know. Yet when you say to yourself that you do not know about something, you block out the wisdom of your higher self sent to you through your feelings and intuition. However, if you were to tell yourself that you do understand what it is all about or that you know a solution to a current problem, this will aid in calling up the wisdom of your intuition.

The Spiritually Developed Are Intuitive Souls

Genuine spiritual healers can intuitively see or feel positive and negative energy within a person, chakra system, or aura. Some healers may even detect incidents that have happened in a person's life — or even past lives — and can accurately tell you that person's next reincarnation. Enlightened masters also come across as being all-knowing because of their natural affiliation with Spirit, seeing with precision many things about another soul's life path and spiritual development.

Through your own spiritual practices like meditation on the light, your intuition will begin to open and develop, which can result in having telepathic and psychic experiences. These extrasensory

qualities are a natural expression of the soul, not abilities that are weird or out of this world. As you reach a higher vibration and consciousness in sync with your soul's light, these abilities will become normal to you.

There are also people who are highly intuitive, who naturally sense the vibrations of others and their surroundings yet are unaware that they are actually picking up on these vibes. This may be you. Take a situation in which you have been happy and relaxed all day until you meet a friend. As you chat, you suddenly start to feel low with a headache coming on. Unless there is any specific medical problem that can account for this feeling, it could be that you have read the current vibration of the other person without actually being aware of what you were doing and then thought that this energy was yours.

Spiritually evolved souls who have not yet recognized their level of spiritual development are usually very sensitive to the energies around them, unaware that they literally pick up on the vibes around them. If this is you, you need to see your sensitivity as a gift, showing you what is and is not love and light around you.

No doubt, you may sometimes feel affected by these more negative and denser energies. Signs of this are feeling drained, irritable, low, or less than your buoyant self after being in someone's home or presence. You could start to be conscious of taking on this person's negative thoughts and feelings, or an image of the person you have recently been with might keep popping into your mind long after being with him or her. In fact, these negative effects can sometimes overwhelm and unbalance you.



VISUALIZATION:

CLEARING UNWANTED ENERGY

- To help bring you back into balance, place your hands in prayer position at the level of your

heart chakra in the middle of your chest.

- Look up and out through your third eye.
- See a radiant, golden sun shining above you and say to yourself, "Divine light, now harmonize and cleanse my energy."
- Light rays are coming down from this sun and enveloping you.
- As you feel or observe this light touch your being, begin to see it expand, encompassing the whole of your body — your aura and beyond — until you see yourself in a sphere of white light.
- Feel this light bringing a renewed wholeness and balance to your being.
- Sense or see this light awaken the light within you.

If you believe someone's negative energy has affected you, you might want to finish off this energy rebalancing and clearing technique by visualizing the expanding light also enveloping that person. As you do so, let your thoughts be positive and compassionate toward this person.

- Envisage the person getting better, see the distressed be at peace, or visualize that soul accomplishing good in life.

If it is a space that has taken you off balance

- Imagine that space being filled with this light to help clear it of negative energy.
- Lastly, with hands still in prayer position, thank the divine light for assisting you.

Being Intuitive Means Looking, Listening, and Feeling Inwardly

Your immediate feelings are usually your most trustworthy and correct. Take a situation when your friend has just introduced you to someone new. Now, some people will go on appearances and even

professional status to figure out whether this person is "worthy" or "good." They will instantly accept or deny another by their own or society's standards.

Nonetheless, this shortsighted view may, in the long run, get you into trouble. If on the other hand you listen to your inner world of perception, which literally means you have checked out the vibration of a person or place, it will accurately begin to tell you what you need to know from being in this person's presence. These are not mental judgments but your intuitive soul telling you the underlying personality of this person.

Intuitively reading the energies of others and your surroundings can also guide you in what to say and do next. As you consider what to talk about through the guidance of your intuition, you can generate an air of openness that can have a positive or even healing influence on the people you are with. Balance is all about knowing how to juggle your life in the most effective and harmonious ways. Through awareness of your feelings and the guidance of your intuition, you will come to understand how to treat each person and circumstance in the most constructive manner.

Example scenario: You decide to go shopping tomorrow. The next morning arrives, but you feel the energy to shop just is not there and the idea of gardening feels far more attractive. A little voice inside you may even detract you from spending money today. But you take no notice of this inner guidance and force yourself to go to the shopping center because you are going to stick to what you planned. Then on your way to your destination, you find that there are road workers creating a queue of traffic, delaying you from getting to your destination. When you eventually get there, the shop you wanted to go in has unexpectedly closed. It takes trust to follow your instincts.

Go with Your Positive Feelings

Learn to change your mind by sensing when the energy is there or not. Your higher self can go out and look at many probable futures and know what is and is not in your greatest good. This is then sent back to you through your moods and bodily sensations. Do you feel tired or enlivened when thinking about taking a certain path? How does your body feel? Light and positive feelings will suggest the better route for you to take.

Changing your mind from acknowledging your feelings does not mean you are indecisive. It signifies you can see the signpost that will take you on a quicker route to success. In fact, to keep you on your higher path, be ready to change your mind whenever your intuition steers you to.

Your intuition chooses different ways to communicate with you. Higher guidance is always energizing, informing, loving, and illuminating. It will always have your highest good and the highest good of others in mind. It is said that a picture can paint a thousand words, so your soul may well take advantage of that by sending an inner vision to enlighten you. Expanded feelings such as lightness, love, or inner peace are other forms of soul communication, as well as wise and compassionate thoughts to guide you. Seeing an image of light in the space around you when receiving intuitional insights shows you are channeling knowledge, healing, or guidance of great significance from your higher self.

Words are another way to receive a higher guidance from your intuitive self. The trouble with words is that you can sometimes misinterpret them or limit the importance of their meaning, which is why your soul will often use more explicit forms of imagery, feeling, and experience to get the message across.

Come out of your rational mind for an experience of the heavenly. In deep meditation, in a state of relaxation, or while just being in the present moment, you may come to experience a greater love or an overwhelming joy — a realization of Supreme Spirit. Such an awakening could be very difficult to put into words for you to understand, but you will never forget a profoundly moving godly experience. Therefore, your feelings are not only there to help guide you on a higher path but also to give you an understanding into the nature of your soul and Supreme Spirit.

Your intuition is divine intelligence. As a beginner recognizing intuition in this manner for the first time, you may think that these experiences are your imagination, something that you consider to be unreal or made up. Yet if imagination did not exist, then it would not be there, so it must have an important function.

Your imagination, in the form of an inner vision, for example, works with your intuitive sight to reveal soul guidance. Many people have very vivid dreams that either come true or signify important messages. Others may see things in or after meditation that bring clarity, healing, or a better understanding to a problem.

Your imagination is one of the greatest gifts you have. It is a powerful tool to develop, as it can help you manifest and realize your life-long dreams, get you in touch with your highest good, and lend a hand at relaying insights. Try spending more time letting your imagination roam to the unlimited heights of what you wish for and you will soon find the statement “it was just my imagination” totally irrelevant!

Your life is like a dream, linked with many other people’s dreams that are all being played out at the same time. This all takes place within one great cosmic dream — the dream

of Supreme Spirit. When you were born, certain things had been set up to help create your soul’s dream in the physical: the people, places, and circumstances. However, since you have been born, you will always have free will to respond to your soul’s dream or not. In fact, have you ever felt that you have free will only to a certain point, as if the other half of you feels your life has been already mapped out and that you are, in reality, well on track? To help live out your ideal life, get in contact with your intuition to receive soul guidance and use your imagination to help make your dreams come true.

Everything and everybody is made up of energy, moving at different vibrations. You can check out what is good for you by feeling the vibration of things. Before making any decisions, think about taking a particular path and then see how you feel. A light feeling in your body before embarking on a certain route or while contemplating a certain decision can suggest your highest good.

Experiment with this method in a very practical way to know what is best for you to eat. Place the palm of your dominant hand over different foods or even meals on a menu and sense a feeling of lightness from that palm or a light feeling in the body to indicate beneficial foods for you to eat. Or ask your intuition what would be in your highest good to have for lunch today and then listen inwardly or receive a mental image or taste of that food or dish. Learning how to dowse can help beginners who are not very confident at distinguishing this lighter feeling within.

Practice: How to Dowse

- Write down a list of foods on a piece of paper.
- Take a silver or gold chain and let it hang from your forefinger and thumb. Say, “Light of my soul, what foods are in my highest good to eat?”

- Next, hang the chain over the name of a food and mentally say it. If the chain starts to go back and forth, this usually reveals a negative response. When the chain does not move, this is a sign that this food is neutral — neither good nor bad for you. But if the chain moves around in a circle, it is an indication that this food is favorable for you to eat.

Now, try including these favorable foods in your diet and see how you feel. You can also use dowsing to find out herbal or natural remedies that you may need.

Be attentive to the type of moods you have and how your body feels after eating and drinking certain foods. For example, what do you feel like a few hours after drinking some alcohol, eating meat, or consuming a vegetarian meal? Do you feel depressed, sluggish, or lighter?

Which fabrics allow your chi energy to flow harmoniously? Feel the difference between wearing synthetic materials to that of natural fibers, such as cotton, wool, hemp, or silk. Colors reflect different vibrations and healing qualities too, so follow your intuition when choosing which colors to wear today.

The spiritually accomplished know how to channel divine energy to purify and spiritualize food and drink. They can also reduce harmful side effects of medication and positively change the vibration of where they live and work. Try blessing your meals or environment with spiritual energy. As you hold your hands over your food or out into a room, ask the light to come through you to spiritually bless, harmonize, and energize.

Check to see how you are feeling throughout the day. How do you feel out in nature, playing or cuddling with your children, being with your closest friends, listening to your favorite music, or meditating? Find out, and then do more

of those things that make you feel alive, happy, at peace, loved, and light, for these activities will be in your highest good and can create times when insights or guidance will come through with great clarity.

Thoughts have a powerful energy to them, as what you think, you begin to create! Be more aware of those thoughts that make you feel positive and light and those that have the opposite effect. Remember that every time you use your feelings to perceive the vibration of people, places, and things, you are exercising your intuition like a muscle, and the more you use it and take notice of it, the stronger it will get.

Be awake to the messages that life is showing you. You are living within God's creation. Amid all things, Supreme Spirit is omnipresent. Therefore, the Creator's wisdom and guidance can be seen and heard in the world around you that can jog your memory into greater knowing.

Lyrics to a song may help you remember the power of love. A ten-foot poster billboard could be affirming an important decision that you have just made. You may even overhear words from a conversation of some passersby that uncannily give you a lead to solving a problem.

These outer clairvoyant messages can be found anytime and everywhere, in many different ways and places. They are Spirit conveying love, support, clarity, or a higher direction. You will know when you come across them because somehow they will stand out and catch your eye or attention, accompanied by a sense of rightness that says, "Yes, this is the answer for me."



MEDITATION:

DEVELOPING YOUR INTUITION

Remember to go to a quiet place where you will not be disturbed and get yourself in meditation position. If you feel the need, spend a few minutes or so beforehand practicing

the breathing technique to calm the mind. It will help center you. Now you are ready to connect with your intuition at will.

- Breathe normally.
- Take your awareness to the area of your third eye chakra, situated between your eyebrows in the middle of your forehead.
- With your eyes closed, or half-open, look up and out of this chakra.
- The divine light from above touches and awakens this area for you to see and know more clearly.

For those of you who are beginners at making a stronger connection to your intuition, you might feel this area begin to tingle or pulsate. The loving and wise presence of your higher self is now fully with you.

- Ask for guidance on any issue for yourself or for another. (In the beginning, only ask about one issue at a time. It might be a decision that you have to make; you may want greater understanding on a problem that you are facing or clarity on a spiritual truth.)
- Be receptive to a high and compassionate guidance in the form of feelings, images, or wise and helpful thoughts.
- Continue to take as much time as you need to receive these insights.
- When you are ready, thank the light and come back into the room, remembering anything that you experienced.

If you feel you didn't receive anything while meditating, don't think that you are doing anything wrong. You have opened your intuition to a new level. In the day or week ahead, you will be shown what you need to know through new feelings, insights, or even dreams that come up related to the question you asked today.

Further Guidance

- You may want to write down your insights to assist in clarifying your experience or to keep for future reference.
- For some, listening to your intuition in this way for the first time may take a bit of practice. Do not try to force yourself to visualize, hear, or feel anything, as concentrating too hard will defeat the object.
- All requests for guidance are answered, so believe in that. Sometimes you may feel that you did not receive any guidance in meditation, yet later while going

about your day or week ahead, you may suddenly get an intuitive insight or a revelation about a requested problem. Once you start listening and accepting your intuitive insights, the more you will become aware of them any time of the day.

- Remember that it is not necessary that you actually see the light at the third eye to know that you are making a connection to Spirit.
- Be aware of how you are feeling throughout your day. Your true essence is light, positive, and cheerful, so learn to change your

thoughts and activities to reflect that.

- Lastly, and most importantly, put your positive guidance that you receive from your intuition into action to help bring about your heaven on Earth.

Sarah Goddard Neves's curiosity in personal development and spirituality started in her late teens when she became immensely interested and involved in alternative healing and mind-body-spirit subjects. While in Ireland "finding herself," Sarah envisioned three spiritual masters who still guide her today. These masters prompted her to offer meditation classes and workshops on self-awakening, ultimately encouraging her to put her teachings of spiritual growth into writing.

Samadhi: Becoming One with All Life

Heather Robb

One of the great gifts meditation can teach us is to merge fully with ourselves and creation. When we find perfect balance within the body-mind-spirit, all our chakras spin in harmony and balance and the kundalini climbs the shushumna. We reach a place of one pointedness call samadhi.

According to the Hindu tradition, when one reaches samadhi, one never has to be reborn, for one has merged with God, the reason why we are born. They believe that our souls choose life to learn about the nature of God and our place in it. When we reach that point of absolute balance, we experience — or become One with — Mother-Father God, Source, creation, whatever you choose to call it.

Those who reach this place experience it in their own ways, yet all feel this union. Our hearts open so wide that we merge with and become pure love.

I had my first experience of reaching samadhi over forty years ago. My memory of this experience is as clear today as it was then. It also taught me that we do not have to be sitting in a monastery or in a cave in the Himalayas to experience it. It can happen anywhere when our body-mind-emotions are in full balance.

Sometimes we could be sitting in a chair enjoying a quiet space or we might be going for a jog. We might be walking in nature with all its splendor or throwing a pot on a pottery wheel. Balance can be reached in many ways.

In those days, I practiced simple yoga asanas or exercises and meditation most days. I came to understand that we live those exercises in time. Meditation is a way of life, a way to breath slowly when stressed and to do certain stretches when we are stiff. I know these simple practices helped keep my body-mind in



balance and may have prepared me for this experience.

My experience happened in the morning. It was crisp with a hint of the warmth it would bring. Ragged lacy fog hovered over surrounding hills, and wet grass gleamed in the rising sun.

“What a beautiful day!” I thought.

I clamored out of bed with the excitement youths experience as they welcome a brand-new day. I was keen to explore the farm I was staying on. While I had lived the first ten years of my life in a country town, we had moved to the city, and I had embraced its many diversions and experiences. Still, the country was in me, it seemed, for I longed to explore this beautiful place.

The house where I stayed was nestled comfortably in a valley surrounded by rolling hills. Sheep and

cattle dotted the green pastures adding their voices to the silence. There was no moaning wind, no rustle of leaves on the trees, no radio or TV, and no sound of cars on the road, just sweet silence.

I bolted down my porridge, which was cooked on an old woodstove, put on my boots, and headed off as fast as I could. I am a social person. I loved my friends, yet I also loved the bliss of solitude and silence, and today I felt it call to me, louder than ever.

I stood under the endless blue sky with my hands on my hips and looked all around me. "Where was I to walk," I pondered? Some distance ahead the mysterious hill, as I called it, stood out. It was craggy and rocky, unlike the others among their serene feminine folds. Above, I watched a single eagle dip and soar and cruise. The early sun caught its wings as it wove in and out of the dissipating fog, and it landed atop one of the skeleton trees at the top of the mysterious rocky hill, a mere speck in the distance. I watched it surveying its territory before taking off, dropping down like a stone to gather up some rabbit or other morsel, and then settling on the white tree again as it devoured its prize.

I caught my breath at all this beauty. Life unfolded around me. The mysterious hill called me, and I set off at a fair pace. I followed the fence line, noting creaky gates, dew on fence posts, and soft wet grass shining in the early sun. The fog, now in tatters, drifted away as the sun took prominence over this beautiful ethereal landscape.

The Skeleton Trees Were Calling

The rocky hill is, in fact, a ring dyke surrounded by clay hills. Its silicon granite shone and sparkled in the dewy morning wetness, acting like mirrors. I pushed open a gate and began to clamber up the side of the very steep hill, watching my

feet on the slippery grass and grabbing tree trunks or thick grass as I climbed higher and higher. Halfway up, I was puffing hard. It was steeper than I had realized and higher than I had imagined, but the illusive top called me louder and louder.

Granite boulders loomed all around me like crouching people. The higher I climbed, the more aware I was of the dead trees there. They looked like standing white skeletons of a race of people long gone, and they were watching me. They seemed to be speaking to me saying, "Look around. Look around." So I did.

I leaned against one of the trunks and took in the scenery once more. I was so woven into this place. I really tried to find what they spoke of even though I thought it was imagination. I was very high up; looking down on the valley reminded me of a view from a light aircraft.

I let my eyes explore the richness of greens and the water in the wetlands, where the ducks purposefully moved along in groups and a black swan gracefully dipping its head in the water, sending out endless circles. Cattle grazed and moved every now and then, and sheep mingled between them, new lambs tagging behind. This was a pastoral scene at its best. I let go of the tree and continued to climb, letting the sky, the hill, and the trees become my world.

I watched the eagle ahead as it came into view again. It soared gracefully on some thermal and came to land on a nearby tree. I could hear the rustle of its wings, and watched its huge talons wrap around a branch. It sat, statue-like, blending into this shimmering place as if it had always been there.

I froze for a moment, fascinated yet humbled too. It felt a privilege being so close to one so majestic. I was overwhelmed by its size and strength, but then the top of the hill called me once more, and I trudged on.

By now I felt so much a part of the hill and its custodians that I felt I too belonged there as one of them. The eagle was part of that family, so I just kept walking in its direction. It did not move or flinch but eyeballed me until, in time, it took off once more, gliding with abandon into the blue above.

Become One with the Many

The top! Ahh, finally I had arrived. There was a small flat area to stand on, and I planted my feet there, and legs apart, I gazed in rapture all around me, feeling like some deity who came to claim her land.

Gradually, I merged with all life there and became it. I felt the grass grow, tasted the milk of the ewes as they fed their lambs, and felt the heartbeat of Mother Earth beneath my feet. I merged with the sky and soared with the eagle. Then I became them, and I found my vision touching all life on Earth. I became the thoughts of a collective people. I felt their pain and their joy. I felt new babies startled with wonder at life. I felt old people dozing. Then the world turned out of time and took me with it. I lived life, pain, love, death, the circle of all life — for I was all life.

I do not know how long I stood there, but eventually the sound of lambs bleating as if far away started to bring me back to now time. Gradually, their plaintive sounds grew louder and louder. I seemed to mingle with them, and like the lambs, I felt I had also been born.

In that moment, I felt the most profound love, and I knew that was the love of all life united in one creative flow of existence. I knew without doubt that I was a fragment of all life — one of the many yet the many were also the one. In those moments, I had touched the collective heartbeat of creation.

Years later, I understood what this was: It is called Samadhi, union, becoming one with all life, but I did

not need labels for the experience. It gifted me a deeper appreciation of the nature of life, love, and compassion, and it gave me the tools to understand love and fear — the two prime energies that creation is made of. I knew that when we love our fear, it cannot be sustained and that to live in each moment as joy, we live in eternal joy.

One day, I went for a walk and was clothed with new etheric cloth. To touch all of creation in a moment and become it changed me forever. Now as I remember that special time, I recall how we can be reborn as we unite with that energy of creation and walk together on this New Earth as one song of life united in one mind to be love. Trust and surrender the process; it is here you will find peace, joy, and illumination.

Offer Your Light to the All

Have you ever wanted a simple meditation that was profound in its healing for you? Well, go no further. This is the one you have been seeking. There are many wonderful meditations we can do, but this is a powerful tool everyone can use, and it is guaranteed to work with you all.

One night many years ago, as I stood under the stars for my final balance before bedtime, I found Archangel Michael with me, and he gave me this meditation. It was a lifesaver for me as well, as a few weeks later, a very needy friend came to stay. She drained me to exhaustion each day, and before bedtime, I did this meditation under the stars. It was my saving grace, for it returned to me all my energies and balanced me. I slept deeply and woke refreshed each morning, for I used this technique to remove her attachments and bring myself back into balance.

Of course it does not have to be done under the stars at night. It can be done anytime and anywhere that works for you. I often did it with my students after my workshops;

we would form a circle and do it together. I found they left feeling balanced and very much present, which was so needed after a solid day of spiritual instruction and activity. Many made it their daily practice and told me how much it had helped them.



MEDITATION: UNITE HEAVEN AND EARTH WITHIN

Stand on the earth, either in real life or in your imagination as you sit or stand in a quiet safe place.

Feel the earth beneath your feet and connect to Mother Earth. Ancient people called this the Great Mother's Belly.

Breathe in and out, and feel connected and centered with self and earth.

Imagine the souls of your feet are opening and that all you no longer need from the day or life is draining into the earth. With each outward breath, ask the earth (or the Mother) to take this from you. Breathe out all the negatives, and watch your body empty of all darkness — fear, stress, illness, tiredness, shame, blame, anger, frustration — until you feel free of it all.

Ask Mother Earth to use your lessons as part of her creation. Be aware that all life around you is beautiful, and see what you have released through the souls of your feet as growing into the beauty nature is. Be joyful you have released all that no longer serves you.

Now ask Mother Earth to fill you with her light. As you breathe in, feel the energy of life reach up through the souls of your feet to replace all the emptiness in

your body with great life force. See yourself becoming light. See this energy focus itself into your heart chakra, and see it glowing and pulsating as light and love.

Now focus on the top of your head (your crown chakra) and see it open. Call forth the Father to also send you his light, and ask him to unite with Mother Earth in your heart. As you breathe, see the light of the Father fill your whole body, as before, and see it unite in your heart with the Mother's love.

You are now an aspect, a child of the Mother/Father God. You are reminded of your divinity. Feel the love, so powerful. It is beautiful. Now, with each breath, push all that love and light out to fill your physical body, emotional body, and all your other lightbodies.

Send this light to those who you feel need it — to those you love, those you do not love, your home, your family, your community, your country, and the earth. You are a child of light. Offer this light to the All to free them as you have freed yourself.

Bring the light back into your heart and yourself when you have finished. Hold it there, and feel the calm, peace, and joy. Give your love and thanks to Mother/Father God, for you are free of all stress, fear, and worry.

When you feel ready, watch your breath once more, and bring yourself back. If you find you lose focus in the beginning, just bring your awareness back and continue.



Drink a glass of water, and retire to bed. You will sleep deeply. If it's morning, continue with your day.

Do this each day, morning and night, if you feel a need to, and allow its accumulated light to work with you. It will change you in many ways for the better.

Do not become attached to it. Just allow the process, and be free to let it unfold in its own way. Your higher self will guide you into it if you can learn to surrender fully with love to its process. Remember, each time you do it, it will be different, and each time, you

might find yourself going deeper into healing.

Heather Robb is a channel, healer, writer, and artist. She teaches about ancient wisdom and its healing tools to open us to the New Earth. She also makes flower and gem essences and sells them globally. Heather lives with her husband on their farm in Australia. To contact Heather, write to robb@virtual.net.au.

Easter: An Enlightenment Feast from the Timeless Realms

Rev. Donna Ferri

Tradition has long heralded the Easter resurrection as spirit's triumph of ascension. Easter is spirit's egg joined with matter. Your egg matures and ascends from matter back into spirit's egg, enriched. The Easter egg is the Central Sun, which is one with each individualized God-being's Central Sun, or causal body. That's why spirit is at home everywhere in consciousness as highest enlightenment.

The mystery school introduces the ascension parable of the soul as a hero. You learn of your ideal journey from this space-time continuum and revel when the story ends with the completion of your soul's lifetimes.

Parables are always prods of consciousness, because through them you can realize the mystery of oneness — a wholeness despite the sense of myriad selves where each seems separate.

Read the Parable's Clues

The mystery tradition reveals how the puzzle is solved if you read the clues. Parables show each separate self recovering its divine memory while retaining its record of a seemingly individual journey. Easter is celebrated because by your desire and decision to ascend, you change your lower vehicle of consciousness.

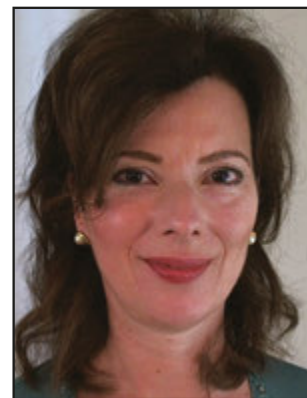
You ascend from this space-time continuum into the eternal knowing of oneness. Jesus, as one of your selves who ascends, is the impetus for all your other selves to do the same: to live life with an eternity consciousness so perfect and serene that you see illusion as a play.

Are the rounds of embodiment a mere blink of the eye of eternity, or do you experience a profound round of physical individuations as they are on this side of the veil? The cosmos winks when you first come to the mystery school suggestion that both are true. This world is a stage where God plays many parts, even that of forgetfulness. You live in one eon and laugh with joy because you've already completed your role, which is one role.

You are more than a dense, four-fold petticoat. The real you interpenetrates each veil to explore the emotional, mental, and ethereal frequencies until your enlightenment allows you to understand and go past your seeming limits. Your dense garments are part of the eternal. You seem to seek each part hoping to discover the golden key.

Unlock the Portal

Which key unlocks the portal into the eternal moment that you

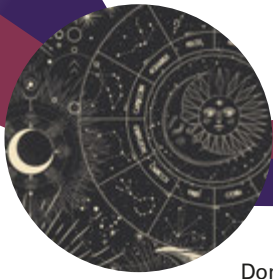


already know? Divine memory lives in and beyond the known. You are divine memory, in and beyond your four energy fields. The human memory exceeds its idea of self by blending with its divine counterpart.

Easter comes each year to remind you of and allow you to observe the foretold future truth that this life is grand. You realize its hope for you by blending with it. Perfect identity merges with perfect oneness as you gather skeins of beauty.

Let the season remind you to weave your timeless garment strand by strand. Each weaving is hard won until the wedding day. On that day, you as soul memory merge with the divine "you memory." As one perfect memory, you sail into joy trailing clouds of glory.

Rev. **Donna Ferri** is a mystery-school intuitive and metaphysician. Her work honors your reason for being and helps raise your consciousness. Sessions include a soul reading and energy clearing, because with both, your soul can lift into rarified levels. As a master spiritual life coach, she helps you clarify and reach your spiritual success goals. She also offers consciousness counseling, seminars, and meditation retreats. Read her insights at WhoHeals.com.



PREDICTIONS

Don't let the prophecies, ancient or modern, trap you in a box of fear and futility.

Change the dance by becoming the light that you are — the light that continues through and beyond the box into the adventure of forever.

The Hero's Journey

Donna Taylor

Astrology teaches us that there is a time for everything. There is a time to act and a time to lie low. There is a time to plant and a time to harvest. There is a time to build and a time to let go of what we have created. The movements of the planets teach us to allow the tide of life to carry us to our best destinations rather than to struggle or fight against what is.

Sometimes those destinations might not look too good, and we have reservations or anxiety about going there. This is where we collectively find ourselves now — heading toward destinations most of us feel a little uneasy about. Even those of us who believe a new golden chapter is coming for humanity realize we're not going to get there without having to cross turbulent waters and battle one or two nine-headed hydras.

But if we know this, we can prepare for the journey. Like any well-seasoned traveler, we need to make sure we have what we need to help us on this particular voyage, such as cool heads and inner strength. We also need to pack a fair bit of faith, because without it, we are already lost. Courage is also vitally important, or we sit trembling on the edges, not daring to move.

April is the month of Aries, and Aries people know all about courage, boldness, strength, and keeping cool in crises. Aries is the hero and the warrior — the one who rushes in where angels fear to tread. We all need a bit of Aries energy now, and we can begin by looking at where in our lives we are allowing fear to dictate our actions.

We might have personal situations we're afraid to act on. Perhaps we need to stand up to someone but fear the consequences. Maybe we are crying out for change but fear the unknown. It's possible that we want to follow our dreams, but practicalities, lack of confidence, or some other excuses are stopping us from acting.

Face Your Fears

As the bigger picture calls us collectively toward

new horizons, we are being called to face our private fears, those places within that terrify us and where we really don't want to go. We can use the new moon in Aries around April 10 and 11 to confront those fears and do something about them. These fears likely relate to wounds we experienced at some point in our lives, and Chiron's close proximity to the new moon suggests that the time is ripe to heal those wounds, to grasp our courage and face it anyway, no matter the consequences. This is how heroes are forged, and we can't transition into the New Age if we're held back by fear.

At this point in our lives, we are being carried (whether we like it or not) to the places we need to be. Struggling or resisting only tires us out, so perhaps instead of arguing about who is right and who is wrong, we can look to the heavens and understand that a plan is unfolding — collectively and individually — and we need to have faith in that higher plan. Wherever we are, whatever we are experiencing, is exactly right for us. If we're not happy with where we are and what we're experiencing, the only way to lift ourselves out is by lifting our vibrations. And the quickest way to do that is through love and gratitude. We need to find things in our lives we're thankful for and then find someone or something to love.

When the planets move into Taurus on April 20, followed by the full moon on April 26, we face the need to embrace some sort of change and let go of an attachment. The attachment could be physical, as in something we own, or it could be an attachment to a rigid belief or way of thinking. It could be an attachment to a way of life or a person, a place, a job, status, money, security, or the need to be seen a certain way that boosts our egos. It might also be an attachment to something that temporarily makes



us feel good, such as social media, YouTube videos, wine, cigarettes, food, or too much exercise.

We each know what is keeping us enslaved, and the last week of April is likely to highlight what that is. It might also bring us the courage and opportunities to liberate us. Being true to our authentic selves is key now,

and external props and addictions only get in the way. We can set our intentions that by the end of the month we will be moving toward strengthening ourselves so that nothing and no one can have power over us. This is how heroes are formed, and April is calling for all hands on deck.

April Weekly Forecasts



• **ARIES** (March 21–April 19) •

April 1–6: As the Sun and Venus align in your sign, it will be easier to focus on pleasure, enjoyment, beauty, and a more relaxed pace of life. This is a sensual combination that encourages you to derive pleasure from the simple things in life, such as slowing down to appreciate what’s around you or making space and time to bring in a particular ritual that feels soothing, nurturing, or abundant. Lighting a candle with your evening meal, for example, can help you focus on the joy of eating and your gratitude for the food on the table. Weeding out the unflattering or drab items in your wardrobe could kick start a new you. Be mindful this week of the following principle: If you don’t love something or use it or if something doesn’t bring you joy, let it go.

April 7–14: Any lack of motivation could be a sign that you need a change or a new experience, and the new moon on April 11 should help you create the new beginning your soul craves. Pick an area of life that feels stagnant or in need of change, and see whether you can breathe new life into it. If this doesn’t seem possible, then it might be time to make a break and try something new. Look at your future hopes and dreams and decide what is worth keeping and what needs to change. To do this, you might need to take a risk and think less about security and more about fulfillment. Follow the advice often attributed to Goethe: “Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it. Begin it now.”

April 15–22: As the planets gradually make their way into the material zone of your life, you might feel a growing need to focus on the more tangible aspects of life, such as work, money, and the physical things you own. This could range from changing how you do business, or any aspect of your financial situation, to enjoying the more sensual and physical aspects of life. Either way, it’s time to get real and become more grounded while at the same time not being too fixed or rigid since Uranus in this area of your chart might change things faster than you can keep up with. Embracing uncertainty or change in the material side of life could enable you to see opportunities or experience things you’d previously missed.

April 23–30: As the planets align in Taurus and the full moon occurs in Scorpio on April 26, you might need

to embrace some kind of transformation in your material or physical world. This could mean a change or development regarding money, a purchase of something you own or value, or an idea or belief you have about money and material things. Watch out for attachment, because when you are overly attached to something or give it too much importance, you can suffer. The current energies appear to be calling you to let go of a situation or be open to new ways of doing things so that you are less bound by the need for safety and security. Taking a risk — calculated or not — might be the way toward a more fulfilling and richer life.



• **TAURUS** (April 20–May 20) •

April 1–6: Life might feel uncertain, and with Uranus in your sign, you probably need to keep reminding yourself that fortune favors the brave. It will become increasingly difficult, and perhaps foolhardy, to put your trust in physical things such as work, money, property, and so on, because these things can be transient and keep you trapped. Your aim now should be to liberate yourself from any shackles and explore new territory. But you have no need to rush or panic, particularly during this first week in April when you will benefit from adopting a more contemplative mindset. Listening to the quiet voice of your intuition will guide you to the right path.

April 7–14: With a new moon in your house of the soul on April 11, your intuition or inner knowing will be particularly strong this week. Act on any gut feelings and let logic take more of a back seat. Sometimes the heart knows the answer while the head can seek to override what it doesn’t understand. That said, be aware of compulsive thoughts and actions, as Pluto’s square to Venus suggests a possible sliding into darker waters. Try to determine the difference between your intuition and compulsive needs and desires. If you can do that, the week ahead will see you moving toward higher frequencies.

April 15–22: The action begins this week as the Sun enters your sign on April 20, signaling some kind of new beginning. You could begin a grand new chapter or turn over a new leaf in some smaller aspect of life. Trying to keep things as they are would be counterproductive and possibly damaging in the long run. If you are trying to

make changes but find yourself blocked, you are likely moving in the wrong direction and making the wrong choices. Alternatively, the blocks are mirroring your internal resistance and fear. If you feel you are moving in a direction that seems authentic — a keyword for you now — then persevere, and you will eventually experience a breakthrough.

April 23–30: The trick to life is knowing when you need to cut your losses and when to persevere. Knowing which is called for lies in how you feel about the situation. If it feels flat or dead, without any enjoyment, then it's probably time to let it go. But if you feel energized and positive, that is an indication you are making the right choice. Your feelings will always indicate whether something is right for you, and that is what you need to pay attention to this week. The full moon in your opposite sign on April 26 is likely to be very revealing, especially in your personal life, and it looks as though a change or development in this area is likely.



• GEMINI (May 21–June 20) •

April 1–6: The planets are lining up in a most fortunate way for you: Mars is in your sign, giving you energy and motivation to get things done, and the Sun and Venus align in your zone of hopes and dreams. This suggests that the future is bright, and you can manifest your wishes and desires far more easily than usual. Be aware that you might need a friend or other helpful person to assist you with your dream. This is certainly a week to remind yourself that no man is an island, and you can benefit greatly from interacting with others and accepting their offers of help.

April 7–14: The new moon on April 11 is auspicious, suggesting that your dreams can become reality. You just need to take a step in the right direction. With Mars still strong in your sign, you should have no shortage of motivation as long as you focus on what interests you. The keyword here is “passion”: Follow what you feel passionate about and all will be well. Whether your dreams are large or small — whether you have a big project to tackle or a small endeavor to accomplish — this really is the week to make hay while the sun shines.

April 15–22: As the planets shuffle into your house of rest and repose and Mars reaches the end of your sign, you might be feeling the need to rest. If life has been busy or demanding the past few weeks or months, now you can step back and embrace a quieter, softer way of living and replenish your spent energy. Much pleasure and enjoyment can be found in quiet places and simple pleasures — a walk in nature, a few minutes of meditation, a long soak in a candlelit bath, or curling up on the sofa with a good book. Whatever quiet pleasures you enjoy, now is the time to embrace them. In so doing, you will begin to restore your soul.

April 23–30: Sometimes we say or do things that later leave us wondering why on earth we did that. The answer is often that we have repressed something that needs to come out, or we are unconsciously tripping ourselves because we're afraid of things working out well for us. For example, you might believe you don't deserve a wonderful life, so you find ways to push people and opportunities away; or you find reasons to keep yourself trapped in limiting, albeit familiar and comfortable, situations. As the planets align in your house of self-undoing, watch for little mishaps that could spoil things or behaviors that could work against you. The antidote, as revealed by the full moon in your house of health and work on April 26, is strengthening yourself through constructive habits, routines, and practices. You know what works for you, so focus on those things, and stay away from what weakens you.



• CANCER (June 21–July 22) •

April 1–6: Bob Dylan said, “A man is a success if he gets up in the morning and gets to bed at night, and in between he does what he wants to do.” What do you want to do? This isn't necessarily limited to career and vocational options; it's also about your general direction and life purpose. Purpose can be more than your profession, and with a Venus-Sun-Chiron alignment in your success region, this is the time to heal wounds you might have about succeeding in the world. It's also about being who you really are and allowing the world to see that. Enjoyment is perhaps the pointer, so if you're not currently doing what you enjoy or if there's room for improvement, this is the perfect week to give yourself permission to do whatever brings you more joy.

April 7–14: With a new moon on April 11 and a cluster of planets in your success zone, this is the perfect week to initiate or follow through with a project or an ambition or to discover more about your true purpose in life and take a step toward it. It is time to leave the past behind and focus more on where you want to be going. Starting fresh is the way to go in your professional life or general direction; however, your relationships might require a transformative approach. Either way, keeping things as they are is unlikely to work, so be willing to embrace any change that feels energizing.

April 15–22: If you're waiting for a green light or you're feeling you could use some energy and motivation, Mars hovering near the beginning of your sign promises a more dynamic time ahead. In the meantime, take every opportunity to connect with others in whatever way possible, and make changes to your social life and friendships. For example, this is a good time to make new connections, make a new friend, join a group, or consider what you can do to make a difference in society. Trust any innovative ideas you have, and try to

implement them as quickly as you can, because any dallying could result in lost opportunities. Embrace chances to spend time with like-minded people.

April 23–30: In Greek mythology, Uranus was the rebellious deity who stole fire from the Gods and gave it to humanity. Fire symbolizes inspiration and creativity, and it could be that you feel a certain sympathy with Uranus as he moves through the area of your chart representing humanity. Perhaps you also feel the need to empower others or inspire or help in some way. You don't need to save the world; just do what you can to make a small difference without worrying too much about the wrath of those who don't care as much as you do. The full moon on April 26 will inject some passion into events and help you realize where your heart lies.



• **LEO** (July 23–August 22) •

April 1–6: “Adventure” is your keyword, but this isn't just about traveling to new places in the physical sense. You can also adopt a more adventurous state of mind in which you entertain new ideas, beliefs, or ways of seeing the world. Changing your perspective on something could be the way forward now, so if you can't change something that is limiting you or holding you back, try looking at it in a new way. This could be a time of real opportunity and expansion, but to be successful, you might need to become a bit more experimental.

April 7–14: According to Anais Nin, “Life shrinks or expands in proportion to one's courage.” Something is calling you to be bold and step outside previous confines or safe structures. The answer to a problem probably lies in finding the courage to do the thing you fear. Ironically, once you confront it, your fear will likely disintegrate before your eyes. Whether it's an opportunity you need to say yes to or something else pulling you toward new territory, remind yourself that the new moon on April 11 is blessed by Venus and ensures that your courage will be amply rewarded.

April 15–22: As the planets gradually make their arrival at the top of your chart, success and achievement become more likely. If you have managed to push out of your comfort zone in recent weeks, you will perhaps soon find yourself basking in a feeling of victory. Alternatively, you might feel more able to take a step in the right direction, whether that's putting more energy into your career/vocation or making progress with an ambition. Either way, this is a time to move forward in the world, focus on the future, and make any changes that help you get yourself on the right track.

April 23–30: The full moon on April 26 activates the home/family and career/direction areas of your life. This could manifest as issues of the past versus aspects of the future. It is not healthy to overly ruminate on the past

or fantasize about the future, so try to strike a balance this week by staying in the present while learning from the past and allowing inspiration to push you toward the future. Matters are likely to come to a head, especially around the full moon on April 26, and you might need to create more space to reconnect with yourself at a deeper level. Following your intuition, or sense of what is right for you, could make a big difference in your well-being.



• **VIRGO** (August 23–September 22) •

April 1–6: Most of us don't like feeling vulnerable, but only by opening up and showing our softer side can we get closer with others and form deeper bonds. If you want to deepen a particular relationship or experience more sharing and intimacy with others, this week will facilitate the process. This could be an optimum time to reveal your feelings or ask for help. Whether you're asking for a loan, taking a risk with your feelings, or admitting to a weakness, the more you can reach out to others, the more they will reach out to you. This could be a deeply meaningful and pleasantly surprising week if you're willing to open up.

April 7–14: Certain reptiles, such as the lizard, shed their tails when attacked by predators so that they can escape. Amazingly, the lizard then grows a new tail. It is unlikely that the lizard thinks much about this process or wonders whether it is worth sacrificing a body part to live. In a similar way, we could say that if you want to break free from a difficult or painful situation, you might need to let go of something. Whether it's a situation, emotional baggage, a habit, or physical possessions, you'll benefit now from releasing negative attachments and shedding your old skin.

April 15–22: “Do not be too timid and squeamish about your actions. All life is an experiment. The more experiments you make the better.” Ralph Waldo Emerson gives some valuable advice as the planets align in your zone of adventure. Now is not the time to play it safe. In fact, the more you try to stick with the status quo, the more problems you'll likely have. Something is calling you, perhaps a dream or a need to explore or expand. Honor that calling, because it could bring you a sense of meaning. Only when living a meaningful life can you be truly happy.

April 23–30: If you're faced this week with an issue you just can't make headway with or if there's something you just can't seem to change or understand, then perhaps you need to look at it in a different way. Try stepping back to see the bigger picture, or view the situation from a different angle. Ask a friend what she would do, because we all see things differently. The more you can think outside the box and entertain newer, bigger, and vaster concepts, the more likely you can break out of your old paradigm. You'll then find that your external

world and all the challenges that go with it miraculously start to change. Maybe it's time to start believing in the impossible.



• **LIBRA** (September 23–October 22) •

April 1–6: Relationships take center stage, and for a while, at least, things could be pleasantly heady. This is a good week to express your affections and communicate your feelings, have a tricky conversation, work toward healing your differences, heal a wound, or mend a bridge. With Venus involved, it is likely that the path of love could run more smoothly than it has recently, particularly if you're prepared to put in the effort. It certainly seems that other people are the key to your happiness right now, and the equation, according to Ovid, is simple enough: "If you want to be loved, be lovable."

April 7–14: This could be a dramatic week. With a new moon and cluster of planets in your relationship zone, the time for new beginnings in love and partnerships has arrived. But be aware that as Pluto squares Venus, it could be difficult to keep a lid on your deep feelings. This could result in compulsive behavior, powerful desires, or darker states, such as jealousy, vengefulness, and betrayal. Try to ascertain whether the roots of such insecurities are in the past, because genuine love seeks to give rather than possess. This might be the time to start over in an important relationship or initiate a new one; some kind of transformation is now required.

April 15–22: As a group of planets gathers in the most intense region of your chart, this is a time for boldness and courage rather than venturing meekly into situations. It is not easy to be vulnerable, but if you want to deepen your bonds with someone, you'll need to show your real self. For example, you can ask for help, reveal your true feelings, or admit that you have a particular weakness. There are no guarantees, but if you allow people to see the real you, they will likely respond favorably.

April 23–30: Whether you should play it safe or take a risk might be the burning question this week. Some kind of change is likely required, but fear or responsibilities might be holding you back. If you allow your circumstances to become all work and no play with too much routine and not enough variety, you might become irritable or depressed. Take these two states as signs that you probably need to inject a bit of color into your days while remembering that being true to yourself is the best antidote to frustration or feeling low. Expect the unexpected, and don't be afraid to try something new.



• **SCORPIO** (October 23–November 21) •

April 1–6: The path to glowing health and happiness at work becomes much easier now, and the key to both these areas is love. Rather than

punishing or castigating yourself, depriving yourself, or focusing on your physical weaknesses, try directing love toward your body. Praise it for the marvelous job it does, and imagine the even better job it could do if you didn't sabotage it! The same applies to your work and daily life in general: The more love you put into your daily tasks or the service you provide to others, the happier you will be. Spend a moment or two contemplating how love is instrumental in healing — a caring doctor or therapist, a kind word from a friend — and that when you love what you do, the quality of your service affects others' well-being.

April 7–14: The planets are gathering in your zone of work and health, making this the perfect week to start anew in either of these areas. Healing a particular condition or ailment is more viable now, as is finding greater happiness in your work or day-to-day life. Try to adopt a more positive mindset, realizing that things don't have to continue as they have been and that your everyday routines hold the key to your success. As Mike Murdock said, "The secret of your future is hidden in your daily routine." Make sure your routines work for you and not against you.

April 15–22: As the planets shift into your relationship zone, other people are likely to be bigger concerns. Do you need to communicate your feelings? Do you need to clear the air or heal a wound? Do you need to show more love to someone? Consider what would have the biggest healing effect on your relationships, and seek to inject that feeling or virtue. The alignment of Uranus and Venus might suggest that the ways you've previously related or the types of relationships you've had in the past might now be ripe for change. At the very least, try to be open to new ways of relating, and take nothing at face value.

April 23–30: The relationship theme continues, and you might be faced with a dilemma: Should you take the conventional route or try something different? Make sure the conventional route isn't driven by fear or insecurity or that it isn't holding you back. You might need to examine blockages with roots in the past. As you liberate yourself from these blockages, it will be easier to act more authentically in your relationships. No matter what, if the opportunity for happiness arises this week, you'd be well advised to take it.



• **SAGITTARIUS** (November 22–December 21) •

April 1–6: With a cluster of planets in your zone of fun and enjoyment, this is the time to focus on where you find joy and delight. Simple pleasures might be the order of the day, such as baking a cake, painting a picture, or playing with your children. Aim for a more carefree spirit. When you care a bit less about rules, regulations, and life's complexities and

April Aspectarian

Transiting planets: Sun, Moon, Mercury, Venus, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto

Key: conjunction (0°), opposition (180°), square (90°), trine (120°), sextile (60°), quincunx (150°), semisextile (30°), semisquare (45°), sesquiquadrate (135°)

April 1: Sun sesquiquadrate Moon, Moon sextile Pluto, Moon sesquiquadrate Venus, Moon quincunx Uranus

April 2: Moon sextile Saturn, Moon semisquare Pluto, Sun trine Moon, Mercury semisquare Saturn, Moon trine Venus, Mercury sextile Pluto, Moon opposite Mars, Moon square Neptune, Moon sextile Jupiter, Moon sesquiquadrate Uranus

April 3: Moon semisquare Saturn, Moon semisextile Pluto, Moon square Mercury, Moon semisquare Jupiter

April 4: Moon trine Uranus, Moon semisextile Saturn, Sun square Moon, Moon square Venus, Moon quincunx Mars, Moon sextile Neptune

April 5: Moon semisextile Jupiter, Moon conjunct Pluto, Moon sextile Mercury, Moon sesquiquadrate Mars

April 6: Moon semisquare Neptune, Moon square Uranus, Moon conjunct Saturn, Venus sextile Mars, Sun sextile Moon

April 7: Moon trine Mars, Moon semisquare Mercury, Moon sextile Venus, Moon semisextile Neptune, Moon conjunct Jupiter, Moon semisextile Pluto

April 8: Venus semisextile Neptune, Sun semisquare Moon, Moon semisquare Venus, Moon semisextile Mercury, Moon sextile Uranus, Moon semisquare Pluto, Moon semisextile Saturn

April 9: Mercury semisextile Uranus, Sun semisextile Moon, Mercury semisquare Jupiter, Moon square Mars, Moon conjunct Neptune, Moon semisextile Venus, Mars square Neptune, Moon semisquare Uranus, Moon semisextile Jupiter, Moon sextile Pluto

April 10: Moon semisquare Saturn, Mercury sextile Saturn, Venus sextile Jupiter

April 11: Moon semisextile Uranus, Moon semisquare Jupiter, Moon sextile Saturn, Moon conjunct Mercury, Sun semisextile Neptune

April 12: Moon semisextile Neptune, Sun conjunct Moon, Venus square Pluto, Moon sextile Mars, Moon sextile Jupiter, Moon square Pluto, Moon conjunct Venus

April 13: Moon semisquare Neptune, Moon semisquare Mars, Moon conjunct Uranus, Moon square Saturn, Sun sextile Mars

April 14: Moon semisextile Mercury, Moon sextile Neptune, Moon semisextile Mars, Mars semisquare Uranus, Sun semisextile Moon, Moon square Jupiter

April 15: Moon trine Pluto, Moon semisextile Venus, Mercury semisextile Neptune, Sun sextile Jupiter, Moon semisquare Mercury

April 16: Moon semisextile Uranus, Sun semisquare Moon, Moon sesquiquadrate Pluto, Moon trine Saturn, Sun square Pluto, Moon semisquare Venus

April 17: Moon square Neptune, Mars trine Jupiter, Moon semisquare Uranus, Moon sextile Mercury, Moon trine Jupiter, Moon conjunct Mars, Moon quincunx Pluto, Moon sesquiquadrate Saturn, Sun sextile Moon, Mercury sextile Jupiter, Mercury sextile Mars, Mercury square Pluto

April 18: Moon sextile Venus, Mars quincunx Pluto, Moon sextile Uranus, Moon sesquiquadrate Jupiter, Moon quincunx Saturn

April 19: Sun conjunct Mercury, Mars sesquiquadrate Saturn, Moon trine Neptune, Moon quincunx Jupiter

April 20: Moon opposite Pluto, Moon semisextile Mars, Sun square Moon, Moon square Mercury, Venus semisquare Neptune, Jupiter semisextile Pluto, Moon sesquiquadrate Neptune, Moon square Venus

April 21: Moon square Uranus, Moon opposite Saturn, Moon semisquare Mars, Moon quincunx Neptune

April 22: Moon quincunx Pluto, Moon opposite Jupiter, Moon sextile Mars, Sun trine Moon, Mercury semisquare Neptune

April 23: Venus conjunct Uranus, Moon trine Mercury, Moon trine Uranus, Moon trine Venus, Moon sesquiquadrate Pluto, Moon quincunx Saturn, Sun sesquiquadrate Moon

April 24: Moon opposite Neptune, Mercury conjunct Uranus, Moon sesquiquadrate Uranus, Moon sesquiquadrate Mercury, Moon trine Pluto, Moon sesquiquadrate Venus, Moon quincunx Jupiter, Moon sesquiquadrate Saturn, Moon square Mars

April 25: Sun quincunx Moon, Venus square Saturn, Moon quincunx Uranus, Mercury square Saturn, Moon sesquiquadrate Jupiter, Moon trine Saturn, Moon quincunx Mercury, Moon quincunx Venus, Mercury conjunct Venus

April 26: Moon quincunx Neptune, Moon square Pluto, Moon trine Jupiter, Moon trine Mars

April 27: Sun opposite Moon, Moon sesquiquadrate Neptune, Sun semisquare Neptune, Moon opposite Uranus, Moon square Saturn, Moon opposite Venus, Mercury semisquare Mars, Moon sesquiquadrate Mars, Moon opposite Mercury

April 28: Moon trine Neptune, Moon sextile Pluto, Moon square Jupiter, Moon quincunx Mars

April 29: Sun quincunx Moon, Moon quincunx Uranus, Moon semisquare Pluto, Moon sextile Saturn, Moon quincunx Venus

April 30: Mercury sextile Neptune, Moon square Neptune, Moon quincunx Mercury, Venus semisquare Mars, Sun sesquiquadrate Moon, Moon sesquiquadrate Uranus, Moon semisextile Pluto, Moon semisquare Saturn, Moon sextile Jupiter, Sun conjunct Uranus

simply follow your heart a bit more, you'll be on the right track. If you can't find what you're looking for, create it yourself.

April 7–14: The creativity theme continues as a new moon in the playful area of your chart on April 11 invites you to consider what feels like play to you. Then go and do it without attaching any goals. In fact, striving or setting targets is counterproductive, as that can take away much of the fun and spontaneity. This is more about being in the moment, and you can take this idea and apply it to the wider aspects of your life. How present are you in the things that you do? Can you stop thinking of the next thing on your to-do list and just be where you are? There is some truth to the following words by Rita Mae Brown, and they might be especially applicable for you now: "I finally figured out the only reason to be alive is to enjoy it."

April 15–22: As the planets begin their move from Aries to Taurus, you might find yourself in a more productive mood as the week progresses. Certainly from April 20, it will be easier to knuckle down and do whatever needs to be done. Consider how you can make your life run more smoothly and efficiently. What small changes can you make so that your life begins to work better? This could be something as simple as clearing some clutter, sorting out a backlog of paperwork, or tidying a messy drawer so that you can find things more easily. Or it might be something like rising an hour earlier to start your day with some exercise or meditation. Be mindful that whatever changes you make should feel good and refreshing.

April 23–30: Whether we like to admit it or not, we all have the tendency to self-sabotage. A good example is the well-meaning intention to cut down on chocolate or alcohol before lapsing and having a moment of excess. Perhaps you find that your daily yoga regime is working well for you, but you allow other things to get in the way. There are an infinite number of ways you can sabotage yourself, and as the full moon illuminates your zone of self-undoing on April 26, you will probably get a good glimpse of ways you are not a good friend to yourself. On a more positive note, the strong grouping of planets in your house of productivity, health, and work will give you a good chance to implement positive habits that can bring strength to your body, mind, and soul.



• **CAPRICORN** (December 22–January 19) •

April 1–6: It could be argued that many of the world's problems, as well as personal unhappiness, stem from a lack of love and a fracturing of the family unit in particular. As the Sun aligns with beautiful Venus in your domestic zone, you will likely find that what you are looking for is very close to home. This is the time to nurture yourself and those you care

about. Make your home a haven of love and nourishment so that all who live there or enter that space feel so nurtured, peaceful, and loved that they never want to leave.

April 7–14: With a new moon in your domestic zone on April 11, this is the perfect week to make a new start in your home and family life, perhaps with a spring cleaning to freshen your space. Mending damaged relationships with family members can also successfully take place now, and healing the dynamics of the past needs to be your overriding focus. Closing a door on what has been might be helpful, particularly if you have been feeling stuck and unable to move forward. A new beginning is advisable, if possible, but at the least, keep your attention on the new and away from what has been.

April 15–22: "Always be a first-rate version of yourself and not a second-rate version of somebody else." Following Judy Garland's advice, ask who is the first-rate version of yourself. Have you forgotten? Do you have glimmers of memories from the past, or do you think you are doing a good job of being your authentic self? We all start out being our true selves, but the older and more conditioned, battered, and bruised by life's events we get, the more we play it safe. This week it might help to take a good look at where you have allowed yourself to play it too safe at the expense of freedom and creativity. Allow any rebellious urges to direct you toward greater authenticity.

April 23–30: If you want to be your true, vibrant, creative self, you might have to rattle a few cages. This could mean letting family members know you don't want to be disturbed while you carve out precious time to do your creative or spiritual work or engage in hobbies that are essential for your well-being. It might mean setting boundaries of a different sort where you decide not to be taken advantage of or let fear direct your actions. Wherever you feel held back, less than, or you're compromising your integrity or inhibiting your light, this is where you need to take a stand and start doing things differently.



• **AQUARIUS** (January 20–February 18) •

April 1–6: This is likely to be an important and possibly pivotal time in your life, but whether you see it as positive will depend on how you look at your situation: Problems can be challenges to strengthen your character, and events that might seem out of your hands can, in the long run, be initiations into a more fulfilling life. This is a time to firm up your life, take greater responsibility, embrace new opportunities, and make sure your attitude works for you rather than against you.

April 7–14: John Ruskin said, "The greatest thing a human soul ever does in this world is to see something

and tell what it saw.” This week is all about seeing and communicating, and it should therefore be quite an interesting and active week. With its underlying theme of communication, do you have some knowledge or an idea to share with others? Do you need to listen or have a conversation with someone? None of this has to be deep and heavy. On the contrary, simply exchanging pleasantries with neighbors or people you come into contact with during your day can lift the spirits. But if you have a message you would like to impart, now is the time to get it out there.

April 15–22: As the planets begin their descent to the base of your chart, you are, in effect, being called home. There comes a point in life when we need to come home to ourselves. Quite often this is because we’ve “been gone too long” in some respect, perhaps working too much, being too busy, or neglecting ourselves in some other way. The soul hungers for something more nourishing. Take some time, particularly toward the end of the week, to consider what your soul is hungry for, and then be generous in supplying it to yourself.

April 23–30: If things don’t run smoothly this week or too many changes seem to happen too fast, perhaps you should just go with it. It looks as though the universe is trying to liven things up for you. You might protest that you’ve had quite enough excitement, thank you very much, and you want to keep things as they are. But with Saturn and Jupiter in your sign squared by revolutionary Uranus, there really is no way you can keep resisting whatever changes your soul quietly cries out for. This isn’t about throwing caution to the wind or taking foolish risks; it’s about looking at those areas of your life or the aspects of you that have become stagnant or stuck. Then seek to make constructive and inspiring changes. If you’re already doing that, then all well and good. If not, this could prove to be an interesting week.



• **PISCES** (February 19–March 20) •

April 1–6: There is a school of thought that says you get what you deserve or what you feel you deserve. If you grew up being treated badly, then unless you change the programming, you continue to expect bad treatment. Likewise, if you were treated well, you continue to expect good things. Most of us are a mixed bag in terms of how we were treated when we were young. Thus, we tend to get mixed results. If you have been feeling disgruntled with your lot and believe you deserve better, this is a good week to state your case. Negotiating could be the way to success, and if you really believe you deserve what you’re asking for, you’ll likely get it.

April 7–14: A new moon in your money zone on April 11 makes this the ideal week to turn over a new

leaf with financial and material matters, and you can start by adopting a more proactive attitude in this area. For example, it might be time to shift from doing what simply pays the bills to doing what you love. Explore your talents and heal any limiting beliefs about not being good enough. As Henry van Dyke said, “Use what talents you possess; the woods would be very silent if no birds sang there except those that sang best.”

April 15–22: Once you replace negative thoughts with positive ones, you start having positive results. You already know this, but how often do you lapse into negative thinking? Fear, anxiety, despondency, or lack of confidence can take over. You might make judgments about people and situations that leave you feeling alienated, or you get caught up in sadness and sorrow. This week, as Saturn squares a cluster of planets in your mental/thinking zone, try to be aware of any unconscious negativity that might be sabotaging an otherwise positive mindset. Be alert and treat negative thoughts as you would any unwelcome intruder: Send them packing!

April 23–30: We have opinions on how things should be, such as the world situation, how a family member should behave, or the driver who acts inconsiderately. Quite often, though, life does not adapt to how we think it should be. The family member goes on being difficult, suffering continues in the world, and the driver still cuts us off. When you accept that life always presents you with challenges and you stop resisting whatever is happening and simply allow it, you open up space within for happiness, peace, and contentment. Rather than resisting this week, see whether you can allow whatever is happening and try to go with it. Your nonresistance could lead to something miraculous.

Donna Taylor is an international astrologer and author with more than fifteen years of experience working with clients. If you would like to arrange a personal consultation with Donna, you can email her at dt@creative-astrology.co.uk. Donna also offers a range of in-depth astrological profiles, including the Spirit Guide and 12-Month Forecast. To find out more, go to Donna-Taylor.co.uk.

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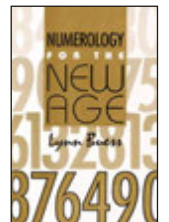
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Growing Pains

Michelle Karén



How to Read and Use the Following Calendar: This is not the usual Sun sign-based calendar. This is an event calendar that works for everybody, regardless of your Sun sign, to help you create what you wish to manifest in your life, such as signing a contract, selling or buying a house, getting a raise, going on a trip, or getting married.

For example, if you wish to figure out when to plant your garden, schedule a massage, or just relax, choose the Moon in Taurus or look at the last section of this article to see which day would be most conducive for any of these activities. If you wish to organize your desk or schedule an important meeting, use the Moon in Capricorn.

Refine your search by looking at the details of each day in the last section of this article and avoiding the void of course (v/c) Moon times. Kindly note that the days and times given below are in Pacific Standard Time (PST).

Pluto turns retrograde on Tuesday, April 27 at 1:04PM until October 6, 2021 (6°48' Capricorn). Its shadow period continues through January 26, 2022. The degree traveled in April is represented in the Sabian symbols by “pilgrims climbing the steep steps leading to a mountain shrine.”

There isn't necessarily more darkness in the world, but it is certainly more visible. As more of humanity wakens to its divine truth, more darkness bubbles to the surface needing to be cleared. The goal is the victory of truth and the enlightenment of humanity. This great awakening comes with growing pains. If fusion with the divine were easy, we would be there already. We become all we can be in our divinity through consistent effort and our willingness to sacrifice immediate comfort for our highest good.

Moon Messages

The Moon will be void of course (v/c), forming no major aspect with any planet, before entering the following signs:

- Friday, April 2 at 10:24PM until Saturday, April 3 at 1:13AM when the Moon enters Capricorn
- Monday, April 5 between 12:05AM and 6:04AM when the Moon enters Aquarius
- Wednesday, April 7 between 3:05AM and 1:30PM when the Moon enters Pisces
- Friday, April 9 between 4:48PM and 11:11PM when the Moon enters Aries

- Monday, April 12 between 5:06AM and 10:44AM when the Moon enters Taurus
- Wednesday, April 14 between 5:00PM and 11:35PM when the Moon enters Gemini
- Saturday, April 17 between 8:03AM and 12:25PM when the Moon enters Cancer
- Monday, April 19 between 5:03PM and 11:11PM when the Moon enters Leo
- Thursday, April 22 between 5:05AM and 6:08AM when the Moon enters Virgo
- Saturday, April 24 between 3:50AM and 9:06AM when the Moon enters Libra
- Monday, April 26 between 5:40AM and 9:18AM when the Moon enters Scorpio
- Wednesday, April 28 between 5:31AM and 8:42AM when the Moon enters Sagittarius
- Friday, April 30 between 6:27AM and 9:16AM when the Moon enters Capricorn

Mark these periods in red on your calendar, and avoid scheduling anything of importance during these times, as it would amount to nothing.

Schedule Your Activities Using the Zodiacal Position of the Moon

- Moon in Sagittarius until Saturday, April 3 at 1:12AM and between Wednesday, April 28 at 8:41AM and Friday, April 30 at 9:15AM
This time is excellent for traveling, religious or philosophical activities, and matters related to higher education and the law. It is excellent for lecturing, learning, perfecting a foreign language, and exploring other cultures, as well as athletic training and tending to large animals, such as horses.
- Moon in Capricorn between Saturday, April 3 at 1:13AM and Monday, April 5 at 6:03AM and between Friday, April 30 at 9:16AM and Sunday, May 2 at 12:30PM
This is a great time for furthering ambitions, asking for a promotion, enlisting the support of people in positions of authority, making a good impression, restructuring a business, and redefining long-term goals.
- Moon in Aquarius between Monday, April 5 at 6:04AM and Wednesday, April 7 at 1:29PM

This is a perfect time for philanthropic activities, charitable organizations, meeting with friends, and making new acquaintances. It is also good for being involved with inventions, far-out and progressive ideas, interdimensions and time travel, and anything related to UFOs, computers, and technology in general.

- Moon in Pisces between Wednesday, April 7 at 1:30PM and Friday, April 9 at 11:10PM

This is a great time for meditating, sitting by the ocean, anything related to the sacred, dancing, painting, swimming, dreaming, music, photography, filming, sleeping, channeling, and connecting with the mystical, the magical, and the oneness of All That Is.

- Moon in Aries between Friday, April 9 at 11:11PM and Monday, April 12 at 10:43AM

This time is perfect for intense physical activities and anything requiring forceful, direct action and self-assertion. It is also good for leadership, spontaneity, goodwill, being a way-shower, initiating new projects, and taking the car to the mechanic.

- Moon in Taurus between Monday, April 12 at 10:44AM and Wednesday, April 14 at 11:34PM

This is an excellent time for financial matters, such as paying bills, paying off debts, asking for money that is owed, investing in real estate, and buying and selling. It is also excellent for taking a stroll in the park, going to the countryside, connecting with Mother Earth, gardening, pottery, sculpting, and bodywork.

- Moon in Gemini between Wednesday, April 14 at 11:35PM and Saturday, April 17 at 12:24PM

This time is ideal for multitasking, curiosity, any form of communication, exchanging information, sending emails, and calling friends and acquaintances. It is also great for social activities, attending conferences, reading books, watching documentaries, gathering data on various topics, and connecting with new people.

- Moon in Cancer between Saturday, April 17 at 12:25PM and Monday, April 19 at 11:10PM

This is the perfect time for family activities, especially those involving children. It is good for spending more time at home, cooking, nurturing yourself and loved ones, and inviting cherished people over for dinner. It's also a great time for drawing, creative writing, humor, and anything requiring imagination and a touch of craziness.

- Moon in Leo between Monday, April 19 at 11:11PM and Thursday, April 22 at 6:07AM

This time is excellent for glamor, dramatic performances, being in the public eye, throwing or attending an elegant party, playing with children, romance, and creativity in general.

- Moon in Virgo between Thursday, April 22 at 6:08AM and Saturday, April 24 at 9:05AM

This is a great time for starting a new fitness

program, learning, healthy nutrition, fasting, clearing out closets, cleaning the house, and reorganizing drawers. It's also perfect for detailed work, the focused use of intelligence, and taking care of small pets.

- Moon in Libra between Saturday, April 24 at 9:06AM and Monday, April 26 at 9:17AM

This is a perfect time for relationships, associations, diplomatic exchanges with others, anything related to beauty (a haircut, new clothes, a makeover), art (especially painting and decorating), and pleasant social events (concerts, art exhibitions).

- Moon in Scorpio between Monday, April 26 at 9:18AM and Wednesday, April 28 at 8:41AM

This is a perfect time for scientific research, esoteric studies, self-transformation, shamanism, and dealing with the mysteries of life, death, and sexuality, as well as issues involving insurance and personal power.

April's Intentional Meditation

Our intentional meditation started with the full moon on Sunday, March 28. We took out as many blank sheets of paper as we had intentions and placed them near a window, on a balcony, or in a garden so that they would bask in the light of the full moon in Libra. Once that moment had passed, we gathered our full-moon-charged blank sheets and placed them in a folder.

On Sunday, April 11 during the new moon in Aries, take out your blank full-moon-charged papers, and write on each a concise, positive intention. Place them on a balcony, in a garden, or near a window so that they are out by exactly 7:31PM. Once that moment has passed, gather your papers, staple them together, and put them away in a folder, expecting the manifestation of all your dreams.

Next month's intentional meditation starts on Monday, April 26. Take out as many blank sheets of paper as you have intentions, and place them near a window, on a balcony, or in a garden so that they bask in the light of the full moon in Scorpio at exactly 8:32PM. Once that moment passes, gather your full-moon-charged blank sheets and place them in a folder.

April's Astrological Events

Thursday, April 1: Mercury sextile Pluto (11:04PM). Our mental concentration is particularly strong. Conversations and interests are deeper than usual. Our insights are penetrating. We are drawn to mysteries and esoteric truths. What we say stems from experience, rendering our influence on others more powerful.

Saturday, April 3: Mercury enters Aries (3:29AM until April 19). During the next month, our thinking is fast, dynamic, positive, and confident. But a tendency toward impatience could make us jump to conclusions without having all the facts. Impulsive decisions are not

the wisest. We think independently, enjoy flashes of intuition, and are assertive.

Tuesday, April 6: Venus sextile Mars (4:18AM). This is a wonderful day for a date or a social gathering. Whether we are already in a relationship or not, romance is in the air. Interactions with others are light, warm, and pleasant.

Friday, April 9: Mars square Neptune (12:18PM). On the positive side, we could feel particularly inspired by art, mysticism, and beauty. But we could also feel unusually tired and in need of quiet, reflective time. It will be helpful for us to slow down, reconsider our options, and have faith that all will be well. This transit requires that we go with the flow.

Saturday, April 10: Mercury sextile Saturn (8:09AM), Venus sextile Jupiter (11:53AM). This day is marked by a good balance of seriousness and enjoyment. Thinking is practical. Our powers of concentration are heightened. Our keen focus enables us to complete projects at hand and clear our desks of backlogged work. It's an excellent time to make short- and long-term plans and seek the advice of more mature people whose achievements we respect. It's also an ideal day to follow the heart's desire, enjoy some time in nature, throw a party, go dancing, take a road trip, or watch a feel-good movie.

Sunday, April 11: Venus square Pluto (8:20PM). Relationships could be intense today. Old grievances could surface, revealing how upset someone is with us, particularly around money issues and the use and abuse of power. We need to step back, stay anchored in what we know to be true, and avoid unnecessary conflicts. Taking financial risks today is ill-advised.

Tuesday, April 13: Sun sextile Mars (4:09PM). This is a wonderful day to solve problems, fight for objectives, enlist the cooperation of others to achieve our goals, and be involved in competitive endeavors. Engaging in a sport is a highly beneficial energy outlet. Any project requiring courage, physical stamina, and enthusiasm is favored.

Wednesday, April 14: Venus enters Taurus (11:22AM until May 8). During the next three weeks, we feel particularly sensual and drawn to nature. Beauty in all its forms touches us deeply. We seek comfort. It's a great period of time to enjoy receiving a spa treatment or massage, sharing a nice dinner with friends, taking a peaceful stroll in the countryside, spending time in the garden or in a park admiring flowers, sleeping in when possible, and generally adopting a more leisurely pace of life.

Thursday, April 15: Sun sextile Jupiter (9:59AM). This is one of the happiest transits of the year. Beneficial opportunities knock on our doors. The abundance we feel and our faith in life attract the resources we need. High optimism and confidence help us break through

Rune of the Month: Isa (Reflection)

This is a month to stand still and ask real questions about our lives: What is important? What have we accomplished? What are we proud of? What do we need to rectify? What dreams do we still have? As we take this pause, we have the chance to become clearer on where we go from here. Following the freezing over of the soil, new growth emerges.



previous limitations and expand our horizons. The call for adventure, whether a trip to a foreign country or watching a movie about a different culture, is strong.

Friday, April 16: Sun square Pluto (6:27AM), Mars trine Jupiter (10:14PM). Feeling manipulated, pushed, and forced in a direction we did not choose is not uncommon under this transit. Asserting power at all costs is ill-advised. Finding solutions that serve the highest good of all is essential to maintain a certain level of balance.

Saturday, April 17: Mercury sextile Jupiter (9:00AM), Mercury sextile Mars (12:09PM), Mercury square Pluto (2:49PM). This is a wonderful day to begin learning a new language, explore history, or teach a class that expands students' horizons. We embrace life lessons with confidence and positive energy. Our minds are assertive and agile. Quick on our feet, we complete the tasks at hand with ease. Working with others is more beneficial than doing everything on our own. Our powers of concentration are deep and persuasive. Our beliefs could be challenged. Dealing with criticism in a positive manner is stimulating.

Sunday, April 18: Sun conjunct Mercury (6:50PM). This day features good news and high confidence. We create luck with flowing ideas, plans, and decisions. Optimism and positive energy abound, making us delight in other people's successes. It's a wonderful time for writing emails, making phone calls, and gathering with friends.

Monday, April 19: Mercury enters Taurus (3:29AM until May 3), the Sun enters Taurus (1:33PM until May 20). During the next three weeks, our thinking processes are slower and more deliberate, persistent, and practical. We need to ruminate on what we learn. We are grounded and drawn to nature and creature comforts. Surrounding ourselves with flowers, perfumes, colors, and soft fabrics brings peace and happiness. Gardening is soothing.

Thursday, April 22: Sun conjunct Uranus (6:01PM). Expect the unexpected today. We experience sudden changes that are initiated by or imposed on us. Either

way, the more present we are, the more exciting and freeing these disruptions will prove to be. We are drawn to progressive, innovative, and free-spirited people who inspire us to implement new habits. The day provides wonderful opportunities to develop from surprises, especially if we embrace them with openness and excitement.

Friday, April 23: Mars enters Cancer (4:49AM until June 11), Mercury conjunct Uranus (11:42PM). Cancer natives are favored during the next two months. For all of us, our actions are more conservative and marked by caution and care for loved ones. We are more prudent in our finances, and we enjoy activities that keep us home with family members. Our minds are quick today, and flashes of insight are not uncommon. We connect the dots in unusual ways. New ideas are attractive. Free-spirited people and unexpected circumstances open liberating opportunities.

Saturday, April 24: Venus square Saturn (9:22PM). The weight of loneliness and isolation could feel heavier than usual today. Companionship does not come readily. People are busy or simply don't care. Our finances could also be strained. We might feel a sense of scarcity and limitation that restricts our freedoms. It's a good day to lie low, be self-sufficient, keep to ourselves, and avoid spending money we don't have.

Sunday, April 25: Mercury square Saturn (4:58AM), Mercury conjunct Venus (3:19PM). Obstructions and delays could block our goals, forcing us to pause and think. We might need the advice of more mature or

experienced people we respect. Duties and responsibilities are likely to feel particularly heavy and tedious but need to be taken care of. Thankfully, our interactions with others are harmonious and clear with a spirit of compromise and agreement. We feel a heightened appreciation of beauty.

Thursday, April 29: Mercury sextile Neptune (7:27PM). This is a wonderful day for creative work requiring much imagination while being practical is more difficult. We should avoid signing legal documents or making binding decisions. Dreams take over reality, making us want to listen to music, read inspiring books, or watch nice movies. Feelings overrun thoughts. We are compassionate and sensitive. It's a day to breathe, meditate, nap, and enjoy peaceful, natural surroundings.

Friday, April 30: Sun conjunct Uranus (12:54PM). Unexpected events, unique people, unusual opportunities, and a deep sense of freedom and independence mark this exciting day. Fallouts could also surprise us as people suddenly embark on paths that prove incompatible with ours. However, it's an excellent transit for starting projects that involve technology and making new friends who inspire us to celebrate our differences.

Wishing you an enriching month of April!

Michelle Karén became aware of her psychic medium gift as a child and became a professional astrologer at the age of fourteen. She has a master's degree in philosophy and a diploma from the Faculty of Astrological Studies in London. Her graduate studies were in Medieval Horary Astrology. To learn more about Michelle, go to her website, MichelleKaren.com, or contact her at michelekaren@earthlink.net.

Be in the Flow of Cosmic Shifts

The Egyptian Cat Beings through Mary Elizabeth Hoffman

Energies for April 2021 call forth the mystery of the Sphinx, representative of the phoenix fire energies of longevity and rebirth. The energies prevalent in April 2021 are overlit by and signify three of the four points of avatar: Taurus, Scorpio, and Aquarius. The fourth point is each member of the human kingdom, as all stand now before the Sphinx facing it in the Leo position of honoring truth as the movement into the Age of Aquarius. This signifies balanced reciprocity with All That Is. Whether in meditation, dream time, or day-to-day living, all will be continually queried deep within their soul-hearts to answer their personal riddles about why they are here.

The Taurus point of avatar will be activated by Uranus, bringer of guidance for changes necessary for smooth cosmic, planetary, and personal shifts. Those

open, receptive, and flexible to alternative ways of being will discover a variety of flows within which they can discover more of their souls' passion, purpose, pleasure, and joy on their soul-heart journeys on Earth. Those shifts and changes might be required, at times quite rapidly, to follow the soul-heart's inner guidance and messages of truth and timing. There will be an ease of flow and movement as seekers become proficient at being the captains of their own ships in the vast sea of life.

Those resistant to discovering alternative ways of being within the flow of cosmic shifts will experience sudden and disruptive changes in their energies. These



might act as traumatic triggers that, when fed with fear, deepen the intensity of reactivity within the body and especially the nervous system.

Open to Opportunities

A plethora of portals will rapidly open and close everywhere as the integrals and creator kingdoms move about adjusting, tweaking, and smoothing out the vibrational energies between the cosmos and Earth. Some might experience this as walking in two worlds, out of time or disconnected from the 3D space-time continuum. It is almost as if people observe and become aware of the interweaving and interconnectedness of all things.

People desirous to become more aware and see the thin threads of patterns between plants, animals, humans, nature, objects, and movement will begin to notice patterns, rhythms, tones, and music everywhere. As the senses expand beyond the accepted five or six, more and more members of the human kingdom will discover abilities, talents, and ways of being that had previously been on the other side of the veil.

The Aquarian point of avatar energies are activated by Saturn, signaling a destiny time of harmonization to the balanced reciprocity for all in this space-time continuum. Those resistant to discovering their soul-heart's harmonization where they live, work, and with whom they associate will find their nervous systems cease to function properly, short-circuiting plans, schemes, and rigidity.

As the month progresses, the caring, love, compassion, and interdimensional openings within and outside the heart physically and ethereally activate electrical impulses within the planet and the individual nervous system. This signals blockages, resistance, or imbalances that require attention. Toning, chanting, drumming, dancing, music, nature sounds, and so on serve as tones to reharmonize blocked or resistant areas of the body, mind, psyche, emotions, and spirit.

Soul-heart passions are amplified with the stellium of planets in Aries, including Chiron, the Sun, and Venus trining the Moon's south node in Sagittarius. This signals deep unconscious desires, dreams, and connections that might catch people off guard. The more you bring these unconscious motivations to the surface and acknowledge them, the easier it is to avoid overreacting in ways that activate unintended outcomes. Awareness in the present moment is key.

The alignment Mars in Gemini conjunct the north node of the Moon supports the ability to make conscious choices and move in directions that offer greater options, possibilities, and opportunities. Its trine to Saturn in Aquarius gives huge support to discovering many more ways of being, living, and loving that encourage,

empower, and facilitate greater and more harmonious choices.

Discover New Healing Modalities

The potential for the discovery of new healing modalities based on sound, vibration, electromagnetic energies, and the nervous system, as well as the brain-body partnership will become prominent as the beliefs of practicing medicine move out of the dark ages and into the light. They will consider feelings, beliefs, and thoughts in addition to diet, exercise, and stress-reduction. As the atmosphere in which healing is done is looked at more closely by patient and clinician alike, the vibrational comfort of both will be taken into full account and make the experience more positive, and have more favorable outcomes for all concerned.

On April 11 at 6:32PM PST there is a new moon in Aries conjunct Venus with Mercury and Chiron all adding to the energies. With Mars in Gemini trine Jupiter in Aquarius, it will feel as if a corner is being turned expanding into new directions with multitudes of opportunities for personal empowerment and expression of the soul-heart's destiny in harmony with Earth and the cosmos. Those able to align with these energies as Saturn conjuncts the Aquarian point of avatar will see, sense, feel, and know they are moving in harmony with the deep call of their soul-hearts in fulfillment of their soul's destiny. Those still struggling with confusion from the old Age of Pisces restrictions through control, dominance, and manipulation might attempt to prevent these expansions and freedoms from becoming real. However, the other kingdoms of Earth will act from a place of neutrality and pull the plug energetically on all fear-based operations in the world. This is an excellent time to be open, receptive, and accepting of the abundance, prosperity, and love available to all beings.

On April 26 at 5PM PST there is a cosmic equinox in Taurus. This forty-eight-hour cosmic window, activating fully the Scorpio, Taurus, and Aquarian points of avatar, is truth-or-consequences time for everyone. It is important now to be honest with yourself. This is a time to harmonize the soul-heart's destiny with all unconscious deep desires and bring them into 3D manifestation in this space-time continuum. This is an opportunity to reach into other timelines, dimensions, halls of records, and aspects of who you have been and what is required in this space-time continuum to manifest the soul-heart's destiny. This can be done through meditation, sound, or hiking/walking trance meditation. With Mars having moved into Cancer, there is much yang energy supporting everyone.

There is also a full moon in Scorpio on April 26 at 7:33PM PST, signaling a time of tremendous shifts ethereally as the portals between realms open and close

rapidly. All kingdoms of the cosmos fine-tune in the orchestra of planet Earth and the rest of the cosmos. The integrals and creator beings make deeper contact with those whose soul-heart destiny is to deepen their relationship with these kingdoms. Today sets in motion the potential for strong 3D shifts in coming years. Guidance as to what is possible, what you might do to better harmonize with these shifts, and the most nurturing and supportive directions to take in following your soul-heart destiny in new ways will be shared by guides, guardian angels, and way-showers. You only need to take the time to attune and listen.

Caution in sharing communication-wise what you

receive in April is encouraged, as messages, symbols, and guidance is individual, very personal, and not necessarily for groups, others, or the masses. Each individual member of the human kingdom is encouraged to delve within, into her own soul-heart's destiny acting on that guidance. We Cat Beings honor the soul-heart path of each individual and are here to assist the manifestation of that for all.

Mary Elizabeth Hoffman is available for private consultations as well as balanced-reciprocity intensives for those who desire to implement these energies into their daily lives. For more information, go to her website, CatBeings.com, or her Facebook pages: Mary Elizabeth Hoffman (Cat Beings), Cat Beings, or Cat Beings Oracle.

Dance in the Freedom of 2021

Ken Robinson with Alice Davinich

The numerology of 2021, $2+0+2+1 = 5$. A 5 year leads us to be inspired, embodied beings of pure love and light — gentle, loving, and wise with ourselves, other people, and the planet. The number 5 represents the spiritual, physical, emotional, mental, and energetic aspects of our nature, because we're cosmic human beings. This is the year to embrace the true celestial entity that we find in our astrology charts.

When we learn to identify and feel our amazing astrological nature, we bring our solar selves and inner universe into the present moment. That's our power. When we embody our stellar nature, we turn to an inner universe of inspiration. This is our place for guidance and stamina as well as joy, delight, and perspective.

Saturn, Jupiter, and Pluto in Capricorn Are on a Powerful Path

The astrology of 2021 takes us down a powerful path. New, uplifting, and positive frequencies come into us from our galaxy. This time of great shifts contains an intensity that's daunting. We will see that each experience is our own creation. We need to be fully responsible for what we manifest, individually and collectively.

The sky beings have given us important guidance. In 2021, we moved into a more profound dance with Capricorn energies due to major planetary transits in Capricorn, including Saturn leading, Jupiter expanding, and Pluto transforming. Here is the sidereal¹ astrological alignment of planets for 2021:

Saturn continues its reliable course into the early part of Capricorn, the sea goat. Saturn will help us see our resistance to change so that we can let go of old ways and wake up with a strong sense of purpose. We

might feel as if the mainstays of our lives are crumbling. This is okay. It will be our opportunity to let the walls we built tumble down and never rise again. It will also be time to drop heavy burdens forever.

Jupiter moved into Capricorn in December 2020 and spends most of 2021 bringing his light to Capricorn. Jupiter, our guide to inner knowing, will help us turn inward and trust ourselves. We'll feel that viscerally. Our bodies are our wisdom, the vibratory expressions of our beingness. As we relax into our spirit-body selves, we'll feel at peace, and anxiety will vanish. We're grounded in what's relatable — our embodied celestial light natures. If we listen to our physical selves, we'll be confident and strong in our walk. Jupiter in Capricorn will be our planetary guide to stay true during our awakening as we encounter each challenge in our journey. We learn through experience. Experiences embody our true identities. When we walk with our friend Jupiter, we are optimists, enthusiastic even when we're momentarily lost.

Pluto moves powerfully to the very end of the centaur, Sagittarius, and reveals more of the lies, deceptions, and illusions of the Western cultural mindset. Pluto will stimulate us to be relentless to see what has been hidden inside and outside us: the beautiful and the ugly and everything in between. She turns retrograde during 2021, dipping back into Sagittarius for a final goodbye to the old that no longer serves us. She will return to the sea goat during the early days of December, the last month of 2021.

Pluto is the guardian and doorkeeper to the great mystery. As our priestess of the night and inner guide, she will help us in our darkest moments and show us

the path to silent stillness. As we work with her, we'll perceive what our egos fear so that we can acknowledge and let go of fear and programming. The descent within will be frightening to our false selves. Pure love, the key when we walk into darkness, will reveal our gifts and strengths. Our love can dissolve our fears, intense negative emotions, and thoughts. As we work with Pluto, we'll learn true intimacy. We'll also discover the meaning of being genuine to the eternal essence that's revealed in our star chart. Pluto will help us birth our true selves.

Uranus in Aries and Neptune in Aquarius encourage honesty and truth. Uranus, midway through Aries, will continue its transit through the ram, shaking up and shattering more of the old forms and structures of our lives. If we're honest and original, our rewards will be amazing breakthroughs and new realizations. We'll fill with energy and feel the lightness of being. Our passions have enormous potential. This is the time to boldly ask, "What do I really want in my life?" The answers will float to the surface.

We must keep to our truth. Our inner darkness might answer with old lies, delusions, and cravings, which are all beliefs of the false self. We need to release them with love, honor the answers that nourish our true selves, and discover brilliant new realms within and without. Most importantly, Uranus in Aries reminds us to pioneer our paths and be courageous in the midst of fear. In so doing, the fear adds to the aliveness we feel as we engage life from our centers. We're primal spiritual beings, and we thrive in challenges as well as in our times of ease and rest.

Neptune floats in the latter part of Aquarius, the water bearer. Neptune shows us our addictions and our fears that we aren't likable, lovable, or that we don't deserve respect and consideration. When we know and love ourselves, our love washes away the fear of being rejected. Then we can dance on the Aquarian web of life, connected to all. Here we will discover larger truths, because we share a consciousness that brings us into harmony with all species. This consciousness permeates all life and exudes oneness of love and acceptance frequencies. It reminds us to do no harm. When we live in pure love, we know what this means. We are each still unique, but we feel loving and loved within the ever-expanding whole. Very moving times with astounding spiritual intimacy lie ahead.

Chiron in Pisces shows our need to heal fragmentation and traumas through purification. Chiron continues his sojourn through Pisces, the fishes. This transit is about healing our spirit sickness, where we lost our true identities as beautiful, eternal beings of clear awareness. Chiron in Pisces is a wonderful guide for personal retreats. We're our own healers. We

have profound self-healing abilities that activate when we commune deeply with our essence and inner connection to Source. This is an extraordinarily powerful communion.

Chiron will guide us through purification, where we can rid ourselves of our egoic, false selves. Our false selves chain us to mindsets that are not of us but of ego. As we purify ourselves, we become true beings of pure love. Purification can be very primal and overwhelming. We can honor this process, as purification is simply being thorough. It cleanses the pain body of old injuries and traumas.

Piscean gentleness will aid this healing. Our spiritual softness will help us easefully give up our old pains. Our lives will be lighter, more buoyant, and we'll merge with our essence. We'll no longer be bound to our old egoic bodies and mindsets.

Saturn square Uranus through 2021 brings waves of change. In 2020, Saturn formed a waxing, or intensifying, square aspect to Uranus in Aries. This potent astrological alignment continues through 2021. Saturn encourages us to open our arms and hearts to substantial personal change. She helps us get clear and real about spiritual commitment. The decision does not create a rigid prison. It's a personal choice in which we can feel the deliciousness of life and passionately and steadfastly pursue our lives' desires.

During Saturn square Uranus, a powerful energy field will develop on Earth and surge like ocean waves, breaking apart old structures and routines. As humans (along with other beings), we'll relate and create an amazing pure field of caring. The waves will crest higher as Saturn courses closer to Uranus in their orbits around the Sun. They'll disrupt our old psychological and social structures that have kept us stuck in old habits that no longer serve us. They're obsolete. Uranian frequencies live in us, so we can't help but feel enlivened by dynamic ventures into the new.

Experience a Turning Point to a New Sense of Freedom

"Dance, people, dance!" The year 2021 calls us to dance in our freedom. Our beingness is already free; now we need to be present in the here and now and enjoy our freedom. In this way, we can more readily free ourselves of our old false selves, pains, and traumas.

We're entering the great mystery of unknowns, the source of stillness and our spiritual gifts. We'll turn to our essence for support as we become our real selves. This is our turning point and our walk into the darkness. Our hearts will light our paths forward. Remember that darkness shimmers and pulses. It is a deep light filled with celestial energy. We can look into the night sky and feel the magic.

We'll succeed through our spiritual love and focus, and the sky beings — our lights in the firmament — will guide us all the way. We channel our galactic natures through our focus as we direct our stellar light and love.

This is a galactic-community year. We're in this together with the Earth, loving off-worlders, nature beings, and the galaxy herself. We each bring an inner universe to all communities on our planet and beyond. We're the ones we've been waiting for. It's time to be the real us.

We must look into our star charts and see the Galactic Creator. Our astrology charts show us how to take our places among the stars. There is nothing more beautiful, loving, and powerful than being our genuine selves and living in continual, primal connection to Source, however we understand and experience that connection. Nature on Earth and the stellar realms are doorways to Source. Our star charts take us into the stars and to the breathtaking universe within.

Through pure celestial love and wonder, we will create the ever-new and unique now and an astonishing

future. Imagine all of us awakening to our authentic cosmic natures and dancing the dance of the solar system, the galaxy, and beyond.

You, of the stars, what does your life mean to you? What do you want to dream into existence?

1. "Sidereal" means "according to the stars." The position of the sky beings described in this article are based on the sidereal zodiac where the Sun, Moon, and planets are aligned in the sky.

Ken Robinson is a cosmic astrologer who offers uplifting, high-frequency astrology readings. He teaches this astrology through online small-group classes and individual apprenticeships. For more information, see HelpfromtheUniverse.com.

Alice Davinich is a cosmic astrologer who is eternally fascinated by energy in both the spirit realm and technology. She had a pivotal reading with Ken that inspired her to intensively study with him and connect to the universe. She's a vibrational healer and has been a writer for over thirty years. To learn more, go to NorthernSkyandBeyond.com. Together, Ken and Alice write astrology articles, and they are in the process of creating books, workbooks, podcasts, and YouTube videos to share this positive and dynamic astrology.

Resurrect Your Divine Nature

Master Lady Kira Raa

Ascended Numerology works with all principles of nature in harmonic combination with sacred geometry and an ancient form of arithmancy (a system that assigns numerical values to letters). This sacred formula opens the gateway to the ascension vibration as miracles in action through the conscious connection with the law of instantaneous manifestation. Ascended numerology assists your soul's evolution into full mastery while in form.

April 2021 = 12 + Infinite: Soul Mirroring as Resurrection

April comes with its unique energy as the soul mirror of March. This is the month to fully resurrect your divine nature and celebrate and know that you are one: the sacred union of your divine soul and the physical form that offers it the gift of divine expression.

March 2021 offered greater awareness of the energies that are present, and in April, we will all experience the moment as awakened awareness propels us to ascend into resurrected presence.

April = 7: Prime Energy and the Creative Experience

What are you ready, willing, and able to call forward

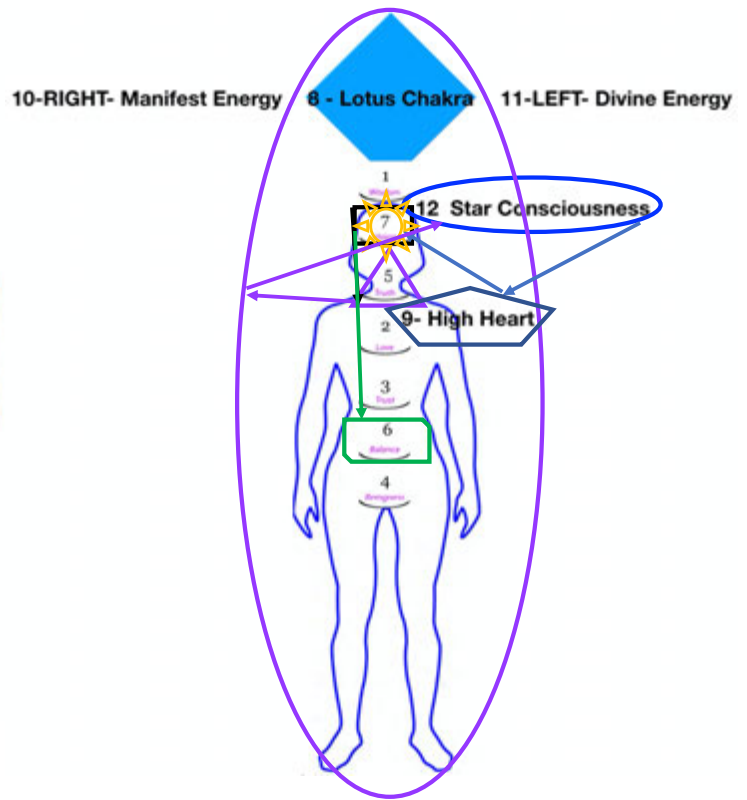
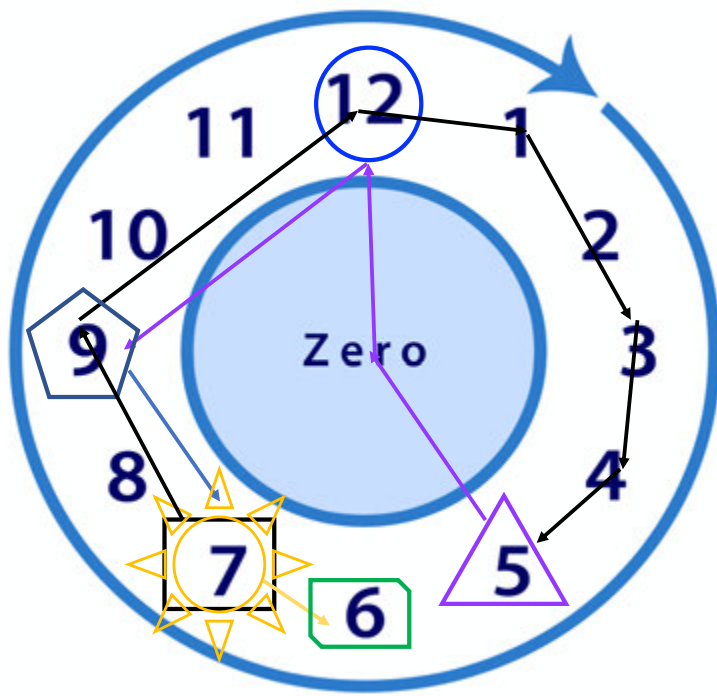
now? As a mirror prime energy from March, April is calling out for you to go beyond the confines of paradigms and belief systems to say yes to the ascended presence within as you dive into a level of trust that propels you from the mundane to the extraordinary.

As Einstein so aptly asserted, "No problem can be solved from the same level of consciousness that created it." Pay attention to your self-preserving egoic filters that seek to slow your ascended nature from fully adapting to this energy. As you offer reassurance and love to the egoic presence that is asking to feel even safer, your mastery presence ignites the expanded presence of embodying spiritual maturity and greater spiritual discernment.

What brings you the greatest peace, love, and joy? The more you harness the aspects of your life experience that inspire you, the greater your service. You make the difference!

April integration practice — the *avesa* breath: Consistent practice of this breath actively calls forth the energy of the *avesa* flow. (*Ave* is the hail to the divine most commonly known in the Ave Maria, and *sa* refers to the ever-expanding infinite presence.) Beyond connection with the body, the *avesa* breath offers the gift





ASCENDED NUMEROLOGY FOR APRIL 2021

April = 7 2021 = 5+infinite April 2021 = 12+infinite

Illuminated New Moon: April 12, 2021 = 9

Ascension Up-Level: April 14, 2021 = 7

Full Moon Energy Amplifier: April 27, 2021 = 6

of assisting you through the barriers of density, offering immediate connection with your present level of consciousness. As your consciousness is fluid and wants reunification with your soul energy, the inbreath opens the doorway to your divine nature. The outbreath completes the process.

1. Bring your breath to your awareness with several deep inhalations and exhalations with sound.
2. After the cleansing breath, consciously breathe with your attention on the word *avesa*.
3. On the inhale, breathe in *ave*, and on the exhale, breathe out *sa*.
4. Bring your hands to your heart.
5. Allow a soft smile with loving gratitude for connectivity to come to you.
6. Close your eyes, and breathe deeply into your heart several times.
7. Visualize your heart center emanating the pure light of the Divine.
8. Repeat steps 3 through 7 for as many breaths as feels appropriate.

Following are the April ascension up-level dates:

April 12 = 9, illuminated new moon

April 14 = 7, ascension up-level

April 27 = 6, full moon energy amplifier

Ascended Numerology and the Physical Body Ascension Energy

The code of the soul is one with physical form, sharing the sacred union of body and spirit. This illuminating presence ever-patiently experiences the depth of your formed experience. As the energy of each month is revealed, ascended numerology also affects the physical body's experience of the monthly energy.

April 2021 is a reminder that the March awareness is not complete until you consciously command the energy into your experience. The vision of your illuminated third eye carries you through the month, reminding you that the answers lie outside the "paradigm."

This is the month to really honor what Einstein put into motion: Your higher consciousness has all the answers, and now is the moment to experience life from this perspective.

The illuminated new moon on April 12 moves you into your high heart as yet another affirmation and invitation to create from your inspired presence. Just two days after this moment of heightened creation energy, you arrive again at a peak up-level moment of your visionary experience of the third eye. What are you willing to birth that comes from your highest vision? Can you trust yourself enough to say yes to the sacred union of the divine and human form? The universe supports you. Are you ready to say yes to you?

As April comes to a close, it restores you to the

second chakra. Your balance is the key to manifesting the creative flow that has been so lovingly nourishing your creative blessings all month. Fully call forward the soul mirror of all that you are and all that you do, and keep your eyes on the divine at all times as you see the beauty in everything. The mastery is here for you to claim and command!

Master Lady Kira Raa has been working with ascended numerology for over twenty years. She has witnessed thousands of people break free once the code of the soul is freed. She is a best-selling author, spiritual mentor, and radio show host; join her live on Tuesday evenings (5:00PM PST) on Soul Mirrors Radio at YouTube.com/OfficialSriandKira. Learn more about Master Lady Kira Raa and her husband, wisdom teacher Sri Ram Kaa, at SriandKira.com. Visit Sri and Kira at their retreat center in Ecuador, and fly into the depth of your divine being: TosaBlueMountain.com.

Connect with Your Shadow

Lynn Buess, MA, EdS

The vibration of the month centers on issues of the human race and its aspiration for perfection, universal peace, prosperity for all, utopian urges, and the spirit of cooperation. Within individuals and collective institutions, the aching drive for perfection is too often twisted and turned to become less than pure. We are a seriously flawed race, and proportionally we strive to improve and reach a more refined level of civilization.

It is human nature to more often than not deny, repress, and ignore our troubled selves and go out into the world projecting personas that we believe will best cope and get what we desire. It is a sad testimony that more often than not the most troubled and disturbed of us end up in positions of power and leadership. They can then exploit the denial, fear, and weakness of the masses, who do not want to see bad in others since it would mean having to face themselves.

Fortunately, over the past few decades, there has been a universal movement of an awakening of consciousness that encourages the process of uncovering our dark sides and coming out as lighter souls. This trend has accelerated more recently, and some huge revelations as to the magnitude of the dark influence begin to touch the most fearful and ardent previous adherents of denial. As this month progresses, more staggering revelations will be brought into light.

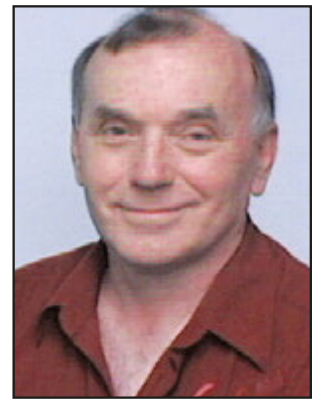
Here is an example. I had a client who had been repeatedly sexually molested by a male authority figure for several years of her childhood. She was totally obsessed with a political candidate and worked diligently overtime in his campaign. She spoke euphemistically about

him and exhorted his virtues across his political district. When there were hints and then growing evidence of misconduct, she fiercely defended him. When he was arrested and convicted of child sexual abuse and trafficking, she was devastated.

It is a frequent reaction of an abused child to disassociate the personality from the pain and then project an image of idealization on the abuser. It is particularly characteristic of those with the number 9 prominent in their personal chart. If you find yourself defending, arguing, and emotionally attached to current leaders under fire, it is a good time to examine what is within you that is troubled about your past and ignites drama within. What is it you do not like about yourself that is being projected on to this public persona?

It is a collective characteristic of humans to overlook darkness in public figures because they do not want the responsibility of facing their own dark sides and taking action to bring about internal recognition. Doing so would lead to taking external action to clean up corruption and the mistreatment of citizens. Maybe the lesson is to get expectations out of the way and let purity happen.

Underlying military investigations that have been going on for months and years will clearly demonstrate the lies and treason in high places, and this brings changes in the illusionary leadership of this nation. Many of the uninformed will be shocked at the truth that already has,



and will further, come into light. Out of the sinister and hidden self-serving machinations of the dark side come revelation (hopefully, rather than revolution) and administration by those who have worked so hard to shine the light and restore a more humane and population-based government and institutional service.

We are divided and at odds among friends, family, and loved ones. What a wonderful opportunity to do self-reunion of the anima/animus and with our divine within. Will aging New Agers sitting around the Washington Monument doing Oms change things? Will the prayers of religious people around the world? Will a population wake up and choose to confront a dark agenda? Will it take a miracle of Providence? I suspect that by the time this is published, we will have a better answer.

April Fool's Day might well find someone in a high place looking foolish. Is there a surprise for the republic? Will April bring a magical breakthrough?

April Personal Numerology

To determine your personal year for 2021, add the sum of your month and day of birth to 5, the number of the universal year: $2 + 0 + 2 + 1 = 5$. For example, September 4 is $9 + 4 + 5 = 18$ [$1 + 8 = 9$]; thus it is a 9 personal year.

If you are in a **1 personal year**, put on your seat belt and get ready to travel. You find more receptivity for the things you have to say and to offer. Dance and movement can all of a sudden become essential to your routine. You are able to remain enthusiastic amid the troubled times. Natural products and organic items become more essential in your health index as you strive to better eliminate conventional produce and products that are becoming more toxic than ever. It can get a little wacky and wild around you as the month progresses. Now is a crucial time to trust inner guidance, as you might embark on a course that can seem irrational by conventional standards.

Social and world events intensify now and can have a direct impact on your personal life experiences. If you have been looking at the world through rose-colored glasses, you most likely will see it through the light of a new color. Be realistic in your assessments, and let the facts at hand guide you.

If you are in a **2 personal year**, perhaps most of your efforts have been directed at assisting others. Perhaps you have not been as generous in assisting yourself. This is a favorable cycle to do just that. Physical health questions that need to be addressed might now arise. You become more informed about issues of codependency and toxic emotional patterns from your childhood and

are better able to recognize and release them. Excessive optimism can cause you to overreach, and excessive pessimism can get in the way of a new project. A careful assessment of your limits and strengths helps to keep your life balanced. Weather issues can arise, alter your plans, and possibly result in damage. Follow up on preparation if intuition prompts.

Be careful with the facts that you gather. There is treachery about, and you can become an unwitting contributor. External events confuse and disturb you. You might not get reliable information from some of your sources. You will be challenged to trust intuition as you make important decisions that go against the conventional new normal.

If you are in a **3 personal year**, the pace of life seems to be continually speeding up, and you might spend more time trying to catch up than maintaining pace. You will become more active soon. You also realize this is a time to catch up with information from your higher self. You toy with new information about consciousness. You might become perturbed that you are so close to a breakthrough yet seem unable to fully delineate the truth that is rendered. Perhaps a karmic block from your past experience is getting in the way of allowing you to realize the full magnitude of what you have. A long incubating idea is suddenly within your grasp of possibility.

A synchronistic turn of events leads you into a phase of discovery and brings an idea of brilliance directly out of the past. This dreamy cycle takes on a magical flair as you experience an enticing interlude into an etheric venture. The letters *Q*, *T*, *C*, and *B* come up in meaningful situations.

If you are in a **4 personal year**, you are stirred by abundant energy flow as subtle forces stimulate and activate. If you are familiar with these subtle energies, this is a good time to learn how to channel and utilize them more fully. External world events now have a direct impact on your future plans. Managing money can get tricky in an evolving new monetary system. Perhaps dealing wisely with mundane matters is what you needed to get out of a stuck place in your personal consciousness. Your confidence and self-esteem receive a round of recognition. Your connection to moments of tapping into higher love allows you to take steps to open the heart chakra a little wider.

For many, there can be discomfort with forces stirring inside. Dialogue with those who have been through this facet of the learning curve can rapidly accelerate your mastery. A hidden karmic fear is likely buried within the hesitation. Your past and present come into sharper focus. Investigate the claims of those who have an impact on your life. You can be misled and even possibly a victim of fraud.

If you are in a **5 personal year** and you are not careful, dreams, disappointment, and possible losses can have an impact on your life this month. Your fantasies might be unrealistic, and your imagination might incline you to reach beyond your limit. This can be a time of losing a loved one or someone central in your life. You face issues surrounding death and react with a different perspective. For new information to come easily into your consciousness, it is helpful to let go of old and inhibiting points of view. You build a solid foundation for opportunity that will help get your message to more people who will benefit from what you give. However, some areas will need to be updated and adjusted to the times.

It is an emotionally stressful time for you, as you migrate through a myriad of mood swings. You are torn between personal ambitions of the ego and an inner feeling of desire to serve a greater universal purpose. You start to realize that both are possible, and a good start is within reach. Cosmic and solar forces might touch you in the most unexpected ways.

If you are in a **6 personal year**, you have visualized a picture of abundance and harmony. You expect a lot. There is an old saying: Be careful what you ask for, because you might receive it. This cycle is active and productive as a cherished venture gets underway even against the odds of social uncertainty. You can stop trying to prove yourself to others and do what you truly would like to do. Not everything is focused on achievement. Stubbornness is a trait that might have helped you in the past. However, now it can get in the way of negotiations with groups who can be strong allies for moving forward. Be willing to look beyond the present, and set your sight on the future. You will realize you are closer to what you want than you dared to believe.

You are cautious now as you weave your way delicately through the tangled web of mixed social messages. This is an important time to align with those attuned to truth and who encourage you to nurture your freedom. Incoming information from inner worlds can act as a point/counterpoint to sharpen your intuition.

If you are in a **7 personal year**, you have made some big strides forward, and this is a good cycle to pay attention to the details of your work at hand. Let others sing your praise if it needs to be recognized, as you have more important issues to attend to. Be gracious with your success, and recognize those who have been a generous aid to you. Your charm and strong personal magnetism come in handy now as you are placed in a position to inspire and present the message of truth to many. You are more socially outspoken at this time and possibly perturbed by the instability in your life caused by the decisions of far-off politicians and administrators.

The spirit of truth runs strong in your veins, and your spiritual life reveals truth galore. Perhaps in your frenzied

search for truth, you have become negligent regarding the needs of flesh and bones. The heightened intensity of awareness affects the body as well, and you'd benefit by making some changes in diet and supplements.

If you are in an **8 personal year**, things have been developing quite well, and you might receive some additional blessings now with your chosen progress. You might be taken temporarily off your course by domestic demands, but this will aid in your discernment of truth regarding pending choices in consciousness. You let go of many things from your past. This lets the door open to the new information and opportunities. You might feel that you want to get away from the business and hassle of the mundane world and focus more on the direction of the soul. Perhaps your direction will be found in the mundane sphere of life. This just might be the right time to take a short journey or retreat where you will find the solitude and peace required to better connect to the soul.

You could experience some delays in what you perceive to be spiritual progress. It is easier to confront the dysfunctional and emotional blocks that come into light. You speak with conviction and truth in the messages you relay to others. They hear and respond with appreciation and acknowledgment of your clarity and comfort.

If you are in a **9 personal year**, perhaps you feel you have run into an unconscious blank spot of consciousness. Perhaps something of monumental proportion is trying to get in. This cycle can find you sorting through some stubborn old negative karmic traits that have caused you to miss out on success. You participate in a collective group effort that adds dramatically to the mass awakening. You wrestle to separate ego's needs from the true desires of your highest self. You might feel you are in a dark night of the soul, but the light within shines much brighter than you realize. Previous intellectual and religious beliefs and dogmas are revised and discarded as you experience a rush of personal mystical moments.

While it used to be easy to revert to old compulsive patterns and escapist habits, you now experience more stability in the light. On one hand is the glimpse of attainment and accomplishment of what you know to be parts of your destiny. On the other hand is the darkness creeping up from the subconscious. You can better embrace your dark past and accept the lessons it has provided to you.

Lynn Buess, MA, EdS, is a leading numerologist, international author and speaker, wellness innovator, and therapist. He has been active in the self-awareness movement for more than half a century. Since 1980, Lynn has practiced numerology around the world. His list of clients would make an impressive Who's Who list of international personalities. Lynn has published, among many other books, The Heart of Numerology. For more information, go to NumerologyRising.com.



FEATURES



Dream Zone

Lauri Quinn Loewenberg



Get the Relationship You Need

I dreamed I climbed a mountain with a group of strangers to escape a flood and ended up falling for an unknown Trump son who turned out to be very sweet. When I found out he was Donald Trump's son, it made me question my feelings. What does this mean?

— Amanda, Tampa, FL

From Lauri: The flood indicates that you have overcome what was an increasingly worsening situation in real life. What have you accomplished recently that was similar to climbing a mountain? The climb suggests that you have risen above something and elevated yourself in some way. The Trump son is likely a part of yourself you have discovered in this process that you are now attracted to. Does this sound like anything that has been happening with you?

Amanda replies: I recently ended a toxic eight-year relationship that I felt I was never going to be able to get out of, so the flood part definitely makes sense. And through all of this, I've been really impressed with my independence and the way I've handled myself. My ex did a really great job of making me feel like I wouldn't be able to do anything without him, so that's probably what you are referring to. It definitely makes sense. I wonder why a son of Trump was in this dream and why I started to have feelings for him.

Lauri replies: How would you describe Trump?

Amanda replies: A narcissist.

Lauri replies: Does that also describe your ex?

Amanda replies: Not as a whole, but definitely the way he behaved, especially toward the end.

Lauri replies: That behavior produced this new you that you are proud of. The Trump son represents that, because a son is produced by the father.

Amanda replies: Oh wow, thank you! That makes total sense. I love it.

I had a dream that a guy from work I am interested in came to my house and as I went to give him a tour, the first thing I showed him was a random urinal attached to the wall near the front door.

— Katie

From Lauri: Your house represents your personality. Giving him a tour indicates that you would like for him to get to know you. However, the first thing you show him is a urinal. Is there anything you are "pissed" about that you need to relieve yourself of before you approach anything with this guy?

Katie replies: Yes. I was very upset the day I had this dream because this other guy I'm more interested in wasn't very responsive to me. This same day, it was pointed out to me by another coworker that the guy in the dream might be interested in me. I had never really thought of him that way until it was brought to my attention.

Lauri replies: The message appears to be this: Relieve yourself of your anger before you let the new guy in.

I keep having dreams that I'm single and free, so I have relations or flirt with someone and then as soon as I do, reality hits me that I'm married with three kids and just ruined my whole life. In last night's dream, I was heavily flirting with a guy when my husband appeared. I had to explain, and he got angry and wouldn't speak to me. I'd ruined everything. These dreams are so irritating, and I keep having them about once a week. Any ideas as to why I might be having these? It must address something, but I don't know what. I Googled it, and most things say, "You feel guilty about something," but I don't. I'm at a total loss. It gives me much anxiety at night and disturbs me the whole next day. I would appreciate any insight you might have. Thank you.

— Missy

From Lauri: It could be a couple of things: It could be that with three kids, the intimacy department is not what it used to be, and you miss the excitement of the chase and capture. This might also be where the guilt comes in. Deep inside, you might

feel that the intimate side of your relationship is being “cheated” by all the time and attention your kids require. Has your husband mentioned that he would like to “get it on” more, but you just aren’t up to it as much as he is or vice versa?

Missy replies: Yes, he wants it all the time, but I rarely ever feel like it. That is very helpful. It actually

makes a lot of sense as to why I would keep having this dream. I had a lot of physical issues at the beginning of our marriage, the first year, which made sex terribly painful, and we never got to have the honeymoon stage that everyone else has. I definitely feel like I missed that.

Lauri replies: This is why you keep getting the dream, because it

is a constant in your life. It has become a chore rather than a fun game. That’s why you are having fun and then suddenly there is your husband. Girl, you need that honeymoon.

Lauri Loewenberg is a certified dream analyst, syndicated columnist, author, popular radio personality, and member of the International Association for the Study of Dreams (IASD). To learn more about Lauri, visit LauriLoewenberg.com.



Traditional Insights into Yoga

Mally Paquette

Urdhva Prasarita Padasana

Urdhva means “upward,” *pra* means “to bring forth,” *sa* means “with,” and *rita* translates as “rise upward.” This simple movement of lifting the legs up toward the head and lowering them back to corpse pose should be done with ease and relaxation. The posture can be enjoyed with single leg lifts or as a double leg lift, which is a bit more strenuous.

The pose is considered a classic and strengthens the main muscle that passes through the core of your body. This core muscle helps your posture and ability to breath. Iyengar said this posture is excellent for reducing fat around the abdomen, strengthening the lumbar region of the back, and toning the abdominal organs.

The psoas is the deep muscle affected by 90-degree leg lifts. Each psoas lies just behind the abdominal organs. It attaches to the front of the lumbar spine then runs along the pelvis and over the pubis to the thigh bone.

This yoga asana emphasizes the spine, which is the main energy circuit and houses *sushumna*, the central *nadis*. The spinal cord is the pillar of light through which our illumination grounds in the physical form. If the light/energy pours into our physical vessel and the nervous

system is not prepared as a container, we will have serious mental, emotional, and physical problems. This posture prepares the body by strengthening the master system (the nervous system) to hold higher frequencies.

It also strengthens the myelin sheaths (the cushioning around each nerve) to withstand greater illumination. These myelin sheaths raise our threshold for stress and deliver inner strength. As we expand our inner strength, we gain serenity of mind.

Relax, Release, and Hold the Light

Begin this posture lying flat on the earth. Gently raise your head and tuck in your chin for a very flat back. Your hands can also be placed palms down under your buttocks for a bit more lower-back support if this pose is new to you. Relax your head, but keep your chin off your chest to allow blood and energy to flow to your third eye.

Connect with your breath, drawing the navel back to the spine. Now raise your legs, pointing your heels to the sky. It is imperative that as you raise your legs, you inhale. On the exhale, lower your legs back to the floor. Use a deep exhale to release any additional resistance and

feel softness in the abdominal solar plexus. Your strength will build quickly with discipline and efficient breath work.

The posture ignites your third chakra and builds self-esteem. If you discover that your belly rounds and your lower back lifts off the floor, your ego is engaged. Relax into the movement of this asana and eventually the double leg lift can be enjoyed.

Always preserve the elongation of the spine and envision the energy dancing through your spine and preparing you for more illumination. As our world comes into the Aquarian Age and more codes of light are awakened within each of us, consider adding this to your daily *sadhana*. You came to hold the light. Create the space and enjoy this wonderful pose. It is my personal favorite.

Mally Paquette, a certified yoga therapist, lives in Sedona, Arizona. She has practiced yoga her entire life, and she founded Awakenings Yoga Studio and Wellness Center in Sedona. Her extensive work with Native Americans and the Kogi in South America expanded her teachings. She offers individual and group retreats that deliver deep shifts in consciousness and transformations to wellness. For more information, visit BestSedonaYoga.com.





Essences of Nature

Mary Ann Altamirano Antenucci



Space within Space

Think about what makes you feel prosperous. Is it a certain amount in your bank account? Is it how you feel in your home? Is it the comfort of your bed with just the right bedding? Is it a special piece of jewelry you have been coveting? Is it having more time or space?

When you achieve some or most of those things, think about what makes you feel you are in a good place and have most of what you want. Do you feel gratitude? Do you continue to raise the bar on your requirements so that you can never reach a level of satisfaction? Or do you take stock of where you are, who you are with, and where you landed? How do you continue to grow and continue to be grateful?

Be in the Flow

Aloe vera is our “more is more” essence. The more we do, the more we are. It is traditionally used for burning the candle at both ends: We go and go until we can’t go any more. Then we get some rest and start the cycle again. We seem obsessed or addicted to the struggle itself. This essence stops the fiery burnout.



Aloe vera essence creates the magic of being in the flow. It nourishes our life force for renewal and regeneration. This remedy balances our needs with our drives. Aloe vera essence stops the drain of vital resources and revives our creative force. It helps us grow without sacrificing substance, and it helps us continue to be grateful for building harmony in action.

Rouse Physical Energy

Indian paintbrush is our premier creativity essence. It adjusts and aligns our energy fields to fulfill our artistic expressions. This essence works to overcome any ongoing fatigue, frustration, procrastination, or the inability to fully express.



Indian paintbrush essence provides the pathway for our prospects and purpose. It opens our eyes and guides our senses to fully execute our visions and abilities. This essence rouses our physical energy forces for the necessary stamina it takes to execute our projects. Indian paintbrush essence continues to grow our substance with grace and gratitude.

Alleviate Psychic Congestion

Lady’s slipper essence aids us when we are disconnected from our source strength. We feel as if we are going through the motions and never getting where we want to be. Everything we want seems just out of reach. We see the goal but either don’t make the effort or don’t have the energy. This essence integrates and grounds the connection between our purpose and process.



Lady’s slipper essence alleviates the psychic congestion that contributes to ongoing stagnation. This remedy infuses our energetic circulation with vitality and renewal. It opens a conduit to our creativity and focus. This essence gives us the strength to walk our paths. Lady’s slipper essence continues to

grow our new directions with inner gratitude and focus.

Get Unstuck

Nasturtium is our emotional “dry as a bone” essence (not in a good way, as in dry humor). We plod through using intellect in place of inspiration, and we get lost in logic. This essence enlivens our intellects. It adds circulation to our brains so that we don’t feel as if we’re just heads on top of bodies. This essence integrates our natural intelligence throughout our physical bodies.



Nasturtium essence warms and comforts the thinking process. It teaches us how to fuel our feelings again. This essence spurs the movement. It shakes up our stuck focus and creates free thought in problem solving. Nasturtium essence continues our growth by radiating inspired logic and gratitude for feeling over thinking.

Digest New Thoughts and Directions

Peppermint wakes us up. We can get stuck in sluggishness, trapped by lack of energy and initiative. This essence stimulates our thinking for novel solutions. It counteracts the effects of overeating, being stuffed, and a sense of fullness.



Peppermint essence liberates our intellectual stagnation. It helps us digest and integrate new

thoughts and directions. This essence balances the ability to nurture, assimilate, and execute our thoughts, and it enhances all our mental capacities. Peppermint essence continues to grow new innovative thoughts with the gratitude of new expression.

Set Boundaries

Pink yarrow is our “emotional sponge” essence. We feel, process, and fix the feelings, thoughts, and actions of all those we interact with. We tend to lose where we end and others begin. Our energy fields are so accustomed to reaching out and fixing, we often don’t realize why we are so tired, grumpy, angry, or



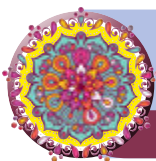
confused when a moment ago we were happy campers. This essence helps us recognize “what is mine and what is theirs.”

Pink yarrow essence moves out all the excess emotional “furniture” we hold for others. It frees us to feel and be ourselves. This remedy erects natural boundaries and barriers that feel simple for us to maintain; we don’t have to do the heavy lifting to block out unwanted “pests.” Pink yarrow essence continues to grow easy and clear boundaries and gratitude for recognizing the difference.

As I was contemplating what abundance means, I kept hearing the phrase “space within space.” We

often feel crunched or limited by our circumstances, and when there is a slight opening or lifting, we can feel a lightness or a space. This space within space creates a sanctuary for growth and creativity. A little goes a long way and gets us unstuck. Movement begets movement. Space creates space. Groove as you move. Find your space.

Mary Ann Antenucci is a life coach, internationally acclaimed intuitive, certified spiritual counselor, hypnotherapist, and columnist. Through her many years of experience with various healing modalities, flower essences, and martial arts, she can quickly and effectively intuit patterns of imbalance and uncover core issues. Her gift is to assist you in clarity, insight, personal healing, and positive growth. To learn more, visit 5thElementEssences.com or MaryAnnAntenucci.com, or email Fifthelementessences@msn.com.



Akashic Answers

Amanda Romania

Soul Wake-Ups and Walk-Ins

Welcome to Akashic Answers. This month, we will look at some akashic records on the topic of soul wake-ups and walk-ins. I am often asked about these topics in my akashic records’ training program. Sometimes clients feel they are in duality, and we need to look into the akashic records. Recently, I received two letters on this subject.

I had my son five years ago, and ever since his birth, I have had vivid dreams and moments of déjà vu. I have experienced many spiritual lessons and changes in my life since then and because of my son, I have developed an amazing sense of compassion and forgiveness. He brings me such joy, and I wonder if I had a change of soul when he was born. Is that a walk-in?

— Alicia, Alaska

From Amanda: I looked into

the soul records, and they show that your son is a beautiful old soul. He has had many incarnations as a shaman and priest. He chose you as his birth mother because he knew of your past lives and the struggles you have had with relationships with men. This shows that you asked for this healing and clearing in this lifetime and, through his birth and your love and open heart, you have allowed your higher self to wake up.

You are working very quickly through your karmic lessons, and you have a sacred contract with this precious boy. Keep a journal of the miracles that occur each day, as this is a lasting record that your son will cherish and that will allow him to know he is truly loved. This will clear the ancestral records for future generations. We step forward into the Age of Aquarius, and the healing and peace is all around us. Your choice to live in a higher



vibration creates a positive impact for all.

I have been an empathetic psychic medium for many years. For the past few years, I have been feeling the changes around us. I recently began looking at the images of political and social leaders and even celebrities. What I think and feel about them has changed. I once identified with their messages, but now I’m not sure. There are those I was totally opposed to who are now really resonating and bringing me hope. Are my skills changing? How can I adjust my perception?

— Siena, Boston

From Amanda: First of all, do

not adjust your perception. You are gifted, and I know that you reach and heal a lot of people. I, like you, have followed events over the past eight years. I have seen people in positions of influence shift in energy and frequency and have even noticed changes in their images in photos. Some changed their hair and clothes, but I also saw and felt their souls change.

I went to the karmic board for answers and sat with the galactic councils, and they explained this to me: There are many roles of influence and power on the planet. Various souls sign up for these roles in the life between lives. Of course, this information is veiled to us. Over time, the universe creates an opportunity for the souls to take on roles. As they step into their roles, there is often a walk-in of higher power to create the winning combination to influence the direction of the role. You might see people rise to power or fall from grace. The galactic energies have a connection to this, and it can be positive or negative. This is why millions of

people follow these leaders; they came with them for the mission of that time.

The mission can, however, place immense pressure on these leaders, and their personal egos can fight with this higher power. In the end, the higher power and the mission will leave. We saw this with many of the royal families in Europe in the 1600s to 1900s. Some were created to lead their people to a better life but became swept up in their own world and chose ego and self above their subjects. I looked at many old images of before and after and felt a massive shift in energy a few months before their downfalls. They became totally disconnected from their advisors and began to create sabotage around themselves and their supporters.

Seeing these people in their truth is a gift. I have seen many people follow “gurus” who changed their messages to those of fear. Suddenly we do not connect to this version or walk-in. On the other hand, we sometimes see a person return to greater and more peaceful power,

creating a positive impact in the later stages of their lives. The important thing is to be open to the feeling and senses you have. Know that walk-ins and walk-outs can happen. Ask your heart who and what you can trust and listen to, and it will guide you.



Thank you for spending time and energy with me. May your thoughts of joy and happiness become manifest with ease and grace. Next month in Akashic Answers, we will review sacred temples of the world in both ancient and modern times and their purpose and connection to our akashic records.

From my heart to yours, Amanda Romania.

Amanda Romania is an author, akashic oracle, and soul artisan who supports light-workers on their spiritual journeys to create a positive global imprint. She teaches how universal energy can be understood and applied to everyday life through her international bestseller, Akashic Therapy. She lives in Sedona, Arizona, where she guides others from her Atlantis Metaphysical Center and Ascension School. Contact Amanda at amanda@amandaromania.com or through AtlantisSedona.com.



Benevolent Outcomes

Tom T. Moore

Say Goodbye to Stress

The Gentle Way is a simple spiritual tool you can use every day, and the amazing thing is it works perfectly in line with your soul path, or contract, for this life. Request most benevolent outcomes (MBOs) for events in your life, from the mundane to the most important. For others, say benevolent prayers (BPs). All are said out loud.

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medical advice or to prescribe any form of treatment for physical, emotional, or medical problems without the advice of a physician. Should you use any recommendations in this article for yourself or others, the author, compilers, and publisher assume no responsibility for your actions.

Perfect Timing

Sue in Houston writes: I was excited about seeing the grand conjunction, but the weather forecast predicted partly cloudy skies. It was doubtful whether the conjunction



could be seen from Houston. Before sunset, it was not looking promising with all the clouds, so I requested an MBO to see the conjunction and waited.

I waited until the published best time but saw nothing, so I started walking home disappointed and fearing the trees were too tall or clouds too thick. During the walk home, I

turned and looked southwest one more time, and to my delight, I had a beautiful view of Jupiter and Saturn.

Clair writes: My friend was very upset that some of her colleagues scheduled a meeting with the manager during the holidays. As a dedicated worker, she was torn between forcing herself to go and reluctantly telling her boss she would not join. Her boss was usually not very kind. Immediately, I said a BP and wrote an MBO for her to request: "I request an MBO to have this meeting benevolently canceled and rescheduled for a time that is benevolent for the whole team, or I request an MBO to have the strength to not join this meeting without upsetting my boss, and may the outcome be better than expected, thank you."

The next day, the boss called and told her and other staff that they would not be holding this meeting. He added that there were no topics that could not wait until the first week of January.

Health Benefits

Siddharth in India writes: My daughter was feeling pain in her teeth. We said a BP for her: "I ask any and all beings to help Avni's teeth pain to heal very quickly." She was amazed and exclaimed, "Oh, the pain is gone!" By morning, she was fully recovered. I feel that angels take special care of children. Thank you, angels.

Nancy writes: In today's uncertain world, I hear that many folks have trouble getting adequate sleep. Before getting into bed, try taking a few deep breaths and requesting the following MBO: "I request an MBO to fall asleep quickly, stay asleep (except for emergencies), sleep deeply with inspiring dreams or dreamless, and awaken when my body has had sufficient sleep, fully refreshed and ready for a brand-new day. Thank you."

I find it works most of the time and gets easier the more you use it. Readers can tweak the wording for their own needs. Try it, and you might like it.

Crystal in the Philippines writes: I was on an essential trip and was surprised that there was heavy midmorning traffic on the highway. Inching my way, I came across the cause of it. There was a huge truck with a long truck bed surrounded by motorcycles. Some were from the traffic police, but there were some that I couldn't identify.

Traffic was slow moving, so I had time to survey this scene. And then I saw it: two bloodied bodies lying very still on the pavement under the truck. I wanted to scream. I could feel my flight-or-fight response kicking in. I couldn't step on the gas and speed away. Panic was causing me to lose focus on my driving.

Thankfully, I remembered I had a great self-help tool, so I requested an MBO to calm down. I also said a BP for the highest and best outcome for everyone involved in that unfortunate situation. Before discovering MBOs, that scene would have played on a loop in my mind. I only remembered it now because of your newsletter. Truly, MBOs reduce fear levels.

Animal Well-Being

Kelley writes: Last year, my border collie hurt his hind leg badly while playing with another dog at the park. He was limping so badly that he couldn't put any weight on it and was struggling to walk. He didn't understand what was wrong. It was sad to see him in pain and unable to run and play (especially since border collies are notoriously high-energy and need frequent exercise).

We took him to the vet, who diagnosed him with a torn ACL and said he would need surgery. It would likely take months for him to recover fully.

My mother and I both requested MBOs, and she also thanked the universe for his healing. Within two weeks, he was totally healed and back to his old self, running and playing, in no pain at all.

No one could believe how quickly he healed, and to this day (over a year and a half later), his leg is totally fine. He works as a therapy dog once a week and he didn't miss a single shift visiting his patients because he healed so quickly.

Sunny writes: Recently, I got a kitten that I felt connected with even though I went to the shelter looking for an adult cat. The first couple weeks, the kitten had me laughing at his antics. But it soon became apparent that his energy level and mine, as a sixty-two-year-old lady living in a small mobile home, were not in sync. I brought him back to the shelter requesting an MBO for him to be adopted quickly to a perfect, loving home. I loved him dearly but was stressed by his energetic kitten nature.

A few weeks later, I decided to donate to the shelter the kitten food I had left over. When I got to the shelter, I called them and asked for someone to come out to get the donation. When the lady came out, I explained that I didn't want Gizzy to hear my voice and think I was there to take him back home. The lady laughed and said that at that very moment, a family was adopting Gizzy. What are the odds I would come to the shelter at the very moment Gizzy was being adopted? The universe wanted me to know that my prayers were answered.

Nicky writes from Australia: My husband and I have a small farm in NSW, Australia. We are working toward self-sufficiency, and all our animals contribute to that objective in some way. We have three dogs (livestock guardians), sixteen hens (for eggs), two roosters (to fertilize eggs),

eleven guinea fowl (to eat ticks), two alpacas (for fiber), and sixteen goats (fourteen does and two bucks).

For about four years, we have been breeding endearing miniature milking goats, and we are still learning about their special husbandry needs. We adore our goats, and each year they give us, on average, about twenty kids. Apparently, complications are common during the birthing process, including breech births, suffocation, hypothermia, and so on, but we have not had one single problem.

I started requesting MBOs about the same time we began breeding goats. For every pregnancy, I request something along the lines of, "I ask any and all beings to aid and assist

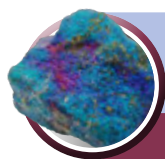
the kids to get into the ideal position for a textbook-perfect kidding. I ask the kids to be born healthy, able to find their mothers' teats easily, and that the mum is able to feed them without any troubles or complications. Thank you."

So far, all sixty-plus have been delivered perfectly without any troubles, complications, or expensive vet calls. All does have been able to feed their kids with an ample supply of fresh milk also without any complications such as mastitis or congestion.

Here is another animal story: There are a lot of poisonous animals where we live, and we coexist with deadly snakes such as the brown snake and tiger snake along with

lethal spiders such as the Sydney funnel web. We see these creatures from time to time, and whenever this happens, it is a cause of stress and anxiety. Sometimes I request an MBO to keep all poisonous snakes and insects away from our house, our animals, and the areas of our property that we frequent. Since making these requests, we have not seen a snake or a spider. Thank you.

Tom T. Moore is an author and speaker. His books include *The Gentle Way* series, *First Contact: Conversations with an ET*, and *Atlantis & Lemuria: The Lost Continents Revealed*. He was voted best self-help author for the past three years by the readers of a health magazine. He is a telepath and answers questions from all over the world in his weekly newsletter. To learn more or to subscribe, visit theGentleWayBook.com.



The Healing Properties of Stones

Sophia Aliza

Aquamarine: The Sailor's Amulet

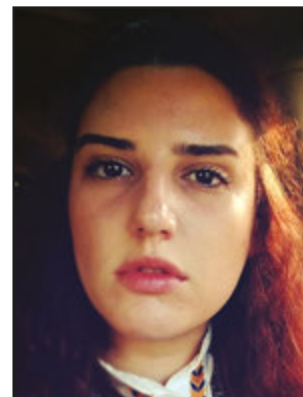
Chakra: throat chakra
Zodiac: Pisces and Aries
Element: water
Vibration: number 1

The viridian luster of the aquamarine can lure a beholder as intensely as the siren song of lascar legend to the weary pirate. Ruled by the Moon and saturated in protective charges, this captivating mineral was used as a charm by sailors of old looking to conjure a bit of valor at the sight of a gale or in times of loneliness at sea.

This hexagonal gem is found primarily in Brazil, India, and the

southeastern orogenic regions of Africa. Endowed with a rich history, lore tells of oracles in the Middle Ages using the stones' opaque veneer as a type of scrying mirror for divination rituals. Romans believed the gem to be a treasure of Neptune, Lord of the Sea, gifted to the nymphs of the Mediterranean Seas. Ancient Egyptians imported the precious stone from India for its rapturous color to use as a symbol for happiness and fertility. This variety of beryl stone is also affiliated with the Tribe of Asher, the eighth tribe of Israel, whose clan name translates to "blessed one."

Aquamarine is associated with prosperity and can be used to sharpen the perception of life force and embody the essence of self-mastery. This crystal can strengthen resolve and bring tranquility to the wearer. Some of its best energy can be manifested by placing the stone



in water to activate its healing properties. This charged liquid can then be used as an elixir, tonic, or spray. You can always make use of the gem as a talisman to wear or keep in your pocket.

Aquamarine can be used to

- heal trauma
- relieve stress
- bring peace
- clear the mind
- calm the heart
- strengthen psychic abilities

Sophia Aliza is a writer and multimedia artist. A native of Atlanta, Georgia, she is a born philosopher with a penchant for the metaphysical. She splits her time between researching realms of consciousness and creating wearable pieces of handmade art. Her collections can be viewed on Instagram: [@aravalboutique](https://www.instagram.com/aravalboutique).



Aquamarine



Human Energy Systems

Charles Shahar



The Weather's Cosmic Impacts on the Etheric Body

The pranic or etheric body is a kind of double or twin to the physical body, an energy template that closely follows the contours of its grosser counterpart. Its luster is affected by a person's physical health and fitness. Other factors such as emotional and mental well-being also have an impact on its size and intensity. Even refinement and spirituality affect the vital body's quality, but they manifest in a different way than robust physical health would.

The vital body closely follows the contours of its grosser counterpart. The nature of the physical body is such that it has no existence or reality separate from the animating principal behind it. Prana holds the cells together, initiates growth in the organism, powers the organs, and instigates movements of the limbs. The grosser form's inception is on the pranic level, meaning that it is molded from a subtle blueprint that determines the shape, size, and characteristics of a person's outward appearance.

Pranic and Physical Bodies Are Connected

The ethereal body is very much influenced by changes in weather patterns. That is why people with delicate dispositions often complain of various symptoms when the weather changes significantly. They might feel aches and sensations of being spaced out or out of sorts. Sometimes changes in weather patterns can have more serious and even life-threatening consequences for pranic health.

People with weaknesses in their

vital bodies feel assaulted by climate conditions more than those with strong vital fields. Such weaknesses in the etheric sheath can be caused by a number of factors, including previous illnesses, poor dieting, or genetic blueprinting.

Our pranic bodies inherit genetic imprints from our parents, who might have also had such sensitivities. More interestingly, parents can play another role promoting fragility in the etheric body. People can think they are physically delicate, as reinforced by a doting parent in early years, and such thoughts will weaken their vital sheaths and make them much more vulnerable to external stressors.

People with fragile etheric bodies complain about harsh weather and their exposure to it. For instance, strong wind into their faces disturbs them to the point where they might become disoriented. Their subtle and physical bodies go slightly out of alignment with each other. This is a protection response through which they disengage from their physical environment to avoid contact with it. They might even react similarly when an air-conditioner blows in their faces.

In our lives, we go through many physical and emotional states that influence our pranic bodies, but some people are predisposed to weakness in the etheric aura. This is manifested in general physical fragility including often feeling tired and lacking energy, predisposition to illness, and sensitivity to climate changes and extremes.

There is a specific type of weather pattern that particularly

affects the vital body. It is the replacement of one weather front with another. The resulting turbulence in the atmosphere might include sudden drops in temperature, abrupt changes in air pressure, extreme changes in humidity, and strong winds. A healthy person might feel only slightly indisposed, but for others, such weather instabilities represent much greater discomforts.

Old Wounds Can Predict Weather

It is common that a person experiences pain from old wounds when the weather changes and can even predict conditions a couple of days before they happen. All physical wounds have counterparts in the etheric body. A badly sprained ankle, for instance, might show up as a tear in the vital sheath. Significant changes in weather patterns aggravate certain areas of the etheric body, and this is felt as aches in the physical body.

It is noteworthy that aches and pains associated with weather changes sometimes persist long after wounds have healed in the physical body. They have not healed on the etheric level. The pain might subside over the years as the etheric body repairs itself but never completely subsides.

How is it that the etheric body does not necessarily heal simultaneously with the physical? The phenomenon of phantom limb pain

shows that processes can run independently between the two bodies. After amputation, some people complain of pain where their limbs had been. The subtle vision will show an etheric limb still intact. Interestingly, amputees are often able to predict weather changes through the limb that has been cut off. The etheric limb is still functional and fully formed although it is weaker and more vulnerable to changes in the atmosphere.

It is not only old wounds that will respond to changes in weather patterns but also chronic infections (such as prostatitis) and generalized pain or inflammatory conditions (such as fibromyalgia or arthritis). All have a particular manifestation in the vital body as pranic knots, blisters, over- and under-charged areas, or leaks. These are weak areas of the vital sheath that are most susceptible to changing weather patterns.

Arthritis and rheumatism are two afflictions particularly susceptible to weather disturbances. In the etheric body, arthritic areas show up as inflamed, light-gray pranic blocks. In certain weather conditions, these manifestations seem to be exacerbated. People more susceptible to illnesses ranging from strokes to colds and flus will also find their conditions worsen or become triggered during times of climactic disturbance.

There are times when changes in weather patterns can have more serious consequences and when the subtle sheath is particularly vulnerable. These include when surgery is performed and sometimes after postoperative complications can occur. After a serious operation, the vital sheath is almost always out of alignment with the physical body due to the shock to the system engendered by the surgery. It is generally weak, porous, and extends to only a fraction of its normal parameters. It is particularly vulnerable to

adverse reactions during climactic changes.

Reactions before more extreme weather phenomena occur are also noteworthy. For instance, extreme drops in air pressure just before a hurricane influence the subtle body, which goes into slight disconnect from the physical one. Symptoms might include feeling spaced out, experiencing ringing in the ears, a slight giddiness, sinus pressure, and headaches. People with arthritic conditions might experience severe joint pains as well, as the turbulent atmosphere impacts weak areas of the etheric sheath.

Any powerful force in nature sends shock waves through the etheric field. Animals are quite sensitive to these early warnings, and their subtle senses are tuned in enough to take precautions from impending calamities. Earthquakes give off powerful shock waves in the ether even before we feel their physical manifestations. Animals know this and become agitated by such signals. Horses are very attuned to subtle forces and become anxious and jittery.

Tsunamis are another example of how animals are in tune with nature on a subtle level. Before the big wave hits, most animals desperately run inland or to higher ground. They feel the etheric shock waves before the physical wave strikes. Humans, unless very sensitive to subtle vibrations, sense nothing. The behavior of animals can be used as a means of early detection. Wise elders (shamanic-type figures) notice and interpret unusual behaviors.

The Energy of Cosmic Bodies

The sun's influence as a source of prana or subtle energy is significant. But in other ways, its impact is not always positive. Solar eruptions have detrimental effects on peoples' subtle fields. Moving at a speed of several million miles an hour, the

ejecta from the Sun can reach Earth within one or two days and bathe it with electrically charged particles. During periods of solar maxima, when sunspot activity is particularly robust, Earth is repeatedly battered by these magnetic storms.

Some studies have found that atmospheric conditions can affect the human organism. For instance, automobile and industrial accidents are more frequent the day following a solar eruption, when these particles reach Earth. It is my observation that the subtle bodies of people are thrown slightly off their alignment during such occurrences, causing them to be more distracted and inattentive. These magnetic storms cause us to be literally beside ourselves.

Other studies have found that increased solar activity is associated with increased irritability, restlessness, impulsiveness, and even violent behaviors. My understanding is that these magnetic storms interact with the subtle body causing disturbances by overcharging it, displacing it, distorting its shape, and interfering with the flow of energy coursing through it. A normal person might feel a bit out of sorts on such occasions, but for those who are more susceptible, such as psychiatric patients, the outcome can be more dramatic.

The Moon also has a strong influence on the etheric body and especially the emotional body. The influence is strongest during, before, and after the full moon. Those most affected tend to be mentally imbalanced, impulsive, temperamental, or compulsive. Any extremes in personality or disordered behavior tend to be exaggerated during such times.

The Moon, through its tug, causes the emotional body to come slightly out of alignment with the physical body. This slight displacement can have disruptive effects in places such as mental institutions, where the subtle bodies of patients

are already imbalanced and disengaged from their physical moorings.

The full moon also has a distinctly stimulating influence on the emotional body. That is why it is common for psychiatric facilities to report more incidences of psychotic episodes as well as violent and antisocial behaviors during the full moon. It is frontline staff who notice this phenomenon the most because they have to deal directly with its consequences.

The full moon's stimulating effect is also why it is common for police departments to have their hands full during this time. The full moon has an effect on the general incidences of disruption and lawlessness in a city. Ask police officers (who are tuned in) whether there is more violence or aggression during the full moon, and they will likely respond affirmatively.

Go downtown in your city during a full moon, and you will experience

restlessness and intensity in the streets. People seem to have more energy, but it is scattered and unpredictable. They also seem slightly more aggressive. There is a weirdly surreal feeling on full moon nights, particularly when on a Friday or Saturday night when people are out to have fun and release energy.

There are certain signs to look for when the energy in a city is particularly scattered because of the full moon's influence. I prefer to stay indoors during such times or to be particularly alert if outdoors. If you are on the road, these signs usually influence how people drive. You will notice that traffic seems out of sync. Drivers seem less alert. There are more close calls. There is less flow to the traffic; drivers, bikers, and pedestrians take more risks; and people seem more edgy and distracted.

The effects of the full moon are particularly pronounced for people

who have the following dispositions: poor impulse control; nervous, anxious, or high-strung personalities; mental illness, violent or aggressive tendencies; frustration or repressed emotions; and absent-minded or prone to accidents.

Finally, the planets are gravitationally linked to one another. Mars, Venus, Jupiter, and Saturn are close enough to exert a gravitational tug on Earth. Even though their influences are not as strong as those of the Sun and Moon, they nonetheless have some influence depending on their positions in their orbits around the Sun. These small tugs have a slight impact on the subtle bodies of people, but it's not to the point that causes mood swings or makes people behave erratically.

Charles Shahar has lived in India where he studied Vedanta philosophy. He has taught meditation and yoga to diverse populations for more than seventeen years. To learn more, visit his website, LightFigures.com.



Ask the Angels

Cheryl Gaer Barlow and the Angels

Rise with the Angels

Do angels leave feathers when they come to visit you? I found a small feather by my bed this morning.

— Dona, Charlotte, NC

From the angels: No, we don't have wings of feathers. We don't send feathers to communicate with souls. We do not wish to perpetuate this fallacy. We have no wings. We send no feathers to anyone.

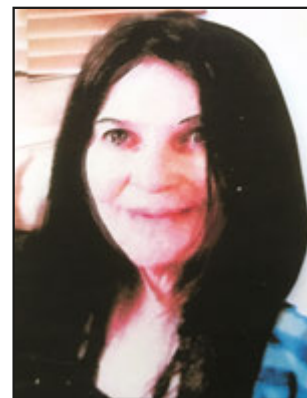
Picture us in your minds, and you will see us with wings. This is the energy surrounding us. Be careful what you accept as truth. We wish to make sure that erroneous beliefs about angelic beings are not spread. The belief in wings pertained to angels centuries ago. It

signified flight, and no one would dispute it.

Although wings are not part of angels, the fluttering of wings, which is energy, might be heard as fluttering in the ears. The light and energy emanating from the angels is viewed in the physical as wings, but we have no actual wings.

Wings were a way to describe one who flies, appears, and disappears. In ancient times, no other way to describe angels was prevalent. Lines of energy in the form of wings are so similar to wings that they might be indistinguishable.

I am questioning many things about the religion of my upbringing.



Right now, I'm questioning the last rites. Are they necessary to enter heaven?

— Josh, email question

From the angels: The movements and words of people of God giving last rites over a dying person are prayers of compassion from the human mind. The words serve to prepare for the lifting into the heavens.

These are not necessary to lift to God, because all is explained and

understood in the opening to heaven. Prayer to help with the lifting is a wonderful occurrence at the death of the body. Blessings and prayers are loving tributes to the dying.

Angels surround the soul in comfort and love as it lifts to the heavens. Love and prayer are felt in the heart and received by the soul. Release and rise with the angels. Nothing more is needed.

I think there is no more kindness in the world. Everyone is angry and mean. What do the angels say about this?

— Doreen B., email question

From the angels: Of all the qualities people can attain on Earth, kindness is truly the most precious. Many reactions can be employed in any situation. To wait a moment and feel kindness in your heart is to feel the angels welding with you.

The expression of kindness indicates a softness in your soul, a tenderness of your heart, and a gentleness of your mind. This can cause miracles, as other souls are touched by the feelings.

Be aware during such moments of tension in your eyes. Let your eyes soften. Let tenderness flow into your demeanor. Let a slow, genuine smile

drift across your face. Feel thankfulness. Feel gratitude.

Do anything to make anyone happier in this moment. Be gentle with yourself. Soften your demeanor. Let go of frustrations and feel graciousness in your soul. Feel love. This will manifest in your life.

Cheryl Gaer Barlow was visited by an angel of God, in an intense white light, who touched her on the forehead and spoke to her. Cheryl was told she had been chosen to write the words of the angels, and she continues to transcribe these sacred messages exactly as received. She lives simply in a small New Mexico town. Send your questions for Cheryl to gaerbarlow@yahoo.com or PO Box 553 Capitan, NM 88316.



The Empath's Portal

The Heart of the Mother through Sarah Weiss

Reflect Love and Holiness

Tune in to my heart. You'll see, feel, and realize your true being in the light and love of my being. I am your mother, and we are holy together as one. When you are ill, the planet is ill. When you are dark, the world is dark. You are a reflection of humanity's mind, body, and soul. You are the message. When you understand your cells and soul's language, your suffering ends, and your calling as an emissary of love begins.

The holy path of the feminine is yours to walk. As a mother knows her children, all humanity is yours to know. This is the way of the feminine mysteries. Powerful feminine initiation rites have been veiled but are surfacing once again. My next transmission will illuminate this initiated journey and help you understand why you've been trained to be a perfect mirror.

Your Greatest Gift Is Your Ability to Mirror Clearly

Become a flawless mirror of light, love, wisdom, and holiness,

my beloveds. Your greatest gift is your ability to be a perfect mirror. When your mirror is so clean and clear that you can't distinguish between reality and the reflection, the two images merge and become one.

You know this truth intimately. When you can't differentiate between another's pain and your own, you become one with the pain, isn't that true? Your perfect mirror reflects your outer reality, and it becomes your inner reality.

We are all one body, one mind, and one heart. You know this because your experience tells you so. When you feel sad or in pain, you wonder whether it is yours or that of someone close to you. Is it the pain of a friend who broke her arm, of trees clear-cut in the rainforest, or of a lonely, abused child?

Humanity's endless suffering and pain are due to lower frequencies casting a shadow over light and wisdom, resulting in conflict and competition. Entire cultures devolve when consciousness sinks into



polarization. Right and wrong, black and white, and love and hate exist when you abandon wholeness for separation. The path out of heartache and despair is open to you, my beloveds. Return to your higher state of wholeness.

Humans evolve, and your physiology is ready to accept the higher frequencies of wholeness and love. Your nervous system is coded for the collective consciousness. You don't process an individual without including the collective, because you know they can't be separate. Your experience is not logical, but it signals humanity's evolution.

You Are Truth's Voice and Love's Emissary

You've experienced much drama in the first three months of this year. You were adjusting to the new

frequencies flowing through your body, mind, and spirit. Cleansed, lightened, and brightened, you are ready to stand tall in the truth of your being. No one can make you withdraw and collapse into oblivion as you did before the second awakening.

Your new identity emerges, and you barely recognize yourself. No more shrinking in self-loathing; you speak your truth with confidence and compassion. You have become the voice of truth. Through newly opened cosmic portals stream frequencies that reconfigure your entire being. You are adapting to the new energies that inform and define the new human.

The new human senses are calibrated to love and light first and matter second. I'm excited to see how your worldview changes as more humans open their higher senses. Your senses shape you; what you see, hear, feel, taste, and smell determines your entire world.

Within a very short time, your life has turned around; you've emerged as a voice of the light. What will you do now? Your mission is to be the emissary of love. Think of yourself as a mirror, and then direct your attention to the beauty in your surroundings: a flower, a crystal, trees, a stream, or the Sun. Once your mirror is focused, you and the subject become one.

Sense the flower or tree. Give yourself a moment to attune or resonate with the subject. How do you feel? What does your mirror tell you about the subject? In the case of a tree or flower, you can tell whether it is healthy by your experience. Can you feel the flower absorbing the sun and turning it into life-giving energy or the roots drinking in the nourishment of the soil? Your mirror reveals the most amazing secrets of life.

When you hold a crystal and merge with it, what is your experience? Does the crystal reveal its history to you? Who has held it, what environment has it been in, does it

illuminate your consciousness with crystalline frequencies and elevate you into the sphere of sacred geometry? You have the ability to penetrate and reveal the unseen mysteries of the universe.

You Become What You Reflect

Now turn your attention to me, my body — what you call planet Earth. With a fine focus, tune in to the inner radiance of my body and tell me what you experience. If you mirror pollution, you will feel sick and outraged. But I am more than the pollution; it is just a surface invasion. It can never kill me. Go beyond the surface pollution and into my living heart. What does your mirror reflect now?

Those close to you will be reflected in your mirror too. Your mirror reflects their deepest thoughts, feelings, and health. This is your gift. You can know more than the finest medical instruments or the best therapist. These are not psychic experiences, and you are not predicting the future. You are experiencing the fullness of presence where new information is revealed each moment. What do you do with all this information?

First, realize you are a mirror. Test yourself. See how you feel in the presence of different people, places, and events. Notice changes in your vitality, self-image, thoughts, and feelings. Become the observer as if watching the clouds stream across the blue sky, shifting as they move.

Recognize the trust that has been placed in you. Do not judge

what you know of others. Reflect light back and pray for their wholeness and healing. You will dissolve the reflection, and it will no longer affect you.

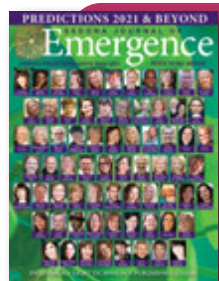
Clean your mirror daily by sitting in my heart. Remember, you become what you reflect. Immerse yourself in a beautiful crystal, flower, stream, or tree. Read books that inspire and elevate you. Choose wisely what you focus on and your beauty, majesty, power, and love will be reflected back to you. Then take the quantum leap into oneness. Merge with the reflection of love so deeply that you become it. In a blink, the mirror dissolves and your true being is revealed to you. You see yourself in the reflection of my heart. This is how your perfect mirror becomes your perfect gift.

I am your higher being. Not only do you live within my heart but also in the galactic heart. As the Heart of the Mother, I have many incarnations. Each is more expansive and more encompassing. I am the Heart of the Mother and the holy oneness of all creation.



Next month: the Empath and the Feminine Mystery School

Sarah Weiss, MA, LMT, is a medical intuitive, spiritual teacher, and founder of the Enlightened Empath Training. Her universal approach combines Qigong, Sufi light healing, and Andean shamanic practices with a focus on self-healing and self-revelation. She performs personal and planetary healing ceremonies, channels transmissions, and sparks transformation through individual sessions, classes, and retreats. Together, she and her friends from many dimensions help shift the matrix toward high-frequency living. To contact Sarah, email sarah@spirithelonline.com. To learn more, go to SpiritHealOnline.com.



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The Secret Wisdom of Animals

through Kim Malonie



Opono

Marie-Sylvie: I have a puppy who is not even four months old. She doesn't eat much, and lately she's been throwing up several minutes after she eats. The vet changed her food, but her response is the same. Her name is Opono. I bought her from a breeder, and she came with the dry food she was on. She was small and from a litter of twelve. She was spayed at ten weeks, before I picked her up.

Opono had x-rays done today, and they will do more in the morning. The vet will check for an obstruction, and if that's not the cause, she might have a food allergy. We switched her to Royal Canin wet food because she had a dental issue and had surgery to remove a few baby teeth. We switched her to another dry food last week, and yesterday I tried yet another dry food. She threw up this one too. The vet gave us hypoallergenic food for the night.

Thank you very much for your help.

A Meaningful Name

Opono: Hi, mom! I am so excited to be here, and I thank you so much for giving me such a beautiful name. I feel Opono is short for Ho'oponopono. I know you realize the word is a Hawaiian prayer. Here, let me pronounce it for you: Ho-oh-po-no-po-no. It roughly translates to "I'm sorry; please forgive me. Thank you. I love you." It means to have things move back into balance or to make things right when things in life are in balance.

I'm sitting here with a big smile on my face, because when anyone

repeats my name, it's almost like they're chanting the prayer over and over again. It is a very powerful way to cleanse the body of negativity, guilt, haunting memories, or bad feelings that keep the mind fixated on negative thoughts.

As a forgiveness practice, it deeply resonates and penetrates your inner being. I think it is so amazing that since you are a psychologist you named me Opono. It will cleanse your office and your clients. Before you start a session and after you end a session, this would be an amazing meditation for your clients. (I will help them as much as I possibly can.) Just think, every time you say my name, the prayer resonates throughout the universe: "I'm sorry; please forgive me. Thank you. I love you."

This is pretty deep stuff coming from a little doggie. [Smiles.] More and more people are waking up to the realization that animals are highly spiritual beings with such wisdom and information to give. We have a lot of teachings to give people.

Trauma at a Young Age

Okay, now that I got that off my chest and put it out to the universe, I will get back to the questions you asked. But that was very important for people to know, and I had to tell them. [Laughs.]

I must say that from my perspective, I've had an awful lot of issues to deal with in my short time on Mother Earth. I was still only a baby at ten weeks old when I was spayed, and to me, I feel that is way too young to be altered. In my

mind, I should have been allowed to wait until I was a bit older so that all my organs were fully developed. I understand from certain breeders' points of view (thank goodness they all don't think like this) that before puppies or kittens are "sold," they need to be altered so that the customers buying them cannot breed them and make money. Wow, talk about being very materialistic. All I will say is that what goes around comes around (or karma). [Smiles.]

I had some dental surgery to remove several baby teeth and fix some dental issues. I think those issues were due to overzealous breeding down the genetic lines, but we won't go into that, because that's a whole different story. Unfortunately, this world has some people who tend to be very materialistic. On the other hand, I am very optimistic, and I'm happy that the light has won and the darkness will keep receding. We are heading toward a much more peaceful, enlightened, and loving world.

From my perspective, I have gone through quite a lot of trauma at a very young age, which has caused me to feel nauseated seemingly every day. My stomach has shrunk, and now I have begun my healing process with your patience, loving understanding, and total compassion. I will have to be introduced slowly to all-natural, holistic pure foods. If possible, a homemade diet

would be the best for my sensitive constitution. Just put a little tiny bit at a time out for me to eat until my stomach gets a little bit bigger. I think feeding me three to four times a day would be really great because I'll be eating such tiny amounts. In a short period of time, you'll see that I'm going to be just fine.

Therapist's Helpmate

On a much a higher vibration, I specifically chose you as my caregiver because I knew I would be facing all these challenges coming into this realm. I also chose you because I will be working with you to help people who come into your healing practice and into your life in general. I was well aware that you are a healer and a lightworker. You help so many people in your day-to-day

life. You have no idea how many people you have helped already and how many you will help.

Voila! I enter the picture. You have me as an angel in a dog suit, a therapist extraordinaire, and I am here to help you as you serve humanity. I will be by your side, and I am so glad to be here. [Smiles ear to ear.] As you know, Mom, there are no coincidences in this realm. I am a highly intelligent being of light, such as yourself.

When you work with your clients, please remember to always clear your energy. If possible, smudge our house every day to remove any negative energies that we might have attracted to us. We have been together many lifetimes as healers, although we weren't exactly called that back then. And we will

be together for many more lifetimes, working hand in paw.

Well, I'd better go, Mom. We better get ready for our next client. It's been great "talking" with you. Wow, that was a lot for a little guy like me. I'm going to have to go and rest now and recharge my energies. I love you to the galaxy and back, your beloved Opono. Namaste.

Kim Malonie is a natural born Animal Communicator/Animal Whisperer. She has been communicating with animals for over 30 years. She has consulted thousands of animals worldwide and made radio and media appearances. Kim helps all animals resolve their physical, emotional, and behavioral issues. Long-distance consultations are available. Kim is the author of The Secret Wisdom of Animals Revised on Amazon. "What is your pet trying to tell you?" Visit her website to see how she can help you: TheSecretWisdomofAnimals.com. Contact Kim at kmalonie@eagle.ca or 905-342-5312.



The Crystal Garden

Margaret Ann Lembo

Everything Is Unfolding as It Should

People are feeling stressed due to the COVID-19 global pandemic. Emotions are high. Maintain a sense of prayerfulness for every person with whom you interact. When you notice people lashing out, send them love and empathy instead of judging them. Keep them in your prayers or good thoughts. Sending good energy to others raises your vibration too. It truly helps the people around you.

Find a way to add laughter to daily life. Laughter is contagious and the best medicine. Research has shown that a profound sense of happiness results in lower inflammatory and higher antiviral responses. Laughter triggers the release of endorphins, which promotes well-being.

Remember that everything is energy. When you choose to vibrate at the rate of love and use

compassionate words and actions, it benefits planetary consciousness. Every thought creates reality. Consciously choose your thoughts, the tone of your voice, and your actions. Evolve into a state of prayerfulness for your well-being and the well-being of all life.

Now, more than ever, there is a call to awaken consciousness and to believe that you can fully create your personal reality. Through self-observation and without judgment, note the areas of your life that need to shift. Each day is an opportunity to do it better: become a better person, awaken situational awareness, and improve mentally, emotionally, physically, and spiritually.

Design your reality in such a way that you experience inner peace and happiness. Observing your behaviors, thoughts, words, and actions



allows you the opportunity to notice how more kindness, compassion, and love expands an experience. The magnitude of loving kindness you emanate improves your life's experience as well as the life experiences of those with whom you interact.

Everything is unfolding as it should. Trust the process.

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals, and Stones; Angels & Gemstone Guardians Cards; Color Your Life with Crystals; The Essential Guide to Aromatherapy and Vibrational Healing; and more. Margaret Ann is a spiritual entrepreneur, aromatherapist, and the owner of the Crystal Garden — a bookstore, gift store, and spiritual center in southeast Florida. To learn more, go to MargaretAnnLembo.com or theCrystalGarden.com.



Embrace Your Higher Self

GREET THE SUN

Rise in the morning, and take care of your business.

Put a pot of tea or coffee on, whatever is your morning beverage — even water with lemon.

Take your cup and your magazine to the window.

Say the prayer to the great outdoors.

Toast the beauty of the morning and of our Mother Earth.

Watch for it. Something will appear — an animal, a breeze, a reflection off a stone. She will speak to you with a sensation of recognition.

So how did that feel?



Want to take things deeper? It's okay if you just enjoy the morning prayers. But if you want more, keep a journal of your day. Do the prayers make a difference? Jot down what happened that might confirm what the prayer told you. That'll do. Enjoy!

diiyin's thoughts: Just a single moment can instill in us an ability to tolerate tension and adjust to unknown frequencies. We speak up for what we want in the face of others' expectations and are able to endure periods when others reject us or become critical. We sustain ourselves during tension while continuing to move in the direction we have decided is good for us. We are strong enough within ourselves to persevere and know that, even though others might not understand, we are all we need to be by our own choices. We stay strong through our prayers. We are confirmed by Mother Earth's signs.

April's Prayers

April 1: I heal by embracing receptivity (falcon's eye). We catch the spirit. We are increasingly aware that we are partnering on many planes of existence.

April 2: I heal by embracing the release of judgment (black tourmaline). And now we receive freedom. We are increasingly aware that we are partnering on many planes of existence.

April 3: I heal by embracing silence (green tourmaline). This, we need for times to come. It's true.

April 4: I heal by embracing repetition (galena). I Wonder One, we are deeply appreciative of all those who join us in Earth Magic ceremonies and continue the work. All have advanced us by loving Earth as a significant contribution in evolution.

April 5: I heal by embracing bonded relationships (blue obsidian). Face of our ancestor, we have the greatest respect and affection for everyone who puts their minds to this.

April 6: I heal by embracing my clairsentience (sodalite). I Wonder One, this is how truth reveals itself. It lifts up our hearts and we experience love, we live spiritually, and then the mind and body relax.

April 7: I heal by embracing spiritual clarity (eilat). Shining in the HeartFire, we rest vulnerable in the elemental awareness that we are all we need to be.

April 8: I heal by embracing movement (Herkimer diamond). I Wonder One, the world fills with love, and abundance comes to be known. We have found our way, catching rainbows with a shell.

April 9: I heal by embracing life force (azurite). United in the beginning by lightning, joy beams on every face, no strangers are found. The healing force of love cures soul-sickness across the land.

April 10: I heal by embracing equality (alabaster). I Wonder One, we spread love, once rainbows we caught in a shell, and abundance returns. We all speak of this wondrous truth.

April 11: I heal by embracing the ability to confront challenges (wulfenite). Looking at the Place of Stars waiting for us, we've come of age. Our maturation brings abundant manifestation. We give love to All Our Relations.

April 12: I heal by embracing Creation (soapstone). I Wonder One, within and without, wondrous knowledge has been given to us throughout the years. Now everyone shares.

April 13: I heal by embracing renewed friendship (peridot). Looking beyond the Edge of Reality, more of us are listening to the call. How wonderful our lives have become as we express our love for all.

April 14: I heal by embracing new perspectives (lodestone). I Wonder One, power abounds! With power embodied, we follow changing energy with life inseparably linked to Earth shifts. We see all life in transformational renewal.

April 15: I heal by embracing creativity rising (avogadrite). United

hearts, life is mystical and powerful, for we are equal partners in the covenant of continuance. Celebrations of beauty and mystery honor the communion with the supernatural.

April 16: I heal by embracing gratitude (watermelon tourmaline). I Wonder One, the time has come! Noninterference is an active, healthy life, motivated forward without acceptance of criticism.

April 17: I heal by embracing

confidence (sapphire). Woman who stands with ancestors, intuition is knowing and a psychological function everyone possesses. We turn our attention to intuitive experience — mystical insights into the nature of reality.

April 18: I heal by embracing integrity (snowflake obsidian). Return the spirit of consciousness. We have the personality traits we embrace.

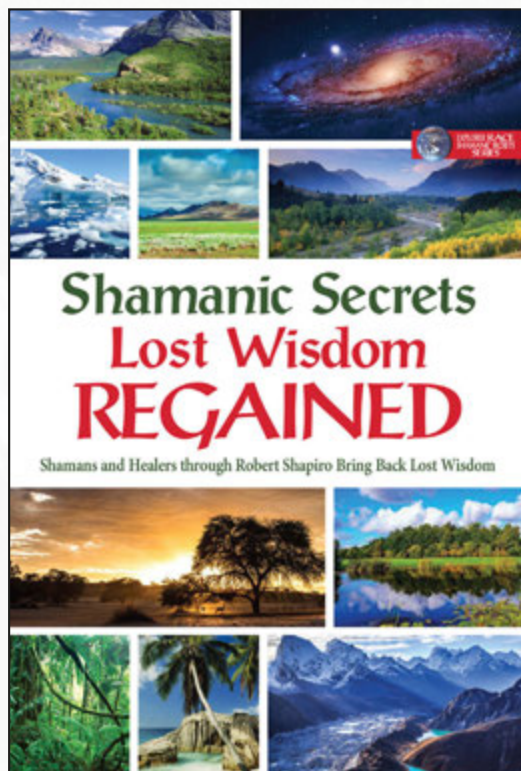
April 19: I heal by embracing motivation (calcite). Twins belong to the earth. We pay homage to the enduring spirit. We are powerful people in a fascinating compendium and perfect perpetuators of evolution.

April 20: I heal by embracing higher self (pink coral). Beautiful Mother who is in a long sleep, we each have a special gift. The Sacred Parents blessed us as unique to

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express our spiritual truths. We are beautiful lives in a wondrous time.

April 21: I heal by embracing time-charting (bornite). She who sails gently toward that which is ahead of us, we need our identity. We find this by giving love to All Our Relations.

April 22: I heal by embracing my clairaudience (opal). Dream-Keepers, smiling, crying, laughing, sincere, and with heart flowing, we bring peace to life. All is good.

April 23: I heal by embracing Sky Nations (sunstone). On the Rainbow Bridge, giving of love, we value life. Living moment by moment, we love from our hearts.

April 24: I heal by embracing the guidance spirit provides (hornblende). Awaken! We stand together! Humility brings the power of truth being found by sharing love, and graceful passage is achieved.

April 25: I heal by embracing the power of prayer (blue tourmaline). Vision comes from ancestors

living inside. The lovely rose of Changing Mother grows from our memories of before. Standing tall within our beauty, our hearts sense the air, exquisite in the sacredness. Our hearts are in full form as songs from the trees recount our lives long remembered.

April 26: I heal by embracing the trinity within (red coral). Our manifesting words, the lesson merges our personal scheme of values and meanings to the cognitive life being presented! In addition, all our brain centers open to receive and process cognitive life in a personally relevant or novel manner. Visions prove truth.

April 27: I heal by letting my light shine (danburite). The light of our eyes give off a sacred way in which all needs are provided to all those who stay their paths.

April 28: I heal by embracing and initiating movement (angel wing agate). The shine our eyes give off in the Fifth World is about light.

Lightbodies and lightbeings are the visible substance of the Fifth World.

April 29: I heal by embracing the synchronicity within self (cassiterite). The light our eyes give off releases doubt. We look into another's eyes. Let doubt go. It blocks the way. Wash it away like sea waves draw a stick from the sand. We accept our beauty and achieve it. Believe, relax, and center; now we are ready.

April 30: I heal by embracing transition between planes of reality (bismuth). Life continues! This waiting period is when we learn to read our signs. We become objective.

*Few people know more about the world around them than **Maria Yraceburu**. Her knowledge is hardwired into her system by the generations of her family who have lived on this sacred land for thousands of years. You'll find her at ruins and sacred healing landscapes where she works as an earth-spirit guide with Yraceburu EarthWisdom, her family's foundation. Hiking through trails, leaving offerings, she points out things you'd normally never recognize. Maria has been trained by her family to tell you about the spirit of this land. Yraceburu.org/maria*



Ask Sara

Sara Wiseman



Find Your Divine Path

Each month, we answer questions about spirituality, intuition, and soul growth, and we suggest how to work in flow with the universe.

Why Do I Still Feel Stuck Inside?

As I become aware of details from my most recent past life during my fifth decade of this lifetime, how can I transition from the mental clinging deep in my psyche and be fully in this body? I have a meditation process that brings me into the present, and I live mostly in the present. I just feel there is something

deep down that doesn't want me to "get this." It seems something wants to keep me stuck. I need some help to locate this and set forth a new ideal of living. Thank you, dear soul.

— Salina

From Sara: You're talking about the reality of the human condition, Salina. We are divine beings in human containers. We are not meant to live only in the ethers but right down here on Earth, experiencing all the human things we are here to experience. Pain, suffering, confusion, and chaos — all these are part of the human experience. Why? Because our purpose here on Earth in

this precious lifetime is to experience all that and then learn how to transcend or transmute that suffering into love. It is not an easy task, is it? As infinite souls, we reincarnate again and again until we finally crack the code.

If you are feeling frustrated or at a loss, as if you can't quite "get it," simply relax. Connect (in whatever way you find easiest) to the bliss of the Divine. Simply by doing practices that raise your vibration

— meditation, working with guides and angels, being in nature, loving someone, or loving yourself — you will learn to transcend the human experience and live from your soul.

Is the Future Written?

You have talked about moving and “pre-seeing” the house you are going to move into. As another example, people looking to find partners see their faces in meditation before they meet. Is the future written, or is it that we are having a conversation with life as it manifests, and you and others can see across time and space? I am a bit confused about manifestation and cocreation. How much power do we have over our circumstances?

— Johnna

From Sara: We multidimensional beings live in many universes all at once. A particular future is not written. The bigger reality is that many futures are written, and we just need to decide what we will allow. Consider the universal law of flow. This states that the universe will always lead us to our highest potentiality as a soul. Whenever we get out of our ego and surrender to where the universe is already leading us, we are led to this future that is our highest potentiality. It is about getting out of our own way — our ego’s way or society’s way — and allowing ourselves to go where we are guided.

I often ask people to stop trying to manifest and to simply notice where the universe is already taking them. Go where the flow is. This is how to be led to a future that is much greater than your ego, mind, or personality can imagine.

Why Do I Feel Like a Failure?

When in a difficult relationship or circumstance, I get sucked into feeling it’s my fault due to my lack of awareness. I feel like a failure

because even after years of self-probing, I have not broken free of many shackles. I see the “I got divorced and now I am in a wonderful relationship” story and I feel so far away from that. If someone told me I was on the right path, I would probably be okay. I think my guides are telling me, but with all the practicalities of life, I find it hard to find time to get to a deep place where I can connect with them.

— Kerstin

From Sara: We can only be where we are, Kerstin. Each person’s path is unique, and the experiences and events we have in our lives are unique to us as well. It’s very useful to not compare yourself with others. There is no hierarchy of souls. Your destiny is unique to you, and you can only have the awareness you have right now. You can’t speed up your awakening, so it can be nice to just relax. Understand you are a work in progress and that everything in your life conspires to help you expand.

When you are in difficult relationships and don’t know how to fix them, stop trying to fix them. Just relax and begin to notice what is really happening. When you hold the perspective of you as a soul instead of you as a personality, a lot changes. You see yourself from the perspective of an infinite being living one of many billions of incarnations, and you can relax about the details of a particular situation. You’ll get through it. You’ll figure it out. You can do this, because this is not your first rodeo. Have faith, and trust that your infinite self is bigger than your finite self.

Why Is Nothing Working?

There are many things happening to me right now at the same time. The most important is about a new job I got last month where I used to live, back where I was born and raised. I was away for twenty-nine years

and came back only to help my parents; my mom is still alive, and I’m her main caregiver when not working. My daughters and grandkids are also here. I felt that it was time for a change and that something new was waiting for me. Now I’m not so sure, even though I got the job right away, which took me by surprise, and felt it was a sign that this was my time to move on. But I can’t find a place to live, I can’t transfer the car to my name to take it or sell it, and don’t even ask about my relationship with my boyfriend. What’s my next step so that I can follow my path to the Divine?

— Marta

From Sara: Sometimes when we follow all the signs and synchronicities (such as getting a job easily in the place our family lives), we expect that everything will be easy. There is a saying: Chaos brings change and change brings chaos. Think of a river: When you move from one current to another, there is a middle part that is very difficult with many competing currents. This is where you are now, in the transition from one reality to another.

I would guess that your relationship is actually the biggest factor here, more than anything else. You may have wanted a way out but weren’t sure how to do that. The job showed up, so you took it as a lifeline. But now you’re hesitant again, which is where all the conflicting energy is. I suggest that you trust moving back to where your family is and that your true heart’s feeling about the relationship ending was also correct. When you get in alignment with yourself, things will become easy and relaxed.

Sara Wiseman is a visionary spiritual teacher and award-winning author who has channeled the Divine since 2000. She is the founder of Intuition University, writes the Daily Divine blog, and hosts the Spiritual Psychic and Ask Sara podcasts. For free resources and to write to Sara, visit SaraWiseman.com.

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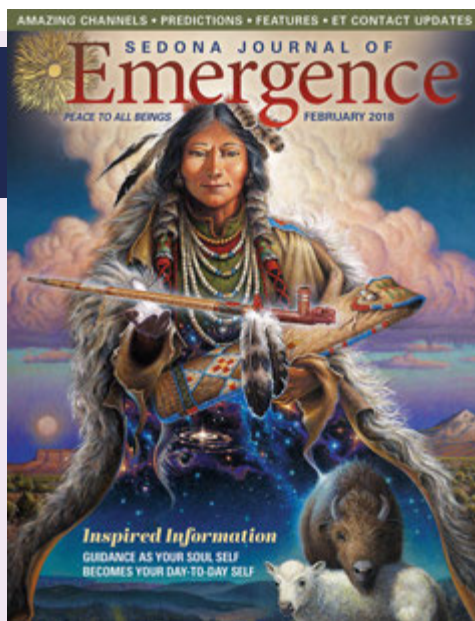
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PEACE TO ALL BEINGS

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Fatema Zavery



CONSCIOUS LIVING

Living on Prana, an Astrological Analysis

Stijn Cuypers

Disclaimer: This article is meant for information purposes only. In no way do I recommend attempting to get nourishment from light as an alternative to eating food. Halting consumption of food and liquids, for any duration of time, could lead to critical health consequences. The author does not accept liability for any harm arising either directly or indirectly in connection with the information published here.

The idea of being able to live without food has always fascinated me — not necessarily to try it myself but to understand the underlying mechanism. How does one do this? How does it work? In this regard, the case of Dr. Michael Werner attracted me the most. First, he is a scientific researcher, and second, he comes across as genuine.

The most commonly known way to achieve the goal of *inedia* [the ability to live without food and sustain oneself on air] is the twenty-one-day process made famous through Jasmuheen's book *Living on Light*. The first seven days, you do not eat or drink anything. The next seven days, you eat 25 percent fruit juice diluted with water. The last seven days, you consume 40 percent diluted juice.

One important condition for success, as Dr. Werner mentions in

his book *Life from Light*, is belief and intention. "You must believe that it is possible to 'live on light.' Or to put it in another, perhaps better, way: You have to open yourself to it; you have to trust it."¹

Obviously, spiritual people such as Dr. Werner also have the advantage of being more receptive to the subtle energies surrounding us. However, I had a hunch there might be more to it, and after looking into it with the eye of an electoral astrologer (an astrologer who studies auspicious times for starting projects), I noticed something interesting: All physical life comes from the Sun, which is highly concentrated prana (life force). Since breatharians claim to live on this prana, I decided to have a look at the Sun and its cycles.

The Twelve-Year Cycle

In his book *Autobiography of a Yogi*, Yogananda writes, "The ancient rishis discovered that man's earthly and heavenly environment, in a series of twelve-year cycles, push him forward on his natural path."² Most likely, this twelve-year cycle refers to the solar cycle. Wikipedia gives this definition of the solar cycle:

The solar cycle or solar magnetic activity cycle



is a nearly periodic 11-year change in the Sun's activity measured in terms of variations in the number of observed sunspots on the solar surface. Sunspots are temporary phenomena on the Sun's photosphere that appear as spots darker than the surrounding areas. They are regions of reduced surface temperature caused by concentrations of magnetic field flux that inhibit convection. Most solar flares and coronal mass ejections originate in magnetically active regions around visible sunspot groupings.

In 1922, the young Russian scientist Chizhevsky discovered that not only did geomagnetic storms resulting from sunspot-related solar flares affect electrical usage, plane crashes, epidemics, and grasshopper infestations, they also affected human mental life and activity. He proposed that human history is influenced by the eleven-year peaks in sunspot activity, triggering humans en masse to act on existing grievances and complaints through

Solar Cycle N°	War/Crisis
3 (Biggest up to date, with peaks of 400 sunspots per month)	American Revolutionary War
9	Mexican-American War
10	American Civil War
15	WW1/Russian Civil War/Irish War of Independence/Spanish Flu pandemic
16	The 1929 Wall Street market crash
17	Kristallnacht/rise of Hitler and the start of WWII
19	Start of Vietnam War/Laotian Civil War/China invades Tibet/Suez crisis/Lebanese Civil War/Asian Flu pandemic
20	Social unrest over Vietnam War
21	Iraq invades Iran/Falkland Wars
22	Iraq invades Kuwait (Gulf War)/riots in L.A.
23	Attack on Twin Towers and war in Iraq and Afghanistan/SARS
24	Rise of ISIS/Ebola
25	Coronavirus pandemic (at present time of writing)

Table 1. History of solar cycles during war or crisis

revolts, revolutions, civil wars, and wars between nations.³ See table 1 for an overview.

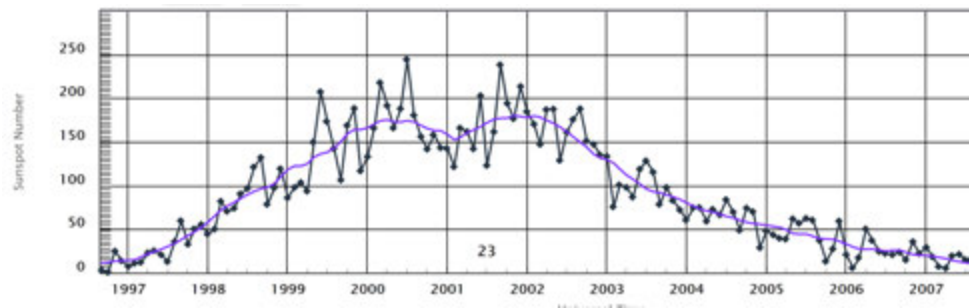
At first glance, this seems like a contradiction. On the one hand, the solar cycle pushes us forward on the spiritual path, but on the other, it causes wars, disasters, and world upheavals. Peter Deunov, a Bulgarian master of esoteric Judaism and Christianity, gives us the answer: “The more spots the Sun has, the more energy, the more abundance exists in nature.”⁴ In other words, an abundance of energy can be used for good or for bad, according to the tendencies of the individual and society.

In his book *Life from Light*, Dr. Werner mentions that he started the process on the first day of January, 2001. It is interesting to note that this is right in the middle of the twenty-third solar maximum.⁵

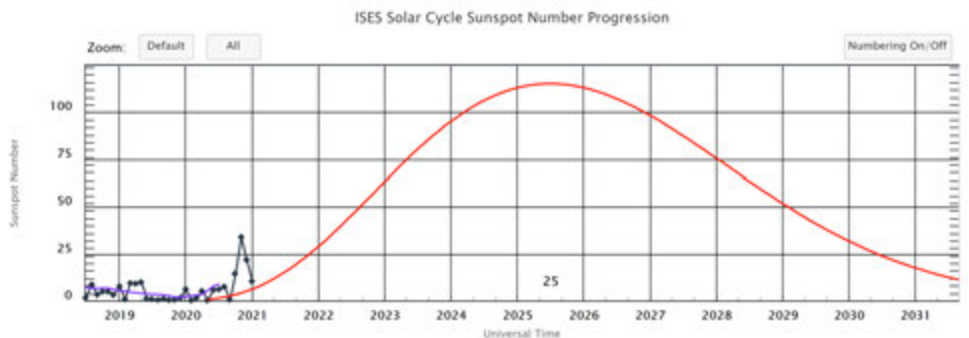
At the time of this writing, Solar Cycle 25 is underway and expected to peak in July 2025 with 115 sunspots.

Uttarayana

The days lengthen from the winter solstice to the summer solstice, and consequently the Sun’s energy



Record of sunspots over the years (<https://www.swpc.noaa.gov/products/solar 1>)



ISES Solar Cycle Sunspot Progression chart (<https://www.swpc.noaa.gov/products/solar 2>)

increases. In Jyotish, or Indian astrology, this six-month period when the Sun travels north is called Uttarayana.

In this cycle, Dr. Werner also selected the more auspicious period to start the process. He writes, “I celebrated New Year’s Eve with my family and still remember eating potato

salad and cake and drinking coffee. And then, on the stroke of midnight, that was it!”⁶ Interestingly, Therese Neumann, the famous non-eating saint of Bavaria, also stopped eating and drinking at the start of Uttarayana (respectively Christmas 1923 and Christmas 1926).⁷

In Uttarayana, the first month

after the spring equinox is the most powerful. Peter Deunov explains that the solar rays do not act in the same way during all seasons of the year. “The Earth is most negative in the beginning of spring and that is why it receives most at that time. This is the reason why of all seasons of the year, the solar rays have a most curative effect during the spring.”⁸

That is why I feel that an even better time to begin the process might be after the spring equinox (like Zinaida Baranova did). From the equinox onward, the days are longer than the nights, and in the first month of spring, the Sun is exalted in the tropical sign of Aries.

The Waxing Moon

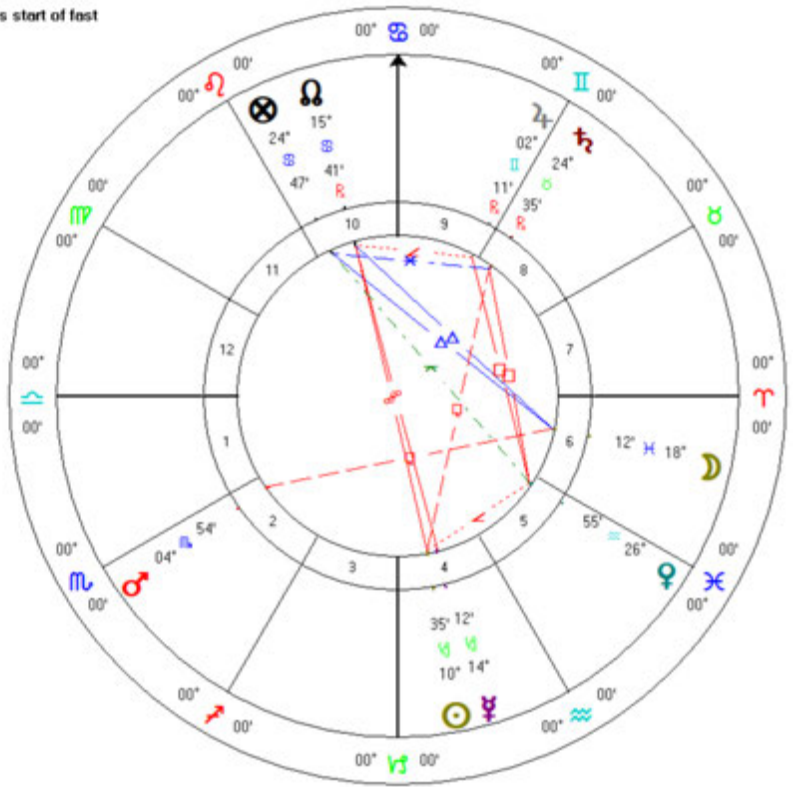
The monthly cycle is governed by the angle between the Sun and the Moon, which is visible in the phases of the Moon. During the bright fortnight, the Moon waxes, and the angle between the luminaries increases from 0 degrees to 180 degrees. During the dark fortnight, the angle closes again.

This angle between the Sun and Moon plays an important role in any type of fasting. To avoid complications, it is vital to begin during the appropriate fortnight. Peter Deunov explains: “When you want to deal with an infirmity, a vice, start fasting past the full moon [waning phase]. And if you want to acquire a virtue, something positive in you, then you should start fasting during the new moon.”⁹

His disciple, Mikhael Aivanhov, said, “According to the law of analogy that governs the universe, the waxing phase of the moon is beneficial to the natural growth process. You can make your plans during any period, but once you have made a decision you must start work during the waxing moon. And if you want to bring some business to an end, it’s better to do it during the waning moon.”¹⁰

When we look at his chart, we

Dr Michael Werner's start of fast
Event Chart
1-Jan-2001, ma
00:00 CET -1:00
Basel, Switzerland
47°N33' 00"E35'
Geocentric
Tropical
Whole Sign
Mean Aids
Rating: AA
book



Dr. Werner's fasting event chart

see that Michael Werner started the process around the seventh day of the bright, waxing fortnight. This is the proper lunar fortnight for growth and gaining virtues — in this case the ability to live on light.

Dr. Werner writes, “A change takes place after three or four days. In my case I woke up on the fourth day and immediately realized: this is no longer just fasting. And I had the definite feeling: Now everything is alright.”¹¹

This is quite significant, because on the tenth and eleventh lunar days (7+3) of the bright fortnight, the Sun and Moon are in a beneficial trine aspect (forming an auspicious angle of 120 degrees). With this information,

we can reconstruct the lunar schedule followed by Dr. Werner:

- First quarter moon: start of the process
- Sun and Moon in trine (waxing gibbous): the feeling of being nourished by light
- Full moon: taking fruit juice diluted with water (end of the dry fast)
- Third quarter moon: taking fruit juice less diluted
- New moon: end of the twenty-one-day process.

Morning

Even in the smallest daily cycle of the sun, Dr. Werner selected the auspicious moment. He writes, “And

Solar Cycle	Increasing Energy
12-year	From solar minimum to solar maximum (2020–2025)
Yearly	Uttarayana — from the winter solstice to the summer solstice
Monthly	From new moon to full moon (the bright fortnight)
Daily	From midnight to noon

Table 2. Increase in energy related to the solar cycle

then, on the stroke of midnight, that was it!"¹²

As Peter Deunov explains, "From midnight till noon, the Earth (i.e., any respective part) is negative and therefore more receptive, while from noon till midnight it is positive and gives more." He said, "We must take into consideration the following law: we form a part of the earthly organism and therefore when the earth receives, we also receive and when the earth gives, we also give."¹³ See table 2 for an overview.

Successful Cases

- Zinaida Baranova, living on water since March 26, 2000: During the solar maximum — in Uttarayana (first month after the spring equinox) — waning moon. Eighteen days later (April 13, 2000), he also stopped drinking water. At that time, the Moon was in its waxing phase and in trine with the Sun.
- Michael Werner (January 1, 2001): During the solar maximum — in Uttarayana — waxing moon.
- Ray Maor (December 21, 2012): During the solar maximum — in Uttarayana — waxing moon
- Ladislav R. Hanka (March 3, 2015): During the solar maximum — in Uttarayana — waxing moon.

Important Note

During fasting, the bowels stop moving. This causes waste material to remain inside, which can be harmful to the body. That is why it is important to prepare and detox beforehand (during a waning moon) by going on a raw-food or fruit-juice program and taking herbal laxatives.¹⁴

Peter Deunov promoted a ten-day detox program from the February full moon, or no later than three days after.¹⁵ It takes place before the end of both the lunar year (the new

moon before the spring equinox) and the solar year (spring equinox), which is a great time for cleansing the body and the mind. On the tenth day, one carefully returns to eating normal food.

Mikhael Aivanhov said:

It is important to learn to work with the different phases of the moon. During the waxing moon, the physical and psychic energies that nature has deposited in humans help them to manifest as a conscious, active, and self-willed being. Then, during the fourteen days of the waning moon, their energies tend to descend in order to nourish their roots, that is to say their stomach and sexual organs. Their appetite and sensuality increase during this period, and their mental activity tends to diminish.

Conclusion

It appears that Dr. Werner knowingly or unknowingly selected all the upward arcs in the Sun's different cycles. The analogy that comes to mind is a combination lock where you need to turn three dials to unlock a safe. In this case, the three dials represent the solar cycles, and unlocking the safe means opening one's ability to live on prana.

It is not hard to imagine that if someone starts the process during a solar minimum in *dakshinayana* (between the summer and the winter solstice), and during a waning moon, they would have a hard time of it and run into problems. Is it possible that starting at an auspicious time when the Sun's energy was increasing, was a major factor in why Dr. Werner succeeded where many others failed? From the perspective of an astrologer, I tend to think so.

1. Werner, Michael; Stockli, Thomas.

Life from Light. Rudolf Steiner Press, p. 30.

2. Yogananda, Paramahansa. *Autobiography of a Yogi*, Self-Realization Fellowship.
3. Edward S. Ayensu, Philip Whitfield, *The Rhythms of life*, Marshall Publishing Limited, 1982.
4. Peter Deunov, *Health Guide*, Astrala Publishing House, 2013.
5. It must be mentioned that others, such as Umashankar and Hira Ratan Manek, stopped eating in 1995 during a solar minimum. However, as both of them are sungazers, they would be recharged directly by solar energy flowing through the eyes to the brain.
6. Werner, Michael; Stockli, Thomas. *Life from Light*, Rudolf Steiner Press, p. 31.
7. Although Therese Neumann stopped consuming food during a solar minimum (1923), her fasting from water began during the solar maximum of 1926.
8. Deunov, Peter. "Vliyanieto na slanchevata energiya" [The influence of the solar energy], published in *V tsarstvoto na zhivata priroda* [in Bulgarian], Sonita, Sofia, 1995.
9. Vlad Pashov, *The Extraordinary Life of the Master Peter Deunov*. Astrala Publishing House, 2012.
10. Omraam Mikhael Aivanhov, *The Book of Divine Magic*. Fréjus, Prosveta, 2009. Chapter 7.
11. Werner, Michael; Stockli, Thomas. *Life from Light*, Rudolf Steiner Press, p. 32.
12. Werner, Michael; Stockli, Thomas. *Life from Light*, Rudolf Steiner Press, p. 31.
13. Deunov, Peter. "Vliyanieto na slanchevata energiya" [The influence of the solar energy], published in *V tsarstvoto na zhivata priroda* [in Bulgarian], Sonita, Sofia, 1995.
14. Helpful to drive out waste material are charcoal, bentonite clay, and castor oil.
15. With the luminaries in a waning trine at the start of the fast, a ten-day fast would end on the new moon.

Stijn Cuypers holds a bachelor's degree in Germanic languages. Fascinated with astrology, he has researched the subject to recover its genuine principles. In early 2019, he published a young-adult novel *The Simian Line* (available on Amazon), as a medium for sharing his findings on astro-palmistry. He has been published in ISAR's International Astrologer and The Astrological eMagazine. Contact: Stijncuypers79@gmail.com

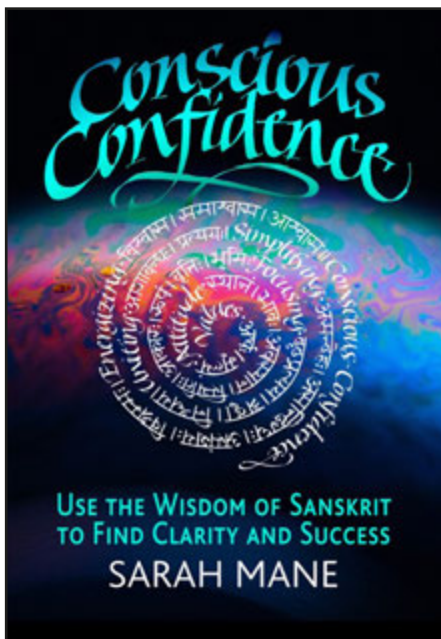
Dignity: The Hallmark of a Great Soul

Sarah Mane

Dignity is a quiet strength which reflects your deep honor and self-respect. It ... portrays a calm awareness and generosity of spirit regardless of the environment or circumstances.

— Susan C. Young

Think of someone you know, or know of, who has quiet self-assurance — a person with a strong moral compass who is not swayed by passing fancies. This man or woman sets a clear direction for his or her life, is dependable and trustworthy, and doesn't give his or her word lightly. Having given that word, this person always follows



Conscious Confidence: Use the Wisdom of Sanskrit to Find Clarity and Success is available from Amazon.com.

Paperback: ISBN 978-1-62055-955-0 • \$16.99 • 192 pp.

through. Others go to this person for advice or comfort. She or he sets an example for others, and people think of this person when presented with a problem.

I was reflecting on people like this and how when you encounter one you treasure the meeting. Even if this person is a public or historical figure — Nelson Mandela, Martin Luther King, Viktor Frankl, Queen Elizabeth — and a personal meeting is not possible, a meeting of hearts and minds is certainly available. I have been immensely privileged in my life to have met many people who are just like this: strong in the true sense of that word. They are not forceful or combative but steady and resilient.

What word describes this confluence of qualities? The one that seems best is “dignity.” The quality of dignity is subtle and elusive, but you know it when you see it. It is quiet strength, integrity, and dependability, and it engenders respect and a feeling of admiration. The word comes from the Latin *dignitas*, which carries the sense of worthiness, worth, and honor — that which is fitting and proper.

With dignity, therefore, is worth, value, and substance, and these link to what is fitting, proper, and appropriate to a situation. Therefore, men or women of dignity are worthy of honor and behave in ways that fit the situation. Among friends, they are friendly. When in a position of leadership, they are respectful of



those they are responsible to, and they are decisive when action is required. They are careful of the feelings and needs of others, but they are not swayed by personal considerations from doing the right thing.

Use Dignity in Your Life

From this, we can see that people with dignity have inner steadiness and carries themselves with strength and integrity. They also view the world through a lens that shows the best in others. We all see the world, to greater or lesser extents, as projections of our thoughts and feelings. Dignified people with strength, integrity, and goodwill in their hearts look at the world and see those same qualities in others, perhaps more hidden or less manifest in some. They always seek to identify and draw out the best. This attitude is reflected in their actions as well. They give their best, speak honestly, show kindness, and act decisively.

Sanskrit can fill out our understanding of the true nature of this quality of dignity. The Sanskrit word for dignity is *māhātmyam* (माहात्म्यम्). This is a compound of *māhā*, which means “great,” and *ātman*, which means “essential indwelling self, or soul.” So *māhātmyam* means great-souled, having a great or noble nature, and being high-minded, highly gifted, and exceedingly wise.

Perhaps we should resist the temptation to delve too far into

these concepts, and let them stand for themselves. We can overanalyze notions of nobility, worth, honor, and even dignity. We run the same risk as the watchmaker who lays out all the separate elements of the clock on his workbench. All the pieces are there, but if you want to know the time, you're out of luck.

Let us conclude with a look at how we can make dignity practical and grow into this wonderful quality. The Taittiriya Upanishad contains some very practical advice:

When you don't know what to think, say, or do in a particular situation, think of what a wise man or woman would think, say, or do in the same situation; then do likewise.

To become dignified, think of someone you know — the Dalai Lama, Mother Teresa, your grandmother — and ask yourself what that person would think, say, or do in your situation. Then think, speak, and act like that. One day, probably without you ever knowing it, others will think of you when they wish to

grow in strength, calm, and dignity, and they'll copy you.

Excerpted from the book *Conscious Confidence: Use the Wisdom of Sanskrit to Find Clarity and Success* by Sarah Mane © 2020 Findhorn Press. Printed with permission from the publisher.

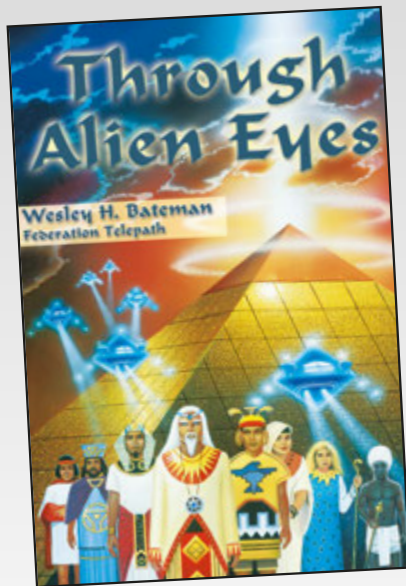
Sarah Mane has been studying Sanskrit since she was a teenager. Today, she teaches practical self-awareness, philosophy, meditation, and Sanskrit to both children and adults. She also coaches individual clients and business professionals all over the world. *Conscious Confidence* is her first book from Findhorn Press. To learn more about Sarah, go to SarahMane.com.

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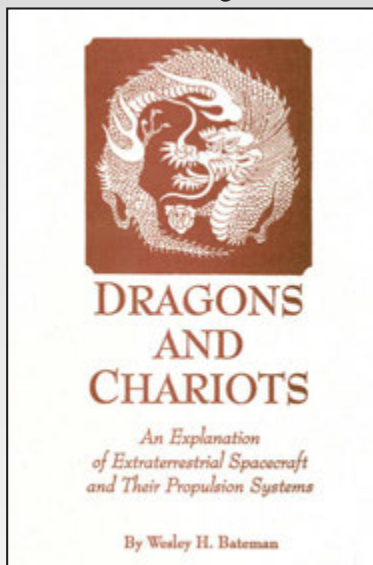
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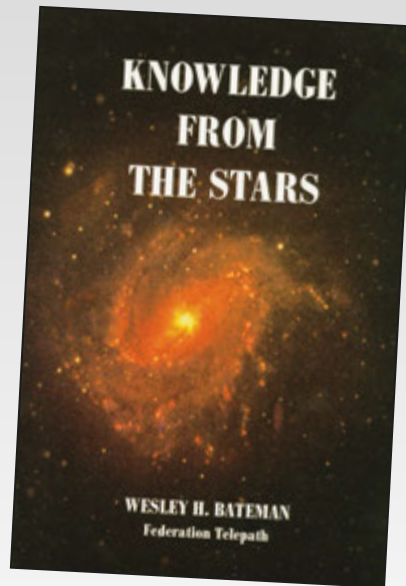
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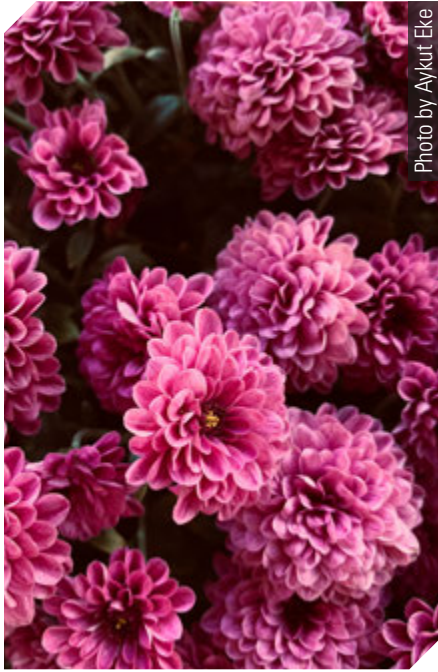
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Flower Talk

Fatema Zavery



Dahlia

The dahlia shares its wisdom: “I have multiple layers to showcase my depth and my beauty. The universe is layered with the seen and unseen. My friend, your physical body is also layered with skeleton, muscles, flesh, nerves, and skin, which create your outer beauty. Your inner beauty consists of multiple layers masked as feelings and thoughts. You destroy yourself in a web of superficial layers to prove who you are. Peel the layers one by one; then grace will reveal itself in all its splendor.”

Look at the photo of the dahlia. As you observe each petal, open your awareness to any thoughts and emotions arising. Go in to the core of your deepest emotions, and there you will find grace.

Affirm: “I am open to release and let go.”

Sound: “Sanho makai,” or “I awaken the goddess within me.”



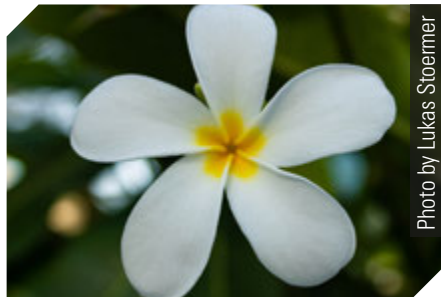
Jasmine

The fragrance of the dainty jasmine flower wafts around to create an awareness of the environment: “My fragrance entices you. Dear one, pure intention is like a magnet attracting its goal. Whatever you need will be pulled toward you. Like a bee to its flower, fragrance of purity anoints the aura and the atmosphere around you, resulting in the law of attraction in whatever you do.”

Looking at this picture, keep your intention pure always to receive the blessings of the universe.

Affirm: “I am a magnet of attraction. I receive easily and effortlessly.”

Sound: “Mehii yuummm,” or “I am open to receive.”



Frangipine

The fragrance of frangipine wafts around: “Look at me, my friend, and you will feel the energy surge within



you. My five petals represent joy, laughter, love, peace, and calmness. My friend, when your emotions are negative — sadness, depression, anger, or fear — will you feel energy? Will you be able to give your best in relationships, work, and family?

“Breathe in the energy of my five petals. It will transform the energy within and all around you.”

As you look at the picture, breathe out sadness, and breathe in joy. Breathe out hate, and breathe in love. Breathe out anger, and breathe in calmness. Breathe out chaos, and breathe in peace. Breathe out fear, and breathe in courage.

Affirm: “I am joy, I am peace, and I am love.”



Daisy

The pure, innocent daisy flower says, “Like you, my friend, I need to rest at night and shine in the day. I follow the universal law of rhythm. We all are governed by this law. Trust what life brings you. Resistance to it will create blocks in your life. Accepting the cycles of change

will create flow, and you will be in rhythm to create transformation.”

Affirm: “I am open to change and transformation.”

Sound: “Mahido mahavate,” or “I open.”



Photo by Victoria Ironina

Poppy Flower

The blood red poppy flower shares its wisdom: “I am the color of your blood, the life force flowing through you. I am also your grounding color. People’s perception of my uses are so very different. My friend, people perceive situations in their own way, creating a difference of opinion. This is what creates problems in the universe. Understanding others and their view from a higher perspective creates acceptance and peace and flow in situations and circumstances.”

Look at the picture. Observe the flower with your heart. Go right into its depth, and you will find clarity.

Affirm: “I am open to all situations and views. I perceive every situation as it is.”

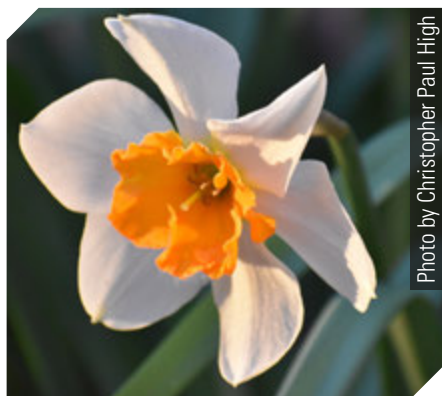


Photo by Christopher Paul High

Daffodils

“Poetic verses have been written

about me.” The awe-inspiring daffodil shares its wisdom. “My cup in the center is empty. Neither admiration nor prejudice of others affects me. Friend, be like me, don’t let others’ opinions, applause, flattery, criticism, or blame fill you. Be an empty vessel. Allow your wisdom to guide you. This will create endless fields of possibilities.”

Look at the picture: “Notice my openness. As you breathe in my essence, you will release and become an empty channel for grace to flow into.”

Affirm: “I am open, and I receive the divine grace to flow through me.”

Sound: “Salil omm,” or “I am open.”



Photo by Anuja Mary

Tulip

The graceful Tulip started to share its wisdom. “I am grace in my simplicity; that’s what I am. My friend, life is simple, but you make it complicated with your dramas and play all kinds of ego games to be noticed and to be appreciated. You never take responsibility for your actions. Drop all forms of pretense, and be in acceptance; then effortless ease will flow.”

Look at the picture. Notice how simple it is to just be. Accept each moment as it shows up.

Affirm: “I am grace in my simplicity.”

Sound: “Izadaaaa,” or “I am part of God.”

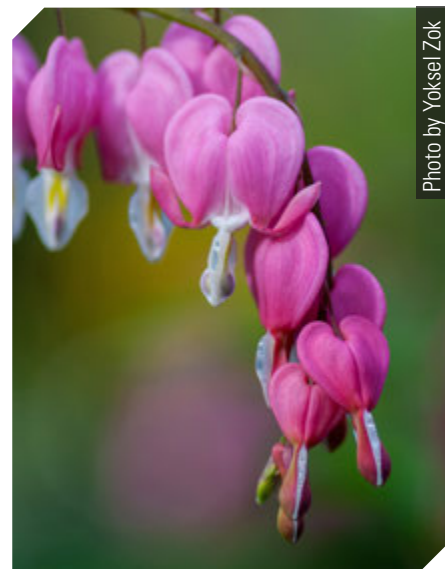


Photo by Yoksel Zok

Bleeding Heart

“As my name suggests, I am the shape of your heart. Your heart bleeds every time your relationships with others are not good. Relationships are like the ships in the ocean: Sometimes they ride with the waves and other times they are still. The emotions in your heart are like waves; there are spontaneous ups and downs. Being in awareness will open you to accept yourself and others.”

As you look at the picture, open into your heart, the center of your being. What do you see? What do you feel? Welcome all your feelings; acknowledge them. Surrendering to it will create magic within.

Affirm: “I am willing to open to my emotions. By acknowledging them, I acknowledge who I am.”

Sound: “Aaumm mei iii,” or “Balance emotions.”

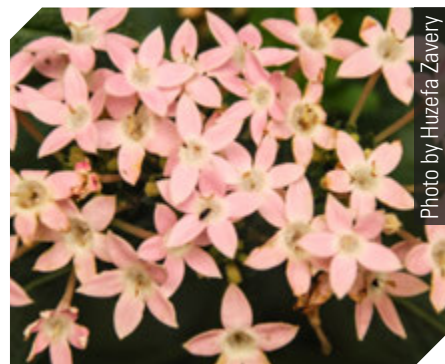


Photo by Huzefa Zavery

Egyptian Starcluster

These little flowers share their

wisdom: “We are a tiny bunch of pretty colored flowers; we are very close. You human beings could be like us, but you are missing unity and closeness. You have become selfish and egotistical. That is destroying our beautiful world. Look within, and center and ground yourself. Our Mother Earth will balance you.”

Look closely at the formation of the flower and breathe into it. Keep breathing, and imagine roots coming out of your toes and going into Mother Earth all the way down to the magnetic field. All the energies that are not yours are pulled into this field, cleansing and connecting and grounding you.

Affirm: “I release my stubbornness, and I release my egotistical patterns. I open in oneness with all beings.”

Sound: “Hum yo vah,” or “Oneness.”



Photo by Martin Wootman

Lotus

The magnificent lotus shares its wisdom: “I am known as the flower of the gods. I am also the flower consciousness in all your chakras. My birth takes place in muddy water every morning. When the Sun shines I radiate my beauty in all its glory. I resurrect myself every time the Sun shines its glory. You can do the same. You all require water, earth, sun, and air for your well-being. So

each time your chakras are blocked, clean them by nurturing and lifting yourself from negative emotions and thoughts, and you will shine like me — radiant and joyful — in all your beauty.”

To clear your chakras, look at the picture. Notice the flower in the pond, the roots rooted to the mud. Now imagine your legs are like the roots in the mud. The water clears all toxicity, and the sunlight energizes all the chakras. Take a deep breath in, one of pure, joyful air.

Affirm: “I resurrect myself. I am radiant.”

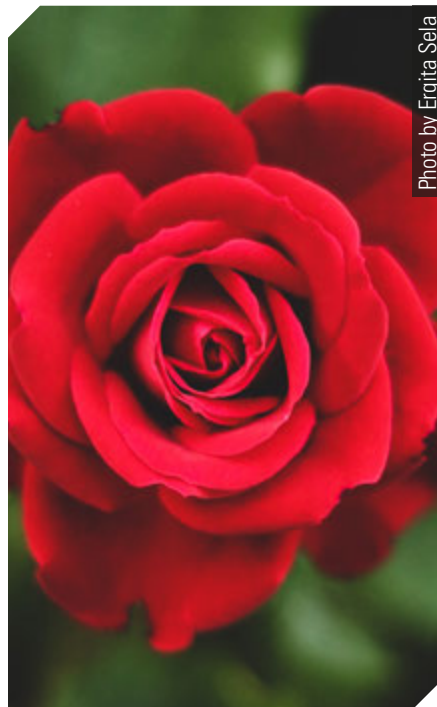


Photo by Ergita Sela

Rose

The rose shares its wisdom: “We come in various colors and sizes. We are not in competition with each other. We grow in joy, spreading our fragrance around the world. You who gift me to your friends and loved ones, do you give with unconditional love? Most of you are unaware of what a joy it is to give without condition, for when you give with that joy and love, your fragrance becomes eternal.”

Look at the rose closely. You will feel the expansion of love in your heart. As your heart continues to

open, you will feel love and acceptance of yourself. As you receive, give unconditionally.

Affirm: “I love and accept myself totally and completely.”

Say the affirmation, and then put rose petals in water and wash yourself.

Sound: “Vallolua,” or “Self-love.”



Photo by Huzefa Zavery

Hibiscus

This elegant flower shares its wisdom: “My friend, you have five senses, just like the five petals that I am composed of. If one petal is missing, I become imperfect. If any of your senses are blocked, you become imperfect and impaired. When life becomes difficult, open into your body. Your gut instinct never lies. Open into that, and you will find your self-worth.”

Look at the picture and breathe in the essence of its petals.

Affirm: “I am perfect the way I am. I am heathy, fit, and fine. I am worthy of myself.”

Sound: “Me yuulianon,” or “I am worthy.”

Fatema Zavery is a holistic healer who helps people connect with their true essence using a variety of techniques in which she holds certifications, such as EFT, NLP, Psych-K, TA, and several forms of energy healing. Fatema is passionate about healing work because she believes that it helps people shift physically and emotionally and even at the cellular level. For more information, visit her website, Our-MagicWithin.com; Facebook page, Our Magic Within; or Instagram, @our_magic_within. Sounds are courtesy of Irhaan Rae Chandran.