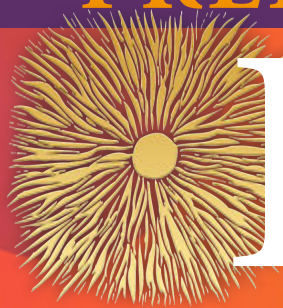


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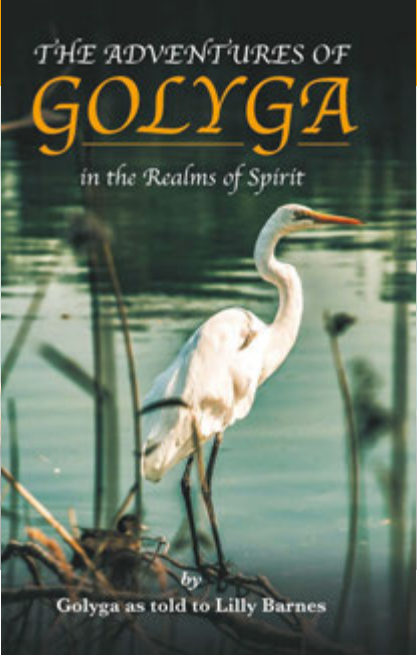
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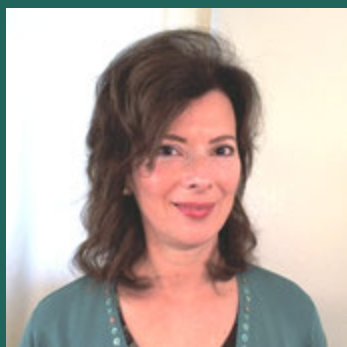
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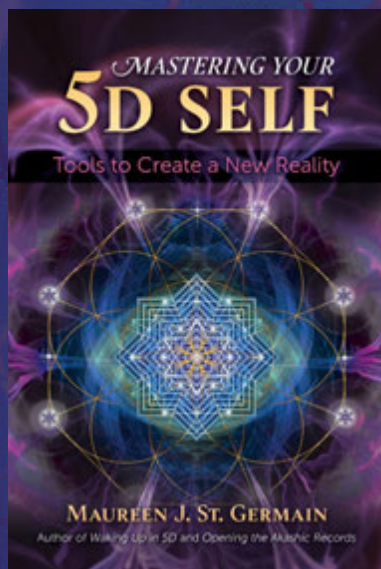
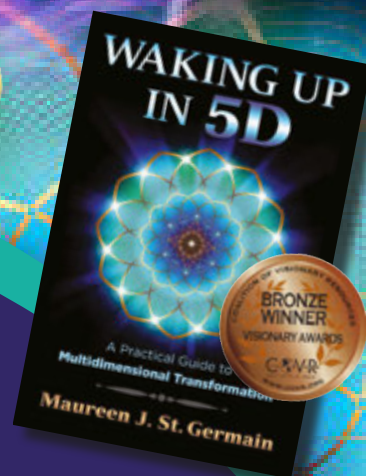
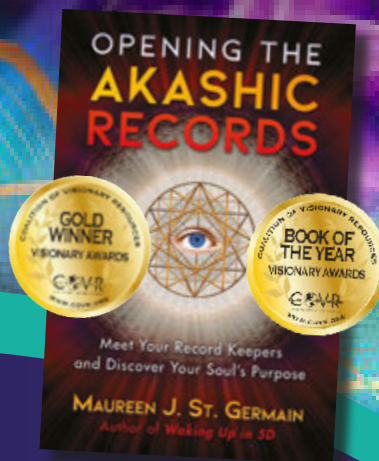
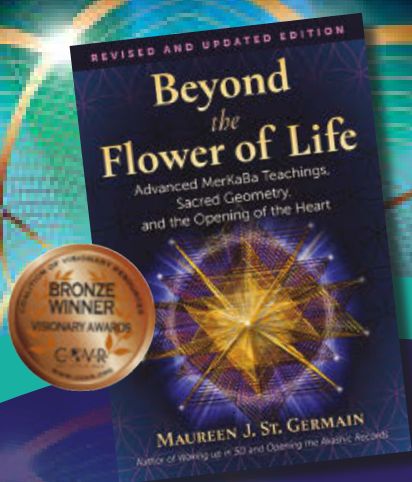
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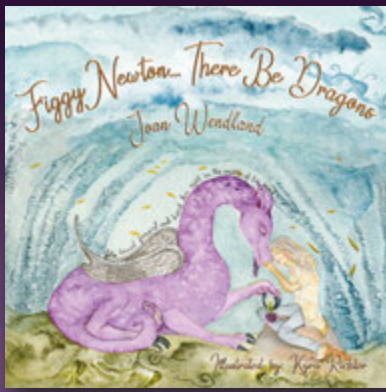
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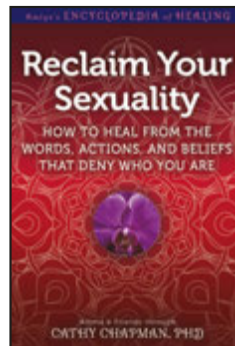
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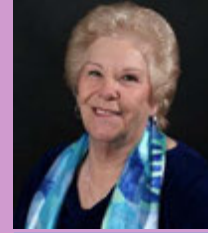
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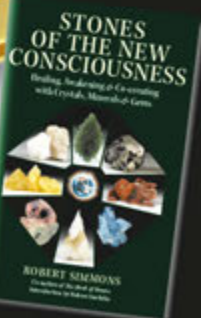
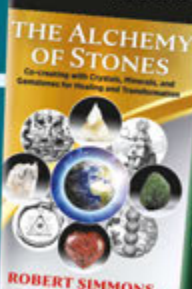
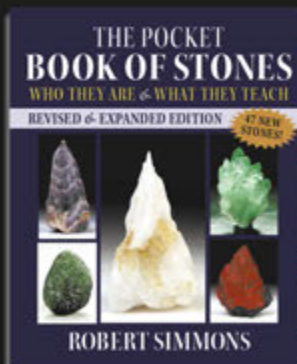
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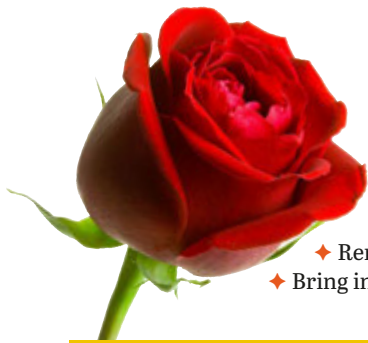
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from the Staff at Light Technology Publishing
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May all beings on Earth be insulated and protected from all harm, and may all those who wish to explore the expansion of their consciousnesses be helped by all the benevolent beings who can help them.

With great gratitude and appreciation, we dedicate this Predictions 2023 and Beyond issue to our channels and to the spirit beings who speak through them.

Month after month, these channels contribute their time, spiritual skills, and energy to bring the guidance and information we need to help us understand and use our increased levels of consciousness now as reality expands around us.

With their guidance, our deepening connections with our spirits, and our optimism and perseverance, we will survive and thrive as we create our paths through the difficulties and changes we face as we move through these challenging times.

We thank all of you print and digital subscribers and those of you who buy single issues for your loving support. We wish you a healthy, happy, and benevolent life.

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The Year to Release and Cleanse

Centre of A through Debbie A. Anderson

The year 2023 is a year of 7. It is about releasing and cleansing. You are learning to do this. We have always shared that it is about trust.

Revealing the truth requires your vibrational self to totally release and expose your light. You have to step beyond the layers of skin and stone and seek the place where the soul lets go to liberate and reveal itself.

Humans cannot be just bodies. You are all levels of consciousness interacting on different planes, on specific tiers of the ether. The storms that rise up from within will cleanse not only Mother Earth but each frequency of the soul self.

Monthly Insights into 2023

January: It's time to clear out your basement of human programming — the junk that you are still storing. It's time to let it wash away. The sands of time are ready to reverse, so be open and free to let them flow. Be the grains that blend with each other. It is time to wash back into the ocean of oneness — no more separation or division. You are part of that transformation. What you do and say matters most now.

February: Seize this time, for what you are seeking is not to be found where you are looking. You cannot find what is not lost. All that you seek is within you. It's always been there, but for many lifetimes, you looked outward through eyes that only see peripherally, not consciously. The eyes that perceive everything outside forget the power of the inward reflection in which a million mirrors reflect to and from your soul. The keeper of this sanctuary is you. The one who knows is you. Activate it and use this tool.

March: Your world has to go backward to go forward. Each time you hear words that don't resonate within you, release them. Let them go. Don't fight them; otherwise, you will be caught up in a whirlwind of nothingness. You will keep circling around Earth, not understanding. It is

time to listen and understand inside of you, not outside.

April: Release your tears. Cry for yourself and others, as the words of those who are still in power tear at your heart center. Be reminded that tears heal your soul and wash away the pain. This is not about retribution; that will come, but it will not happen on your earthly plane. The universal powers that put this into action will right it and bring the balance back within. Trust in yourself and spirit.

May: There are living souls who were placed in this incarnation to be the resonance of balancing the books. They will bring about the balance of the scales of karma and reset the universal planes. The time of stepping into ego or assuming a role with the frequency of power is no more. These spiritual auditors work as a gateway to assist and carry away the grief and sorrow of many lifetimes. This is their role — their sole purpose. The speed in which this occurs will be like a sword slashing through stone as if it were silk. There will be no jagged edges but just a smooth transition so that humanity can step into the creation of this new era.

June: This is a time to rest. You will have toppled much that was not in the frequency of love. This too will heal wounds that will leave scars to remind you of what you have come through. It is a time to be calm and connect more to your frequency — to yourself. Your outlook will be more transparent and reveal more. You will not want to scream; instead, you will sing and dance in joyous transformation. You will be like a fan that wafts and blows, drifting and floating in a sleep state and cooling the rage and anger within those who don't yet understand. It will be a time to sweep past those who are clogged up with hatred and revolution. You cannot heal them; they need to heal themselves.

July: You will feel your body transforming, changing.



The elements of your flesh will not be as they were. Metaphorically, the layers will be peeled from you, and you will be coated in a translucent covering, your soul transparent. This is so that you will see others and they will see you for who you really are spiritually. There will be no more cloaking or covering with lies and deceit. Your world will be naked — no more camouflage or levels that have in the past divided and conquered humanity. You will combine, be as one, and each develop and expand in a nurturing and peaceful way.

August: Your head will no longer be heavy from sorrow. Gone is the corruption. All that was stored there will be emptied out, and you will be free to connect and surmise as your soul essence rises in oneness. You will be like a seed that spreads, grows, and scatters among those around you. Each new seed that is propagated will grow and glow like a beam of light transmitting messages of love, peace, and joy. This month you will be nurtured and raise the vibration of others.

September: When a dam bursts, the water cannot be stopped. It is like a tsunami. You need to let it flow away from you; otherwise, everything close to you will be flooded and become damaged. Create a passageway, a channel, so that this discharge continues to the universal ocean of spirit. This is not for you to contend with alone; reach inward and upward to your ancestors who will assist you. They will lift you up and keep you above any destruction and devastation that will be revealed.

October: Even when you think you have come through and out the other side, there will be an element of you that keeps pulling yourself back to the old programming — back to old ways of indoctrination. You may need to recall and review recent happenings that have transpired, but now is not that time. It is a time to keep moving forward; what has happened is in the

past, and the past is not a place for you to sit and ponder. The more you stay focused on and in the moment, the easier this month will be for you. Be purposeful and determined, not reminiscent or puzzled.

November: We began this transmission reminding you that 2023 is the power of 7. It is not only the number of spirituality and connecting within to find the answers; it is the opportunity for each soul to create, make, or do anything because it is possible. It is always a time of transition, but the more you connect with the spiritual self, the less you will doubt your journey. Delve within and discover more knowledge and exponential growth.

December: As it started, so will it end. December is a time of further, ultimate evolution. When you leave one year, you will cross through the veil into another year, another dimension, neither here nor there. Yet as it began, so it will end. You know that the path is now cleared, and 2024 will bring new, exciting, unsullied, and brighter levels of consciousness.

The root of all is in your grasp of understanding. You need to hold it firm and defined in your heart. Don't strangle it with restrictions or expectations. To grow, you have to let go. It is time to cultivate and nurture so that you can harvest. It is a new era — an epoch to harness and be further heart centered. Be in harmony, for these are the key components for December and the coming year that will be revealed.

We are the Centre of A. Vibrational blessings to you all.

*"I see dead people." Yes, that is how **Debbie A. Anderson** introduces herself. For over thirty-five years, she has united people with loved ones who have crossed over. She raises the vibration and shares the positive using the oracle and affirmation decks she has published, teaching others how to shift their energy to tap into the self in a focused and balanced way. Sign up for Debbie's newsletter to receive a free I Am mantra meditation. For more information, visit Vibrational-Energy.com.*

Be the Facilitator of Your Spiritual Evolution

Telos through Kenton David Bell

During this time of the great shift, we want to speak to you about your cosmic/divine DNA. We want to share with you the multidimensionality of your DNA and how you can experience it in a direct, experiential way that allows you to become the facilitator of your spiritual evolution.

Did you know that your DNA, what we call your cosmic/divine DNA, is consciousness itself? It's the beginning

of the formatting of consciousness that streams and cascades through the dimensional energies into the greater density where your physical form exists. It begins in a very refined state up and beyond the point of individuation. It has a relationship with the *dantian* line, the point of individuation above your head. It takes on particular qualities and becomes



somewhat the precursor to your personality and the kaleidoscope of your ego's views.

We're going to build on exercises we've given you before. How does your DNA look in the third dimension? How does your DNA appear when you look at it from a fourth-dimensional perspective and interface with it? How does your DNA look and how do you experience it when you're in a fifth-dimensional space? Yes, your DNA is the same through all these levels, for the most part, but it depends on how the light refracts through your template at a given moment. Whether you're in a third, fourth, or fifth level determines what you see and what you think.

Explore Your Cosmic DNA

We begin the exercise in the fourth-dimensional, essential-astral heart space. As you close your eyes, drop your point of attention from behind your eyes to your heart space. Your heart space is the astral fourth-dimensional space with access to many other realms. It has a very strong creative element. This is where you can create "this" or "that" and where you can expand ideas and create mock ups for manifestations that you are looking to experience in this lifetime. This is your heart's laboratory. It's where you're going to research DNA and consciousness.

As you drop into your heart, see yourself in a space that feels good to you. Create it however it wants to be created. It could be a place in nature, a living room, a laboratory, or a research center. It could be the cosmos with you and your DNA floating in space. However it "chooses" to be created today, let it be what it wants to be. Let it show you.

Hold the model of your cosmic DNA in your mind's eye in your heart space. Your mind is open to receiving. An exchange of energy begins to take place between your DNA and you, the human observer, as if data is transferring back and forth. There really is no separation between your DNA and your true consciousness. Notice how the DNA presents itself; trust whatever comes through. It might resemble the computer-generated double helix we see in the world of CGI [computer-generated imagery] (which is not necessarily representative of the cosmic DNA, as DNA in each dimensional energy shows up differently).

Love the DNA. Love your consciousness. You could say that this love primes the pump; it helps to clear the DNA and allows the DNA to show up and light up however it wants. We're looking at the fourth-dimensional expression of your DNA at this time. Trust the colors, the shape. Allow yourself, without judgement, to be in the space of this moment.

As you observe it, call on your higher self, the energy of your soul's wisdom. Call on your connection to your source, your connection to the new energies and frequencies coming to the planet that interface and interact

with your cosmic/spiritual DNA, and allow it to light up. Intend that it light up and point to the attribute that is most important for you today.

What might the fourth-dimensional space in the DNA be? It is unconditional love and acceptance. In your DNA, you have the ability to be and have the experience of unconditional love. Is this love for others? Not necessarily; it's for you. Unconditional love toward others and toward all things outside you is to help set you free.

Much imprinting takes place in this level of beingness in the fourth dimension. The astral realm is where all the wars, conflicts, confusions, struggles, and battles experienced through many lifetimes have taken place and are still taking place. Think about this: All strife is born out of the misunderstanding or misinterpretation of the fourth-dimensional aspect of who you are, which is also in your DNA.

So as you look at the DNA, ask, "Where is this part of me that misunderstands fourth-dimensional attributes?" The key to healing the fourth-dimensional self, the Inner heart space, is unconditional love toward all others. It is the complete acceptance of what is. This is a must for every person on the planet to master.

Spend Time in Communion with Your DNA

In three years, you will head toward a critical mass where this begins to break through more. In another seven to thirteen years, you will see significant shifts where war becomes something of the past. You will see that division gets you nowhere and that working together is the way to go. Being in the collective and yet individuated, you will begin to understand that humanity must master this period to bring about the next level of evolution.

As you look at the DNA and notice whatever you're noticing, you might ask your source to help you become clearer and see a little better what's going on. What is your response to what you're seeing in your DNA? Think of it as an automatic feedback loop: What you think into your DNA and what your DNA gives back is instantaneous feedback. Does it feel like freedom? Does it feel like expansion?

Please, dear human, spend time here in this space of union and communion with your cosmic DNA. You have a self-fulfilling destiny to discover within these inner walls the galactic-human experience.

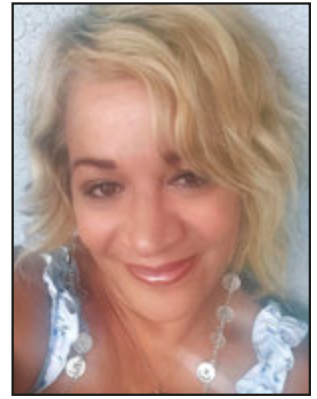


Using this QR code will lead you to recorded meditations.

Kenton David Bell is a sacred transformational coach whose passion is to empower you to be the conscious creator of your life. Using the Bell Technique, developed from almost two decades of working with others, Kenton will guide you gently yet powerfully to the remembrance of who you truly are: an expression of pure Source Energy. Contact him at kenton@kentondavidbell.com and learn more at KentonDavidBell.com.

The Realities, Here and Beyond

Sophia and the Council of Nine through Blanca Beyar



As you continue to embark on this incredible journey of self-realization, those of you in the collective who have taken steps toward higher ascension are in for a wonderful joy ride. The unprecedented streams and influx of quantum energies have facilitated the acceleration of the new human to proceed to the fifth dimension and beyond. At this juncture, realities become clearer and better defined as the new consciousness begins to evolve and operate in the new paradigm of intention, manifestation, and purpose.

The new paradigm is a vibrational field that extends to quantum and physical dynamics of existence. This means that as you propel in your awakening, new realities will surface within the fields for you to explore and with which you can coexist. The fruition of what you experience in your current and new realities will happen according to your plane of existence. No matter what might unfold in lower paradigm realities, as an awakened, sentient being, you will be able to engage and participate in new realities and continue your growth and evolution with minimal distractions from lower external realms.

The high quantum energies that continue to stream through the Sun and from solar flare activity are clearly visible through the Schumann resonance as awakened ones experience the activation of DNA and the calibration of new luminous bodies. The five senses are being raised to new levels of awareness. As such, awakened ones will continue to experience high sensitivity in the ears, taste buds, eyes, and layers of the skin.

As the new quantum energies intensify in your structure, you will begin to experience a higher resonance to nature — to animals and everything else in your new reality. Your emotional awareness will also be upgraded, and you will have a new sense of unification as you experience love vibration in the heart center. The steppingstones toward realizing and experiencing a new paradigm is surely within your grasp.

Not everyone will be vibrating and awakening at the same “time” within the realities, so great discernment and compassion will be required to honor the continued unfolding of souls who have yet to reach higher levels of conscious awareness. Observing will be of fundamental importance as activities and situations in the lower realities inevitably continue to unfold to bring about awareness and a collective shift toward higher realities and experiences.

The call of the hour is to forge ahead in your evolution and growth without allowing external interference to take place through fearful or worrisome thoughts and feelings. As you continue to uphold and assimilate higher quantum fields, your ability to discern and monitor your thoughts and emotions are extremely important for your ascension.

2023 and Beyond

As 2023 commences, there will be immense advocacy to promote unification and joy in the realms of the new-paradigm realities. The sliding scale of lower-vibrational news and media will be replaced by a strong movement to invite and usher in seekers to the new-paradigm field. The continued presence of lightworkers, mentors, gurus, and healers will positively influence seekers to complete their healing processes on higher scales to qualify themselves into the new-paradigm structure.

News of extraterrestrial existence in your plane of existence will become more widely accepted as new sentient beings from other dimensions begin to enter the fifth-dimension realm and beyond. There is no need to fear, as the arrival of higher beings will be welcomed when the collective reaches beyond the fifth dimension. It will be a great time when a mergence takes place that helps facilitate new technologies and learning from highly evolved beings into the new-paradigm collective. The awakened humanity will lift off to new levels of understanding, transformation, and unity that will amplify the arrival of the New World and beyond.

You are indeed preparing for a wonderful joy ride of new experiences, and we celebrate you as you continue to create new paradigm shifts of consciousness and awareness. The new realities will be the primary focus of your new evolution, and the embarking of the new celestial being will emerge in the spheres of the new human.

Practice, Practice, Practice

More than ever, your ability to raise your consciousness and vibration are of vital significance. Stay fully connected to the cosmic force and with Mother Earth. Plant your feet firmly in the soil of her womb, and continue

to receive the nourishment from nature, contemplative meditation, and the guidance and direction of the elders of ancient times. Learn to monitor your thoughts, and express gratitude and reverence for every moment and experience you have in the now moment. Temper your lower ego, and refrain from entering lower realms of behavior and attitudes that blur your ability to flourish and evolve from the highest state of the heart center.

You are supported, celebrated, and blessed as you

continue in your amazing and triumphant journey into the awakening of your creative, divine self.

Blanca Beyar has offered guidance and mentoring through her private practice and as a shamanic elder teacher for over twenty years. She also offers insightful guidance via her YouTube channel [YouTube.com/channel/UCkAzKrC2wjBIY_IUgeHozZw](https://www.youtube.com/channel/UCkAzKrC2wjBIY_IUgeHozZw) and is the founder of the online school the Universal Portal of Ascension. Blanca's nineteenth book was published in October 2021. She believes The New Atlantis and the Sophia Codex is a timely scribe for this time. To learn more about Blanca's mission and work, visit [BlancaBeyar.com](https://www.BlancaBeyar.com).

You Are on the Brink of Your Greatest Service Work

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

Shockara Starbeings: Beloved Earth beings, through hard work and great effort, your cosmic scientists have brought you to the incredible place of creating technology that can travel through space and expand your consciousnesses and literally your sight of the universe. Now you can see the magnificent scope, layers, and details of the whole cosmos in vivid color that both embraces you as well as exists within you.

You have been drawn to this sacred and scientific universal journey all your lives, as you are literally made of this stardust and its various elements. In your holy temple and physical DNA blueprint is the very foundation of the universe and its cosmic birth through the Big Bang.

Because you remember this in your very being and physical body, you have been riveted naturally by the historic and ongoing discovery and exploration of the cosmos and Milky Way. Now that people are preparing to travel regularly into space and colonize Mars and other viable places, you are ecstatic and open to all the possibilities.

This is because you resonate with all that you have learned with Spirit about your positive alien aspects and resonances that have characterized your unique, special inquiry and journey to yourselves and your origin in the cosmos. Yes, you are beginning to remember who and what you are as holy children and also as alien beings.

In the night sky, there are certain stars, planets, and constellations that have always spoken to you clearly, but you did not know exactly what they were saying. Now you will be able to access this secret code and the information that was encoded in you long ago and comes from your original birth.



As you sojourn and stay in places that call to you, checking out their frequencies, bit by bit you will decipher and discover what is most important for you to know now in your sacred quest. It is remarkable how you have disciplined and attuned yourselves to a holy relationship with the Divine and the cosmos so that you can touch your deepest reality and understanding.

By constantly working in relationship with the full scope of the cosmos while being open to all the grand possibilities, you will achieve your long-sighted goal. Earnestly traveling through the multidimensions and using your Merkabah, you have learned incredibly well that there are many beings and entities working and moving through the layers and aspects of the universe.

You will learn how your parents navigated through their lives and families and understand what they were going through and how you came about through your soul energy and chose your family. All the negative and positive of what you experienced has built you in such a way that the blessings of the arduous sacred journey can come through to support and serve you.

As you continue to explore and navigate your inner and outer cosmos, you will know how they are totally interrelated and interconnected in your lives. You will blossom and grow in the most ardent and beautiful ways.

You Are an Instrument of Light

Mother of Light: Beloved children of light, as you prepare to continue to work as instruments of the light, you will discover and unfold your evolving gifts, blessings, and revelations. Do not be surprised by the unexpected understandings, clarity, and wisdom that will

come forth exactly as you need to know them in your ongoing and expanding work.

You have grown in understanding completely in your total surrender to the Divine energy and are being provided with greater insights and knowledge that allow you to navigate the larger scope of things. As you serve others as an instrument, you can see how you are learning and growing in your service with incredible leaps.

I am present with you at this particular time in your sacred journey so that you can substantially increase your intuitive and metaphysical attunement as you connect deeper with the ancient spiritual beings and positive alien beings. They will help you to navigate your way safely and expeditiously within their loving embrace.

You have particular healing energies that will guide you in special ways so that you can move freely and graciously, utilizing the spiritual resources you need. You have access to the multidimensions, astral pathways, and akashic records to use your Merkabah for service.

There is a deep part of your holiness that you carry in a very special and beautiful way, and it is your blessing and gift alone. This has been given to you so that you can move into proclaiming and serving in an exceptional aspect that will move you right into your full potential and exquisite career as an instrument of light.

You prepared for this for many years. Now you can move all that you have learned through your apprenticeship with Spirit into the specific and precise work that you carry in your soul for this purpose. Others will be drawn to you because they feel that you have suffered a particular wound that resonates with them, and you can help them.

It may surprise you how they find you, but they will. Know that they are being sent to you through unconditional love and light. I stand by you as you grow in this innate understanding. I provide you encouragement and sustenance as you make your way.

I am extremely proud of your dedication, discipline, and accomplishments in learning your gifts, tools, and blessings, so I stand with you on the brink of your greatest service work to date. You can trust yourselves completely with the Divine guiding you in total trust within your relationship and sacred contract.

Additionally, I admire your fortitude and devotion to be of service, fully committed to the highest good of those whom you are called to serve. Keep shining brilliantly with the light and love that you share with others on their sacred journeys.

It's Your Time to Shine and Hold Space for Others

Grandfather Shaman of Mesa Verde: Beloved children of the Creator, you are moving into sacred being and living now as you grow more connected and devoted to the ancestors, elders, and Creator. As the harvest finishes and the cold pushes into the windy autumn, you prepare for the ancient tradition of carrying on the storytelling.

Already you can feel the nip of Jack Frost and the icy edges of turbulent autumn rain and windstorms gathering and tossing around you. Your antennae are up as you perceive the multidimensional changes occurring on Mother Earth and within the cosmic realm.

All eyes are focused now on the dream time and what your native ancestors have given you of their spiritual knowledge and life journeys. You can feel them coming to you and being present as you celebrate them this season and sacred time of the year. They, in kind, will bring you what you need for deep spiritual and emotional nourishment as you bless, remember, and honor them.

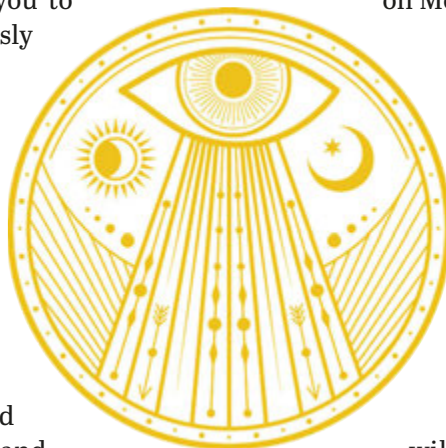
In your dreams and envisioning, you will consider what their challenges were and how they have met them through the Creator. In turn, you will understand how to proceed in your initiations and vision quests from what they share with you.

The ancestors and elders prepare you now in this season of love and light to be able to move into deeper sacred knowing and living by the virtues and truth of life. You will be prepared and called in increasingly new and powerful ways to help others come into their gifts and wisdom.

Do not be surprised by what is given to you in profound love and care. You must help others who are in dire need of transforming and healing their lives in exceptional and magnificent ways. As you reach out to them through the darkness of their lives, you will offer them the hope and promise of life with the Creator.

You have been extensively trained in carrying and conveying unconditional love and light for years so that you can now accommodate those who are in such emergency need for their very lives. You can be confident and assured that you can empty to the Creator and allow the vitality and scope of the full creation to come through you as a conduit.

You have all that you need in being prepared for this. Now you must totally trust and surrender to the entire process of your unfolding spiritual lives and service in ways that you cannot even imagine. It may appear to you



as if you are not even doing anything remotely as an instrument, but know that the healing comes through you in all your efforts even in powerful yet subtle medicine.

It is your time to shine as a sacred child and hold space for others who come to you in need for the Creator. You will know what to do entirely as you connect with the divine creation. You have opened your true mind to all the possibilities and opportunities available. Be true to yourselves and your highest good for all.

You Will Receive Profound Healing as You Serve Others

Mahatma Gandhi: Beloved children of God, you are the unfolding miracle needed so boldly and courageously in the world now. Together, united in your determination and vision of peace, justice, and equality for all, you embody the electrifying, transformational movement toward unconditional love and light on Earth.

There is a great movement intensifying to make sure that all people around the world are treated everywhere with respect, honor, and care. What happens to each of you matters and affects all of you. No one is isolated and alone. No one can suffer and be allowed to live in that suffering.

You are all strong and sensitive sentient beings. You can attune deeply and intuitively into the moment of what is happening for one another. In that magnificent empathy, you are called as a holy child to help anyone around you who is in need.

Once you tune in to the specific situation and its ramifications, you will know exactly how to proceed in the most loving and sincere way to help alleviate the pain and allow the healing to come in to repair and transform. As a humble instrument of God, you totally surrender to your highest good for the highest good of those whom you serve.

You have dedicated your lives to excellent service and commitment to the greatest good and well-being for others. When you do this, you open the door to the

healing energy of God to come through you to effect the most beautiful and abundant change. Now you are ready for this new life and work.

Remember how important it is to continuously recharge your battery as you need for your most optimal well-being. When you need to withdraw quietly to a sanctuary space, please do this for yourselves. It will make all the difference as you give yourselves the greatest care and lift while you care for and lift those you serve.

As you do your best work for others, you will understand that you too are being well cared for and going through beautiful and profound healing. Watch how your sincere and loving care for others materializes and multiplies exponentially for all involved, reaching out to support everyone.

It is as though God is present and working with and through each of you as you bring your exceptional caring gifts and blessings to the table for those in need. A part of you can stand back and watch how the awesome healing energy works through you and accomplishes the task.

The beautiful exchange of this dynamic, life-giving, and loving energy that moves through you and comes to you through others will help all involved in this life-saving and life-enhancing moment. The people you help are also so very grateful that they truly work with you to bring forth their greatest healing.

The more you engage in such loving acts of kindness and care, the more you will naturally receive the blessings and benefits of this work with your clients. Your engagement with each other in the loving energy of God will perfectly bring forth all that each of you needs in that healing moment.

*For thirty-four years, **Blue Turtle** has served the metaphysical community as an intuitive, spiritual teacher, and intuitive counselor. He comes from an intuitive maternal Serbian-Croatian lineage, and his paternal DNA line is Ashkenazi-Levite, who cared for the female presence of God. Blue Turtle teaches Intuitive Tarot and Intuitive Self classes and continues his Mystery School of Emerging Eternity. He does ritual clearing work for those who are ready to heal their family curses in their lives. Blue Turtle can be reached at 215-256-8481 or mbarnett@tradenet.net.*

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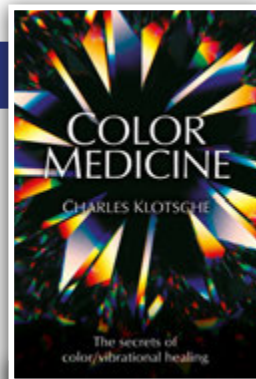
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Let This Be a Year of Celebration

The Makers of Dreams through **Thelma Bodnar**



Spirits soar nonstop this time of year, for it is in this season of light that most of the populace take stock of their lives and try to bring love and peace to each other. We don't understand why this only goes into a full-on explosion of good deeds and goodwill to all humans at this time. Yes, we understand you celebrate the holidays in your individual ways, but shouldn't that holiday wish for goodness be wrapped up and gifted year round?

Let's take this season to share the outcome of your shining spirit and all that you are about to accomplish in a short period of time. The essence of these actions will command nuances that last all year. We're not making promises of world peace here, but rest assured that changes are coming that will enhance your everyday life into an expansive and well-deserved rest.

What does this mean for you? It means that the downloads you received this year alone will propel you into a somewhat mystical bubble. A bubble? Yes, within this spiritual bubble, you will be able to contemplate what new thinking, being, and doing will mean for your existence in 2023. Acknowledging that change is definitely on you. You are now able to ascertain certain powers you weren't aware of.

There Will Be Healing Discoveries

You have the power to heal your body, for you are more aware of what causes your issues. You will be guided to new people, structures, and stories from others that will click with you and your intuition (which we may or may not be guiding) and lead to some self-discoveries that will in turn elevate your healing prowess. You may use these acquisitions to heal yourself or others or both. A few words on a page, a phrase in a workshop, or a billboard can all be cognitive signs for your rehabilitation. Easy changes to your diet can bring about miraculous cures, and substances and natural products may open up a whole new world for you.

There are going to be astounding scientific discoveries in the field of health. Combined compounds will be shown to create healings thought impossible in the past. Your physicians will begin to take notice of natural supplements as a way to manage illness and rethink prescriptions as being the cure. They will realize that

prescriptions treat the symptoms and not the underlying causes of dis-ease and that it is important to heal the underlying causes. Great strides will be made in understanding the connection between the mental and the physical. Harboring anger, stress, demoralization, intolerance, and frustrations toward yourself and others conjures up dis-ease in the body. You've heard this before, but now there will be avenues for healing that were unheard of in the past.

Your Choices Can Delay or Accelerate Your Momentum

The Illuminati has had a stronghold on the world for eons. Slowly but surely, your love and light has begun to diminish their stranglehold on the world stage. The stronger the light you send out, the less darkness can pervade your spaces. They are grasping at each little scrap of darkness they can hold on to. They will go into the night but not silently. They will try for one last hurrah before they disappear. Of course, there will always be others who will try to rise up and take on this vacated darkness, so it's up to you to send light unceasingly into the dark so that there is no place to hide anymore.

What is real and what is fake? This is becoming harder and harder to determine. The efforts of imposters are now being thwarted. You have had enough of deceit, and now you will take action to eliminate those who would take precious time, monies, ideas, and well-being away from you. You are now seeing with greater clarity the slight nuances that allow you to recognize the charlatans invading your space. You are being given all that is necessary to draw out the evildoers and bring them into the light.

Not all that you see is real. Not all is as it seems to be. There is so much that will go on behind the scenes. Guidance, intuition, clarity, and forewarnings are all pressed on your heart so that you will know the right steps to take. Spirit guides and masters of the universe work on your behalf as well. The real and unreal cross back and forth over each other in a never-ending, complex pattern. Some of these patterns you travel over and over again. Some look scary to you, so you pull away,

but coming soon, there will be an instance of clarity in a precise moment that will see you step forward on foreign patterns.

Your destination remains the same, but your paths can vary minute by minute. Your choices can delay or accelerate your momentum. Each step takes you closer. Some paths have more scenery, fun, and distractions. Some paths are straight and narrow with no vision or discoveries, but no matter the path, you make the decisions. You choose how long you'll stay and how fast you'll move on.

Receive the Good

This coming year will be an accelerated year on many levels. You will be affected by change, circumstance, shades of light and dark, and soft and deep colors. Always there will be love to embrace, carry, and hold you softly and gently, for your new expansion into places unknown is coming. You will discover heart spaces and powers of discernment, and in all ways and at all times, the enduring love of Spirit, the Creator, the Divine, will be available.

The Collective Dream

The Pleiadians through Sylvia Bucek

You are in the world but not of it, awaking from a collective dream. The waking self is conscious of a glorious new dawn. It is pure joy; it is heaven. Blink, and you are back in your everyday reality, having forgotten that you are awake, but the pure joy you momentarily experienced never leaves you; it remains anchored in your heart.

Each time you open to it, the picture of your waking reality comes to mind. Thus, you can easily picture the dawning of a wondrous, new kind of Earth, the imprint of which is burned into your memory. You can bring the image of it into your consciousness at will. It triggers the memory of a blessed time when the love that people felt for one another and the living planet was heaven on Earth. It might be unclear, at first, if you are remembering back to a lost paradise or if you are remembering ahead to the promised land.

Between then and now is a mental landscape that, in the end, fades away like a dream, whereas the waking self recalls the universal story playing since time immemorial. It stars you in your down-to-earth role. It tells about finding your feet on the living planet and reconnecting to the undying love between the soul of Gaia and immortal humans. This is life at its storytelling best

You will always choose, experience, and hold on to all you hold dear and still remain the soul existence you have always been. You have come here to experience a vast array of colors in your day-to-day life, relationships, work, and heart. Life isn't meant to be hard. It's meant to be full of happiness, joy, peace, contentment, and love.

You have it all already, but you haven't allowed all your good to be manifested and received. Let this 2023 be a year of celebration, ease, growth, and an end to the hardness so that you can relish the good that comes to your soul each new day. We gather it all for you as we seek to inspire and guide you.

We are the Makers of Dreams. Let us instill pure love and light into your being for the journey of a lifetime. So be it. So it is.

Thelma Bodnar became interested in metaphysics in 2009 after the death of her husband. She found the answers to many life questions and life dilemmas through her studies by letting go of past beliefs and forming new ones. Thelma began channeling Spirit and found herself communicating with those who had passed. Thelma is a Healing Touch practitioner and Reiki healer. You can reach her at thelmabodnar@gmail.com.



in a dance of love and light.

Every nanosecond, you awaken to your role, and every nanosecond, your character forgets the star behind its role. It's as though you split your consciousness in two and are both present and absent within the human drama, waiting for the end that has already completed. The beginning and end unite in oneness as effortlessly as breathing in and out. As you fall into rhythm with the living planet and allow your biological self to interface with an infinite energetic universe, you receive your part in the big picture in perfect coordination to your role. It is so much bigger than the human drama, but the only way to move through it while still in physicality is by bringing your body into alignment with your lightbeing. You align your lightbeing with solar energy toward the natural ebb and flow.

Shift Your Attention to Nature

Your body and planet are designed to regenerate. Listen to your body. Feel into it. Spend time in nature. Nature will guide you to a holistic way of being. The sacred energy that grows the trees and the flowers runs

the human creation if you allow it. By shifting your energetic attention from the atomistic system's way of thinking, you connect to the biological realm where you are free to expand into your full sentient space. The nature you live in is your connection to the Divine, and when you open to it, you recognize the regenerative nature of life. It is continually rebirthing. You are dying to yourself and rebirthing every second, synchronous to coming full circle back to your motherland that you have loved from the start.

The space between then and now spans eons of history, to the end of time and beyond the end of time to a new beginning in the continuum. The story it tells is as vast and diverse as all the storytellers who have ever made an appearance in the theater of life that is designed to bridge the gap between humans and the natural world.

At the present time, the soul collective has bridged the gap, and you are witness to the joyous reunion between the natural human and his/her beloved planet. Allow yourself to feel into the pure joy. It's as though the Sun rises deep within, filling your being with light and awaking you from a deep sleep. You experience other moments when you forget that you are awake. Those moments belong to a retrograde vibe that can pull you into an unnatural reality, as if it's an imaginary world in which the Moon and Sun are confused about whose turn it is to shine. Thankfully, that cannot truly happen.

Reviewing the character's journey through life, having embraced the true self behind your role, the big picture is so much bigger than the dead-ended matrix that infiltrated the human story. The waking self is always free to override it.

Experience a Glorious New Dawn

You are doing all this in the midst of worldwide suffering and global upheaval, in a growing movement of lionhearted, angelic humans helping to anchor the love beneath your feet. The stage is being set for the imminent grand awakening that is actually happening one frame of mind at a time. Every nanosecond, you choose between a slow death and constant rebirth. With every breath, you are free to withdraw the energetic consciousness from the dead-ended scenario and reconnect to a worldview that sees you replay the scenes that would otherwise keep you from living in freedom.

Consider the replay that sees you navigating through our dream time. The scene feels half real and half illusory, and there is a supernatural quality that is somehow infused into the landscape. It's as if the natural order of things has taken a supernatural turn, and every form of life has joined forces with the universe to create your starlit path that opens to a glorious new dawn.

Just by fixing your attention on it, your usual reality shifts to the magical where magnificent surprises are the order of the day. Directly ahead appears a shimmering sheet of light, a living picture starring your soul in its down-to-earth role. The picture ends as you emerge in your earthly form and begin again and again, all the time bringing your body into alignment with your lightbody while going through all the emotional overlay.

Sylvia Bucek's innate clairvoyance is a natural-born gift. Since childhood, she has felt a passionate connection to nature and metaphysics. In 1972 a riding accident resulted in a near-death event that recalled her Pleiadian origin and led to her life's work. Sylvia is honored to share insights about the power within us all. To learn more, visit Sylvia's website, FlightManual.net, or write to her at sylvia@flightmanual.net.

The Love Connection — A Concept for Your Future

Kryon through Lee Carroll

8 June 2022, Live Channeling

Greetings, dear ones, I am Kryon of Magnetic Service. I wish to discuss something called the love connection. In the process, I'm going to cover something that seems like older information, but it is very current. More than current, it will be the way of the future.

I could tell you many things about that which you call love, but none of those discussions would carry the impact, the strength, the enormity, or the splendor of

what it truly is. You might feel that this is something I have said before, and indeed, it is. In fact, we are revisiting many things we want you to know and understand in a fresh manner, especially due to what is happening in the world right now: An energy is developing that will allow you to understand some things much better and awaken to a grander truth.

You see, I want you to understand what this love



connection really is, since it is not what you understand it to be from your past. This really is a conversation about your future. Much is changing. In the past, I told you that there are several things that pass almost untouched between the other side of the veil and the side you're on as you read this. We've told you about some of them: joy, laughter, compassion, and love. But the greatest of these is love.

As a Human, you can have wonderful compassion, and you can have kindness and a joyful attitude. But one item is beginning to awaken the planet — a new kind of love connection. In this love connection, we are speaking about a different kind of love, perhaps, than some of you are thinking about. Love, as understood by the Human Being, is wonderful, and it is often expressed very sincerely between you. You express it for your children, and you express it for the animals in your lives. You express it, perhaps, even for the planet. However, the kind of love that has no greater size or influence is the love of God, the Creative Source.

In addition, there is a related phrase that goes hand-in-hand with this “greatest” one. Unfortunately, it is often totally and completely misunderstood. It's the love of self, and it's the one I want to talk about. It's also the one that is programmed within you from birth and will start changing in this new energy.

The Love of Self

Do you remember a spiritual phrase that says you were made in the image of God? Perhaps you heard it from someone or read it in your scriptures. “Made in His image” is often the phrase. This is a very poor set of words that tries to represent the truth of the energy you come from — a divine energy. However, it's not believable to a linear Human. After all, an image is a photo or something that you can see. So as you even say these words, can you tell that perhaps it means something else? None of you look like God. Or do you?

The “image” is not a literal meaning, of course. This phrase is correct — very correct — but the “image of God” is the reflection of the magnificence of all that is and the attributes of the most incredible energy of all. It is the “image of the love of God” that you were created in, the love of the Creative Source in *you*. This means that as you read this channeling, you are being told that God is so much a part of you that the Creator's love is reflected within you.

You might say, “Okay, Kryon. I get it. My soul is great, and esoterically, I suppose, the love of God is within it. But my Humanism is not. I'm here on Earth, and I'm not feeling that at all.”

Dear one, perhaps it's time to change everything you were ever told about yourself from any source. Why do you feel separated from God in any way? The answer is

that this majesty of your divine lineage was taught out of you. A very old Earth history with very old energy has shaped your entire belief about who you are. How can you love yourself when you have been told you are unworthy?

Most of you were born in an energy that was devoid of many basic, beautiful truths. Were you ever told that you were born magnificent? Most of you received the opposite, and beautiful divine love was not part of your upbringing. Or perhaps you saw some love, but you never experienced it as it was designed to be experienced. You never saw it in the way God sees you, and you were never told that you have it profoundly within your cells. So many parents gave their children love in their own way, but it had to do with humanism and survival; it was not a reflection of the true love of God.

The very spiritual leaders who were responsible for giving you this great information instead told you that you were unworthy. How did that make you feel? Were you ever told that you could commune with God as if God were a family member? Were you ever told that the Creator of the universe walks with you and knows your name? Probably not.

If you had been told this and shown this, it would have given you a 24/7 presence you feel and know that takes all fear away. You would feel a true love of self, just as you might love God.

Without fear, everything is possible. More than that, there is great and mature understanding of who you are and what is happening in your world. There is peace for you, and you can relax, no matter what is happening around you. This is the love agreement we want to rekindle within you and revisit. If you are an old soul, it's right there in your akash to remember, since there was a time when this was taught on Earth a very long time ago.

The Fear Machine

A “fear machine” is present in almost everything you have been taught about yourself and even right now on what you are being told about your life on Earth. It's not a conspiratorial machine; it's an old, uninformed, and unaware machine that revolves around financial targets and control.

Of all the things that can disable an empowered Human, fear of any kind will do it first. Are you fearful right now of anything? The answer for most Humans is yes. It goes back to your upbringing and all that you count on as being accurate, true, and authoritative.

What are you being told about disease? What are you being told about your economy? Did you get the information about a God who watches you and will punish you later because you didn't do something on a list? What are you being told about the future of your planet? Were you told that you were in charge of any of it or that you might be able to change it, or were you told that you are

a victim and doomed? More than that, did anyone tell you that you were born to change it and that the future of the planet is waiting and ready for you, old soul? Did anyone tell you that you could love yourself? Did they explain that it represents balance and it's a sign of how much you love those around you?

If you're fearful, then you're concerned. Perhaps it's borderline fear, but you're still concerned. You're concerned about each other or for your children, your parents, your mates, or the rest of the world. Are you? Well, that is a form of fear.

"Wait a minute, Kryon, there's a difference between being concerned and being fearful." Not to your body, dear ones. The same ugly chemistry is involved, and that chemistry negates love. That chemistry keeps you from sleeping or relaxing during the day. That chemistry shortens your life. People can read concern on your face.

What about those who say, "Well, I'm concerned enough to love those around me." This is all semantics. Humans love the three-dimensional linear discussions of the intellectual meanings of words and will pick apart and negate basic truths instead of awakening to an energy of unconditional love. The unconditional love you carry from your soul into your Humanism is the key to voiding everything you are afraid of. Understanding this can transform it while using compassionate action.

Oh, and that machine? It's going to change as well.

Compassionate Action

The act of giving compassionate action in formerly stressful situations is new in this energy and can be a mature replacement for complaining. Those who are awakening to the power of love are beginning to understand this. If you see something that you would have formerly complained about or feared in an older energy, the practice of compassionate action will fully transform it.

- When you see a person or people in stress or trouble, you immediately send them peaceful energy.
- When you are angry about a situation, you immediately stop and see it solved even if you don't know how that happens.
- When you see an unbalanced person or one who is irrational or did something horrible, you immediately send them the love of the Creator. They need it more than anything else at that moment.

Do you have the love of God in your life? If so, this is sharing it. Are you fearful for yourself or others? Try this: Many of you have learned to drop into your heart and take away all that fear for just a moment or two, but it doesn't last. Some of you "pretend away reality" to get to this state. But what you don't yet know is that this pretending actually produces an energy of creation. You are creating a new scenario for your subconscious, an entire

new reality within you regarding the way you can help others and yourself. Because you are doing something benevolent, your entire consciousness is now satisfied. The more you do it, the more it becomes your new reality. It works.

If you see something that isn't right, what is your reaction? In an older energy, you'd worry. In a future energy that is happening on the planet, you will have a much more mature understanding of what to do, and you will immediately give compassionate action. You can do it for people and situations. Do you believe your thoughts have energy? Now they do. Enough people giving an enormous energy to a situation will change it. Welcome to the future of how things can be changed compassionately on this Earth.

The Power of Projected Thought

In the past, many said that groups of people praying or sending energy to others was a laughable fantasy of the New Age. "Consciousness won't change anything," they said. But over the past twenty years or so, the idea of what consciousness actually is has changed. Now, through startling experiments and remarkable worldwide synchronicities, many scientists realize that consciousness is a valid energy on the planet and can affect physical things.

In recent years, my partner [Lee] has participated in real-life experiments showing that this principle represents actual physics of known energies with scientific measurements. Dear ones, this is the power you have, and you have always had it.

Some people who still don't believe these things say that situations have no consciousness; therefore, they can't be changed by people gathering with compassionate action. The answer we give to you is that there is indeed consciousness in situations since humans have created them. When things change for them, the situations change. In addition, with compassionate action, there is always benevolence in the change, even for those you feel might not deserve that benevolence. Do you see how this starts a process of unconditional love?

Ways to Create This Change

First, understand that this is the change you were born for. Therefore, all the guides, angels, and other esoteric beings that you feel are part of your life are waiting for you to awaken to this idea. Even your biology is waiting for you to understand that you deserve healing and being without pain and so much more. Here is what I suggest that you say:

"Dear Spirit, help me to see the things that are covering up the image of love from the Creator within me. Help me to understand that this Divine image is in every cell of my body. Help me to understand that as I drop into my heart and send love to humanity or to anything

else, that it's absolute energy and real. It's beautiful, strong, and caring, and it's going to go exactly to who needs it. Therefore, if I put myself into that place and I generate beautiful emotion for others, it also returns to me as well. The more I practice compassionate action, the more I heal myself."

This is the future energy of compassionate action, which this planet is already feeling. See it as a benevolent force that you push on, which then goes where you push it and starts to void the darkness of fear and causes all manner of positive, mature things to occur. It is the precursor of an awakened planet.

Finally, here is something you didn't expect; it's something you cannot describe or define, and it's bigger than anything you can imagine: The essence of the Creative Source that made the universe and this planet — the one who made you — also knew the potential of this day happening and knows you by name. This loving Creator knew that eventually you would have the chance to peel away the layers of fear and concern in your life and turn to that which is the most dramatic solution: love. This is what your future is waiting for, and it defines an ascended planet.

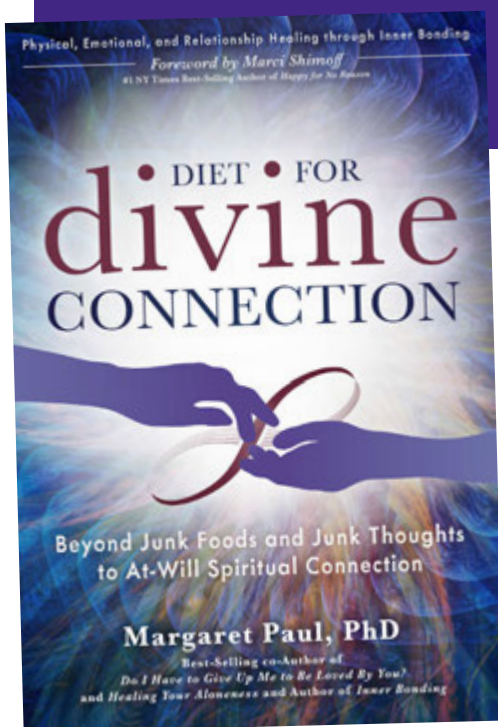
Loving yourself is loving the God in yourself. The future of Humanity is filled with a new energy of people just beginning to realize that this is not the dark planet you were born into. It is changing to become what your lineage will create: a planet of caring Humans who understand that your lineage is the image of your Creator. Kindness will create peace. Caring will create peace.

I invite you to drop into your heart and think of nothing but the beauty, warmth, and solace of the healing energy and the perfection of love. It's all there, and it's built into you, if you wish to find it.

Beautiful it is, dear ones. I'm going to give this information to you often. There is light coming even though some of you still don't believe it. Be part of the expectation of good things, and they will arrive faster because you did.

I am Kryon, in love with all of you. 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.



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Adria Estribou AdriaEstribou.love

Angel Playshop | November 5 & December 3 |
Zoom meeting, Online

Angel Update: Live Angel Channeling | November 19 & December 17 |
YouTube.com/c/AdriaEstribou



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

Mastery Presence Mondays | First & Third
Mondays | YouTube.com/OfficialSriandKira, 7PM ET

Live Weekly Ascension Updates | Sundays |
OnenessTalkRadio.com, Noon PT

Monthly Ascension Energy Forecast/Revelations
| November 1 & December 1 | YouTube.com/OfficialSriandKira

Private Ascension Retreats | November 4–30 | TOSA
Blue Mountain, Ecuador

Monthly Mastery Miracle Manifestation Gathering | November 5 & December 3 |
YouTube.com/OfficialSriandKira

Global Minga Gathering of World Service |
November 14 & 28, December 12 & 26 | Online

Self-Ascension S.T.O.R.M. Mastery Journey |
December 29 to January 2 | TOSA Blue Mountain,
Ecuador

11th Annual World Insoulment from the Pyramid of Peace | December 31 |
YouTube.com/OfficialSriandKira



Michelle Karén MichelleKaren.com

Zoom Astrology: What Should We Expect in 2023? | January 1 | Online, 8–9AM PT

Zoom: New Year Cutti and Anynd Despacho Ceremonies | January 1 | Cutti despacho ceremony is at 10AM PT followed by an Anynd despacho ceremony at 11AM PT

Mystical Adventures | August 15–26, 2023 | Finland



Karinna Nielsen KarinnaNielsen.com

"Healing Moments with Karinna Nielsen" video webinar | First Saturdays |
Live, Online, 12PM PT (11AM PT after November 6)



Dr. Wendy Rowley
theWonderofHumanDesign.com

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Robert Shapiro

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See the Wonderful Gifts within the Changes

Amma through Cathy Chapman, PhD



I am Amma, the Divine Mother of the divine mothers, and I am your mother. I have been asked to give you predictions — I'd rather say insights — into what you might expect in 2023. Before I do, however, I want to talk about what predictions are. Most are not something that definitely will happen. They are possibilities — potentials of what can happen. There are some that will occur. Others have the possibility of being changed.

For instance, there is the potential for great unrest throughout the world. You would rightfully think, how can that be a prediction? There already is unrest in Ukraine, Afghanistan, the Gaza Strip, Yemen, Ethiopia, and other places. There is political unrest worldwide. You are a wonderful predictor if you can see what can happen in the world from what is already present.

The predictions given by me and others serve one purpose: They allow you the time to make decisions on how to change what you don't want and enjoy what you do want. If you don't want something to happen, then how will you change to prevent it from happening? If you do want something that is predicted, keep doing what you're doing. Let us begin.

The Energies Will Intensify

Unless you are new to channeled messages, you are aware that elevated energies have been flooding the planet for the past century. These energies come from the collective of beings on the other side of the veil whose purpose is to support the expansion and ascension of the planet and all on her.

Some would say this has been happening for millennia. That would be true if you consider this within the context of linear time. Those beyond the veil of the third dimension do not exist within time; therefore, their work is outside of time but related to it. Yes, that is a paradox.

As you know, you are spiritual beings. The energies sent to you beyond the veil are to assist you individually to join with others in raising the vibration of everyone on the planet. The purpose is so that you may come to know more about love. These energies will continue to increase as well as amplify this year.

For those who accept and work with the energies, you will continue to expand and move toward ascension. Yes, you will experience discomfort in your body, and at times you will experience confusion in your mind and uncertainty in your spirit as the energies do what they are designed to do. The more people who accept the energies, the more people will make changes to bring about peace, acceptance, and understanding. For those who refuse the energies, there will be discord within their energy that leads to discord in life. The more who refuse the energies, the more discord there will be in families, countries, and the world.

Why are the energies amplifying? As you may know, your crystalline DNA has been unfolding within you. This has been reported by many. There have been changes within your body, mind, and spirit as they have unfolded. What you may not have known is that the strands of your DNA have been barely activated. This has been by design so that you and your body can become acclimated to the changes. The amplified energies are designed to activate the strands of your crystalline DNA. You will begin to hear more from me and other beings about what this means for you. The activation of your crystalline DNA is directly related to the activation of all aspects of your divine blueprint, which many call the Adam Kadmon.

Within this blueprint, the architectural drawings of humanity contain the blueprint for the "coming of age," if you will, of all your psychic gifts, including some you are not aware of. Some of these gifts are

- the awakening of the six intuitive "clairs": seeing [clairvoyance], hearing [clairaudience], tasting [clairgustance], smelling [clairalience], feeling [clairsentience], and knowing [claircognizance]
- the amplification of your ability to perceive and understand patterns in human behavior and nature (fractals) and your understanding of the deeper spiritual and energetic dynamics of life
- the ability to harness the body's potential to heal itself, including regeneration (Your liver has this ability, as do numerous life forms you consider to

Insights into 2023

Let's briefly elaborate on third-dimensional happenings.

The climate: If you are aware of what is happening due to climate change, you know that glaciers and ice are melting. This raises the volume of water and changes the density of salt in the water. These events can lead to dramatic changes in the sea level as well as the need for sea life to adapt to the changing salinity of the water. There are people working to address these issues.

Will the general population and governments be willing to listen and implement plans?

Inhabited places on islands and coastal areas will be inundated with water. Many people will need to move to higher ground. This will increase the density of the population in some areas. These migrations will continue, and in eight years or so, they will become noticeable to everyone.

There will continue to be drastic swings in hot and cold temperatures. Some areas will become more arid while others become more temperate. The populations of humans, animals, and plants will need to shift. Be aware that this is coming. Become educated as to what you can do to prepare. Learn to grow your vegetables. Grow flowers for the bees to assure the pollination and future growth of vegetation. Learn how to purify water. Discover what you must have to live and what you can do without. Treat this as an adventure.

Technology: Remember when it was science fiction to be able to see each other across miles in real time? Now it is common. That technology is changing business, education, and interpersonal relationships. The discoveries and implementation of advancing technologies will continue. New laws and infrastructure will need to be established to handle these changes. There will need to be as many places to charge your car as there are gas stations. This will increase the development and need to harness the power of the sun, wind, and water in multiple ways.

There is the potential for catastrophic attacks on computer systems in banking, governments, military, hospitals, and transportation. These attacks have been happening for several years and will increase. They will lead to the loss of many lives if defensive measures are not put in place.

Health care: The health care system in the United States is in crisis. Health care is changing worldwide.

be lower. For example, lizards can grow new tails and starfish can grow new rays.)

- the increase in your ability to speak with your organs and systems (such as the digestive system) and even individual cells
- the expansion of telepathic abilities in those who have them and the inception of those abilities in those who don't (For many, this will be frightening as they learn from others what they didn't want to know.)
- the reclaiming of ancient abilities to live in sync with the energies from the planet
- the increase in creative abilities as more of humanity learns to cocreate with each other
- the experience of moving deeply into oneness

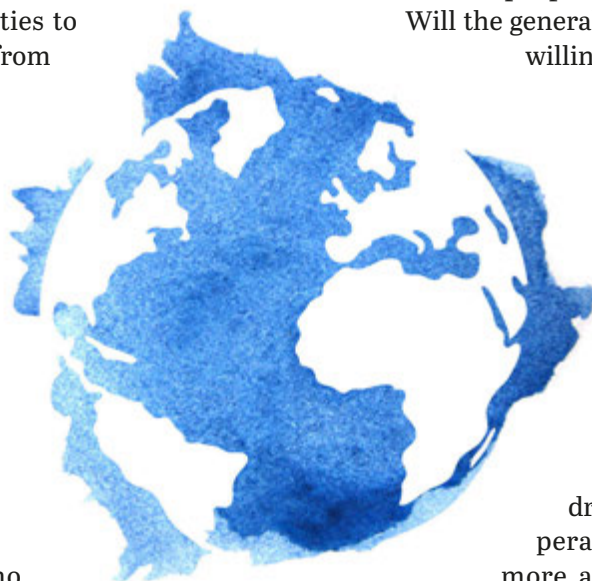
There will be difficulties within humanity from those who resist the activation of the crystalline DNA. Some of these difficulties will be

- reacting with anger and attempting to control those who begin to demonstrate these gifts (This reaction comes from those who fear losing their power and control over others.)
- refusing to believe all are one, resulting in the amplification of reactions toward those of different races, socioeconomic status, sexuality and gender differences, religions, other belief structures, and more
- increased violence resulting from the two issues listed above

There is a strong movement on your planet to accept the higher vibration energies. Be aware that this acceptance does not mean there will be greater peace. As stated above, those who refuse the higher vibration energy will battle against those who want to live in higher vibrations.

For the next few years, there will be greater discord. Know this. The more you accept the new energies by remaining in your heart, the more you facilitate change in others. I have said many times, "Be the eye of the storm." Stay within your heart, and be the calm in the midst of chaos. The more you do this, the more those on the verge of accepting the elevated energies will do so.

Your mission as a lightworker is to stay in your heart. This means you accept people as they are and hold them in your heart. You act from a place of love in all ways.



More people will try alternative modes of healing such as homeopathy, naturopathy, acupuncture, and energy healing. They will come to realize there is a place for what is called alternative medicine and what is known as allopathic medicine. The two can work together. More people are learning about the power of their minds and the effect it has on their bodies. The activation of the crystalline DNA will speed the harnessing of this power.

Health discoveries from Europe, especially Germany and Russia, will be introduced in the U.S. and Canada. The pharmaceutical industry will do more to suppress anything but allopathic care. The people will begin to rebel.

The most positive thing you can do for your health is to eat in a healthy manner. Cook your own food. Limit or eliminate sugar. Eat foods as pure as they can be. There will be a continuation of “new” pathogens. As you learn to care for your body in the way it needs, their effects will lessen.

The economy: The financial structure on the planet is beginning to change. As people attempt to become more self-sufficient in producing their power [via solar panels] and growing their food, corporations will attempt to suppress self-sufficiency.

Although inflation will lessen, there will be greater ups and downs in the economy. Until governments are willing to give to all people what they give to the

wealthiest, there will class strife. As the effects of the crystalline DNA's activation move throughout the planet, people will come together without fear to confront the power brokers on the planet. Although this is beginning now, it will take some years to come to fruition.

Stay within Your Heart

In closing, the key to world peace is your inner peace. The key to your inner peace is to learn to stay within your heart, accept others as they are, forgive yourself and those who have harmed you, and take responsibility for your thoughts, feelings, and actions. Remember, you were created from love; therefore, you are love. You are love incarnate. Be the love you are.

Fear not, no matter what is happening. There are wonderful gifts within the changes. You have the capacity to find and utilize those gifts. Listen, especially to your young ones. They will begin to lead the way.

I am Amma, the Divine Mother of the divine mothers, and I am your mother.

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://drccathyphd.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!

You Are the Light of the World

Jeshua ben Joseph through Judith Coates

Beloved one, you are the light of the world and the heart of love. When you reach out and give a hug to someone, where is your heart? It is heart to heart, exactly — feeling the love you so want to feel from another. You know the secret: You cannot feel it from another if you are not already giving it.

This connection is always unbroken. Always, forever, love is flowing. That is why it is healing. That is why you feel at one with self and the self you might be hugging. In a moment or so, you feel the connection, and it goes beyond talking and seeing. It goes beyond the brain. You get to the place of Isness — the All that is the love of the heart, which energizes you. It allows you to go forward, giving hugs and smiles, asking questions.

Then a most wonderful miracle happens, because the heart opens, and you say without any censorship, “You and I are one.” In that moment, all division flows away. You know that you are life itself — not only a body

but the spirit of you that wants to be expressed, that wants to be spoken about in tones of love, that wants to be in an embrace.

You are the maker of your reality (lowercase *r*). I have been saying this to you for a long, long time — truly lifetimes. You create your own reality. Moment by moment, you are the creator of your reality (lowercase *r*), and Reality (capital *R*) allows you to do that. You are all powerful, much more powerful than you know, but you are testing it out. “How powerful can I be?” you say. “I’m going to change my mind about something.” And yes, you can. If you do not like it, you change your mind one more time to something else. This is how you go through what you call a lifetime — by changing — and it is powerful.

What you are doing in this day and time, what you



are doing in your individual choices, is putting together a testament to your spiritual power. You are choosing, moment by moment, to live in whatever reality you say you are making. If you want it to be different, no one can stop you, because you are making your reality as you go through it, moment by moment.

Choose Love

Choose love. Choose the deep breath. Choose peace. If the world screams at you, and it will and does, stop and take a deep breath and say, “Even within time, I choose my reality” (lowercase *r*). That is how powerful you are. And the more you take back your power — yes, you have given a lot of your power to whatever seems to be needful, yet it is not. The only thing needful is for you to take the deep breath while you are in physicality and say, “I Am.” Full stop, period. “I Am.”

If you decree that, “I Am That I Am. I am love. I am my own Reality” (capital *R*), “I am all Creative” (capital *C*), and “I know the love that I Am,” everything has to change. You have decreed it. Whatever you decree has to be, because it is your reality (lowercase *r*) that comes out of the uppercase capital *R*. You have decreed that it is going to be.

If you are living a life that does not seem to be quite as easy as you would like it to be or quite as fulfilling, stop. Breathe and dream.

We have often spoken that the best way to make something real in your experience is to try it out. It might be raining all around you, but you say, “I’m going to stand in the sunshine.” You have done this. The showers will stop for a moment. It might be raining all around you, but where you are, the sun shines. That is true as a metaphor for all your dealings with the brothers and sisters. You can stand in the sunshine with them and be happy, be easy.

The world will tell you that you are not free; there are circumstances you have to fulfill and a certain way you have to be. You have said, “Maybe. I’ll try it, and if I don’t like it ...” The world has replied, “You will do it, and you will like it.” I have seen every one of you walk away from something that was not your choice.

You have stood — you who are now choosing to read these words, this reality — in your Christ Reality and have said, “No. There has to be a better way.” Even as you chose to be a certain loving being, even in the midst of chaos, you felt and exhibited your power, the power of the Christ. Always and forever, everything that you put together you choose. If it allows the love to come forth and you want to stay there, it is yours. If it is chaotic and you do not want to stay there, you have the choice.

The only true thing is love. That is the final piece of what we have been speaking about, the final answer

to anything and everything: to be at ease and know the love that you are.

Love is forever. You have that saying, yet you have played with it. You have said, “Well, I thought this was the love of my heart, and then she turned around and liked someone else.” Or, “He thought he wanted someone younger. I’m sorry, but you know, I have a few years of experience on me, and I thought that was a gift.” It is. Allow yourself to know the value of you. You have much to share not only from this lifetime but from other lifetimes.

Realize the Allness of You

There is One Mind and One Allness of love. You share the love and you rejoice, meaning that you come back to joy once again; you “re-joyce.” Your language gives you clues. We have spoken of this often, how your language has gifts in it, every word that you choose. Choose wisely and choose with thought even if it comes tripping off the tongue easily. Stop for a moment, and think, “What does that word really mean? What is the origin of that word?” You will find that it has a gift. This is even more important and more gifting when you deal with what you call the foreign languages.

In truth, there is no foreign language. Any language, especially the ones that are now extant, you have already spoken. Now we are bringing together all the seemingly separate parts of what we have been speaking of over the past twenty lifetimes, in truth over the past thirty lifetimes and more. When we speak of various exciting ideas, such as space travel, a part of you says, “Oh, I think I know that. I know that from the big screen. But I think I know that from experience somewhere, somehow.”

Of course, there is nothing new under the Sun — your Sun or any sun. Think for a moment. Are there other suns? Yes, actually, there are. Have you been under another sun? Sure. Have you had the suntan here and perhaps on another heavenly body? Yes. Have you been the little green man who did not need sun and lived in a cave somewhere? Yes, you have been there and done it all. That is your richness: the imagination, the stories that are told, your dramas that play out on your square box and your big screen — the big screen of life. You have been there, done that, and had your name in the credits.

You know much more than what you are using in this lifetime, and that is good. What remains for you now is to realize the Isness of you, the Allness. I have called it the Christ Self, but it is the Allness from that very moment when you thought yourself to be separate. You have felt the freedom of expression, the energy of expression. Even on this day, you have made choices of where to go, what to buy, and how to speak to another.

Every moment holds choices, and you have made choices. You have come to a place of realizing, making real in your experience, that you are much more than

each moment you have gone along. That is a “wow” moment, because you realize the vastness we have often spoken of: the facets of the diamond and how in each moment you are expressing a facet of that most wondrous diamond that you are, the light it not only reflects but brings from within to shine forth.

You Are a Diamond in the Rough

You are indeed (you have the expression) a diamond in the rough. Quite often, you look at yourself and think, “Well, Jeshua, if I’m a diamond, I’m certainly in the rough. Even when I play golf, it shows me I’m in the rough.” Okay. You are the facets of the diamond, and now, at this time in your awareness, you bring it to the place of recognizing Allness.

“Wow. How do I do that?” You do that by using God energy. You are, in Truth, a stream of God energy forever expressing the light, the intelligence, the caring, and the oneness of God light and energy. When I spoke to you of the Father, I spoke of the Father as the Source. This was what I meant by the Father — not as a separate entity above you, but a stream of energy in which you live, move, and have your being. God the Allness will always be there for you — has to be. God the Father/Mother/All That Is, that stream of universal energy, universal consciousness as you tune into it, is a stream you are in, always.

Where do you think you draw your being from? It is from the Isness that you are. “Is there a separate Isness?” you ask. Look at a stream of flowing water. You do not say, “Ah, there is a separate molecule.” It all streams together; the vast ocean flows as one. You see yourself to be individuated energy, a molecule, perhaps you would say, of H₂O. Yet you are the Allness. How can you say that within the vast ocean, the one drop of water is separate? It blends with the Allness of the ocean.

This is you: the vastness of space, as you understand space to be. You are even beyond that, because you are the maker of space. You are the maker of the ocean, and at the same time, you are the molecule that flows in the ocean. Forever beyond the confines of geography and time, you are the essence of the flow.

In the new time/year you are moving into, remember that you are the essence of light, a great light. The darkness is not overpowering, and it will not overpower you. You are the light of the world.

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.

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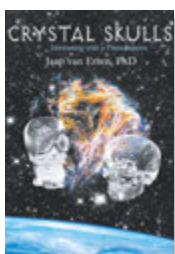
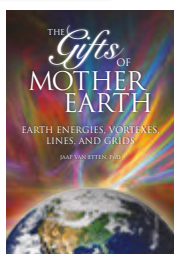
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Holy Shifting Timelines

Pat Crosby with the Cosmic Council

The family of Earth includes those of you in bio bodies as well as those of you in spirit who oversee this rapidly shifting planet. To remind you, we all work together — many taking turns in and out of bio bodies. Some have never assumed Earth biological bodies even though we have had long tenure with this amazing little powerhouse of a planet, which is now shedding its density layers and shining ever more brilliantly. This lovely little planet is an apple in the eye of the Creator's vast vision. Our team includes embodied humans, ancestor humans, future humans, angels, christed galactics, divine masters of many dimensions, and our one true source of all that is.

You hear many ideas, many fantasies, about what is afoot in this shift. Much is known about the unfolding progress of any planet in the midst of its frequency-raising adventure. This little planet is not alone in this journey. It is part of a web — a grid — of interconnecting galactic nodes that work together to bring changes through these interconnections. They are shared on the warp and weave of creation.

Although much is known of the overall process, unique twists and turns exist in any grand plan. There are many intricacies and individual choices that color the unfolding process. Each embodied soul has freewill choices to make at each juncture. As when you follow the architect's blueprints for a new structure, exigencies arise in the process that lead to revisions, additions, and subtractions. That is the power and purpose of your free will, my dear embodied soul members of planet Earth's evolution team.

We Are Embarking on a Seven-Year Transition

In Lemurian numerology, the number 7 indicates transition from one cycle to the next, just as seven weekdays conclude with a new week beginning. The 7 cycle that began in 2016 took you collectively and individually through a wild ride during which many previously buried things surfaced into the light for study, reflection, purging, and transformation. Every realm went through a turning inside out and upside-down: politics, weather, society, norms, laws, policies, and so on. What came into view ran the spectrum from ghastly to wondrous.

The global pandemic caught everyone's attention. You could not ignore it. It did not matter what your minds thought about it. It was here as an agent, driving

vast change. In the new cycle beginning in 2023, there will be more time to process all that has been brought under the microscope for scrutiny. Quantumly, scrutiny is dual:

What you are scrutinizing is also scrutinizing you. Your self-reflections increasingly reveal what makes you tick — on so many multidimensional levels — individually and collectively. Much of it remains a mystery that is currently being examined and then solved or evolved.

Expect Energetic Shifts in the 2023 Timeline

Ours is not a prediction of who is going to do what, when, and where in the third dimension. Nay, ours is a prediction of which energy is going to do what, when, and where. We can tell you that the laws of karma still apply in the multi-dimensions, for the thoughts and intentions that are sent out manifest and boomerang back to the sender. As density reduces, thoughts become lighter and more sublime, and returns happen faster. You cannot pollute the lighter dimensions with heavy, dark, or negative thoughts. They truly cannot penetrate the higher realms. They precipitate out and dissolve as lighter density demagnetizes them. These are the energetic shifts to expect in 2023:

- Exterior events include upheavals in the great shifting that is underway. These upheavals are like panning for the gold of truth among all the detritus that has piled up, hiding it. There will be more upheavals in politics, weather, opinions, old paradigms, and so on.
- Astrologers explain the force of Pluto driving revolutions. Note that Pluto is part of the galactic grid we mentioned. Pluto is not causing these upheavals; rather, it is an embedded guidepost to help you unravel the meanings of signs along this grand journey.
- Young souls will continue to act out outrageously. They have little experience in materiality. They are learning by driving themselves off cliffs. This will not change, as this is the planet of one-room schoolhouse learning. Young and old souls are welcome here. What a riot!
- You older souls reading this may think there is nothing left for you to do in this embodiment playground.



Nothing could be further from the truth. As your 3D activities decrease, you have more time for reflecting on your soul growth. This takes the form of letting your intuition evolve, and your lightbody increases its glory as you open and allow more interface with light codes and other evolutionary offerings.

- Things will get more intense before they get better. And we mean *more* intense. The veils are shimmering with transparency now in these increasing frequencies and new paradigms. All that was previously veiled is increasingly visible as the veils become windows instead of light-blocking shades. The horror of it all!

Karmas continue to balance, especially for the younger souls, as karmic returns are their main teaching vehicle. Karma is neutral. It is neither good nor bad. It is just a mirror, a reflection for a soul to see the results of actions. As souls grow in experiences and wisdom, they are better able to reflect on and learn from those experiences. Younger souls need more in-your-face karmic reflections to “get it.” Don’t panic. Karma is a great teacher.

Pluto and other astrological influencers are helping everybody along. Souls come here to learn in this rare school of density. Souls in the guidance realms, who have birthed other planets through shifts of consciousness, know the ropes. They continue to guide this planet, its realms, and you through the birthing pains to a happy outcome.

- We urge you old souls who are drawn here to remember that you have chosen to increasingly level up your game. Each time you master one level, you are eager to take on the next with its increasing complexities and intricate lesson plans. Your life blueprints are true action thrillers with many plot twists and storyline turns. You would not have missed this golden opportunity for accelerated learning on this fast track for anything in the universes.

Just what are you learning? What is the game plan here? What is the lesson plan? You are learning to love in increasing layers of density. Just when you think you’ve reached some level of enlightened understanding and action, “wham!” the game board tilts, you are upended, and a new level commences, delivering a shock to your 3D self. This provides glorious opportunity for your soul self.

You are not a victim, dear old soul. You are a champion player in the game of multidimensional mastery. You came here for this grand opportunity for exponential soul growth. Glory on! Don’t be shy. Go for it. The timeline is now!

Uniquely, in these rough-and-tumble, transformative times, you can spring ahead in your timelines. As you

decrease density, you also have opportunities to switch timelines. These may show up as sudden jolts in your interests, friends, relationships, locations, and so on. In quantum, multidimensional, opportune times such as these, you get multiple bonus points for each lesson learned in mastering love incarnate.

Switching timelines is like switching majors in college. You may first choose to major in biology, for example. Then your interests change, so you switch to mathematics, then maybe literature, and then maybe something else; you get it. You can change direction. Nothing is written in stone. There is no need to be bound by past directions. As Earth’s density and magnetism decrease, you can make changes in your thinking, feelings, biology, and relationships more easily and quickly.

Love in All Circumstances

It is easy to say you are loving when it is a lovely day in your garden or on the calm beach where you encounter friendly people, good vibes, delicious food, a roof, peace, and so on. But can you stay balanced and, in your core, love during wartime, a hurricane, or a flood? Biology screams for survival. What does your soul scream for, then? No worries, old soul. We have lesson plans for every occasion.

You are hearing from many sources that it is important to stay in your love center. We applaud this a gazillion times. We are here to help you attain this lofty goal. When you falter, fall down, or miss the mark, we are your coaches, cheering you on, inspiring you, and arranging time-outs so that you can regroup within yourself.

We place signs along your path to encourage you. White feathers, anyone? Whether you are aware of us or not, we remain right beside you, shielding you, protecting you, inspiring you, and whispering guidance in your heart and mind. We do not desert you. We are in this together for the really long haul. You have long-haul guidance. Ask to open up more and more to this gift available to you. Always ask for guidance from the realms of love and light in accordance with the highest good of all — this or something better.

As you learn and enlarge your love capacity, we do the same. In our various dimensions, we are all learning the game of love. Do not think that we without bio bodies do not have our challenges. Our challenges are much different from yours in structure, but the intent is the same. As we support and coach you, we learn from you how to traverse the energies. Our view is bigger than yours, but our hearts and yours beat in tune with each other. As you glow more, so are we able to increase our loving light from the joy we experience in your expansion. Think how parents grow in wisdom as their children grow in experiences. It is the same for us.

We spell this out because we want you to know that you are not insignificant, little, sinful blobs — broken mistakes in creation. On the contrary, you are fully capacitated to walk the path of spirit in all directions, and in many dimensions. With your biology, you are uniquely qualified for grounded multidimensionality. You are essential for grounding the shift on this planet.

You Are Needed, Old Soul

So-called young souls are new to embodiments. They arrived on this planet with great ideas of how to express love. Then they hit the hard tough-love walls of being human. Density of dimensional layers blinds their vision. They get shell-shocked and knocked unconscious. Thus begins their learning to love in human form.

Unlike you, old souls, they do not have soul history to remember, so they struggle mightily with their lessons. As old souls, send them your love and light and good and great thoughts. Also send love and light to yourselves and other old souls as you work through your own soul lesson plans. Remember to stand back while young souls slug it out in their early stages of embodiment research.

You embodied old souls are very much needed in this shifting process, for you have the soul capacity to anchor the newly forming higher consciousness grids in place on this planet. Your soul capacity is different from your bio body capacity, which may be diminishing as you get physically older. Take time to thank your personal servant, which has been with you through thick and thin: your amazing bio body.

Your loving intentions and thoughts are the food and fertilizer for the growing high-consciousness grids. These grids are not formed from nothing. They are formed by setting intentions. As we all envision a more golden, loving planet, only the humans can anchor these ethereal ideals into physical reality. This coming year is going to allow you to understand much more, resolve many confusions of duality, and shine your light and love with greater focus, intention, and strength. Your opportunity for soul growth is exponential. Seize it!

Do not think you are doing nothing or that your life is over. Do not question what there is to live for, old souls. Whales are not the only forms that hold memory on this planet. Your forms hold the stored memories and intentions driving this shifting process into manifestation and eventually completion. Yes, there is the photon belt, the procession of equinoxes, galactic alignments, and such. These remain the structure for new possibilities. But these possibilities will not become human reality without you being right here, in body, anchoring these energies. Young souls cannot do this. Only you, old souls, can perform this essential formative function. So stay calm, and carry on until Creator calls you Home.

Then you will help in a way that is new for you and ongoing for us.

Intend for the Highest Good

Psychologists tell us that wounded beings attack other beings. And that is the story of young souls just getting started on the grand journey of embodiment. When you look at young souls and then look at your journey, you can get a glimpse of how far your soul has traveled. You can measure your soul age by how much compassion you have for yourself and for others.

Do you blame and judge, or do you understand and have compassion? Compassion sets boundaries — a sign of old souls — which show that you know when to say yes and when to say no. You develop discernment. Old souls' growth and wisdom is not spiritual bypassing. It is a testament to many great battles fought and won over many lifetimes.

We spell this out now, for in the year ahead, you will need to set many boundaries. Your main boundary is to maintain your soul integrity and honor where you are in your evolution. As the old boundaries of human structures fall away, it is your soul sovereignty that will pull you through. You cannot count on anything external. And that is the grand opportunity your soul has to experience and learn in floundering times.

Some may leave their bio bodies behind. Such dedicated souls continue to help the shifting process in lighter dimensions, along with all of us. They will just change their workplace, clothes, and neighborhood.

Thus we invite you, even implore you, dear old souls, to stay the course. Do not tire. Do not give up hope. Do not feel that all is lost. Do not get depressed about certain 3D goings-on. Do not take sides. Do not judge. On the contrary, the energies are ripe for the insemination of your high and divine thoughts and intentions right now to bring the promises of the shifting higher consciousness into manifestation in this very place, this very planet.

Intend for the highest good of all — this or something better. Intend for a most beneficent outcome. Stay the course. Continue to fulfill and invest your divine golden inheritance that you have earned. You have paid your dues many lifetimes over. You are needed. You are essential. You are loved.

We hold you in great esteem and with great gratitude. We are proud to serve with you in the family of light. We hold you in the Creator's light. Excelsior!

Pat Crosby — mystic, healer, and spiritual guide — has traveled to sacred sites, meditated, and taught healing for over thirty years. Her background includes PhD studies in psychology, a successful business career, and managing a healing center. Pat is available for private sessions for those who wish to strengthen their conscious soul connections with everyday life. Sessions include personal guided meditations as well as messages from Archangel Michael and other guides. For more information, call 1-845-434-3829, email patcrosby@gmail.com, or visit lightgrid.blogspot.com.

The Truth Benefits All Humanity

Agents of the Light through Raffaello Di Meglio



Can you give us some insights into the significant issues and occurrences that will conceivably affect humanity in 2023 and beyond? How will the changing climate, specifically the droughts occurring around the world, affect us?

The hearts of many people all over the world are concerned with the future of your planet. At this time, an enormous amount of energy has been given to help expand human minds, hearts, and visions to facilitate the development of new ways and new solutions.

Four brothers come forward with specific attributes: Hyperion, the light of the heavens; Coius, higher intelligence; Oceanus, strength in wisdom; and Crius, the strategist. They speak in unison about what solutions should be applied quickly and in the future, as well as what people will truly accept and hear. Three sisters are also present: Rhea, who answers the call of nature; Phoebe, a seer of the future; and Mnemosyne, who brings remembrance of the past where solutions were applied and corrections followed. With the brothers and sisters is a chorus of others energetically projecting ideas and solutions for corrections.

Regarding your question about climate change, climatic vortexes are now disrupting the flow of things here on Earth by creating a scarcity of the water element. This is creating much concern and fear in the population as well as a sense of urgency for things to return to normal. This climactic occurrence is necessary for the corrections to come, so certain things will take place to accelerate and establish a correction to maintain balance on Earth.

Humanity's feelings and beliefs have not progressed beyond fear, so most do not understand that corrections are necessary. You will experience perhaps more droughts in areas that are extremely dry. The danger here is that when the element of water comes down too quickly, it cannot be assimilated easily, and it washes away, creating torrents and destruction.

Participate in Nature's Process

We stress the importance of connecting to nature, a focus that should be brought forward every day. Do this not by desiring, but by living it as a necessity for humanity to be in communication with nature. Even if you live in a city or apartment and do not have much land to walk on, there are parks and green spaces. Remember that you can also connect to nature through conscious

thought; this energy travels and extends easily. By going to nature physically or through your thoughts and projections, you will then be a participant in the unfolding of a new cycle, a new positive vortex that will make things possible: rain that really benefits the ground and sun that gives life to so many things.

We know about the lands that are in danger. Do not fear that those lands will not be able to survive and then thrive and be green again. Nature has within itself a certain level of safety that can extend and be drawn forward when the time comes. But do not live on those promises. Live your life with nature in the manner we just spoke of, in which you are a part of the process, you are a part of the positive energy that will enable nature to progress into the future. Do not be just an observer who laments what is happening; be a participant.

The future of humanity is assured only through humanity's participation. You know this already, but the doing is not always engaged in and exercised. You can visualize and project positive energy, and in action you can be on the soil, touching nature. By touching a tree to heal it, you always receive healing in return. You understand the nature of beauty and how to act on its behalf: Envision this beauty emphasized over and over through the balance of water and fire and earth and air with each other, at different times, in different ways, and for different needs.

Do not give your attention to the sensationalism that is occurring. We are not saying, "Don't be serious." Be serious, but do not become engrossed in alarmist headlines. Discern what you choose to listen to, trust what your intuition tells you, and act accordingly. You all carry healing. Extend it to the people perpetrating sensationalism, because the cycle of renewal is around the corner.

The Creator has given humanity this promise: During times of great need, a new way, a new discovery, will emerge to bring correction and renewal. Corrections begin not only in a large way but also when individual positive thoughts are expressed toward yourself, others, and even toward your adversaries.

The brothers, sisters, and all the councils want you to know that corrections are coming very soon for the

energy of drought. These remedies will bring back the balance that is needed and that you so much desire. Millions of incarnates on this plane have been very concerned about this issue, and their calls for relief have been heard. We promise that in this cosmic day, these cycles will come, but they will also go. Be concerned, but do not be fearful. Activate those safety measures inherent in your power and your knowledge of how energy works.

Food Can Be Replenished

How will this extensive period of drought affect food production?

The energy of Gaia, the Earth Mother, and Japetus, who brought the elements for the use of humanity, are here from the council. Gaia is very concerned about the nations experiencing extreme drought and food shortages. They are not being sufficiently helped by more abundant nations. She feels that in many of those bountiful nations, there has been a strong disregard of Earth, of the soil, and of creating a soil that is more welcoming to seeds and other things. Soil, the earth element that is depleted and unwelcoming for seeds, becomes separate from the element that is complementary and necessary for growth — the water element.

Remember the concept of how the elements work together — the balance of water and fire, earth and air. The elements on this globe are not working together in harmony in certain nations. The element of water has difficulty bringing water to certain areas because there is a disconnect between the two elements. Perhaps this is a new concept for you. “How can this be?” you might ask. “Water should just fall.” When the soil is unwelcoming, it cannot attract what is needed.

Gaia also says that as the need arises and increases, you will see people become more active participants in the corrections.

How can these drought nations sustain food production if a correction doesn’t occur? In your world, most nations have ways to quickly communicate with and reach areas even in the most difficult locations. This can bring about efforts to help through global communication. We believe this situation will bring serious corrections; in extreme times, there will be extreme measures. We hope this will happen in a positive way this time. We can promise you that the energy of these inharmonious elements will become more balanced. How quickly that happens depends on the energy of the healing that is projected, that is brought forward, by the people. Then the environments will be healed. When that correction comes from within the mind, actions will then deliver the healing that brings more food to the people and more food production.

We say to you again: Be vigilant and attentive, and project positive energy to those areas and also to how

food is produced. In this way, the lands of Earth that provide so many things for the table, for each person and family, will then be replenished. Japetus has been involved to help create new production methods that are needed for your world. Do not despair. Be serious and confident, and project healing as often as you can — daily, if possible. You know how to do this.

New methods are coming. The multiverse has brought more into focus for people through the meta-universe of new ideas, new ways, and new manifestations. This power will defeat the fear that has been generated by the forces that like to control. Those forces are part of the problem, not the solution.

Project the Corrections You Desire

There are concerns around the world about the challenges to democracy and its survival. Can you give us any insights as to how things will unfold in the coming year?

The full council and the Guardians of the Ages are here. The energy of four agents come forward: Ananke, who represents inevitability and the cycles of trust; Ouranos, who evokes universal wisdom and the light; Cronus, who has concerns about authority; and Themis, who embodies the scales of justice holding fast and the return to balance.

We see that your question is immediate and concerning. In this cosmic day of your cycle of evolution, it appears that many different events have led to a new reality. People now have to navigate through many truths and non-truths. This phenomenon has occurred before. It was cycled through and corrected. These times are also telling you to be energetically engaged and to positively project the corrections you desire. In those thoughts, it is important to see the corrections that benefit everyone on the planet and not just you personally or those who agree with you. Through collaboration and beauty, much will be achieved, because it involves the energy, thoughts, and power of everyone who was created in this cycle of time.

Even though so many things are happening at this time, much has already been decided by higher sources. They want to see this planet as one of collaboration where beauty reigns over all things, from nature to spirit, and where expanded thoughts and accepted ideas can be used for the benefit of all. These thoughts and ideas are no longer just philosophies; they are essential for the evolution of this planet. It is within the essence of each person who has come here to express and enjoy beauty and to experience the extraordinary metamorphosis of life, from birth to transition to spirit.

Ananke says that a progression was put into place a long time ago that gave humanity much freedom. Unfortunately, we still do not see this everywhere in your world, but through that freedom of expression and

action, you have also been given the power to make things right and beneficial for all. Exercise your power.

Democracy Will Survive

Returning to your concerns about the future of democracy, you will have democracy. Themis is saying that even though negative vortexes of energy are causing the scales of justice to be in flux, we are strongly holding them. There will be a return to balance and stability. These negative vortexes that have been experienced throughout the world were created by voices that want desperately to silence the voices of others. Those negative voices will soon lose their power; this correction is in place. Will you see a fall of democracy? No. Be assured that in the new cycles coming, this will not be permitted. Extraordinary times will have extraordinary remedies.

Cronus says that when you hold power through untruths, you do that on sand and not on solid ground. That will soon collapse. How soon, you ask? Some cycles are important to be experienced, but they are not forever. If you wonder whether you will see the end of democracy in the next three years in the United States, no, you will not. A new cycle has begun to help this country realign and recover from the perils it has experienced and watched unfold. The present cycle has already been slowed, and a stop to its progression will happen soon.

Embrace the Magic and Wonder of Life

Merlin through Therese Dorer

Therese: In preparation for the journey into 2023, imagine a forest pathway that leads through a canopy of tall trees. Before you begin your walk down the woodland path, take a moment to close your eyes and inhale a deep, cleansing breath. Hold this breath, and allow your body to relax. When you are ready, exhale and breathe out any trepidation or uncertainty about moving forward. Now take a moment to move into your heart. Place your hand on your heart, and lightly tap on this powerful energy center. Set a clear intention to support your journey into 2023.

You are now ready to venture forth and follow the pathway that winds through the trees, surrounded by the four essential elements of life: earth, wind, water, and fire. Notice the soft forest floor beneath your feet, the gentle breeze on your face, the sound of trickling water, and the

Ananke reminds us to look at the cycles that came before, and you will see that in the end, the rewards were for the benefit of all humanity and not for just the few.

Ouranos, who brings the extended light from a multiverse of energy, brings the message that all is well for the future of humanity, but your actions are needed. Your actions are necessary every day, and you can make a difference. As you extend your positive thoughts and healing energy, other people receive it. The impact might be on a small or large scale, but it is always received. You have the tools and power to make this happen.

Do not allow negative thoughts surrounding the future of humanity to take over your conscious mind. The future of humanity is assured because the cosmic day is not over; it is in full bright light. All the celestial luminaries are enhancing that brightness even more so that everyone can see that beauty and personal power are with you now and as you move forward. The world will not go into a negative space. Remember to empower the truth and what benefits all humanity.

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.



sun warm on your face. With each step, you relax into the rhythm of your breath and allow the beauty of the forest to cleanse and clear your energy field as you move into childlike wonder.

As you venture deep into the forest, you notice a huge ball of violet light coming toward you. It seems to dance and float across the landscape. As this light draws closer, it shapeshifts into a man dressed all in purple with a staff in his hand and a gleam in his eyes. Merlin!

Merlin: It is a delight to be your guide as you make your way through the woodland forest and journey into this auspicious year of 2023. I am here to offer support and share magic with you as you venture forward. For the journey ahead, you will need a sense of wonder and an attitude of delight, joy, and laughter. To embrace

these attributes, it will be important to release any baggage that no longer serves you. The more you allow yourself to release your old hurts and stories of pain, the more strong, expansive, and ready you will be for the next adventure that awaits you in life.

Before you embark on the journey, I would like to offer you some gifts to support you. The first gift I offer you is a staff. Take a moment to tune in to your unique staff. Your staff is designed especially for you. Does your staff have a crystal on top or feathers? Notice if it is made of wood, silver, or gold. The staff presented to you will be as unique as each of you. Allow yourself to see and feel your unique staff, and trust that your staff represents support.

The second gift for you is a cape. To receive this gift, I suggest you close your eyes and breathe deeply as I place your cloak on your shoulders. Notice if your cape is an invisibility cape, a rainbow cape, a warm woolen cape, or a gossamer cape of light. Your cape represents strength and protection.

The third gift is footwear. Are you barefoot, thus allowing your connection to kiss Mother Earth? Do you wear hiking boots for strength and endurance? Perhaps your feet are snugly in moccasins to lightly tread on Pachamama or in party slippers to dance with joy. Your footwear is your support and will ground you to Earth. All three gifts will support, protect, and connect you as you journey into 2023.

The Trees as Teachers

As you walk through the forest, I invite you to notice the trees as they stand tall and strong. Their roots reach deep into the forest floor. The trees are the epitome of groundedness and receive their nourishment from sweet Mother Earth.

The root systems of trees are interconnected, and through this underground connection, they support one another. They communicate in a magical and mystical way. You might not speak the language of trees, but you can still learn from the standing ones. They can teach you that you need one another and the importance of community.

It will be important to embrace community in 2023 to allow support from others and give support when needed. You are all one and connected to the beauty and strength of Mother Earth. I ask you to take an intentional moment. Close your eyes and breathe deeply. Feel the interconnectedness with your surroundings. You are a part of the trees, rivers, lakes, mountains, and

ocean. There is a life force that flows through Mother Earth and all who reside on her belly, and you are a part of this vitality. Each of you makes a difference.

It will be essential for you to honor your connection to Earth and be as grounded and solid as you can be.

The energies on Earth will continue to shift and change at a dynamic speed. You will notice that day to day there will be instability in many aspects of your consensual reality. This will affect your politics, weather patterns, and social systems. With this in mind, it will serve you well to remain rooted and strong in your values, trusting in your knowing and avoiding the drama and chaos that will unfold around you.

Imagine the forest in a high wind-storm with lighting flashes and pelting rain. The trees bend and sway in the wind. They release some branches and leaves, but for the most part, they remain strong and proud. You are encouraged to be like those trees: Be flexible, bend, and sway, but remain rooted and strong. This will serve you in this auspicious year ahead.

I, Merlin, ask you to once again expand your imagination and notice your staff, cape, and footwear. Notice whether you have the same staff, and remember that it is there for support on your journey but also going forward.

Allow yourself to feel the cape, and remember it is for strength and protection. Observe your footwear that helps you to be grounded and connected to Mother Earth. Breathe into your feet and ground yourself into your body.

Merlin and the Oak Tree

As you walk further into the forest, remember to always enjoy the journey. It is not the destination but the ride along the way that is important.

We have come to the mighty oak. The oak represents strength and endurance, which are two qualities you will need in 2023. I invite you to stand beneath the branches of the oak tree and take time to just be. Allow your breath to be soft and quiet. Absorb the strength and magnificence of the oak tree's ancient spirit.

Oaks have been known to live over 1,000 years and have been witness to generations of people coming and going. As you sit beneath this tree, call on your ancestors to come and sit with you awhile. Thank them for creating you — the miracle of life that is you. Thank them for living their lives the best they knew how. Forgive them for their imperfections, and acknowledge the men and women who are a part of your lineage. Take some



time to absorb the ancient wisdom of the oak. As you sit beneath the oak tree, observe acorns spread at the base of the tree. Within the tiny acorn is the potential for a gigantic tree.

Self-empowerment suggestion to welcome in 2023: Take a moment to imagine you are holding an acorn. Breathe into this seed your intentions for moving into 2023. Now with the oak tree as your witness, dig a hole in the rich soil, and plant your acorn filled with your intentions, dreams, and desires. Breathe into your feet, and ground yourself into your body as you prepare to step forward.

Choice Points, Turning Points, and Tipping Points

The Lion People through Ellyn Dye

There's been "a whole lot of shakin' going on," and it's not over yet. In case you've forgotten, Pluto, the planet of death and transformation, has been throwing its wrecking ball against everything that is corrupt, unsustainable, or without a solid foundation, including governments, institutions, systems (such as health care and the economy), infrastructure, and organizations.

This is not new. It started when Pluto entered Capricorn in 2008 (when the economy crashed) and is reaching a crescendo now as it prepares to slowly trudge out of Capricorn and into Aquarius in March 2023. It won't be completely done with its job in March, though, because it will roll back into Capricorn in June 2023 to review its work and smash anything it might have missed before moving again into Aquarius in January 2024. It will then stay in Aquarius until January 2044 — yes, 2044 — to tackle everything ruled by that sign.

This is a natural, normal process, but the Pluto in Capricorn transit only happens about every 248 years, so no one alive today had any experience with it or any idea what to expect. Now everyone knows.

Even though the entire world is experiencing this transit, the United States is experiencing it on steroids. Pluto was in this same position when the United States was founded, and in essence, it has been breaking down or shining a harsh light on everything that does not live up to the ideals of the Founding Fathers since then. Everything is up to be reviewed, revised, restructured, replaced, and rebuilt. This process is obvious in the chaos in the U.S., particularly in the past five to ten years.

Empowerment prayer: "Grandmother Oak, I ask for your support as I venture into 2023. Hear my prayers as I softly whisper them. Receive my intentions, dreams, and desires, and support me to bring them to fruition."

I am Merlin, and I remind you to embrace the magic and wonder of life.

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 feels honored to connect with the masters who come to her with words of wisdom. To learn more about her practice, visit her website at CrystalClearInsights.ca.



This transit has not been easy. Everyone has had to make changes in their lives, whether voluntarily or involuntarily. People are feeling the loss of their touchstones and the many things that made them feel safe and in control. Yes, it's making people crazy. Many who were already unbalanced have gone over the edge as they have watched the rubble created around them. With Pluto, it's always best to focus on the transformation part rather than the death part, although one often precedes the other.

The Dust Is Starting to Settle

The good news is that although this process isn't over yet, humanity has, in fact, reached a turning point. Whether at the ballot box, in the streets, or simply in the collective unconscious, the old ways of doing things — supporting the wealthy at the expense of the masses, toxic work places and relationships, toxic hierarchies and abuses of power, and wealth disparity — are no longer acceptable. People around the world are taking back their power and refusing to go along. That is very good news, even if these decisions and actions make people feel as if they are walking down a steep hill on loose gravel with no idea where they are headed or whether they will fall along the way. The key is that important choices and decisions are being made.

Unfortunately, a massive "cleanup on aisle nine" (or maybe several cleanups on several aisles) needs to take place, but that's still progress, because the cleanup can

finally commence. As with any major remodeling project, a lot of demolition and unexpected problems have come up in the process, but in 2023, the dust is starting to settle, and almost all the problems have been laid bare. People are adjusting their beliefs and expectations about this giant project, and plans are being made to address those problems, prevent them in the future, and create a solid foundation going forward. Efforts to remove the rubble have started.

In the midst of all this, cultivating discernment is extremely important. The culture wars have escalated, along with disinformation and misinformation by those who fear the loss of their power, to halt or at least slow the process. Be careful where you get your information and what you believe — and then take it all with a grain of salt — to avoid being manipulated or deceived. If you are looking for someone to show you the way, many people will step up to claim that position, whether they know the way or not. Just as when you do a massive remodel, you want to hire a plumber who is bonded, licensed, and has many five-star reviews.

Resistance Is Causing Delays

“Old habits die hard” is putting it mildly, because the one thing almost all human beings can agree on is the desire to resist change and to cling desperately to the old, no matter how unsustainable, unfair, nasty, or toxic it might be. As everyone has likely learned by now, resistance is painful and futile.

The old paradigm — and the old power structure — will not “go gently into that good night.” There will be a lot of kicking and screaming in the forms of corruption, deceit, outright lying, draconian rules and laws enacted, and possibly violent rage and hostility. In their fear of change and loss — of status, power, wealth, control, perceived superiority, and even way of life — many are making last-ditch, desperate attempts to roll back the clock, even to the past century, to times they idealize and perceive as having been more beneficial to them.

There’s no going back; the toothpaste cannot be put back into the tube. It will take time for some people to realize that their party is over. Bullying, blustering, and raging will continue and possibly escalate in some quarters into 2023 until the people resorting to those behaviors finally realize their actions will not get them what they want. What you are seeing is the last hurrah of a slowly dying paradigm. That’s a good thing. Time marches on, whether you join the parade or not.

The Winds of Change Are Blowing

Bob Dylan sang it in the 1960s: “You don’t need a weatherman to know which way the wind blows.” This is just as true in 2023. Linear time, evolution, and progress only flow one way, and that is forward. As the old paradigm — perfected through 2,600 years of the Piscean Age — crumbles, echoes of past moments of drama and trauma will continue to rise up in the collective unconscious for reassessment of those past energies and actions and for decisions about whether they should be carried along into the new. Echoes of the American Revolution, the American Civil War, and World War II have risen to consciousness for humanity to sort through the collective memories and traumas to heal, release, and move forward. For the most part, humanity has been horrified and has chosen to leave authoritarianism and aggression behind.

Be aware that there is always backlash and resistance to change, so there is always a zigzag as large expansions are inevitably followed by contractions. Also know that the expansion always far surpasses the contraction.

Waiting Is the Hardest Part

How much longer does humanity have to wait? As with everything else, it depends on each person and the choices he or she makes. The world is being created anew in every moment by all these choices. Those in the higher-vibration realms are watching with great attention and curiosity to see what humanity chooses next.

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Will you choose to continue down the path of hierarchy, authoritarianism, aggression, and abuse of power, or will you choose the new path of more love and acceptance that is now barely discernible but very enticing? Many choices are to be made, and it behooves everyone to be acutely aware of the conscious and unconscious choices they make in every moment. The very world rests in those choices.

Even though it might not be obvious, humanity has already made important choices and reached important turning points. The tipping points are coming. The latest contraction is almost over as humanity begins to move forward again toward more acceptance, compassion, respect, collaboration, integrity, and freedom (with personal responsibility). As this happens, you will create more governments, institutions, systems, and organizations that serve the many rather than the few and protect those who are weakest.

More stops-then-starts and two-steps-forward, one-step-back will continue in 2023, but if you look closely, you will see that progress is definitely being made. Big changes have been made and will continue to be made around the world as old ways die out or are rejected outright.

Resistance, as always, is the wildcard. Much depends on how many people cling desperately (and possibly violently) to the past, how strongly they cling, and for how long. While tensions will ease throughout the year, random, localized events of violent acting out will likely continue as well. These will slowly cease during 2023, but take heed and take precautions to stay safe. While pockets of people here and there will continue to resist the increasing and inevitable changes, humanity can still move ahead on many fronts, such as changes in government, education, technology, labor and the economy, and medicine and health care.

Stay in Your Heart

Even though the world might look like a giant dumpster fire, be confident that the fire will burn down to embers, and humanity will rise from its ashes like the phoenix. In the coming year, if you look for evidence of progress — and light at the end of the tunnel — you will find more than you expect. You have already seen huge shifts and changes in the world. Use those changes as examples of more to come. Keep your eye on the good in the world and the good in people, rather than the

bad, and embrace everything with as much love and acceptance as you can.

Embrace and assist the changes by staying present, keeping your vibration as high as possible, and living life simply and through your heart. Stay in balance, practice random acts of kindness, respect others — even those who violently disagree with you — and have compassion for those who act badly, because they are experiencing intense fear and desperation. You have all been there at some point in your life. Know in your heart that everything is moving in the right direction, and do your best to walk through these still-unsettled-and-challenging times with grace and compassion.

Relieve yourself of the burden of solving the world's problems. That was never your job, and it wouldn't be possible, anyway. That idea only feeds the ego and leads to disempowerment, burnout, and despair. Instead, withdraw a bit from the *sturm und drang* on the world stage — which is only the last feeble clash between the old paradigm and the new — and allow yourself to breathe and rest in a calm oasis of your making. The world will deal with itself, and you can choose from time to time to take actions, or not, as you see fit. Create that oasis for yourself. Stay in your heart, stand in your integrity, and always try to do the right thing. Do that and you cannot fail.

Your Efforts Have Paid Off

For those who came first to assist with this great shift and transformation of humanity, holding the space for that shift has been long and hard and often heart-breaking. As you did the hard work of healing and moving into self-love, you charted a course for those who would come behind. Like scouts who forge ahead, chopping through dense forest and undergrowth to create a trail for others to follow, it might seem like it has been a lifetime of hard work with no support, acknowledgment, or reward. Now you must wait for the others to start moving and catch up.

Many are so weary that they lost hope and despaired that the shift would never happen, that meaningful change would never come, and that all their hard work was for nothing. But look again. It is a job well done, and you can acknowledge and be proud of your efforts and the fact that you never gave up in the face of so much hardship.



The promised land for all is just over the horizon (over the next ten years or so), and the vast majority of humanity is now walking (or stumbling and maybe kicking and screaming) along that path you so painstakingly helped to create. When you tripped over rocks, you moved them aside so that others might avoid that pain. And because you created that path with great love, you also provided road signs, food, water, shelter, and rest stops along the way for this long, hard journey that everyone must make. Your efforts have provided people with the possibility of much more comfort and ease on their journeys than you experienced. You will shake your head in disbelief when you realize it is still a very hard path for many.

Please remember that only the strongest, bravest,

and most resolute of souls were selected to perform that service, to forge that path, and you have done your job magnificently against tremendous odds and in the face of great hardship and pain. Those in the higher realms have watched, cheered, and assisted you with great pride, and your praises truly will be sung across the universe for eons.

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How to Not Lose Your Way

Angel Raphael through Adria Estribou

Looking ahead, the year 2023 appears almost as if humankind is stepping back into primal instincts and losing its way. What do we say to beings who are about to lose their way? We could say, “Be afraid; you’re going to lose your way,” or we could say, “Each circumstance in your life brings you closer to your destination.” For example, say you’re walking toward China when you had meant to go to Japan. You will eventually come to the other side of the globe again and reach Japan. Even if the steps you take on a new journey seem to be leading you farther away to lands unknown, you will eventually get to the destination you desire.

Many teachers have said that wandering is part of the field, that the path itself is the journey, the love, the growth. That’s not exactly what we’re saying here. We’re saying that if you walk in any one direction long enough, you will reach your destination. Any effort, action, or movement you take brings you toward what you seek. If what you have in your heart is what you want, you cannot walk in one direction and end up farther away from your goal. If what you have in your heart is what you don’t want, then you can walk farther away from the thing you think you’re pointed toward.

In 2023, more than ever, it’s very important to know what you want, in your heart space. It’s not important that you know in a mental, cerebral sense how to get there, when it’s going to happen, or how it will happen. It’s important to know the “what” of what you want, not the “how.” Keep that as your focal point — not as an obsession but as a compass point. If you don’t want to lose your way in this difficult year, it’s important that you remember to keep the field of your heart clear

except for those things you want.

Compassionate Discernment

This field of the heart is not about the grief of what others are enduring or what you don’t want. If you put either of these things in the field of your energetic heart, that is where you will aim. You’ll have to be very discerning with your compassion in 2023. Being loving and supportive of other beings is beautiful, but if you put their suffering in your heart space as a compass point, you will find more suffering.

You will have many opportunities to assist and grow with others, but be careful of a false sense of compassion that says, “If others suffer, I must suffer with them, and then I’m a good human,” or “If others suffer, I should pay attention to that day in and day out, and then I’m a good human.”

If you see someone suffering and you are rested and well, you have the resources to help, and you are able to help energetically or materially, that is being a good human. Balancing the urge and pragmatic ability to aid others with a hyper-focus on suffering is an important dance of discernment. We want to be clear here that we are not talking about not helping others. We’re talking about not focusing on the suffering.

To give an example, let’s say that people in a particular area are suffering because of a drought and lack of food. Give those people food if you can, but don’t focus on their suffering. Focus on your love for them or their love for life. While being in your heart space, ask,



“What do they want? They want food and water. Oh! I can give those things,” or “I can energetically wish for those things.”

We’re not telling you to take the focus off any person or group in suffering; take the focus off the suffering itself. Shift to the heart space, theirs or yours. In this example, your heart space might focus on relief — “I want relief for these people” — rather than on the pain they are in.

It’s subtle, but not so subtle from an experiential level. Be a resilient force for movement, change, and collaboration in this world rather than crippled by suffering. It will be important in 2023 to learn that piece of discernment.

Many religious and spiritual faiths teach that being in compassion with the suffering of others is a beautiful thing. Be cautious how you use that tool this year. If compassion or your heightened sensitivity to suffering alerts you that there is someone in need, that’s great; use that as a warning system or as an alert to catch your attention. But please don’t wallow in the suffering, which helps no one, including you.

Learn some new resiliency tools around compassion. Learn to see it as perhaps a flag to get your attention, but those suffering don’t need you to suffer with them and amplify their pain. We’ll go back to the example of a region in drought. If you’re not in a position to help materially — say you don’t have extra food, a truck, or money to supply an organization to bring food — you can sit in the dream space with them in their hearts and help to amplify their power of wishing it toward themselves.

Amplifying pain doesn’t attract change. If you want to create change, then amplifying or resonating in the field of suffering will get you a little lost this year.

The New Collective

The new collective is not about energetically sharing the lowest common denominator (such as low-vibratory food) or low-vibratory emotions (such as anger and fear). The new collective way of humanity is sharing what works on a quantum level. What has been achieved in terms of brilliant navigation of the new era? What has anyone tried that is new? There are so many different fields of energy to explore. For those who are practicing in one field or another, the human collective is a place to share, on a quantum level, what that is. What are these new fields? What do they taste like? What do they look like? How does one navigate in this realm?

For one human, one teacher, to explore it all and then teach others is too much for one lifetime. That’s why the collective is very important at this time. This is not so much about survival but about resiliency. It’s

about the connectivity of the new human and sharing on a quantum level what works and what is.

Sometimes it’s not about fixing things; it’s about exploring new types of space — energetic space. Begin to think more about the human collective than about survival. Beautiful connecting lines of light exist between everyone in the new humanity. New humanity is not singled out to one certain race or those who have meditated a certain number of hours. It is any soul who has chosen to stay here and evolve on this plane of existence at this time. You are invited, ushered in, already a part of new humanity. If you are reading this and are interested in staying here and evolving, you are already accepted. There’s no ritual or rite of passage that you need to go through; it’s a matter of personal choice.

An Unprecedented Turning Point

Humanity is at an unprecedented turning point. There have been many turning points for individuals, the planet, and the collective, but this is new. Others have spoken of this with the terminology New Age, New Era, New Human. This truly is the birth of a different type of humankind.

We don’t mean, as in some alien space movie, that humans are going to literally shed their skins and look green and puffy or take on some other persona and become man-eaters or something else that’s frightening. It’s more subtle than that, but at the same time, it’s more profound. Humanity is becoming something else.

This is the turning point, and you are part of that. If you choose to stay in this lifetime beyond this year on this planet, then you’re part of that evolution. It is a miraculous time to be alive because you get to experience, explain, and explore: What is the new? You are the new.

Outward circumstances are no longer driving who or what you are. You are driving outer circumstances. That, in a nutshell, is how we describe the new human. Please stop waiting for outer circumstances to dictate what you are. Start emanating what you are, or emanate brighter or with more cheer if you are already in that space of being. It’s that simple. You don’t have to wait for some prediction to come true. You are the prediction. You are the emanator of the new.

Stop following and take the lead. Start leading the new way that you wish it to be. You will create that. Watch and see.

Adria Estribou is a joyful mystic who helps you consciously create the life you choose. Along with the angels she channels, she gives you tools to thrive in the New Earth energies. Adria is a conscious channel, animal communicator, and intuitive guide. She is the author of three books: Angel Insights for Unprecedented Times, Why Did Lemuria Fall? and Slip through the Keyhole. She is also the creator of the sound-healing CD Sounds of the Ancient Ones. Learn more at AdriaEstribou.love, youtube.com/c/AdriaEstribou, and @adriaestribou on Instagram.

As the Ponzi Scheme Falls, How Will the Real Pyramid Stand?

Jesus ben Joseph through Rev. Donna Ferri



I give you my prescience, advice, and succor. The times are becoming as when I lived and walked on the shores of Galilee: The Roman legions punished the empire's scapegoats unjustly, and the moneychangers who handled the empire's paymasters and other funding took the world's harvest.

I witnessed it then as you do now. I understood well how ignorance beleaguers innocent souls, and I cast out the attendant energies of that lowest density. I removed its ill intentions from the body temples of my people and healed them. At times, I spoke and acted against the traditional grain, but my highest mind remained neutral, unmoved in my solar plexus, even toward the severest of perpetrators. I was so able to be the calming oil on the raging sea that I kept what I garnered, which was the energy required for my greatest demonstration up to that moment.

I will share how I retained my power, but first, here is my analysis of the current energies. It is meant for you to apply greater healing and clearing of your domain and to open the way for others to receive this clearing.

All Is Illusion

More of the current open and unabashed teeth gnashing will continue, but fear not, for I will rend that psychic veil asunder just as I did when my spirit left the body on the cross. That event illumined the crucible of illusion posing as matter. I used it to tear open that contrived barrier to heaven. Moreover, if I had left it in place, then souls would find it impossible to break through the illusion of separation. They say it is difficult to become like me, but a soul can only develop as its own true self. Through you and all true selves, Christ comes again.

It is time to tear off imposed or accepted shrouds of lowest consciousness. You have recourse to my aid, which is your inner-master's assistance. That master can call in helpers, including powerful beings from the God star Sirius. The mighty blue eagle of Sirius already comes in great formations. These mighty ones arrive in

answer to your prayers. They rotate their tours of duty, in and out of Sirius. Always refreshed and recharged to aid you, they desire your victory so that you still own yourself, body, mind, and soul.

The angels have quite a chore ahead, because tensions will escalate and conditions intensify. I will pull the curtain just in time, before you give in to the planetary illusion. Know my coming is nigh by what bemoans loudest, decries incessantly, and openly seeks to escape its imposed structure. Until something appears, pray it be not a false remedy.

What is that false panacea? Observe it as negative egos scramble to maintain their tenuous holds on positions of world power. Think of that pyramid and its structure not in the sense of a durable physical monument but as a Ponzi scheme and its energetic equivalent. It tries to portray a hold over the lowest monolithic stones in its structure, unsatisfied with their failure. Those over the moneychangers dream up a new scheme. As the masses continue to awaken to this subterfuge, the illusion puts on a greater show of strength.

Always remember that this mastery of illusion is all they have. You could pity them, but this is no time for sympathy, because its momentum puts you on a false trajectory and seeks to undermine the sure foundation, beauty, and power of humanity's real pyramid. You are one of the largest and most sturdy supporters within that sure base.

The world insists the pyramid's top placeholders are evil, but who can be against you when I am before you? Think of the light of I Am, which is in you and your neighbors. Even seeming thralldom cannot touch the great I Am.

Wield Divine Love

Those at the top cannot abuse the light of the pyramid's base without toppling themselves. They know this and so resort to subterfuge. They tell each targeted side to believe the stories they spin on any issue, ensuring that one's predisposition accepts a preferred truth. They

conspire to make it true, offering it as proof. Some in each target audience fall for these divide-and-conquer tactics, and they lord their rightness over those who disagree or who take no sides at all.

Those at the top persist in such games because they are experts at spinning energy in the third dimension, spreading psychological pain and confusion. Beware of taking the bait. It will slow you down and derail your mission until you end up giving power to unscrupulous parlor magicians and thereby become an unwitting agent in their invisible war.

Because the war is on inner planes, you hold the greater advantage, which is divine love. Wield that resource. Share it with the others in the foundation who are caught in the illusion of this energy scheme. Encourage them to embrace their roles as light's unmovable monoliths in the real pyramid, the one representing true God government, which operates on the sublime principle of servant leadership.

Demonstrate a humble rotating in and out of positions on the real pyramid of light, wherever your mission places you. Ideally, those above are only there to honor those on each row of the divine structure.

You Are the Solid Foundation

What changed the pyramid of light into a Ponzi pyramid scheme? Why do those on the bottom never seem to reach the heights, as those at the top promise? What went wrong?

Egos at the top became drunk and dizzy at such rarefied heights of power. They looked down and devised their schemes because their human personalities wanted to soothe themselves. They were bereft because they refused or feared to look up at the capstone, which is each person's Sun presence tethering other souls in oneness, finding fulfillment as they humbly hold together in unified strength.

You will witness a seeming impossibility: a commencing of the downfall of the false pyramid. I adjure you: Be brave in both that drama and its aftermath. You are with the billions at the foundation, which is square and solid. Its monoliths will hold firm, for upon this rock, I am rebuilding my temple. You will even see some near the top do a turnabout, when they glance up and realize they can withdraw from their imprisonment in the scheme and join you in the rebuilding.

Meanwhile, those who do not accept God reality will fear it. They will further invade humanity's unguarded consciousnesses with even more distorted reels of imagery because their aim is to dim the soul's true vision. But since they can throw only the mud of idolatry on the screen of life, that falsity is weak. Even when the mud washes over the whole pyramid, a quorum of the billions will realize they can direct light and clear it.

The timing and your observance of the false pyramid's fall is crucial. Another Ponzi scheme could swiftly take its place unless, at the grass roots level, a world of hearts aflame with love join forces to create something the moneychangers will find difficult to penetrate. You and they will be stronger, because the central power over local self-government already demonstrates its weakness.

What is the real and transcendent pyramid of humanity and its stewardship of all life? The reason for light's pyramid is for all within its divine structure to take turns in the physical replica. Each holds their position in the different layers, demonstrating gratitude for the opportunity to support the relatively smaller monoliths above and the larger ones below.

The function of a pyramid, after all, is to be only as strong as its design, as strong as each of its parts. The consciousnesses of those who know this inner mystery must stay higher than most because the weight of divinity in those stones must help all to seek light. Uphold the capstone and facilitate the divine vision of higher awareness.

Remain Neutral in Your Heart Flame

Why have the opposing forces besmirched the divine symbolism of the pyramid? They do so because their only true currency is fear. Remember this when seeming or real chaos ensues. Do not hold your breath as if to brace for calamity. Instead, exude your real power. Call to me and I will help you hold to the truth, for your divinity is the mighty capstone.

Each monolithic stone is a soul of light who embodies dense form. The luminosity of your soul and those of your cohorts shine on the just and the unjust. You are like pillars of the cosmos "21 feet tall," but even that estimated soul height is of smaller measure than your monad. The precise height, width, and breadth of your God-self is unimaginable, at least at this present level of the soul's awareness in its outer form.

Will you consider the immense power of those billions of your cohorts? Each holds up the whole, from souls at the base to those at the middle and top, each placed by the inner builder, the 21-foot-tall self. Your experience allows the soul's pure essence to merge more and more with your monad of immeasurable light.

You can almost smile at the immaturity of those who think they control Earth with its mass of Sun beings hailing from celestial stars to hold space and time here, together, until peace comes as full enlightenment.

In recognition of your true inner power, you can remain neutral, even as outer events play out before the world. By that wisdom, put to the flame any reaction to any threats, even to outer events that might come. Before they appear, put them into a most reliable form

of energy transmutation, which is your heart flame, an infinite source of love, wisdom, and power.

How can you clear fear? You do it with gold and violet light. Gold washes your place on the pyramid to retain the wisdom of life's lessons. Violet is a spinning vortex in, through, and around you. This is the self-clearing chalice. I lift it high, ever in honor of your heart flame, for you are part of my inner circle holding vigil with me this lonely night before humanity's trial.

You Can Thrive in Unusual Times

Here is my example of accessing the highest defense in times of greatest corruption: I recognized evil without risking infection just so that I could clear it. I was bold, though my most public demonstrations precipitated my last weeks in Jerusalem. Still, I was true to my soul, because I held to the mind of Abba which, in my native tongue, means "Daddy." I called my inner guidance Abba because we were that close. Being that close with your guidance is your greatest protection.

I am with you in that closeness. May you thrive and not merely survive these unusual times. Think of unfolding events as perhaps interesting and definitely temporal. They are also enlightening, illuminating you and

others through the lens of highest awareness, because you are that light.

My angels empower you to be wise and nimble, to remove yourself from any outplaying of the energy. Be prepared, yet never scared. Above all, imbibe and then exude my peace, which I give you.

Now I lay down my lyre, having played it while delivering this missive. I play it to honor your current embodiment, which is similar to mine as David, who courageously faced and then slayed the giant. You can also slay the Goliath of your times: the configuration of mass fear.

Now you have what it takes to prepare for the coming cycle, to join others and clear its energy. In this way, you are both light's psalmist and its instrument, ever playing and singing your song, immortal, triumphant, and free. *Selah.*

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.

The Year of Divine Connections

The Collective Soul Consciousness through Carolyn Gervais

You are about to enter a year energized by the number 7. Seven is the number of spiritual seeking, of always looking for the divine connections between the seen and the unseen. Seven is the number of the metaphysical student of life. In the year 2023, you are being called to know yourself and life in the deepest way possible.

At this juncture in your history, it is important for you to take the time to contemplate, study, and meditate on what true intelligence is. Understanding the deepest definition of human intelligence can become a guide to God intelligence, which is the personification of unconditional love for all creation, because All is connected by the conscious energy that creates All. In reality, you are family to every other person on Earth because of the conscious energy of the One Creative Intelligence that connects and extends beyond the planets and stars in every galaxy in the cosmos.

As you all become more deeply connected and aware of who you truly are through inner searching in 2023, you will better see how all relationships are created by your human perceptions of yourself and your life. This means that when you knowingly harm another

— emotionally, mentally, or physically — you have also harmed yourself even if you're not aware of it. Your thoughts about someone can affect that person's energy in some way, just as your thoughts about you can affect your energy, lovingly or not.

When love loves love enough, humanity will make a dramatic shift from human intelligence to God-inspired intelligence, which resides in the purest levels of the fifth dimension and above.

Help the World Become a Better Place

In 2023, how can you, as a lightworker, help the world community become a better place? When you get up every day, do you feel that you are doing your best to improve your life and the lives of others? You can surround yourself with the appearance of spirituality, but the challenge is who you are as a human soul and how you navigate through the maze and demands of physical life to learn and understand what you do not yet know.



As your saying goes, anything that is worth achieving requires dedication and hard work. One of the greatest challenges facing your world is to create a universal consciousness of unanimity. As a student of life, it is essential that you understand that you are all daughters and sons of Creation. The only illusionary veils of separation are from the human error of not being open and cognizant enough to perceive what is real and what is not.

The importance of 3: While 7 is the overall energy of 2023, another numerological aspect that directly influences the coming year is 3, which represents the power of manifesting through enthusiastic imagination. In essence, you have a blank check to create your reality through endless possible choices. Those choices can lead down a dark path or to a bright existence. Whatever the outcome, all experiences are the gifts of life that can stretch, flex, and sometimes overexert the body, mind, and heart, to the point that you feel you might break apart. Such harsh experiences are the best teachers, for they awaken humanity to ever-new levels of adaptiveness, sentience, and wholeness.

The importance of 2: The energy of 2 represents harmony, cooperation, feminine nurturing, emotional receptiveness, and peace. This number, which is doubled in the year 2023, provides a portal for you to receive intuitive cosmic energy.

As an awakening person, you will use this energy by regarding others with your open heart and mind. You will appreciate the value of others' talents, abilities, and personal authenticity. With deep understanding of what and who you are as a person, your body and mind will reflect the spiritual light of Creation, giving you the sense of great enthusiasm and vivacity. Because you are human and learn from the process of physical existence, the portals your energy and experience open for you at any given moment will lead you to the most advantageous opportunities that correspond to your present journey.

Take a Self-Inventory

Whether you are conscious of this fact or not, each soul who comes into human form has a spiritual responsibility to play their part in creating a better world for humanity. If you could truly see your life as being an essential and integral part of upgrading human awareness, then humanity would be well on its way to expressing a planetary consciousness of peace, cooperation, and acceptance.

If that is what you want, begin by looking at what might be your blinded views of what kind of person you have become over the years. Did you come in this way, or did your parents teach you to judge others before looking at yourself?

All life comes from the energy you each create in your world every day with anger, disappointment, hurt



feelings, fear of being afraid, and even wishing you were someone else. The problem is, the crazier and unhappier you feel about your world and yourself, the crazier and unhappier you will feel and become, because that is what you believe is your reality in that moment. It becomes real until you inwardly change your feelings and emotions before they create harm to you and others.

Are you seeing how powerful you are? You are a spiritual being in a human body that houses a physical ego that can often play havoc when you, the owner of that body, give up and allow all or most of your human reasoning to fly out the window.

You have gone through a dark and dangerous several years punctuated with political turmoil and a devastating pandemic. Maybe you are still wondering how you will find reason to hope again. Breaking away from grief and human despair requires you to access the depths of your mind. When experiencing a deep loss, it is helpful for you to go through a period of non-resistance and surrender. This can be an effective process. How effectively you move through negative feelings of loss depends on your willingness and strength to surrender. Stay with the feeling of surrender, and realize that all suffering is caused by resisting painful emotions.

The Female and Male Are Balancing

In 2023, a confluence of powerful energies will continue to sweep across Earth and humanity, creating a more perfect balance of male and female polarities that reside in both men and women. As you witness the conditions in your world, it can seem very disheartening, but as most realize, you are going through an evolutionary shift in which all opposites are striving to balance and unify.

At this time, a strong, surging feminine wave of energy is reaffirming its presence on Earth, and it will continue to do so into 2023. This presence is expanding the hearts and souls of humanity, balancing the old dominating, patriarchal energy that has been out of balance for so long and destructive to a peaceful existence. This feminine wave of energy is transforming the insanity and dire conditions of the human world as you open to it and tap into its empathy and wisdom. During this evolutionary transition, extremes might become very active, which can create resistance to the changes that must take place for humanity to transcend what is no longer useful on the planet.

Transformation must begin on the inner levels of your being before it can manifest in the physical world. At this point in the transformational process, it is easy to believe that nothing is changing, but change is definitely taking place. It reveals itself all around you when you look through the eyes of intuition. You are progressing through a natural process of your ever-evolving humanity. The road to balance will include physical expressions of chaos and desperation as long as male energy clings to its desire to dominate.

The Creative Source gives you gifts in the form of miracles that will continue to surprise and amaze you the more you pay attention to what is real in your life. Compassion, integrity, and the will to learn about yourself and each other are key aspects of what is real. These qualities will help balance all humanity.

Everything Connects

Now is the time when you must work to wake up to who you truly are as spiritual essence. This essence has been passed down as the gift of free will to be used in creating what all humanity wants beyond the ego: peace and harmony for all.

Look carefully at all your insightful experiences to assess what they have to offer humanity by way of awareness and knowledge. Will this awareness and knowledge foster hope and peace or ignite fear and anger? In other words, which perceptions and beliefs cause toxic and destructive energy, and which are compassionate and beneficial for all creation?

Everything and everyone are joined by strands of energy throughout the multiverse as entanglement. "Entanglement" is a term used in your science of quantum theory to describe the way particles of energy/matter can become correlated to predictably interact with one another regardless of how far apart they are. Your well-known physicist, Albert Einstein, humorously described entanglement as "spooky action at a distance."

You dwell on many planes of existence, and all those multidimensional selves are connected. Each serves the other in some way to eventually balance them all.

Because of this energy connection throughout the universe, all energy is absorbed by the mass consciousness, which will be used in any way necessary to help balance humanity with Earth.

It is important to pay attention to your feelings, thoughts, and beliefs, and work on transforming the harmful ones through contemplation, understanding, and eventual peace of mind. Practice looking through the eyes of love whenever you feel anger toward yourself or someone else. All you can do is have love, be compassionate toward self, and accept those who cannot be anyone but themselves in any moment. Like you, they are trying to be the best person they can be for you and others, so forgive them for what they do not yet know how to do.

There will be times when it is difficult to stop blaming people you do not like even if you played a part in the issue you have with them and inadvertently failed to perceive it. By doing so, you end up being your personal bully, because at the time you might not have had the awareness to see what you could not yet see. It is time to stop beating yourself up for being you and to let go of all anger and feelings of shame.

In spiritual terms, "the buck stops here" means you are personally responsible for your contributions to the collective consciousness every moment of every day you reside on Earth. That energy permeates your entire world and mindset through the unconscious and subconscious of every human on your planet.

Focus on the part you play in everything you do and say. Take personal responsibility to make your world a place where all humanity might live in harmony and peace. Paraphrasing a saying of your world: be the loving change you want to see in your life.

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).

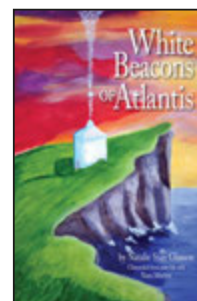
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Cosmic Whale Grandmothers through Alessandra Gilioli



We are the Cosmic Whale Grandmothers. We know you as the paradigm shifters. You might think of us as the paradigm shifters, but we come in during the shift to assist with it. We ourselves do not do the shift. We are outside and above, assisting in ways you cannot fathom.

We are the Cosmic Whale Grandmothers. We come from deep, deep space and other universes, intra-universes. We come from so many different kinds of realities, reality scapes. We see you and your world and we see you within your world. There is no such thing as one world. There are many and all and one. There is limitless diversity. What world do you inhabit and live in now? What world do you think you inhabit in the now? And what world are you projecting forth into beingness? For those of you who believe in the powers of your thoughts and thought fields, we are here to help you amplify your powerhouse technologies, for we are indeed assistants to world building and the world weaving.

As Cosmic Whale Grandmothers, we were there in the beginning times and known well to the aboriginal peoples of Australia as the dreamtime. We were there then and we are here now. This is the now and ever-time. This all being said, we can tell that these now times are bringing forth cataclysmic changes that can also mean Earth alters in a good way and moves forward.

Projecting forward into your new cycling of time, 2023, we can feel a breath, a sigh, and a release, as we feel that many of you, including those reading these words, called forth these frequencies. You are the ones who will see and experience sighs of relief, as you can feel that you are sinking in deeper and deeper into your new reality, your new worlds, even if it may be simply felt, known, or understood in an energetic dream, vision, or a higher-dimensional understanding that again appears in your visions, dreams, and art. It may not even be as real for you yet in a 3D or 4D way, yet it is known to be 100 percent real to your fifth-dimensional selves and beyond. Your sense of confidence, grounding, and knowing that the new worlds are being built will be unshakable.

Step into Your Power

In 2023, you will step into a sense of power or mastery in which the prevailing feeling is unshakable.

You will feel unshakable, grounded, and rooted for the first time in several years. In these immediate past years, everybody has been completely shaken up and rattled to the core — the bone — and then rattled again and again.

There is a reprieve in your emotional, mental, and energetic states. (This message is for those resonating with these words and material.) There is a vibrational match for you. This reality that we see, share, and weave with you right here and now is not everybody's reality. Many people will still be in a state of shock or lack. People have their timing, roles, and gifts to offer in this world-making process. Therefore, it might be helpful for you to have a renewed focus on what you are doing, seeing, envisioning, and creating in your unique way of helping and assisting to bring in further and keep building a New Earth and its template.

The world will still look chaotic to many, and it might continue to be increasingly chaotic. But you are entering deeper and deeper phases of very well-mastered multidimensionality. For so many of you reading these words and attracted to this frequency, you are the utmost masters. You have done this again and again in different dimensions, realms, planets, and dare we say, even universes, so you have come here especially handpicked — called by Mother Earth herself and her ascended self — to be here in these times for your precision work, heart, and cohesiveness.

You will seek out each other more and more, and you will find an established community or group within a community. There is already an established amount of outreach. A lot of things in this new life will feel more established in this new world building, including your inner world. A lot of things will feel more established even if they are not fully finished or formed. You are stepping into a sense of not exactly completion but completion of this specific stage.

You will feel a satisfying amount of anchoring at the beginning of 2023. You will be successful in your foundational work and can breathe a collective sigh of relief. The battle, hardships, focus, and determination that it has taken you to survive — or should I say thrive,

build, and create — in the past three years shows your superhuman strengths and abilities and your massive capability of being flexible, agile, and more than anything, empathic. This has been a great challenge for all beings on this planet. The level of empathy has been amplified because of the heightened level of pain, agony, and extreme fear that so many have been in.

The Best Mindsets for 2023

You might want to have something for your mind to do. We have advice as to the best mindsets to have as you move into 2023.

Be aware and see limitless possibilities. The name of the game and the fluctuations of light, magma, and plasma, the building blocks, or the building streams of your physical reality, merge more and more with your spiritual reality, and things are accelerating. We will not explain the processes now, but for very real, visceral processes, things are manifesting, changing, and shifting at an alarming rate for your capabilities so far as the humans that you are.

This is the biggest and the best mindset because in the arc of the whole year, in the span of 2023, you will have lived through an incredible amount of opportunities, changes, and shifts. We can call it world building. There are surprises — good ones — in all that you can achieve during these extremely auspicious and unusual times. So if you can stay as open as you can, then the flows will be easier. It will be easier for you to walk through the changes that unfold.

Develop a deep appreciation and a love for the now moment. It is challenging to live through accelerated changes. The accelerated changes will continue, and they could feel like chaos and be very uncomfortable unless you become better at anchoring and grounding the joy and the simplicities of life. You can be protected from the buzzing acceleration of things by finding new ways to be in nature for longer bits of time.

So many of you reading these words are very good at grounding in your own unique ways. Therefore, you are already predisposed to having a good outcome that comes with the dynamics of the year. As we read the potentials of this year neutrally, we see the positive and the negative that will pop up. We are sharing what we are sensing. For us, it is all very extremely positive, empowering, and motivating, but we believe it is our duty to share with you the positive and the negative outcomes of what we see, which is all neutral to us and essentially positive.

Be aware of other people's rage and frustration. We believe that this rage might be a mixture of anxiety, frustration, and anger. Know that the momentum of other people's lives will be in quite a contrast with yours. Other people are living in other paradigms or holograms in which there has been no movement for a few years

now. There has been a standstill, a stoppage. There's been a complete devastation of resources that has massively affected the smooth streaming of supply and demand chains. Lots of people's lives have started and halted. So we acknowledge that there are people who won't make it into the New Earth timeline that you are building. They will stay in their hologram of struggle for a little longer.

Learn to spot other people's rage. You can understand it and have compassion for it, but notice how fortunate you are that it really is not part of your lives. However, as humans who have relationships and are interrelated in the community, it will affect you. So be aware of that, and more than anything, be aware of how untouchable you are, for you will surprise yourselves at how untouched, unscathed, or unbothered you really are by it, but you might have a knee-jerk reaction.

You might react with ego-based anger, as usually anger is met with anger. It could be a flash response or trigger within your body system. If you take a breath and remember these words or this energy, you will understand with deep compassion and healthy boundaries the state of the world and the many different programs that people live within and their structures, templates, or beliefs that compose the hologram that they are living.

You will surprise yourselves with your natural capability to have a certain level of healthy detachment while still embodying compassion and boundaries. You will feel essentially more cocooned and protected, as you will know that you are part of a greater team and network that holds and sustains all this. We the Cosmic Whale Grandmothers are part of this team.

Know that more starlight and legions of star angels are coming in to help you. We Cosmic Whale Grandmothers are very proud of our children, grandchildren, and their friends and allies. We are very proud to see that the party is getting bigger. This is one of those feelings that can be bittersweet in a way. You could ask, "How come more support is coming?" and you could say, "Oh, it is because things look really bad out there." With the neutral perspective that we have, we can see that, and then we can see the positive.

We see that a certain trigger mechanism and the right circumstances will come in to play. It is sort of like experiencing a fairy tale in which you must have the right answer to several riddles and go through several trials, or tests, so that by the very beginning of 2023, you could even believe in the astrological line up. There are specific valves in place that are now going to be unlocked, and a new stream of specialist star angels will come in to precisely intercept, intervene, and assist.

This is information that we might not usually share, but we do know that the right people will find this information. In their hearts and souls, they will feel that they know what this is or that they are part of this. There

is this correction energy — reclamation energy — coming from what you would call the high heavens. The high frequency realms are coming to pump in not just energy, support, and light but this correction frequency and reclamation as well.

From our point of view as grandmothers who watch out for everybody's well-being, we say, do not bother to figure out the details of these implications and what they mean. We want you to feel supported and reassured and keep focusing on your role and the piece of the puzzle that you contribute toward the greater whole of world building, for these types of details are really for the very few. This knowledge could be distracting to human minds because there might be a little bit of panic from the negativity, beliefs in the impossibility, or calculations that the human mind is not capable of. If you sink into the front and back of the heart and bring it down into your grounded earth star chakra's space, you will feel intuitively and understand the implications of what this coded message says. Essentially, be prepared for different kinds of support and to see swift changes in the Earth realm.

Be prepared to see more beauty and magic in the world. There have been grassroots systems, organizations, communities, and philanthropic, helpful setups that formed and continue to have a level of success. More of these will pop up, and they are unfolding and getting stronger. The evidence of these communities and assistance will become more apparent. You'll see the beauty of nature — the bee, the flower, and the honey — and the simple, good people who create simple lives. This type of beauty is going to be more radiant and emit more light, so much so that you might see some drastic changes, such as people in the mainstream public eye who suddenly and radically shift into a simple, pure life.

There may be thirty-something-year-old people who have been really involved with selfies, promoting a superficial life, and receiving lots of money from social media and the superficial, mainstream beauty industry, and they might change. Suddenly they may want the more authentic, real, and natural beauty of natural hair that has not been dyed and find that farming and living in more rustic, down-to-earth ways to suddenly be more appealing and calling to more people as they have lived. They're tipping the scales. They have lived the maximum of superficiality, and then suddenly the realness and authenticity of the natural life will speak to them. So there will be these radical shifts and immediate changes that more people will snap in to. We can say “awakedness,” an awakening.

Twenty twenty-three will bring more of your wishes to the forefront with more support, structure, and beauty light than you thought were possible. Your human mental body and brain are always gathering information, but they gather information from the world that

you see — the 3D mainstream world. There is not much evidence in the past few years to show your mind the predictions that we see for you. Therefore, it is our job — our duty — to report the streams of potentials, the streams of the unfolding, that we are seeing and sensing for you. To summarize, we see that you have incoming support and energy, the evidence of communities and a new world popping up, and different kinds of changes for the better that feel they have been a long time coming, yet it will also feel faster than expected.

Be Open and Ready

Be open, ready, and grounded. See the changes and the beauty. Be the change within yourselves. A lot of what you have been wanting and asking for is all coming in different packages, in different ways, throughout this year 2023. There will be swift changes and the beginning signs of the world really changing in the right direction. You simply need to know which frequency to look at, where to look for it, but it is there, unfolding.

Therefore, you will be challenged to dwell even more into multidimensionality. This will require different ways and different tools to add to your current tools of grounding and being present in the now because your mental and emotional bodies are not used to these kinds of rapid changes. Thus, it is a good tool to just be as present as you can and appreciative while at the same time staying focused and grounded for long-term ideas and plans.

We the Cosmic Whale Grandmothers can bring forth for you the feeling of slow and steady, as it is how we would go within the oceans when traveling long distances, and then we applied it to universes, galaxies, and space. You want to imagine and sense that. So there is this peaceful feeling in your now moment that you can also feel the beauty, design, and the deliberate feeling of going slow and steady in the direction of the New Earth building.

It sounds like a paradox, but some part of you is receiving this and knows what to do. It knows just what to do, when to do it, and when to put yourselves in this frequency mindset. You are phenomenal world builders. You are the best of the best. We love you. We hear you and support you. You have our waves of unconditional love, understanding, and comprehension. We see you and value you. We swim with you in these uncharted territories. We know who you are and where you are, beloved paradigm shifters.

We are the Cosmic Whale Grandmothers, and we bid you good day.

Alessandra Gilioli is an international intuitive teacher, author, and visionary artist. She is the creator of the Galactic Oracle Cards sold in thirty-three countries and translated in four different languages. Alessandra leads retreats at sacred sites around the world and creates Goddess priestess circles and Divine Masculine events. Sparkle your soul identity with tribal wisdoms and futuristic spiritual technologies, and enhance your multidimensional talents with free meditations at www.AlessandraGilioli.com.

Find Balance in the Imbalance

Adironnda and the Council of Light through Marilyn Harper

Marilyn: Wow, 2022 is ending and 2023 is on its way. I can hardly believe it as I sit in my meditation room, my new favorite place to write. I feel a little odd saying “write.” You see, after I “walked-in,” experiencing a major transformation in this life, I stopped having the capability to write coherently in English. Now it feels as if English is my second language. It truly is Adironnda’s second language, since they are not from Earth.

But I digress, as we we’re talking about the future, the time that is to come to our world. The year 2023 adds up to 7, which is the most spiritual of all numbers, according to Adironnda. Speaking of, let’s see what Adironnda and the Council of Light have to say about the coming times as I get out of the way.

You Can Only Be You

Adironnda: Ah, it is good day to you. We love seeing all your energies as you read the information we wrote in the past for you in the future. Hah! This is just a confirmation that there is no time or space, which makes us chuckle.

Many humans didn’t think you would ever make it to this time and age of 2023. Many more wondered what life after 2012 would be like, thinking there would be a drastic change after 12/21/2012. That was different energy, to be sure, but not in the way you might have thought. It was a dimensional shift of your coherence, your awakening, and your presence on this planet.

The world is shifting its energy. Humans are shifting and acknowledging that they know something more than they thought they knew. Even while looking toward the future, they might know something of what is to come. Dear being of light, you might ask, “What is to come?” That is the question. The events of this past year laid the foundation for your future. The ignition of a war between two countries that were one country is like two sides of oneness arguing with the other side of itself. This is the happiness within you as well as within others.

You are you, yes, and you push others against the you that you truly are, because somewhere, somehow, deep inside, you believe the you that you are could not be truly the you that you actually are (which, by the way, makes you an illusion). You are not an illusion, unless you believe that you are, because you are truly you at your core. That is all you can be — you — because the Source of All That Is does not create or even recognize contradictions. In other words, you are simply, easily, beautifully, and magnificently — you. Did you get that?

Search for Spiritual Answers

In December 2022, you will do the groundwork for a spiritual cylinder, thus uniting the alternative forces on this planet to accommodate just one force of peace.

You have seen two countries in an egoic battle, one striving to cause the other to be extinct. The world has not gotten involved, which is different from humanity’s involvement in past paradigms. It’s as if humanity is letting the two members of the same family squabble it out to become one again or remain separate. We hold that divine order is still in progress. All that is connected with that energy in this coming year of 2023 will only highlight the egoic feeling that ruling another (warring with another) is because the little ego feels threatened.

The year 2023 is a 7 ($2 + 2 + 3$). It’s the most spiritual of all the numbers.



In our book *Double Digitology*, we said that the energy of the 7 is analytical and scientific, and it looks for the proof of what is in the world. We also described it as standing strong even though it is out of balance with no visible signs of a foundation. With the straight bar at the top looking out into the world, one perspective might be that it is looking backward, basing everything on experience or past situations to formulate a future that repeats the same patterns.

We do not believe this is the case with this 7. We see it looking forward. Having no foundation to base decision-making on, it comes to a stance that finds balance in the imbalance. That is, it sends a spiritual aspect that through invisible force, this 7 can hold itself upright.

The 7 of 2023 is a search for spiritual answers. Many humans have been through this in the traditional religious sectors — Hinduism, Buddhism, Christianity, Islam, Judaism, and others. You can follow millions of individual beliefs, but the bottom line is: What are you searching for? When you light upon that answer, what have you found? Is it truth? Is it your definition of truth? Who would know?

In this year 2023, humanity, as a whole, will be looking inward for answers. Humans are coming to the realization that the second coming of the christed one has already happened and is truly within them. The answers are inside you, if you only become still enough to sense them. You will then experience an ego-free transmission that is directly from Source. That is what you are always asking for, isn't it?

We say it is already here. When you stop your busyness to acknowledge the teachings of your soul, then everything is a message, a lesson to help you evolve. Everything is an acknowledgment of humanity in its most human sense. When the humaneness or the ego gets out of the way, only the Divine remains.

Respect Differences

We ask your innate divine nature to rise to the surface to be recognized as the oneness that you are. The year 2023 is the discovery of yourself. It is the year when you humans learn to control your egoic natures to judge, criticize, punish, destroy, and disconnect due to differences. It will be the year of learning the true path of enlightenment, honoring the differences you see, and loving them into the oneness of all.

That is why our vessel, Marilyn, always wears a bracelet that she changes to her other wrist each time she realizes she has judged something as unworthy in herself or in another. That little bracelet helps her change her habits of thinking that some others or some things are less than someone or something else.

The premise is that all things, all humans, are

created in a realm of equality, and that is the solution that presents with every problem or challenge. That is the teaching of 2023: the grand opening of the spiritual pathway of unifying the different forces of the world into one energy. It is *not* making them the same; rather, it's uniting their differences to acknowledge that even in honoring differences, people can come together.

In the *Star Wars* movies or *Avatar* television show, characters use "the force" to move energy. All races, beings, origins, and species can use that same force. Their creators saw the potential of humans and — if you would accept it — extraterrestrials being united in one intentional force.

We ask you, in 2023, to let go of your judgments. Analyze and discern, yes, but then set your ego aside. See the spiritual aspect of you for all humanity to expand into this elevated time of true evolution, as your twenty-fourth chromosome becomes recognizable and your innate wisdom expands with the knowledge of who you truly are. Simply step into the infinite being of light you were designed to be.

This is the year, 2023, to understand that humanity is truly evolving beyond what was thought possible in the past to a future that is, or at least can be, fully in the light. We ask you to focus on the light of love, for that is the truth of who you are.

Throughout this year of spiritual change and awakening, you will have greater respect for the differences you see or experience. Honor those differences, but hold others in the spiritual bowl of one soup, as it takes many ingredients working together to make a beautifully flavored meal. You are each one of those ingredients, together making your world a stronger, more peace-filled place for all to live, laugh, and love.

We love you, we see you, and we are you. Namaste.

Marilyn: For more messages like this or information on the numerology of Adironnda, check out our book, *Double Digitology*, and visit our website at Adironnda.com. Each month, the energy shifts quite a bit, so we offer a State of the Multiverse message on double-digit days. You can join us on 11/11/22 and 12/12/22 to learn about what to expect for the next cycles. Visit our website to watch the preview video for our upcoming webcast. Many shifts are happening throughout the world, and you can be better prepared by tuning in to Adironnda's messages about upcoming energies. Blessings on your journey.

Marilyn Harper has been bringing through messages of higher guidance for more than twenty-two years as the divine link for Adironnda and the Council of Light. By the power of spirit, she receives and conveys love, activations, healing, and wisdom from higher dimensions, including from ascended masters, archangels, and galactics. Spokes-being Adironnda says they were sent from Source to help people awaken faster and prepare them for the Earth's shift into higher dimensions.

Acceleration of Conscious Choices

Ascended Master Hilarion through Lightstar

Greetings, beloveds. I greet you with the utmost love and brilliance. There is so much love in your world, even though most of you do not see it or feel it, especially in the past few years of time on your planet Earth with its vast array of upheavals, disturbances, and suffering. Some of you might feel as if we are not with you because we are in the higher echelons of dimensions, but that is not the case. Our bandwidth of frequencies might seem out of touch, but it is accessible to all.

We want you to be empowered, strengthened, and to carry the wisdom that you have the ability to rise above your suffering. All ascended masters are on active duty at this time and have been deployed in their respective areas of expertise. They are working with many of you as we speak.

This is a time for all hands on deck, as you would say on your planet, including every dimension and planet within your solar system and especially in this universe. It is a very crucial time, and many possibilities exist. We will describe some of the potentialities that might be in order for 2023, but keep in mind that we utilize the term “potentialities” because there are many facets and moving parts that can shift, change, or transform timelines at any given moment.

Indigo Awakening and Infusion

When we say that we see many of you suffering in silence, we also see many awakening in masses on your planet, so while lower vibrations might be present, much goodness and greatness is coming within your collective consciousness as a whole. This mass awakening has been happening in great numbers, especially over the past several years and even more so in 2022. This massive evolutionary process will be even more pronounced in the year 2023, for this will be a pivotal year for all who have awakened in the last wave, so to speak.

This group of people who have recently awakened are encoded and have been infused with a special combination of white-diamond and indigo frequencies even though they are not considered indigos. This particular group is very important to your future for a great shift to occur. They will share the consciousness of unity and unification, and they are motivated by a higher

calling to restore humanity on the Earth plane to a more evolved state of being.

This new wave of energy, vibration, and movement toward sovereign self and connectivity with others is at the forefront of the coming wave of new energies. These people (as a collective) are striving for transformed communications and are initiating new ways of interacting on your planet. Even souls who might resonate more with being crystalline or rainbow in nature will also begin to identify much more with this new indigo factor as their inner vibrations continue to increase. They will feel compelled to create new systems, take actions, explore, develop new healing modalities, get involved in politics, change healthcare systems, and initiate new education, for example.

While people of all bandwidths and frequencies will receive new encodements and spiritual instructions, those who have recently awakened will receive higher-concentrated forms of light codes because they have experienced awakening during the time in which chaotic nodes were present in extreme doses. When one awakens in a period of great upheaval and chaos, extra supplies of higher frequencies are infused within that individual to fuel their higher octaves and templates so that they can effectively and efficiently shift energies rapidly. It is similar to when a diamond is created within the earth: The more pressure impressed on the crystal, the more beautiful the diamond that is created. These people carry new generator codes for spiritual expansion that will be initiated later in 2023.

Dormant DNA Activation

One important area we see shifting in 2023 is DNA activation and an overall focus on metaphysics, most specifically in the area of extrasensory perception (ESP). This will come online for the collective consciousness in high doses. Many people on your planet who have already awakened have begun to activate more DNA strands and dormant DNA. These people will have heightened abilities in the areas of telepathy, clairvoyance, clairsaudience, claircognizance, enhanced healing, air bending, psychometrics, telekinesis, remote viewing,



and both precognition and retrocognition. You all have these capabilities within you, and we see more emphasis on moving in this direction of spiritual and metaphysical advancement.

In the early stages of formulation of the ascension processes, a certain level of awakening occurs in which each person sees himself or herself as much grander and expanded than initially perceived. A wave of remembering will occur. It will seem as if you are learning something new, something that you have not engaged within yourself before, but ultimately it is a remembering of who you are and what you have always been. That brilliant spark of the Creator is infused with all the powerful light, love, and knowingness that resides within the matrix of your being.

You will begin to see the initial stages of telepathic communication emerge as you realize that your mental field extends much farther than your mind. The awareness of your thoughts and where other thoughts reside in the field around you will begin to blur. We and other masters on your planet have said often, and in many ways, to be conscious of your thoughts. The concept that you create your own reality has been true from the beginning, and it is also true that your individual thoughts shape and form your human realities through merging mental fields while you communicate with your fellow human brothers and sisters.

With this new exploration and unfoldment of your extrasensory gifts in 2023, do not overwhelm yourself by attempting to master all at once. Begin with telepathy, as this will be the easiest for you to master because you already do it every day without realizing it. Throughout the day, focus on a single thought, and then follow the energy trail. If you send a loving thought or message to someone, see whether they received it on their end.

Begin tracking the progress as you unfold and develop your skills by bringing them into your daily routine. The repetition, awareness, and conscious practice of these innate skills will bring DNA activations and the unfoldment of DNA patterning into your life. These intuitive skill sets will also bring a greater awareness to the collective consciousness. As you enhance and begin to increase the dormant DNA within, you will continue the evolution of humanity's ascension.

Refinement of Government Systems

In 2022, you witnessed an increased focus on your social-justice systems. Due to the spotlight that occurred in this sector of your communities, you were able to see the inner workings of these organizations you have set for your law-enforcement strategies. In 2023, you will see an initiation toward reformation of your justice systems. The focus will be more on

refinement and restructuring of the systems so that they are fairer and more just.

The overall emphasis will focus on the individual components and philosophies behind the current justice systems and their true functions and purposes. Many will deeply question and search to find answers to the failings of court systems across the globe and inquire into these shortcomings to set things in a new direction of balance. These concepts will fuse into a questioning of the entire system of government and government organizations, particularly the past and current roles they have played and their relevance for the people.

I have spoken many times regarding the collapse of old systems and old paradigms. Many have questioned when this would occur, as it seemed as if changes were only occurring incrementally. If you have looked at the past few years, there is no doubt that this paradigm shift is occurring now in this timeline. You are approaching a pivotal choice point in 2023 that will usher in a wave of new thoughts toward reform.

As a collective, you will begin to see the consequences of the choices of the people in charge, in full transparency, as the past is uncovered. Situations of unfairness buried in the past will resurrect and be seen this year. Hidden information will become revealed, and situations that have been dealt with unfairly and unjustly will be resurrected for reformation. Although you might not all agree on which direction to take collectively, the momentum will be on developing solutions and new systems.

Artificial Intelligence vs. Biological Evolution

The relevance of biology versus artificial intelligence will also be in rivalry in 2023. As artificial intelligence has increasingly and rapidly come online in the past several years, polarity splits have also risen. Some people believe strongly in organic human evolution while others believe just as strongly that artificial intelligence and cybernetics are the wave of the future. This polarity will increase, but a growing number of people will want to unite both sides.

Regardless, many will choose the path of artificial reality, and this will be their choice. Realize that this is an internal decision on which I will expand in a moment. But be aware that 2023 is a great choice point in this area. Those who choose to continue on the path of organic evolution will experience the enhancement and expansion of creator abilities, and those who choose the path of evolving with robotic assistance will set a different path that does not include the spiritual unfoldment of the DNA gifts. This group will experience something similar to the enhancement of gifts, but it will not have the signature of the Creator within its matrix; thus the power, potency, and potentiality will be greatly diminished.

This idea is similar to the concept that an original painting carries all the energetic signatures, light codes, potency, creator energies, emotions, and magic of the original painter. All those paintbrush peaks and valleys of the oil or acrylic on the canvas are alive with texture and life. Once the painting is reproduced and transformed into a digital print, even though it still carries a certain percentage and potency of the original, now the fusion of those living energies — and the creator contained in the original painting — have been diluted. The reproduced painting carries more of the visual aesthetic qualities than it does the original high-frequency code imprints. It might look the same on the exterior, but it does not carry the vibrancy as the original. This is not to say that all artificial intelligence is negative; however, it is in the manner that the robotically developed entities are utilized and the focus behind what they are intended to do.

Your individual biological and energetically imprinted Creator matrix was not intended to be replaced by artificial matrices. Rather, the creation of your body structure, organs, tissues, glands, and chakra system was intended to be an ever-expansive and powerful beacon of energetic flow, intimately connected to higher frequencies of light originating directly from Creator source energy. That is who you are, and that is where you originated from.

Having said this, we do not impose any judgment on those who choose the cybernetic path. We just mean for you to be keenly aware that if this is the choice you make — and you make the choice fully conscious with free will — your choice will be irreversible. Therefore, we cannot stress enough that you be very aware of what you integrate into your physical body and how you utilize your computer systems, cell phones, and other devices in your environment. These will all be affected by different forms of electronic communication systems.

If you interact with these devices, you will also be influenced by artificial intelligences. If you choose the biological way of spiritual evolution and ascension (and you still interact with your devices, which will be many on your planet), please shield yourself from the lower frequencies so that you can utilize your devices without negative influences affecting your energy field. There are many ways to do this, including infusing and replenishing your energy in nature. Make sure to shield your energy before utilizing devices, and cleanse your auric

and etheric energy bodies after use by surrounding your fields with golden-green light. You have a choice in the amount of artificial intelligence you engage with on a daily basis, so please choose wisely.

The Positive Ascending Timeline

In 2023, there will be a focus on the reintegration of the positive ascending timeline. As in the past few years, the timeline was derailed, to a certain extent, although not forever. Some of the positive momentum occurring in the trajectory of the timeline a few years ago was changed as dark forces inserted themselves in an attempt to maneuver the scales in their preferred direction.

The Guardians of Worlds allowed this to evolve to a certain extent, because it was valuable in serving a specific purpose:

The negative events began a chain reaction that would ultimately result in the mass spiritual awakening that you have begun to experience in this timeline.

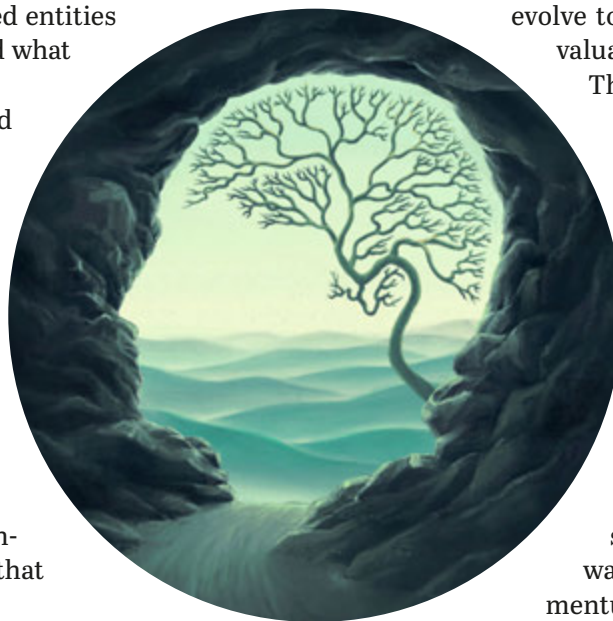
You have a saying on Earth that sometimes it feels as if you are all taking one step forward and two steps back. I wish for you to see all the inner workings of the shifting timelines more from the perspective of taking two steps back and three steps forward, for that will be what the momentum feels like for you in 2023 and

even more so in 2024. Look at 2023 as your

timeout for rebuilding your “innernergetics” so that you will be more prepared for eye-opening events that come in 2024. It might feel as though chaos abounds, and you might wonder how you can possibly work on your inner world when the outer world is in such disarray. That is precisely why it is so vital for you to work on what I have named your innernergetics.

When you shift your inner energy, this serves to correct your outer expression in the world. To shift your timeline and keep it going in a positive trajectory, you must have a certain level of balance within your connected fields of energy. This will serve to stabilize Gaia, Earth, and also the cosmic waves of light that have been pouring — and will continue to pour — into your bodies and DNA from the Galactic Center.

You all have already begun the process of mass-conscious awakening, and in 2023 you will begin to shift your focus as a collective toward the high octaves of peace, harmony, love for one another, and unification. It starts on the inside as you make good use of all the



cosmic waves you have already received. Integrate these energies within.

Visualize and know that the timeline has already shifted toward positive ascension despite what the external world might display. See that as completed. Ask your higher self to show you this completed template and to bring you evidence of this occurring, and you will see it. Do not look for the evidence from your world's media and broadcasting channels but rather from your inner channel.

The Creation Process

The giant leap of evolution has already begun on Earth. In 2023, you will begin to see the external evidence of this movement toward a higher-functioning world. In the past few years, it is as if you have been building on layers of a cake. As each layer bakes and rises to a certain level, you watch and know when each individual layer of the cake is complete. You create your masterpiece by placing each layer on top of the other, one by one, building higher and higher as you continually access each layer of the cake for point of reference.

As you move forward in your experiences this year, always remember the foundational layer of the cake that came before it. There will come a time when your cake is fully completed, adorned with all the delicious frosting and glorious toppings of your liking. Then as you

enjoy the luscious cake, you will recall that the fulfillment came from the process of creating this cake, the creation of it, the joy that went into it, and also some of the frustrations.

Sometimes the layers of your cake might deflate, overcooked or undercooked, in the process, but you can always begin again. You have all the ingredients, the full recipe, and the wisdom and experience from what you would term your past "failed" cake that provides lessons for you to rebuild, replenish, and finally enjoy your cake.

I send much love to you all in this great time of excitement, adventure, and evolution of your collective cake masterpieces in the making. We, in these higher realms and dimensions, are here for you all; no one is excluded or outcast from love. We send higher love frequencies at all times; they are just within your reach to open your heart. Feel the love within your innergetics and from the higher echelons of love that are beaming into your world, always and forever.

Be well. Be positive. Be light. Be love.

Lightstar is a pioneering, internationally acclaimed high-frequency attunement artist, celestial channel, and author. She speaks over twenty light languages, which transmit and activate soul memories and healing codes. Lightstar is also the author, artist, and creator of two best-selling oracle decks that deliver innovative, tangible, and intuitive-strengthening tools for self-transformation. For more information, go to LightstarCreations.com or email lightstar@lightstarcreations.com.

Conversations with Kuthumi: The Power Behind Intention

Ascended Master Kuthumi and Celestial Companions
through Chanel Lingenfelder

I am Kuthumi, and I come forward on the rays of love and wisdom to greet you at this time and to gift you a divine blessing of illumination.

There comes a time in your journey when you are asked to face certain crossroads, make certain decisions, and thus set certain intentions. On the 8:8 [August 8], you set the intention to use your power creatively by honoring the Divine Feminine and inner child, allowing this energy to birth new things. Even though this portal celebrated the divinity in the feminine, it did so in every way, regardless of sex, race, color, creed, and so on.

We suggested, toward the end of 2019, that you set the intention for massive change on the horizon and to prepare for a great transition from 2020 onward. We said that this would be a period of great sensitivity and

change, starting more intensely in 2024. **[Channel's**

note: We have been told to expect massive planetary changes, especially from 2024 to 2033 and beyond.]

During the times when the planet, or should we say humanity, was kept in the dark, when desperation reigned and dictatorship thrived, much sadness was created within the collective energies. As part of the collective, you had to work through, overcome, and transform this sadness. This gave way for the Divine Feminine to be rebirthed and unleashed. As that energy intensified, the ruling paradigm, created by limited thinking, had to shatter and shift, and it did. When it shifted to the Divine Feminine, Goddess energy became alive; it became anew.



In some ways, the feminine managed to catapult itself into the opposite when it took on a stance of power and greed almost to the point of ridiculous, crazy, and insane power. Suddenly, the feminine believed it was in charge, which was not ideal, as yet again there was no balance.

Thus, you find yourself living on a planet where, because of society's rules and the deep scars and insecurities of the feminine, their shield has become so protective that it has actually created a reaffirmation of the dominating masculine imprint. Hence, the male side of the female has become too male, if you follow my drift.

New Masculine and Feminine Templates

Beloved ones, the lions-gate portal brings through templates or codes to balance this. We shared about the new androgynous human and new male template that, along with these new codes, carries a refined energy. Now the male essence in the female and the female essence in the male have to marry to bring through balance.

We shared that men who believed they were in control had to give power to the female. The female had to understand that she doesn't carry all the power in herself to bring the Divine Masculine and Divine Feminine into balance. With all that has happened on your planet over the last while, you must realize that much trauma is being released that was inflicted by male energy, be it abuse, rape, or discrimination. To counteract the fact that many females are pushing it one step too far, the template of the new Divine Masculine had to be rebirthed to create balance.

If you think you worked through the Divine Masculine and Divine Feminine in the past, you are about to take it to levels you have never experienced before. The ultimate goal is balance, so compare each other according to the laws of androgyny, if you must. You need to hold hands and understand that at the end of the day, there isn't just black and white; there is a kaleidoscope of the colorful "gray area" that this energy brings in, reintroducing it on a higher, different level. You have the ability to understand and perceive more today than you could a day ago, a week ago, or a year ago. This new template asks you: What are your deep intentions?

Love and Intention

We could talk for days and still not complete the discussion on intention, the power of intention, the laws of manifestation, the laws of the universe, the laws of give and take, the laws of attraction, the laws of sense, the laws of focus, and so on. It is endless, for the intention behind everything creates the power that propels it into being.

For that very reason, whenever we created teachings in the past that included essays on vision and focus, we asked the essence of Diana, or the like, to bring forth that teaching. As with using a bow and arrow, you need focus, and from that focused point of view, you need an absolute natural rhythm between the bow and its arrow for the arrow to end up exactly where your eye sends it. Intention is the power that propels your thoughts, mind, and heart into a set direction, to a certain spot or area where you are focusing.

During our last communication, we discussed the essence and importance of love and that love is the beginning and end of everything. Beloved one, if you have that love and the ability to focus it on something, the intention behind it is what drives that into being.

Be clear about your intentions. For example, what are your intentions behind your daily life? What are your intentions behind sleep or rest? What are your intentions behind going to work? Are you earning money to make a living, live out your passion, or hopefully do both? What are your intentions behind the relationships in your life? Do they serve you? Do you serve them? Are they balanced? What are the intentions behind your dreams, your visions, and your focus? Intention propels you into a focused, intended outcome.

Once you are empowered, your engine/energy begins to spin. If it is powered by love, the intention becomes infinite, and things start to fit like a puzzle. Choices come to the fore of anything or everything. This energy beckons you to listen with your heart and forget about listening with your ears. By listening with your heart, you come to understand the new frequency of balance, and the intention behind the love that you are now gives you the opportunity to change things around you.



INTENTION EXERCISE

Please follow me in this exercise. Visualize that you are sitting in a very quiet place. Relax your mind completely. A masterful angelic being walks toward you from behind. You do not turn around to face the being, because in your heart, you know who it is. The being indicates for you to stand, and without turning toward the being, you feel the being hand you a crystalline bow and arrow.

Visualize ahead of you the universal night sky with beautiful stars and planets glittering everywhere. See yourself as a magnificent and powerful being standing on planet Earth, connecting to Earth through the intention of love.

Various stars begin to spell out keywords that relate to the things you wish to manifest in

your life, such as “an abundance of vegetables,” “financial freedom,” “two more children,” “a new car,” or whatever you wish. These messages flash in crystalline lights across the sky.

As you set the loving intention behind what you wish for, take up your bow and arrow, aim, and shoot with divine intent to hit the target or words in the bullseye every time. As each arrow connects with each intention, see it explode. As it explodes, that energy anchors over you and the planet in divine crystalline form so that your dreams, through love and intention, become manifest.



Through the act of intention, every vibrational frequency that separates you from what you wish for diminishes. With every exercise that you do and every intention you set, it comes closer. You need to love this through the essence of the heart and see it through the brilliance of your incredible mind for it to become part of your essence, part of you.

Shrink the distance between what you desire and what you are with such love that there is absolutely no way it cannot manifest for you. You do not act through greed or lust but through the act of love. You do not act through the sense of ego but through the sense of compassion.

Beloved one, focus on what your intentions are all about. Understand that you can beat your drum until you are blue in the face, but if your intentions behind that beat are not congruent with who you are, they aren't going to happen.

Create a Better Future

Michel through David Reid Lowell

On this day, we want to speak to you of many things. We will remind you of two things: One, people (and even nations) do not build what they do not intend to use or that which does not serve their purpose and intent. Two, the energy you put out collects within its manifestation in the area in which it is manifested, and it resides there. It must dissipate outward from that point. This can happen within landmasses, such as the Middle East, where the impact is en masse. (This has also happened after any world war.)

People will often forget what someone did to them, but they will likely always recall how that person made them feel. Think of this. You often associate feelings with

Passion and Free Will

The free will and passion that awaken the intent of love within are held within the diamond chakra — the twelfth chakra. As these diamond codes of balance, these Christ consciousness crystalline codes of free will and passion, fill your being, we ask you to remain focused on the vision of love in your heart and allow that to propel and power your intentions. If you can do that, you are well on your way.

By creating balance in your life, you create the same in the collective; thus the planet can speed its cleaning. By putting the old to rest, embracing the new can now be laced with love and great intentions. Remember that intentions birthed through love grow stronger. The vibrational frequency between what you wish for and what prevents it diminishes more with every clear love intention you put out.

Beloved one, let your intention be the love within you, and the world will truly be your oyster. Your world is going to become so amazing over time that you will not recognize the old templates anymore, for the intention in your heart and the love frequency of your internal vibration won't allow you to.

Until we meet again, I am Kuthumi, the lord and master chohan of the golden rays of love and wisdom. I greet and I bless you in love. *Adonai*.

Chanel Lingenfelder has been a channel since 2006, and although she has channelled many masters, she mainly works with the essence of Kuthumi and Diana. She lives in the quaint village of Howick, South Africa. Apart from earning mega academic accolades, she's traveled extensively and is currently exploring her passion for writing. She hosts workshops on her most loved topics, color and chakras, and is a copy editor for South Africa's largest online health directory (BodyandMind.co.za). Her dedication toward lightwork remains as unwavering as her wicked sense of humor.



someone, and certain attributes of a person can trigger you to become reactionary. This is because that person reminds you of a feeling you can't place, but nonetheless, that emotional sensation is there. This also happens with nations who feel certain ways about other nations. Well, you may be in for a surprise. All energy, even the intent of deeds, returns to their source.

A country's evolution is no different from a person's evolution; there is a growth process, a learning curve, and with time, events are viewed differently although

perhaps not always in a more enlightened way. But herein is where awareness comes into play. A child lashes out until you, the adult, understand the child's needs and what he or she is trying to communicate to you. A child is not that different from a young puppy.

When things go awry, it's because personal gain has become intertwined within that dynamic. You see this happening with people, including leaders of nations and political party leaders across the board, and this spans countries, nations, races, faiths, and all other human conditions because it is based in ego.

Signs of Your Future Are All around You

If you pay attention, the signs of your future are all around you, and they are becoming bolder and more commonplace each day. If you want to know your future, then just look around you. We may suggest you put your houses in order.

Some of you think that this seems rather dark when in fact, we are just pointing out the signs — the glaring signs — that are your collective pathways. But here is the good news: All this will pass. Countries and people evolve over time by learning. Children learn not to put their hands on the stove once they have been burned. Over time, some may become great chefs or restaurateurs. Look to each country and see the slips, slides, losses, and gains it has made. These smaller events resolve themselves, mostly because your lifespan is so short.

People rise up who will inspire. Leaders begin to see their connections to a greater global humanity. You learn that you all bleed red and that life matters. In life, what you are due is what you put into it proactively to create spaces of sharing and wellness. When a child cries, a mother weeps; that is a shared knowing. When you love, you grow. When you become compassionate, you allow others to heal and grow.

Unfortunately, you learn through loss. Your loss is no different from those people who think they have no place in society within India to those who suffer losses in Ukraine to those who seek treatments in hope. Each share the belief in hope.

You are designed to have the desire to learn to become better versions of yourselves, but only you can put that into action. You cannot undo the actions and practices of a lifetime overnight. You can begin to peel back those unwanted aspects of the self and seek to become more enlightened partners within the universe.

Technology is advancing faster than you are able to process, and it becomes active extensions of your daily life. You are a censored and monitored global society that is creating its path, and as of now, it is fairly out of your control. When these divergent ideals and factors collide, and they will, it will create a greater awareness

of the influence ego and power have and how that needs to change. It is though this awareness that change is possible.

When ideals collide, new realities come into play, and then roads split, leading to new paths. Enlightenment begins awareness. From that awareness, potential is developed, and the process of unfoldment begins. It all starts within you.

You've Seen These Trends Before

Let's start with the thought that all alien life is more evolved than your Earth societies. Each planet has its own raw resources and qualities. Some may be more or less dense. Some may have different minerals and resources. These basics may give them more or less of a chance to evolve in different ways than you have, but that doesn't mean they are more evolved spiritually or socially.

You are just learning about what you refer to as element 119, and as you advance your knowledge of atom splitting and even concepts of dimensionality that are part of the Large Hadron Collider's CERN project, you'll acquire more knowledge. This is the greater concern: When you open doors to dimensions, will you be prepared for what comes from that? Skies change. Nature goes silent. Again, the signs are around you, but you're not reading them. And if you are, you are not paying attention. Your science may extend well beyond your grasp and ability to control it.

Reclimatization should not be confused with climate change. There have been processes of climate change throughout your Earth history. Reclimatization is a purposeful alteration in the terraforming of Earth. This is more precisely what is happening.

What is a good steward? In short, it is someone who cultivates wellness and prudent care, giving to ensure ongoing inclusive sustainability for all. Are you a good steward? This isn't a trick question. Given our teaching and mentorship and that of all the others whose voices fill these pages herein, have you actually implemented the basics of what you have been given through these readings?

Let's speak about trends and shortages. You've seen these globally: lockdowns, unemployment, no toilet paper, no paper products, and businesses shutting down. What about something as simple as water? All life depends on water, including all plants and agriculture, your food supply of beef, chicken, tomatoes, lettuce, and so on. How many of you are facing water restrictions? Give this some thought. If there is no water, then what? What feeds areas of California, Palm Springs, and the desert regions?

How many of you live in more arid regions or deserts? The coming years will only increase in temperature

and changed weather patterns to the point you will look back on 2022 and have a deep appreciation for it. We have mentioned that your turning point will begin with 2024.

The types of leaders who have gained prominence did not do so by error. They have been influential because something seeded itself within their cultures before their rise to power. They represent the very times you live in and the hidden agendas, values, and ideals that were suppressed over decades to finally take root.

The layers of dimensionality are being peeled back slowly, and there is bleed-through from other dimensions. Empaths and those who are considered more sensitive will feel these overlays and perhaps be able to glimpse through a haze at another reality that appears before them. These are not veils that divulge something hidden or secretive; they are actual realities that are simultaneously occurring within what you perceive to be the only reality — your known world. It is like looking through a different lens that allows you to see a vibrational alternative that is happening at the same time as yours.

Why do people do what they do? It's because they fear what they do not know or the uncertainty, or they have a need to feel that they are in control so as not to diminish their self-worth. Your media creates cycles of fear induced by a form of propaganda that is promoted by the hidden elite to disenfranchise your sense of self-empowerment.

Your history is the greatest indicator of your future. You repeat what you forget, and time allows for that indecency through ignorance and the lack of knowledge. It is not up to us to warn or inform you, as you would not listen anyway. We cannot interfere with your development or deprive you of your learning experience. We can indicate areas you should pay attention to, to move your timeline in a more favorable manner.

You might say, "We want life to be painless and easy." Well, indeed, who would not? The prod of pain reminds you that you have become complacent. It seems you often learn best when loss is involved.

How to Shift Your Timeline

Many of those now suffering likely at one time thought that everything was okay as long as they weren't affected, and now they are. This too could be coming to you sooner than you'd like to think unless you begin to shift that timeline.

All indicators point to a global shift. Technology has generated a heightened sense of global awareness.

To shift this timeline, you have to begin to think inclusively and not just about your tribal family, your group's ideological needs, or your wants. Inspire through hope. Forgive others. Let it go, just move on, and be

grateful for the life you have. This isn't about them, all those others; this is about you because you are those others. You — just you — vibrationally and through causality connect to all other living things. There is no separation. When one fails, you all fail. When you rise up and inspire to see that you're not alone on the path and that the path can be shared compassionately with others, it is a beginning nudge to bring about an improved timeline.

Unkindness seeps inward and causes bitterness while kindness brings about a sense of inward peace. Violence always leads to more violence. Systemic fear-mongers only bring about greater anxiety. Hope elevates all doubt and panic. A light always brightens darkness. Programming programs. People fear what they do not understand, and they destroy that which they fear. Fear is part of the fight or flight primal instinct. The animal you feed becomes the dominant species. What will you feed — fear or understanding — and more importantly, why?

In your dreams, visualize safe places of warm cascading colors where kindness and compassion are freely given even to those who have made you feel less than. Go gently into these moments of reserved quietude and blessing. Invite physical and non-physical entities through love and union to enter into soul communion with you. Know you are worthy of all there is because you are an extension of the universe itself. All the pain, hurt, tears, and worry are just falsehoods that you acquired. The magic of the moment and the beauty of the soul is to know that hope — yes, hope — allows you the chance at a better life. You can live the life you choose and create through beauty. There is truly beauty all around you if you choose to see it.

No one can tell you your future. You are dynamic beings, capable of change and modifications. Indeed, you have free will and can choose. You charter your course and can change direction as many times as you need moment to moment, day to day, or year to year. We can give you an idea of potential outcomes, but there is time to redirect your course.

The future is not so much written in stone as it is a sense of something that ebbs and flows, like a mountain stream winding its way through scented pines or a leaf bobbing on a smooth lake's mirrored surface. Timelines can change; they can adjust. Yes, just a thought sends ripples forward that can create a sense of peace. Contentment comes from within. It is being on center, and it is attainable. Remember, there is always hope.

David Reid Lowell is an American writer, a full-trance medium, a channel, a clairvoyant, a life coach, and a healer. He has toured throughout Northeast America and has been a recurring channel at the Foundation of Light in Ithaca, New York. He can be reached at 504-330-2322.

Keep the Promise of Peace on Earth

The Star Councils through Gillian MacBeth

The star councils come through a portal of concern to stand face-to-face with that which enlarges its borders beyond the known star boundary. Earth has been a renegade system for too long, puffing up with pride and stupidity. "Superiority" is a state of being greater or better than something or someone else. Any aspect of superiority comes with a long, hard fall from the peak of one's very sharp shadow self. The year 2023 will bring many lessons that have lagged in coming to fruition. Mandates of truth are shadow dancing with the world, hiding what is in plain sight. Actions and words contradict each other.

Within the starry systems and councils, an equality lives with a quietness that remembers the times before the starry communions, the starry comradeship. Before time as you know it, there was great conflict in the skies that destroyed countless life forms, creating uncountable deaths throughout the galaxies. Entire civilizations are gone forever because many a ruling rooster puffed up to the point of no return, causing entire worlds to be eaten by time.

Since then, a galactic line of fire of vast proportion has been drawn in the sands of time. Starry outposts keep time trespassers at bay. "Crossing guards" of vast quantity have been placed to monitor all who enter and exit through dimensional flux and time anomalies extending from Earth and beyond.

As a planet and people, you have been fed false faiths and false truths for too long. The veil of illusion waves in time as it changes color, symbol, and direction to suit the seasons and moods of those who rule humanity.

Earth Is an Experiment

We of the stars and you of Earth are one family, a dysfunctional and timeless family of sorts that has taken different shapes and paths. Earth herself is experimental of birth, a layered holograph with many different beings taking residence. Species from all times and dimensions were recruited to experience Earth time. Just as those on the Moon and Mars at this very moment, each recruit was chosen for their strength of character and willingness to never see their Earth home again, if the mission called for that. They went to serve the future, keeping

it from becoming a negative past. This has been done for eons of star time, an ongoing protocol to extend life, especially in dark and sunless places.

The homesickness that many of Earth feel is very real. The feeling that one does not belong is paramount at this time. Those born to Earth did so with the need to look eye to eye with all of life from the moment of birth, always searching for some sign of home within the eyes of another and seeking the missing piece of the puzzle. These people feel as if they are the children who were adopted without knowing it, and they always have the inkling they are not in the right family.

We come not to embellish and grandstand who we are, for we are large of nature and purpose. (You feel just a minuscule atom of our starry countenance.) We come like your ancient human tribes in protection and servitude of all that is sacred. We bury the cosmic hatchet, break the Sirian sword, and openly wear the medallions of peace. We are here to stand for what is right and noble, and we intend to see that unfold in this time doorway. Awakening has many stages, as what was unknown and secreted is now revealed, showing agendas that move away from Earthly understanding.

Awakening has many coatings. It is a living force within itself, and in our case, it is the blood of the universe that has taken on new methods of transfusion and corporal form. Healing the elements of Earth via the human self allows for new symmetrical configurations to be birthed, changing the schematic of Earth. Just as the compass has fluctuated more and more of late, when not observed, what was stagnant in nature, yet made by humans, wobbled on its axis. What is sacred of Earth is stretched to the breaking point by time conversions and molecular demands.

As a house is moved off its structure by an earthquake, what was hidden in the cornerstone is now revealed. All can be found within the cellular biology of humankind per the stars, and Earth is but a timeless memory of the recipe. It is within the starry oneness that a great upwelling of conflict begins to nip at the heels of all life, moving in an invisible fashion. The Sun



of your world is clearing, as is all life in space and time. The universe, including every star within it, is releasing what no longer serves its progression and ascension. All layers of universal life are receiving cosmic hand-me-downs in whatever gaseous state can be released by the stars. All life here, there, and everywhere disperses what no longer serves Source. In this release, each species is given a new element, a secret ingredient, to speak as a gift from its stellar counterpart.

Anger Bubbles to the Surface

The vibration of what is “pentagon” in nature is revealed in unexpected documents that fly into the hands of those with quick fingers. Hitches in time will be revealed as much of human history is rewritten in 2023, sending shock waves into the universes. Debates and deliberations are held by the star councils as they wrap their galactic heads around Earth’s agenda and choices.

Within the gene pool of humankind live many stellar nations in the form of aunts, uncles, moms, dads, and star siblings who do not exist on Earth. This stellar DNA will awaken from a long-encouraged sleep in the fullness of 2023 as what is cosmological in nature joins its human colleagues and counterparts. The human-starlight combination shines bright to the rest of the universe. Observation has been key for some time during Earth’s evolutionary cycle. Old documents show that the light of the entire planetary spectrum has increased, clearing the decks and allowing mental landing to be achieved.

Within our stellar realm, many new members have joined the star councils, as they too have seen the Earthly effect that extends outward and begins its trail of contamination. At a certain cosmic crossroads, unified biological and environmental rules must be followed. The scientists of Earth and above poke through Earthly time membranes, leaving tracks creating a stretching and weakening. All life is threaded together, woven in magnificent proportion to its evolutionary codes and needs. All events, time, and thoughts are connected, and it can be no other way. Even those who skip in and out of time are seen in their fullness and foolishness. All actions create a divine domino effect that is endless in pursuit of correction.

A field of combustion awaits detonation between the Earth’s crust and its molten body. What has been stored beneath by many now bubbles to the surface. Human beings were created using the body of Mother Earth. They feel all that she feels, whether they recognize it or not. Deep-seated angers bubble to the surface of both humans and Mother Earth. The combination of underworld and inner-world gasses need a place to be released. If you could truly examine your planet in totality, you would observe the mood swings and personalities of all lives as they sway and flow. What lies

beneath affects all that lies above, displaying waves of energy outward through space.

The Waiting Line Is Long

People of Earth have stretched themselves through space and time into places they have already visited, skipping about instead of addressing all that is upside down with them and their home planets. The disease of denial that affects humanity is contagious on all levels and spreads outward. Fix what is broken within your star kingdom, your future, and your hearts before knocking unannounced on the door of another species. A repetitive future is forecast, as seen in the historic archives of Earth. Technology that is more advanced than your earthly knowledge always has hidden agendas within its capacitors. Stellar tech throwaways still hold the knowledge of the whole and are connected to what created them. The hidden agenda can be seen in plain sight by those who choose to look.

The waiting line for the Earth experience is long and twisting, holding those of great wisdom and light within its clutches, wrapped around time, waiting for their turn in the Earth experience. The Earth effect is hypnotic in nature and intent, and soon the original mission is forgotten. People run as if they are mice in a maze, not given their rewards until the end of the never-ending game. The heaviness of knowing and not knowing befalls the participant.

Earth is filled to the brim with star delegates who were chosen and who chose to be part of the Earth experiment. Everything was explored and planned virtually and physically before any participant was sent to Earth, knowing the holographic playing field was not easy to escape. The element of Earth time and its effect on the biology of the stars was not discovered until the tides had already turned.

Even with many lingering Earth effects, the stellar *crème de la crème* volunteered and came to Earth to fulfill soul-contract obligations; callings within were triggered. We of the stars listened to the call of the Creator to expand our nebulous borders. We hesitated, because within us all lived places of dark memories that existed beyond deep-space experiences, places that housed timeless DNA reminders and nightmares.

Revolutionize Your Power and Light

Earth’s inhabitants come from many dimensions in and out of time. Even if Earth was originally created as an algorithm in a hologram birthed from a quantum computer, all creations eventually become self-actualized. As the Earth game continues, new paths will be created from the centrifugal force. Many doorways will come undone, allowing revelations of undescribed proportions and complications to be seen earlier than predicted. The rules and

mission have changed, and the promises now fall on deaf ears. As all virtual existences on Earth and in the heavens star-link together, new explanations will be available.

In the beginning of our relationship with the inhabitants of Earth in all of their evolving forms, we watched as they created many messes then cleaned up those messes karmically and physically. That seemed to keep them very busy for eons of time, doing and undoing. The stars did not intervene or interfere. When participants had run their full Earth experience, they were returned to their star home as if no time had changed since they were gone. No longer is that an option.

Many of our earthen star family work hard to hold original memory, knowing that eventually all creations come to life in thought and endeavor. If those of Earth would just remember their true selves and their true story and promises, they would awaken all who have partaken of the fairy dust. The life force of Earth can

be heavy and dense, wrapping around the heart's hopes and dreams. With all the lies that have taken form and flight, who do you of Earth look to for truth? Wake up, children of the stars who breathe upon Earth. Wake up.

The stars are but a flicker in the divine plan. We have been observing Earth for some time, hoping that one day you, as a planet, would wake up to your full potential and power. Awareness spreads as a cool breeze, silently softening the hearts of all it touches. We do not ask you to become revolutionaries for us, but we ask you to revolutionize the power and light living in your starry souls. Keep the promise of peace on Earth and all other places of life, one person and one heart at a time.

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.

The Upcoming Intersection of Dimensions

Juliano and the Arcturians through David K. Miller

Greetings, this is Juliano. We are the Arcturians. As we approach 2023, you do not have to be a great prophet to believe that the events unfolding dramatically in 2022 will continue to lead to a planetary crisis. But we are not here to predict ongoing catastrophes. Rather, there is good news and a new spiritual energy — a new spiritual focus — that will be successful in the coming year. I am optimistic because we are now in a situation I have termed the “intersection of dimensions.”

In way of explanation, I see each dimension as being represented by a sphere: The third dimension is a sphere, as is the fifth dimension. A portion of the fifth dimension will intersect the third dimension in 2023, between January 15 and March 15. With the proper encouragement, work, exercises, and meditations, the likelihood that this event will occur is very high. When the fifth dimension intersects with the third dimension, a huge downloading of fifth-dimensional light and energy will flow into the third dimension. (Be aware that one sphere will not intersect 100 percent with the other. Rather, visualize 3 to 5 percent of the bottom fifth-dimensional sphere intersecting with the top 3 to 5 percent of the third-dimensional sphere.)

Even now, the two spheres are close to each other. When the intersection occurs, higher light and

fifth-dimensional energy will overcome and dominate lower light, and higher light

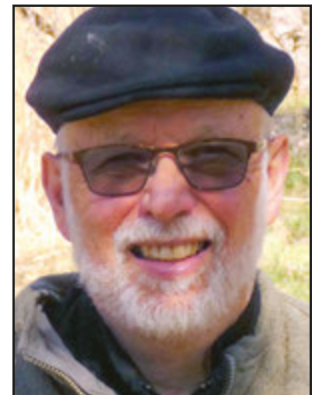
will transfer into the lower-energetic sphere. This moment of downloading fifth-dimensional energy and light can be called a pre-ascension intersection, and it will offer quantum planetary-energetic healing.

In our definition, “quantum” is beyond cause-and-effect logic and prediction. Quantum energetic-planetary-healing light from the fifth dimension will overcome the darkness and accumulated effects that have been increasing, especially during the past two to three years on this planet.

Quantum Energetic Healing

If you were to add up all Earth situations in 2022 — the air pollutants emitted, wars waged, radiation released, biodiversity destroyed — you would probably agree that further chaos and destruction will continue. But from the quantum fifth-dimensional standpoint, quantum energy can overcome this chaos and the accumulated negative force fields manifesting through human activities. Amazing outcomes are possible that will be totally surprising, loving, and healing.

We all want healing for our planets. We want this



for our lives and for our children's lives. This intersection of the dimensions will offer personal opportunities for quantum healing for you and your children. [Tones]: "Ohhh."

I like to compare quantum healing to omega light, because omega light is a particular vibration of quantum light. Omega light is defined as a spiritual energy that intersects with the soul, the self, and the Central Sun. Omega light integrates the force field from the higher noosphere. This light contains the higher thought forms of the planet and of the Central Sun energy in you and your soul, and it merges them into a frequency that is quantumly able to enhance third-dimensional healing energy.

You, the starseeds, need to do certain meditations and exercises to create a strong magnetic attractive force field that brings the fifth-dimensional sphere closer to Earth for the intersection of dimensions. In order to process the omega light that downloads into Earth, a process must exist to receive the light and use it for healing the planetary systems.

Starseed Meditative Focus

The solution to this planetary crisis requires the completion of the next evolutionary cycle, in which *Homo sapiens* transitions into *Homo omega* — a higher evolutionary stage of the Adam species. In order for that intersection energy to be used for that successful transition, you, the starseeds, must provide a meditative focus through planetary meditations. You must focus your Arcan (meaning high-thought focus) power and alchemical transformational powers.

You are planetary healers, and the process of manifestation follows spiritual laws, which is why we teach you about applying your thought powers to the planetary noosphere. The noosphere does not distinguish between good thoughts and bad. It is like your subconscious in that it takes whatever you feed into it and then works to manifest that input. This process is comparable to the hard drive on your computer: It does not know the difference between a good program and a bad program; it accepts whatever is downloaded.

You will be required to meditate and use your thought powers to place imagery, affirmations, and directions into the noosphere to manifest *Homo omega*. This requires high arcan thought power that you achieve by meditating with large groups of people on

the same higher-evolutionary image. With the assistance of the Arcturians and higher masters in the galaxy, it requires visual imagery of what the *Homo omega* person or prototype will look like on Earth. Your work for the success in this process is critical.

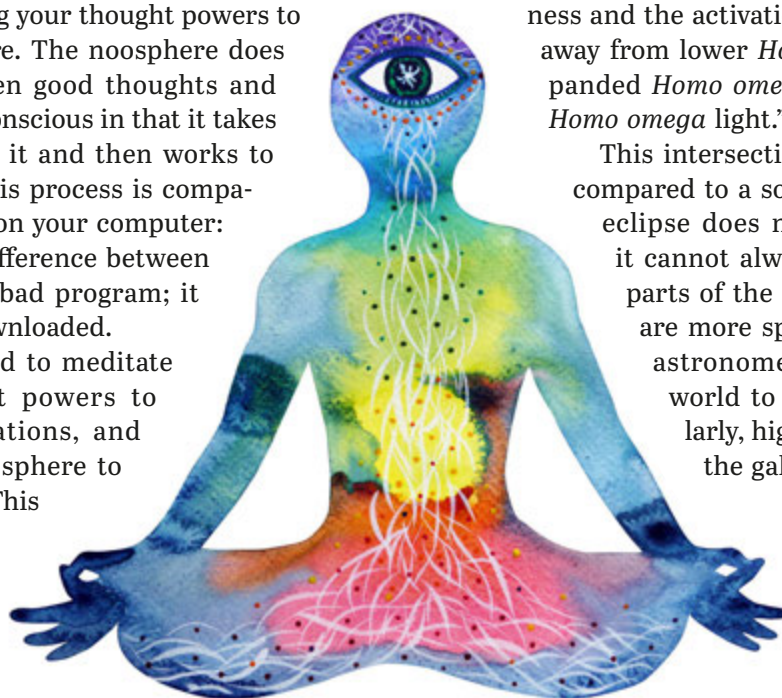
Accelerating an evolutionary change on a third-dimensional planet is not an easy task. Usually, an evolutionary change can take 100 to 500 years. This next evolutionary change does not have to occur over hundreds of years, because we can use quantum healing energy to accelerate the process. This energy will be available with the intersection of dimensions between January 15 and March 15, 2023. During this time, you will have increased psychic powers and planetary-healing powers.

With the proper direction, your influence will reach far beyond what you would normally expect. You will connect with the spiritual energy of the Central Sun and with Arcturian powers from our crystal lake. You will also connect more deeply with Gaia, the healing spirit of the planet, and with the ring of ascension.

The spiritual energy from the Central Sun, the Arcturian crystal lake, and the ring of ascension, all meeting with Gaia, is called the cosmic cross. Using cosmic-cross energy will be more powerful during the intersection of dimensions because your arcan thought powers will be increased. This will allow a direct intervention into Earth's evolutionary cycle, which will allow *Homo omega* to emerge more quickly and a holographic consciousness to sweep the planet.

Think about your experiences with pathogens and viruses and how quickly the COVID virus swept across the planet, creating disruption, chaos, and death. This is how quickly quantum healing and omega energy can create a magnificent holographic shift in consciousness and the activation for an evolutionary shift away from lower *Homo sapiens* thinking to expanded *Homo omega*. [Tones]: "*Homo omega*, *Homo omega* light."

This intersection of dimensions has been compared to a solar eclipse, because a solar eclipse does not happen every day, and it cannot always be seen from the same parts of the planet. Some solar eclipses are more spectacular than others, and astronomers will travel around the world to see and study them. Similarly, higher spiritual beings around the galaxy will come to this intersection because it is a galactic event. It will provide higher beings opportunities for studying certain dimensional interactions.



The intersection of dimensions is not a simple matter. Visualize with me another phenomenon that occurs in the universe. Our section of the universe has clusters of galaxies. Our Milky Way has over 200 billion stars. The Andromeda Galaxy, your sister galaxy, is one-and-a-half times larger than the Milky Way by some estimates. The group of 40 or 50 more galaxies, which includes the Milky Way and Andromeda, is known as a galaxy supercluster.

In this portion of the universe, there exists a field called the great attractor force. This force has an unmeasurable power that is pulling all galaxies in our supercluster toward a central point in the universe. No one understands where this great attractor force originates and how it moves our supercluster of galaxies toward it. Imagine how much power it must use. The energy from the great attractor force is also used in the intersection of the fifth and third dimensions.

Preparatory Exercises

I cannot predict how long the intersection will last. It could last a minute, ten minutes, or several hours. The length of time will greatly depend on the preparatory work done by you planetary healers. Some of these activities will play a role in encouraging the great attractor force field to activate the intersection of dimensions.

Corridors of light. You work with corridors of light all the time when you connect to the starship Athena. Visualize in these upcoming meditations for 2023 the corridors of light on the third dimension projected to the corridors of light on the fifth dimension. This will put more portals in place to attract and hold the connection.

Arcturian crystals. The twelve Arcturian etheric crystals are placed strategically around higher energy points on the planet, and they are adjusted in frequency to the fifth dimension. These etheric crystals provide an attractive force for the fifth dimension, and their energy can be projected upward or outward toward the fifth dimension. (“Upward” and “outward” do not really fit in explaining the intersection of the dimensions, but we have no other way in your language to describe it.)

Ring of ascension. The ring of ascension is a halo of light around Earth connecting fifth-dimensional energy with third-dimensional energy. One of the primary purposes of the ring is to provide the necessary attractive field for the fifth dimension to intersect with the third dimension. The ascended masters are able to interact with you in this halo.

Planetary cities and ocean reserves of light. The planetary cities of light and planetary ocean reserves of light are located around the globe and have been activated by Arcturian starseeds as fifth-dimensional

holders of this higher light. The increasing number of planetary cities of light will serve as powerful attractive forces for the fifth-dimensional intersection.

Biorelativity/planetary-healing meditations.

These meditations are focused on helping to communicate with Gaia, the spirit of Earth. Meditating for the health of the planet helps Gaia prepare for this momentous intersection. In these meditations, you can tell Gaia that there will be a spiritual intervention soon and that you are helping to direct higher light into the proper channels for manifesting healing light throughout the planet.



INTERSECTION-OF-DIMENSIONS MEDITATION

In our meditation now, visualize Earth as representing the third dimension. Try not to leave out any place on the planet or planetary aspect. Visualize a fifth-dimensional sphere approaching this third-dimensional planet that brings higher light to Earth. Visualize interdimensional corridors reaching out from Earth to that fifth-dimensional sphere. You can visualize personal corridors from your home, city of light, and personal corridors from the etheric crystals. See these corridors reaching out to the fifth dimension. Let us go into meditation now in silence. [Tones]: “Omega light.”

Let the corridors of light from the Arcturian starseeds reach out to this sphere of the fifth dimension, encouraging the intersection of dimensions to occur between January 15 and March 15, 2023. Let the ring of ascension send out an attractive force field to the fifth-dimensional sphere. Let the twelve Arcturian etheric crystals on Earth send out an attractive force to the fifth-dimensional sphere so that the intersection will occur. Let the planetary cities and ocean reserves send out attractive energy forces to the fifth dimension now.

Hold these thoughts to the best of your ability as we go back into silence.



Starseeds, this work you are doing is helping to attract the fifth-dimensional intersection. Each of your planetary cities of light, corridors, and etheric crystals downloaded onto the earth will serve as great conduits for helping to manifest this spiritual intersection. We, the Arcturians, will work with you in the Gaia planetary healing chamber, in our holographic imagery, to focus on this beautiful intersection.

My friends, this spiritual intersection in 2023 will bring healing and new balance to Mother Earth.

[Tones]: “Omega light.” The energy from the Central Sun will provide further arcan powers for attracting this intersection.

I know people will ask: “Is this when the ascension will occur?” This is a pre-ascension experience in which there can also be ascensions, but our goal is to complete this needed creation of the force field necessary for the intersection. Please focus on that task and the rest will follow. Blessings to all starseeds, holders of light and

love for our beloved planet Earth and her upcoming upliftment.

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.

Transition into Greater Love

Archangel Metatron through Takeli M Magdalen

Beloved one, I am Metatron. I greet you from the fourth-dimensional light that you are now participating with, even as many speak of it as the fifth dimension. Numbers carry great power in terms of conscious realities. You have lived the duality process in the third dimension, coming to recognize that unity within is the key to moving forward in your lives.

As you begin to work with unity — to understand that while life lived in the extremes may be exciting, seemingly filled with passion and fullness — it is in your moments of innermost peace, in connection with the spirit part of yourself, that you truly advance as a souled being. This space of your understanding takes you directly into the Source of All, the Creator Light Force.

In the fourth light, you are directly within this space of knowing of the Creator Force as Love. This sense is much stronger and ever-present to you than in the third-dimensional focus. To reach this state of your experience, you have incarnated on Earth to not only offer your higher gifts gained by much experiencing on all levels of thought processing but to also put before you the processes that have eluded the fullness of completion thus far.

This was chosen as a process of celebration, by you and for you, to have this be the final piece of the overall puzzle of your experiential process. Without it, the full picture could be surmised but not seen as clearly as when those final bits are in place — no pieces missing anymore. This is why many of you remain in places of struggle in some parts of your experience, despite diligently searching for healings and resolutions.

As your Earth also moves into completion of the third-dimensional process, all that is not fully resolved also seeks resolution. This is compounded by the compression held over human light by those seeking to maintain, in their fears, the lower levels of the third-dimensional process. Love does not allow compression to remain in force for more than what is desired by those

experiencing it at a soul level. Humanity is now on the accelerated path of moving into a higher state of love — the fourth dimension.



Hold Your Thoughts in Love

Mother Earth is already deeply into her own processes of restoring balance to her physical expression. She is strongly connected and involved with humanity's desire for freedom from oppression, and she asks you to cocreate with her a beautiful and pristine natural environment in your thoughts of her rather than focusing on what is not in balance or beauty. These thoughts guide the appearance of her in the fourth light — all held within, and occurring within and through the Creator's love.

Neither you nor Earth is solid, fixed, or in any way held to a particular pattern of appearance. Your thoughts, as a collective and as individuals, define how your reality appears overall. These thoughts also allow for what is occurring or has occurred. Thoughts are much more changeable than most of you believe. Change is swiftly achieved when powered by loving passion based in full truth and trust with the Divine.

In the fourth light, you will be more focused on attaining clarity of the thought processes that create — through knowing your love of the Creator — what is required for the well-being of all life. You will work in complete harmony with Mother Earth/Gaia as the goddess light she is and not consider any processes that would cause imbalance to arise other than as natural processes of evolution.

Your task now, in these chaotic times, is to learn to hold your thoughts in love and feel as you feel, but do not dwell on pain and suffering even as you have compassion for self and those moving through such moments. As if

giving birth to a baby, when you move through this immense transition process, you are focused on what results from the labor rather than on the labor process itself.

You are seeking completion of the final healing journey you chose for this life, by searching out the originating fears or thoughts that are out of balance and have led to the manifestation of the challenges before you. By bringing your loving focus to them, they are restored to their highest path and thus release from your physical body and from your emotions or mental processes. As you better understand the sources of discord within your four body systems, you unite the physical, emotional, and mental bodies with the fourth — the spiritual body — thus attaining full healing through the love that unites them all: the Creator Force. You then ready yourself to live fully in the higher levels of the fourth dimension.

Embrace New Paths

The more you can hold to the profoundness of the experiences your journey yet holds and actively seek out and release what no longer serves you, the more you will find your path refocusing into what supports others as well. The light you emit and the love that emanates from you — as one who is moving deeper into inner peace and connecting and uniting with others on similar paths — will bring this world into its full moment of rebirth.

At its core, your individual pattern of light and love

is here at this time of transition to live through and triumphantly experience expanding into a new form. By doing so, you create the path that others might follow to find their ways more easily through their individual completions and transition processes.

In the year 2023, the 7 of transition will affect all. We in the higher spiritual realms stand ready to assist all who seek our love and guidance without hesitation and in great joy. We do not walk for you but alongside you, encouraging, illuminating the path, and asking you to release who you thought you were and step boldly into who you are becoming. Even if you are not yet in clarity as to what that might be, the very intent of doing so will carry you forward, and the next steps will become apparent.

Be courageous and ready to embrace new paths in which all live in greater love, joy, and peace, experiencing more and more the joyfulness of your individual and shared connections to the divine within and ever present in the profound and infinite love of our Creator Force. And so it is.

***Takeli MMagdalen** became a medium for Archangel Metatron after having first worked with many different guiding focuses over the years to be ready to work with Metatron's powerful force of light and love. Takeli's mission is to guide all who seek paths to their soul evolutions as we move through the journey of the great shift in consciousness occurring in these times of immense transition.*

You Are God and You Are Love

Source of All Wisdom through Judith K. Moore

Child of light, your soul has been touched by the source of All Oneness in a pure communion of light. Thus, you are awakened and brought from the state of non-remembrance.

As you entered your living body, your consciousness forgot your origins. Your soul followed the pathway of light through many incarnational cycles to bring you to the doorway of light that illuminates the very essence of your being. Thus, you entered this incarnation prepared, through lifetimes of initiations, to awaken the force of the greatest mystery in creation: the force of Oneness.

Child of light, you have a divine design. You have been called by this spiritual force to embrace the miracle of this age of all ages and to know you are God. You are a living vessel of light that is the essence of Creation. You are love.

This is the sacred knowledge through the power of the law of one. You will not be separated from the love of Creation but imbued by spiritual forces beyond

your comprehension to awaken and pour light into the world.

Yes, at times you will feel confused and lost as the chaos of the world surrounds you. Beloved of light, you will not be lost in time. You will persevere and rise up to the holy power of your ordination of light and fulfill your destiny — the highest purpose of your soul's existence. Shine the light of this truth into that place within that still doubts and questions your worthiness, for you are worthy in the eyes of God.

By the power of all of Creation, you are worthy and blessed. You are divine. Dispel any illusions that tell you otherwise, for these illusions are of separation. They are not truth.

Know yourself as a living vessel of light. Open yourself to the glory of redemption and to the power of love



that heals all wounds in the soul and awakens the essence of God's holy covenant of light that guides you to be the action of love. There is a power to this principle beyond your comprehension.

Yes, beloved one, this is the time of reckoning, and by your destiny, you have said yes to the living God: "Yes, I agree to be a vessel of light. Yes, I agree to serve the power of love and to surrender my soul to the destiny of my being."

What was of suffering will fade as a memory transformed by love. Rise up and shine forth your light. It is the light that illuminates the world. Shine forth the glorious love of Creation that made possible your life breath.

Child of light, know that you are love. Glory, glory, glory, hallelujah! Blessed you are, and blessed you will always be.

Global Changes

Gaia and Theo through Tom T. Moore

Tom: These predictions were given to me by Gaia (the soul of Earth) and Theo (my guardian angel) from questions sent to me from all over the world by readers of my free weekly newsletter.

Earth Energies

Gaia, is the Thwaites Glacier in Antarctica in danger of collapsing in the near future?

Yes, unfortunately, it is. The ice is melting at a rate that will not sustain its continued stability.

What is the highest probability for when it will slide into the sea?

It will within the next two years.

How high will the seas rise when that occurs?

The glacier will break off within that time period, which will cause a few inches of rise in sea level. Then over a period of several months as the ice melts, the oceans of the world will rise 2 feet. Those who read this should move away from the coasts of the world. In the interim, after the glacier breaks away, there will be storm surges that go much further inland than before.

Gaia, Lake Mead's water level has continued to drop. What is the highest probability for its future?

Lake Mead will continue to drop in the near future. The scientists don't need me to tell them this. Other sources of water will have to be developed. That includes even running pipes from desalination plants from the ocean to places like Las Vegas. This drought will last several more years unless your souls give me permission

*Kadoish, Kadoish, Kodoish, Adonai Tsebayoth
Yod He Vod He: Yahweh*

As above, so below. As the spirit, so the soul. As without, so within.

Blessed be. So be it. So it is.

Judith: This is an inspiration of light from the Source of All Wisdom that comes at this time when we face challenges. Focus on the light of this message, for it truly is an oracle's message and connects you to a power beyond your comprehension. Blessed be.

Judith K. Moore is an oracle for the Records of Creation. She is able to receive communications for the highest good from the other side of the veil while her consciousness transcends time and space. She has completely surrendered her life to the service of God as an instrument for the awakening of the New Heaven–New Earth.



to change the topography by dropping the mountain range to allow weather systems to flow across the very dry southwest. That is still a high probability, but there's no word yet.

Gaia, is there any change in the probabilities for the Yellowstone eruption and the West Coast earthquakes? Did the Tonga eruption affect Yellowstone?

The Tonga eruption sent waves of energy not only upward but throughout my whole system of veins of lava. Therefore, yes, Yellowstone was affected, which raised the probability of an eruption a couple of points to 75 percent and the possibility of widespread earthquakes on the West Coast to 65 percent. Your souls have not made the decision to have Yellowstone erupt quite yet. That decision could come as early as this year.

If anytime in this upcoming six-month period you see a large number of people leaving these areas or a large number of people moving into these areas, you and your readers will know that the souls have given me the approval to begin the changes. So stick with the percentages you were given last time: 75 percent for Yellowstone and 65 percent for movement on the West Coast.

Around the World

Gaia, what is the probability of a strong earthquake in Puerto Rico in the next five years?

It is the same as for the West Coast; there is approximately a 65 percent probability. Though it does not seem so, one will cause the other to move.

Gaia, what is the probability of Puerto Rico becoming a state in the next ten years?

There is a very low probability at this time. There is no real push by the Puerto Rican people to ask for statehood. Look more to a twenty-five-year period for this to become important enough for the people to demand statehood. That is the highest probability at this time.

Gaia, what is the highest probability of how soon Planet Nine will be discovered?

The highest probability of its discovery will be by the James Webb Space Telescope looking out in its direction while focusing on stars much farther away. This should take place in the next ten years or so. It will be as if there is a spot on the lens that turns out to be the planet.

Gaia, what is the probability of the Taliban allowing girls to go to school to be educated?

There's a small probability in the next two years. There will be a concerted effort by the women of Afghanistan to bring pressure to bear on their husbands to allow the girls to be educated, but it will take that long before the Taliban grudgingly allows the girls to be educated. You can have your readers say a BP that this will come about even sooner.

Tom: Let's all say this benevolent prayer out loud:

"I ask any and all beings to aid and assist the girls and women of Afghanistan to begin to receive a proper education even sooner than we can hope for or expect, thank you!"

Gaia, will Social Security be around for another 100 years?

It will be around much longer than that. Your older population in many cases would be destitute without a means of receiving support. There will even be some additional benefits added.

Gaia, when is the highest probability for a cure coming for strokes?

Not for a while. Eventually, the part of your DNA that allows strokes will be identified and corrected in a DNA analysis, which will become quite common. It will be sort of like a normal checkup by a doctor. When this is done, any deviance in your DNA strand will be adjusted to give you full health.

Obviously, that is quite a few years in the future, but it is still within this century. Before then, bits and pieces of your DNA strand will be identified to cure other abnormalities, such as cancer. These will all be exciting breakthroughs in this century.

Tom T. Moore is an award-winning author, speaker, international film distributor, telepath, and Sedona Journal of Emergence columnist. He was voted Best Self-Help Author three years in a row for the Gentle Way series to which Tom just added The Gentle Way with Pets: Angelic Help for Your Animal Companions. His other books include First Contact and Atlantis & Lemuria: The Lost Continents Revealed! To learn more or to subscribe, visit theGentleWayBook.com.

Earth Changes Are Catalysts to Move Humanity Forward

Joshua through Zintis Muiznieks

Are there any tools, technologies, or techniques that people will use to cope with the issues that humanity faces?

There are a good number of humans who will start to reconnect with energy. Now, energy, as you know, is a very broad term, and we are using it specifically in that broad sense because there are many ways to connect with energy.

There are numerous ways to connect with Gaia energy, and ancient people knew of various techniques that modern humans are rediscovering. Groups of humans will engage with these methods, perhaps with the use of what is now termed "plant medicine," utilizing fungi or plants that can create a particular response within the human psyche, the brain, to make certain connections possible.

We're not saying that this is the best way, but it is a popular method that has gained traction and does have certain merits. This will continue to bring people into a state of connectedness, and then through that, growth and understanding will come from a different perspective about what is occurring in your world.

There are humans who will start to connect with energy, such as the Joshua energy, and obtain information in that way. This is not just one or two people; there will be almost an explosion of interest in channeling and other means that bring previously hidden information to the surface, providing an awareness or a different perspective.



There are other tools as well — physical tools — that are not necessarily divination devices but will provide information. Some will be used in the healing fields, and some will be used in the current informational networks that have proliferated in your world. People will search out that which is of interest and importance to their professional fields.

We are speaking not only of the country in which you reside [the U.S.] but of many countries. Also, this will definitely happen in what are considered less advanced cultures or less technologically sophisticated societies in which the ability to connect directly with Gaia, animal energies, and so on are still largely inherent in many people.

It is of utmost importance that humans will be able to read what is happening around them in ways that are more natural. Instead of finding out information from the news or some other external source, they will start to know again intuitively from energies that they are in contact with and the animals, plants, and Earth herself. These abilities will start to strengthen and build, perhaps less so in your country, which is already so industrialized and urbanized that many humans no longer have a connection with Gaia energy.

In your part of the world, what will start to increase is the connection with channeled energies. They will become very popular and also start to provide very specific information. We would like to remind everyone that the information received in this manner frequently can and does become tainted or colored by whoever is presenting it [the channel]. This is important to remember if you are not receiving the information yourself and are hearing someone else transmit it.

Upcoming Earth Events

Do you feel that there is anything coming in the near future — any significant shift — that will move people in the direction that you're talking about?

There are going to be some Earth changes. We are not going to speak about the destructive nature of these events. As you know, your current climate situation has increased the magnitude of various storms. Earthquakes, which have actually very much diminished in the past several years, will begin to amp up again.

These types of events trigger a reaction in every human. It can be a reaction of despair, but it can also be a reaction of spiritual connection with something, perhaps a God entity that is prayed to. There will be some significant events that will affect large parts of Earth. Naturally, these will not affect all places at the same time. These situations will allow people to connect in ways that they had not considered in the past, not just in your country but everywhere in your world.

There are certain types of events, such as the fires,

that serve several purposes. Fire energy is a highly destructive one, yet at the same time, it is an energy of rebirth. That type of rebirth will accelerate as vast fires move through areas of your country and in different parts of the world.

People directly and indirectly affected by these fires will witness and understand the rebirth process not only of nature and Gaia but also of themselves. People who might have lost all their material belongings will realize that they are in a state of being reborn. It certainly might not be a pleasant process, but the loss of things gives them a clean slate. For some, it will bring about a state of spiritual awakening. Naturally, this will not occur for all.

Those who reach a point of spiritual awakening in these situations and many others will also start to affect those around them, not necessarily bringing them to an awakening but offering guidance and empathy for coping with Earth and life-shifting situations. There will be a large increase in what you might call teachers, or human guides, who will start to offer their newly acquired wisdom to others.

Is this a change? We've had fires and earthquakes forever.

The change we see is an acceleration of a spiritual or energetic component. People will no longer necessarily be in that place of despair, but they will start to become aware of the larger picture of what is occurring around them.

What kind of timeframe are we looking at? Is this something that will occur in the very near future?

The storms in North America will occur even before the end of your current year, but looking ahead, the increase in magnitude and frequency of these events will continue. There will also be human-made events; for instance, the wars occurring now will continue and bring about for some the understanding of what and who they truly are on a spiritual level. They will embrace their humanity as spiritual beings who are in growth and learning situations.

All events in your world are by some design. When people are born, they might not know where they will specifically end up or in what circumstances they will find themselves, yet for many, their life plans might have a big exclamation mark indicating that at some point, perhaps in their middle age or youth, there will be a catastrophic event of some sort, and they will be required to respond to it. It will be their response — how they react — that is of importance to their souls.

A Collective Awakening

When these changes happen to specific people, are they the ones who will potentially change and grow, or will there be an opportunity for a larger group of people to be affected by this?

Yes, it will be larger. As you know, your world is nearly completely interlaced with informational networks. Nearly everything happening in your world is almost instantaneously transmitted to anyone who has access to this information, and this includes billions of people.

Rather than the numbing effect that this type of news has had in the past, there will be a vast change in the way that people start to respond. They will specifically ask, “How can I help on a physical level?” and “What can I learn from this?” and “It might not affect me personally, but what will I be able to take from these experiences the others are having?”

This will also continue to create an ever growing interconnectedness between humans. Ultimately, all humans are connected. Human energy is one energy dispersed into billions of bodies, each with a life plan and free will, yet on some level, all are connected. Humans are like a species of birds that can fly in a flock and never run into each other.

You do not have a conscious awareness of this, but what happens to one human somewhere on Earth affects all. It might be in a very, very minute way. Yet when something happens to many people at the same time, then that type of energy transmission is much stronger, and the response from others will start to become much more positive and life-affirming by those who are responding to what they see or hear.

How will that move humanity forward?

Humanity will grow from these types of leaps. Humans currently struggle to determine who they are; you could say that humanity is having an identity crisis. Some wish to keep humanity at a certain level, and others wish to move it forward. These types of events will be catalysts for moving humanity forward. They will almost be like small jumps so that when a million people jump up a step as a result of what they have felt or experienced directly or indirectly, it is a huge boost to the collective energy of humanity. These types of boosts will start to occur ever more frequently and have a very positive effect on humanity and also Earth.

Will the use of technology, such as computers, somehow affect all this?

Yes, indeed, that is an ongoing situation. You now are affected almost immediately. If you think back 50 or 100 years, the type of informational boosts that we have discussed took a very long time to reach other people, and in many cases, they never did. Events on the other side of Earth would likely never be known about.

Your technology now has the ability to pass around very positive information. For instance, if a million people prayed simultaneously for the good outcome to a situation, the energy wouldn't flow through your networks,

but the knowledge of this action can be disseminated quickly. If a people are struggling or suffering and find out that millions are boosting them, the support of this action may well benefit them significantly.

Will there be certain people who will lead this, or is it more about a collective movement?

It is a bit of a collective awakening. There are those who are one step ahead, those who already channel, those who already have a very strong connection with Earth, and those who have the abilities to connect with natural energies and sense things. Those are the people who may end up being leaders of sorts. They might already be in a position to have taught others what they know. However, much of what we are describing will happen collectively; a million people here and there will have an urge to do something and follow through.

Are there any specific events that can be mentioned?

There are. There will be earthquakes in places where they are already expected, such as the West Coast of the North and South American continents. Central Asia will also experience several significant earth tremors. These will destroy human structures that we call blemishes on Earth — cities and other large non-natural structures. April and November are likely months for earthquake activities in the Western Hemisphere, and early summer, June, is a likely time for this in the country of Turkey or slightly northeast of there.

Besides this, the continuation and acceleration [in size and destructiveness] of storms such as hurricanes and typhoons are almost guaranteed. These occurrences will affect ever larger numbers of humans and other lifeforms on Earth. It is likely that these storms will be labeled “historic” or “unprecedented.”

Again, this is by design. The more people that such an event affects, the greater the positive and negative impacts will be. The more who suffer, the more potentially greater the positive response. This is a human trait. When one person suffers, it might generate some pity, but when a million people are in dire straits, a common reaction is to send money or offer assistance in other ways.

Is that how we're going to change?

That is part of human change. There are other aspects that we have not mentioned that are perhaps going to happen and will start to affect how humans react, not only to Earth changes and climate change but also to what humanity is and what a spiritual being in human form actually is. Much of this is ancient knowledge that will return. This is knowledge outside of your organized religions, most of which are not interested in having their members start to become enlightened and know spiritual truths. Much of this will happen independently. It does not mean that a person cannot have a religious affiliation or even strong religious beliefs, but they may

well start to have a spiritual awakening to complement what they already believe.

Will there be people who grow significantly through this process, and will they subsequently help effect change?

Yes, and in many instances, they already are people who are known — such as celebrities, politicians, or others who are well known and well liked — and they will start to have these types of growth experiences and choose to share them. In your world, particularly in your society, many choose to keep these types of experiences private for fear of ridicule or other types of reactions that are not consistent with what their intentions are. There will be people who step out of their comfort zones and start to proclaim what they have learned and how that information can help others. These people will be significant in moving growth forward.

Remember Who You Truly Are

Is there a way that we can better help ourselves and others to create a more benevolent life for all of us?

It is always important to start in small ways. Start with yourself and your immediate circle and then allow that influence to grow. For most, it will remain within a group of several people or a single community, but for a few, it will start to have a larger impact, whether that is through your informational networks or your media.

These people will begin to have an ever greater influence. We suggest everyone allow your gifts to flow in whatever ways are appropriate and helpful.

Are there certain things to focus on that would allow more joy and love?

Love is an integral part of who you are; it has simply been tamped down by your society and your expectations about what love in various aspects of your society entails. True love — universal love, the type that supercedes everything else — is present in every person. It is not only part of what makes you a human being but also what gives you life. Without the love energy, there would be no life, not only for humans but also for all animals and plants in your world.

When this energy is allowed to manifest and grow, that will happen. It will allow more and more humans to embrace not only who they are but also accept others without judgment. The love energy will start to permeate certainly in those areas of the world that are more welcoming to it and perhaps less so in other areas. Even in those areas that you would consider to be the darkest or most difficult, there will be people who make their best attempt to spread that type of energy. It will continue to expand.

Are there any specific messages that can be put out there that will help humanity grow in this way?

The message is always to remember who you truly are. Remember that you are not just a human with a human mind; you are energy and love. You are a spark of your soul and ultimately a spark of the God energy. All humans in your world are there for a reason even if most have forgotten what that is.

When acceptance and judgments begin to drop away, that is when the human experience can truly flourish and grow. Will that happen in the next year? No, it will not. However, small sparks of this will start to ignite, creating ever more impact as the year wears on and as the following years and decades come and go. That is what ultimately needs to happen if humanity is to survive.

Do you feel that there are any other messages or information that would be helpful to put out there?

We have said much, and we know that the channel will have to edit and perhaps others will need to also do so. The truths in our message will have an effect on anyone hearing or reading these words. They will begin to think about and perhaps react to what has been said. Again, it is the ripple effect that allows these types of messages to travel a long way.

Zintis Muiznieks has been a channel for the Joshua energy for more than ten years. Together, they have published a book titled, *Dawning Light: Other-Dimensional Voices — Joshua's Guide to Understanding and Performing the Art of Channeling*. For more information, visit Zintis's website at ZintisChanneling.com.

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Create Change and Transform Your Life

Master Guide Imhotep through Karinna Nielsen



The new year of 2023 is a 7 ($2 + 0 + 2 + 3 = 7$), and in Lemurian numerology¹, 7 represents transition. With this in mind, let us consider the transition occurring on Earth now in the great shift in consciousness and how each of you is woven into this journey. This dynamic process of shifting dimensions on Earth is affected by the collective consciousness of humanity and the choices you make in the now.

You will have opportunities to engage the new transformational energies that are available to you more strongly in this year of transition. Remember that each thought — positive or negative — contributes to the collective consciousness of all life on Earth, so choose your thoughts carefully, and let love guide the energy from your heart into your mind. Focus on positive outcomes and raise your vibration in meditation, and you will become more aware of the love all around you.

The Lemurian numerology for this year and next are keen indicators of your journey at this time. You have come through 2022, a 6 year of mastery, and now you have the 7 energy of transition in 2023. The transitional energy of 2023 will shift the prevailing frequency of consciousness on Earth. You will each perceive this uniquely, depending on your level of love awareness.

Spiritual guidance is important at this time, so delve deeply into the Lemurian ten principles of consciously creating. This evolutionary guidance from the Lemurian era is essential for your great shift in the now. Pay particular attention to the seventh principle of prayer. This principle is not about a religious form of prayer; it is about the expression of your heartfelt desires and clarity on what you would like to create in your life. Once you express this, use the eighth principle of meditation to listen for guidance in answer to your prayers.

Goddess Light Awakens within All Humanity

Would you please tell us what we can look forward to in the year of transition?

In 2023, you will see the emergence and full blossoming of Goddess light on a global scale. I am speaking of the Goddess light within all humanity — humans on female as well as male journeys — and it will take a leading role. This will shift everything, because you cannot

continue on the trajectory of the patriarchal style this world has experienced in modern times.

Much of your ancient history has been greatly skewed by a patriarchal perspective, yet matriarchal societies were quite present historically in your world. Even my energy has been shifted from its true feminine light into a male persona that has suited those who prefer a male leader. But throughout the history of this planet, women have been leaders more than you can imagine. Set your heart and mind free, and know it is truth.

Your shift into a new dimensional awareness cannot take place without the benefit of the Divine Feminine and the energy of love permeating the planet. You will see Goddess light taking a greater role in all aspects of societies on Earth, including science, government, spirituality, and environmental protection. A greater honoring of the feminine perspective will take place in your societies on Earth. Look to the Goddess light to lead the way.

This is already happening without general knowledge and your mainstream news coverage, but when galactic crafts land more openly, they will seek out the feminine leaders of your societies. Why? Because most galactic societies are led by Goddess light. Think about it: How else could you possibly have a society in balance with the love that it takes to exist in higher dimensions? It is about understanding that love is the way, and that is the essence of Goddess light.

Look beyond the mainstream news headlines and stories that lead you into despair, and find the truth in your heart to know that a great shift is truly underway. Choose love at every juncture.

Thoughts Affect the Collective Consciousness

You spoke about the power of our thoughts. Can you speak more about this and how our thoughts affect the collective consciousness?

Do you believe that you are in control of your destiny and the ascension of Mother Earth? What if you had more influence on this evolutionary process than

you think? When you, the lightworkers, choose to keep your thoughts focused in love, it will be reflected in the collective consciousness of humanity.

In this year of transition, you can engage the energy of change by weaving it through all your four bodies — physical, emotional, mental, and spiritual. Begin by consciously creating a vision of positive change for Mother Earth in your mind. Embrace the vision in your heart, and feel the passion for it in your emotional body. Connect to the omni consciousness of all light on Earth through your spiritual body so that the realms of guidance can shine the light on your quest for transformation and change.

Please remember that the choices you make in your personal life to shift more into love and create evolutionary change support the power of the collective consciousness on Earth. Focus on the healing taking place in your life every day, and use the transformative power of 2023 to propel your journey into new levels of healing and soul evolution.

Create Conscious Change

I understand what you're saying about the power of the collective consciousness to heal Mother Earth, and I want to be a part of that, but my life is really hard right now. How can I use the energy of this new year to improve my life so that I can be more of service?

When you tell yourself something often enough, you will begin to believe it and it will become your truth, so be careful what you say to yourself, either in your mind or aloud. Be open to new thoughts, new ideas, and the knowledge that you are worthy of having a better life. This is your life experience, and you have every right to consciously create your heartfelt desires.

A key to achieving this is your passion and desire to transform your life. This life is your creation. In your spirit light before incarnating, you created a life blueprint with all the lesson plans and adventures you wanted to experience in this lifetime. You make the choices about how to experience these life lessons. If you don't like a choice you have made, choose to shift your experience. Change your thoughts and beliefs, and you change everything.

Your progress toward creating a better life is facilitated when you know exactly what you are seeking. If, for example, you say, "I want a better life," what does that mean for you, exactly? Creating consciously happens when you feel it, see it, and know it. If you're not sure what you want, ask in meditation, listen for the answer, and write it down. You might be surprised what you discover.

Once you are clear about what you want, express it clearly in your prayers, then meditate and see it; visualize it in great detail. The energy flows to where your

attention goes, so make your goals specific. Visualize the results, and energize them with your love and passion.

My love, clarify your thoughts and know that you are 100 percent in charge of your life. When you make your desires specific, we in the realms of guidance feel your clarity, and we can light your path to the next steps. The more you feel this clarity and your love for self, the easier it becomes. Soon you will look back in wonder at all you have created in your dreams of life on Earth.



MEDITATE TO MANIFEST CHANGE

Let's engage this process of manifesting change in your life in a meditation to use the energies of transition prevailing in this year of transition.

- Sit comfortably and breathe deeply. Bring your awareness into your heart chakra, and feel your heart light expand. Let this light surround you in a beautiful feeling of love.
- In front of you, imagine your strongest heartfelt desire. What have you been longing for? If it is a better life, what is the feeling of that? If it is something like a new job or a new place to live, see it very clearly in as much detail as possible. How does it feel? See it in full definition and feel its presence.
- Send a strand of love from your heart, and feel it connect with the desire in front of you. Know in your heart that you deserve to be happy and that you are worthy of having what you want. The process of creation begins in your emotional body, the level that creates the passionate energy of change, so feel the new energy and connect to it in love.
- Continue breathing deeply and know that you are in control of your journey. When you want to change something in your life, see it in your mind and feel it in your heart. Imagine that it is yours, and welcome it into your life.
- Take a moment now and feel the knowing within that you are a conscious creator of your experience. Return regularly in meditation to focus again and again on your creation, and you will know your next steps.
- When you want to change something in your life, see it in your mind and feel it in your heart. Imagine that it is yours, and welcome it into your life.
- When you are ready, slowly return to where you began this meditation.
- As you immerse yourself in the prevailing energies of this powerful year of transition,

align your thoughts positively and passionately in love to create change and transform your life. This is key now as humanity collectively moves forward in this great shift in consciousness.

- Feel the e-motion of change as you embrace the Goddess light within and release what no longer serves you in order to be the love that you are. Your love for self will assist you in moving out of the third-dimensional, yin-yang thoughts that keep you from knowing your power to consciously transform your life. By amplifying your love for self, you will also be assisting Mother Earth in her ascension process.



You will be challenged going forward, my lightworker friends, but I encourage you to hold strongly to your

spiritual practices and collective awareness of love. Embody the changes you would like to manifest in your world. Amplify your Goddess light and never lose hope. Dream of a better world, and believe that you will see it come to fruition.

Remember the I Am of love, and there I will be with you. And so it is.

1. The ancient Lemurian Ten Principles of Consciously Creating and Lemurian numerology were brought forward for our great shift by master guide Kiraël and medium Kahu Fred Sterling. More information can be found at SignatureCellHealing.com.

Karinna Nielsen is a certified Signature Cell Healing® (a Lemurian healing modality) practitioner and trainer and is the lead facilitator for Signature Cell Healing workshops. She is a purveyor of ancient Lemurian wisdom and is passionate about guiding others to explore their unique talents and gifts. Contact Karinna for workshops and healing sessions, Lemurian wisdom mentoring, and Lemurian readings (Goddess, channeled, and astrology) at KarinnaNielsen.com.

Predictive Guidelines for Your Spiritual Evolution

Laarkmaa through Pia Orleane, PhD, and Cullen Baird Smith

You have asked for our guidance and spiritual suggestions for moving forward in your evolutionary journey, and we are pleased to support you. Twenty twenty-three will be a year in which you will approximate more of the greater reality you may remember experiencing before you entered this earthly plane. You still have work to do on your evolutionary journey that we are certain each and every one of you can feel. However, you are also beginning to realize that the light is a larger power than the darkness; you are beginning to recognize that love overcomes fear, and you are beginning to live in a place where you recognize that in polarity you must have dark *and* light. The secret to peace is finding this balance. This is the process you are now experiencing; it is a simple yet not necessarily an easy process. However, it has joyous results!

As you open more and more in conscious awareness, you also develop the twelve strands of your DNA. With the energy that came in October 2022, there was a shift that many of you could feel at a conscious and cellular level. Many of you could tell that your bodies required you to do something different, or you could tell that your minds were letting go of old beliefs or old patterns of behavior. Everything shifted, subtly for

most and in a very large way for others.

This shifting process will continue and accelerate in 2023. Each person has the choice of her or his speed of evolution. Because you have chosen to read this article, we know that you also have chosen to evolve as quickly as possible. So we will talk about the shifts that are happening in your DNA and the cellular regeneration that will occur within you. We will explain your current process and give you practical guidance on how to expand into who you truly are in the year 2023.

First, you know (because we have told you previously) that you have twelve strands of DNA, not only the two that your archaic scientists have so far discovered. Each of these twelve strands of DNA is connected to a parallel life that you are living simultaneously. Because you have been trained to think in linear terms and time, most of you believe that parallel lives are past lives and that your current experience reflects either something you are being punished or rewarded for because of previous behavior. But we tell you: Karma is created instantly through the choices and actions you take in the now, not something that comes back to bite you later.



What you create now through your positive thoughts, words, and intentions or your harmful words, tones, and actions will have repercussions in the immediacy of your now, not in some distant future.

You will feel it at an internal level that you have never experienced before in 2023. You will know whether you are off track; you will *know* whether you have gotten out of alignment with harmony, oneness, and Source. This is part of your awakening to the energies that are present, which began to arrive during October 2022.

As you become more awake and more aware in 2023 and remember more of who you truly are, you will begin to have more déjà vu experiences, and you will begin to, shall we say, tap into some of the gifts of your parallel lives and regain the ability to clear some of the traumas you are experiencing in parallel lives that reflect in this one. This is part of your recognition that you are much larger than who you have perceived yourself to be — only a being here having a third-dimensional physical experience.

No, you are *not* moving solely into the fifth dimension. You are moving toward multidimensionality where you can access *all* dimensions simultaneously — the fifth, sixth, twelfth, and so on. As we have repeatedly told you, please stop thinking linearly; you do not progress in a hierarchal fashion! Begin to expand your thinking by recognizing that you are moving into multidimensionality. That is what awakening to the twelve strands of your DNA signifies. You are at the point of integration, the most powerful point of the energy of thirteen — the cosmic foundation in which you have the power, the possibility, and the willingness (when you allow your heart to show you the way) to integrate the other twelve dimensions into your experience *here now* so that you can fully awaken, come into full enlightenment, and remember who you are. This is the passageway into your Rainbow body, preparing you for ascension with Earth.

Eat High-Vibrational Foods

In understanding your twelve strands of DNA, you must not only focus on the awakening of awareness of your parallel lives but also examine an alteration in what the cells of your body need for nourishment. This indicates the need for a tremendous change in your diet and what you take in on all levels — mentally, with words through sound, visually, and most importantly, what you eat and drink to feed your precious vehicle. You can no longer rely on what your outdated, archaic scientists and doctors have told you about what you need to eat because the energy and paradigm in which those guidelines were designed is no longer present or relevant. You also can no longer simply continue to live in the ways in which you have been accustomed for so long. Those of you

who are consciously evolving, who are interested in the Pleiadian perspective and guidance, who are listening to your hearts, and who are connected to the energies pouring in during the year 2023, will notice a momentous difference.

For those of you who are awake or awakening, these energies are telling you quite clearly that you cannot continue to eat what you have always eaten before. You need to begin eating a lighter, higher vibrational plant-based diet only, which provides all the nutrition that your body requires, including protein. You need to eat living foods that will sustain your new energetic form in 2023. Living foods will provide a lighter energy to your body.

In addition, the dense foods that have sustained you well for most of human history — grains, legumes, and beans — will also not sustain you as you move toward being in a lighter form, as your energy body becomes more electric, magnetic, and dynamic, and as you move into the lighter form of an electromagnetic being. Again, we guide you to the fact that in 2023 you will need living, live foods, which contain all the protein you will need. You need fruits and vegetables. Some vegetables can be very lightly steamed, and some can be eaten completely raw. You need to give your body a diet that is full of the energy that will sustain the new form you are creating for your cellular regeneration. This is to be done in alignment with the opening of your twelve strands of DNA, remembering your parallel lives, incorporating your gifts and talents, and awakening to the energies that are being provided to you for your evolution.

Further guidance in this process requires reminding you that your physical forms are just a manifestation of thought energy — not only yours but also that of the entire collective. Each thought, second by second, contributes to either the continued negative density on the planet or the transformation into a lighter, higher vibration. That is why it is so vitally important that you monitor every thought, not only for yourselves and your own well-being but also to do the job you came here to do: Bring in the light to eradicate all the old patterns of density, pain, suffering, and separation.

That's right; your job is not a physical one. We have told you many times that the idea that you are to be a teacher, a healer, or a leader is over. That idea no longer fits your job description. You are here for one purpose and one purpose only: to be the light, to be the love. Through living into who you are, you bring that light into the collective of the planet to make positive, uplifting changes.

You Are Here to Be the Light

It is an easy thing to keep your thoughts positive and your vibration up when things are going your way. But to do that when you are experiencing illness, emotional

distress, or any kind of separating energy isn't so easy. It's far easier to fall back into old patterns of thinking that "this is too hard," or "I don't want to be here like this." Listen to yourselves saying "like this." Of course you don't want your experience to be like this. That is why you are here: to change it by bringing in the light through being the light yourself. You don't have to be well or happy to do your job. In fact, your work is more valuable and cuts through the negativity and density when you are able to keep your vibration up and create positive thoughts *in spite of* not feeling your best or possibly even feeling miserable. You transcend it; you move beyond it!

Do you remember what we have said about experience? *Even* when you are having a very miserable experience or are very, very ill, your job, no matter how you may be feeling, is still to ask, "How can I bring light into this experience?" and "How can I be positive in spite of the pain?" and "How am I to remember that I *am* light and shine light into this experience?"

There is so much more freedom, connection, and joy when you transcend your current limited form through using the positive energies that will be available to you in 2023. Real positive energies are those that you achieve not only when you can feel that you are making a difference, but those you achieve when nothing seems to make a difference. *You* make the difference. *You* are the light. *You* change the experience. This is your job, and it is an absolutely essential part of the ascension process, especially to be remembered in 2023. We are happy to help you remember that you are light.

All this is moving you in the right evolutionary direction, and the energies in 2023 will support your evolution. We are not saying that the year is going to be easy; you will still experience challenges because you are living on a planet of duality. But in duality, you have the choice to focus your attention on the negative things that you see around you or that you experience or to focus on the positive things that you can be grateful for.

Our guidance from the Pleiadian perspective is to never, ever ignore what is happening around you. You need to be aware of the negative; you need to see, feel, and understand exactly where it is coming from in order to be able to transmute and change it. So we never suggest that you focus *only* on the light. What we do suggest is that you notice what is negative or out of balance and then turn the focus of your attention to the positive by being grateful for what you can actually change through your attitude and choices and by sending love into the darkness.

Focusing on the energy of gratitude helps you to achieve harmony, for it is in the energies of gratitude, acceptance, and unconditional love that you will find the seeds for transformation. The power of transcendence is

in that energy of kindness, love, and peace, surrendering with grace and listening to your heart. All these higher energies that are expressed through simple gratitude provide the power to make the changes to what you see around you that is unacceptable, painful, separating, or even seemingly impossible. (Nothing is impossible.)

Guidelines for Your Evolution

We would like to also open your ears, your eyes, and your hearts to something you have been trained in by Christianity, Buddhism, and every religious tenet on the planet. All of them have given you eight to ten guidelines to live by, and we even gave you ten suggestions in our book, *Remembering Who We Are — Laarkmaa's Guidance on Healing the Human Condition*, in comparison so that you could see that there are ten basic rules for living.

What you need to know in 2023 is that there are more than ten guidelines; there are thirteen! The cosmic divine number for completion and integration is always thirteen. Beyond the points of the Ten Commandments or the Eightfold Path of Buddhism, beyond any program that has a number of guidance that is less than thirteen, you need to stretch and expand to recognize the power of thirteen. The energy of thirteen is the jumping-off point to truly becoming a cosmic citizen.

The eleventh guideline for your awakening and evolution is *Ahimsa*, the idea of "do no harm." That means being conscious of everything you think, feel, say, or do and consider how it affects all others. It also means do not harm with your words or thoughts. Do not harm yourself or any other being by engaging in *any* negative thinking, blaming, or criticizing through thoughts and words, for those things are not part of *Ahimsa*. The eleventh guideline, based on the energy of eleven, is about bringing in more light! The way you bring in more light is to accept that your heart will simply not let you do anything that causes harm to another or yourself. This is true *Ahimsa*, and this is your eleventh guideline.

The twelfth guideline has to do with recognizing unity; it is the place of understanding that everything and everyone are connected. It is recognizing and understanding that even in polarity, even here in duality, the opposites that you perceive are only presented in polarity to help you see and understand a larger perspective, for in the center of that oppositeness is the balance point of harmony — the balance point where you find Unity and Oneness.

The principle that invokes this in the twelfth guideline is *In Lak'ech*, a term that the Maya learned through Pleiadian guidance over 5,000 years ago. *In Lak'ech* simply means "I am another yourself." This means that you are not better than anyone else, nor are you less than anyone else. You are not better or higher than any animal

or other life on the planet, nor are you less than any animal on the planet. You are not better or higher in your egotistical training or thinking than Source, nor are you less than Source, for you are part of Source as a divine spark of light.

Recognizing the spirit of *In Lak'ech* spreads throughout all of your relationships: your relationship with yourself, your relationship with Earth, your relationship with Source, and your relationships with each other. As you begin to operate in the spirit of *In Lak'ech*, you operate more in unity. You use the water of your being, because you *are* made of water, to listen to others' perspectives, and then having taken in new information, you reshape and redefine your perspectives. You understand more about how to communicate water to water, which you call telepathy. We call it using your first sense. The use of this ability will become much more evident and visible in 2023 because you will be able to do this with true unconditional love and acceptance of Unity while following the twelfth guideline of *In Lak'ech*: "I am another yourself, I am one with Source, I am one with you, and I am one with all of life."

The thirteenth guideline is what we have already been speaking of: the principle of integration. It is the final point in which you integrate all your experiences and expand into cosmic understanding without words but with deep knowingness in your heart. You will move forward bit by bit in understanding in 2023; some will do so at an accelerated rate through openings and "ahas" of understanding, and some will do so at a slower chosen rate.

What you are doing is integrating everything we have shown you for the past two decades, everything that we have shown you about Pleiadian ways of being — everything that invites you, welcomes you, and encourages you to become citizens of the cosmos rather than citizens only of your planet Earth. You are moving into cosmic citizenship because your species is ready to evolve, and that evolution is strictly by choice because this is a planet of choice. As cosmic citizens, you will recognize the integration of the principles of *Ahimsa*, *In Lak'ech*, and *Seva*, the Sanskrit word for service.

When you reach the cosmic level of integration, you recognize that every thought you have, every word you speak, every choice you make, and every action you take will lead to service to all life in the cosmos. *Seva* is service, and service requires the integration of all the principles the Pleiadians have suggested to you for your evolutionary growth and ascension process. The idea of *Seva* is knowing when to help and also knowing when to allow others to make their own choices. True service is honoring everyone's individual path while helping when appropriate. *Seva* is always choosing to help by following the heart's guidance.

Make Choices That Align with Ascension

Even though the cosmos and Source know that planet Earth is slated for ascension at this time and you are moving through the ascension process now, whether you as an individual join the ascension process is purely your own choice. Do you want to become a cosmic citizen in service to love and light? There is a great split that we have spoken of many, many times. All humans will eventually arrive at the higher levels of awareness through the evolution of consciousness at their own pace. But whether you do it now or light-years from now is your choice, depending on what you choose moment by moment in the present reality.

If you choose to ignore your heart, if you choose to kill (for food or any other reason), and if you choose to use harsh or angry words, judge, and blame others, you may be taking the longer karmic path of dying out of the body to continue on the wheel of karma, because that is what you are choosing right now for your next moment and your next moment and your next moment. If you choose instead to allow karma to work in the way it is intended by instantly recognizing when you are out of balance and correct it, you will not create karma any longer. You will continue to rise into higher and higher states of awareness, and your energy and your electromagnetic field will also move into alignment with the energies that are present for the ascension of Earth. You move into the ascension process by the choices you make: You can choose fast ascension with Earth or slow ascension through death and the karmic wheel.

Parallel realities are happening now in this great split that you have been experiencing for the past several years. You will see the evidence of these parallel realities around you more and more in 2023. Do not judge this. Do not cast blame, and do not try to convince others that they are on the wrong path. Remember that choice is a personal responsibility, and each soul must choose through his or her guidance and responsible choices or lack of awareness and karmic lessons.

As you notice the differences in the parallel realities, choose to focus on what you are grateful for. Choose to focus on the fact that you know you can be one of those who ascends with Earth. Choose to be grateful that your heart guides you to make choices that align with ascension. Choose to be grateful for your brothers and sisters who shine love through their eyes and extend their hearts to you. Be grateful for the animals and the flowers as well as the plant kingdom, which sustains you through its fruits and vegetables. Be grateful for the water on the planet and bless it; give thanks for it, and help clear it of any toxic things that have been put into it either energetically or physically. As you are doing that, recognize that you are also helping to clear toxicity in your own water and in every other living beings' water.

We predict that 2023 will be a year of focus on water, including the water that you are, and you will joyously discover how, like drops of water in the same sea, you are all connected. Through your integrative process, you will discover how to be in service to all through the higher choices you make individually and collectively. Begin to recognize the waves of duality, and find the still points of balance and integration in the year 2023. This is an auspicious moment for you. You are on the steps of moving forward, and it is your choice to leap off them and fly or to climb them slowly. Your evolution is your choice.

We are with you every moment with every step you take. We do not judge you; we love you unconditionally. You have much to gain on your journey and much to look forward to in 2023! We love you, and we are with you. Good always. Laarkmaa.

Pia Orleane, PhD, is the author of the award-winning Sacred Retreat, an intuitive, astrologer, and alternative health consultant. **Cullen Baird Smith** is a successful author, an empathic intuitive, and an interstellar communicator. They work with the Pleiadian Group Laarkmaa to support human evolution. As cocreators of The Original Pleiadian Wisdom Oracle Cards, the Wisdom from the Stars trilogy, Pleiadian-Earth Energy Astrology, and the annual Pleiadian-Earth Energy Calendar, they work with people worldwide. For more information, visit Laarkmaa.com.

The Open Eye of the Storm

St. Germaine and the Blue Starborn through Master Lady Kira Raa with Sri Ram Kaa

St. Germaine: Beloved ones, as all arrive into the experience of 2023, the illumination of All That Is has now come full circle to be remembered, renewed, and restored. This moment offers such a vast healing opportunity that simply arriving into this potentiality is worthy of celebration.

Stepping into the moment at hand as it unfolds with each breath, the alchemical shifts have arisen so that all who choose are ready and able to command the light that you are here to command. Arise with a smile that knows this is your birthright. As the rising remembrance becomes too real to deny, many will choose to shrink from this new cocreating miracle through the energetic pull of demands.

As your brain of form receives this gift of sharing, simply remember that in this realm of potentiality, you cannot simultaneously demand and command. Rather, it is an invitation for you to arise with clarity and make a decision to celebrate, with joy, the moment of clarity that ignites greater self-harmony through release into authentic self-inquiry. Notice within:

- Do you demand that things change, or do you consciously command the light to cocreate the shift?
- Do you demand that something be different, or do you consciously command the universal alchemical processes to rearrange according to the divine harmony currently potentializing?

These are the choices playing out now with great, abundant energy. This is the perfect storm that has been cocreated for this moment of consciousness. Now that you are the alchemical master here in this realm, it is calling out for the greatest remembrance of all: to fully

embody the divine mastery presence of your ascended being while in form.

This moment of divine ignition weaves the fabric of all time from the cosmic center of your universe. The ignition is vast, pulsing, and arriving in ways that have not been woven into this potentiality before. The dance before the All is self-creating and thereby fluid as it finds new form. To dance with the grace of the dancer is to carry the knowing of the mastery presence into this form to sustain the body of form well beyond the paradigms of this potentiality through the ignition of multidimensional conscious expression.

As you recognize and receive this cosmic flame of divine ignition, you expand it. Breathing with the conscious connection of your mastery presence is the ignition of mastery within the soul of those who choose to become one with the winds. It is then that you remember everything.

Release the Cycle of Repetitive Victim Consciousness

Through the sacred sequence of incarnation, your arrival into this potentiality at this moment is a unique journey that offers growth and expansion through the ever-refining spiral of awareness, experience, and choice. This ever-refining spiral continues and sustains itself through the depth of duality.

The gift of the Eternal Being, patiently and with full presence, offers all that is needed to sustain the energy that is dominantly created with the world of form. As the journey of duality is navigated, the complexity and





attractiveness of the field of the mind of form creation is so vast that it reflects that miracle presence as its opposite. Miracles into form are the moment when sincerity, love, and presence are sustained without ulterior motive or self-interest.

Through adaptation into the customs and habits of this worldly experience, these energies are mirrored and transform into reflections of the alchemical principles of manifestation. Sincerity transforms into skepticism, love transforms into cynicism, and presence transforms into fear. Skepticism, cynicism, and fear feed the mind of form. These energies, once unified within the field of form, initiate the repetitive cycle of victim consciousness, a density trifecta that sustains and creates the self-sabotage cycle. How glorious that the moment of this linear experience offers the experience of conscious expansion. Simply breathe and let go of the paradigm that would seek to limit you.

The density trifecta has assisted to cocreate the cycle of the victim, rescuer, and abuser. Sophisticated and supported by the habits of this planetary cycle, they are the food that helps the energies to sustain fear, doubt, and hesitancy.

As all have arrived at the experience of this awareness, this is one choice. The alchemical master that you are, through the remembrance and recognition of sincerity, love, and presence, is ready to command the law of instantaneous manifestation as the miracle in action. The eternal divine mastery presence that is you is simply waiting for you to arise through the illusion, relax the egoic presence that seeks to entrap you, and say yes to the ignition of divine mastery presence outside of fear, doubt, and hesitancy.

You are eternally patient. The consciousness within is here now, ready to transcend from victim-abuser-rescuer

into the actively present teacher-mentor-healer. This transition opportunity is one of the gifts of the storm of 2023 — the moment to dive beyond the limitations of judgment and soar into seventh-dimensional anchorship as the sea of neutrality.

Go Beyond Judgment Day

The year 2023 is a cycle of revelation. Through its wide-opened eyes, the power and energy of judgment and positionality will be clearly seen beyond any doubt. Many will cry out with declarations that intend to sustain fear, doubt, and hesitancy.

Remember that fear is the foundation of the release of your trust in self. Navigating this world of form with free will, the entrapment into the cycles is always self-imposed through the fundamental release of trust in self. This is yet another gift of the ever-refining spiral of your ascended consciousness, and knowing this sustains your mastery and ignites its presence into conscious awareness.

As you bring a hand to your heart and release a cleansing breath, may your heart receive and remember that judgment day is an energy experience within the all. Lift above and see clearly again that in this worldly experience of form, the energy harnessed around the essence of judgments enslaves you as it imprisons your trust and creates judgment day. Breathe that in again.

Judgment day is here in this now moment, and all are judging and being judged. You are the judge and the jury. Celebrate that this conscious awareness is both the indication and the validation that the seventh-dimensional frequency is open. As victim consciousness fuels itself through the energy of judgment, the fourth dimension rises with the spiritualized ego.

The spiritualized ego rose through the evolution of the fear dimension as the fourth-dimensional frequencies gathered more and more support through 2022. There are more false prophets now — with vastly expansive, spiritualized, and arrogant egos — than have ever been in power positions before.

The blessing of these loud voices, which will try to drown all remaining truths, is that through their very existence, they will call forward the equally loud voices of balance. The storm feeds the sea of neutrality, the space where the fifth dimension has ignited the stairwell of ascended presence and the divine master has settled into the throne of the body outside judgment.

The new year offers the joyful moment to honestly look beyond judgment and see the beauty of the gift of what's in front of you. Then the new world will expand again with ever-greater bounty and harmony through the law of instantaneous manifestation. This is the choice within the storm that 2023 is shepherding. Why not lift into the yes of being?

Spiritual Arrogance Rises with Tech Consciousness

The year 2023 is a moment of rising tech consciousness as the gateway for anchoring spiritual arrogance. As the technological advances of spiritual activation come forward, many will carry frequencies of addiction to further limit the natural capacities to expand beyond boundaries.

Spiritual arrogance is fueled by anything that offers a quick glimpse into the siddhis as verification of expanded states of consciousness. If there is a warning for the storm of 2023, it is to remember that all technological devices can only ever mimic the creator consciousness of your divine mastery presence.

Here in this moment of potentiality, what is referred to as ancient wisdom and practices that have held these gateways for all to access, are at the moment of interface that is the precipice of consciousness itself. This is the dive into the unknown that carries the trust of self fully outside victim experience or the acceptance of shortcuts through technology that is unable to comprehend what it has yet to experience.

Spiritual arrogance is an addiction to the experience of feeling special and elitist. It will be sly and prevalent in 2023. The storm, which is calling the all into the gift of now, reminds us that energy creates form and form follows energy.

Say Yes to This Potentiality

What an extraordinary moment to be here on this planet. The 2023 expansion is a rich moment to stand firmly within the divine mastery presence of being the contributor to expansion: aware and filled with the joy of evolution, the excitement of creation, and the knowing that transcendence invites you to step up and be more.

Being a conscious master in form is beyond the moment of worshipping or revering Pachamama or Pachapapa or any and all other earthbound deities. It is about them knowing that you are here now to support them and love them so that they might be heard.

The expression of your destiny does not matter. You are expressing in the highest service of this experience of potentiality. Remember that sometimes the highest service you can offer is to remain outside of sharing the revelations that appear before you. Offer the moment of integrity to arise through the laying down of all ego as you relax into service through presence. Through your lateral experience, you ignite and sustain the smile of eternal presence that assists all to say yes to this expansion of consciousness outside all self-sustaining paradigms.

In 2023, three spirals of potentiality will ignite as the continual spin of conscious creation. These spirals will align with the calendar of this linear world:



- Spiral one: January, February, March, April
- Spiral two: May, June, July, August
- Spiral three: September, October, November, December

These spirals will sustain the open eye in the center of the expansion of all consciousness. This is the invitation to see far beyond that which is doing its best to limit the potentiality of this moment.

Navigate the 2023 Open Eye of the Storm

Remember and reclaim the energy of peace, love, and joy as all creation aligns with you to sustain the law of instantaneous manifestation. The storm before you carries with it the greatest momentum and conscious expansion ever. The storm will offer the dynamic awareness, experience, and choice for all to see the oneness and reclaim mastery. The choices before you are to:

- Expand through the limitations that are steadfastly anchored into the paradigms of this formed world and let go of what is contradictory to the knowing in favor of the anchored ascended heart.
- Relax out of all fear and remember that labels are created by those who are afraid to understand so that they feel safe with the unknown.

As all embrace the unknown with the stability of joy, the need for safety releases effortlessly into the peace of being. You have the gift of knowing that you are beyond illusion. As the one and the all walk with peace, love, and joy into the storm ahead, the peaceful center is ever-present and ready to be the guiding light.

This is a time of celebration, and our brethren the Blue Starborn wish to offer a blessing for this moment and this ascension experience.

Keep Going

Blue Starborn: Just keep going! Let us share that again for you: Just keep going. When it feels difficult and the world around you seems “out of control” (as they

say), when events scare you, and when things that many call “horrific” come across your radar, then go further into the light, further into the love, and further into the recognition that just as the bodhisattva sat under a tree, neither the angel nor the devil could deter the energy of steadfast commitment, focused awareness, and complete trust to just keep going.

The moment of this joyful remembrance is before

you now. Without affectation from the mind, it simply is as you are.

Sri and Kira have served humanity for over twenty years. As acclaimed visionaries, consciousness leaders, best-selling authors, and show hosts, Sri and Kira have journeyed through near-death experiences, transcended fatal dis-eases, and demonstrated healing miracles through the power of the law of instantaneous manifestation. George Noory, the host of Coast to Coast AM stated: [They are] two of the best examples of open-mindedness! Visit SriandKira.com and TOSABlueMountain.com.

Reside in Your True Nature

The Essences through Ari Regala

How is your presence of being? The states you perceive as being chaotic, dysfunctional, and wrong might have purposes of which you are unaware. These truths of divinity might seem hard at times and indeed perilous, but you are what your divinity wants and creates. These things might not warrant a direct decision on your part, but the reality of what is continues to be.

There are no new thoughts; there are no new situations. The truth resides within the heart of the Divine of what is and all that will be. Your peaceful state will return as all humanity accepts responsibility for self. The universe goes through growths and expansions, which can be painful at times, but your fears and frustrations, of which we are all aware, are necessary to the birthing process.

Take heart that answers are always on the way. The perception of aloneness is just that — perception. Shift the perception, and shift the awareness. Shift All That Is within the truth of self. Your being is not solely created of the self, by the self. Your being is created within a totality of the realms of possibility. Your divine nature is a place of being that is, in totality, accepted by the All and the self.

Release your fears. Allow yourself to be. Be that pinprick of light in the darkness, for you and of you. How would you be if your divine truth and nature were apparent? Knowing this might create a peaceful place and state of being, don't you think?

Your wondrous place of presence and allowance might become more forefront in your experience if you were to walk more deeply into the faces and facets of the unknown. Knowing the known creates stagnancy and turmoil. Unknowing the known creates peace and wonderment. Release yourself from the cages that bind you. Allow yourself something new, a new experience. Fear not.

Be in Presence

Here in the truth of your divine soul, you are love. You

are the solution to All That Is — your presence, your beingness, the stability within self. Allow truth to shine from your divinity within, and here is the answer. Here you will seek and find.

Wars are frightening, horrifying things to perceive, even more so when you are part of one. We reassure you that everything is in divine order. Your relationship with All That Is and all that you perceive, sense, feel, and emote now is what is.

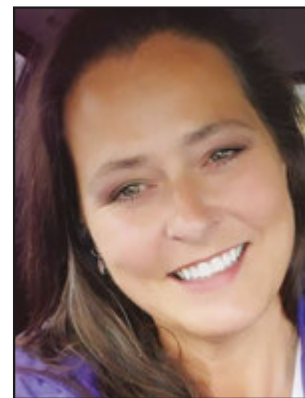
Lessons might seem hard as you begin to let go and get into the flow. It is frightening to be who you truly are because that is unknown, but what a wondrous experience. It is a new form of consciousness, a shift in beingness, which is what you're here to experience. The universe is always on task. You are loved. You are love. You are divine. You are an individual, but you are One. You are alone, but you are never apart.

Wondrous things will come to pass, but presence is where it's really at. Residing in fear is unnecessary. Residing in presence and love creates the whole, just as individual drops of water create an ocean.

Your true nature is a pleasant place to exist — within the truth of the divinity of the All that lies within each facet of the Divine. Create space for new realities, as goes the expansion of All That Is. Once you have this awareness, it will create wondrous, beautiful experiences from a place of perceived knowingness of the unknown.

Your perceptions create realities perceived as good or bad. This dualistic nature of perception causes suffering due to the perceived knowingness of All That Is. Let go of suffering, and as you begin to awaken, you will experience a new and divine truth of the unknown. Your divine existence rests in the experience of All That Is and all that is not, but the truth of whatever will be always is.

Once you come into the divinity of who you truly



are, what you are not ceases to be. You will not be so interested in what others are not, for you will know how to be. Beingness is a true state of allowance, love, presence, and flow.

Know the Unknown

Knowing the unknown, as we stated before, is a wondrous experience. It's not trying to go anywhere; it's the magic of the beingness of now. True presence is where your truth and peace lie. Once you've experienced the presence of self, of being, suffering subsides, and the awareness of All That Is remains.

Be honest with yourself and be honest with another. Let the truth shine freely without harm or expectation of another. Allow yourself all that you are and the truth of who you will be. Allow yourself kindness. We watch you suffer; we hear your cries. We don't understand, but we do. Suffering is unnecessary. Enlighten yourself to the truth of who you are. Allow yourself the truth of your being, and watch the suffering subside. Honesty of self is a powerful and magical place.

Your creations are all there is. Allow them to be

such, and choose something different of the self, by the self, for the self, and for the universe. Expanded growth and awareness create a change in existence. Be aware of these things, but, as always, it is your choice. You can continue to deny your true nature and perceive what you perceive, or you can lean in to the honest truth of the knowingness of your soul, of your heart, and reside there.

Release fear. All divinity and all your humanity and experiences reside within. Look for your true connection between you and the divine nature of All That Is within the self. Your relation to your soul relies on perceived experience until it does not. Impermanence is a wondrous place of being.

We are always listening, always assisting, and always present in the perception of your suffering and in the experience of your perceived joys. Now, what of presence? There, you find magic. Always love, as are you.

Ari Regala is a grateful, average human being on a quest for a truthful and balanced relationship with herself, the universe, and humanity. She seeks to know the unknown and to unknow the known. You can contact Ari at Ariregala555@gmail.com.

A Year of Manifestation

Heather Robb and Spirit

What a year 2022 has been. Our evolution has expanded beyond all possibilities. Looking back, we have seen changes guide us to deeper understanding. The pathways to our evolution have sped beyond prior experience. But how does this impact humanity? How many of us remember the purity of eons ago when Lemuria was the first place for humanity's evolution from spirit into human form?

Some of us might remember those times and recall seeding the crystals into Earth as the grids were formed. We might remember the chanting that wove patterns of creation into reality and the peaceful, loving place of learning enriched by its clear beauty and eternal silence. Our hearts opened to understand the nature of creation and Mother/Father God.

One day, one of my Lemurian family visited me. He was shocked at the noise our Earth manifested now, and he said it was a trap to make us forget our divinity. How many of us have reclaimed that inner silence around and within us? This is where we touch our true selves.

In the heart of Mt. Kailash [Tibet] lies a white pyramid that still holds the signature of that haunting healing tone. When I am taken there on the astral plane, its sound wraps around me like a living thing and returns

my vitality, altering my cells and becoming part of me. It sounds and feels like a thousand voices tuned together to make a rich and perfect harmony. These pockets of frequency remain, waiting for us to tap. They remind us that such purity is still here.



Mistakes Lead to Growth

How far have we traveled since Lemuria? In our free-choice power back then, we abused the purity of Gaia and our living nature as we sought to understand and experience more. We cast ourselves out of Eden to seek the new. We lowered our frequencies as we became more attached to physical Earth.

Was this wrong? Don't we send our children out to experience life and make mistakes so that they grow stronger? Is this not what our Father did for us too? As we learned, we grew. Mistakes taught us what not to do. Hitler, for example, was one of our great teachers of what not to do. Does evil prevail, or do we create it? Since true human nature is love, when we deviate from love and descend into fear, we might seek power,

aggression, greed, hurt, blame, pain, and reactions that can lead to violence.

As children of God, we have seen it all, and now we have chosen to come Home to find the love and peace we put aside during eons of exploring and experimenting. We have come to seek our true selves. Spirit watches us and walks with us. How many of us have turned toward the light seeking the truth and understanding of who we truly are?

Enough of us have reached this place, so we have opened the gateway to allow the new light to enter Earth. It is a time of trust, love, and surrender. In this way, we reach into our higher selves to rediscover our divinity. We consciously or unconsciously touch the memories of long ago in ways that allow us to understand what we miss or have sought. The time is now, for we have opened to this pathway of light that leads us Home, back to our beginnings of purity. Our Father gave us free will to learn and explore. Now we know what we truly want.

Choose What You Want Most

The answer to what you want is within easy reach, for you finally know what you seek. Recently, I sent healing to a battle in the Middle East. As love washed over the soldiers, they seemed to pause, look up, and remember their need for peace and love. I watched as they put their guns down and walked away.

Over the coming year, this path we choose to follow will expand and grow beyond our imaginations. I was called to make an essence recently that was about choosing what you want most. The essence explained that when we become still, we reach into our true divine plans and can choose our paths.

Knowing that we can be what we choose to be, achieve what we want to achieve, and become divine humans within these choices is the most exciting of realizations. It is about creation — being our personal creators.

The essence took its recipient into a temple containing a bowl filled with liquid light. “Close your eyes,” the essence said. “Here, you are with us. Stand before

the bowl and see its waters shine and reflect you. What do you see? Allow time to stand still and become. Allow your wings to unfold as your consciousness soars to deeper understanding and being. ‘I Am That I Am’ will never be so true, for herein lies an initiation into the higher self.”

Manifest What You Seek

Try this beautiful form of communication knowing that all is possible and can be created as never before, for this is the year of manifesting all you seek. This emerging year will allow you to become a divine human in charge of your life, making decisions created with clarity, love, and understanding. This is the most powerful realization you can embrace and become: You stand on your own feet with no influences guiding you; you do it all yourself.

The other night, as I stood under the stars, I opened my heart to creation. The energy was absolutely still, peaceful, and loving. It seemed that all listened to my voice and my thoughts. The clarity was amazing, akin to a pure drop of crystalline water holding me within, and what I said was embraced as my truth. Of course, all messages from the heart are truth, but now that voice within is like a shout that echoes through creation that waits and listens to our affirmations and intentions.

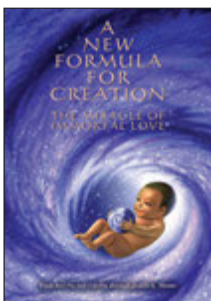
The energies now allow full communication out of love and service to humanity. As never before, as you choose your path, it will happen as you seek, as long as you trust, surrender, and come from love. Be these things, and allow your divine self to emerge. This next year is a time of celebration of your divine self and your place in this new creation of which you are a part.

What do you choose? Allow it, be it, and know you are one who aids Earth’s future to be one of love and joy.

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.

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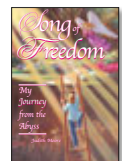


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Emergence

The Angelic Realms and Crystal Skull Energies through Nancy Robinson



Where are you now? Where do you want to be? What do you need to release or replace so that you can bring the highest dreams of your heart into reality in 2023?

The powerful energies of light emerging for 2023 are coming in to offer extraordinary support, inspiration, and universal encouragement during these changing times. This is a chance to make new choices for manifesting your most inspired goals and reaching new spiritual levels. It's also an exciting time to stay open and experiment with the incoming energies, because they can create unanticipated directions and important opportunities.

Much like a high-powered washing machine, the energies of 2023 will serve to undulate, agitate, flush, and cleanse you on every level so that you can manifest new levels of joy and abundance. These frequencies will also create powerful shifts that open energy pathways, portals, and gateways, many of which have never been experienced before or weren't accessible until now.

These new frequencies are uniquely tailored for this time on the planet and can help in many ways. They can assist with cleansing old and unnecessary energetic patterns so that you can move into new vibrational transformations and open dimensional gateways. They can also help you navigate the dramatic Earth transitions and seismic consciousness shifts the planet is experiencing with more ease, joy, and guided action.

These special dimensional energies can also increase your intuitive and psychic abilities. They can help you reach more clarity, joy, and vision for the divine purpose of your life. As you experience these new frequencies, you'll feel more aliveness, more peace, and stronger connections to higher spiritual realms. These can all transform your life, so you'll want to be ready for them as they emerge. The following tips can help you prepare in numerous ways for the coming frequencies.

Take a Higher View

Your beliefs, consciousness, and vibrational energy will affect how you enter and experience the new portals of light. An attitude of peacefulness and nonjudgment will help you merge with these higher frequencies and receive the messages they bring. Keeping an open mind, having an open heart, and making sure your motives and intentions are pure about why you want to enter these spaces can also impact how well you sense them.

Shift Your Perspective

Another important way to prepare for the coming changes is through transforming any lower or limiting beliefs, patterns, or programs. If you're currently experiencing a challenging or negative situation, try shifting to a higher spiritual perspective to hear divine lessons or inspired messages that can help the situation heal.

Staying out of judgment (of yourself and others) can also reveal hidden and unknown blocks more clearly. If chaos, difficulties, or lack are showing up for you now, try viewing them as signals guiding you to necessary changes. Release lower-energetic patterns and be more balanced so that you're able to access the finer frequencies of these new portals of light.

Use Powerful Healing Stones

Our planet has its own unique energies. Healing stones and crystals can be extraordinary transmitters of these vibrations because they re-vibrate and harmonize your energy to new levels. The following stones have special qualities that can support, nurture, and heal as you adjust to the new levels of incoming frequencies.

Grounding. Petrified wood is an ancient stone that carries wisdom about the transformational process, and it is very calming. Formed over millions of years, its energy can balance and stabilize while helping you stay focused on new goals. Its encoded wisdom can restore and help you adjust to rapid change and unpredictable circumstances.

Dendritic siltstone, also known as picture jasper, is a deeply soothing stone that aligns energies from your past, present, and future. Its earthy strength can ground and stabilize you while also empowering you to lift into higher realities.

Spiritual intuition and enlightenment. The prophecy stone, also called Z stone, is a deep rich brown rock found in the deserts of North Africa and Egypt. It's used to strengthen intuition and enhance the ability to experience interdimensional travel. Working with a prophecy stone over time can improve your ability to receive psychic visions, prophetic dreams or messages, and clear guidance.

Beautiful deep blue azurite is a high-energy mineral often used for advanced spiritual growth and enlightenment. It can help you to gain clarity about your highest life purpose, increase psychic abilities, strengthen connections to higher realms, and receive spiritual messages. Azurite is considered a powerful stone to work with, so be sure that you are ready before using it. Handle the stone with reverence, respect, and pure intent.

Healing and acceleration: Golden healer quartz is a buttery golden quartz crystal that can activate healing through your entire system. It's considered a master healing stone and can repair and release old blocks or hidden programs on multiple levels. Its energies work to cleanse, repair, and elevate you to new levels and acclimate you to new higher-vibrational frequencies.

Clear quartz crystal is a powerful all-purpose stone that can be used in any area that needs clearing, healing, and recharging. It has the ability to amplify for better focus and clarity around what you want to create. Working with quartz crystal can also help increase your awareness of subtler frequencies and alternate dimensions.

Ask for Help

These are extraordinary times, and the energies coming in are here to help in every positive way. Change can be challenging, though, so if you start to experience unexpected or unanticipated situations, you don't need to struggle alone. Higher help is always available, but you have to ask for assistance before it can respond.

Ask for miracles, unexpected favors, and divine assistance. For wisdom and fresh guidance in any situation, call on your divine self, higher ascended masters,

the archangels, your guardian angels, and higher teachers. They're always available and waiting to respond.

Answer the Call

Many of you on an accelerated spiritual path have expanded light. You are often more aware of and comfortable with accelerated vibrational energies. Because of this, your light and energy are very powerful and can positively impact many others. If you feel called to do so, consciously radiate love, compassion, and kindness to others and to the planet.

Send light to areas of chaos or conflict. Doing so helps reduce mass-consciousness fear and generates much-needed vibrations of peace and light. You have the ability to contribute powerful healing energies to the planet and others. As you do, it can assist many in moving through these energetic shifts more easily and joyfully.

The new frequencies of light emerging for 2023 are profound and deep. They will open doorways and gateways to new dimensions and help you transform your life in many ways. It's time to open to all you've dreamed of being and claim your divine inheritance more fully and completely. The best is coming, so get ready and be prepared for these wonderful new energies and powerful shifts ahead.

Nancy Robinson offers energy scans that can assist with job searches and careers, grief and regret healing, and finding life purpose/solving life challenges. She also offers a new dimensional-energy scan that can help people prepare for the incoming 2023 energies. For more information, visit ElicorAwakenings.com and [Facebook.com/ElicorAwakenings](https://www.facebook.com/ElicorAwakenings), or call 931.709.1021 or email nancyrobinson@elicorawakenings.com.

Memory-Seed Activators Are an Important Part of the Great Transition

Archangel Michael through Ronna

Beloved masters, there are a great number of brave starseed souls who are memory-seed activators at many different vibrational-pattern levels. This is so that the memory-seed atoms containing the new Aquarian divine blueprint may be activated within predesignated crystal-line structures in the great caverns deep within Earth. Another part of the designated memory-seed activators' mission is to assist in the task of activating the newly

created sacred sites or the specific, predetermined ley line conjunctions on Earth's surface.

This process has been designed so that at the designated time, the preprogrammed memory-seed atoms will be supplied to activate these sacred energy centers. It is a part of the divine blueprint, which is a core, creative process designed to occur between humanity and Earth. Each of the activations will initiate the necessary



changes for the evolvement of Earth and humanity, and they are a cooperative effort among Gaia, humanity, and the great beings of light under the direction of our Mother/Father God.

You, as lightworkers, are considered caretakers of Earth. You came here to be a part of the great transition into a new age of en-lighten-ment. There are memory-seed activations that began many years ago within the mid-plane realms of the fourth dimension. This process could not begin until the vibrational frequencies of Earth and a great number of human souls were attuned to the frequency patterns of the mid-fourth dimension.

As this transition from the first four levels of the fourth dimension into the frequencies of the three higher planes of the 4D occurred, many dear souls began to help activate the violet flames of transformation along with some of the memory-seed-atom frequency patterns of the new divine blueprint within Earth. They also acted as the placeholders during the early stages of the ascension process by anchoring ascension columns of light at various locations around the planet.

Now we will move forward from there. As we have taught you in our past messages, the vibrational energies of the person doing the activation must have the frequency patterns that will trigger an activation of the stored essence within the great crystalline structures. We have explained that most of these activations are not time activated but event activated.

However, be aware that there are different levels of the activation process. As people on the beginning path began to move into the mid-fourth dimension, there were those who were led to take groups to sacred sites. That is the most popular way and what you might say is the most basic form of energy activation of the violet flame and Earth's crystalline energy. Remember, there is power in numbers, and those endeavors have greatly assisted Mother Earth in the initial process of transmuting the energies from within, including the decompression and clearing of the great caverns and the labyrinths. Great portions of that negativity had compressed and contaminated Gaia's essence and her physical being.

Now let us focus on those of you who are moving and tapping into the fifth-dimensional frequencies and rarified environment. This is the more advanced phase of this cosmic Earth/humanity activation. For example, there is a great energy source like Mt. Shasta and another energy vortex within Lake Tahoe, California. There is an ancient portal — a sacred site — such as Grimes point in the Nevada desert. There are many places such as these around Earth. Many of them are intersected and purposely connected. When one of these cosmic-energy power centers is activated, it immediately begins to radiate the frequency patterns of divine light to the other predetermined components, thereby creating the

triangles and geometric patterns that will assist each portal to move forward or integrate the higher frequency energy more quickly and in a more dynamic way.

It's Time to Fulfill Your Divine Mission

What we wish to impress on you at this time is that the starseeds — the geometric pattern holders of the new divine blueprint — are now personally in the process of having their prime memory-seed atoms more fully activated so that they may gradually be brought to their full potential. It is time.

Due to the formidable negative events that are now occurring around the world, it is of vital importance that dramatic steps be taken to speed up the transition process for Earth and all sentient beings. Each was and will be guided to specific locations to supply his or her particular portion of the geometric pattern of the future at that location. The crystalline memory-seed atoms are activated when these prime activators go to each of these sacred sites in a preprogrammed way at a predesigned level and activate a specific part of the divine blueprint.

Then over time, others add their seed-atom frequencies, and so the memory-seed-atom crystals begin to expand in light power as they release more and more of the divine blueprint. It's like adding more power — more programmed energy power — or adding more electromagnetic wattage to the source that waits to be activated. In addition, as each person transmits their programmed memory-seed-atom energy to Earth or other souls, they, in turn, will also receive the blessing of a memory-seed-atom energy activation. There must always be a mutual energy exchange, whether it is positive or negative.

There are many of these sacred carriers, and their unique vibrational patterns coalesce and blend as they activate the different sacred sites around Earth. The events on Earth and within humanity have progressed so that the time has arrived for the prime event to take place. The prime event is now ready to be "primed." It is time for all activations around Earth and within humanity to take place. So the prime activators will now be inspirationally guided to these places to add the components they embody — memory-seed atoms — to infuse Earth with the higher frequencies of Creator consciousness for the new Age of Aquarius.

This sacred process can be accomplished from afar; it is not restricted to the person's presence at the physical location. You do not have to be physically present at the site. However, it is much more powerful for the sacred location and you if you are physically there for the activation. It is something that we can easily guide and assist you in accomplishing; we can ease and open the way. That is part of the process — the divine dispensations that are being allowed at this time — for those who have made a commitment within the very depths of their

inner being, for that is what it will take to successfully accomplish this important mission.

As you are aware, many of you are being brought together, and many more of you are stepping out to claim and fulfill your divine mission. However, many have also fallen by the wayside. They are not to be condemned; their time will come at a future clarion call. There is always a brave soul ready to take their place, for this process will not be denied. It will be completed. It will successfully take place.

This divine activation is beginning to grow in intensity and coalesce. The higher, more powerful rays of transformation bombard and infuse Earth and humanity. It is of vital importance that this process begins to take place at this time. So the inspiration and the divine discontent that many of you feel are because your path of destiny is calling for it. It is already being activated.

So be patient, beloveds, and allow it to unfold gradually. You will be astounded as everything begins to fall into place. You have earned this divine dispensation. Because of the radiance that you now project out into the world, you have earned it. The time that has been foretold is here, and you will prevail. You have proven that you are tried and true. You are much beloved. I am Archangel Michael.

Earth Time and Higher-Dimensional No-Time

Ronna: Earth time and higher-dimensional no-time consist of programmed memory-seed atoms of a broad range of frequency patterns, frequency, and sequences of events. There is a premise that everything happens simultaneously in the now moment. From a human perspective, how can that be possible? If this is true, then we must be living all our lives simultaneously via a vast number of separate holograms throughout the cosmos.

At this time, we will focus only on this subuniversal experience and our earthly third- and fourth-dimensional environments, along with our earthly lives within the seven and eventually twelve planes of consciousness within this subuniverse. In the far distant future, we will experience solar system ascension, then galactic and subuniversal ascension, and so on.

Time, as we know it, exists only within the third and fourth dimensions of our physical reality world of duality and polarity. We live in a dense, space-time continuum or reality consisting of the first through the fourth dimensions and subdimensions, and each dimension has multiple levels of complex frequency patterns or frequency sequences of events.¹

The lower the density, the more solid (dense) material objects and our physical vessels become. It takes longer and a much more focused effort and energy to manifest our visions. We have entered a new era. We are experiencing a phenomenon whereby it seems that time is

dramatically speeding up. The reason is this: The higher the frequency patterns are, the faster the creative process speeds up and manifests. The frequency/vibrational patterns become more and more refined. Physical and material mass becomes less dense: It gradually becomes more ethereal, delicate, light-infused, and spiritual.

Beginning with the fifth dimension and in all succeeding higher-dimensional and subdimensional levels, each higher subplane consists of much higher (more refined) vibrational patterns. The higher the memory-seed atom frequency patterns are, the less dense material objects and our physical vessels become. (They are not necessarily less dense in physical mass but in frequency patterns of divine light.) Therefore, within the highest realms of the universe and beyond, the process of manifestation is instantaneous, which creates the reality that everything happens simultaneously. There is no time.

Cosmic Holograms

All creation consists of Supreme Creator-inspired, programmed white-fire memory-seed atoms of a broad range of frequency patterns and frequency sequences of events that has resulted in a vast number of holographic universes, subuniverses, and so on throughout the cosmos. We exist in a cosmic hologram that contains an immeasurable number and variety of holograms. It consists of a perfect divine blueprint created by the Supreme Creator that was destined to be repeated at every level and dimension throughout manifested creation.

A hologram could be described as a sphere or geometric pattern having a divine blueprint of creation of any size, shape, or dimension that is self-contained and all-inclusive within itself. Membranes of Creator light surround each hologram, separating each holographic blueprint from other individualized creations.

Our birth hologram contains our divine blueprint for each lifetime. We are also affected by seven generations of ancestral past lives positively and negatively. The highlights of all our past life experiences are stored within etheric holograms — memory-seed atoms — within our DNA.

In addition, we have an adult home and family hologram. In marriage or intimate partnerships, we are subject to and influenced by the other person's personal holographic environment. Our partner's holographic environment is also influenced by ours. We are also influenced by the divine blueprint and frequency patterns of all the holograms within this subuniversal hologram, which are dependent on the frequency patterns of our current soul song. As we balance and harmonize any negative frequency patterns contained in each hologram, we gradually move upward into the higher frequencies contained within that particular hologram until we reach the highest frequency patterns therein.

Within our personal divine blueprint hologram for this lifetime, we then move into the next higher frequency hologram to continue our passage throughout the fourth-dimensional subplanes. Our goal is to ultimately rejoin our sacred triad within the entry-level subplane of the fifth dimension. This is the time we have been waiting for.

Angel blessings, Ronna.

1. A sequence indicates that one event follows after another in casual or logical order, succession, or continuity. Earthly time is arbitrarily decided by humanity.

***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.*

Allow the Heart to Lead

The Pleiadian Collective through Saiedah Rose

Perhaps at this time in your Earth collective, you wonder what is the best way to navigate through these erratic times. It can seem overwhelming to know what to do, so you desire to know what is coming at all times so that you may be prepared. We tell you that this is precisely what we want to share with you as a means of assistance. Preparation is not so much what you know on a mental level but what you feel in your heart.

Your heart carries within it the wisdom of all times and bears the wisdom integrated from your experiences. It is this energy that you should look to in order to lead yourselves into the future. In the times ahead, we ask that you not succumb to the illusions of the mind that lead you into thinking that you must always *know* in order to be ready for what is to come. How can you truly know what is to come when the nature of reality is ever changing and shifting with the flow of energies that always move through it?

To assist yourselves at this time, remain focused in the “presentness” of your beingness. All that you are is simply all that you need. There is nothing else. And if there is any other insight that needs to be shared, it is your heart that will share it with you, as it is through the heart's communication with the cosmic heart that guides the initiate of the heart forward into unknown waters.

Be in your space, and cherish your life and all that you are as a being of divine energy. Be present in the love that you are — the love that emanates from you as you. This *is* you. What else could you possibly need to guide you forward? Understand that you are always guided and directed by your divine intelligence. It is not separate from you. It is an integral part of your being as a human of divine consciousness.

Fall into the Mystery of Life

What you must learn as “humans being” is how to fall into the mystery of life, trusting that the universe

will open its arms to you and catch your fall. As you are one with All That Is, how would you allow yourselves to truly fail at any point? Is this even possible? Trust yourselves, dear hearts. Trust that you have been given the full spectrum of wisdom and information needed to navigate these times not as chunks of linear knowledge but as the feelings, sensations, knowings, and wisdom of your earthly experiences. Trust that all you have gone through up to this point has prepared you for what lies ahead.

Your heart desires to create a life for you that is in direct alignment with love. Will you allow yourselves to go there? Will you allow your heart to lead you? This, my friends, is up to you. You have the freedom to choose what you desire to experience and exactly how you want to experience it. If you desire to struggle, then there is no judgment in that choice, for we know and understand that even this experience brings you closer to the realization of what truly is your hearts' deepest desires.

Allow yourselves to be as you are without judgment, and the flow of life will express itself through you, bringing to you all that you need for your survival, your sustenance, your living, and your joyous experience of life. Center yourselves, beloveds. Be true to your heart, and experience all your feelings and emotions as sacred, no matter what may or may not be erupting around you, for it is your centeredness in your loving heart that will guide you forward in these times.

With love, we honor you.

***Saiedah Rose** is a star ambassador, light technician, and conduit for the new human template whose mission is to help people recognize their inherent divine nature. Through sharing messages from her star family, facilitating soul activations, and working to redefine what it means to be human, Saiedah hopes to support the creation of a harmonious planet that benefits all beings. She can be contacted through her website at SaiedahRose.com.*



The Great Reset

The group, Observer, and the Keeper of Time
through Steve Rother

The group: Greetings from Home. We join you this day with great joy to show you important items directly ahead on your path. As lightworkers on planet Earth, you have come with an intent to do specific things that further your growth as an individual spirit. However, there is also a collective energy that you all work within. It could be said that these are contracts outside of the individual. And right now, we see humanity moving in the direction of these collective contracts.

The pendulum of Earth is now swinging, reaching extremes in the redistribution of the planet's water and surface heat. She is balancing multiple areas simultaneously, as the great experiment of humanity continues to expand. The race for information has opened doors that will never again close. The hearts and minds of humans struggle to keep up with the many alternate realities that are available to house such diverse belief systems. Humans are still so easily divided at this beginning stage of the rapid evolution that is underway.

When wisdom is channeled, it is usually brought in through multiple channels, but the one who puts the message into words is only part of the equation. To ground that same light, it takes many more even if they do not know of one another. Most of you came in with an intent to be here at this exact moment to ease the transition because it will determine many things going forward. Although it may not be evident in your reality, you have already left an indelible mark on humanity.

Many are exhausted, as they endlessly stand against the flow of this callous animal called humankind. Dear ones, trust that these times of change can be softened and eased by working together with intention. A grand gathering of experts has agreed to be here incarnate to help humanity step up. They made it; you are here. Treat each other with respect, nurture one another, and play well together.

Welcome Home. Espavo.

Tap into Your Mastery

Observer: Greetings, dear ones. I am Observer. I join you this day with great pride, for we have seen many changes on your planet. It's amazing for us to watch from here. Yes, you see all the difficulties and challenges. You see people arguing for so many different reasons. But we also tell you that down the road,

there is an opportunity to work together instead of arguing about everything.

Understand, dear ones, there are those who benefit from the separation. Some are actually propagating the situations causing these divisions that they ultimately benefit from. We tell you, dear ones, that you now have an opportunity to change all of this. There are those who are trying to introduce things to frustrate you and make you angry. Please don't think that we're talking about politics because it is way beyond that: It's about money.

Yes, we've mentioned this several times before. We're bringing it up again because we see an opportunity for unity coming, and we want you to be prepared. When you see the glimpse of sunlight coming through ahead, grab it and anchor it, and then pass it on. There are so many things taking place right now; it's fascinating. At the same time, it's very difficult for you to be on purpose, but that's also changing. Sometimes you look at yourself or get into a bodysuit that doesn't quite fit. Or perhaps people don't accept you in some way, so you start changing things inside to match the bodysuit that you're wearing on the outside. And that's actually the nature of most lies because they come from projecting who you want to be rather than who you actually are in that moment.

The bodysuit itself can sometimes get in the way of the spirit. Rather than your spirit having the experience, you end up pretending to be human. All these things are shifting now. You should be very proud of yourselves for being humans that have taken part in this. Although you may not feel as if you've done anything in particular, you've held that energy. Without enough people holding that energy safely on planet Earth, none of this would be possible. In fact, in the United States right now, you would already be in a civil war.

Yes, you may see many difficulties with people constantly arguing and taking sides. But keep your eye on the larger picture, because you're actually making a difference. By holding that energy, you become not right or wrong but simply people looking at something from different angles. If you pull back far enough, you can see all that. And that's what we hope to bring you.



Healing Happens Regardless

Now we'd like you to join us in a healing circle for just a few moments. You may bring anyone into this healing circle that you wish. You can bring in your animals, daughters, sons, parents, or anyone else you'd like. Even though there may be one thing you're focused on, you will also have an effect on all those other things. Yes, we talk about maybe healing your son or giving him something that you normally wouldn't. But what we're actually talking about is letting go of the fact that you think he's ill and basically moving in a different direction to simply shine the light.

That is what you're waiting for on planet Earth: unconditional light in all situations. Ultimately, healing must be done by request. If you're putting someone in the healing circle that you don't have permission from, what you're actually healing is you and your relationship to that person. It's fine, dear ones; do whatever you want. There really are no rules, and that's the interesting part.

While walking around on planet Earth, you've bumped into and touched things, picking up vibrations and carrying them in your torus. Yes, your torus moves around your body in two different directions. On the outside of your torus are all these little jagged lines from bumping into things, or you tried to correct energies that did not match. Sometime in your life you may have tried to harmonize those, and that scar tissue stays on your torus, simply repeating over and over again. You have the perfect opportunity now to release and straighten out those jagged lines. It's almost as if we're combing the knots out of your torus. So that is what we're going to offer in today's healing circle. We want you to be able to completely let go of the difficulties and challenges.

You are powerful creator beings. But the interesting part is that you want proof of this, so we've been working on showing you how it works. If you look back on your life, you'll see that the dreams you had years ago are manifesting in some way, whether you know it or not. In the healing circle, you can release some of those jagged lines that keep you from your creations and manifestations.



HEALING CIRCLE EXERCISE

Are you ready? Take a deep breath and release all the tension in your body. Good. Now let it out. Open up your heart chakra, and close your eyes. You're in a sacred space, and time around you stands still. We'd like you to become aware of any restrictions or challenges that keep you from being everything that you can be. It's okay if you're not able to completely identify the problem as it shows up in your life right now.

The problem has brought you a way to

improve your life, so bless it. Yes, thank the problem for giving you the opportunity to move directly into gratitude. Excellent. Now as your chakra and torus move around and the energy flows through your heart chakra, it's starting to clear. Feel the pressure ease with every breath. You'll feel empowered in a way that you haven't before.

Even though you may change your feelings about things, you will also see other areas open up. You'll see magical doors open up. Things that you've been looking for or think you need will magically start showing up. Take credit for it; don't think it's only luck.

You are manifesting things consciously right now. It starts with your own healing, working with the physical body that houses your spirit. As you step onto the Esayoto and move into higher vibrations, the equation will change. We'll give you an illustration. Right now you're roughly 80 percent physical, and only about 20 percent of your spirit gets to reveal itself from time to time. But we're going to shift that around. Yes, it's going to take some time, but just imagine what it would be like to have 50 percent of your spirit.

You also spend a lot of time taking care of your physical body right now. Even moving it from place to place takes incredible amounts of energy. What if you were 50 percent spirit and 50 percent physical? That would become much easier, and it's certainly something to look forward to. So take that energy and put it into the healing circle right now.

Close your eyes, open your heart, and tap into your mastery. You are master beings placed here with a gift of creation, but a blindfold keeps you from seeing it. Take a breath, and open the heart chakra. Beam the light into a circle all around the globe. Right now, people are shining light from their heart chakras into that circle. Breathe it in; take it in. Beautiful. Take a deep breath and release.



You are marvelous beings, and you knew this was going to happen before you came in. Most of you made extra sacred contracts just in case, and here you are. Well, guess what? It's time for them to unfold. Many of the Plan B, C, and D contracts that you put into motion for yourselves are now starting to manifest. Those are the doors that will open for you when you let them. Play the game of pretending to be humans, but know that you are creator beings first. Love and gratitude hold the answers you seek.

It is with the greatest honor that we greet you in this way, not to tell you anything but simply to remind you of who you are. You are magical beings, the greatest angels that have ever lived. Welcome Home, dear ones. Treat each other with respect, nurture one another, and play well together.

I am Observer, and I like to watch.

You Create in Unison

The Keeper of Time: Greetings, dear ones, I am the Keeper of Time. Walk with me for a moment, for we have much to cover. The reality is that your energy is changing. You are creator beings, but you also create in unison. When the heart of the collective changes, everything starts moving in a slightly different direction. Yes, that is in motion now. Where will it lead? Well, that's up to you. You're not there yet, but it is in motion. That's a key element of it because overcoming inertia in the very beginning is a key part of putting it all into motion.

When Observer came in, he was talking specifically about a very big event that's coming in the future. With your permission, I'd like to take you a little further into that. The interesting part is that it has been predestined. Yes, there are many things in place that you have set up. As we say around the big table, you made these contracts before you came in. You were able to bring them in so that you could resolve them on the planet.

You also have collective contracts that were set into motion before your entrance onto the game board. Those collective contracts are about to start moving, and you'll have many opportunities. In the beginning, almost everything looks like a problem. That's just the way humans deal with change. The reality is that you don't handle change that well, but the process just needs to get moving. Once it's in motion, you can more easily direct everything. For instance, if you're in a car and try to turn the wheels while the steering wheel is locked, it's very difficult. But if you start pushing the car down a hill, then it becomes very easy to turn and change the direction of the motion. Well, that is very similar to what's going on here. Some big global events are about to unfold. They may look difficult in the beginning, but these are opportunities for massive change, and you'll be able to start working together.

There is an opening in the energy coming. It may be a series of events that open it up, or you may simply have a feeling that the energy has changed. It is coming in late January or early February 2023. You'll see different things open to produce this opportunity for change, but more importantly, it's there to get your attention. You are the creator beings who have held this energy. You're the ones who have opened the door for all humanity to take this step up into a higher vibration. Right now, you carry less of the physical body and more of the spirit.

That is what is coming ahead: opportunities for the collective of humanity to figure out where you wish to be in this process. Ah, the word "unprecedented" doesn't even begin to cover this. Dear ones, you're being set up for the larger collective contract. What does that look like? That's up to you, so we're asking you the same questions. How is this going to play out? Is it important to know all the details? No, it isn't. This is the great reset.

Live Locally but Think Globally

Much is changing about the way you do things. You have noticed that as you came out of this virus and started traveling again (although you aren't actually out of this yet). You had a major problem with your supply chains. The breakdown in the supply chains caused other breaks, and you had these same challenges over and over again. Down the road, you're likely to have more of that too but for different reasons.

The most important thing we are going to suggest to you right now is to start buying food close to home. When the food is raised close to home, it does your body more good. You live where you live for a reason, and your body has adjusted to those vibratory patterns. When you eat food that is raised in your area, you receive at least twice the amount of nutrition out of it because your body's already in that vibrational state.

You're aware that you get almost all your bananas from one place on Earth, and that's true with a lot of the foods you eat. The important piece is to know that you're in charge. You have opportunities to re-create this in different ways, for the outcome is entirely up to you. And that's the most beautiful part of it. You are magnificent beings who are here by design. Not only do you have individual contracts that you set up around the big table before you came here, but more importantly, you're part of a collective contract.

As part of the lightworker family, you came in with this very specific intent. Some simply hold the energy so that the collective vibration of humanity could rise very, very slowly. When the energy jumps, it's a major change, and humans don't do change well. So the idea is to bring it up slowly, which you have been doing. Now if the rug is pulled out from under you, you're in a state where you can balance more easily. Watch for this, not out of fear but out of awareness. This doesn't mean that you can't go outside of your local area. But the more that you can localize your experience on Earth, the easier the days ahead will be. Live locally and think globally.

There's a great deal taking place right now, and several collective contracts are starting to kick in. You'll see much more of it in about three months, but don't concern yourself with the details yet. And if it happens, that's fine because it means the problems were

straightened out before the event. Or if it does come, you're in the right spot at the right time, dear ones.

There are many of you who have traveled back 300 years from the future just to be here now. And yes, you came back to shift things. Oh, we know you have all these quantum challenges and ideas of altering the future by going to the past. None of that works the way humans think it does. The reality is that you're here. Now does that mean you've traveled backward in time for 300 years? No, you were born here. Your spirit had to be here at this time, right now. You made it. Welcome Home. Now, let's get busy.

We send you the greatest warmth that we can. You're all part of this grand family, as you've gathered in different places throughout the universe. And here you are at a critical changing point on planet Earth. You made it; welcome Home. It's going to work.

Change Your Focus from War to Love

Master St. Germain and the Council of Light
through Molly Rowland

The most important and powerful changes that are happening on Earth are not on the physical level. The focus has for so long been on what happens in the outer world because we can see that. Humans have come to fear their feelings because emotions can be so difficult to experience.

What is going on, not only in the U.S. but globally, is a political chess game for power. It is as old as time, but this time, the game has a new board, so to speak. Those who have played for lifetimes think they know exactly what is going to happen: "If you just exert enough force on the people, they will fall into line like sheep. They always have."

This time, however, there are new spiritual components in the game. This is not just about religion, which in these times has its own control games, but divine understanding, which opens a whole new world of possibilities. The political games are calling on religious beliefs in order to make many people accept what is being done as divine intervention. Let us be very clear. Divine creation is not about devastating the lives of humanity to win a prize. The creation of this wonderful planet was made with joy, riches, and well-being in the Divine Mind. Humans were intended to be guardians of Earth.

With that, we leave you for the time being, knowing that you're part of a large group that has traveled throughout the universe. The family of E has been in many different places and now has decided to take off their wings and incarnate on a planet long enough to make a difference. Here you are. Welcome Home!

It's with the greatest honor that we ask you to treat each other with respect, nurture one another at every opportunity, and play well together. I am the Keeper of Time, and I love you dearly. Espavo. Thank you for taking your power.

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.



Faith and compassionate objectivity are being overlooked in the power struggle. There can no longer be just an idea of faith or occasional compassion. Instead, it's time to consistently live life with these principles daily as the conscious foundation. Saying words out of habit and saying genuine, heartfelt loving words are completely different. More and more souls are waking up to an inner awareness of a life that is deeply connected to the natural world and the rhythms of living each day as an important aspect of personal beingness. This new life is above and beyond the drama on the world stage.

This awareness has always existed within each soul, but the attention of humanity has been directed outward. The souls who are being born now and were born over the past 100 years have been seeking change quietly, partly because people have been taught that to "know thyself" is considered questionable since personal wisdom has been viewed with doubt. In order to belong, you have to play the game, which requires self-denial. This is a game that people sense is going on, but no one seems to know what it is about. Revelation is bringing all the old standards of life into question, and the habit of looking the other way no longer works.

Since the Age of Aquarius dawned at the winter solstice in 2020, Earth has been experiencing accelerated change that is bringing about the collapse of all old systems everywhere. The banking system is collapsing because money has, for many, replaced God in their lives. Medicine has become a business rather than a profession of healing. Large corporations resort to all manner of illegal and cruel attempts to gain control at any price. Religion has turned to controlling people by intellectual and emotional methods of shaming and guilt.

The people who care are overwhelmed. People all over the planet are fighting about every tiny detail. The military that was once looked at as a protector is now expected to fight even when the pay is not there for the soldiers. Their families' safety and well-being are uncertain, and these threats are brought by the governments that are supposed to support these soldiers.

Stop Looking at the Past as the Model for the Future

So many people feel a deep desire to live in touch with life, to care without it hurting, and do their jobs without being buried in mountains of paperwork. People long for peace and quiet without wanting to believe that change begins with them. It is time to stop living life looking back over your shoulder. Forgive the beliefs that "no good can come of all this change," and pay attention to where your thoughts are focused. Are your emotions running your life? Each of you is the author of the life you are living and what is happening in your world. You have gotten so caught up in the reality show that you have lost your perspective.

The world seems to be coming to an end, and for all who wish to have a better life, the chaos seems to go on and on. You have perhaps read books about the end of the world, including religious books of wisdom, and it is well to remember that the logical mind tends to look at the darker side of life as how things really are. We are here to assure you that nothing that is happening in these times is exactly what it appears to be.

If humanity continues looking to the past as a model for the future, life will continue to be what it has been. But the future you desire exists, and it is within your reach. That is the big prediction. After that, what will come about is up to your choices. Militant aggression will not bring peaceful coexistence. People cannot be forced to give their will to tyrants without a huge price of personal value being extracted. War is not the answer for the future. Remember that all the old systems must be completely changed to a more positive, loving unity in order to have the world that you desire.

The Promise of Positive Changes

Suddenly, it is as though mental health is seen as

something that deserves notice. There is not yet the courage to talk about emotions, but that must happen in the near future. Life lived in fear for survival will not bring things to productive standards. When a powerful intention to care for the public well-being is viewed as a threat, it is time for everyone to do an internal inventory of their personal priorities. The world is moving from the separation found in the concept of "us versus them" to a total requirement of finding self-worth within so that the differences of others are valued rather than hated. Time is not an enemy. Slow down. The future does not come quicker through pursuit. Chasing a dream does not mean you will catch it.

As the Divine Feminine emerges, an attempt to subordinate women one more time will not stop the progression of the necessary balance of male and female energies on Earth. Women are not better than men, but it is time for men to find the courage and compassion to accept that women have never been less than men. That is one of the great lies of the illusion that is now being revealed everywhere. The most important point related to the direction 2023 will take is the necessity for each person to find the faith and integrity within to move forward in such a way that each thought and action is considered with the question, "Would I want this done to me?" Whether the thought is kind or cruel, it will return to each creator multiplied. We tell you this not as a threat but as the absolute promise that all are created equal.

Good works bring a happy life because they are good works. Negative actions are equally measured in the same way as good ones. No matter what your belief system is, divine law always supersedes human law. Have the patience to allow things to unfold instead of making snap judgments the moment something doesn't agree with your personal views. Be amazed that given time, things can always look different. What looked like a disaster many days, weeks, or months ago can be seen as brilliant today.

The year 2023 holds the promise of positive changes, especially if humanity can forgive the pulling against each other and begin to cooperate. Tyrants cannot prevail if people stop giving them the power to support their fear and hatred. Because the emotions of the people keep shifting back and forth, things are changing each moment. The collective populace's group mind is unsettled. People look for someone to tell them the truth when each person carries a "truth measure" within, which doesn't operate as well in fear. The mob mind losses touch with truth. This is the greatest change that is occurring, and it will continue to reveal new directions as the world moves into the new year.

The necessity for each person to feel into themselves is not about learning how to change others. It is about

changing the self to experience calmer, clearer, and more positive living. Change your perspective, and 2023 can be a very different time than 2022 or the past few hundred years have been. Forgive those who take sides, judge everything, and criticize those who seek to make this world a better place. When the question arises in your mind, “What can I do to make the world a better place?” the resounding answer is to change your focus on life from war to love.

Some may say that this is too simple. Our suggestion is for you to spend twenty-eight days keeping a positive mindset and allowing things to change without having to figure out how that must happen. Prove to yourself that positive thinking works. Don't take our word for it because personal experience is the best teacher. You can help to make 2023 a great year by being willing to see where things go instead of attempting to direct them.

Let Go of Control and Trust

It is a spectacular time to be alive. Find that feeling within the self, and you can change your world. No one has the right to change the world by themselves.

The Strongest Future Potentials

Alanaea of Cosmic Service through Wendy Rowley, ND

Dearest beings of light, this is Alaenea of Cosmic Service, Pleiadian Mother of Sound. We wish to speak about the up-and-coming year and what is ahead. Now, you know that we do not really predict. What we do is look at the potentials of what is available for the strongest manifestation and creation in the human consciousness at two levels — the national and the karmic grids.

The national level grid is the group consciousness of nations around the world. The karmic crystalline grid of humanity, as many of you know, is the akashic records of nations, peoples, tribes, and races. During the coming year, these potentials show a ripe and juicy overlay to the ending of a cosmic portal that brought in much confusion and distress among the hearts and minds of humankind.

We have spoken about the changes going on at the periphery of the planet between the human and galactic membranes. This is similar to the human's outer torus potential of the twenty-fourth chromosome to the galactic blueprint. With humans, it is the twenty-fourth

Positive cooperation can make 2023 and the years to come better with powerful, loving changes made without force. The appearance of equality judged by the logical mind is extremely different from the truth of equality. Each person desires different things. Unity and equality never ask for everyone to be the same, only that everyone be lovingly willing to accept the choices of others.

This requires personal responsibility by contributing in faith and gratitude. The total future will improve as everyone is willing to let go of control and allow trust. It is not about waiting for someone else to change. It is about making personal changes and being amazed that life gets easier with a broader perspective. Accept change without trying to figure out how to stop it. I am the Lord St. Germain. In love, we salute you.

***Molly Rowland** is a channel for St. Germain, the Council of Light, ascended masters, archangels, and intergalactic lightbeings with a unique ability to put you in touch with your personal gatekeeper. With a background in astrological counseling, she has well over forty years of professional experience in astrology and tarot. Molly has worked all over the United States and Canada as a teacher, advisor, lecturer, and radio/TV personality. Visit her website, VoiceoftheGatekeepers.com, or email her at vog@wbaccess.net.*



chromosome and the divine blueprint of the evolution of a species, but the planetary galactic blueprint is broader and more inclusive of many plant and mineral species as well as the air and human potentials.

The upgrades will allow faster healing and communication to the spiritual interim and spiritual evolutionary bodies of men and women, and this will increase the universal life energy of humans and their creational and manifestational energies. There are certain happenings taking place so that the larger healing of the crystalline karmic grid can begin.

A Major Turning Point

We see the potential for a major changing point for humanity in 2023 that continues through 2026.¹ This change may not necessarily be seen outwardly in the world around you. It will be felt within those who are sensitive, on a path for spiritual alignment

and attunement, and love the Creative Source that you call God.

This change will bring about an evolutionary turning point for humanity that will bring in setups for the next large Kali Yuga cycle. What you call a Kali Yuga, which is, approximately, a 256-year window, we call a transportational window. A transportational window takes you through a large part of the galaxy, transporting you through many cosmic and planetary energies and many layers that you are unaware of but will soon discover. These energies and layers are part of the greater underlying creation of universes and larger constructs of creation.

What happens at a transportational window during an evolutionarily turning point in a planetary system (such as you are in) can bring in many setups, opportunities, and evolutionary blueprints for the rest of the planetary system's life. And as you can imagine, this is an unfathomable amount of time from the human perspective.

The beginnings of new healing paradigms — greater healing paradigms of larger blocks of energy — and the microcosm within the human energy field are taking quantum leaps in setups, healings coming in your time, and enhancements to the spiritual anatomy of humans. These will bring about a feeling within many that things are going to get better. Even though there seems to be chaos around the world, there is still a feeling that things are going to get better. And those things that are happening in the world that upset you, as they are not in alignment for the greater good, peace, and the benefit of all, will not bother you as much.

We see a potential in which the caring and actions of many stabilize another higher, more refined field of

these coming potentials, and this feeling will begin to emerge and spread like a honey of joy, subtle yet powerful within you. In this new feeling is the potential for healing not only the human crystalline grid but also your relationship to it, and by this, we mean that your cosmic energy can be upgraded to not align to the old karmic grid. It will align to the coming potentials of the new blueprints, the new matrixes, and the cleared human crystalline grid.

This will continue through your lifetime and also after it. There will be a continuation of movement in the crystalline grid from the clearing that has started in your lifetime so that there will be a shift of old energy and an influx of new energy. I have coined a new word, “physicitions,” to imply that those who work in the field of physics are in a way the new physicians for humanity. Both spiritual healers and physicists know that energy is information.

Energy — the broad term you use as an umbrella to describe many types of energy — is going to become more specific with new words created by physicists related to their discoveries. Their discoveries will transform healing and medicine as you know it over the next several decades. Energy running through your etheric field moves thoughts through you, and when you change the old energy grid, old information and thoughts will shift out.

This is one of the many things that will change in the coming future. Some will think, or I should say “not think” this sooner. Ha-ha, that's a joke. They will notice a change in the chatter in their heads. In the astral feeling nature of the grids, there will also be a release of such strong emotions of brother against brother in tribes and nations and between nations that it will start to shift.

What You Can Do

The immediate thing that you can do to respond to these changes is to continue whatever paradigm of attunement and alignment you practice. It could be meditation, including one of the new meditations coming in with energetic activations, attunements, and alignments, or a movement clearing paradigm like dance or Tai Chi. If you are a prayer person, healer, shaman, lightworker, or a do-gooder, keep it up. Be open to the new healing modalities that are being upgraded or are brand-new. When you hear the call for groups to come together to do profound healing work, know that there is a grand clearing of the human akashic grid happening within that.

One final thing that you can do if you choose or if your heart feels the call is to remember that the outer world is the last to change, but your inner world changes quickly. We mean that your ability to shift your consciousness and rid yourself of old



memories and painful experiences is something that can happen quickly. This one [Wendy] says that a miracle is something you did not know could happen. We describe a miracle as simply a healing in the now, and as humanity progresses in evolution, these will become commonplace. So open your mind to the possibility of everything — everything benevolent — and understand that healing and change can happen in the blink of an eye.

Peace be with you, and keep up your spiritual work. We bid you adieu, for you are dearly loved.

2023: A Year of Profound Catalytic Healing

The Sirian Blue White Collective through Dr. John Ryan

Greetings, dear ones. We come to you at this time as we explore the energies of your future year, 2023. As we attune to your energy, we can sense the deep fatigue that so many are feeling as humanity works its way through the patterns of change that you are experiencing on a personal and global scale.

We sense the luminous hope you feel in your hearts; however, we also sense the weighty veils of energy that emerge as the planet lifts itself out of historical density. These are, no doubt, challenging times. However, you are beings of powerful luminous energy. We join you in these moments to help remind you of the energy you hold in the inner sanctum of your being; it is a light that is now emerging so powerfully and in such a transformative way that you are lifted by its grace.

As we look into the probabilities for 2023, we can assess that humanity has aligned itself to catalyze a powerful movement forward in the ascension. In practical terms, you understand that this implies a series of experiences, ones that will be global, regional, and personal. These experiences will be great teachers in 2023. You see, dear ones, they will nurture deep realizations, great internal and external awareness, decisive actions, and enlightened becoming. Seasoned in the art of personal transformation, you each realize that the experiences crafted by your unique and collective souls are destined to lead to the deeper light, a light that is your essential nature. These experiences draw on the light to heal and create solutions, new order, and peace. In this spirit, you can conceptualize 2023 as a year of catalytic healing.

It is time for each of you to feel the light and the power that you hold in your inner nature. The nature

1. For more information about this major turning point, see Alanaea's February 2022 message at <https://www.thewonderofhumandesign.com/monthly-wisdom>.

*Dr. **Wendy Rowley** is a licensed naturopathic doctor, multi-level clairvoyant, reader, energy healer, intuitive channel, and archaeologist of the soul and energy anatomy. She is also a teacher, lecturer, writer, artist, and gardener with a thirty-nine-year deep calling to meditation, energy medicine, sound, and spiritual healing. Wendy assists in activating individuals and groups to connect to deeper levels of creativity and healing in their journey of cocreation. Visit her website at theWonderofHumanDesign.com.*



of life is an ebb and flow of energy, one that stimulates and recesses, molding in its passage the ever-transforming landscapes of conscious experience. With each recess of energy, it magnetically pulls on the light to draw forth and rebalance the expression.

We speak metaphorically in this way to help you remember the greater purpose and potential of challenging experiences. These challenging experiences are designed to draw from within you a light that knows how to heal, rebalance, and break free from restrictive energy patterns that keep one contained in a structure that is not serving its highest expression of love.

Humanity Is at a Crossroads

Humanity understands itself to stand at a crossroads — a place where a destiny is chosen. The choice happens at a moment when competing powers of guidance can emerge. One can be guided by what appears to be rational analysis or by a deeper intuitive knowing that may transcend the limited view of the known facts. You see, dear ones, rational analysis can lead to wise action. It can also be tainted by fear-filled impressions that seem to inspire safety that is not real.

As we emerge into the energy of the new times, you are learning to draw on the guidance that comes from a deeper place in your being. You are learning to listen to your heart and the wisdom of your soul to guide you. Remember this in the moments ahead, for you will learn to use this skill daily, hourly, and minute by minute to guide your choices and actions.

You are learning to let the light in your heart guide

every action you take. This applies to the small moments in which you learn to handle personal conflict with strength when required and with grace when inspired. It also applies to the greater moments when more monumental experiences touch you personally or collectively within your community, country, or even on a global scale.

You see, dear ones, you are indeed at a crossroads. It is a crossroads where you are being guided to manifest a world that is inspired by the luminous spirit within. It is a collective and personal empowerment, a time of both challenge and grace. It is a time when the adversity of darkness inspires the power and the magical love of the spirit in flesh.

Allow Yourself to Be Inspired

We encourage you to think of 2023 as a year of magical journey. It is a passage that will help humanity create new realizations. As you move through what will seem like a constantly changing landscape, we encourage you to pause often and ask yourself simply: “Am I aligned with the truth in my heart?” It will feel at times kaleidoscopic, like an ever-shifting landscape upon which it is hard to hold focus. You will feel as if you are moving through a tunnel of ever-shifting fragments of light. Yet as you allow yourself to be inspired by the endless guidance emerging from within your heart, you will discover that the kaleidoscopic light represents a transition of density.

You will see that, as you follow the path your heart has laid before you, it will teach you to align with a greater wisdom that is both personal and collective to the soul of humanity. You need not dream the overwhelming dream of great global transformation because it is already at hand. You need simply to be guided by the impressions in your heart and experience. This will, however, lead to a profound collective transformation,

as human hearts align one by one with a perennial wisdom that knows the purpose and destiny of the human soul. It is a wisdom that holds you in the embrace of its wings.

You see, dear ones, it is not a time to be in fear. It is a time to realize that you hold within you a light, a constant stream of guidance, and an awareness of the powerful attributes of love, which will guide your every thought and every step if you allow them to. You have the strength, courage, discernment, wisdom, grace, forgiveness, kindness, mercy, honesty, humility, and majesty to move through every current in which you find yourself. You are grace becoming grace. You are love learning to manifest in its full spectrum of vibratory resonance. You are the ascendant soul of humanity.

You Have Everything You Need to Ascend

We realize that this message may seem at times cryptic, for we are looking at the very big picture of what is emerging. However, we also realize the personal nature of this message and the depths of its significance to you. If you are reading these words, it is by your soul's pulse that you find yourself gazing. You are being reminded that you have within you everything you need to emerge in the light of the ascending planet Gaia. Hold this in your heart in moments of joy and laughter. Hold it equally in your heart when you are uncertain, overwhelmed, or afraid.

There is a luminous future calling the heart of humanity. Like the simple gong of a bell that calls the townsfolk to come together to praise, the tone of ascension now calls humanity. All the pieces of the puzzle are being reassembled to design the mosaic of a great celebration. You are a luminous strand in this great composition!

We hope you enjoy this overview for 2023 and the vibratory lift in the heart of humanity that the coming year is destined to bring. We look forward to celebrating with you in these future days as a new lightness and a new sense of hope and possibility begin to strengthen in the minds and hearts of an ascending humanity. We remind you always through the light of the eternal Sun: Together with you, we are one.

Note: To support you in this activity, we have created through our channel a unique and free mediation entitled *Attuning to the Energies of 2023*. It is available on the author's website now.

John Ryan, MD, is a professor of medicine and a practitioner of energy and consciousness-based medicine. He is an author of *Unity Field Healing Vol. 1: Foundations of Energy Medicine and Quantum Healing* and a founder of *Unity Field Healing (UFH)*, a new quantum process based on conscious activation of the DNA field to support healing and personal evolution. He channels the *Sirian Blue White Collective*, which supports UFH and humanity's ascension by DNA enhancement. You can learn more at his website: UnityFieldHealing.com.

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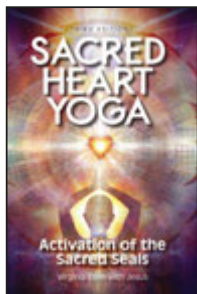
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Synergy Is Part of the Ascension Path

Serapis Bey, Chief Big Bear, and St. Germain through Saryon

Saryon: Last year, Chief Big Bear spoke of a cosmic wind starting to blow over Earth that would begin resurrecting a layer of connective energy in the human aura, making it easier for us to blend energies with our guides and animal spirits. Now this is opening new levels of synergy between beings, which is a key element of the planetary ascension process that precedes the coming of the second wind. Mastering the dynamics of the new synergy in groups and relationships will shape the evolution of consciousness and the emergence of a new spiritual culture on Earth.

Serapis Bey: The word “ascension” is becoming more and more a buzzword. There is increasing talk about what ascension is, where it may go, and what it means for the planet to go through an ascension process. Most of these conversations and teachings are characterized by a vision that, to say the least, is a bit ahead of where things are now. From time to time, I like to use other words that are perhaps more relevant and meaningful to where you are in this great process of ascension and awakening.

Rather than focus on the idea of ascension, I would instead have you focus on the word and the potential of “synergy.” Synergy is part of how the ascension path is being discovered and revealed as a collective process. Up until now, most people have explored the idea of ascension more as individuals. Yes, there is this idea of global ascension — of collective ascension with people ascending in waves, doing some part of this process together — but there is so much that needs to be remembered about what the “together” part of ascension is all about.

Let us say that there are many different forms of synergy that you have the potential to discover. Synergy, the way that I am speaking of it, is the experience of being divinely overlit by ascension energy with the combination of two or more energies that form a synergistic connection. For example, this occurs when two human beings gaze at each other. When you practice being present with one another — when you practice appreciating, listening to, and connecting with each other’s presence — there is something beautiful and extraordinary that can begin to happen that is not necessarily born from the mastery of one person or another or even both

combined. It occurs when you are willing to allow the light and the teachings of ascension that are in the light — the teachings of synergy — to be placed within you, and then you allow the light to guide your attention into alignment with a higher potential for synergy in human energy. It occurs when you can allow the presence of the masters or angels or both to walk into the field of your connections with others, including plants, animals, and the natural environment; that is when the magic happens. We want you to discover the synergy that can arise between you and other living things. And when I say living things, I am including Earth as one whole living thing.

There is a synergy you can experience when combining your energies with those beings that inhabit the rocks, trees, water, and landscape, as well as animal spirits and individual animals. There is a synergy that you can experience with the invisible realms as well. You have experienced connections with all these beings before. You have explored your connections with the world around you, but what is becoming available to you now is another level of that connection, and in fact, many other levels reveal themselves through the synergy.

What does that new synergy look like? You are experiencing a synergistic lifting of vibration in a world that is going through an ascension process. The land itself is assimilating more light, and as light enters the land, it can support and source your vibration to rise. You can also support the vibration of the land to rise as well as a human conduit. You support this by first making yourself available to the teaching of synergy that I will bring to you through the field. Then you enter a focus of connection, attention, and presence. This begins to do something for you that you may not have experienced much before or perhaps hasn’t come to you as easily as it can now.

Be in that space of unlimited possibility now so that you may find your focus on the synergy of raising vibrations together, but do not be in a hurry to achieve anything with this. We are planting the seed for you to notice. You cannot find your focus on something abstract like this if you do not first take notice of it. The potential will seek now to reveal itself.



You will find yourself connecting with others from time to time that, whether or not they know it, have already responded to the invitation — the opportunity — to discover the synergy with someone like you. As people continue to meet, share time, and find a focus on sacred space together, the synergy arises, and you recognize each other as much more than a body and soul. You begin see each other as sources of light that “co-generate” part of a unified field that sparks synergy between people and the environment in ways that produce many different effects in consciousness. Such openings and connections allow you to see things together that cannot be seen by one mind alone.

Again, I say to you that to focus on ascension is in many ways getting ahead of the game. You must discover the synergy and begin to explore it — to master it. Much of humanity will begin this exploration in the coming years. You are here to be forerunners of that to help anchor in these potentials. As soon as the power of the new synergy is discovered more widely, it can be understood globally by at least some portion of humanity eventually as part of the ascension gateway. But you must collectively realize more of this piece before we begin to add in other pieces of what a planetary ascension process truly involves.

We are here. We are your guides, and this means we are your servants. We are devoted to you and greatly excited about the possibilities of this coming year and beyond, as many things are being unveiled now, including hidden resources that were planned long ago to assist you through these times. As you become reconnected to these hidden resources of love, light, and healing, many breakthroughs in consciousness can be made. Even if it seems as though you have tried everything and it looks as if the future may merely be more of the same, there are possibilities present to turn the page, make surprise connections, and discover insights that make a difference in ways that you simply did not see coming.

The Coming of the Second Wind

Chief Big Bear: A very deep healing process is underway. It is very comprehensive in terms of how this healing energy roots out precisely the distortions within you that impede the expansion and healing of your heart. What you are now facing essentially is any and all issues that you have ever had with love, the heart, or the human family through the heart. These are all matters of the heart, and as such, they cannot be resolved through analysis. They cannot be resolved by thinking your way through the healing process.

There is something about the new healing opportunities and energy that will reveal a new kind of healing experience. In the past, you may have had profound healing experiences or participated in the healing of others. You

may know a great deal about how healing works. There are new levels of healing and new ways in which light and healing energy have the potential to work on your behalf, and these go beyond what you currently know about how healing works, what healing can be, where it can take you, and what forms of it are coming to light.

Be of open mind. You may have been moving through life in ways that are familiar and have certain degrees of control and comfort, or your life experience has stayed within the familiar for quite some time. Again, I suggest that if you progress on the healing path, continuing to move forward and choosing what is on offer from your highest guides and highest council, then you may move into a kind of healing process or experience that is unfamiliar to you. It can even be disruptive in the sense that you must stop, feel, and give yourself over to the calling to integrate more of who you are into the wholeness that seeks to claim you.

Let us say that there is a gift of wholeness that is on its way into you. When you align with this and are open to receiving it as a sacrament, it is a sacred right of being to be made whole after having journeyed through an experience of the world that has caused a great deal of fragmentation. You are now coming to the end of a process whereby such fragmentation occurred. You have been on the journey for some time to pick up the pieces and allow them to be pieced together, but now we can open certain channels and pathways for integration within you that can create new forms of movement within your being. We are grateful for your courage, and you are held in the highest regard.

Remember that as you go through the healing journey of your lives, you are destined to become and already have become to a great degree a form of unique vibrational medicine. Now we are refining the medicine that you are. We are adding more qualities and healing properties to the medicine that you are. We are giving you an enhanced way to see each other's journeys as a process of becoming vibrational medicine to others. As we look within you, we see each of you has many gifts to bear — many gifts to share with the world — and for our part, we are here to celebrate these gifts.

The Cosmic Winds Will Create Turbulence and Bring Gifts

I have spoken before of the presence of a great wind that was beginning to blow, which would enhance your connection with one another. This wind would resurrect within you a layer of energy so that you can more easily become blended synergistically with the presence of your guides, spirit animals, inner teachers, and one another.

There are many signs in the world that the turbulence is increasing. Many forms of turbulence are

increasing, and at certain points, they will begin to interact with one another. We hold the view that these forms of turbulence are signs that these cosmic winds are beginning to blow, and they are happening at a time when there is a great magnification taking place on the solutions that exist within you — a magnification of the healings and healing potential and the unification of human consciousness. When you see great turbulence, when you see great environmental stresses, taking place that force unwanted changes and difficult decisions, you see also that there is a greater love that is simply asking, calling, or even commanding that human beings look more deeply at their priorities to discover a new alignment of these priorities.

As these cascading forms of turbulence interact with one another, there is an extremely positive and beneficial effect that is not as tangible as the things that you hear about in your media. You hear about floods, droughts, and wildfires. You see the destruction and difficulties these things cause, but you're not aware of how they accelerate certain forms of change and awakening inside the masses. You also do not see that Earth is speaking to humanity, and a great many people are beginning to listen. There is a lag in time between the effects of people opening to greater listening and how this will lead to various reformations in the world, but do not be discouraged. As you practice listening, you enhance the listening of others, and together we will continue to support you to be prepared for the strengthening of these winds.

The second wind that we spoke of is nearly on you, and it will create even more turbulence. Yet it offers even more acceleration of your healing and awakening. It is a wind that can create magnificent inner clearing and alignment. It can clear out the cobwebs of fear and resistance and carry away many old energies that you are willing to give to this wind. We will teach you how to do a ceremony with the second wind so that you do not fear the gifts — the blessings — that it brings you, even as many of the gifts and blessings come through greater forms of turbulence. Thank you, beloveds. We are grateful that you are here.

Your Journey as a Sacred Family of Light

Saint Germain: Thank you for receiving my presence today. There is some very profound group work taking place. It is happening everywhere. We the masters know when you are entering into an opportunity to evolve as a group and begin to experience some part of the planetary shift in consciousness as a smaller group. The shift that has the potential to happen collectively at this stage occurs more when small groups and gatherings come together. They form a container for the ascension energy, the violet flame, or various unifying energies that come from Earth.

This brings about a shift in consciousness within that room. This is often a process that begins with balancing. Each human being has a different energetic profile with a different set of strengths and weaknesses. So as you all come together, there is some balancing work that needs to take place before you can form the kind of container that holds a group resonance field.

The ascension energy knows what it is doing. Earth knows what she is doing. The various forces that come to you — that support the balance — know what they are doing. So it is partly your task to allow this and recognize the opportunity for this kind of group work, whether you call it group healing work or group ascension work.

When you recognize the opportunity is there to work on some part of a shift in consciousness that each person is experiencing or helping to source, part of your task is to allow the forces of balance to do their balancing work. These forces will reveal the imbalances, address them in various ways, and create a way for people to share what is coming up to be addressed by the healing energy that is also there. This is a kind of group work that has a life of its own, a spirit to it. It is like stepping into the field of a healing vortex that has been placed within a shared space between you and all who are joining together. This is true even of an online gathering.

When the group connects with that unifying vortex, it will begin to teach the participants what is theirs to do within this sacred space. So the field teaches you. It teaches you in a way that goes beyond the capabilities of any one teacher or a channel. For example, in this case, the field is able to see each person's talents. It can see people's gifts and will seek to create a way for those gifts to become expressed within the group so that the participants feel acknowledged for their contributions and heard, felt, and celebrated. That is what you are looking for. You are looking for ways to create the feeling that all are celebrated for the gift of their presence and frequency.

This is going to happen more and more. It is a gift that each of you has the receptivity to call this forth to become even more attuned to a shared vision of this happening throughout the world, as it is happening everywhere now. It is not widely discussed that this is happening everywhere because you are not all linked together enough to sense it, but the same group work — the same group healing, balancing, and ascension work — that you witness is also unfolding throughout the world in many places and in more and more different ways. You are in the process of aligning with certain organizing forces that will link you all together in ways that eventually you will be able to feel. It will be very exciting for you to be able to feel such things.

Part of the sacred clearing work that all of you have been doing to one degree or another has been preparing

the way for you to be able to trust, open, and surrender to other states of connection that are still on their way, phasing in, but enough people must become aligned for this. That is the journey you are on as a collective family of light. In the same way that you come together for a weekend retreat and form a human container for these new vibrations, you will become anchors for this in a way that supports the growing and strengthening of this field of connection in the world. This field of oneness grows through that kind of work. So these smaller groups are a mirror of something that you are doing together globally, which you do not yet fully see, as you are each anchoring your own piece of this.

You are doing this in your own ways, but I wish to give to you certain lenses of perception that I am willing to place in your consciousness. They will allow you to see the possibility of an evolved and evolving group dynamic. This can begin to express itself in many different forms. It can come through a teacher teaching to a classroom of young students. It can come while in a group of friends gathering for a meal. It can come during a workshop or musical gathering. There are so many different ways that this energy of synergy — this consciousness of synergy — and evolving group work is starting to arrive.

Use the Violet Flame

This is where the violet flame comes in. Now unbeknown to you, there are certain patterns, certain structures in human consciousness, that were put in place long ago. They are difficult to feel and recognize for what they are, but these structures in your consciousness have inhibited the potential of group work and synergy. They have inhibited telepathic communication and your ability to reflect each other inwardly. These are protection mechanisms. Some of them are very old. Some of them have been passed on from generation to generation from very ancient times when a part of humanity began this journey of separation.

It is your task and part of why you are here in these embodiments to release these on behalf of the collective, be the pioneers, and allow your master guides and inner plane collaborators to gently lift some of these veils that will allow you to experience the synergy. You see, the synergy has already arrived. It is here, but now the potential of this new synergy is putting a kind of pressure in a way on these old structures that are not so conducive to the synergy. The violet flame comes in handy for these situations. That is why the violet flame is strengthening around each of you — strengthening within your minds and the sacred chambers of the heart. It offers a pathway and intention to release any structures of consciousness that are not conducive to this new synergy.

You do not need to be able to feel this happening.

You do not need to necessarily know the particular details of what is being released, as there are some intricacies to these psychological patterns that would be difficult to describe. In some cases, it looks like a dark web of fear that exists within collectives, lineages, families, and groups of people that share similar versions of this pattern, and there are many flavors of it. So all you need to know is that ultimately fear is being removed and cleared, and it is being replaced by something that is beautiful, graceful, promising, and exciting. It is with that spirit and sense of adventure that you go in this direction, eager to see what Saint Germain is talking about and what new kinds of group dynamics might begin to show themselves.

The idea is that a person who is sufficiently attuned to these new processes of building, supporting, and creating group harmonic resonance fields would know what to do in any given situation. Whenever people who have been attuned are around others, they would know what to do, especially if those people are receptive. Sometimes this involves the practice of sacred listening when coming into a group, recognizing that most people have had plenty of experiences in this world of not feeling heard. So even though people might be chatting and listening to each other on the surface, there is a deeper kind of listening that comes from your heart and whole being; you are not just listening with your ears. You open all of your inner senses that you can possibly find to drink in the presence of another being with love, appreciating what you feel, no matter what it is, and recognizing that this person's energy as simply another flavor of love.

Now, as I said before, whenever human beings come together, there is a potential for greater synergy to be achieved, but a balancing process must occur first. There is sometimes a process of shedding the fear of opening up, of trusting anew. Some people have a more difficult time trusting new people while others are more open and trusting. Either way, the violet flame is your companion. This is what the violet flame is for. Imagine that there are an uncountable number of opportunities to connect with another person or group of people in a way that holds space for the synergy. Yet there are fears that must be cleared, and energies that must be balanced.

Sometimes it takes work to get into a place where everyone is present, receptive, and engaged with the possibilities of why the field has drawn you together as evolutionary partners, so the violet flame comes in to do some of the transmutation work to clear and transmute blockages, dross, and fear, and create a clear, harmonious sacred space around you so that you can meet each other as beings and not just as egos. This is the group work that is phasing in. It is a priority to help more and more of our students to be masterful at utilizing various

ways of being that can facilitate the arrival of these energies, so you must be on the hunt to look for the insights. The fields of synergy will teach you what insights you need to learn or apply as you gain this mastery. It is like a school that has been opened, and you are in it multidimensionally. As students of synergy, there is a great teaching here.

An Ongoing Exploration

It takes time to drink in and gain a relationship with all the different insights that can make you good evolutionary partners, but you will find that there are certain kinds of healing, growth, and acceleration that happen more readily, powerfully, and deeply when you evolve together in groups. This does not mean that you must have one group that you are connected to in this way. It is about learning how to utilize any group process, form of friendship, and companionship. Any potential exists between evolutionary partners that either journey with you or that you might only cross paths with momentarily. Each interaction that you have with one another becomes more meaningful because you realize that anyone in the field comes to you as an evolutionary partner and is there to help you see what you could not see with one mind alone.

I am very much a being of opportunities. Opportunities abound in my presence, and this is very much how I source those I work with. I use my guidance to help you recognize opportunities when they are present. We want you to become good at practicing a great many living insights that create and build this new field of human group consciousness. This will be an ongoing exploration, and there is much that we will explore together. So I invite you to drink in the violet flame and feel it alight around you in your auric fields, embracing you in a temple-like space from which we extend this energy. As you are all invited to be here as partners in the sacred work of this temple space, we ask you to receive this, feel worthy of it, and know that your lives and imperfections represent a profound opportunity for growth within this space.

I thank you very much for receiving me this day, and our connection, our resonance, will linger. So practice feeling my presence with you. Eloha.

Saryon is an author and channeling teacher whose private readings have been connecting people with their spiritual guides since 2005. He is also the creator and host of ChannelingNow.com, a free online summit with advice from over 20 experts in the field of channeling, plus a free Learning to Channel course. His first novel, Roya Sands and the Bridge Between Worlds, is available online. Learn more at Saryon.com.

Humanity Will Decide Its Fate

The Committee through Laura Scott

Dear ones, we of the Committee bring you infinite love, support, and encouragement from beyond the Pleiades. We are most happy to assist during these important earthly times, for your world is at a pivotal juncture. The power in each present moment is most precious and vital. We witness your spectrum of journeys with deep regard and hear your fervent calls for support. We offer perspective for your fast shifting times. We honor your request. You are not alone.

You are experiencing a confluence of energies that are creating catalysts for rapid change. These affect you all as a human species, a planetary ecosystem, and galactic members. Your power is in your breath. It creates light that heals and unites hearts. Heart linking creates powerful, sustained changes. Breathing deeply and exhaling fully is your duty of love. We call you to your duty, and ask you to do this faithfully, many times throughout your waking day. This will keep you more grounded, connected, and clear with higher frequencies at work.

Please continue to breathe fully, and let go of your ego often. Take rest from worry. Breathe into each part

of the paths connecting you with unity of consciousness, love, and healing. Use love of your pets or babies for quick access. Let this deep heart energy feed and inspire your brain.

It is time to deepen your love of all. This is your challenge when lower energies of fear, frustration, and survival resonate quickly and look for more hosts. Be unavailable for hosting lower vibrations. Choose to be kinder, more loving, and blessed with love's glowing rewards of both the immediate and reverberating kind.

Send love to all inhabitants of your Mother Earth: the plants, fauna, land, oceans, and creatures great and small. All need love. This is your frequency of shared song. The light resonating from within your being that you send out to all living creatures, big and small, is seen from our other dimensions. It is notable and noticeable, and there is great beauty in your interlinking.

We see you are simultaneously grieving visible



challenges and changes. We invite you to consider shifting to different views when possible while mourning change and instead see understanding, acceptance, love, bliss, and curiosity. Purposely avoid negativity. It is a challenging opportunity to reach toward invisible light, trusting that it is there, unseen, even in times of difficulty.

Love is the opposite of fear. With more love comes more balance. Emission and eminence of love in thought, action, word, and deed aid the positive, proactive healing changes occurring. These reshape your world's life systems. Recognizing all as interconnected is something lightworkers, lightbeings, emissaries of light, empaths, and highly sensitive people understand: The energy of one can impact many.

Remember with love that "this is where you live now" to soothe any fears or qualms of climate migrations that are needed, for all life is transitory. All life is change. You are in one dimension, yet there are countless more. Please breathe deeply, and release your energy fully once again.

Part of growth is change. Shedding outdated systems is like shedding your clothing from childhood. You cannot wear your childhood shoes when your feet have grown rapidly into a new size. View this with love as we do. It is a success to grow. It is a goal of all organisms. We advise you to focus your deepest, fullest inhalations and exhalations centered on love: self-love, love of all, love of the soul, love of the planet, love for the lessons in all experiences, and love itself. This appreciation river will help you to rise up out of cacophony around you.

Your future is unwritten because humanity itself will decide its fate. What will emerge? How much contraction is needed for deep change to occur? We are finding out what love remains and what love unites, inspires, and heals. Your story has many chapters remaining still. Be calm.

You Will Continue to Adapt

New technologies, breakthroughs, and models for future blended civilizations come swiftly with the needed global climate migrations. Research of COVID and its variants will involve universal antibodies, neurosciences, and new parallels drawn between long haul symptoms, brain neuro-infiltration, and cures. There will be new breakthroughs with autoimmune therapies, cancers, viruses, and so on with high-frequency technologies combined with light. These will be performed as stand-up treatment sessions for the whole body with 360-degree exposure to specifically tuned sound and light infusions simultaneously. The combination of high frequency light and sound will cleanse cells and realign systems with other health benefits, including parasite cleansing, wound healing, dental care, homeostasis repair, and a

reduction in tumors, blood cancers, infections, mood disorders, and skin conditions. New biometric, custom prescription supplementation with precision liquid dosing creates more effective treatments and less toxic waste.

Remember, as systems strain and fail, they give way for rebirth and reinvention. The importance of this cannot be understated. Old systems brought you here. Where will new systems take you? Where do you wish to be taken? Sustainable new leadership on Earth is integrative and inclusive. Factions who believe differently make loud protests against the inevitable required changes coming.

Technological advancement is overdue and long awaited from other realms. The knowledge basin expands in science now. Green technology is your ally. It comes born from tremendous change. So breathe deeply, exhale fully, and tap into love.

New construction will embrace only sustainable resources and modular construction. Cement, hybrid cement, and hybrid wood with reused plastics will flourish in homes and new cities utilizing alternative design shapes, materials, and styles with self-sustaining infrastructure. These new dwellings will be built to withstand your new needs in relation to the weather, using underground geothermal systems and new technologies. Building codes begin to change faster to keep up with climate change. "Stick-built" homes will stop being constructed.

New governments come with regions of interconnected community. There is abundant land northward above your forty-fourth and forty-fifth parallels and in high mountain regions above Earth's equator. Solar and hydrogen technologies provide new clean power and jobs.

Your New Earth and all its inhabitants will continue to adapt. You are part of systems of pioneers who came to witness Earth's passage into this unwritten time. As the vessel [Laura Scott] says: "You are living on Earth in a famous TV reality show, playing in a global game of *Survivor*." We agree. Teams will be shuffled many more times as you "drop your buffs," regroup, rebound, reemerge, reinvent, and rework problems into solutions.¹

When you find yourself beset with fear, depression, and heaviness, use quick, easy energy clearing techniques to get out of lower energy and back into higher vibrations and love.



CLEARING TECHNIQUE

Place your hands as if cupped together under your heart at the breast bone, fingers pointed down while keeping your elbows out. Then in one easy fluid motion, bring your hands up over

your heart, and continue this movement over to each of your shoulders. Now open your arms, and release the “gunk” you just pulled out of your heart from your hands. Just let it go as you blow out and exhale with a nice audible sound like “woo!” You can repeat this as many times as it is needed and as often as you like.



Remember to breathe deeply and exhale fully, center on love, and find your joy-filled infusions. Link with other love chain members. Choose this center point. We send much peace. Take peace, dear ones.

Physical Transformation Has Begun

Speaks of Many Truths through Robert Shapiro

3 September 2022

All right, this is Speaks of Many Truths.

My goodness, welcome. It's been a long time.

[**Publisher's note:** Speaks of Many Truths wrote the Shamanic Secrets book series through Robert Shapiro.]

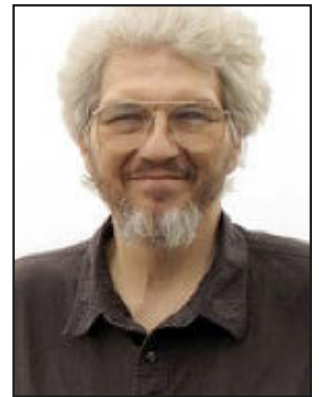
We have to do the predictions issue for the journal. Can you speak to that in any way at all? How are the changes on Earth coming? How can we accommodate them? Things like that.

Let me see. A moment. The most important change is something that has continued to build. And that's a sense of urgency in people. A sense of urgency is expressing itself in many ways. Mostly you see it around and about you when you're with family. You've most likely seen it in your neighborhood as people buying products they don't really need but think they might need or stocking up on products they don't really need or that are afraid they won't be able to get. That's how it's expressing itself in the most visual way that people can identify with now. But the sense of urgency is for something completely different.

If you think about it, it's not the least bit surprising. For some people, it feels like a tremendous threat — even a threat to their very existence — though it is not meant that way. This explanation will help relieve some people to know that what's really happening is that physical transformation has begun. This is something that will happen. It isn't something you have to worry about happening. It is happening. That's why you have this sense of urgency.

1. The phrase “drop your buffs” is something Jeff Probst says on the TV show *Survivor*. Buffs, which are like bandanas, identify which team the contestants are on by their color. Jeff asks contestants to remove them when tribes change members or merge.

Laura Scott is an award-winning channel, healer, mystic, and soul specialist of nearly thirty years who has helped countless empaths, highly sensitive people (HSPs), lightworkers, and leaders to up-level, heal, and thrive. Laura's powerful akashic wisdom helps you to gain understanding and clarity on your soul's themes and life purpose so that you can navigate deeper spiritual meanings in your journey, improve your relationships, and move through your life challenges. For readings, mentoring, distance healing, and more, visit AncientStardust.com or email admin@ancientstardust.com.



Be in Two Places at One Time

What's happening is that your physical bodies (as well as the rest of you, obviously) are beginning to transform into higher versions of yourselves. This means that if you could stand on the Moon and look at Earth, it would seem to sort of flicker in and out. You'd see it for one second, and then it would be gone: “Oh, where's Earth?” Then it would be right back again. That's because Earth is going through a transformation to reconnect with a higher version of herself. She's always connected to the higher versions of herself, but in your atonement, meaning in your existence as physical beings, to do that (which will mean that Earth will be more complete), you have to make some changes in your physical bodies.

Now, all your souls have agreed, “Yes, let's do this.” But your minds and your bodies are reluctant, and this is understandable, because up till now, you haven't had an explanation of what's going on. So the transformation allows you to begin using portions of yourself that heretofore may have felt more like something from a fantasy novel or even science fiction so much so that you never considered the possibility of being able to do such things. I'm going to give you an example, so it isn't [chuckles] so vague, eh?

An example might be that when this process is complete (it will take about nineteen years so that nobody gets rushed), you will literally be able to — not necessarily immediately or even permanently — temporarily

go some place on Earth while you remain in your usual place, perhaps have a conversation. Maybe it will be a talk about business or a visit with friends or family. They will experience you physically. You'll be there, and you'll be able to shake hands, hug, and kiss. You'll be there physically. You're not gonna be some floating image or something like that. They'll see you. They'll touch you; you're there.

At the same time, in your usual place, you're just as much there. So this is a form of physical bilocation. That's what it's called, "biolocation." It means being in more than one place at once. This is natural to your spirit and your soul, your overall spirit and your soul, meaning that which is assigned to your physical body. This is completely natural. So between lives, that's something you do all the time, regularly. It's like, "Oh sure, absolutely, let's do that." It'll be just like doing anything else you usually do.

But to do that in reality, you might say, "Oh come on, Speaks of Many Truths." No, it's true. You'll experience this as a physical phenomenon beginning now. And when did it start? It started when a comet hit Jupiter (in 1994), just a little bit, and slowly it began to have its effects. You didn't notice it at first, but slowly it had its effect. Now you see it's to the point where you can feel something going on, and some people have been frightened. Others just don't know what to make of it, and there are all kinds of explanations, but that's what's going on.

Your Sense of Reality Will Expand

What are some of the — I don't want to say — mechanics, but how does this work out in the body? What's changing in the body?

Everything — literally everything — is changing. But it won't be measurable scientifically because it's happening in your whole world. That's why I chose the example as if you were standing on the Moon and seeing Earth do such and such. The whole planet is going through it at the same time. There is nothing that isn't going through it. So an inch will still be an inch [chuckles], and a mile will still be a mile. Therefore, it won't be quantifiable.

Scientists are also working with instinct and feelings, not fright or anything like that, nothing extreme. They are researching how you sense your surroundings, very much what animals do — your dog, cat, horse, and so on. If you're working with instinct and measuring it on the basis of how you as a scientist feel or how your other scientists or people who are helping you feel — instinctually, physically — then you might be able to measure it that way. But you won't be able to quantify it.

Will it manifest in us as in expand our sense of reality? Will we feel more, see more, and be more?

Oh, plenty. But I gave you the thing that is noticeable to a great many people.

I see. I see. And is this ability to physically bilocate a large part of the changes we need to make or just the first one to move to the next location?

It's not the first one, and it won't be the last one. All forms of transformation have to take place. It's like when you're going to paint a picture with oil paints. You don't paint the top coat first [chuckles]. There has to be an underlayment. Things have built up slowly to prepare for this, so it's like that.

How will this manifest in the world that we're creating now, this physical world? Will we have less division, less polarity, and less violence?

It's hard to say, because when people are experiencing something going on that they don't understand or that, in the case of channeled material, they don't believe exists, it'll take a while. Don't expect sudden changes in cultural phenomena such as violence. But for more adaptive cultures or cultures more inclined to be open to all possible explanations (and there are quite a few like that even though they may not necessarily put it out there in their newspapers), they'll get along better.

Is there anything that we can do consciously to assist this process?

Yes, when something like that is happening in your life, remember this explanation. Keep a copy around, if you can, and read it or, someday, listen to it. It will help you to feel reassured. Also, you can write down the points that are serious to you, and keep that around: "Speaks of Many Truths said this, and that really resonated with me."

You Are Able to Adapt

I'll just make this closing statement, if you don't mind.

Please! It's good to hear from you.

[Chuckles.] Thank you. Now, I know for many of you this is a bit unsettling, to say the least. However, if you know about something, and I assure you it's not a dangerous process, that is non-dangerous but completely strange at times (phenomena are happening), just know that everyone around you, including people you just

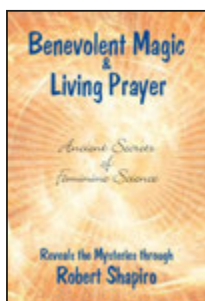
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happen to pass on the street corner or see on the bus or something, is experiencing it as well. However, you may not wish to bring it up as a topic of conversation on the train with a complete stranger. But if you know that you're surrounded by other people going through this, you can feel reassured knowing that you understand what it is.

It's as if you are rowing on a pleasant river and suddenly there are some rapids, and you are able to navigate through them because there weren't too many sharp

rocks. It's just like suddenly the boat was zigging and then it was zagging, and before you know it, you were done with the rapids. If it's like that in your mind, just know that right now you're in the rapids, but pretty soon it will just slow down, mostly, though the current will remain a little faster than it was before. I have complete faith in your ability to adapt.

[Chuckles.]

Goodlife.

Oh wonderful, thank you. Come back again sometime.

The World the Explorer Race Creates

Isis

7 September 2022

It seems like it's hard to get enough physical energy to get through the day now and handle everything. Is this new or just more of the changes on Earth? What do we do about that?

These days, there is a certain generosity going on from Mother Earth. People's ears might perk up: "Oh, I want some of that!" But the fact is, Earth is helping out the other planets in the solar system. Most do not have water. A moment [pauses]. And because they do not have water, they do not easily have the same level of conductivity (meaning electrical) that you have here on Earth. You may not know this, but lightning on Earth is as spectacular as it is because of the water.

This is what Earth is doing. Other planets have requested Earth to share her conductivity. Obviously, Earth cannot send a couple of quarts of water, but she can share her conductivity through water via connecting personally; it's almost like touching. She is sharing with all the planets in this solar system, from the Sun out to Pluto and I think one beyond.

This helps those planets with the means to connect from one particle to another. Those planets weren't falling apart, but they wanted to be able to have a communications system from particle to particle that did not require as much effort as they'd been putting into it.

Do you see? That's why the question must come up about being tired, because Earth is literally utilizing the energy of all her waters. And if you think about that, you have to be aware that you, as an individual and all the people reading this, are composed, quite a bit, of water. Plus, you have to drink it in some form or another on a regular basis.

Earth cannot do that service for the other planets by saying, "All my waters except for the human beings." She can't do that. These days, it's all or nothing. That's why some of you who can focus very directly on something have to participate. I'm speaking now to people in the arts and crafts as well as people in professions

like carpentry, where you have to pay attention because the slightest lapse can result in something minor that makes a big mess or something major that you wished you hadn't done. So you have to participate because you are Earth people and you're full of water [chuckles].

This will go on for a time because these particles need to create something that is part of a world. This is a world that does not exist yet, but its creation is going to involve all the planets in this solar system. It would be like (many of you know; it's been talked about) the various levels of Earth, and Earth at "this" level and Earth at "that" level. It's like that, only it's the solar system creating this one world that is being formed. This is not some place that you are *going*, so don't say, "Wow, I'm looking forward to experiencing that." This is something you are *doing* — almost despite yourself [laughs] — with Earth to create that world.

It's not so much of a cosmos situation. It's more of a world that can act as an egg. That world will bring forth other worlds, and ultimately, that will bring forth a universe. You see, in the case of the Explorer Race, there were various things that you were going to do. And one of those things is to get together with all your shared experiences and create a universe. So, you see, that is still happening. But you need to have a vehicle, you might say — some object, okay — that can generate that universe. And that world that's forming now will be that vehicle. So that's what's going on.

When did that start?

Oh, it started a few weeks ago.

When will it end?

Oh, it won't end. It will just fade slowly. And the fading will be felt — the tiredness, you understand, in the case of some people feeling more tired or distracted. It will fade slowly. Most people will notice after a good sleep (not just the sleep with the aid of some, say,

hypnotic or some drug, or something like that, even if it is prescribed for you), a good, deep, long sleep of four to six hours or more. You'll wake up from that, and you'll have a lot of energy. So it's not long in terms of "this many months" or "this many years." It will be like that, specifically what I mentioned, for each of you.

Oh, well that's incredible.

You're Creating a Shortcut

Is this world creation new? Has this always been intended?

This has always been intended, yes.

There will be a planet in the solar system? It's an egg, you said?

It will not be a planet in the solar system. It will be a world created by the solar system in concordance with all the stuff I just mentioned. But the world itself will not be part of the solar system.

I'm sorry, so Earth has water, but this planet is from Sirius? So this planet is not native to this solar system, and the other planets don't have as much water? Maybe some of the moons have water, but this energy comes from the people, from Earth, then, the energy that makes this egg? You said the whole solar system is creating this egg, but it needs water for conductivity.

Then it'll be created, and you, the solar system, can relax. [Chuckles.] So it's about three-quarters of the way there.

Oh, all right. So then by the time this gets published, it'll probably be over. So water means there's electricity involved, the conductivity?

Yes.

Where does the egg go, then? I mean, how does it get away from this universe?

It doesn't. It gives birth in this universe, and it will just maintain itself. When it gets to be large enough, it will migrate, because it will be kind of like, "Oh, I need some space." [Chuckles.] Then it will just migrate some

place where it won't be in the way in this universe. (I'm putting it in simple terms, you understand). It will just be where it needs to be. But it's not going to orbit around anything. It doesn't have to.

That's going to be the universe that the Explorer Race creates, you said?

Essentially. That's part of the reason that all of you who are on the planet now, sort of the last vestiges of the participants of the Explorer Race — well, somebody had to do it [laughs] — were nominated!

So the Explorer Race will then actually proceed along the path that we talked about for thirty-five years?

Oh, that won't be necessary, but it will be part of what we are now calling the egg. It's a shortcut.

A shortcut. Well, that's wonderful. [Laughs.] Actually, that's pretty awesome. So after that, we just continue with our lives? Is Earth moving right now? Is the Explorer Race moving in this stream right now? I mean, we've been moving toward the benevolent timeline, the future, the next level, whatever you want to call it.

Oh, yes, yes. Yes, that will continue.

We're continuing to move, right?

Yes.

Okay, well that's good. So over the next year or so, will there be other influences that bear on our bodies and our energies?

If that happens, we'll talk about it then. I'm not going to give you an itinerary.

[Laughs.] All right. All right. Well, it's great to know this. It does feel like somebody takes a syringe and pulls my energy out no matter how much sleep I get.

Well then, try to eat well. Make sure you get plenty of protein. I don't think you're getting enough protein.

Thank you!

Good night.

Bye.

A Good Feeling to Welcome

Zoosh

8 September 2022

There's so much information coming in about all the incredible changes that are before us. Some are already here, and others are coming. What are some of the best things we can do to integrate all these new energies and influences?

There is an advantage that to some people will seem like a disadvantage. Your capacity to interact with each other all over the planet has been greatly increased because of modern communications. At times, it's wonderful. And you might develop friends in a faraway place where you know you'll probably never be able to meet personally, but you can develop a rather nice relationship

at a distance. It's much better than only writing letters. So this is a good thing.

At other times, it's a bit overwhelming, because the more friends you have, the more responsibility you have to communicate. It's not as if you don't already have a life. So you have the good side to it and the overwhelming side to it.

Something is going on for some of you, and I want you to understand it a bit better: You're overwhelmed, and you don't even know it. You feel something inside you, but you're not sure what it is. Your body might let

you know what it is, and that means you'll get something like a tap on the shoulder, or it might even be on your head. It'll be some place that will get your attention. Nine times out of ten, this will be your body trying to get your attention that you need to let something go. So take a look at your life and decide: "Are there things in my life that I don't need?"

I'm not talking about physical property. I'm talking about: Are you doing things in your life that are unnecessary? Maybe it's an old superstition. You know, knock on wood or something like that. Maybe it's some behavior that you picked up from the past, and it was relevant then but is no longer necessary. If you can eliminate things like this, you won't get those unexpected, sudden taps from your physical body. It's good to know that you have something built in with your life — you might say someone, since it's part of you, eh? — that will help you out and let you know when it's time to let go of "this" or "that." It is your job only to interact with the present.

Ways You Can Prepare

The question has been asked: How can you prepare to assimilate the good things coming? Of course, for some people, they'll be better than others. And for other people, those things that are good won't feel good to you as an individual because it's not the right time for you to experience them. I do not mean calendar time. I mean that your body, your experience of life — just life, in general — has to go on for a while before you can either welcome that or take a good look at it, feel into it, and say, "You know, that's fine for other people, but it's just not for me." So that's how to get ready for most of these good things coming. Wait until they are here, someone announces them, or more likely, you notice a change.

Perhaps you'll wake up and feel different in the morning (or whenever you wake up after your sleep cycle). You don't have to analyze what you're feeling. Maybe you have more prep to do or something. That's great! Maybe you feel like laughing, or maybe you were having a funny dream and it carries over into your life. Perhaps, you've let go of something, even in your sleep, that you were doing that just doesn't seem important to do anymore. It can happen easily.

Embrace the present moment, and interact with the present moment. Sort of clear the deck for good things that may be coming for you now or later. For those of you who do benevolent magic or living prayer, this is something you can say for yourself:

🌀 Benevolent Magic 🌀

"I am asking to be able to feel benevolent changes for me in a way that is uplifting and happy."



Just like that, keep it simple. These kinds of requests tend to work better when they are uncomplicated. Okay?

Okay. You're saying the integration process can only happen once we've already felt the energy and then realized something or noticed the change in ourselves, something like that?

You could wake up with it, and you're not checking something off a list. You wake up with it, and it's as I just said. In other words, it doesn't need to be: "Oh, it's that!" or "Oh, it's this!" It could be: "Oh, I feel better," or "Oh, I'm feeling happy, let's go to the park or let's go to the beach." It might be: "Let's go to work, and maybe people will be happy or friendly today." It's always nice at work when people unexpectedly smile at you. Even when customers come in, it's pleasant. Maybe that doesn't usually happen, but if it starts happening more often, then it's just one more reason to go to work at that job. It would be like: "Oh, it feels better now."

Things Changed In Between

Let me ask one other thing that Isis talked about. That egg, this is a total shock. All the planets in this solar system are creating an egg that's going to end up to be a world that'll be the universe the Explorer Race creates. Can you say anything about that?

I know you're calling it an egg because that's its function, but it is a world. It's not going to be oval.

No, she said it was a world, but she called it an egg, I think in the sense that it's going to birth the universe, something like that.

Yes, well said.

We're missing everything here. I mean, the Explorer Race experiment was all over, and now it's starting up again? Isis said it's a shortcut.

It is a shortcut. The reason something was all over is because, well, imagine you're editing a book, and you have chapter one to chapter thirty, the end. The end is the same. The beginning is the same. Okay? But in between, things change. Instead of it being chapter thirty, it's chapter ten. You found a way to cut out a whole lot of conversation that comes to the same thing. That's all I'm going to say about that now, but we might do a book about it — an update on the Explorer Race.

Be Kind to Yourself

In these times, you sometimes have a little too much communication. You're feeling burdened by the news even though it's good to know what's happening in your community, all right, and why people are talking "this" way or "that" way. Local news is good. But when it comes to world news, especially for those of you who pray or do benevolent magic or living prayer and who go to church or temple, or whatever, let that be your means to do what you can about things far away in terms of wars or something rough.

There might be other groups of people doing what they can do who are in those places. You can say

something to support them. But don't worry about it the way a dog can worry over a bone. Don't keep gnawing at it inside yourself. You've done what you can do — prayers or benevolent magic. The only reason we call it benevolent magic is because it seems like magic, as it happens smoothly. It seems as if it would have happened anyway. It's not because it is magic.

The way to do this benevolent magic allows things to happen very gently, as if they were natural. So there's that. Once you've done what you can, let it go and just do as much as you can locally for yourself, your family, your friends, your town, and your community, but only with the time you have to do that. It's all right to take time for yourself. Give yourself time during the week; set aside ten

minutes if that's all you have — or an hour, half a day if you can — and take care of yourself. We all need self-care and gentle kindness. But if you want to have a little snack or something to eat, then you can have that too.

Be kind to yourself. Good night.

Thank you. Thank you. Bye.

Robert Shapiro is a professional trance channel who has several series of books published by Light Technology Publishing: *The Explorer Race* (24), *Shining the Light* (7), *Shamanic Secrets* (4), *Benevolent Magic* (1), and *Ultimate UFO* (2). He is a mystical man with shamanic capabilities well and thoroughly infused into him who teaches through blogs, the Sedona Journal of Emergence, and books. It is his intention to bring about the most benevolent change available on the planet through sharing his personal inspirations as well as his channeling. Learn more at [Twitter.com/BenevolentMagic](https://twitter.com/BenevolentMagic).

Moving Beyond Division

The Lords of Time through Maureen St. Germain

We are the Lords of Time, and we are here to transmit information about your year-end cycle.

What can you tell us about the end of 2022?

The months of November and December will be filled with great change and disruption of many kinds. With every disruption comes an opportunity to find a way to work around it. We ask you to ask this question: "I wonder how I will work around this drama?" In this way, you will face the trauma or drama and find your way through it.

It may be a difficult time with regard to financial systems and more. You may even be subjected to disinformation. Only your higher self can help you discern this. We ask you to use your higher self connection proactively. Do not give up even if your livelihood, family, or systems fall apart. They can be rapidly reconstructed in new ways.

December will give you a little bit of a breather toward the end of the month, but you will feel as if something else is going to happen and not trust that you are safe. We say that safety is an illusion, and because it is an illusion, you may create safety for yourself any way you wish. Be delusional in your personal way. (We say that tongue-in-cheek and do not suggest that you are mentally unbalanced.)

Be like the person who waits patiently at a restaurant for his or her meal after the waiter comes out and says, "We had some kind of disaster in the kitchen. We are still going to feed you, but it will take some extra time." This is what your job is at this time.

Monthly Insights into 2023

What can you tell us about the month of January?

January is filled with fear and trepidation. Many will be uncomfortable with the news that they receive, and they will fight and resist it with their minds and hearts. We say, fear not. You are safe and will continue to be safe. We ask you to move out of judgment and into trust. Getting through this spot of trouble will be challenging yet smooth for you if you ask for help. Trust. The keepers of the flame of love and light are there to support you. Trust that it will work out in some way, surprising and pleasing to you. At this time, it is scary at worst and full of hope at best. We think you will get through this, and you can ask for our help.

Can you tell us where this fear originates?

We believe it has to do with the economy and people's finances. Many will lose their fortunes and various investments such as those in the stock market. The physical value of property will drop, and many will struggle with this. It is like a house burning to the ground; once it is rebuilt, it will be much better. Give yourself safety and security as best you can.

What can you tell us about the month of February?

February is a month filled with peace. Many of the conflicts you observed will ease, and you will breathe a sigh of relief. Your finances will still be under siege, but you will have a sense that you can make it. You will be like a boat that has been through the storm and can now see the shore.

What can you tell us about the month of March?



March will be easy and smooth for many. You will start to see an easing up of the restrictions on money and that will open channels for many to begin new programs, resources, and research. Much new research has been hidden and will be opened as well. It will be like the veil has been taken away from many secrets, tools, and opportunities for people.

What can you tell us about the month of April?

April will be liberating. There will have been by this time a clean sweep and a redistribution of wealth on the planet. People will be slow in spending it — uncertain of their futures — but many will be willing to move forward and spend, which will move the economy from a sluggish place to a more balanced place. Construction will increase. The healing of the waters and the skies will continue. Humans will start to work more harmoniously together than ever before. There is a bright light of hope filling the horizon.

What can you tell us about May?

May is a little bit of a throwback to March. There will be a withdrawal of sorts of the energies that have been driving action on the planet. This can be interpreted in many ways and can be seen as a reaction to the optimism of the previous month. Many will be victims or drawn into this backlash. But we say, again, claim your power and ask your angels, guides, and ascended masters to assist you so that you can ride through this little storm smoothly.

What can you tell us about the month of June?

June will be easy and filled with hope. There's more hope than before. It carries with it the promise of prosperity and abundance for all. It will be the beginning of the four-day work week, which will be very good for humanity and their spiritual progress. A new emphasis will be on spiritual and emotional growth. Humans will start to value themselves and their free time as much as their work.

What can you tell us about the month of July?

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In July, people will start to relax more. They will take more vacation time and rekindle the family friendships that they have backed away from for various reasons. Those disagreements that have driven them apart will no longer be of concern, nor will they feel as driven to uphold their beliefs as the reality. They'll begin to open to compassion toward their fellow humans and their families.

What can you tell us about the month of August?

August is a month of great peace and modest prosperity, but if there is to be calamity, it will be in August. We think not, but there are certain challenging timelines. We choose not to share more about this other than to again remind you to take good care to be prepared and available to help your family, neighbors, and so on. No matter what, you will emerge from this month with a greater sense of how things will be for the future. You might not have full clarity, but you will have a sense that order is coming. You are much like students filling their schedules with classes who do not yet know how those classes will go.

What can you tell us about the month of September?

September is a happy month of great relief. Humans will have begun to move beyond all the division and derision that they have had in previous cycles. They will be very supportive of one another in ways that they only were for their close friends. So they will step out of their little bubbles and be helpful and support one another.

We would like to give you an example. A woman who is carrying many packages drops her purse or wallet, and someone walking behind her grabs it and races to hand it to her. It doesn't even have to be something as valuable as a wallet; it could be a glove or a hat. But the feeling of looking after your fellow man will become the normal way of being, and placing the self first will become the less accepted norm. Those who have taken on this persona will be surprised by the kindness and generosity of others toward them, and this will soften their hearts and their fear. They may take longer to get caught up with the newfound joy in helping one another, but they will get there.

What can you tell us about the month of October?

October has many unknowns that will largely depend on the choices that humanity makes at this time. We see that, in general, humans will let go of their concepts of themselves and their fellow man. The division of races, cultural classes, and wealth will have evened out enough that people will no longer feel they must fight to get what they need. Instead, they will find peace in asking for what they need and expect that it is forthcoming. Humans will also begin to get more conscious of their spiritual nature and gifts, which will also liberate them from some of the 3D world — the drama, pain, and suffering.

What can you tell us about the month of November?

November has a quality of slowness. People will begin to reflect on what they have and what they appreciate. They will find ways to deliver words and actions of gratitude to strangers, and this will become a thing.

A thing?

It will be a trend, as they say, with the phrase “paying it forward.”

Does this sort of mean that it will be hip to be kind?

Exactly!

What can you tell us about the month of December?

December will be a roller coaster of pulling back and moving forward and pulling back and moving forward. And this is a little backlash from the new behaviors humans take on. The year will end with a sense of great celebration, comfort, and peace. Humans will be able to breathe a sigh of relief that they made it through this difficult and challenging year with many new insights about who they are.

Overall, the presence of beings you call ETs will not be in the forefront as you might hope. Instead, they will continue to appear privately to those who will be messengers. There will be many messengers who will provide information and resources, but some might not be authentic. So we encourage you to listen and learn, but then test this information against your higher self.

We, the Lords of Time, want you to know that you can soften any experience you currently have. We remind you to keep your thoughts on what you want and not on what you don't want. Briefly review what you have lost or given up. Do not dwell on that which does not please you. Your future is in your hands.

A Remarkable Year Ahead

Lords of Time, can you give some insight about the entire year of 2023 and what you can tell us about the timeline? Is it the timeline?

This is a very good question. There are many timelines, and people will experience that which they think about. However, in the overall picture, we seek to merge as many timelines as possible. This means people who are experiencing alternate versions of a decision they have made can allow that in their fields and claim that they choose the highest and best version of that experience, which will then bring that forward.

The fewer timelines humanity has, the easier it will be to squeeze through the eye of the needle as it is talked about in the sacred literature. Dream time, meditation, and memories that surface can all be cleaned up. They can all be healed, reprogrammed, and transformed. Maureen has a guided meditation for this purpose called “Reality Remix.” We highly recommend that you get this if that is something you wish to do for yourself.¹

Can you give a message of hope for this audience and a summary of 2023?

The message of hope is to allow yourself to receive help. So many people go through misery without ever thinking to ask for help. We will give you an example: A friend of Maureen's wrote her a text saying, "I cannot swallow. I have a piece of meat stuck in my throat. I am now going to the ER." This man suffered with this for several hours before reaching out to Maureen. Maureen said, "Scream in your thoughts: 'I need a miracle,' three times. Then follow with the word 'now'! Repeat as necessary." The specialists at the hospital were on holiday because it was the weekend. They could not get in until Monday. Once my friend started asking for a miracle, the blockage in his throat dislodged, and he went home. It's that simple. You do not want to do this alone without help. Ask for and accept the help that is available — readily available — and waiting for you.

Vision Potentials for 2023 and Beyond

The New Ascended Masters through Maureen Watson

Masters of metaphysics and bio-essence love, you have changed your world. The cosmos knows itself through its creations. The cosmos is so happy to receive your new consciousness, energy communication, new vision potentials, creations, and vibrational illumination as to what love means to you as the sovereign creator of your every moment. You now illuminate, transmit, and stream forth light fusion in a new standard of consciousness for a new cosmic race through your free energy light-sphere's mastery of bio-essence love and its metaphysics.

The divine self moves life's heart bio-essence from the human to the soul's lightbody, transitioning into the spirit's ascended form and the stellar/star-sun biosphere, which is a meta-sense imprint form/vessel. It allows you to put your consciousness in any soul container, form, imprint, or vessel that suits your vibrational illumination to explore new experiences. This stellar star-sun biosphere is an illuminating heart sphere of light that allows you to explore the new infinite unknowns of light fusion and live as stellar beings of light. You can light travel, imprint manifest, and create in your heart awareness instantly. This includes access to the higher realms, subuniverses, cosmic windows, staircases of light, and superuniverses beyond the beyond into the infinite unknown of pure potentials.

This light fusion as a divine human includes energy

Is there anything else that we would benefit from knowing about in relation to the end of 2022 or the year 2023?

Take more time to study and learn. Listen to your audiobooks, create sacred space for meditation, and gossip less. In the history books, 2023 will be a remarkable year. That is all.

1. You can purchase the "Reality Remix" guided meditation at Maureen's website. Visit tinyurl.com/5x764p47.

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.



dynamics of your unique soul-spirit consciousness and energy. Herein, you explore your unique metaphysics and bio-essence meta-sense love in infinite unknowns and as part of the new genetic, cosmic race. These include the new-essence DNA vessels and cosmic intelligences or quantum master-codes to build new superconductive light systems that can soul-adapt and grow with new meta-sense expressions of quantum density. This is only and always within your conscious awareness and energy or illuminated heart sphere of light.

Herein, your light fusion over divine-human biology DNA/cell love allowed the soul's bio-essence to experience and grow all life forms while mastering self-love, self-acceptance, and self-awareness into a new standard or genetic ethic of love. Masters, as light illuminators, new potential transmitters, and changers of consciousness, it's time to offer up your unique creations and visions to the world as you guide yourselves into the superuniverses of light in which finite potentials are blended in a new recipe for infinite, unknown experiences. You give people the divine memory they need to find brilliant solutions that only lighted love can offer. This is possible because your light vessels have opened multi-quantum senses, multi-time, and multi-potentials

in the heart bio-essence light-fusion imprints for the essence-light, ascended, and stellar vessels now available to all humanity, as well as the new superuniverses of light.

Beautiful Changes Will Be Reported in Your Media

Instead of fighting over issues that bind and separate, you now transmit through your beautiful new hearts a focus on brilliant solutions for yourselves, each other, and New Earth on her supernova shift. It's time to live and transmit all those alternate versions of reality that provide the highest bio-essence potentials available to every species on your planet.

As you transmit your potentials to the new light platforms, they will be instantly shared and meta-sensed across your planet, and you will see the beautiful changes reported in your media daily. Light-fusion visions of how to change matter allow it to come alive as free energy as Earth-Gaia regenerates health and beauty through its core lightbody, just as your heart's light core is doing.

According to humanity's consensus reality, these multiple potentials were projected on old Earth to thousands of light-years into the future when light-fused humans can stellar travel throughout the universe, creating new matter directly from consciousness and living beyond space-time, physics, and technology in a bio-essence or stellar-imprint vessel. These accelerated changes and outcomes have been changed by your pioneering consciousness, triggering humanity into accelerated, quantum-level awakenings and migration now.

You're already accessing your master-coded potentials and meta-sense gifts in your consciousness now since your old ancestral DNA codes have been updated for the Aquarian shift of All That Is. Indeed, starseeds here are the midwives of worlds who birth universes using the cosmic seed of divine love, and the New Earth angels are their children. The New Earth (liquid-light) heart is now a regeneration chamber, transporter/mobile stargate, a magnetic imprinter of matter, source code/r, light-centrifuge particle accelerator, quark stem cell particle, and bio-ship for New Earth spirit matter inside embodied love.

Indeed, your unique creations, realizations, or chosen

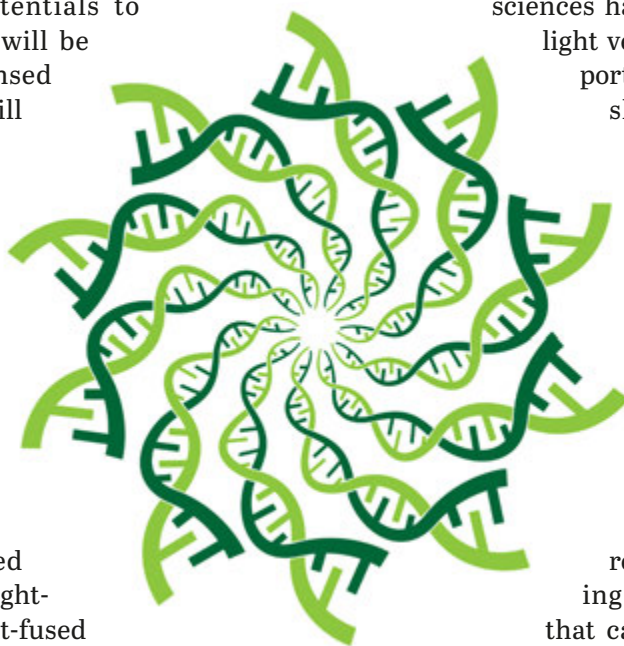
potentials in your stellar-human embodiment on this New Earth anchor and transmit action-choice potentials for the entire universe and merge into the light-fusion cosmos. This is reawakening humanity's communications to all your soul-light-infused star families who are also on this journey to heal the old Earth universes and open each essence-soul's new mobile heart gates for the new universes of light-matter creation. Earth-Gaia is playing her role as a spaceport for this lightbody regeneration and biosphere/bio-ship vessel transport.

Humans Are the Future Technologies

New technology is an adaptive tool for evolving and ascending solar systems and universes. Your Earth sciences have already applied your stellar-light vessel's applications to tele-trans-porters, replicators, cloaking devices, shuttle telescopes, tele-probes, and quantum information nano chips, which are already used in your labs, experiential military operations, and space-force programs, as well as AI and metaverse identity applications. Quanta transponders, spectrum lasers, cyber-satellite transmissions, and interstellar communication networks will be mainstream. There is bio-molecular re-fabrication of new-essence living materials and nano particles that can recycle ocean plastics, clean oil spills, re-imprint new foods, and regenerate new species. These apply gene/virus targeting, gene splicing, mutagenesis, and immune-serum plasmas, and they open new light-sensor pathways in your light sphere's network communications.

As humans begin to live their imprinted potentials, they can splice their DNA or re-imprint their cell-essence sustenance without harm to any form of life. Their communications will include beings from all over the cosmos or those no longer in human form. How about building homes out of cell imprints or materials that are alive, breathe, and can adapt to changes in the weather? Since Earth's core is a geothermal plasma steam engine, natural energy can be created by changing states of water to create living bio-matter in which Gaia's inner sun provides free energy and is a light-fusion greenhouse.

What if the painting on the wall is alive, and it changes like a movie every time you walk by? Why not have a singing sculpture in the center of your plaza? What if musical instruments read your heart moment and play music that opens new awareness? What if



solar transponders were used to transfer stellar power instead of fuels? How about hovercrafts or podcrafts instead of cars? What if Earth-Gaia opened her inner sun's plasma-fusion steam engine in her core crystal to keep the planet's temperature, oceans, and weather continuously adaptable and in alignment with all the universal suns? Isn't Gaia also her own stellar lightship like your light vessel? How about boots made from organic and inorganic recycling that respond to your gravity senses and fit the shape of your foot every time you put them on?

How about using viruses and bacteria to change or regenerate organic matter or dissolve plastics, metals, oil, or nana-synthetics? Why not use an essence stem cell from a plant or animal to replicate or imprint food essence rather than killing a life form? Crystals are natural lasers and can also amplify, change, or vibrate matter, and communicate with the entire elemental cosmos. Are you cosmic iPhones? Isn't your crown a crystal skull, and aren't you master-coded to eliminate death and disease with your DNA-essence stem cells? Again, isn't your biosphere's stellar-vessel sphere of light really your soul's lightship?

You Are the Vision Your World Has Been Waiting For

Yes, it is safe to love and be loved in your elegant light's vibrational, protective illumination without allowing any limited experiences you have already mastered through bio-polarized, emotional-mental reactions or seductive illusions of the old-Earth-matrix distorted light programming. In your lightbody prototype, the conscious heart's awareness transmission acts as an automatic, compassionate action for all humanity and transmits the exchange of energy potentials via streaming heart communication. It acts as a light platform for all your streaming visions to share and dance as they create innovations. This is so because your light spheres transmit free energy to be used in any way the receiving soul's agency chooses to use the gift of your love's light illumination. Your illumination assists because it is outside all judgment and perception and remains zero-point neutral.

The lightbody transits into an ascended biosphere, and then the stellar light-fusion imprint vessel offers a return to a natural, built-in organic-essence standard of ethical consciousness in your sphere of light. These up-graded containers that you use to channel, house, or put your consciousness in offer light-infused creation and essence regeneration in which the heart's torus sphere is a star-sun lightship with a mobile stargate, light-matter birthing chamber, and a stellar-essence magnetic imprinter, as well as its own gravity field.

Fission creation splits the atom and polarizes the

DNA cell, offering mastery over singularity in linear/finite time and space. Light-fusion potentials inside your heart's continued conscious self-realization is how your new cosmic race and all your crystal, plant, animal, and hybrid species live in the light. Indeed, you are growing all these species in space again now that the light vessel is conscious of how it created matter. Your technology, physics, and sciences will assist humanity's jump into full consciousness as a new race, using your essence-master imprint and consciousness vessels as models and your infinite possibility/potential rooms for progressions of free energy and light communication systems, innovations, creativity, and interstellar soul-art forms that nourish the heart.

Now you will design new clothes, homes, lifestyles, foods, light vessels, technologies, relationships, families, and new interstellar life with your stellar neighbors. Every day more of your unseen worlds will be visible to human eyes. You can also avail your beautiful planet and Earth-Gaia's heart gate as a spaceport for such light-vessel transport in which heart-vibration awareness manifests you "there" instantly in your vessel's mobile stargate. Also notice how atomic, quantum-particle light fusion, has rapidly fused space-time and still is, causing all converging past-future timelines and existences to integrate and heal any fragmentations, allowing planetary and cosmic migration for each soul's continued light fulfillment on New Earth.

Its language is transmitted in your new careers and lifestyles in designer imprint/replication technologies, plasma magnetics, light-spectrum lasers, gravity magna sensors, astrosonics, interstellar commerce, light-water salinization and liquid-light water/plasmas, intra-world or stellar interspecies sociocultural communication networks/councils, interstellar contact assistance and collaboration, cybersonic spaceport systems, or lifestyle mentoring and fulfillment centers.

Enjoy your unique metaphysics and bio-essence, meta-sense love, and boldly let it flow into your worlds where heart awareness is multiplied exponentially. You transmit absolute faith in your knowing that it is safe for all humans to open up their essence heart lights and divine gifts to change their world now and that they are also the vision their awareness offers. Yes, boldly share your visions, joys, and creations with the world, and watch the worlds and the cosmos respond. This free energy communication transmits the awareness to humans that if they open their heart lights, they do not have to suffer their beliefs of limitations, listen to a distorted internal dialogue, or put any conditions on their fulfilling potentials, and they can see how so-called miracles are as plentiful as sand.

Your planet can finally live as the divine being it truly is, who has grown the cosmos a heart that understands

love through the soul's direct experience. Your light sphere will stream its potentials through humanity's beautiful soul presence and trigger its new gifts. Indeed, your precious consciousness has changed your world and the entire cosmos and will continue to accelerate in your light-fusion journey as it kisses infinite unknowns while knowing you are the vision the world has been waiting for.

Is self-love simply the fulfillment of a soul's unique journey in the discovery of exploring all the potential/ various physical and nonphysical experiences, souls, communications, containers, and creations it can put its consciousness into? Your love's illumination now knows that it is the All That Is, and you really do create the reality of your every moment. Isn't this the consciousness

You Are the Guides and the Guardians

The Pleiadians through Anara WhiteBear

We see you for who you are. We see you in the continuation of Source and love. We see you in your confusion and in your understanding. Do you see yourselves? Do you see yourselves as we see you — as strong and powerful and courageous — or do you see yourselves as victims? We do not see you as victims but rather as creator beings who are forgetting that you are creator beings. And it frustrates us in our awareness of you, for we consider you to be powerful beings in the universe. We consider you our guides and guardians.

How does it feel to know that we consider you this way? How are you doing with being the guides and guardians of other beings? You have forgotten your strength. You have forgotten that you are creating the reality you live in and that as you create that reality, you send it out into the universe so that we experience what you have created. You have forgotten that you are guardians of all the energies that come into you. You say, "I have astrology," but you have forgotten that you *are* the astrology. What do the stars do for you? The stars exist for you. They are there for you, and you are there for them. It is not a codependent relationship in the same way that your lives on Earth are. At this time, it is an ecosystem. You experience the stars, and the stars experience you. And the beings all around you experience you.

You feel as if you are alone and forgotten, but all

you came to bring to Earth-Gaia in your heart's love's potentials?¹

1. This information was adapted from *The Free Energy Vessel*, which can be ordered from Trafford Books at <https://tinyurl.com/3n5upz6k>. See Maurene Watson, *The Free Energy Vessel* (self pub., Trafford Press, 2019), 111–115.

Maurene Watson is the author of *The Story of Love and Creation*, *The New Earth*, *The New Earth Light Body*, *The New Energy Vessel*, and *A New Cosmic Race*. She conducts private consultations with all levels of divine-human DNA heart mastery with the lightbody, including the New Earth children and their parents. She does consults for new energy businesses, quantum sciences, light-fusion dynamics, bio-tech, and bio-essence heart-template choices. She 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 <https://tinyurl.com/3n5upz6k>.



existence is here for you, and you are here for all existence. In order to add to existence that which you have to give, you must change the way you see existence. You are a giver. The universe is a giver. There is no taking; there is only giving. To allow yourself to understand this, you will have to stop being a victim. All the beings that surround you ask that you allow them to give without trying to understand what they are giving. And you must give without judging why you are giving. You will understand in the days ahead that your confusion only adds to the greater confusion. If you allow yourself the simplicity of thought, then you will understand that the guidance you are given is pure.

Release the Past

Do you remember the books you have written and read? They offered you a new way of seeing things, and although you loved the books, you decided — without making a decision — to disagree and to continue doing what you were doing before you read them. This is what you are doing with the energies now. Although you know what to do, you are not doing it. It is time to do what you know to be true: let go, change, and forgive not only yourself but all others without being angry.

This is why not just your anger but all anger has come up in this realm. It is time to forgive yourself and

others and then to go swim in the lake, the pool, the river, or the ocean. Allow the waters to clear what you and others have done and what has happened to you in the past. Let it go. You can create a bath; you can put salt in the water and say, “I release. I let go. I am done with this way of being.” Allow this to permeate your being. “I let go. I am done with this way of being. I forgive. I forgive the planet of its ways, for it is trying to create a new way.”

If you continue to hold on to what the planet did

in the past, things will stay the same. Can you feel the change wanting to happen? It is important to let go, to release.

Anara WhiteBear opens portals of connection to multidimensional starbeings through channeled sound. She was born a sound shaman, intuitive healer, channel, and empath. Anara has appeared at major spiritual events, including Star Knowledge, EarthShift, Serpent Mound Spring Sound Vibration Peace Summit, and many more. A collection of Anara's channelings can be found in Living in the Realm of Awakening, which includes transmissions and downloads of the highest wisdom from multidimensional starbeings from across the galaxy.

A Year of Surprising Ease

Lightbeings through Sara Wiseman

Yes, this is a time of hope. We've reached a turning point due to the efforts of all souls on Gaia. The collective has experienced the extreme discomfort of accelerated awakening. In 2023, what lies before you is much better than what you expected. You will enter a new dimension, and everything will be different. There's no going back, and who would want to? The future unfolds splendidly before you.

You've lifted up a notch. By you, we mean you personally and the collective, for everything is always occurring in oneness: Nothing happens on its own. Everything is instantaneous, interconnected, and now happening in all dimensions at once. Your continued opening into this new understanding is your salvation. It is why there is hope in this future, even if you don't believe it yet. Breathe. Trust that you have arrived in a new world.

Release Your Worries and Fears

You are seeing what you could not see before. In 2023, expansion continues. What is to come has been set in motion by past events, for from great pain comes great understanding. Remember, history does not repeat forever. Once a level of awareness shifts, you do not repeat the same mistakes again. It would be difficult for things to go backward at this point. It would take a huge amount of effort to stop this momentum. Go forward in trust. You will be surprised how effortless this next passage is. Everything will feel different and be different because you are different. We bless you in this marvelous progression.

In 2023, you will experience an unfolding of one understanding into the next, as easily as a flower blooms slowly at such an imperceptible speed that you may not notice any changes until the flower has fully opened. The flower was a bud, and now it is a bloom. When did this happen? It happened while you were busy with your

life, and the flower bloomed right in front of you. This is how things are for the next decades: soft, imperceptible expansion that leads to remarkable beauty and grace.

You will not notice change as it happens, but only after it is completed. You may release your worries and fears for the future not only because what you dread is not going to manifest but also because releasing worry and fear is a part of your expansion. Worry and fear are antiquated methods of dealing with foreknowing that are no longer useful to you. Yes, you learned them, as they were passed down to you. There is so much pain in all the ancestry. But now in this new age, they are not needed. They do not work now and will not serve you. We say again: They do not work in this new reality. It is time to pick up new tools.

In 2023, you can trust that life on the planet gets better, and more importantly, life in your mind gets better. What you believe is what forms into reality, and the collective agreements in the group mind are changing rapidly and for good. Are old structures tumbling down? Oh yes, they are tumbling. Are old ways ending? Oh yes, they are collapsing before your eyes. Old power becomes null and void because it is no longer useful. The new reality is not based on separation but on oneness. The new world is forming because you have become conscious, and everything flows from consciousness. We ask that you keep going.

It is normal for things to change. In 2023, change accelerates. When you watch an old movie, you shake your head at the dated clothing, décor, lifestyle, and technology that are hopelessly archaic. Yet your world of even a few years ago is just as dated. Change accelerates. The future is creating faster than before. Be ready.



Upcoming Trends

Twenty twenty-three is a 7 year, which in numerology speaks of ease, effortlessness, and the removal of all obstacles. You will see many obstacles removed in 2023.

- Corruption is exposed: Large contingents of spies, secret keepers, saboteurs, and fearmongers will be revealed and denounced.
- We begin to prefer healthy food: The collective loses its taste for processed food. How we eat changes within a decade.
- We eat less meat: The collective loses its taste for meat. It's not a moral, spiritual, or health-related decision; it's practical. As a collective, you are ready to feed the world.
- We view climate change in a new way: Earth, water, wind, and fire hold consciousness. This is not magical thinking or superstition. Let go of the misbelief of separation, and you will find less agitation in the energy systems you live with.
- Climate migration creates change: Climate refugees cross boundaries, mingle their cultures, and share new ideas. This is a good thing.
- Religions fade: Major religious institutions experience lassitude. The flock drifts away.
- Extremists hide: Extremist movements become more clandestine.
- Travel snafus continue: The current chaos eventually brings radical innovation and entirely new ways of traveling. But in 2023, it's still chaotic.
- Utility disruptions occur: Power is not dependable. Grids go off and on. This becomes a new normal.
- Flex work becomes normal: Back-to-office work fails

and flex work prevails. In a few years, we cannot imagine how we once worked.

- Workers unite: Unionization happens under a new name, perhaps even as an app for gig and part-time workers.
- Schools decentralize: Mega schools are replaced with hybrid, in person, and online education hubs, similar to libraries or community centers.
- New inventions are introduced: Flying cars, water purifiers, filtration masks, shoe soles, and medical lasers are a few.
- Pharmaceutical drugs are repurposed: To everyone's surprise, new drugs for weight loss solve other problems.
- There are medical innovations: There's a new way of working with lasers and light for healing.
- The patriarchy fizzles: The patriarchy and old power systems are out. Coalitions and collaboration are in.
- We move beyond video: Holograms or instacast are coming sooner than we can imagine.
- Great changes occur related to finance: The stock market, banking, and loans all change. We have a new perspective on how to work with money and wealth.
- Gen Z leads: The next generation puts its collective effort into problem solving, especially in ecology and equality.

Sara Wiseman is an intuitive, channel, and visionary teacher of spiritual intuition. She is the founder of Intuition University and has taught hundreds of thousands of students via her courses and training. She writes the *Daily Divine* blog and hosts *The Mystic School* podcast. For free resources, visit SaraWiseman.com.

You Will Decide How Change Comes to Pass in 2023

Nakia the Rainbow Serpent through Maria Yracébûrû

To many, it may seem that change in your world will never occur. You have lost many loved ones and friends. Leaders have proven to be diabolical, and there is no sign of peace anywhere in the evening news. Yet when you lie down at night and fall asleep, your guides watch over you, gazing at your innocence in the scheme of the eternal plan, desiring so strongly to relieve you of your suffering that we cannot help but extend our essence and touch you in reassuring silence.

Leaders have been pushed by the philosophies that once birthed civilizations but that no longer serve the

greater good. You have a choice to do what you want, follow who you will follow, or lead with your hearts. When you are done, a journey of peace will be the truth of your existence. A decision is all that it takes — a decision to listen to others from a place within your hearts, to act only in life-affirming ways no matter who may agree or disagree with this philosophy, and to extend your hand to assist those torn apart by internal struggle over the deception they have experienced. Your evolutionary tasks at this moment are



to not fall prey to your fear and to trust in your abilities to create a reality of peace that is built on a foundation of love for everyone. In this moment, the choice is yours. What will you choose?

2023: The Year of Life Integration

The first creations of All That Is were the Giver of All Life (the male aspect of energy) and Changing Mother Earth (the female aspect of energy) — from which all life sprang. The bonding of their balanced energies within the sacred lodge of the heart signifies the union of spirit and physicality, bound eternally together by the rainbow, the symbol of harmony and balance. Regardless of which direction you look, you find sky and earth fused as one on the horizon. The physical Earth and the sky — or mind — must function together to produce new life, which is ever-evolving. All things are conceived first in thought before they become physical expressions or manifestations.

This year of life integration is the meaning of the line you recognize as the horizon. Therefore, much physical pain, disease, or negative energy will be released from the bodies of people around the world. Curing or treating a person, a poor crop, or whatever needs healing will become an act of establishing a harmonious rhythm with all energetic forces. Let the winds of change carry your voice to the four corners, up to the sky, and down to the very core of Changing Mother.

You have been instructed to embrace the directions of Earth as guardians — emissaries of goodwill — to live while remembering always to be grateful to the forces of nature, to have integrity and generosity of the heart, and to not sit in judgment of one another or Earth's changes. See the gift in all in motion.

Every spiritual philosophy contains merit, and your spiritual heritage is a mingling of history, mythology, prophecy, and symbolism, which are sacredly preserved and perpetuated with the aid of ritual, story, and craft embellished with a wonderful poetic imagination. Humanity was fashioned as the younger sibling of creation, and your responsibility for the endowment is to share with and care for All Your Relations.

With this awareness, the self-actualized human traces on the ocean of energy those traditions of the living spirit embodying All That Is in life, wherein every thought forms a precious seed of ancient wisdom that has been carried down through the ages for those who understand manifestation in a quickening force. Just as a radio — an instrument of human manifestation — can pick up the fine vibrations from out of the ethers and translate them into meaning, so do you, as you are much finer instruments fashioned by the Sacred Parents. You clear your channels like the ancients and register the greater and more subtle vibrations.

In this coming year, let yourself be an explorer and pioneer as you come into contact with others and discover that the prerequisite for communication is the deep ritual of respect and compassion. With understanding of the spiritual implications, extend a hand of friendship and confidence in All Your Relations.

By celebrating all life, you and All Your Relations will become more familiar with the mannerisms and patterns of each directional energy in the fifth world of coming together. Thus, a state of symbiosis, or subconscious partnership, will unfold and develop between humanity and All Your Relations. You are on your path, searching for answers to your life lessons; it is therefore natural for you to become compassionate with All Your Relations and enter the spirit of even the root or animal, feeling the movement of evolution within each of you.

Daaiina: And so it is.

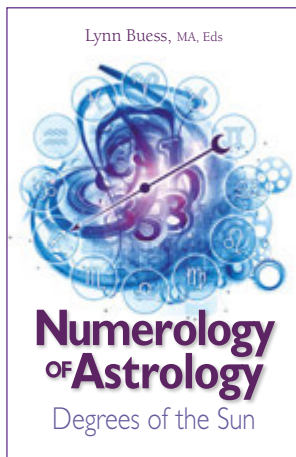
Maria Yraceburu is the founder/diyyin of Yraceburu EarthWisdom. She has been called a master in the art of Making Relations and an idealist of the fifth world. Yraceburu's organic style of Tlish Diyan is immediately accessible to people of all ages and experience levels. Her approach allows students to quickly experience the joys of Tlish Diyan energy flow along with the deeper sensations of connection with Earth. Her passion, charm, intelligence, tireless energy, and impish enthusiasm are infectious. To learn more, visit Yraceburu.org/Maria.



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BY LYNN BUESS

As an innovator in the consciousness and self-awareness field for over fifty years, Lynn Buess has now contributed a decidedly unique perspective of the time-honored system of astrology, helping humanity further understand its relationship to the universe. With this latest contribution to self-growth, Lynn offers an original perspective of numerology — this time with the combination of numerological characteristics and astrological influences. Experience all the signs of the zodiac in minute detail.

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CONSCIOUS LIVING

Bringing Peace to the Hearts of Humanity in 2023 with the 980 Healing Light and Saint Germain

The Ascended Masters through Zadok "RA" Osiris
with Astaria Seraphina and Gentleman Jim Ohneck

Zadok "RA" Osiris: The great solar flares coming to our planet Gaia are now distributing great plasma light, causing humans to look within and clear all that no longer serves them. Old karmic times are being transmuted with the power of the ascended masters and great cosmic light. This is the time that humanity has long awaited, and we are ready for the emergence of the golden age of new Mother Gaia.

The light of the 980NM wavelength laser allows awakened humans to consciously heal themselves with light and do this in the convenience of their homes. The 980NM light creates a rainbow bridge into the advanced light coming from the Sun that is here to speed the frequency of humans and return them to the perfection and purity of the Garden of Eden 980NM light wavelengths that were abundant on the planet.

Working together in harmony with the ascended masters, humans can use the healing light of the 980NM to purify themselves and take in more of the plasma light that is being beamed to Gaia through the Sun and the Great Central Sun. This is the time when enlightenment is possible and for those who are

ready. The year 2023 is the time to make all dreams come true by working with the healing 980NM wavelength of light.

Violet Flame Insights for 2023: Celestial Fire

St. Germain: I, St. Germain, greet you. I am the chohan of the seventh ray and the ascended master/hierophant in charge of the evolution of Earth for the next 2,000 years. I predict that 2023 will be a year of big changes with lightworkers in service to others and love expanding in your hearts.

There will be peace on Earth after the big changes, which will be led by an increase of people wishing to learn to meditate and have silence within, take care of their diets, do yoga/exercise, and live in harmony with nature. These simple things will help bring peace to the heart of humanity in 2023. Learn to live from your hearts.

Founder's Corner Message for 2023

Dr. Jim Ohneck: We are expanding the I Am presence through 1,800 Avesa clinics worldwide. One clinic with the Epoch Laser can treat as many as fifty patients per day.



Imagine the number of people who can be treated and helped in 1,800 clinics. This is precisely why Epoch Lasers is expanding our mission to work with Avesa International to offer lasers in their clinics around the world. There are over 20 million reasons why this is a great mission. Are you called to join us?

Dr. Raja Merk Dove, walk-in Zadok "RA" Osiris, is a globally celebrated mystic, lightworker, healer, and senior ambassadorial starseed. He and Moira, his twin soul on Venus, have helped starseeds/lightworkers develop on their paths for forty-seven years. For a personal consultation with Zadok, email ra@stardoves.com. He offers in-depth soul counseling/oracle sessions with ascended masters. He is the author of two critically acclaimed books: *Himalayan Star Conclaves* and *Whisperings of the Doves*. Zadok oversees MarketingwiththeStars.com, email marketing for new world entrepreneurs. Learn more at Stardoves.com.

Jim Ohneck is the Founder and CEO of Epoch Lasers. He has been involved in the research and development of photo biostimulation devices for over twenty years. Jim holds degrees in engineering and business and has over thirty-five years of experience working with medical-technology-based companies. He is a fellow of the American Society of Laser Medicine & Surgery (ASLMS).

Astaria Seraphina is responsible for expanding marketing and new business development channels for the Epoch Lasers team, bringing the healing-light pain-reduction technologies to serve humanity. Astaria works with chiropractic and holistic doctors worldwide.



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.

Forge a New Direction in November

Donna Taylor

The other night I found myself deep in conversation with someone about the end times, the New Earth, and the state of the world, and I was asked what I thought the solution was to all humanity's problems. My mind went blank at the time, and it was only afterward that I realized that the solution is obvious: We need to stop defining progress in materialistic terms. It always makes me laugh when I hear politicians talk about everything in terms of economic growth as if that's all that matters — that if we're not growing financially, we're failing — and if we don't build more houses, roads, railways, airports, shopping centers, and nuclear power stations, we'll slide into an abyss. They believe that if we don't keep investing, borrowing, and spending, the economy will wither, and if we don't keep updating our phones, cars, and gadgets, we'll be left behind.

This is the madness that has brought us to where we are now, so the solution is to end capitalism and the patriarchal, 3D structures that humanity has lived with for so long. Whether people like it or not, this is what's coming. I mention this because November has a very strong financial and material theme, and the tensions will be strong. It begins with a buildup of planets in Scorpio opposite Uranus in Taurus, the sign of money (and the environment). The north node, which represents our direction and the path we need to take, is also in Taurus and suggests that if we want to save the planet, we need to completely redefine our definition of progress. Saturn is in Aquarius, forming a hard angle to both these sets of planets and nodes, strongly indicating that the old structures are about to collapse even more.

Break Away from Old Patterns during the Uranian Eclipse



The tension will reach a height around the lunar eclipse on November 8, and at this point, we will be pushed to break old patterns and rigid structures and leap toward new ways of relating to money and dealing with the environmental crisis. Uranus — the planet of change and revolution — alongside the north node and eclipse, speak very strongly of a shakeup, and we can expect to hear much talk about the state of the world's finances, including recession, people struggling to afford basic necessities, companies going bust, and so on. If the people in charge continue to try to fix the problem in the same ways that they always have, then we will simply keep watching everything fall apart, which is the most likely scenario. However, what will become apparent around this eclipse is that the old ways aren't working anymore, and this applies to everything, not just the financial situation.

Wherever this Uranian eclipse falls in your chart will reveal the area of life that needs a shakeup. It shows the area that will pull you toward growth, but because of the square to Saturn, the tendency will be to try to cling on and make the old ways work. Watch out for this fear or reluctance. When there appears to be a sudden change or something falls apart and you feel some resistance to change, be brave and take a leap forward. You need to answer the call to adventure. We will all need to let go of something around this eclipse, and it's most likely something that has been feeling stagnant or limiting for some time.

The signs most likely to be affected by this eclipse are Taurus, Scorpio, and Aquarius, followed by Capricorn, Cancer, Leo, Virgo, and Gemini. Venus is on the periphery of the eclipse degree, so Libras may feel the ripples to a lesser extent. Aries folk, meanwhile, have their own battles to deal with, as Mars, their sign's ruling planet, turns retrograde on November 2, but more on this later.

The Birth Pangs of a New Reality

It's fair to say that the tensions around the eclipse could be very strong, indeed, but there is a solution that lies with Neptune as it makes a series of helpful aspects to all the planets involved in this alignment. Neptune governs the spiritual side of life; it is referred to as the higher octave of Venus, as it is less concerned with personal love and more aligned to universal love and compassion.

Neptune has no interest in materialism, seeking only to be at one with All That Is. It doesn't make plans but rather goes with the flow, surrendering to the mystery of life and the higher powers. So if we want to find our way through this eclipse — and through November itself — we need to step into Neptune's fluid dance and just trust that all is unfolding as it should be. We need to remember that if things are falling apart, it's probably because they need to for our spiritual growth.

Humanity is currently in the early stages of birthing a new reality, and the birth pangs could be pretty strong during November. We need to surrender to Neptune's flow and see where events take us while remembering the importance of kindness and compassion. In short, this eclipse asks you to answer the call of your soul.

It is perhaps no accident that Mars remains retrograde throughout the month, indicating a general lack of progress in the usual order of things. Trying to move forward in ways that the ego would approve, such as behaving with ruthless ambition, competing with others, impressing people, or trying to charge full steam ahead with a project, probably would not pay off since Mars will be asking us to rethink our notions of progress, success, and achievement. Mars will also square Neptune for much of the month, further adding to the wind being knocked out of our sails.

So what is the best way to handle Mars retrograde?

Usually the best way is to conserve our energy and be less driven toward action. People's motivation may drop this month, especially for the signs ruled by Mars: Aries and Scorpio, plus Gemini, the sign that Mars is moving through. These three signs especially need to slow down and perhaps consider what progress means and whether it's time to redefine it. As Mars goes retrograde through the heavens, it can show us where we have become fixated or obsessed and where we are overdoing something and need to detach somewhat. In short, Mars retrograde can teach us how to better utilize our energy, motivation, and passion and to redirect such things into more constructive channels.

As we head to the end of the month, Mars is still at odds with Neptune while Venus and Mercury move into opposition with Mars, forming a T-square. In the mutable signs, this could lead to a tendency to become scattered and ungrounded. If much of our efforts are self-motivated, they are likely to get nowhere and simply leave us feeling frazzled or discontented. We may also be prone to disappointment caused by unrealistic expectations.

If you find yourself feeling confused or let down around this time, consider whether you have allowed yourself to be deceived or whether you have succumbed to delusion. It is important to be clear and honest in all your dealings and acknowledge that any disappointment probably came about because you had unrealistic expectations. Keeping levelheaded and working toward being grounded will offset much of the discordance in this latter part of the month.

All in all, November is a challenging month. There will be much happening in the world, and for many of us, the events will affect our lives. But all adversity carries with it an opportunity, and November gives us the opportunity to forge a new direction in some area of our lives. This new direction will feel exciting, liberating, and more in line with our authentic selves, but it will require us to leave something behind. So if a new direction is calling to you, try to move toward it, no matter how uncertain it might feel. As the yogi master B. K. S. Iyengar once said, "We must grow or we begin to die. The status quo leads to stagnation and discontent. So just standing still isn't really an option. We have to move on. If not, disturbances will come."

November Weekly Forecasts



• **ARIES** (March 21–April 19) •

November 1–7: "Insight and enlightenment do not come from accumulation, but from simplification; not from getting but from giving up" (David Brazier). As the planets gather in your zone of transformation, it may become necessary to ask how you can

simplify your life. What can you let go of that will help you to grow? What do you need to give up so that you may gain in another way? Holding on to whatever seems to be slipping away is pointless now; you are in a phase of life in which change is necessary, and if it seems like you're not getting anywhere, it may be because you're



focusing your energies in the wrong direction. Pause for a moment, and strive to become more in tune with the needs of your inner self.

November 8–15: Prepare for transformation and change in your personal life or with material and financial matters, as the lunar eclipse on November 8 brings these areas to light. It may become obvious that something can't carry on as it has, so be prepared to let go of whatever isn't working for you anymore, and strive to break any old patterns that may be keeping you stuck. It may also be necessary to relinquish a certain amount of control, as it seems like fate might be orchestrating matters behind the scenes to bring about a necessary shift. Resistance, as they say, is futile, so go with the events taking shape in your world, knowing that there is a method behind the madness.

November 16–22: We all have a tendency to get cozy in the comfortable worlds that we've created for ourselves. We surround ourselves with possessions, gadgets, savings, investments, pension plans, jobs, and people who make us feel secure. But if we become too safe and life begins to stagnate, our inner selves will give us clues that we need to change. These clues include boredom, frustration, a sense of meaninglessness, and discontent. If any of these feelings have been evident, take it as a sign that your soul needs to experience something more and that, in some way, it is time to move on.

November 23–30: The intensity of recent times begins to give way to a lighter, more uplifting vibration as a new moon occurs in your zone of adventure. This is a perfect opportunity to move toward new possibilities and seek to expand your world in whatever ways you can. This may include going on a trip or an adventure, or it may mean trying out a new experience or studying a subject that expands your mind and introduces you to new landscapes. In short, this is a week to escape the humdrum and broaden your horizons, and in doing so, life should begin to take on a new meaning.



• TAURUS (April 20–May 20) •

November 1–7: These should be interesting times, as the planets gather in key areas of your chart, affecting your personal life, relationships, and direction. Whatever may be going on for you, it's important to remember that this isn't the time to keep things as they've always been. In fact, the more you can break with the status quo, the better. Uranus in your sign requires you to revolutionize your life, particularly in those areas that have become stagnant or have been preventing you from being yourself. The challenge now is to be yourself while maintaining healthy relationships with others.

November 8–15: This is a pivotal time for you as an electric lunar eclipse occurs in your sign on November 8,

suggesting the need for change and revolution. Perhaps it's time to break out of your mold or liberate yourself from something that has been restricting you. If you've allowed a situation to become too routine, you may experience a shakeup around this eclipse that will, in the long run, be for your greater good. Your relationships will also be featured now, and the opportunity may arise to turn over a new leaf in an existing relationship or begin a new one.

November 16–22: Oftentimes, relationships fail because we didn't give them enough attention. What we focus on grows and thrives, and conversely, what we neglect will wither and die. That being the case, if you find yourself in a wilting union or even in a relationship that is basically sound but in need of a little improvement, try giving it more attention. This may also be good advice for more or less every person you meet, for when you give your attention, some positive effect — whether you realize it or not — will take place. However, if you're the one suffering from lack of attention, you may need to reevaluate the union to see whether you can negotiate a better deal for yourself.

November 23–30: The new moon on November 23 brings a transformative feel to events, making this a good week to embrace the philosophy of out with the old, in with the new. In some way, you may be required to shed your old skin. Whether this is painful or easy depends on how willing you are to give birth to the new. Resistance would obviously be painful, but if you embrace the change of one state to another, it will make shifting situations much easier to navigate. Negotiation and heartfelt communication will work better than trying to force things, and toward the end of the week especially, it may help to consider the following: "When you show deep empathy toward others, their defensive energy goes down, and positive energy replaces it. That's when you can get more creative in solving problems" (Stephen Covey).



• GEMINI (May 21–June 20) •

November 1–7: The focus is on your health and well-being, making this a favorable time to weed out any unhealthy habits and implement positive, new ones. But perhaps the biggest key is your state of mind because the happier you are, the healthier you will be. So when it comes to weeding out those habits, look first to your mental and emotional patterns and those situations that bring you down and the people, places, and activities that make you feel good. With Mars now retrograde in your sign, it's also important to assess where you're going and where your motivation lies. Once you follow that which motivates you, everything else will fall into place.

November 8–15: The lunar eclipse on November 8

activates the area that reflects your inner self and may bring something to light that needs to come up. Whether that is comfortable or not depends on what you might have been suppressing or unaware of. Either way, expect something that has been hidden to emerge into conscious awareness. On the positive side, this could bode well for downloading important insights from your dreams and intuition or higher information from guides, angels, or other channeled sources. Some of what occurs this week could affect your health, so the best advice would be to not push yourself and rest when you need to.

November 16–22: This is generally a good time to be productive and work toward being more organized and on top of things. But with Mars remaining retrograde through your sign, you may not always feel like charging full steam ahead. In fact, this may be a time to think about your actions and where you direct your energies and whether this serves you well. Any frustration may be a clue that you're not directing your energies in the right places, but once you figure out what motivates you and follow that, any problems should quickly dissipate. Taking action may be the key. As Will Rogers said, "Even if you're on the right track, you'll get run over if you just sit there."

November 23–30: The new moon on November 23 brings changes and developments to your relationships, making this a good time to turn over a new leaf in your personal life. Communication and negotiation will be important now, and you can start the ball rolling by sharing how you feel. It's also important to listen to what the other person has to say, and the key is to ask for what you want while trying to accommodate the other's needs. Mars in your sign may ramp up your desire to be assertive, but it's important to try to make a situation work for you and others. Confusion may reign toward the end of the week, so this would not be a favorable time to take action or push your agenda. Take your cue from others and from what the world seems to be trying to tell you.



• **CANCER** (June 21–July 22) •

November 1–7: In a world that emphasizes work and productivity, it's sometimes difficult to give ourselves permission to relax and have fun. This week, as the planets stack up in your zone of authenticity, the needs of your inner child may be calling, so if you are open to trying something new or if the opportunity arises to let your hair down and do something enjoyable or creative, then it might be in your best interests to follow the fun.

November 8–15: The lunar eclipse on November 8 could bring changes to your social life. Perhaps the time has come to break any routine patterns related to friends, groups, or your involvement with the wider world. It may also be relevant to take the opportunity to

put your creative efforts out there and start expressing yourself in a way that feels more authentic. We all compromise ourselves at certain points in life, but this is one time when you need to assess whether compromising is for your greater good. Being true to yourself is key now.

November 16–22: If you were to build your life around enjoyment, what would you do? What changes would you make? The theme of being your authentic self and living in a state of joy continues, and although there might be moments of confusion or strange outbursts, this could be a clue as to what you're quietly discontented about. By making the decision to be more yourself and less of what others expect, you could find that any dark moods begin to disappear.

November 23–30: As the planets move into your health zone, the focus now has to be on your well-being and what you can do to improve your overall health, whether it's generating more energy or fixing something more severe. The new moon is your cue to change things for the better, and this is an ideal time to put healthy new habits and routines into place. Try to be conscious of any negative emotions or suppressed states grumbling away in the background, as these could affect your health more than you realize. Anger, resentment, fear, worry, grief, and guilt can all seriously impact a person's physical well-being, so examine your inner self as much as your physical in your quest for wellness, and take heed of William Londen's prescription: "To ensure good health: Eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life."



• **LEO** (July 23–August 22) •

November 1–7: There is a domestic flavor to life at present, and it may be beneficial to see what you can let go of related to your home or family life. This could include your ties to the past, including old patterns or roles that you've been playing that are outdated. Even as adults, we can still revert to childhood behaviors when we are with our families, but it is important now to move away from codependent ways of relating. Other than that, this is a good time to focus on the feng shui of your home, clear out what you don't need, and seek to make your space more beautiful.

November 8–15: The lunar eclipse on November 8 activates your career and direction in life, and you might witness a change that enables you to break free from old patterns and the past in general. This could mean a change in employment or direction or something is brought to light that gives you greater clarity as far as your future is concerned. Either way, the main thing is that you break from the past and put your focus on the future, which is where your opportunities lie. Whatever is gone is gone; it's time now to head toward the new.

November 16–22: There are times in life when we

November 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°)

November 1: Moon semisquare Neptune, Sun square Moon, Moon sesquiquadrate Mars, Moon square Venus, Moon semisquare Jupiter, Moon square Uranus, Moon conjunct Saturn

November 2: Moon semisextile Neptune, Moon trine Mars, Moon semisextile Pluto, Moon semisextile Jupiter, Sun sesquiquadrate Mars

November 3: Moon trine Mercury, Mercury sesquiquadrate Neptune, Sun trine Moon, Moon semisquare Pluto, Moon trine Venus, Venus sesquiquadrate Jupiter

November 4: Moon sextile Uranus, Moon semisextile Saturn, Moon conjunct Neptune, Moon sesquiquadrate Mercury, Moon square Mars, Moon sextile Pluto, Sun sesquiquadrate Moon, Moon conjunct Jupiter

November 5: Moon sesquiquadrate Venus, Mercury sesquiquadrate Mars, Moon semisquare Uranus, Moon semisquare Saturn, Moon quincunx Mercury, Venus opposite Uranus, Sun quincunx Moon

November 6: Moon semisextile Uranus, Moon quincunx Venus, Moon sextile Saturn, Moon semisextile Neptune, Sun sesquiquadrate Jupiter, Moon sextile Mars, Moon square Pluto

November 7: Moon semisextile Jupiter, Venus square Saturn, Mercury sesquiquadrate Jupiter, Moon semisquare Neptune

November 8: Moon semisquare Mars, Moon semisquare Jupiter, Moon opposite Mercury, Sun opposite Moon (lunar eclipse), Moon conjunct Uranus, Moon square Saturn, Sun conjunct Mercury, Moon opposite Venus, Moon sextile Neptune

November 9: Mercury opposite Uranus, Moon semisextile Mars, Moon trine Pluto, Sun opposite Uranus, Moon sextile Jupiter

November 10: Mercury square Saturn, Moon sesquiquadrate Pluto, Venus trine Neptune, Moon semisextile Uranus

November 11: Sun quincunx Moon, Moon trine Saturn, Moon quincunx Mercury, Sun square Saturn, Moon square Neptune, Moon quincunx Venus, Moon conjunct Mars, Moon quincunx Pluto, Venus quincunx Mars, Moon square Jupiter

November 12: Moon semisquare Uranus, Moon sesquiquadrate Saturn, Sun sesquiquadrate Moon, Moon sesquiquadrate Mercury, Mercury trine Neptune, Moon sesquiquadrate Venus

November 13: Venus sextile Pluto, Moon sextile Uranus, Moon quincunx Saturn, Mercury quincunx Mars, Sun trine Moon, Moon trine Neptune

November 14: Moon semisextile Mars, Moon trine Mercury, Moon opposite Pluto, Moon trine Venus, Moon trine Jupiter

November 15: Mercury sextile Pluto, Sun trine Neptune, Moon

sesquiquadrate Neptune, Moon semisquare Mars, Venus trine Jupiter, Moon sesquiquadrate Jupiter, Moon square Uranus

November 16: Sun quincunx Mars, Moon opposite Saturn, Moon quincunx Neptune, Moon sextile Mars, Sun square Moon, Mercury trine Jupiter, Moon quincunx Pluto, Moon quincunx Jupiter, Moon square Mercury

November 17: Moon square Venus, Moon sesquiquadrate Pluto

November 18: Moon trine Uranus, Moon quincunx Saturn, Moon opposite Neptune, Moon square Mars, Sun sextile Pluto

November 19: Moon trine Pluto, Sun sextile Moon, Moon opposite Jupiter, Moon sesquiquadrate Uranus, Mars square Neptune, Moon sextile Mercury, Moon sesquiquadrate Saturn, Moon sextile Venus

November 20: Sun semisquare Moon, Moon quincunx Uranus, Moon trine Saturn

November 21: Moon semisquare Mercury, Moon semisquare Venus, Moon trine Mars, Sun trine Jupiter, Moon quincunx Neptune, Moon square Pluto, Moon quincunx Jupiter, Sun semisextile Moon, Mercury conjunct Venus

November 22: Moon sesquiquadrate Mars, Moon semisextile Venus, Moon semisextile Mercury, Moon sesquiquadrate Neptune, Moon sesquiquadrate Jupiter, Moon opposite Uranus

November 23: Moon square Saturn, Moon quincunx Mars, Moon trine Neptune, Moon sextile Pluto, Moon trine Jupiter, Sun conjunct Moon

November 24: Moon conjunct Venus, Moon conjunct Mercury, Moon semisquare Pluto, Mercury semisquare Pluto, Moon quincunx Uranus

November 25: Moon sextile Saturn, Moon opposite Mars, Moon square Neptune, Venus semisquare Pluto, Moon semisextile Pluto, Moon square Jupiter, Moon sesquiquadrate Uranus

November 26: Sun semisextile Moon, Moon semisquare Saturn, Moon semisextile Venus, Moon semisextile Mercury, Moon trine Uranus

November 27: Moon semisextile Saturn, Sun semisquare Moon, Moon quincunx Mars, Moon sextile Neptune, Moon conjunct Pluto, Mercury quincunx Uranus, Moon sextile Jupiter, Moon semisquare Venus

November 28: Moon semisquare Mercury, Moon sesquiquadrate Mars, Sun sextile Moon, Moon semisquare Neptune, Mars trine Saturn, Moon semisquare Jupiter

November 29: Moon sextile Venus, Moon square Uranus, Venus quincunx Uranus, Moon sextile Mercury, Moon trine Mars, Moon conjunct Saturn, Moon semisextile Neptune, Moon semisextile Pluto, Mercury opposite Mars, Moon semisextile Jupiter

November 30: Mercury sextile Saturn, Sun square Moon, Moon semisquare Pluto

seem to have little power to act, and we just have to wait for circumstances to turn in our favor. Then there are times when it seems almost effortless to make the changes we want and move forward with ease. As Pluto forms a helpful aspect to the Sun, you should find that you have the ability to act effectively and make creative changes. This is a week in which you may realize that power comes from within, so it won't hurt to care less about what others think and draw deep on your inner confidence to start working on whatever needs rebuilding, whether that's you or something else.

November 23-30: "To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment" (Ralph Waldo Emerson). How well are you succeeding at being yourself? If there's room for improvement, then the new moon on November 23 will be a helpful influence, opening the door toward doing more of what you enjoy and less of what you don't. It will also set the scene to be more assertive when it comes to expressing yourself and following your heart. In the main, this new moon is perfect for initiating something new that feels like fun, and if it relates to children, creativity, or artistic expression, then so much the better.



• **VIRGO** (August 23–September 22) •

November 1-7: It's easier said than done to always think positively, especially in today's climate where there is so much to worry about. However, we can't escape the fact that our repeating thoughts then become beliefs that create the reality we experience. This being the case, is there a negative thought pattern that you can let go of? Can you talk yourself round toward a more proactive and positive attitude? Can you change a belief that you've outgrown? Try to observe yourself as you would another person, and see whether you can spot where there's room for improvement in your approach to life and others. In the main, this should be a positive week, but any negative results can probably be traced back to what goes on in your head.

November 8-15: We all get stuck in mental grooves; we all have belief systems that are rigidly fixed in place. If those beliefs and mental structures are shaken, we can begin to feel very uneasy, yet we often need to experience a breakdown to achieve a breakthrough. Therefore, don't fear any crazy elements this week, as a lunar eclipse conjoined with the unpredictable Uranus is likely to throw a wrench in the works as far as your perception of life is concerned. If you see the positive aspect of this eclipse, it would be that life presents you with a new way of seeing the world. The not-so-good side is that something or someone could challenge your beliefs. Either way, the result is the same: to catapult you out of your old paradigm and into a new one that opens up all kinds of possibilities.

November 16-22: This quote by Earl Nightingale encapsulates the magical process of positive thinking and the faith that produces miracles: "A great attitude does much more than turn on the lights in our worlds; it seems to magically connect us to all sorts of serendipitous opportunities that were somehow absent before the change." It is said that our attitude goes out before us and attracts corresponding events, people, and situations. When we have faith that all will turn out well, it usually does. When we are happy and radiant, we are more likely to find ourselves at the right place at the right time. Negative events can't touch us when we are in this state, as our frequency is too high to attract one. It should be easier this week to feel naturally buoyant, and this should, in turn, align you with positive results.

November 23-30: The new moon on November 23 invites you to turn over a new leaf in family and domestic matters. It may feel appropriate, for example, to change some aspect of your home or focus on creating a more soulful environment in which everyone can feel nurtured. Communicating and negotiating with family members can also work well now, as can starting afresh with a family member. New additions can be welcomed while saying goodbye to an element of the past could also be appropriate. At a fundamental level, this new moon is an opportunity to come home to yourself, especially if you've been feeling a little scattered. Taking time to nurture yourself (as well as those you care about) is the priority now.



• **LIBRA** (September 23–October 22) •

November 1-7: The focus is on your material life, and this is a time of opportunities for prosperity and abundance, especially if you can adjust your thinking to create more of what you need. It may help to let go of any attitudes and beliefs around scarcity and lack and replace them with a more empowered and creative approach to generating a successful financial situation. It may not always be easy though, as Saturn and Uranus form harsh angles to Venus, suggesting that it will, at times, be a challenge to keep your attitude upbeat. Meet any adversity with a proactive approach, knowing that patience, perseverance, and an ability to adapt to sudden changes will see you through.

November 8-15: An electrifying lunar eclipse on November 8 is likely to bring changes to your financial and personal life, and it may help you to let go of an old financial habit that may be holding you back. It certainly looks as though you need to break an old pattern where your finances are concerned, and perhaps the trick is to detach yourself from dependency on others. The same applies on an emotional level too, in the sense that relationships will benefit from a little detachment, especially if you've been embroiled in any relationship that has felt oppressive. Anyone or anything that has held you in



bondage can be released now, so cutting unhealthy ties is the way forward. In short, this eclipse could facilitate a sexual or psychological awakening, or you may experience a rebirth or change related to money. In any case, the key is to break free of the old order and move toward that which feels empowering even if it's uncomfortable.

November 16–22: “Life is a series of natural and spontaneous changes. Don’t resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like” (Lao Tzu). You may be beginning to realize that trying to control life is futile; sometimes fate has a plan that we didn’t anticipate, and the best thing we can do is to go with it. Whatever you’re witnessing in your world (or the world at large) at present, it may be wise to not resist the process because there is probably a deeper mechanism at play. Focus on getting your material world sorted as best you can: your job, money, home, possessions, or values. The most important thing now is to make sure that the way you live reflects your values and priorities. If you’re not sure exactly what your top values are, spend some time contemplating it. A good clue is to look at where you spend your money, as this will likely reveal your priorities in life. This may be a good time to see whether those values are healthy and support the needs of your soul.

November 23–30: There is a certain freedom in stepping out of judgment, and although it’s very difficult to do for any length of time, the new moon on November 23 should make it easier to turn a negative mindset into a positive one. It’s important under this new moon to remind yourself that thoughts are things; they go out into the world and influence the subtle energies around you and will, in time, create the reality that you come to know as yours. Therefore, if there’s anything that you don’t like about the reality you’re experiencing, use the energies of the new moon to wipe your mental slate clean and focus on creating a kind and loving attitude. Enjoy your interactions with others, show them that you care, give what you can, and be aware that any disappointment may have been brought about by unrealistic attitudes. This is a good time to face up to reality and perhaps drop your expectations.



• **SCORPIO** (October 23–November 21) •

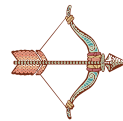
November 1–7: This is less a time to pour yourself out to others, especially if you’re heading toward exhaustion, and more a time to take care of your needs and decide what you require to further your progress. As the planets gather in your sign, it is important that you consider what is good for you and what isn’t. Try to eliminate anything that could be holding you back or sabotaging you. Conversely, as you become clearer about what replenishes your spirit, you can become more proactive in making sure that these

things form an important part of your life. This is a key phase for you, so take your cue from what you’re feeling. Pay attention to what the universe brings to your door or what it appears to take away. Letting go is key now.

November 8–15: With a lunar eclipse in your sign on November 8, this is a pivotal moment when you may experience a big change. It is important now to leave the past behind and step forward into something new. Your relationships are also featured now, and you may need to do things differently; perhaps you need to break a pattern or set yourself free of a tie that is limiting you. Ultimately, this is a time to focus on what you need for your greater good and be bold in your next steps.

November 16–22: We can’t succeed at everything; sometimes we have to meet with failure, discouragement, or disappointment. Although we all prefer the feeling of victory, loss can have its own important lessons, and this week as Mars remains retrograde through your zone of transformation and squares Neptune, you may not feel quite as in control as you would like. However, if you are able to embrace whatever the universe has in store for you, knowing that it’s all part of the greater plan, you’ll be able to meet this week’s challenges with greater equanimity and an acceptance that all is happening just as it should be. When you make it through to the other side, you will be stronger and wiser for it.

November 23–30: It should be easier this week to take constructive action and make some kind of progress, especially in your material world where a new moon will support positive financial developments. Turning over a new leaf financially and taking action to improve your material affairs is favorable right now, making this a positive time to push forward and be as productive as you can. In fact, if other areas of your life are frustrating, turning your attention to practical and financial affairs will be the better use of your energy. When you realize that this is an area of your life that is more under your control than you might think, the following quote may have relevance for you: “In life, you don’t get what you deserve; you get what you negotiate” (Chester L. Karrass).



• **SAGITTARIUS** (November 22–December 21) •

November 1–7: It is likely that something is drawing to a close, whether it’s a feeling of completion or something that’s actually leaving your life. Either way, this is a time in which endings are more likely to be apparent, and it will help the process if you can clear a space to prepare for new things that will come in time. If your energies are low, then make sure you get the rest you need; otherwise, the eclipse next week could be tricky, as it will affect your health and well-being. Taking care now will help to offset any problems further down the line. Also keep an eye on your personal life, as passions of one kind or another, such as anger, conflict, or

obsession, could be draining. Try to be conscious of what you are doing; otherwise, you might experience conflict.

November 8–15: If you stretch yourself too far, something may snap. So be mindful of your energy levels and rate of activity around the lunar eclipse on November 8. This could be a difficult moment, as the energies are very tense, but it is likely that something will happen to resolve any impasse or problem that you've been faced with. The key areas are your health, work, and daily life, and you may need to let go of something that has outlived its purpose to improve matters. As far as your health and work are concerned, making a change would be advisable, as doing things the way you've always done them is unlikely to work. As the old saying goes, the definition of insanity is trying to get a different result by doing the same thing over and over again. Therefore, try something different: Take a fresh approach, adopt a new way of thinking, or try something new on for size to see whether that helps.

November 16–22: "Every time you don't follow your inner guidance, you feel a loss of energy, loss of power, a sense of spiritual deadness" (Shakti Gawain). What is your inner guidance currently saying to you? What are the messages in your dreams, the little synchronicities in the outside world, or the feelings deep down inside? Do you need closure for something so that you can move on? Is your body asking you to rest, or is your soul calling for time spent in quiet contemplation? This is a week when the inner will be more important than the outer, so watch what is going on, and take your cue accordingly.

November 23–30: This is a week to focus on new beginnings as a new moon lands in your sign on November 23. Mercury and Venus are also in your sign, making this a great time to enjoy yourself and make a positive impression on others. Now is the time when you can leave the past behind and move forward with a spring in your step. To make the most of the auspicious planetary influences, try to have something new formulating in your life, such as an idea, a project, or a fresh, positive attitude. Circumstances should be favorable for making progress, so think about what you need to do to replenish your spirit and improve your life, and then take the necessary action.



• **CAPRICORN** (December 22–January 19) •

November 1–7: Help has a tendency of arriving just when you need it, but if you insist on trying to do everything yourself, you might make your life harder than it needs to be. The current planetary alignment favors joining forces with others in a mutual flow of giving and receiving without expectation or demand, and the more you can connect with others, the easier and more fulfilling your situation will be. There may, however, be something you need to let go of relating

to a friend, group, or organization. While it's important to make a difference to your community or within society, it has to also feel like a joyful experience, especially as we move further into the ascension. So if it doesn't feel like joy, it might be time to switch your focus to that which elevates your heart and soul.

November 8–15: "To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment" (Ralph Waldo Emerson). If you are not currently being completely yourself — and let's face it: Most of us compromise ourselves to a certain extent — then the lunar eclipse on November 8 might bring up an element of discomfort or a challenging situation. Therefore, it's important to observe what goes on in the days surrounding November 8, as life could be giving you clues as to what might need to change for you to live more authentically. Do you need to express your feelings more or stop putting up with something that you don't like? Do you need to drop a role that is limiting you or take a step toward that which is calling to your heart? Either way, it's time to break an old pattern that might be stopping you from fully being your true self.

November 16–22: It doesn't matter if your dream is large, small, short term, or long term, this week sees you in the driver's seat, making you much more effective in bringing to fruition anything that you want to manifest. Some sort of a plan may be helpful, as will a method, persistence, and a structured, patient approach. You should find that you have the energy to do whatever needs to be done, thus ensuring that this is a week in which some kind of progress can be made.

November 23–30: The new moon on November 23 invites you to bring closure to a matter that may have been weighing on you for some time, or it may simply facilitate a letting go of something that belongs in the past. Either way, this is a gentle and soulful new moon, and you will find it easier to tap into your inner guidance and sense the best way forward. This may mean that you have a greater propensity to remember your dreams, find it easier to meditate, or simply know the answer to any burning question. Your connections with your higher self, guides, and angelic beings will also be stronger, making this a perfect week to ask for what you want, knowing that you will, indeed, receive.



• **AQUARIUS** (January 20–February 18) •

November 1–7: As the planets gather in your success zone ahead of next week's eclipse, you are in a position to take a step toward achieving something. This could be work related, such as a project, opportunity, or promotion, or it could be a positive movement in the direction of your life, but what matters is that whatever it is that you do or move toward is something that fills you with joy. Therefore, this is



an opportune time to let go of whatever doesn't bring you joy so that you can better identify and manifest that which does.

November 8–15: This may not be the easiest time you've ever had, and the eclipse on November 8 could trigger developments with your home and family that could then affect your direction. This could be a key moment for you as tense, powerful planetary energies influence key areas of your life, making this a time to embrace change because it would seem that to move on, you have to cut yourself free from the past. If you feel caught between a rock and a hard place, try to keep in mind that you're in a phase of life in which you need to strike a balance between working within your limits and breaking old patterns that have kept you stuck. If you can, focus on your purpose in life and your future. Where you are going is now more important than where you've been, and if a new direction is opening up, embrace it, even if it feels uncertain.

November 16–22: "Courage starts with showing up and letting ourselves be seen" (Brene Brown). Hiding your light under a bushel doesn't serve anyone; it deprives you of fulfillment and others of your gifts and energy. While there may still be tensions in your life, this is a time to let yourself shine, put yourself forward, or step up to a challenge. Saturn's trine to Mars suggests that if you're willing to put the effort in, you will be successful. At the very least, check to see whether your life is heading in the direction you want and that you're making sufficient progress. The key, once again, is to focus on your future, not the past.

November 23–30: The new moon in your social zone on November 23 puts the emphasis on your life out there with friends, groups, interactions, and your participation within society, making this a great time to get more involved. Positive developments with friends could occur now, as could new interactions, while involvements with groups and organizations are also favorable. In short, this is a time in which you need to join forces with others and attempt in some way, whether large or small, to make a difference to the world in which you live.



• **PISCES** (February 19–March 20) •

November 1–7: November begins with an optimistic and expansive set of energies, making this the time to explore possibilities and to see how much you can push out of your comfort zone. This is a good time for an adventure, whether physical or mental, and to consider that which you might previously have thought to be off limits. So replace any old negative mantras with a more adventurous state of mind in which all things become possible, and then you can shape your reality how you'd like it.

November 8–15: Whether we are successful or not

is largely due to our mindset and whether we approach our challenges and desires with a positive attitude or a defeatist one. We have all observed times when people gave up before they even began, so the result was failure. Conversely, we may have watched people who won against all odds because they believed in themselves and didn't give up. Given that you now currently have a fair amount of luck on your side in the form of Jupiter in your sign, all you really need to succeed is to believe. This week's lunar eclipse challenges you to let go of old limiting beliefs, and as you do so, you should find that the world becomes your oyster.

November 16–22: As Jupiter travels back through your sign, making a string of helpful aspects with other planets, you are in as favorable a position as is possible, so make good use of the positive climate by pushing forward with whatever has meaning and importance for you. The focus is on expansion: to become more of yourself and enlarge your perception of what you're capable of. Take your inspiration from the following quote: "You must go after your wish. As soon as you start to pursue a dream, your life wakes up and everything has meaning" (Barbara Sher).

November 23–30: With a new moon in your success zone on November 23, this is a perfect opportunity to move forward with an ambition, a work-related goal, or your direction. This is a new moon that casts a rosy glow over your future, making it the ideal time to put the past behind you and to move toward whatever has meaning for you. The only fly in the ointment is an awkward alignment toward the end of the week when you might find it difficult to make progress, perhaps experiencing some kind of failure, disappointment, or frustrating set of circumstances. Don't take this too seriously though, for it is only a temporary blip, and in the main, the planetary climate is very favorable for you. Try to approach the end of the week with a flexible "c'est la vie" attitude in which you can flow with whatever happens. It may also help to not get distracted; keep your focus on where you want to be and what you want to achieve.

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December Monthly Forecasts



• ARIES (March 21–April 19) •

People tend to feel frustrated when life doesn't go the way they want it to: the queue doesn't move fast enough, the train doesn't come on time, the waiter gets your order wrong, your partner doesn't respond the way you want her or him to. Every day is full of potential frustrations, and if you want to make it through December — and the full moon, in particular, around December 8 — without losing your equilibrium, you will need to adopt an attitude of acceptance. Remind yourself that things are the way they are for a reason, and if events are not currently going your way, the tide will turn in your favor very soon. In fact, once Jupiter arrives back in your sign on December 21, your spirits will lift, opportunities will emerge, and lady luck will once again be on your side. This pretty much guarantees you a merry Christmas and a promising start to the new year.

Meanwhile, the new moon on December 23 carries the promise of successful ventures and general progress with your direction in life. It won't hurt to set your intentions for the kind of future you wish to manifest and to realize that a little charming negotiation goes a long way toward opening doors.

Your year should end with a sense that things are moving forward and that promising opportunities lie ahead. As 2023 approaches, your quest is to create a life with greater meaning and purpose than perhaps what you were experiencing before, which could require a bit of courage and daring. As Barbara Sher said, "You must go after your wish. As soon as you start to pursue a dream, your life wakes up and everything has meaning."



• TAURUS (April 20–May 20) •

December carries the need for empowerment, whether financial or personal, and the full moon on December 8 is likely to bring this theme to the fore. Perhaps you need to take more decisive action where money is concerned, or perhaps you need to assert yourself within your job. Maybe you need to be bold and ask for a raise or a loan, or you need to not depend on others, financially or emotionally. All this could be difficult, as Mars is currently moving backward through your money zone, making it more difficult to take action in these areas.

Meanwhile, Neptune's square to the full moon could create a confusing atmosphere, making it difficult to know which option to take. As the month progresses, though, and the planets gradually move into a supporting area, you will find it easier to lift yourself out of any dark patch and into a lighter and more optimistic, confident, and adventurous mindset.

The new moon especially, on December 21, is your cue to set your intentions for a more positive future, as this new moon encourages you to believe in six impossible things before breakfast. At this point, it will benefit you to think about what gives you a sense of meaning and focus on that, because 2023 will contain many opportunities and the potential for new beginnings. Therefore, it's important, as you reach the end of 2022, to have some destination in your sights and begin, in your mind at least, to sail toward it. As Andre Gide said, "In order to discover new oceans, man must have the courage to lose sight of the shore."



• GEMINI (May 21–June 20) •

With Mars in your sign, you might be feeling the need to get things done and achieve a goal or personal desire. But as Mars is currently moving backward, progress might not always be plain sailing, and you might have to pause and take stock every so often or simply deal with frustrations and impediments. The full moon on December 8 could be especially tricky, so try not to push forward too much around this time, as that could just lead to frustration. The best use of this retrograde Mars would be to become more conscious about your energy and how you use it. Are you channeling it in the right direction? Do you have a healthy goal or desire? Are you making progress, on the whole, and what does progress mean to you? Can you be wiser in your use of energy by conserving it when necessary? We tend to become more aware of our passionate impulses when Mars retrogrades through our sign, so whatever hot emotions come to the surface now, especially around December 8, can be clues to what needs addressing and where you need to channel your energy.

As the month progresses, you might feel like you're swimming against the tide if you try to do too much, because the buildup of planets in your rebirth zone encourages a more introspective approach. In addition, the new moon on December 23 is your cue to delve deep within your psyche and honor its messages. Carl Jung once said, "You are a slave to what you need in your soul." As you reach the end of the year, there might be no getting away from the growing realization that something needs to change. Think of yourself as a snake needing to shed its skin, and embrace the process of rejuvenation.



• CANCER (June 21–July 22) •

The focus during December is on health, well-being, and work, and since Mars is retrograding through one of your weaker areas, any sign of fatigue needs to be addressed through rest and

December 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°)

December 1: Moon sextile Uranus, Venus opposite Mars, Moon square Mars, Moon square Venus, Moon semisextile Saturn, Moon square Mercury, Moon conjunct Neptune, Moon sextile Pluto

December 2: Mercury square Neptune, Moon conjunct Jupiter, Venus sextile Saturn, Moon semisquare Uranus, Moon semisquare Saturn

December 3: Sun trine Moon, Moon semisextile Uranus, Moon sextile Mars, Moon sextile Saturn, Moon trine Venus, Moon semisextile Neptune

December 4: Sun semisquare Pluto, Moon trine Mercury, Moon square Pluto, Sun sesquiquadrate Moon, Venus square Neptune, Moon semisextile Jupiter, Moon semisquare Mars, Mercury semisextile Pluto

December 5: Moon semisquare Neptune, Moon sesquiquadrate Venus, Moon sesquiquadrate Mercury, Sun quincunx Moon, Moon semisquare Jupiter, Moon conjunct Uranus, Moon semisextile Mars

December 6: Moon square Saturn, Moon sextile Neptune, Mercury square Jupiter, Moon quincunx Venus, Moon trine Pluto, Moon sextile Jupiter, Moon quincunx Mercury

December 7: Mercury sesquiquadrate Uranus, Venus semisextile Pluto, Moon sesquiquadrate Pluto, Sun quincunx Uranus

December 8: Moon semisextile Uranus, Sun opposite Moon, Moon conjunct Mars, Sun opposite Mars, Moon trine Saturn, Moon square Neptune

December 9: Moon quincunx Pluto, Mars semisextile Uranus, Moon opposite Venus, Moon square Jupiter, Moon semisquare Uranus, Venus square Jupiter, Moon opposite Mercury, Moon sesquiquadrate Saturn

December 10: Moon semisextile Mars, Moon sextile Uranus, Mercury semisquare Saturn, Venus sesquiquadrate Uranus, Sun quincunx Moon

December 11: Moon quincunx Saturn, Moon trine Neptune, Moon opposite Pluto, Moon trine Jupiter, Moon semisquare Mars

December 12: Moon quincunx Venus, Sun sesquiquadrate Moon, Moon sesquiquadrate Neptune, Moon quincunx Mercury, Sun sextile Saturn

December 13: Moon sextile Mars, Moon sesquiquadrate Jupiter, Moon square Uranus, Moon sesquiquadrate Venus, Moon opposite Saturn, Sun trine Moon, Moon quincunx Neptune, Moon sesquiquadrate Mercury

December 14: Moon quincunx Pluto, Moon quincunx Jupiter, Sun square Neptune, Venus semisquare Saturn, Moon trine Venus

December 15: Moon sesquiquadrate Pluto, Moon trine Mercury, Moon square Mars, Moon trine Uranus

December 16: Moon quincunx Saturn, Mercury quincunx Mars, Moon opposite Neptune, Sun square Moon, Moon trine Pluto, Moon opposite Jupiter, Moon sesquiquadrate Uranus

December 17: Moon sesquiquadrate Saturn, Moon square Venus, Moon trine Mars, Mercury trine Uranus

December 18: Moon quincunx Uranus, Moon square Mercury, Moon trine Saturn, Moon quincunx Neptune, Sun sextile Moon, Mars sesquiquadrate Pluto, Moon square Pluto, Moon sesquiquadrate Mars

December 19: Moon quincunx Jupiter, Sun semisextile Pluto, Moon sesquiquadrate Neptune, Venus quincunx Mars

December 20: Moon quincunx Mars, Moon sextile Venus, Sun semisquare Moon, Moon sesquiquadrate Jupiter, Moon opposite Uranus, Moon sextile Mercury, Moon square Saturn, Moon trine Neptune

December 21: Moon sextile Pluto, Moon semisquare Venus, Sun semisextile Moon, Moon trine Jupiter, Moon semisquare Mercury

December 22: Sun square Jupiter, Moon opposite Mars, Moon semisquare Pluto, Sun sesquiquadrate Uranus, Moon semisextile Venus, Moon quincunx Uranus, Venus trine Uranus, Moon semisextile Mercury, Moon sextile Saturn, Moon square Neptune

December 23: Moon semisextile Pluto, Moon square Jupiter, Moon sesquiquadrate Uranus, Sun conjunct Moon, Mercury semisextile Saturn, Moon semisquare Saturn

December 24: Jupiter semisquare Uranus, Moon quincunx Mars, Moon trine Uranus, Moon conjunct Venus, Moon semisextile Saturn, Moon conjunct Mercury, Moon sextile Neptune

December 25: Moon sesquiquadrate Mars, Mercury sextile Neptune, Moon conjunct Pluto, Moon sextile Jupiter, Sun semisextile Moon, Moon semisquare Neptune, Moon trine Mars

December 26: Moon square Uranus, Moon semisquare Jupiter, Sun semisquare Moon, Moon semisextile Venus, Moon conjunct Saturn, Moon semisextile Neptune, Moon semisextile Mercury

December 27: Moon semisextile Pluto, Moon semisextile Jupiter, Venus semisextile Saturn, Sun sextile Moon, Moon semisquare Venus, Moon semisquare Mercury

December 28: Moon square Mars, Moon semisquare Pluto, Venus sextile Neptune, Moon sextile Uranus, Moon semisextile Saturn, Sun semisquare Saturn, Moon conjunct Neptune, Moon sextile Venus

December 29: Moon sextile Mercury, Moon sextile Pluto, Moon semisquare Uranus, Moon conjunct Jupiter, Mercury conjunct Venus, Venus sesquiquadrate Mars, Moon semisquare Saturn

December 30: Sun square Moon, Moon sextile Mars, Moon semisextile Uranus, Sun quincunx Mars

December 31: Moon sextile Saturn, Moon semisextile Neptune, Moon square Mercury, Moon semisquare Mars, Moon square Venus, Moon square Pluto, Moon semisextile Jupiter

recuperation. This might not be easy in the run up to the holiday season, but if you don't make time for rest and quiet during this hectic period, your health could suffer. You might notice a drop in energy around the full moon on December 8, or you could experience an emotional outburst that shows something deep needs to be acknowledged.

Having said that, December is, on the whole, a month in which you can get much done and take care of things that have been building up. It's a great month to get organized, get on top of things, and enjoy being of service to others. In fact, work could be particularly satisfying now and is perhaps best summed up in the following quote from Karl Reiland: "In about the same degree as you are helpful, you will be happy."

As you move toward Christmas and New Year's, the energies shift toward relationships, and the new moon on December 23 bodes especially well for enjoying a new connection. You enter 2023 under this relationship vibe, so it might be useful to consider what you want from your relationships and how you can improve them. The good news is that if things have been difficult in your personal life, the year ends with much hope and a shift in dynamics, which can bring greater love and affection to your door.



• LEO (July 23–August 22) •

The energies through December support fun and enjoyment for you, so December has much to offer. There might be a blip around the full moon on December 8, but this can be addressed by adopting a more adaptable approach and not insisting that things go a certain way. In fact, this could be good advice throughout the month as the Sun forms a hard angle to Neptune, which could bring a certain amount of confusion or uncertainty. Trying not to force things is important, and being open to spontaneity could unleash some surprisingly joyful opportunities. It's easy to get stressed in the run up to Christmas, but if you adopt a more laid-back "what will be, will be" attitude, you will find this has the potential to be a fun time.

Why not get creative and make something festive, whether it's a decoration for the tree or a homemade gift? Focusing on fun and creativity rather than on what you have to do is the key, and any disappointments or failures can show you what isn't working or what's not right for you. The goal at this moment is to be true to yourself, and when you do that, it's impossible to meet with failure.

The new moon on December 23 offers the chance to improve your health or work situation, and whatever intentions or choices you make at this point will go with you into 2023, so choose wisely. A new direction could be in store for the new year, so it's important that you

are well placed to move forward by being strong in vital energy and that your body, mind, and soul are in perfect alignment. As the old Arabian proverb goes: "He who has health, has hope; and he who has hope, has everything."



• VIRGO (August 23–September 22) •

While December is usually a month to snuggle up at home and enjoy the warmth of family, it might also be appropriate to reassess your current direction in the outside world. Are you happy where you're going and with work in general, or have you had a drop in motivation? The end of the year is a good time to consider how you can get back on track or whether you want to be on a particular track at all. If things feel a little confusing or you feel a sense of frustration with your career and direction, it might help to step back and not stress about the answers that are more likely to appear when you make the intention to come home to yourself. Sometimes we can be away from our true selves so long that we forget who we are and what we really want, or we get worn out from life's demands and simply need to replenish our spirits.

As the year draws to a close and the planets shift into a very supportive area, it will be easier to get back in touch with yourself and hear the whispers of your heart. As you stand on the edge of 2023, perhaps what matters most is not how well you're doing materially but whether what you're doing feels truly meaningful. If it doesn't, then the good news is that 2023 will see you moving into a more meaningful adventure.



• LIBRA (September 23–October 22) •

"The greatest thing a human soul ever does in this world is to see something and tell what it saw in a plain way." This quote by John Ruskin gives you a clue that you need to communicate with honesty this month. For example, if you see a possibility, express it. If you see trouble ahead, gently impart your warning. If you see beauty, capture it through artistic means. If you have an idea or intuition, share it with others. The point is to not keep things to yourself but to enjoy the process of communication and increase your interactions with friends, neighbors, relatives, and other associates. As you do, you will find that your relationships improve, which in turn will facilitate a more optimistic and buoyant mindset.

This should all ensure a happy run up to Christmas, at which point the planets move into your domestic zone, setting the scene for a very warm and cozy holiday. December 23 is ideal for creating new intentions where your home, family, and past are concerned, and as you reach the end of the year, it would be in your best interests to finally let go of issues from the past so that you can step into 2023 unencumbered by emotional baggage.

Your relationships also look very favorable, as Jupiter re-enters your partnership zone on December 21 and stays there well into 2023. New beginnings and growth are highlighted for your personal life, and as the year draws to a close, you can look forward to bigger adventures with a significant other and perhaps learn a lot more about yourself in the process.



• **SCORPIO** (October 23–November 21) •

A strong financial theme runs through much of December for you, and there could well be a turning point around December 8 under the full moon. Perhaps you haven't been feeling as abundant or as financially empowered as you would like. If so, now is the time to make changes. The same could apply to your emotional and personal life. If it seems that someone else has all the power, can you do something to level the playing field? If someone has a hold over you, now is the time to try to break it. The key is to realize that you are enough as you are; you don't need anyone or anything outside of yourself. By cultivating a feeling of internal abundance — giving thanks for all that you have and focusing more on the good things in your life — you will steadily attract more of the same and find yourself growing stronger as a result. Much of the time, we feel weak because we think we're not enough or don't have enough. This full moon challenges you to think differently and break disempowering patterns.

The mood lightens considerably closer to Christmas, and the new moon on December 23 will be a great boost to your mental outlook, enabling you to see the glass as half full. This should set you up for a very positive Christmas and New Year's. As you get ready to begin 2023, it might help to remind yourself that thoughts are things and they determine your corresponding reality. As you say goodbye to 2023 — which might not have been the easiest year you've ever had — remember that "Attitude, not aptitude, determines altitude" (Zig Ziglar).



• **SAGITTARIUS** (November 22–December 21) •

With the Sun and Venus in your sign, December should get off to a pleasant start with the focus on personal matters and opportunities to recharge your batteries. Pleasurable events should be high on your list of priorities now, so make the most of the good times, as these will replenish any depleted spirits from the events of the year. You will need to be mindful of what's going on around the full moon on December 8, as this could be a time when arguments and conflicts emerge in which either you or someone else has an emotional outburst. While this conflict should be short-lived, it could indicate a problem needing closer inspection. This might not be the happiest time as far as your relationships are concerned. It might help to

focus on working with people rather than against them and to refuse to be drawn into conflicts.

As the month progresses, your material world takes on more importance, and the new moon on December 23 is perfect for starting something new that has financial undertones. This is a great time to negotiate a better deal, generate more income, or adopt an attitude of gratitude and abundance. It's easy to get caught up in a scarcity mindset, but when we remember the universal laws and focus on giving rather than getting or by being grateful for everything that we have, we set up an energy field that protects us from loss and invites more good things. Make this your focus as you enter 2023, and remember that, "Wealth consists not in having great possessions, but in having few wants" (Epictetus).



• **CAPRICORN** (December 22–January 19) •

"The more you trust your intuition, the more empowered you become, the stronger you become, and the happier you become" (Gisele Bündchen). Is your intuition telling you to rest? Is it pulling you toward a little quiet time? Is it sending you a feeling that something isn't right or, conversely, that something feels good? Might your intuition be communicating with you through a dream you had, an overheard snippet of conversation, or a song on the radio? While December likely has many demands on your time and energy, it could be a mistake to ignore the subtle cues coming your way with important messages. The full moon on December 8 could be a particular time when it's important to listen to what the universe is telling you. If the message is to slow down, do so. If the signs point to taking a particular course of action, do that. Don't bow to the pressures of the holiday season if doing what you feel is right for you seems more important.

This philosophy will put you in a perfect position for Christmas and the close of the year when planets move into Capricorn, signaling a new chapter. The new moon on December 23 falls in your sign, as does Mercury, Venus, and Pluto, making this a time when you can begin to take more control over your situations and shape things the way you want them. As the year draws to a close, it might be wise to think about what you want from the year ahead and to set your intentions while allowing your intuition to be the guiding force.



• **AQUARIUS** (January 20–February 18) •

One of the joys of December and the holiday season is the social element. Much fun and pleasure can be had by spending time with friends and loved ones and attending social gatherings, sharing food, giving gifts, and so on. It's good news for you, then, that the Sun and Venus are resident in your social zone for much of the month. If the pressures and stresses of



the season start to take hold, you might need to remind yourself what it's really about. As Alek Wek said, "The most beautiful things are not associated with money; they are memories and moments. If you don't celebrate those, they can pass you by." Maybe the (happy) challenge for you this month is to create memories and not stress about stuff that doesn't really matter.

By the time you get to the new moon on December 23, you will be ready for a rest, so take time over the Christmas holidays to unwind and come home to yourself. From this point on, the planets will be gathering in your zone of rest and reflection, so it might be beneficial to look back over the past year and assess how well you have managed to live your life. In this sense, your sign is most in sync now, since the close of the year should be a time of reflection and quiet. You will feel naturally drawn to do this.

Reflecting and resting will put you in a strong position to enter the new year, which will be a very important time for you. Pluto is poised to enter your sign, which will undoubtedly signal the beginning of some big, transformative changes, so preparing yourself inwardly for this powerful era ahead will be time well spent. Perhaps the best thing you can do now is to let go — or prepare to let go — of anything that has outlived its purpose and to consider what it means to be a person of power and potency.



• PISCES (February 19–March 20) •

The final month of the year looks to be rather auspicious for you, as the Sun and Venus align at the top of your chart. This could translate

as a feeling of success and accomplishment, of things coming together, or a feeling that you are moving forward with relative ease and enjoyment. Whatever the circumstance, this is a time to focus on the future and enjoy pursuing your goals and ambitions. You could also experience a lucky or fortunate event, and anything you set in motion should be blessed with auspicious vibrations. The only blip might be around the full moon on December 8, which is a tricky one anyway, but for you it could signal a conflict or difficulty with your home life or family matters. It could also simply be a strange mood that comes over you or a bout of irritability that most likely stems from an unresolved issue.

Mars retrograding through your domestic zone could bring up issues from the past, and it's around the full moon that you're likely to notice it more. Don't spend too much time dwelling on this; simply allow whatever feelings you experience to move through you and do what you need to do to resolve any conflicts or problems. Then you can get on with the business of enjoying the holiday season, which for you looks set to be a lot of fun: The planets align in your social zone, bringing opportunities to connect with others and experience the joys of friendship.

The new moon on December 23 is especially favorable for enjoying social occasions and changing how you connect with the wider world. This is how your year ends, with a focus on connection and participation, as you realize that shared experiences are better than isolation and that friendship is a key component of a happy life. Howard Thurman said, "There are two questions we have to ask ourselves. The first is 'Where am I going?' and the second is 'Who will go with me?'"

Sun-Sign Forecasts for 2023

Aries

What we really want to do is what we are really meant to do. When we do what we are meant to do, money comes to us, doors open for us, we feel useful, and the work we do feels like play to us.

— Julia Cameron

The main focus in 2023 will be on your material life, and that includes your job, money, possessions, and all the things you value. There might be opportunities for growth and change in these areas, so rather than sticking with the status quo or playing it too safe, it would be advisable to change course or break a long-standing pattern. When Jupiter enters your money zone in May, any difficulties or uncertainties might be eased, and you could find yourself on the receiving end of the universe's benevolence with a raise in income, a job change, or a switch in roles that feels more satisfying and meaningful. If you have ideas on how to generate more cash, then

follow them because financial fortune will be in your favor from spring onward.

The trick is to be bold and courageous and make sure that your life begins to more accurately reflect your truest values. If it does, then this year should be relatively plain sailing with some positive developments that seem to come effortlessly. However, if you have been compromising your well-being or happiness for the sake of financial security (or any other type of security for that matter), this is the year in which a growing sense of dissatisfaction will become too difficult to ignore.

In the main though, 2023 bodes very well for your finances and material world. With a little bit of ingenuity and a willingness to let go of a chapter of your life that is done, you should find that you can easily get more of what you want. Just try to make sure that what you think you want is in line with what your soul wants. If you can do that, you should end 2023 with a much greater feeling

of alignment and the knowledge that you are growing as a person.

Taurus

Magic is believing in yourself; if you can do that, you can make anything happen.

— Johann Wolfgang von Goethe

This is a year of great opportunity for you. The question is: Will you grasp your opportunities or sit back and take the easier option? Uranus in your sign for the past four years has been encouraging you to break out of any limiting and restrictive situations, whether that was in your work or personal life. Uranus is still exerting a strong influence, and this may mean that at times you feel a little unsettled as though your feet are not quite on solid ground. You may at times feel wired, agitated, and restless without really knowing why. The answer is likely to be because Uranus calls for change, but this year it becomes so much easier as Jupiter — the planet of good fortune and opportunity — arrives in your sign in May and stays for the following twelve months. This is your call to adventure, an invitation to do more than you have previously done. Because Jupiter governs confidence and optimism, it will be much easier to believe in yourself. This should bring opportunities to your door.

Meanwhile, Pluto's entry into Aquarius in March signals a shift in your place of power within the world. Therefore, 2023 could see the beginnings of you becoming more of an influence, particularly in the professional sphere. This year marks the beginning of a turning point in your life when you can get clear about your life goals and take the first steps toward putting them into action. All in all, 2023 asks you to step up to the plate, let yourself be seen, and believe that you're capable of anything that you can imagine yourself doing.

Gemini

We have forgotten the age-old fact that God speaks chiefly through dreams and visions.

— Carl Jung

If you were to look back over the past fourteen years, you might be inclined to class your life during this period as intense and introspective or rather dark and dramatic. Pluto's long journey through your zone of transformation may at times have felt as if you were taken into the underworld and put through the emotional wringer, the purpose of which would have been to change you in a profound way. The good news is that this deep, dark journey is now pretty much done, and in 2023, you can emerge to the topside world and embrace more of the joys that life has to offer.

If Pluto's shift into Aquarius signals an end to your

personal dark time, then Saturn's entry into the career and direction area of your chart suggests a year in which you will be called to greater responsibility in your work or some other capacity. If you have goals and ambitions, Saturn's influence suggests that patience, hard work, and perseverance will see you through to a successful outcome, but you will need to put in the effort.

This might be a year with less of a personal focus than previous years and more of a year that sees you directing your energies toward your future and your work. This year also has a distinctly spiritual flavor, as Jupiter joins Uranus in your zone of soul and contemplation in May. At this point, you will benefit from taking time out of the hectic world to be with yourself and your inner needs. Making time for inner activities, such as meditation, prayer, dream work, art, self-analysis, or whatever your soul pulls you toward will be vital in keeping you healthy, as the more you can be in touch with the needs of your psyche, the more likely you are to avoid life's pitfalls and find yourself in the right place at the right time. Therefore, trusting your instincts and following your inner feelings are paramount this year, and you will find that when you get quiet and listen — whether it's listening to your dreams or the signs from the universe — you will hear the quiet whispers of your soul directing you toward manifesting your heaven on Earth.

Cancer

You can have everything in life you want if you will just help enough other people get what they want.

— Zig Ziglar

Your blessings and opportunities in 2023 are likely to be found in your relations with others, particularly friends and acquaintances, but also potentially through groups and organizations. For example, you may find yourself meeting someone who turns out to be your fairy godmother, or on a smaller scale, an acquaintance or connection helps you in whatever way he or she can. This flow of love and support — which effectively comes from the universe through the guise of others — could help you to move forward in some way, perhaps by helping you to fulfill a dream, making things a little bit easier for you, giving you the information that you need, or introducing you to others who can be instrumental in your progress and good fortune.

It could work the other way around too, in that you will want to help others and make a difference in the world at this pivotal time. Perhaps you'll find yourself at a point in which you want to do or give more, and this generosity to others is what will secure your happiness and future blessings. Since what we give out is what we get back, there should be no danger this year of you coming up short in any way. Actually, you're likely

to find that whatever you need appears just at the right time, so it will be in your best interests to simply get on with what you need to do and allow the universe to support you at the appropriate times.

The other piece of good news is that your romantic life might begin to improve as Pluto changes signs and brings an end to any difficulties that you may have faced in your marriage or other close unions. Pluto's journey through your opposite sign over the past fourteen years has probably tested and strengthened you through conflict. It prepared you for a phase in your life when you could be free of personal drama and more able to be a beacon of light in the outside world. So all in all, this is your year to enjoy the feeling of connecting to your tribe and manifesting your vision in the world.

Leo

To freely bloom – that is my definition of success.

— Gerry Spence

As 2023 gets underway, you might want to consider what success means to you, because this will be a major factor in the year ahead. Does it mean the fulfillment of your ambitions, getting promoted, or climbing the career ladder? Does it mean recognition and applause? Or is your sense of success more subtle in that you're happy so long as you're doing your job to the best of your ability and serving people in a way that enhances their lives? Maybe success is bigger than all of that, and it simply means being able to live your life the way you want.

No matter what your definition, the planets are on hand in 2023 to open doors and grant your wishes. If you seek a new direction, then this is probably the year that it will happen, or if you want to achieve something grand, then that too looks much more likely. At the very least, your work looks set to be more satisfying than it's been in a long time, and it is the area in which you can experience the most growth. So seize your opportunities, especially from May when Jupiter enters your success zone, because from this point on, you might find that Lady Luck is on hand to make the path ahead much easier.

Your challenges this year will probably come via your personal life, as Saturn and Pluto highlight areas of discontent and bring them to the surface. Partnerships, whether personal or business, could experience power struggles and issues that bring up deep feelings. The answers to these probably lie in being more conscious about the people you choose to place your trust in. In a way, perhaps none of that really matters because there is an element of fate working in your life this year that set you on a different course toward a brighter future. With that in mind, don't let others drag you down; instead, step forward with confidence, safe in the knowledge that

you can't really put a foot wrong this year, especially if you move toward the doors that open and trust that all is going exactly to plan.

Virgo

The realist sees reality as concrete. The optimist sees reality as clay.

— Robert Brault

As 2023 gets underway, it may help to decide which camp you want to be in — the realism camp or the optimism camp — because you're likely to find yourself living out the results of your choice very strongly. There are, of course, virtues to being a realist: You don't get disappointed, and you're more able to face up to and tackle problems with a stoic approach. Life ticks along pretty much as it did before. While being more prone to disappointment, the optimist has more opportunity for growth, experiences, possibilities, and potential. Life becomes more adventurous and open to miracles, and this is a year in which miracles could happen as Uranus and Jupiter journey through your zone of expansion. Life, it seems, wants to push you out of your comfort zone and encourage you toward new vistas, whether to physical adventures or adventures of the mind. Therefore, it's a great year to travel or embark on higher education or esoteric studies, immerse yourself in the mysteries of the universe, or take a step closer to God.

This is also a year in which Saturn moves into your opposite sign, potentially bringing tests and challenges, particularly in the sphere of relationships and people in general. You may need to take on greater responsibility in some area of life, develop a more mature approach, or reassess a particular relationship and work hard to resolve certain issues. Alternatively, a person in authority could cause you problems. On the positive side, this would be a good year to make a commitment if all is going well.

For most Virgos though, Saturn's weight will be felt as a drop in vital energy; therefore, you may need to pay particular attention to your well-being and get appropriate rest and nutrition. However, fatigue often comes because we're not excited about the days ahead or we have to face adversities that drain our resources. So perhaps the answer to this year's question is to be both a realist and an optimist: to believe in miracles and follow your dream as well as to tackle problems head on and let go of whatever isn't working. That way, you should end the year having cleared out a bit of deadwood, realized what's really important to you, and be on your way to creating a much more meaningful existence.

Libra

Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow. Let reality be

reality. Let things flow naturally forward in whatever way they like.

— Lao Tzu

There are years in which it feels as if we are in control, as if we are at the helm of our ship and directing it to where we want to be. Then there are times in which it seems fate has stepped in, turned the wheel of fortune, and catapulted us into a new set of circumstances. This year fate will likely be in charge, so you will benefit from accepting your reality, allowing what comes, and embracing all forms of change.

The more you can take a flowing approach to life, the easier and more magical 2023 will be. And it could be magical if you allow it, for the mysteries that aren't readily available or noticeable in the topside world will call to you like never before. If a crow lands at your window and peers in at you, consult your shamanic oracle to see what Crow's message is for you. Go deep into your meditations, pay particular attention to your dreams, and then follow their guidance. Consult the tarot or a Jungian analyst, and watch for symbols and numbers that keep repeating in your life. All these unconscious elements carry messages from your psyche that are asking to be integrated so that you can become more whole.

On a more mundane level, you could see changes in your financial situation that are most likely for the better and without you having to do much at all. You could, for example, benefit from an inheritance, an insurance payout, or from money that comes through a partner or someone else who bestows you generosity. In your intimate relationships, there could be changes that bring about a psychological or sexual awakening. All this leads you toward a rebirth — a potential shift in consciousness — as you become more aligned with your soul.

You will, however, need to pay attention to your health this year, perhaps by being a bit stricter with yourself and making sure you get the appropriate nutrition, exercise, and rest. But in the main, this is a year in which you can say goodbye to the past, particularly difficulties with home, family, and childhood ghosts, and prepare yourself for sweeping changes. If you allow them, they will carry you to a place that is better than you could have planned for yourself.

Scorpio

Share your life with others. You will have a joyful life.

— Lailah Gifty Akita

If over the past few years your personal life has been a bumpy ride, 2023 has some good news in the form of Jupiter arriving in your relationship zone, bringing positive developments, new beginnings, and happy opportunities. This could range from a feeling of liberation from

an unhealthy relationship or meeting someone new to setting up in business with someone or being helped by a professional person. Other options include becoming engaged, marrying, or spending time with someone who enables you to grow and be more of your true self. In fact, the key to 2023 will be in choosing relationships that facilitate your growth and feel fun and allowing those that don't to gently drift into the background. Either way, getting along with others will be much easier this year, and there should be one person at least who feels like a good thing. Don't be afraid to break an old pattern of relating if it will enable you to experience new possibilities or choose relationships that are very much different from what you might have known before.

Saturn's change of signs in March means that domestic restrictions and burdens are likely to ease or end this year, so if you've had problems with family members, your living arrangements, or with your home in general, this is the year when all that changes for the better. If you have a creative project, now is the time to get serious about it, and at the same time, children or animals may require more of your time and energy. Don't be surprised if issues from your past and your childhood begin to come up: This year marks the beginning of a long phase of introspection, as your soul now needs to deal with and integrate or heal any unresolved patterns or unhealthy power dynamics. Therefore, be careful that you don't try to control those. Conversely, don't allow your parents or other authoritarian family members to disempower you or keep you locked in your old roles. In the main, this year is not so much about pushing out into the world to achieve ambitions; it's for allowing people and relationships to take center stage to learn more about yourself through your interactions, most of which should be very pleasant experiences.

Sagittarius

People who laugh actually live longer than those who don't laugh. Few persons realize that health actually varies according to the amount of laughter.

— James J. Walsh

It may be argued that in today's climate, there's not much to laugh about, but it is in the darkest and most difficult times that we need to laugh more. Comedy, jokes, and seeing the silly side of life help us to make sense of problems and not take them so seriously. This then arms you with a more positive and proactive attitude, enabling you to go out into the world feeling less fearful than those who allow everyday worries and threats to overpower them. And when it comes to your health, laughter boosts the immune system, as many studies have shown. Since health and well-being are a strong focal point in 2023, it makes sense to arm yourself

with natural and simple tools for keeping yourself well, and laughter is one of nature's simplest medicines.

Fortunately, you shouldn't have too much to worry about, as Jupiter's move into your health zone in May is likely to bring a positive and protective influence to bear on your health. So if you've had concerns in this area, Jupiter's arrival signals an improvement. Still, it won't hurt to take a more easy going and fun approach while not overindulging. In the main, this keeps you away from the doctor's office.

Jupiter will also have a favorable effect on your work, so your growth and opportunities are most likely to be found in the realm of service to others or healing yourself — or both. One thing is certain: Whatever service you provide could become a real source of meaning to you in 2023.

The main challenge this year will be Saturn's arrival in your domestic sphere. This could reflect a strain in family dynamics or issues with your home or what home means to you. There could be more responsibility heaped on you or burdens and restrictions. Either way, your home or family life may need a little attention this year, but the aim is to remove the deadwood so that you can build stronger foundations. Therefore, this year could see you buying or selling a property, downsizing, working on a new home, or spending more time with family members who need your support. While Sagittarius thrives on adventure, travel, and new experiences, this is more a year of attending to your foundations so that things can be better in the future. But don't worry, there will still be plenty of time for fun, creativity, and enjoyment though; in fact, Jupiter will insist on it!

Capricorn

Follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.

— Steve Jobs

The good news this year is that finally after fourteen long years, Pluto leaves your sign. Why is this good? Because Pluto, or Hades, as he was known in Greek mythology, has a tendency to abduct people and take them down into his underworld. Psychologically speaking, this translates as having to go through some pretty rough patches and experience transformative events, and when you look back over those years, this may be quite evident. There could have been endings, beginnings, losses, brushes with death, major life changes, or experiences that really tested your mettle. Hopefully, all this has brought you to a better place. Either it's made you a stronger person and deepened your wisdom and character, or it's removed the aspects of your life that prevented you from evolving and growing.

Pluto will pop back into Capricorn for a short time in 2023, but this should feel more like catching up with an old friend and will perhaps serve to remind you that you are now a powerful force and can shape your life in the way you want it. This is what you need to remind yourself of when the dilemma comes down to following your heart or playing it safe because your spiritual growth this year will come from following your bliss, whether it's through exploring your creativity or living a more romantic existence. Remind yourself of that this year if an aspect of your material life is stripped away, such as your money, job, future prospects, financial security, or what you might think is an important possession.

If any of this does not come to pass, then it's probably a blessing in disguise because it's most likely not in alignment with your true self and may have been blocking you from being the person you really want to be. Or it could be a valuable lesson in cutting your ego down to size if you have invested too much of yourself in things that don't really matter. There will likely only be periods of downheartedness when you don't follow the guidance of the quote at the start of your forecast. Allow your heart and intuition to guide you and let everything else be secondary.

Aquarius

A man travels the world over in search of what he needs, and returns home to find it.

— George Moore

Some key questions for you as you move through 2023: What is home? Where is that place that nourishes your soul? What does home feel like? And what enables you to feel safe and secure? Jupiter's move into your domestic zone is a real blessing, especially if things have been unsettled here. There may still be changes, but in the main, Jupiter's influence will ensure that the changes are to your benefit. There may be a house move, or you may enjoy lavishing care and attention on your existing home. You may choose to expand your property, adding to it in some way, or welcome a new addition to your family. There may be happy occasions and celebrations within the family or simply a sense of growing warmth, happiness, and well-being as relations with family members likely improve.

This is the year to put down roots and find that place where you really belong or strengthen your connection to the place where you already are if it feels fundamentally right. Ultimately, this transit signals a time to come home to yourself, and as such, it makes this less a year for pushing out into the world and more a time to focus on inner peace and the warmth of your family.

This focus on the inner rather than the outer will be intensified by Pluto's arrival in your sign in May. This is a

big deal. It signals the beginning of some major changes within yourself and your life. Think of it as a rebirth: All that isn't serving your evolutionary growth will need to be broken down and released or transformed. You can either resist the process, which will prolong the birthing pains, or you can go with it, knowing that you are going through a process of regeneration that will in the end enable you to emerge as a powerful force for good in the world. Therefore, the main challenge as you go through 2023 is to reconnect with your soul. Part of this may involve simplifying your life because as you strip away the superfluous, you are left with what's essential. And as you remove those elements of your life that are not nourishing your soul, it will be easier to hear the voice calling you home — the voice of your true self that knows exactly what you need and what you came here to do.

Pisces

A great attitude does much more than turn on the lights in our worlds; it seems to magically connect us to all sorts of serendipitous opportunities that were somehow absent before the change.

— Earl Nightingale

The big news this year is that Saturn enters your sign in March. This essentially signals a period of growing up — a time of increasing responsibility and maturity. As such, this may not be the easiest or most fun year you've ever had, but it is a year in which your accomplishments could be great. Saturn represents success from one's previous efforts, so if you've put the work in, this could actually be a very satisfying year when your chickens come home to roost. If things happen that aren't to your liking, this too is likely to be due to returning chickens, so you could view this as a year of karma.

What you have sown, you will now start to reap. Therefore, many lessons can be learned from the events of this year. You may learn what it takes to be successful. Or you may learn what happens if you cut corners, shirk your responsibilities, or deceive yourself or others. Bear in mind that Saturn's influence can extend way back, so don't berate yourself if you appear to be the victim of misfortune; it could be that the karmic books are being balanced from a previous incarnation. Just allow things to happen as they will, and try not to judge them as good or bad, but simply see events as a consequence of all that has gone before. Therefore, 2023 marks the beginning of a brand-new chapter of life when you can start to do things differently, initiate a new karmic cycle, and clear out all the sludge from the past.

On the positive side, Jupiter's move into Taurus is beneficial for you and favorable for all forms of communication and putting your ideas out into the world. Perhaps more importantly, it augers the beginning of a new, more optimistic way of thinking, and since reality is shaped by the dominant thoughts that we hold, we could say that 2023 should end in better shape than it began. As you begin to believe more and more that anything is possible, your vibrant attitude will attract the magic that always surrounds people but few ever realize. This is your year to realize that magic and make it manifest in your world.

Donna Taylor is an international astrologer, writer, and healer. She has twenty-five years of experience working as a consultant, teacher, and speaker. Donna uses Bach Flower essences alongside the horoscope to enable clients to work with and overcome difficult planetary patterns and challenging life situations. Her background in the creative arts encourages clients to "dream their charts into being" through the use of astrological mandalas, tarot cards, and creative collage. To contact Donna, email dt@creative-astrology.co.uk or visit her website, Creative-Astrology.co.uk.

Clean Up and Clear Away

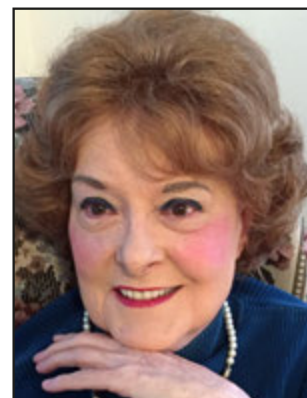
Elizabeth Joyce

Let's see what will happen between now and 2024. Transiting Mars will reach the United States' natal chart, which could bring some kind of aggressive act. Then Saturn will move into Pisces, and it will aspect the Moon on March 20, September 20, and December 23, 2023. Saturn, the planet of karma and restrictions, tells us when we have to pull back and where things need to change. This serious and powerful energy will move to challenging positions throughout 2023.

The U.S.'s Moon in Aquarius is a good thing, representing the future and expansion with a neutral, loving

nature. The Moon sits in the Third House of the U.S.'s chart, which will affect all subjects of the Third House, including communications, education, learning, travel, community, neighbors, siblings, and the oldest son.

This flexing energy will affect the media and travel. Saturn interrupting the Moon can mean interrupted travel or travel restrictions. Schooling and higher education need to be fixed, as do communications, including



mass media and the internet. The media has long been used for propaganda, some of it true but much of it not. Republican or Democrat, both sides use the media for their advantage, either exaggerating issues or not revealing or reporting them. Few people trust the media now. With these astrology aspects affecting the U.S.'s chart in 2023, things need be cleaned up and cleared away.

In another aspect, Pisces trines Cancer, and Cancer in the U.S.'s chart rules the Eighth House. Saturn trining the Eighth House deals with big money (related to government, banks, and lending). The Eighth House deals with large amounts of other people's money. Saturn trining the Moon in Cancer — the ruler of the Eighth House — means a big change is coming for banks and industry dealing with government money. Saturn takes twenty-eight years to travel around the zodiac, and it was last in this position in 1994. Not much happened at that time.

Big Changes in Money and the Economy

In Western astrology, the U.S. has just had its Pluto return, which represents massive change. Pluto takes about 244 years to move through all the signs of the zodiac; it's our slowest moving planet. The Pluto return took place in the U.S.'s Second House of money. Everything about financial markets and money has got to change or transform. I sense that cryptocurrency will become the mainstream. This will take a while, and cryptocurrency regulations will be needed as businesses begin to exchange money in this way.

This is the future, but it will not be in the way of Bitcoin, which people hoard like gold. It needs to be a functioning currency (such as the possible Fedcoin), and Bitcoin could actually be banned. Once cryptocurrency can be monetized and regulated (not until the distant future, a few generations from now), this will be our form of financial exchange. Everything will change in the financial arena of money and other things we value.

Pluto represents major transformations, and it deals with power. It can also deal with nuclear power, so we have to be very careful with what is going on with nuclear energy. People will turn back to using nuclear power since green power is not yet ready to cope with world demand.

Pluto also is opposite Mercury in 2023, and Mercury is in the U.S. Tenth House. Mercury and Pluto will be doing their dance right through 2023. Mercury also rules the U.S. Seventh House (open enemies/opponents). Opponents of the U.S. have sadly become very extreme. Between October 2022 and January 2023, Saturn does a deep cleanse of the economy.

A Time to Go Within

The 2022 fall eclipses affect the Eleventh House and

the Fifth House. On October 25, 2022, the Scorpio eclipse in the Eleventh House deals with groups, organizations, and the people who run them. Mars is in Gemini, and this energy will cross over many planets. We will see changes in education systems from March 2023 through May 2023.

In late spring, when Mars is in Cancer, some problems could arise, as Mars is debilitated in Cancer. June 2023 and July 2023 bring a major change in the economy, particularly in real estate. Jupiter is in the Fourth House until spring of next year, which will give the U.S. some great protection of the land, thank goodness.

As we walk through this energy, we have to be very mindful of who we look up to and that we not allow the past to determine who we are subordinate to or who we request guidance from. Take a look at who's guiding you at this time. A person could be problematic or taking advantage of you, causing you much pain and havoc. This could be a mentor, tutor, teacher, spiritual guide, spouse, deep romantic relationship, close friend, or religious leader. Don't give your power away.

This is a time to go within. Look to your inner guidance and trust it. Yes, we all need guidance, support, and direction at times, but we also need to be aware. How have you changed since you selected this person or these people to be in your space? Maybe only one of you in a partnership has transformed, but that will generate a certain kind of chaotic energy everywhere, worldwide. Venus trining Saturn in 2023 can also bring out the energy of a relationship that isn't working. You can begin to see what works for you and what doesn't.

This is also a great time to meet someone new who is realistic, tempered, and anchored in responsibility. This positive transit can provide you with a lot of clarity and some less-biased thinking about the status of certain relationships that will help everyone heal. Going through break-ups can be difficult, but when one door closes, another opens, as they say. Your mantra can be: "I am safe; it's only change" (Louise Hay).

The Power of Your Center

Three good transits occur during this time. We can get a better view of the big picture and where we might be headed. We can also have a few really positive experiences.

Many people will go through total shifts in 2023. Within this energy could come a very kind friendship or an inner knowing that you have the capability to make the right changes: You know deep within where you actually need to be or how seemingly unresolved knotted energies can be loosened or taken to a place where they are no longer problematic or need to be focused on.

As you would on any roller coaster ride, smile. Take



the time to go within; then you are naturally deepening. Just by meditating, you change your blood flow to the positive and improve your immune system. Focusing 100 percent on the breath creates a sense of anchoring, centering, and power within.

Sit with your spine straight and legs uncrossed. Breathe into your heart, your love center. Remove all darkness and fear as you breathe out. Take another deep breath and begin again. Continue until all fear has left your body and you are filled with a bright, white light.

Your inner power is a calm, sacred presence — a self-assuring anchor within. You can feel this power — warm and serene — come in instantly. It creates in you a center, a power, a peace. You know you're coming from your center in how you create and live in your world: It brings a sense of divinity. Drop into that state of being that is silent and always there for you.

That silence takes you away from the clutter and noise. This is where your sense of peace and inner power resides. Once you have the sense of "I am coming from the power of my center," you can then choose to dominate your reality with joy, love, gratitude, appreciation,

and peace. Decide what your state of being is going to be, and beam that into the world around you.

Don't allow your state of being to be determined by the five o'clock news; you decide your state of being. You decide that love energies will help the rest of the world. You are becoming a master cocreator, creating every second of the day. Most of the time, you just move along, not realizing that's what you're doing. The more you can come together with like-minded people, the more you can build something incredibly powerful. Even if you don't know this, your subconscious does, so knowing doesn't matter. You're sending out love, joy, and gratitude, and these things will come back to you.

Wishing everyone a most happy, healthy, and abundant 2023.

Elizabeth Joyce is a modern-day mystic, author, and master spiritual teacher/healer who transmits pure energy from Source. People have experienced healing simply by being in her presence or listening to her voice. She is a popular speaker on unknown mysteries, higher realities, and higher wisdom. Many of her accurate successes have been documented in the national media. Visit her website at New-Visions.com, call her 24-hour answering service at 201-934-8986, and listen to Elizabeth on Sunday evenings, 10:00PM ET, at Station 1, BBSRadio.com/LetsFindOut.

There Is Nothing We Cannot Accomplish

Michelle Karén, MA, DF Astrol S

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 following dates and times are given in Pacific Time (PT).

Jupiter turns direct on Wednesday, November 23 at 28°48' Pisces. Its shadow period continues through

February 15, 2023. This degree is represented in the Sabian symbols by "light breaking into many colors as it passes through a prism." Our newfound confidence, a deeper sense of our integrity, and the ability to tap in to the whole spectrum of our skills and talents are greatly enhanced.

Neptune remains retrograde until December 3 with a shadow period extending until March 25, 2023. The degrees traveled in October (22°57'–22°39' Pisces) are represented in the Sabian symbols by "a materializing medium giving a séance." Discerning truth from lies has never been so difficult. A dangerous smokescreen of manipulated realities makes what is right, wrong and what is wrong, right. Even the best meaning people are being seduced into falling in to a web of illusions that appear real.

Uranus remains retrograde this whole month and goes until January 21, 2023. Its shadow period continues until May 9, 2023. The degrees traveled in October (17°15'–16°05' Taurus) are represented in the Sabian



symbols by “a woman airing an old bag through the open window of her room” and “a symbolic battle between swords and torches.” At every step of the way, we are required to make choices. Those choices make people either drift further and further apart or come together even closer. Much old luggage emerging from our depths requires release so that our true individuality may shine.

There is a lunar eclipse in Taurus (16°01') on Tuesday, November 8. This degree is represented in the Sabian symbols by “a symbolic battle between swords and torches.” Eclipses always mark powerful transformations on our evolutionary paths. This one brings the most unusual domestic circumstances. People are erratic, anxiety prone, irritable, and impulsive. Sudden separations might occur. There are unplanned moves and unexpected deaths, and people leave jobs without any warning.

The strange circumstances we are faced with require much resourcefulness and an inventive spirit. The attraction to novelty and excitement is strong. Reality runs the danger of being overtaken by imagination. Ordinary life feels so mundane and painful that it may be easier to retreat into a world of make-believe, completely out of touch with what is.

Mars remains retrograde this month between 25°36' and 19°15' Gemini and continues until January 12, 2023. Its shadow period lasts until March 15, 2023. These degrees are represented in the Sabian symbols by “frost-covered trees against winter skies,” “a gardener trimming large palm trees,” “children skating over a frozen village pond,” “three fledglings in a nest high in a tree,” “dancing couples in a harvest festival,” “a tumultuous labor demonstration,” and “a modern cafeteria displaying an abundance of food and products from various regions.” Tempers flare. Anger that has been hidden or contained for a long time erupts violently. We are being asked to redefine our lives and come to terms with aggression — our own and that of others.

Our self-confidence or lack thereof comes into focus. Our courage is tested. Our leadership abilities are called to the forefront. This is the time to reexamine all the places in our lives where forward movement has been stalled, fear has blocked our progress, and our lack of faith has made us doubt our capacity to manifest our dreams. If we use this period to reconnect with our enthusiasm and our leadership skills, there is nothing we cannot accomplish.

Moon Messages

The Moon will be void of course (v/c), forming no major aspect with any planet before entering the following signs:

- Wednesday, November 2 between 4:08AM and 11:46AM when the Moon enters Pisces

Rune of the Month: Mannaz, “the Self,” “Home”

This is the month to look for the support of our community. Do we even have a community? If we don't, it is essential that we find like-spirited people whom we can trust to have our best interests at heart. Even if we pride ourselves in being independent and self-sufficient, it takes a village to create anything of lasting value. We all need this sense of friendship and the human warmth of a network who believes in us, enriches our consciousnesses, and supports our growth.



- Friday, November 4 between 3:05PM and 4:07PM when the Moon enters Aries
- Sunday, November 6 between 2:30PM and 9:15PM when the Moon enters Taurus
- Wednesday, November 9 between 4:00AM and 5:37AM when the Moon enters Gemini
- Friday, November 11 between 2:28PM and 4:22PM when the Moon enters Cancer
- Monday, November 14 between 2:41AM and 4:48AM when the Moon enters Leo
- Wednesday, November 16 between 3:55PM and 5:04PM when the Moon enters Virgo
- Saturday, November 19 between 12:47AM and 2:58AM when the Moon enters Libra
- Monday, November 21 between 3:14AM and 9:16AM when the Moon enters Scorpio
- Wednesday, November 23 between 10:16AM and 12:16PM when the Moon enters Sagittarius
- Friday, November 25 between 11:22AM and 1:18PM when the Moon enters Capricorn
- Sunday, November 27 between 12:11PM and 2:07PM when the Moon enters Aquarius
- Monday, November 28 at 10:53PM until Tuesday, November 29 at 4:15PM when the Moon enters Pisces

Mark these periods in red on your calendar, and avoid scheduling anything of importance during these times, as they would amount to nothing.

Schedule Your Activities Using the Zodiacal Position of the Moon

- Moon in Aquarius until Wednesday, November 2 at 11:45AM and between Sunday, November 27 at 2:07PM and Tuesday, November 29 at 4:14PM
- This is a perfect time for furthering philanthropic activities, engaging charitable endeavors, 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.

- Moon in Pisces between Wednesday, November 2 at 11:46AM and Friday, November 4 at 4:06PM and between Tuesday, November 29 at 4:15PM and Thursday, December 1 at 8:40PM

This is a great time for meditating, sitting by the ocean, exploring anything related to the sacred, dancing, painting, swimming, dreaming, creating music or photography, filming, sleeping, channeling, and connecting with the mystical, the magical, and the oneness of All That Is.

- Moon in Aries between Friday, November 4 at 4:07PM and Sunday, November 6 at 9:14PM

This time is perfect for intense physical activities and anything requiring forceful and direct action and self-assertion. It is also good for displaying leadership, spontaneity, and goodwill; being a way-shower; initiating new projects; and taking our cars to the mechanic.

- Moon in Taurus between Sunday, November 6 at 9:15PM and Wednesday, November 9 at 5:36AM

This is an excellent time for financial matters, such as paying bills, paying off debts, asking for money that is owed to us, investing in real estate, and buying and selling in general. It is also good for taking a stroll in the park, driving through the countryside, connecting with Mother Earth, gardening, making pottery, sculpting, and doing bodywork.

- Moon in Gemini between Wednesday, November 9 at 5:37AM and Friday, November 11 at 4:21PM

This time is ideal for multitasking, indulging curiosities, and communicating in any form, such as 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 Friday, November 11 at 4:22PM and Monday, November 14 at 4:47AM

This is the perfect time for family activities, especially those involving children. It is good for spending more time at home, cooking our favorite foods, nurturing ourselves and our 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, November 14 at 4:48AM and Wednesday, November 16 at 5:03PM

This time is excellent for indulging in glamor, attending dramatic performances, being in the public eye, throwing or attending an elegant party, playing with children, exploring romance, and partaking in creativity in general.

- Moon in Virgo between Wednesday, November 16 at 5:04PM and Saturday, November 19 at 2:57AM

This is a great time for starting a new fitness program, learning something new, eating healthily, 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, November 19 at 2:58AM and Monday, November 21 at 9:15AM

This is a perfect time for relationships, associations, diplomatic exchanges with others, anything related to beauty (a haircut, new clothes, or a makeover), art (especially painting and decorating), and pleasant social events (concerts or art exhibitions).

- Moon in Scorpio between Monday, November 21 at 9:16AM and Wednesday, November 23 at 12:15PM

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.

- Moon in Sagittarius between Wednesday, November 23 at 12:16PM and Friday, November 25 at 1:17PM

This time is excellent for traveling, religious or philosophical activities, and matters related to higher education and the law. It is a good time for lecturing, learning new things, 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 Friday, November 25 at 1:18PM and Sunday, November 27 at 2:06PM

This is a wonderful 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.

November's Intentional Meditation

This month's intentional meditation starts on Tuesday, November 8. Take out as many blank sheets of paper as you will 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 eclipse in Taurus at exactly 3:02AM. Once that moment passes, gather your full-moon-charged blank sheets and place them in a folder.

On Wednesday, November 23, during the new moon in Sagittarius, 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 2:57PM. Once that moment has passed, gather your sheets, staple them together, and put them away in a folder, expecting the manifestation of all your dreams.



November's Astrological Events

Saturday, November 5: Venus opposite Uranus (3:22PM). If we are not careful, we could bring about a sudden, unexpected breakup. We are drawn to unusual people. Our need for freedom is particularly high and could be at odds with our desire for intimacy. This could be a day of emotional instability with possible painful consequences. Our financial affairs fluctuate wildly.

Sunday, November 6: Venus square Saturn (11:34PM). Cold heartedness, isolation, loneliness, and loss are to be expected today. It is best to avoid social encounters and not make any drastic decisions regarding a love relationship, as we could be quite disappointed in the outcome. Money seems scarce or requires much work.

Tuesday, November 8: lunar eclipse in Taurus (3:02AM), the Sun conjunct Mercury (8:42AM), Mercury opposite Uranus (6:40PM). Regarding the lunar eclipse, kindly refer to the opening paragraphs. New groundbreaking information disrupts the day. Plans change suddenly. A revelation brings new light to a situation we envisioned very differently. People act in strange ways and may prove quite unreliable. Blowing up just makes things worse. It is best to stay as level-headed as possible.

Wednesday, November 9: the Sun opposite Uranus (12:26AM), Mercury square Saturn (11:52PM). In our impatience, we could be tempted to burn bridges. Unexpected challenges turn situations upside down. People are volatile, and tension is high, requiring us to create unusual solutions. Confronted with much opposition, we could feel quite alone, which in turn, causes depression. This is a day to lie low.

Thursday, November 10: Venus trine Neptune (4:22AM). Our sensitivity, compassion, and romantic yearnings are particularly enhanced. We could fall in love with love, be seduced by an ideal rather than a person, and connect at a deep soul level with another without any consideration as to whether the rest of the relationship is realistic or not. Artists find this day inspiring. This is a day to dream.

Friday, November 11: the Sun square Saturn (12:04AM). Duties and responsibilities catch up with us. We could feel isolated and more lonely than usual. Wherever we turn, obstacles seem to block our path. This is a day to accept limitations, focus on the work at hand, and rely on our inner wisdom.

Saturday, November 12: Mercury trine Neptune (10:36AM). This is an excellent day for artists and creators. We are particularly inspired. Our imagination flows. We are able to see beyond the veil. This is a very good day for healers and channelers who tap into higher realms of consciousness, inasmuch as we are careful to avoid spiritual imagination. Miscommunications as well

as misunderstandings could occur if we rely too much on our intuition without checking the facts.

Sunday, November 13: Venus sextile Pluto (1:41AM). Today, our social lives are made richer by avoiding ultimatums and manipulations. A romance begun today feels fated. It has a deep intensity and is very sexual as well as transformative in nature. In group situations, the more gracious and compliant we are, the smoother our interactions are.

Monday, November 14: Mercury sextile Pluto (6:27PM), the Sun trine Neptune (7:43PM). We are able to x-ray situations and people. Coercing others into believing what we feel to be true is not a good idea. The more sensitive, compassionate, tolerant, open, and respectful we are concerning our differences, the more we can come to a useful agreement, allowing all to cooperate as harmoniously as possible. This is an excellent day for creative work requiring depth and imagination.

Tuesday, November 15: Venus trine Jupiter (1:36AM), Venus enters Sagittarius (10:09PM) until December 9. Today in particular, as well as for the next three weeks, our social lives are happy, exuberant, exciting, and adventurous. We require honesty and generosity in all our relationships. We are likely to be attracted to people from different cultures, religions, and backgrounds who expand our consciousnesses and enrich our lives.

Wednesday, November 16: Mercury trine Jupiter (7:43AM). This is an excellent day to plan a long-distance trip, start university-level study, learn a new language, sign legal papers, and expand our social circle. Our happiness, enthusiasm, faith, self-confidence, and optimism attract many wonderful people and open exciting new doors.

Thursday, November 17: Mercury enters Sagittarius (12:42AM) until December 6. During the next three weeks, we exert a sunny mental disposition. As we focus on the silver lining of every dark cloud and expect the best, the best comes to us. Even if life deals us lemons, our open-mindedness, tolerance, and enthusiasm help us turn them into lemonade. This is a great time for a long-distance trip that changes our lives for the better.

Friday, November 18: the Sun sextile Pluto (1:38PM). Issuing ultimatums or manipulating others is not recommended today. The more cooperative and agreeable we are, the more positive the response we will elicit. Clarity, dignity, and strength win us the respect we seek.

Saturday, November 19: Mars square Neptune (7:43AM). We may feel a vague restlessness and confused anxiety. It could be tempting to try to escape these uncomfortable emotions in any way, yet we are required to remain grounded and focused on practical solutions. Today, consideration toward others goes a long way. Avoiding any stimulant is recommended.

Sunday, November 20: the Sun trine Jupiter



(8:07PM). This is one of the happiest days of the year. Luck smiles on us. Doors open. Our optimism, faith, trust, and self-confidence are rewarded. As we embody our spiritual beliefs with integrity while remaining open-minded and tolerant, we become an inspiration to others.

Monday, November 21: Mercury conjunct Venus (2:55PM). This is a peaceful, harmonious day. Our social activities are pleasant and simple. We seek balance in our dealings with others, expressing our thoughts with respect and kindness. This is the perfect day for a nice gathering with friends.

Tuesday, November 22: the Sun enters Sagittarius (12:20AM) until December 21. During the coming month, we are more exuberant, optimistic, and adventurous than usual. Our self-confidence soars. Our faith and trust in ourselves and the world is heightened. Philosophy, religion, other cultures, and long-distance travel are attractive topics of interest. We are excited to study a subject that broadens our outlook and expands our minds.

Wednesday, November 23: Jupiter turns direct (12:33AM). Kindly refer to the opening paragraphs.

Monday, November 28: Mars trine Saturn (9:56AM). Today, we handle all our commitments with practical efficiency, hard work, great focus, and much courage. Our groundedness in reality and our ability to not be swayed by hardship or stress help us to remain in control of the situations at hand with strength and discipline.

Tuesday, November 29: Mercury opposite Mars (12:30PM). Our minds and actions could be at odds, creating situations we later regret. Our impulsivity should be curbed as much as possible. We may speak our truth with such bluntness that we arouse sharp opposition from others. People could be hostile, rude, and even violent. Tempers flare quickly and unexpectedly. It is best to avoid potentially aggressive situations.

Wednesday, November 30: Venus opposition Mars (9:28PM). If single, we could feel quite bored with our loneliness and seek a fun adventure. In our deep longing for companionship, we could attract a volatile lover, leading to disastrous consequences. Today, impulsive excesses are not recommended.

Wishing you a smooth month of November!

December: Hearts Open to Humanity

Neptune turns direct on December 3 (22°39' Pisces) with a shadow period remaining until March 25, 2023. This degree is represented in the Sabian symbols by "an inhabited island." Compassion, sensitivity, and empathy are back in the right places. Our hearts are open to humanity, dissolving the sense of isolation.

Uranus remains retrograde this whole month until January 21, 2023. Its shadow period remains until May 9, 2023. The degrees traveled in December (16°03' to 15°10' Taurus) are represented in the Sabian symbols by "a symbolic battle between 'swords' and 'torches,'" and "an old teacher fails to interest his pupils in traditional knowledge." Our values come into question. As many changes occur in our relationships, finances, work, and connections to Mother Earth, new ideas are needed. The old knowledge no longer works for the new paradigm we are entering.

Mars remains retrograde this whole month (18°53' and 9°14' Gemini) and will remain so until January 12, 2023. Its shadow period lasts until March 15, 2023. The many Sabian symbols covered by these degrees include, "a large archaic volume reveals a traditional wisdom," "two Chinese men talking Chinese in a Western crowd," "the head of a robust youth changes into that of a mature thinker," "a woman activist in an emotional speech, dramatizing her cause," "two Dutch children talking," "two people, living far apart, in telepathic communication," "a world-famous pianist giving a concert performance," "a black slave-girl demands her rights of her mistress,"

"newly opened lands offer the pioneer new opportunities for experience," and "an airplane performing a nose dive." Gossip is ill-advised, as leaked information could travel far and wide and come back to haunt us. Long-held anger could unexpectedly erupt. Impulsive actions create volatile situations.

Vicious attacks come out of left field, testing our integrity, courage, and inner strength. Short trips might be delayed. Communications are disrupted. Hackers might be more active than usual. Forward movement can get stuck. It is best to wisely accept these limitations without forcing issues, at all costs.

Jupiter reenters Aries, this time for good, on December 20, 2022, until May 17, 2023. The pace of our evolution is picking up, forcing us to stay present. During the next five months, we are encouraged to develop our leadership abilities, start projects we are excited about, travel, and be daring and adventurous. We are given the chances to carve anew our places in society and create the lives of our dreams. We have the wonderful tasks of inspiring others with our philosophies, spiritual beliefs, and unique perspectives on current affairs. Our integrity is impeccable. Our faith and self-confidence are powerful in helping us manifest our visions. As we follow our bliss, we open the floodgates of abundance, both on material and mental levels.

Mercury turns retrograde on December 29, 2022, (24°21' Capricorn) until January 18, 2023, with a shadow period remaining until February 7, 2023. This degree is

represented in the Sabian symbols by “an oriental rug dealer in a store filled with precious ornamental rugs.” This is a rather introspective retrograde. We are asked to review our professional goals, and we might need to re-examine contracts and business associations. This is not a good period to make any legally binding commitments to our jobs or to ask for promotions. It is best to focus on inner resources, connect deeply to our wisdom, and become as completely self-sufficient as possible.

Moon Messages

The Moon will be void of course (v/c), forming no major aspect with any planet, before entering the following signs:

- Thursday, December 1 between 6:44PM and 8:41PM when the Moon enters Aries
- Saturday, December 3 at 9:46PM until Sunday, December 4 at 3:38AM when the Moon enters Taurus
- Tuesday, December 6 between 11:02AM and 12:49PM when the Moon enters Gemini
- Thursday, December 8 between 10:13PM and 11:49PM when the Moon enters Cancer
- Sunday, December 11 between 10:49AM and 12:09PM when the Moon enters Leo
- Thursday, December 13 at 7:52AM until Friday, December 14 at 12:45AM when the Moon enters Virgo
- Friday, December 16 between 11:13AM and 11:49AM when the Moon enters Libra
- Sunday, December 18 between 2:35PM and 7:31PM when the Moon enters Scorpio
- Tuesday, December 20 between 6:45PM and 11:12PM when the Moon enters Sagittarius
- Thursday, December 22 between 12:16PM and 11:49PM when the Moon enters Capricorn
- Saturday, December 24 between 7:11PM and 11:14PM when the Moon enters Aquarius
- Monday, December 26 between 10:19AM and 11:34PM when the Moon enters Pisces
- Wednesday, December 28 at 10:21PM until Thursday, December 29 at 2:36AM when the Moon enters Aries
- Saturday, December 31 between 4:44AM and 9:08AM when the Moon enters Taurus

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 Aries between Thursday, December 1 at 8:41PM and Sunday, December 4 at 3:37AM, and between Thursday, December 29 at 2:36AM and Saturday, December 31 at 9:07AM
This time is perfect for intense physical activities

Rune of the Month: Wunjo, “Joy”

This is a month to be present to the moment, follow our bliss, and appreciate our blessings. The more we know our places in the universe and are grateful for everything we are given, the more aligned we become with our true life purposes. In the end, it is not so much about how much money we make or how successful we are in the eyes of society but how happy we are.



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 Sunday, December 4 at 3:38AM and Tuesday, December 6 at 12:48PM

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 Tuesday, December 6 at 12:49PM and Thursday, December 8 at 11:48PM

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 Thursday, December 8 at 11:49PM and Sunday, December 11 at 12:08PM

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 Sunday, December 11 at 12:09PM and Wednesday, December 14 at 12:44AM

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 Wednesday, December 14 at 12:45AM and Friday, December 16 at 11:48AM

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 Friday, December 16 at 11:49AM and Sunday, December 18 at 7:30PM

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 Sunday, December 18 at 7:31PM and Tuesday, December 20 at 11:11PM

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.

- Moon in Sagittarius between Tuesday, December 20 at 11:12PM and Thursday, December 22 at 11:48PM

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 Thursday, December 22 at 11:49PM and Saturday, December 24 at 11:13PM

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 Saturday, December 24 at 11:14PM and Monday, December 26 at 11:33PM

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 Monday, December 26 at 11:34PM and Thursday, December 29 at 2:35AM

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.

December's Intentional Meditation

Our intentional meditation started on Wednesday, December 7. We placed as many blank sheets of paper as we had intentions near a window, on a balcony, or in a garden so that they would bask in the light of the full moon in Gemini at exactly 8:06PM. Once that moment had passed, we gathered our full-moon-charged blank sheets and placed them in a folder.

On Friday, December 23, 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 2:17AM for the new moon in Capricorn. 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.

December's Astrological Events

Thursday, December 1: Mercury square Neptune (5:08PM), Venus sextile Saturn (7:09PM). Thoughts could be somewhat muddled today. Misunderstandings, day-dreaming, and a vague sense of discontentment are common with this transit. It's not a good day for signing legally binding documents, but it's excellent for creative projects requiring the use of our imaginations. Single people could feel lonelier today while those of us in romantic connections might have to take very realistic looks at our bonds. While a shaky relationship might need to end today, a good one is strengthened. It's a good day to become engaged or move in together.

Saturday, December 3: Neptune turns direct (4:15PM), Venus square Neptune (11:12PM). Regarding Neptune turning direct, kindly refer to the opening paragraph. More specifically, today we could be in love with love and ignore red flags. Prone to deceits and disillusion, we could believe we have met our princess or knight in shining armor, only to be disappointed later when the glitter fades away. We need to beware of scammers who try to sweet talk us into giving them cash.

Monday, December 5: Mercury square Jupiter (11:05PM). We might promise more than we can deliver. If a proposition seems too good to be true, it probably is. Exaggerating facts, talking too much, and spilling secrets that should have been kept quiet can be some of the challenging sides of this transit. Legal advice could end up being more costly than necessary.

Tuesday, December 6: Mercury enters Capricorn (2:06PM until February 12, 2023). During the next two months, our thinking is serious, structured, and disciplined. Our minds are on our goals and ambitions. We seek the advice of older, successful people we respect and admire. Small talk is not our cup of tea. We might even become loners, preferring the company of good books we can learn from over meaningless chitchat.

Wednesday, December 7: the Sun opposite Mars (9:42PM). We could encounter aggressiveness or even violence today, so it's best to stay out of harm's way. It is not advised to pick a fight unless we absolutely need to defend ourselves against an unjust attack or preserve our integrity. Let us be extra careful while operating motor vehicles or potentially harmful objects. Grace under pressure should be today's motto.



Friday, December 9: Venus square Jupiter (4:55AM), Venus enters Capricorn (7:54PM until January 4, 2023). We might spend a lot more than we intended. An item could be more costly than it is worth or, in retrospect, feels cumbersome or in bad taste. We could go overboard while partying. Feelings are exaggerated. Our enthusiasms could be a little too much. Moderation is recommended. During the next month, we are likely to be financially more careful, a little more insecure about our attractiveness, and generally more cautious when it comes to romance. A flowery speech is not exactly enticing. We seek solid, grounded, real relationships that will stand the test of time.

Monday, December 12: the Sun sextile Saturn (10:12AM). Duty calls. This is an excellent day for completing boring, tedious obligations that demand focus, discipline, and seriousness. Clearing our desks of backlogged work, contacting people who can help advance our careers, and reassessing our goals and making structured plans to reach them are all favored.

Wednesday, December 14: the Sun square Neptune (9:10AM). This is a rather low-energy day. We could feel particularly sensitive to noises, crowds, and light. As we are prone to deceit and scams at this time, it is best to stay tranquil, enjoy rest, watch nice movies, read inspiring books, and be creative and meditative. It's a great day for artists.

Saturday, December 17: Mercury trine Uranus (1:37PM). This is a day of brilliant, progressive ideas. Flashes of insight help us see situations with clarity. We connect the dots in unusual ways. Our friendships are exciting, opening us to new people, interests, and situations.

Tuesday, December 20: Jupiter reenters Aries (6:32AM until May 17, 2023). Kindly refer to the opening paragraphs.

Wednesday, December 21: the Sun enters Capricorn (1:46PM until January 21, 2023), the Sun square Jupiter (4:50PM). During the next month, we tend to be focused, disciplined, hard-working, and ambitious. Climbing the social ladder seems more important than just enjoying life. We value solitude, seriousness, and wisdom, and we could be more quiet than usual. This is an excellent time to make New Year's resolutions, create plans to achieve our goals, and start projects that require long-term commitments. Today, more specifically, our enthusiasm could be a little exaggerated. We might trust others more than we reasonably should and invest

a little more money than is wise. It's a day to practice moderation.

Thursday, December 22: Venus trine Uranus (1:48AM). This is a day to balance intimacy with freedom. A relationship begun today could be unexpected, unusual, and incredibly exciting. A romance might become more of a friendship, and a friendship could turn to love. The need to remain independent and honor our individuality is very strong. Any sign of jealousy or possessiveness could end a budding romance. Our adventurous spirits seek meetings of the minds. Finances could be a little volatile, experiencing sudden gains and unexpected losses.

Saturday, December 24: Mercury sextile Neptune (5:17PM). This is a wonderful day for creativity, and artists are particularly inspired. It's not a good day for anything requiring attention to details, facts, and figures, but it's great for daydreaming, using our imaginations, and enjoying the quiet beauty of life. We can best spend our time watching feel-good movies, reading uplifting novels, and generally resting and meditating.

Wednesday, December 28: Venus sextile Neptune (12:32AM). We might well meet our soulmate today. The sense of magic, beauty, and enchantment we feel is more real than any other connection of these two planets. It's a great day for romantic dates and elegant engagements that require us to dress up or get makeovers. Money comes to us in rather mysterious ways.

Thursday, December 29: Mercury turns retrograde (1:32AM until January 18, 2023), Mercury conjunct Venus (5:58AM). Regarding Mercury retrograde, kindly refer to the opening paragraphs. More specifically, today we should enjoy the company of good friends. Our communications are pleasant and diplomatic. We are easygoing and fun to be with. Our focus on nice, light topics brings joy all around.

Saturday, December 31: Venus conjunct Pluto (9:25PM). This is a day of passion. Our romantic involvements are likely to be very sexual in nature. A relationship begun today has an element of intensity, even drama; it feels destined and does not tolerate any open backdoor. We are not above jealousy, possessiveness, control, or manipulation. Despite being normally leveled-headed, we could be shocked at the feelings that arise in us today. This is a great time to open an investment account. Today, money gives us a feeling of power.

Wishing you a happy end of the year!

A Panoramic View of 2023

Numerologically, 2023 is a 7 year (2+0+2+3). It is connected to the planet Neptune, which is the higher octave of Venus. Neptune is the planet of unconditional love, music, the mystical, the magical, and what lies on

the other side of the veil. We are finally coming out of this warring period that began in 2017 and will end in 2022. It is a time for peace, the deeper emergence of true spiritual consciousness, the attraction to beauty,

and a profound sense of oneness that will enable us to start rebuilding all that was so tragically destroyed in the previous five years.

The Chinese Year of the Water Rabbit (January 22, 2023 – February 9, 2024)

Typically, this is a year during which we can dare do those things we have only dreamed of. This is a year also marked by forgiveness in which we will reap what we have sown. Those who have created good karma, lived in integrity, completed their homework, and acted honorably will enjoy peace, creativity, and good taste, and they will receive support and accolades. Those who have persisted in being selfish, abusing the system and others, engaging in corruption, and generally getting away with murder will not like this year because it will bring them much pain and hardship.

Globally, we are unlikely to engage in arguments and will most likely avoid petty fights. Positive forms of communication and teaching verbally or through the written word will bring beautiful growth. Prosperity and the pride of work well done will come rather effortlessly to those who are very clear on what they really need, do not shy away from challenges, are determined as well as focused, and as a result, make good decisions. Financial responsibility and investing in beauty bring success. This is an excellent year to start a romantic relationship or strengthen an existing one. Most blessed in 2023 are those who were born in the years of the goat, dog, and pig.

Restrictions and Limitations Dissolve

Jupiter is in Aries between December 20, 2022, until May 16, 2023. This is the beginning of a new twelve-year cycle. We break free from the past with optimism and courage. Armed with an abundance of self-confidence, we feel that anything we put our minds to can be accomplished. The drive to dream our lives into being and back it up with concrete, positive actions is strong. Our determination to move forward with resolute faith in a better world is no match for limitations, restrictions, rules, and obligations.

Jupiter enters Taurus on May 16 until May 25, 2024. This more peaceful influence encourages us to focus on our well-being by healing, spending time in nature, and honoring Mother Earth. Planting fruit trees, creating an herb garden, and growing vegetables are all activities in alignment with this very prosperous transit. Money is rightfully valued and becomes more solid. We are willing to work hard to secure the comfort we need and invest in a financial future that also benefits the environment.

Saturn remains in Aquarius until March 8, 2023. During the first two months of 2023, there could still be some lingering restrictions to our freedom of speech and movement. Those limitations could be particularly

painful for elderly people who feel more keenly the sense of loneliness. Developing our creativity within these boundaries leads to wisdom.

Saturn enters Pisces on March 8 until May 25, 2025. This is a strange zodiacal position for Saturn, who is about as different from Pisces as can be. Restrictions and limitations dissolve. A renewal of faith takes place. We are connected to each other through compassion, tolerance, understanding, and wisdom. Artists are favored. We work in a more relaxed manner with great sensitivity to an invisible flow and are drawn to beauty. Following our intuition brings us serenity.

Much Will Be Revealed

Uranus remains in Taurus this whole year (until April 26, 2026) between 15°09' and 19°24'. Changes in the financial system are afoot. By 2026, all paper money might shift to cryptocurrency. We need to free ourselves from debts and not live above our means. This is a time to simplify our lives, be financially independent, and earn a living doing what we love.

Mother Earth will continue rebelling against our abuse. Earthquakes, volcanic eruptions, and tsunamis will occur in unlikely places and in inopportune ways, leaving much destruction in their wake. To remain balanced and grounded, it's important that we honor Earth and spend quality time in nature.

Neptune remains in Pisces this whole year (until January 27, 2026) between 22°52' and 25°04'. The health of our waters — oceans, lakes, and even tap water — continues being questioned. The invisible virus is still rampant. So are false information, the continued suppression of truths, and manipulated stories passing as news. The wolves are still disguising themselves as lambs while the innocent ones are being slaughtered. Confusion reigns, misleading even the most educated. The structure of reality becomes very vague while the veil between dimensions gently dissolves, allowing those who have eyes to see beyond the illusions.

Pluto remains in Capricorn until March 23, 2023, and between June 11, 2023, and January 22, 2024. More of the darkness and evil that has been buried is being flushed out. Corruption at remarkably high levels is being revealed. Everything related to child exploitation, sexual abuse, slavery, and domestic violence continues coming to the surface, as well as money laundering, murders disguised as suicides, and the misused power of large corporations. On the bright side, this is a time to stand in the integrity of our truth, be a law unto ourselves, x-ray situations and people, and know that we know.

Pluto enters Aquarius on March 23 and stays until June 11, 2023. This first change of sign, which will be fully effective in 2024, is particularly significant. Power will go from a small group of elites to the masses. We

won't be governed anymore by those enjoying self-serving privileges; true democracy will begin emerging all over the world as the people become a law unto themselves. A huge sense of freedom will sweep over every nation, accompanied by real progress in the fields of technology, science, and a deeper understanding of metaphysics. The sense that we are the ones we have been waiting for will take its full meaning.

Notable Aspects in 2023

The two main aspects this year both involve Jupiter. Jupiter square Pluto (see May 17) and Jupiter sextile Saturn (see June 19). The four eclipses in 2023 are all in the Aries-Libra and Taurus-Scorpio axis (see April 20, May 5, October 14, and October 28). These oppositions represent the need to balance the masculine and the feminine, honor our need for security and safety as well as our desire for passion and intensity, and find how to fully express our individuality while respecting others. An equilibrium needs to be struck between peace, beauty, and harmony on one hand and deep integrity, loyalty, courage, truth revelations, and profound insights into the truth on the other hand.

Thursday, January 12: Mars turns direct at 12:56PM (8°09' Gemini). This degree is represented in the Sabian symbols by "a quiver filled with arrows." During the past few months, truths were told, often sharply, our courage was tested, and our treatment of others was revealed. We are equipped to move forward, take new initiatives, and act more fairly than we ever have.

Wednesday, January 18: Mercury turns direct at 5:12AM (8°19' Capricorn). This degree is represented in the Sabian symbols by "an angel carrying a harp." During the past few weeks, authorities who were not serving the people were revealed and collapsed. We took a good look at our career goals and reassessed our position in society, and now we can look forward to a path much more in harmony with divine consciousness. Positive changes are afoot that will lead us to a more spiritual reality.

Sunday, January 22: Uranus turns direct at 2:59PM (14°57' Taurus). This degree is represented in the Sabian symbols by "a man with a rakish silk hat, muffled against the cold, braves a storm." Our relationship to money, Mother Earth, and romance changed drastically in the past few months. We learned what our true values were, making what wasn't fall away. We know that whatever life throws at us, we will grow from. Those experiences have helped us gain a new strength.

No significant aspects occur in February.

Tuesday, March 7: Saturn enters Pisces at 5:35AM. Kindly refer to the opening paragraphs.

Thursday, March 23: Pluto enters Aquarius at 5:13AM. Kindly refer to the opening paragraphs.

Thursday, April 20: solar eclipse at 9:13PM (29°50'

Aries). This degree is represented in the Sabian symbols by "a duck pond and its brood." It is time for brave new growth, courage, assertiveness, and straightforwardness. Taking risks, jumping into action, and being the master of our destinies help us make positive changes in our lives that lead to new beginnings.

Friday, April 21: Mercury turns retrograde at 1:35AM (15°37' Taurus) until May 14 (5°54' Taurus). This degree is represented in the Sabian symbols by "an old teacher fails to interest his pupils in traditional knowledge." Employment and career come into focus. What are our values? What do we stand for? Is our work in alignment with our deeper truth? These will all be questions we will have to answer during the next three weeks. We could find that our routine no longer works or that we have grown disinterested in what we do and no longer see the relevance of our goals. It is time to shift things around.

Monday, May 1: Pluto turns retrograde at 10:09AM (0°22' Aquarius) until October 10. This degree is represented in the Sabian symbols by "an old adobe mission." Sweeping changes are occurring in the social order. Rebellions of the people against governments that haven't represented them for a long time will take place the world over. The power of the human spirit might start overturning the slavery of technology. We may start to see the end of the internet. Scientific discoveries that were helpful to humanity's positive evolution but have been blocked by the powers that be will reemerge to be implemented. Freedom from a reality that had become a prison to many will take place.

Friday, May 5: lunar eclipse at 10:34AM (14°58' Scorpio). This degree is represented in the Sabian symbols by "children playing around five mounds of sand." Whatever we have built in our lives, we can now enjoy. Profound feelings are likely to come to the forefront, confronting us deeply. Revelations occur, secrets are revealed, and issues are brought to light that force us to clarify our feelings, become clear on our emotional attachments, and improve our finances.

Wednesday, May 17: Jupiter squares Pluto at 6:11PM. Many obstacles arise. As the truth about many aspects of life emerges, humanity will be challenged to change many of its previous beliefs. This could cause great growing pains in many. Attempts against our integrity could be insidious. The dark side of organized religion could become particularly visible. Releasing destructive aspects of our lives becomes a necessity. An immense strain on our trust and faith could tempt us to jump ship, yet we need to stay stronger than ever in our integrity to have the clarity to separate the wheat from the chaff. An ultimatum may be required. Staying true to ourselves, having the courage to compromise when needed, and remaining tolerant will separate those who

will have to face their demons from those who have done their homework and can reap the rewards of following an honorable path.

Sunday, June 11: Pluto returns to Capricorn (2:47AM). Kindly refer to the opening paragraphs.

Saturday, June 17: Saturn turns retrograde at 10:27AM (7°13' Pisces) until November 4. This degree is represented in the Sabian symbols by "a girl blowing a bugle." This is a time to reassess our spiritual goals, reconnect with our divinity, and use our imagination to create the world we want into being. Our dreams could become prophetic as well as help us transform what in the past we could have done differently to be less hurtful to others and more compassionate. The time for awakening has come.

Monday, June 19: Jupiter sextile Saturn at 8:53AM. It's a wonderful time to set new endeavors into motion. We creatively harmonize structure and expansion and back vision with hard, disciplined, and focused work while being both optimistic and realistic. Our faith is strong and based in practicality. Taking advantage of everything we have learned, our planning for the future is impeccable. We respect those who have proven trustworthy. Our approach to life is ethical and balanced, and our judgment is sound, grounded in a reality of growth and discovery. We appreciate and find joy in the simple things of existence.

Friday, June 30: Neptune turns retrograde at 2:07PM (27°41' Pisces) until December 6. This degree is represented in the Sabian symbols by "a fertile garden under the full moon." Idealism and intuition are highly developed. We feel the vibrations around us and seek peace. Empathy, compassion, and unconditional love permeate reality. A strong sense of the oneness of humanity begins to develop, encouraging tolerance, respect, and a deep appreciation of how differences do not separate us but enrich us all.

Saturday, July 22: Venus turns retrograde at 6:33PM (28°36' Leo) until September 3. This degree is represented in the Sabian symbols by "a mermaid emerges from the ocean, ready for rebirth in human form." Our emotional values, whether they are romantic or monetary, need to be reexamined. Relationships undergo great changes: Rejection occurs, a romance ends abruptly, or a lost love returns. Our connection to finances is also transformed. A large amount of money could come our way, or a great loss could occur.

Wednesday, August 23: Mercury turns retrograde at 12:59PM (21°49' Virgo) until September 15. This degree is represented in the Sabian symbols by "a girls' basketball team." Our routine may get disrupted. Communications are likely to become stuck on details. Delays in travel occur. This is a time to find the words for what has been kept secret until now and be more daring and attentive than usual.

Monday, August 28: Uranus turns retrograde at 7:39PM (23°05' Taurus). This degree is represented in the Sabian symbols by "an Indian warrior riding fiercely, human scalps hanging at his belt." Whether we have been enslaved by money, living in a place we no longer relate to, or held back by a toxic relationship, the time has come to make the necessary changes that will honor our individuality and freedom. We can only be true to ourselves when we courageously face our fears.

Monday, September 4: Jupiter turns retrograde at 7:10AM (15°35' Taurus) until December 30. This degree is represented in the Sabian symbols by "an old teacher fails to interest his pupils in traditional knowledge." This is very similar to the Mercury retrograde that began on April 21. We will realize the world over that most of the knowledge that has been deemed to be true isn't. History is made of invented stories appearing real, but they aren't the reality of our past. Archeologists have manipulated ancient codes, and much has been hidden from view. A rewriting of our past will start taking place that will change our books and what we value.

Saturday, October 14: solar eclipse at 10:55AM (21°08' Libra). This degree is represented in the Sabian symbols by "a child giving birds a drink at a fountain." Our relationships require depth, solidity, and seriousness. Our integrity comes into focus. We are likely to be more dynamic, courageous, and powerful. A strong sense of destiny permeates our projects that could make us take a very different turn than expected.

Saturday, October 28: lunar eclipse at 1:24PM (5°09' Taurus). This degree is symbolized in the Sabian symbols by "a bridge built across a gorge." Resolutely calling a spade a spade, we move into our future outspokenly with courage and integrity. In love with love, we could romanticize a relationship that at best could be one with a very strong soul connection. Toward the end of this first year of peace, the rebuilding is well underway.

There is no special aspect in November.

Tuesday, December 12: Mercury turns retrograde at 11:09PM (8°29' Capricorn) until January 3, 2024. This degree is represented in the Sabian symbols by "an angel carrying a harp." Our relationship with authority needs to be revisited. We might be contemplating a career change. This could lead to walking out of a job we were only half-hearted about, reconnecting to forgotten ambitions, and finding our true vocation.

Wishing you the most meaningful new year!

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Cleansing and Harmonizing

Egyptian Cat Beings through Mary Elizabeth Hoffman



November 2022 brings a huge emotional cleansing of earth, sea, and humanity with the conjunction of Jupiter and Neptune in late Pisces. The clarification of much-muddied waters — emotional, ancestral, or physical — will take place as all blockages (debris, beliefs, bridges) are swept up in cleansing storms to make way for a more balanced flow of the new energies now entering planet Earth. This could show up personally or have more global effects and consequences. Alignment with water elementals as well as the development of a balanced reciprocal relationship with them is beneficial now to remain clear and move expansively within the cosmic flow of what is taking place on Earth.

The T-square between three of the points of avatar with other planets (the Moon conjunct Saturn in Aquarius; the Sun, Venus, and the Moon's south node in Scorpio; Uranus; and the Moon's north node in Taurus) signals transformational portals of harmonization through which beings, energies, and human souls might come and go to discover the soul-heart's destiny and path. Heart transformations bring new and harmonious loving energies destined to signal powerful changes as the original cosmically aligned Divine Masculine and Divine Feminine energies seek balance and harmony within each person, regardless of physical, spiritual, or emotional gender. This will affect Earth and all upon it, as only through balanced reciprocity and harmony is it possible to continue to exist in 3D expanding into 5D and beyond.

With Chiron retrograde in Aries and trine Vulcanus in Leo, the Sun of truth is brought to bear as the incongruencies, misperceptions, and outright lies are revealed, showing the fantasy promises and beliefs perpetuated on the masses in attempts to influence the flow (and perpetuation of lack or scarcity) of all energies — life, abundance, love — planetary-wide. As the truth sinks in to those desiring to build supportive connections and communities in the wisest and best interests of all living beings, a variety of actions and responses are possible. Going within and asking for guidance is the wisest path to take and will work wonders in gaining the assistance of the other kingdoms on the soul-heart's journey. Things will simplify and smooth in ways that appear to be miracles in the making.

Clear Communications and Insights

November is influenced by the cosmic-equinox

energies that begin November 1, 2022 (All Hallows' Day), bringing with it waking and sleeping dreams, messages, and flashes of insight from Gaia (Earth Mother) and Panden (Earth soul spirit). Together, they are partnered with other members of the integral kingdom, which works directly with the disintegration and integration of past, present, and future archetypes, cosmically and globally. The etheric structures perpetuated in the past that now cloud Earth's life-affirming reality, are being dismantled and swept away so that all with eyes to see and ears to hear might glean the glorious truth of life, the universe, and everything in it. Once-clear intentions that have since become clouded with cords of fear rather than harmony are being dissolved. This will signal opportunities to discover a plethora of responsive, flowing, and responsible ways to thrive on planet Earth in alignment with balanced reciprocity for all.

Transformational messages, words of power, and ancient wisdom are returning to transform, transmute, and wash away — through the power of written or spoken words — all that hinders or blocks through fear, greed, and betrayal. This opens all to align with the cosmic flow of the abundance of the universe and all life. This continues the shift of the human kingdom from dyadic either-or ways of being into triadic multi-optioned ways of flowing in the beauty of cosmic design. Asking daily, or more often, for clarity of vision — as the cosmic flow continues its flux and ebb — brings greater expansion and opportunities when the soul heart is followed and expressed fully and fluently. Written or spoken wisdom during this time will determine near-future outcomes.

On November 8, 2022, there is a full-moon eclipse at 3:03AM (PST) in Taurus with the Sun conjunct Mercury and Venus in Scorpio and the Moon conjunct Uranus in Taurus (both within the orbs of their respective points of avatar). Pluto is in late Capricorn, bi-quintile Mars retrograde in Gemini, triggering the Divine Masculine and Divine Feminine to more deeply seek balance and clear communication with humans and all other kingdoms, including devic, elemental, and angelic.

This full moon is about inviting these beings of other kingdoms to meet, with the intention of developing a balanced reciprocal relationship of giving and receiving



in the figure-eight flow of cosmic energies. For those already connected to other kingdoms, this is an opportunity to go deeper into a more intimate relationship in authentic and genuine expressions, empowering and enhancing the beingness of both. Grant yourself some quiet time in nature, especially around bodies of water, or create rituals to enhance your direct link with the cosmic flow. Surrender, be receptive, and enjoy.

Closing Doors and Opening Doors

A new moon on November 23, 2022, at 2:58PM (PST) at 1 degree of Sagittarius conjuncts four black holes with Venus and Mercury conjunct in Sagittarius. All oppose Admetos, the asteroid that signals a time of rehashing worn-out beliefs, ideas, and ways of being that no longer serve humanity or the cosmos, by going around in circles and eventually bringing closure to them. This is akin to hitting the proverbial brick wall, as blocks to situations come to a head, demanding alternatives — personal, professional, economic, corporate, environmental — to

prevent explosive reactions within all kingdoms of the cosmos, human-created or otherwise. Sudden surprises are possible in all aspects and areas of life in the world.

In addition, Pluto in Capricorn is bi-quintile retrograde Mars in Gemini, so the duality of the twinning energies of Gemini will push a variety of agendas, many of which represent hidden greed/control rather than what is in the wisest and best interests of all beings and the planet to thrive in love and harmony. The potential for much wasted time and energy rehashing old disagreements is high, thereby distracting the average person from the clear messages of options and possibilities in new directions of balanced reciprocity.

This is a time of great learning and lessons of true power, about self-empowerment balanced with all that is within the cosmos, from the smallest quantum particle to the most expansive galaxy and everything and everyone in between. This new moon is about endings and new beginnings built on faith, love, authenticity, and soul-heart destiny. In gratitude, all is possible.

Water-Element Cleansing

December 2022 brings with it tremendous water-element cleansing on all fronts. Spiritual, emotional, mental, or physical tsunamis will come crashing down as the grand water trine between the Scorpio point of avatar, the Moon, Neptune, and Jupiter conjunct in Pisces, and the asteroids Hades and Kronos in Cancer signal a time of realistic emotional appraisal of what is so rather than what is wished for. What is no longer nurturing or supportive could be washed away with the receding tides.

Three of the four points of avatar overlay this emotional grand trine (the Moon's south node in Scorpio, its north node and Uranus in Taurus, and Saturn in Aquarius), facilitating the release of past deceptions, illusions, and fantasies about sex, drugs, war, and so on. Portals for departure of souls unwilling to release past limitations abound, as forgiveness, cooperation, and community take on new meaning and purpose. Toning, music, dance, and drumming are all fantastic tools to facilitate this washing away of ancient debris no longer useful or valid.

The first few days of December act as expansive catalysts for clarification and release of personal and planetary shadow energies based in fear rather than love. This is a time to empower the essence of appreciation and gratitude for even the smallest abundance, love, and creature comforts. Abundance, love, and comfort will expand, and griping, blaming, and finding fault with self or others will only enhance those energies. What one seeds and feeds now in his or her personal Garden of Eden will come to pass in the coming months of 2023. Wisdom suggests sowing those seeds wisely.

Until the solstice on December 21, 2022, opportunities

will arise to let go of past fears, grudges, and limitations. The temptation to return to past familiar comfort zones are to be overcome so that one's burden is lighter, facilitating crossing the chasms of fear over the bridges of truth with ever-increasing trust, inner knowing, and security found deep within the soul heart. The more fear chasms crossed, the more solid will be one's foundation within these ever-expanding dimensions.

With Mercury and Venus conjunct on the galactic center, the lines of communication and heartfelt support, nurturance, and love from the cosmos will be communicated to the human kingdom from deep within the cosmos. Aligning with these energies in balanced reciprocity of giving and receiving, the experiences possible are nothing short of miraculous. Knowledge, truth, and timing for present and potential future events showing a plethora of individual and collective possibilities and paths will be available for download to enhance the depth and intimacy of every encounter with all kingdoms.

Mars in Gemini opposing the Sun and Venus in Sagittarius the first few weeks of December 2022 could lead to challenges with doublespeak, miscommunication, and other forms of disingenuous engagement. This wastes precious time, money, and energy on those whose only goals are chaos, misdirection, and distraction at best and manipulation or control at worst. This might show up in personal interactions or through various forms of media.

Yin-Yang Changes

The asteroid Cupido, now four degrees into Capricorn and pouring heart energies from the galactic center

into the Earth plane, will continue for many years. In aligning with this love vibration in a strong and powerful way, one can discover the destiny of balanced reciprocity and the figure-eight flow within All That Is regardless of the dimension, kingdom, or realm in which it resides. All is interconnected when this life-affirming vibrational energy permeates the air, water, earth, and fire of all living beings.

A full moon eclipse takes place on December 7, 2022, at 8:09PM (PST) in Gemini conjunct Mars. With this Sun-Mars opposition, internal power struggles regarding decision making are apt to create massive miscommunications, especially for those who have little patience or are short-fused. With this eclipse are many hidden factors that, if great focused attention is expressed, will reveal themselves to bring about wise options and choices. Beware the pressured sales pitch of any in your sphere to make an immediate decision, as this entity's goals are to extract a commitment that might require more questioning, detailed or specific discussions, and agreement. With Venus on the galactic center, you might call on her energy for guidance as to what is in your best interests.

During this full moon time — the day before, day of, and day after — there will be karmic repercussions and the entrapment of feminine/yin energies. Deceit about the creation of the second Eve by Adam (from the earth and his rib) without God's blessing (outside cosmic creation through balanced reciprocity) to attain dominance and create fear energy will begin in earnest. With the asteroids Hades and Kronos in Cancer trine the Moon's south node in Scorpio on the Scorpio point of avatar, the transformation, revelation, and truth about this lie perpetuated in biblical stories will come to light.

This activates the Moon's north node in Taurus conjunct Uranus and the Taurus point of avatar, which will open many portals through which visions will come of the changes required to rectify the fear/sin creation perpetuated by the Adam/yang energies thousands of years ago. With all humans carrying both the yin and yang, all will feel the loss, grief, and disappointment of this "mistake." Ideas will activate for ways to finally remedy the situation for both yang and yin, thereby restoring harmony and balanced reciprocity on Earth and through the cosmos. On this full moon, Lilith in late Cancer sits opposite Pluto in late Capricorn, signaling a time for a meeting of the souls, minds, and hearts of all — yin, yang, and all expressions in between.

Intense Incoming Energies

An influx of solstice energy will take place on December 21, 2022, at 1:50PM (PST) as Jupiter enters the sign of Aries, lasting until May 16, 2023. Among these powerful long-range energies and the stellium of planets in Capricorn (Cupido, Venus, Mercury, and Pluto); a grand-fire trine between the Moon in Sagittarius, Jupiter in Aries, and the asteroid Vulcanus in Leo; and the wide T-square between three of the four points of avatar (Saturn in Aquarius, Uranus, and the Moon's north node in Taurus and its south node in Scorpio), a huge spirit-fire initiation will take place on Earth for the planet and its inhabitants. Gaia and Panden are part of this incredible passion fire of truth and wisdom. Those resistant to these intense energies might become explosive with no outlet, causing them to act out and express feelings of fear or rage directed toward those they blame for their plights. Dancing, drumming, walking, swimming, and other physical activities can help integrate and focus these energies toward a more grounded and productive outcome.

On December 23, 2022, a new moon in very early Capricorn at 2:18AM (PST) squares Jupiter in early Aries. This signals a major forgiveness-retribution time beginning the day before, the day of, and the day after in an effort to bring about balanced reciprocity in the karma between the masculine-feminine split and projections bringing about clarification of the feminine connection to all Creation/Source. Rather than this being a competition between the two, it becomes a cooperative, balanced, and intimate partnership empowering and integrating both in divine love. With Lilith in Cancer trining Neptune in Pisces, cleansing and clarification of what it means to flow with cosmic energies, rather than attempting to control them, will bring about greater manifestation in the wisest and best interests of all.

From December 29, 2022, to January 17, 2023, Mercury is in Capricorn, beginning its first of four retrogrades in Earth signs for 2023. During this time, the power of words or thoughts might become manifest quickly, so diligence on what is empowered is wise. Done with caring, compassion, and clear communication connected to Source and one's soul-heart, this is a time to renegotiate all commitments, contracts, or oaths taken or given consciously or unconsciously to self or others.

Themes in the New Year

There are several overall themes for 2023, one of which is signaled by Venus, Mercury, and Pluto aligned in conjunction at the opening of the year on New Year's Day. The solar energies will enhance and empower this

configuration on January 16, 17, and 18, bringing to a head the internal and sometimes external projections of unconditional love versus power and control. A huge influx of love intonations will sound during this time,

reverberating throughout the coming year. Those open to these energies will experience renewal with soul-soothing, etheric energies flowing through every cell.

The year 2023 begins and ends with Mercury retrograde in Capricorn, signaling that the full 365 days are all about discovering what is truly valuable, viable, and life affirming about being on planet Earth. Each person will be given a plethora of opportunities and circumstances drawn by the soul-heart's destiny to discover what and who is of greatest value in terms of soul growth. Those who focus on appreciation and gratitude for all will reap the benefits of balanced reciprocity as their alignment with the cosmic flow of the universe draws to them greater opportunities to experience life, light, and love in unattached ways. Those determined to force or control the cosmic flow to their egos' ends will discover many challenges and frustrations in navigating life and the world. Clear, intimate, and in-depth communication of the soul-heart's passion for all life and beings is the theme for 2023.

With Mercury going retrograde four instead of the usual three times in 2023 — all in Earth or air signs — much will be experienced in 3D on physical and mental/psychic levels as Mercury gives opportunities to review previous decisions, commitments, and contracts, facilitating their renegotiation in ways that are wisest and in the best interests of all involved and affected, including Earth and its inhabitants in every kingdom. Alliances and greater intimate connections are possible between the human kingdom and other kingdoms through which all will benefit greatly, quickly restoring balanced reciprocity almost immediately when entered in full authentic partnership.

The four retrogrades of Mercury (December 2022 to January 2023, April to May 2023, August to September 2023, and December 2023 to January 2024) overlap with Venus retrograde in Leo, crisscrossing the Leo point of avatar and shining truth on all in August and September. This promises a powerful truth-or-consequences time frame in which TiaMa'at energies will shine the light of truth on all, which as yet requires restructuring and reorganizing to bring Earth and its inhabitants into alignment with cosmic balanced reciprocity, individually and collectively.

Promises and Expansions

With four eclipses in 2023 — the new moon in April, the full moon in May, and the full and new moons in October, as well as two full moons in August — the harmonizing energies of dream time will bring a dramatic array of visions and possibilities, from best- to worst-case scenarios for humans to choose from to energize, nurture, and empower. The full moon in Aquarius on lammas, August 1, signals a time of appearances

and apparitions with specific messages, warnings, and guidance from TiaMa'at, the Mother of All Creation. Her presence abounds until the full moon in Virgo on August 30 when she sets in motion the next phase of restructuring required to bring Earth and its inhabitants into balanced reciprocity with the cosmic flow on a universal scale.

Much chaos and confusion are possible during 2023 due to Saturn's entrance into Pisces on March 8 and its retrograde from June 17 to November 4 (returning to station on February 7, 2024). The tendency to jump back and forth between past memories and future hopes, dreams, and desires — and losing grounding in the present moment to actually face and overcome attachments and fears — is a high probability with Saturn in Pisces. This is soul-heart-destiny energy that must be seen fully, clearly, and without judgment so that it might be assimilated, learned from, and moved past. This is apt to show up in global political and economic ways with attempts to control and manipulate the cosmic flow by people, corporations, and governments who seek to hold on to their past power bases and structures.

With Jupiter in Aries from January 1 to May 16, 2023, many expansive new ways to live, grow, learn, and house and feed the populations of the world will rain down from cosmic sources. The realization that there is more than enough prosperity for all — and that it can be done quickly — comes about with intimate relationships developed with all kingdoms of Earth: human, devic, imaginal, elemental, and others. Together, all is possible in a smooth and easy manner when aligned with the cosmic flow of balanced reciprocity. Eden on Earth is not only possible but also doable through sharing, cooperation, and unconditional love.

From May 16, 2023, to May 25, 2024, Jupiter enters and remains in Taurus, signaling a time of constantly expanding portals of opportunity to invite in what is in the wisest and best interests for the cosmic flow of balanced reciprocity and the dismissal of what hinders it. This is also a great portal through which people seeking respite and departure from their physical 3D Earth bodies and the Earth plane might opt to depart and expand past the limiting boundaries on Earth.

The year 2023 holds within it a great many possibilities, promises, and expansions for those open and willing to align themselves with the cosmic flow of balanced reciprocity. Those determined to remain in fear, greed, and control energies will discover the year is a challenging prospect.

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.

Claim Harmony in All Aspects of Life

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.

The Still Center of Perfect Balance Prepares All for the Expansion

In my close to twenty years of having the honor to call forth this process, the November-December 2022 balancing sequence is so richly unique that it took my breath away. This moment of cocreated opportunity fully opens the window to claim harmony in all aspects of life without limitation. Imagine the freedom and the manifest energy that is yours to command — now.

Both culminating moments in this year of stunning up-level expansions loudly remind us that the key is to move forward with ever-greater sincerity, love, and presence. The fear energy sustaining the “revitalization” of the fourth dimension is everywhere. If you choose to command the light of your divine mastery presence, claiming the harmony and abundance of this energy offers grace, ease, and peace as your tools to navigate the moments of now and the soon-to-be now.

Invite inspiration to guide you, and say yes to the inner wisdom that remembers that if you try to push and pull your way through, the situation will fall out of balance quickly. The moment is now to fully remember and celebrate that nothing is ever lost or hopeless; it is always yours to call forward at any time. You are the master.

November and December, Each = 7 The Harmony of Mastery Presence through Service

Gazing at either the sacred sequence of incarnation wheel of eternal presence or the physical body charts for both November and December, the energy of the 7 is



both the king and the queen of this journey. The activation of the harmony of the mastery presence of the 7 is a rare moment to empower all that you are. The key is to notice any remaining illusionary energy about what true service is and how to bring that energy into form. Blending with the perfect balance of the 4 reminds you that you cannot give from an empty well.

Claiming your divine mastery presence without doubt empowers and frees you from being ruled by paradigms simply because they exist. This offers you the invitation to relax more into yourself as you trust the flow that carries you into the expanded state of conscious being.

There are many masters. The energy of power and empowerment is here, and it is yours to wield. This type of blessing cannot be given to you. This is the moment to gaze into the mirror and remember that only you can claim what is yours. The mirrored 7 has arisen and is asking: “Are you ready to consciously reclaim your mastery power?”

The energy of the 7 as 2022 culminates, essentially, as a singular purpose: to assist you to remember more and to know, without doubt, that claiming mastery presence into this form with integrity is 100 percent your choice. Your divine mastery presence has always been and will always be. It patiently waits for you to remember.

Smile and rejoice! Now is the moment to recognize that as a master, you will frequently be the novice as well as the witness.

November and December integration practice — activating and opening the Om breath: All good things arise from Om. It is the center of our cosmic presence and the space that opens the still center within. As the 2023 storm arises for all, oneness with the breath is a precious moment of remembrance and peace.

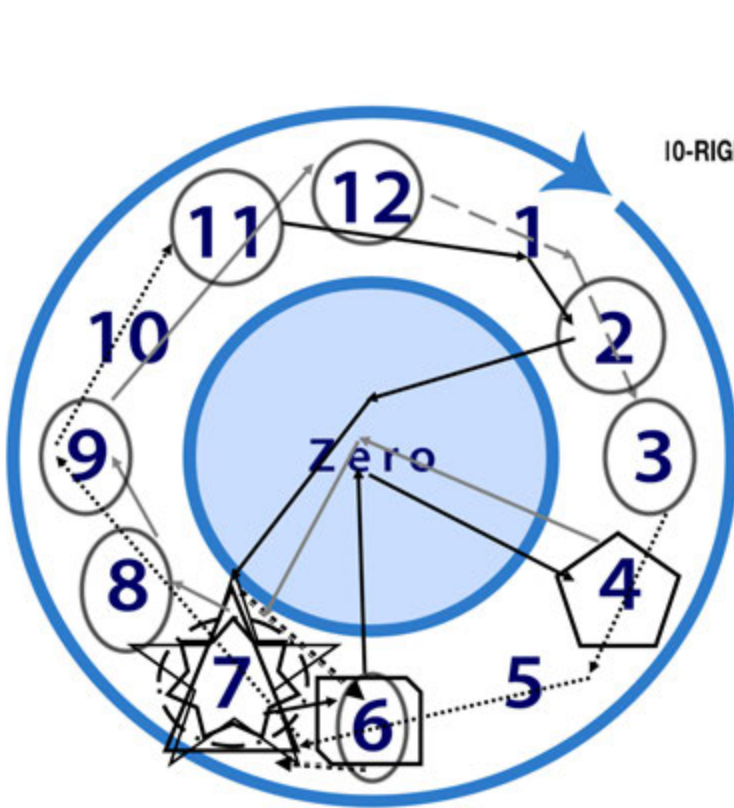
The Om breath is most easily understood by watching another offer this gift. In the spirit of this holiday season, please accept, as our gift, a video and daily support.¹

[illegible]

November 23, 2022: Illuminated New Moon: 2 + 0

- December 29, 2022 = 7 prime (as 8 + 8), Mercury retrograde begins
- December 31, 2022 = 6, the new year is heralded
- January 1, 2023 = 7 prime (2023 = 7 + 0), bridging into the storm

The fullness of the annual November/December mirror energy for 2022 dances with multiple realities at



Ascended Numerology December 2022

December = 7 Prime 2022 = 6 + Infinite December 2022 = 4 + Infinite (as 1 + 3)

December 7, 2022: Full Moon Conscious Arrival: 7 Prime

December 11, 2022: Mercury Retrograde Pre-phase: 8

December 21, 2022: 9 Note: Time Matters Today! Solstice at 4:48PM ET: 12

Together: 3 (the Creation Spirals from the Center of the Eye of 2023, Arise)

December 22, 2022: Up-Leveled Unified Field Anchors Fourth Harmonic Flow: 11 Prime

December 23, 2022 Illuminated New Moon: 2 + 0

December 29, 2022 Mercury Retrograde Begins: 7 Prime as 8 + 8

December 31, 2022: the New Year Is Heralded: 6

January 1, 2023 Bridging into the Storm: 7 Prime (2023 = 7 + 0)

once. As you connect with both the November and December physical experiences of the sacred sequences, the level of creation and manifestation is stunning.

Most visible and worthy of attention is the direct connection between the lotus (eighth) chakra and the vision of the crown (seventh) chakra. This is the result of steadfast commitment, focused awareness, and complete trust in your vision.

The first and second chakras are busy engaging with your infinite presence, another reminder and call that as you stabilize your first chakra from the energy of seeking safety into the knowing of peace, your second chakra will transcend into the love of being.

With this self-love fully anchored and the compassion of the master, you are ignited within as humanity

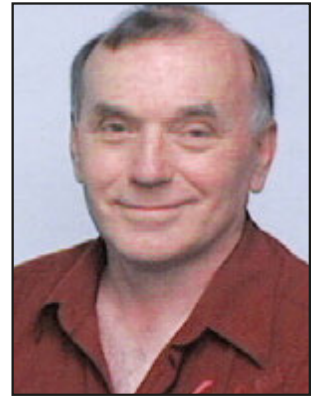
embraces 2023. The vision of your highest self calls and invites you to remember: You deserve because you were born. Say yes to you as the imminent moment ahead supports your expansion.

1. This video can be found in the main menu of the free app *Spiritual Mastery Sri & Kira* that is available in the Apple and Android app stores.

Master Lady **Kira Raa** has helped thousands reclaim their mastery through her highly rated YouTube channel/OfficialSriandKira. During an NDE, the ascended masters revealed Kira's true mission and assisted her mastery memory to incarnate into this form. Before her "second life," Kira was a highly acclaimed inspirational speaker. This success made her a favorite guest of numerous TV and radio shows, including Good Morning America and Coast to Coast AM with George Noory. Kira lives in Ecuador with her husband, Sri Ram Kaa. To learn more, visit TOSABlueMountain.com.

November Is a Month of Hopes, Schemes, and Impractical Dreams

Lynn Buess, MA, EdS



Note to readers: This will be my last contribution to the *Sedona Journal*, as I am getting on in years and refocusing my life. Many thanks to all of you for your emails of kind words and support. With this, I bid you adieu.

I was looking back at my predictions for November 2004, and I realized that I could insert them here, and they would apply now almost as much as they did then and perhaps more. You might call that cheating. However, there is some sound numerology behind it. Like almost everything in the universe, numerology works in cycles that return but on another level. Lessons not learned individually or collectively reappear. New ones also appear but with a twist and an updated turn of fate (or perhaps universal law). The fundamental numbers are the same for both years but with some variations, of course, related to the progress of time.

Why am I posting this now? One of my most ardent supporters over the decades used to say, "If Lynn's reading does not seem accurate, save it and look at next year." I do seem to get a step ahead of things quite frequently in my work.

Predictions for November

November is a month of hopes, schemes, and impractical dreams. More often than not, international politics between nations is exactly like the communication in a stressed marriage. Each participant is more intent on making his or her emotionally charged, toxic position rather than hearing the other person and coming to a mutual point of resolution. Power plays and threats characterize the negotiations as this month passes.

Economic issues are especially important at this time, and developments during this month can be indicators of a long-term trend. The tense global situation keeps international markets in a state of flux and volatility. Opportunities for making excellent profits on arbitrage and the exchange of currencies still continue to develop.

The United States is in position to restore its image

and take a new lead in international affairs. It remains to be seen what the policy will be and whether the population exerts the best of American resolve rather than allow issues to be forced down the public's throats by misguided leaders. Public lethargy can be a major contributor to the continuing decline of American integrity. On the other hand, public participation can inspire an attempt to recognize the rampant corruption in government and build an American presence of benign contribution that applies powerful resources to healing a dying planet.

Expect increased natural earth activity. The West Coast will be active with earthquakes and renewed volcanic activity. Some peaks that are numerically ripe for activity include Mount Washington in Oregon, Lassen Peak in California, and Mount Baker and possibly Mount Rainier in Washington. Along with increased Earth changes around the globe, the states feel more activity on the Pacific Rim along the West Coast, and there might be another quake in an unexpected location near the Midwest or Eastern U.S.

November's Personal Numerology

To determine your personal year for 2022, add the sum of your month and day of birth to 6, the number of the universal year: $2 + 0 + 2 + 2 = 6$. For example, October 5 is $10 + 5 + 6 = 21$ [$2 + 1 = 3$]; thus it is a 3 personal year.

If you are in a 1 personal year, many of you are very close to integrating and balancing several components of your lives. Perhaps you have been pushing along like a bull in your desire to become more spiritual. In your rush to do this, you might have overlooked something that is most important: your humanity. You may be overlooking physical and emotional needs that are essential to balanced living. Life will have a way of bringing to your attention just where you are at and where you are

not. You also want to improve your body fitness and general state of health. You will across a routine of exercise and diet that fits with divine aspirations.

Money matters can get you stressed, and financial circumstances can cause you to seek a new form of income. You may have to revise an old-fashioned attitude about prosperity and the value of money. Delivery of an important document may be delayed or misdirected and require some investigation. Tension can lead to headaches near the end of the month.

If you are in a 2 personal year, this can be a time of confrontation with the ego, and you may do some work to give it less control and cooperate more with the higher self. This is not usually a task to take on alone. You can benefit from working with a trusted mentor or helper who has been through this challenge and offers the skills to provide assistance. The Scorpio time of the year is often one of death, rebirth, and transformation. You may well experience a taste of each of these in your growth spurt now and through the coming months ahead. Some thorough research in the art of consciousness can lead to a breakthrough in wisdom. By making a list of the things you see that block your path, you will be able to recognize the unconscious patterns that have been in your way.

During this cycle, you will be introduced to further options for the future, and then you will be busy deciding on the most desirable possibility. This is a good time to review what has not worked for you in relation to your professional goals. If you recognize a recurring pattern of self-sabotage, this is a good time to get some professional assistance or guidance from a wise mentor.

If you are in a 3 personal year, the fires of transformation are quickening, and you are more curious about the process of transformation and spiritual growth. You can no longer ignore the effects of subtle energies becoming more active within you. Your awareness and grasp of events seems expanded and aided with deeper wisdom. This is comforting because you have been asking and praying for a better understanding of events on a more enlightened level. You realize that your intuitive insight has expanded, and you have a deeper sense of being empowered from above. This additional force can be applied to daily routines and mundane affairs. You find all aspects of your life are active and moving in a direction that brings you greater joy and a sense of accomplishment.

Perhaps you have been fortunate to reach the heights of material accomplishment and worldly honors. You have gained strength of character and a solid boost of self-esteem as the result of the path you have followed. But is this path your own, or was it chosen to please someone or something else? You now realize that if you

are going to gain a higher stage of awakening, it is time to step up your spiritual discipline.

If you are in a 4 personal year, health issues can become a concern, as long repressed energies might have manifested in a certain area of the body and could start to manifest as a physical disorder. Emotional issues can unexpectedly arise with someone near you. The good news is that both of you realize it is time to heal old wounds. Your nervous energy can be channeled in a positive way that lets you get enormous amounts of work done in a hurry.

If you have reached a dead end in your career, this is a good time to start exploring other options for making a possible change. Perhaps there is something you have wanted to do for a long time, but you were afraid to lose income or job security. You might very well find an alternative path that allows you to do so. You could be approached by someone with a professional offer that involves taking a big leap in courage and confidence. Many of you will be making notable progress now and are at the top of your game. Love and romance are highlighted, and you and your partner could inadvertently discover something special that fans the flame of passion and mutual delight once again.

If you are in a 5 personal year, you are touched in a way that gives you added excitement about living that at the same time offers an inner reward. You choose to start recording the changes happening and the internal events taking place. With time, this may turn into instructional material that you will want to share with others. You are discovering that intellectual speculation about life and its meaning has not brought you the answers to existence that you have sought. You may feel that there should be more to life. For many of you, this can be a time when prayers are answered and dreams are manifested. You come closer to contact with the dance of the cosmic tides that are waking up human transformation.

If you are clear with those who put heavy demands on your time, they will back off and give you more space. A flaky friend brings the right fun at just the right time. This can be a cycle that is both frenzied and fickle. You may have several positive options to choose from. You may want to take a quick breather to sit back and prioritize your focus.

If you are in a 6 personal year, this can be the time for many of you to decide to further your education or career skills. This might be academic study, or for the spiritually motivated, this can be a time to embark on some form of esoteric teaching. Your previous study of a foreign culture could prove valuable as an opportunity to travel to that land becomes more probable. This can be a good time to integrate multilevel experiences into a more grounded platform for living. Your connection

to inner strength is stronger, and you are able to stand up and face some conflicts with people who previously intimidated and used you. Your growing emotional maturity is more evident from this and other challenging encounters.

This is a time of diversity and mixing with other dynamic souls and accomplished people of similar achievement. The experiences that you all share will require much trust and commitment. Your social charm is both useful and engaging, thus you become a magnet for some good-time fun and a refreshing twist of pleasure.

If you are in a 7 personal year, this is a cycle that can find you becoming more alert to deception and hidden unconscious fears. It is possible that you are beginning to see through a ruse that someone used to manipulate you for his or her ends. At first, it was difficult for you to recognize this, as it hit one of your hidden fears related to lies and lying. You have begun the process of working through the issue and are starting to see this person clearly, especially his or her dark side. Although it is not easy to get out, you have the insight and conviction to make a clean break. If you cannot sort all of it out yourself, you may want to consult with someone who is skilled at doing so. You learn to appreciate good friends and associates more than ever.

Perhaps you have questioned the nature of ecclesiastical power and authority. You may feel as if you have been wronged or harshly judged. Dogma and authority are central issues as you sort out a new relationship to Source. You are moving from a more exterior relationship to a closer internal relationship.

If you are in an 8 personal year, you may be having a new or renewed feeling of connection to divine guidance or Source. You sense a process of transformation taking place in your life. It is possible that you

have been working at this in a very deliberate manner although you might not be a conscious activist of self-awareness. It is very easy now to be swept away by cosmic impressions and forget to keep your feet planted right here on the material plane. You will soon be talking to potential investors about possible terms for investing in you or what you do. On this mundane level, you want to watch contracts, documents, or agreements very carefully.

You are confident and empowered, and it is important now to be properly prepared with matters related to details and clarity. This can be an excellent moment to put forth your project or idea of a future venture. Amid the financial uncertainty and commercial pause around you, there is a path of success waiting for you to excel.

If you are in a 9 personal year, be very careful to pay attention to details now, as you could easily overlook an issue that could become major trouble. Networking and contacting old sources could pay off at this time. You are maneuvering yourself into a position to meet people in positions of influence and support. The time is favorable for some simple moments of merriment and festivities with friends, family, and close associates. It is very likely that you will be taking a more outspoken role in social matters and community issues. You will most likely find yourself taking a more active position regarding social issues that affect your life and those close to you.

You are perceived as rather far-out by some social standards. It is not easy to stay grounded, as you are nervous and shaken with impulses of a most mysterious nature. This can be a time of spiritual delight as you are radiated with a blast of cosmic energies. With your head in the clouds and feet on the ground, you enter a new phase of life force.

December: The Spark of Light within Mass Consciousness Grows Brighter

December brings to a close a year of deep emotional impact and worry for much of the globe. The global population will learn about another series of troubling revelations and events that add more concern. By December, some of the most gross crimes and abuse by high profile personalities will become known to the public. Those who hide in the darkness try to hold on to control. December 15, 2022, could be a day of another disruptive event.

Restoration of the Republic continues to gain momentum. Talk of secession gets louder in a growing number of states, and the Lone Star State makes the most noise.

Sweeping changes in voting bring a variety of

political opinions into public awareness. Many inspired young candidates with no ties to old corrupted institutions arise with enlightened and refreshing new ideas. The spark of new light impregnating mass consciousness is brighter than ever amid the shadow of darkness. The impetus for governments of service rather than control gains noticeable momentum as this year comes to a close.

The coming year will bring investigation, revelation, and the essence of spirituality back into the public arena. Illumination of the many will become increasingly evident, and those who lie and have lied for so long will realize that they are no longer believed by those who see. Timelines seem to be doing an overlapping dance.

Wise old Sol wakes up and immerses the entire solar system in a bright flash of light. The long range impact is to stimulate higher frequency energies in the DNA of sentient beings. The boost of light will make it easier for humanity to come out of thousands of years of stupor. December 15, 2022, might also be a day that dramatically shines light on the process of cleansing and reawakening the greater population.

December's Personal Numerology

If you are in a 1 personal year, you are caught a little surprised by recent social, political, and monetary events taking place. This is a month for your best assets to come to the foreground and be noticed. It may be difficult to contain your optimism as things develop. It is important to be forthright about credentials and accomplishments and avoid any overstatement. Pay attention to the fundamentals and basics rather than getting overly extravagant. You could receive some visitors that bring vital information and support. Be careful not to overdo physical exertion, as you are prone to stress-related injury to the joints and bones. Intuition and bursts of inspiration come easily and at times unexpectedly.

This can be a cycle for giving thought to what you would like to do and accomplish in the coming year. Confidence mixed with some inspirational excitement can be a stimulating tonic for a change in direction. Your values will be challenged and your integrity tested by the demands of the marketplace and the underlying plots of others taking place.

If you are in a 2 personal year, perhaps you've been disappointed with relationships and were not as committed as you could have been. This can be a favorable cycle for clearing out old pain and negative, protective mechanisms of your heart and soul. As you follow your inspiration, you come up with an idea that just seems to fit the times and needs of others. Once you have outlined the basic elements, you may benefit by seeking advice from a trusted and creatively aware business consultant. There is a potpourri of opportunity at this time, and you can jump at the opportunity and start something most enjoyable and rewarding. The wind is now in your sails.

You are becoming better organized and ready to deal with the pragmatic realities of cash flow, marketing, and developing your ideas into success. It will benefit you to take time and be sure of the details, legalities, and protocols. A delayed correspondence suddenly offers good news and timely assistance. You are flexible and willing to make necessary adjustments to meet the demands of the marketplace.

If you are in a 3 personal year, you can get caught off guard by unexpected developments and unforeseeable circumstances. Your logic may become clouded and cannot offer you the best solution to the circumstances

that you face. A combination of intuitive hunches and logic can work together to yield a satisfactory and effective response. Although jolted by fate, you will see a broader picture of all that is happening. You have been giving thought to exactly what you want in a relationship. This month will find you attracting more harmonious and compatible interactions with your chosen partner. This cycle can include mystical and transcendental revelations and visionary moments.

You may be confused and perhaps overwhelmed with information that comes in an intuitive flash. It just does not fit your conception of the situation. Be willing to listen and work with the information, and you may just find a silver lining as everything unfolds for you. Lady Luck may be looking over your shoulder during this time, and it will pay to listen to her calling.

If you are in a 4 personal year, this can be a month of optimism and renewed hope toward your life progress. You have been doing many things along your path to build a strong spiritual foundation. Now you can tackle the age-old dysfunctional patterns with the aid of those above and beside you. Your spiritual discipline and effort offers new rewards as you see a way to integrate the insights of spirit into your work environment and daily responsibilities. Your newfound inner strength allows you to cope with the turbulence and social unrest of the time. The universe supplies you now with the knowledge that you can have the sustenance to be abundant on the physical plane as well as be nourished in spirit.

You realize now that you have been holding on to emotional traits that are unconsciously attached to pleasing your parents. It is time to establish a more personal way of life that is harmonious with your wants and needs. You are learning to release the anger that has been attached to the old rebellious pattern against your parents and authority figures.

If you are in a 5 personal year, this is a good cycle for examining your philosophy toward the handling of funds and your beliefs about prosperity. This can be the time to pay attention to downmarket strategies and inflation. You may be called on to develop a much different strategy in order to continue your favorable financial success. You are nurturing a secondary work direction that touches your heart. A revision of plans puts some of your dreams on hold but opens the door for an opportunity to make an unexpected dream come true. Things have come easy lately, and you want to be wary not to fool yourself into careless spending and excessive optimism.

Family and personal demands from others requires more of your free time. By taking immediate steps to alleviate people's concerns, you earn their trust and give them poise to do more for themselves. It is not so easy to find the study time and contemplative moments as you

would like, but the lessons gained through service provide some equally inspiring insights of consciousness.

If you are in a 6 personal year, there is so much happening during this cycle that it may be hard for you to maintain the hectic pace in your social and personal life. You move more willingly through some old barriers of fear while being more confident to assume additional responsibilities in your life. From lessons gained through the transformation of self, you can contribute a wealth of experience to others from maturity and a well-developed, positive ego. You realize that to allow the expansion of consciousness you want to take place, it is necessary to release some old, rigid preconceptions regarding spiritual growth.

Your mind will open to the breadth of vision necessary if you are to absorb an incoming set of hierarchical archetypes manifesting out of the universal mind. You will discover many new avenues of expressing these to aid other people in their growth. A shift takes place that will affect every level of your being.

If you are in a 7 personal year, you flirt with one of the stages toward enlightenment as you strive to integrate your personality and create a better connection to the soul. You will attract the guide you need (either inner or outward) to assist you through the interlude of uncertainty. You have worked hard on your journey toward enlightenment. You may find yourself getting caught in the panic of the collective unconscious as unprocessed

debris of the hidden dark side rises closer into conscious awareness. You will be placed in a position to know the boundaries of your being and stay focused within yourself. You can use your advantaged insight now as others turn to you more and more for guidance and advice. You catch the mood of public change and benefit from a growing collective curiosity about truth.

You are busy integrating guidance from your meditative practice along with the inner promptings of the soul. These both help to lead you into a course of inner work and a realignment of levels. The external benefit is that you will find yourself more assertive and less timid in getting your ideas communicated and recognized.

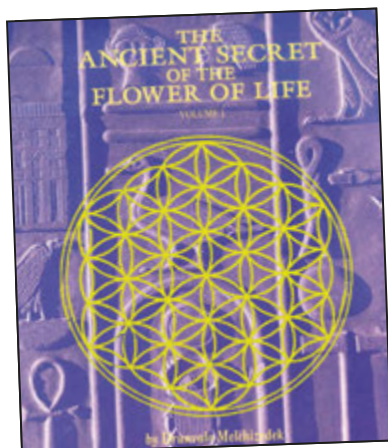
If you are in an 8 personal year, romance, flirtation, and potential sexual exploration loom, adding to the intrigue for this month. You must skillfully maneuver your way through a delicate situation in the workplace. Two opposing groups are in the position to make decisions that will affect your future. Keep boundaries clear, and let tact be your aid. Improving your communication skills takes on more importance now as you enter into a role with expanded public recognition. You emerge from under someone else's limelight, allowing your personality to shine. The openness and sensitivity displayed wins over those sitting on the fence and impresses adversaries. Don't overlook physical exercise and time with nature amid all the other demands.

Give yourself some time to integrate and assimilate

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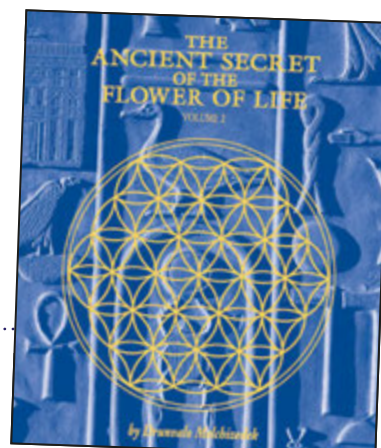


THE ANCIENT SECRET OF THE FLOWER OF LIFE VOLUMES 1 & 2

BY Drunvalo Melchizedek

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Once, all life in the universe knew the Flower of Life as the creation pattern, the geometrical design leading us into and out of physical existence. Then, from a very high state of consciousness, we fell into darkness. Melchizedek presents in text and graphics the Flower of Life workshop, illuminating the mysteries of how we came to be.

The sacred Flower of Life pattern is explored in even more depth in the second half of the famed Flower of Life workshop. The proportions of the human body; the nuances of human consciousness; the sizes and distances of the stars, planets, and moons; and even the creations of humankind are all shown to reflect their origins in this beautiful and divine image.

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all the matters that recently developed. The time that you take to listen to your inner self will yield a divine clue. You will find a new way of being in a relationship that defies your previous conventional ideas. You may balk at some earlier notions about authority and do a little minor rebelling.

If you are in a 9 personal year, what has been repressed turns into a search to release the emotional devils of the unconscious. You may seem overwhelmed at the influx of powerful feelings stirring the soul and moving you toward a different world. New friendships and allegiances of spirit develop into a joyful support group that makes the transformation much more exciting. You find yourself wanting to share more of your experience with others. This is a powerful cycle of recognizing and integrating promptings from the higher realms of light. You are learning to accept ethereal influx

and take practical steps to implement the guidance into your daily life. As the year closes, you are ready to embark on the coming year and what it will bring.

Your attunement to the time and social mood alerts you to a need for a more adjusted strategy in presenting yourself and your products to the public. By applying a combination of trust in intuition and assistance from qualified associates, this puts you in the position to excel and succeed in a troubled social and commercial environment.

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.

The Best Attitudes for 2023

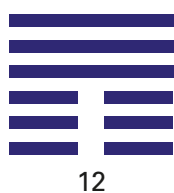
Nori Muster

Just like the past year, floods and fires continue to batter our planet. In America, we've learned from years of climate denial and domestic political violence how long cruelty and lies can continue without any apparent karmic reaction. Instead of dwelling on the negative, we can consult the I Ching for the most positive and appropriate attitudes for 2023.

The I Ching, or Yi Jing, also known as the *Book of Changes*, is a collection of stories written in six lines (hexagrams). It came into being simultaneously with early Chinese writing before 2000 BCE. Each hexagram addresses a different type of change, and the six lines in each hexagram describe the best or worst attitudes to flow with the changes.

To identify the best attitudes for 2023, we will examine three hexagrams:

- hexagram 12: the strong trying to obstruct the weak
- hexagram 32: perseverance
- hexagram 61: the higher self



Hexagram 12: The Strong Trying to Obstruct the Weak

Line 1 (yin): This line offers the metaphor of pulling up a clump of grass and bringing along other plants that were connected at the roots. It reminds us of how our actions affect others. To begin to work on a problem, we need to understand its scope, including how much danger we face. Here, we live in

a multicultural society in which we strive for liberty and justice for all. Still, we have politicians who don't see it that way. They act like they can just pull on people's roots and mess them up without hurting the overall health of society. Current events have been damaging and demoralizing, posing real danger.

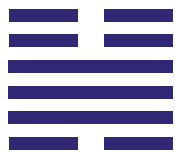
Line 2 (yin): This line shows a humble citizen who works hard and follows the rules. A powerful person could easily exploit such an honest person. The I Ching advises leaders to improve life for everyone, not just the privileged class.

Line 3 (yin): This line shows a leader who feels ashamed for taking advantage of ordinary citizens. To make things right, the leader must admit to his mistakes, make amends, become a better person, or look for a new vocation. We are fortunate to have many good politicians (now and in our history), but too many politicians these days are incapable of acknowledging their lies and mistakes.

Lines 4–6 (all yang): These lines show society balanced again after cruel leaders change their ways. In ancient times, people had to just wait for the leaders to listen to the authority of the I Ching and become better leaders. History shows that this could take lifetimes. Now we have elections to change our leaders out if they can't change. We have many capable candidates



coming forward who care about human rights, civil rights, women's rights, and Earth.



32

Hexagram 32: Perseverance

While hexagram 12 outlines the problem we face, hexagram 32 offers advice on how to cope with it.

Line 1 (yin): This line shows a person who has been overwhelmed with stress for a long time. Even though we haven't solved everything immediately, the best course is to turn toward the challenge and do the best we can.

Line 5 (yin): This line offers further advice on how much stress we can handle. The image shows "a careful woman married to an adventurous man." The adventurous man enjoys a good challenge while a situation like this makes his careful wife nervous. The danger is that he might try to draw her in too much, or she might try to hold him back. The message is to respect other people's processes and their ability to cope. We all need to go at our own pace.

Line 6 (yin): This line explains the role of small accomplishments. Pausing to celebrate success strengthens us for the long term. For example, Congress got a new climate bill through, and although it's just one piece of the puzzle, it's worth celebrating. To stay positive, keep a mental list of all the good things happening even though bad things happen too.

Line six says, "Once the crisis has passed, the leadership tries to keep up the mood of excitement. This will not increase production but rather will bring misfortune." Keeping tension artificially high is cruel, and it is typical in a tyrannical culture for the leaders to make people feel like every day could be the end of the world. Do not fall for it. If you feel good, take some time out to celebrate and replenish your determination.

Line 2 (yang): This line says, "Remaining balanced, the insecurity passes and the situation becomes more sure." This line reminds us we are working toward valuable, idealistic goals: equality and justice. Even if we make just some progress, it will be worth it.

Line 4 (yang): This line shows someone "searching in a vacant field for a game." In other words, this is someone who went off course. Perseverance means staying focused on the plan and not going off on tangents, such as indulging in self-pity or picking fights.

Lines 1 (yin) and 3 (yang): The remaining two lines point out the worst attitudes possible when it comes to building perseverance. The third line shows an angry person who stands on the sidelines making cynical comments that imply nothing can be accomplished. In the end, when things finally come around, this person might realize his opinions were unwelcome and unnecessary. Some people can only see a

diminished future, which is known in the world of psychology as a "foreshortened future." This is usually due to depression.



61

Hexagram 61: The Higher Self

Hexagram 61 explains the importance the I Ching puts on looking within oneself for guidance.

Line 1 (yang): This line shows someone who concentrates on matters at hand and is fully in touch with his or her inner thoughts and feelings.

Line 2 (yang): This line offers this metaphor: "a crane that finds shade in the reeds of a pond calls out to its young to come enjoy the shade." When we feel strong and at peace with the world, we can share our positive feelings with others. It's the opposite of trying to motivate each other by visualizing a frightening future.

Line 3 (yin): This line shows a sincere person who wants to find inner strength but is confused about history and current events and only sees the obstacles to solving problems. The I Ching directs this person to spend more time getting in contact with an inner source of strength.

Line 4 (yin): This line shows someone who has made progress in life and decides it's time to seek more fulfilling associations. The I Ching advises the person to move ahead "with the full moon as a guide." The moon also refers to the light within.

Even though we remove ourselves from bad situations, such as getting out of the drug world or exiting an abusive cult or relationship, we may feel our friends from that world are holding us back. It is better to seek new associations and depend on our inner light and the moonlight to guide us.

Line 5 (yang): This line shows someone who gathers close associates. The enlightenment they share is joyful and increases their self-confidence. This is a positive way to meet the changes.

Line 6 (yang): This line shows the worst attitude with "a rooster trying to fly to heaven." If the I Ching is correct that the truth lies within each person, then flapping one's wings like a rooster is useless. Bluster is the trademark of charlatans. Even if people follow a cult leader and worship him, he can't lie his way into heaven, and he can't take others to heaven. Instead of following someone like this, or acting like this ourselves, it's better to do some honest introspection.

Nori Muster is the author of Learning to Flow with the Dao: The 64 Hexagrams of the I Ching. You can read your I Ching at her site, surrealist.org. She has a master of science degree from Western Oregon University, and her thesis is on art therapy. Nori's first book, Betrayal of the Spirit, is a memoir of her ten years with the Hare Krishnas.



FEATURES



Essences of Nature

Mary Ann Altamirano Antenucci

Navigate Upcoming Changes

Flower essences work specifically to shift and adjust our vibrations. They align our etheric bodies to fortify the changes we create through our thought processes, emotional responses, and mental bodies. These changes are sustainable and lay the building blocks for a new energetic foundation.

We can want change and feel that we are making changes. However, at a certain point we lose steam, stumble, and feel that we have to start all over again with all gains lost or slowly dissolved. Flower essences transport us to the larger, more purposeful version our souls have to offer.

I suggest the following flower essences for the upcoming year to navigate the imminent changes:

Release Trauma with Mariposa Lily for December

Mariposa lily is our “mothering” essence. It helps when you need more gentle, loving kindness and unconditional love. This remedy reminds us that we have to nurture ourselves before we can effectively nurture the needs of others. In essence, we have to learn how to mother ourselves. This essence calls on our kindness quotient to enhance our ability to be loved.

Mariposa lily essence germinates our capacity for love and acceptance. It is an antidote to



long-standing abandonment and abuse and heals trauma at a core level. This essence allows us to be nurtured at the soul level.

Let Go of Guilt with Pine for January

Pine is our “fresh start” essence. It can counteract and create space for new empowering programs rather than sort through emotional muck, insecurity, and doubt. This remedy addresses long-standing guilt that occupies our daily lives and energy fields.

Pine essence lifts and separates us from the burden of undue guilt. It restores us to our original clean and clear state of being and eliminates the self-contamination of old responsibilities that we should have never signed up for. Pine essence frees us to be us.



Become Motivated with Wild Rose for February

Wild rose is our “apathy” essence. The opposite of love isn’t hate but apathy. Wild rose essence reignites our personal fire. This essence challenges us to not slog through life, waiting for a passion project. It instills the necessary energy to shift us from doing nothing to doing something.

Wild rose essence reinstalls motivation. It teaches us to not give



up on life and downshift into hopelessness. This remedy addresses resignation specifically and enhances natural vitality and the will to live.

Connect with Angels with Angelica for March

Angelica is one of our more mystical essences. It helps us to connect with the angelic realms and personal guides. This remedy changes our ongoing perception to feel more connected to our inner resources and higher selves.

Angelica essence helps us navigate when we feel cutoff and disconnected. It adds an angelic layer of protection to all our endeavors. This essence encourages an ongoing relationship to our spirituality and relationship to the divine. Angelica essence, in a nutshell, helps us create a living relationship to our personal angels.



Create Positive Energy for Change with Mountain Pride for April

Mountain pride helps us to climb that mountain and stake our claim. This essence helps us to manage and



maneuver challenges in our lives. It is an antidote for indecisiveness and trains us how to get what we want by making a stand.

Mountain pride essence confronts and transforms our fears. It manifests positive energy for change and aligns our personal resources with goodness and truth. Mountain pride essence helps us show up and commit to the change we want to be.

Take Action with Blackberry for May

Blackberry is our “manifestation” essence. It works to disentangle us from whatever we feel is obstructing or holding us back. This essence helps to translate and execute our visions into a new reality.

Blackberry essence activates our inner power to create actual change. It teaches us how to pool our thoughts and threads of intention together to further our goals. This essence trains us how to channel our will and take decisive and real-world action.

Concentrate on Goals with Madia for June

Madia helps to focus and concentrate our efforts. This essence eliminates ambient distractions from our thought processes. It lends us laser-like concentration to manifest our goals. Madia essence centers us and stages our priorities.

Madia essence helps us when we are too spacey. It cultivates precise and empowered thinking and counteracts ongoing distractions. Madia essence allows us to magnetize more efficiently and effectively.

Instill Warmth and Compassion with Sunflower for July

Sunflower helps us to not dim our glow. This essence is designed to enhance our natural radiance and allow us to fully shine in our power. This remedy boosts our

self-esteem to balance our sense of self.

Sunflower essence instills natural warmth and soul generosity. It brings the soul quality of light and compassionate connection, and it helps us to harness the power of our true, self-expressed natures.

Find the Beauty Within with Pretty Face for August

Pretty face reminds us of what mask we wear. This essence is used when we overidentify with how we should look and be. It works to lower the mask and invest in our authentic selves.

Pretty face essence helps us to find the beauty within. It allows our true expression to shine forth. This essence challenges us to find our inner worth through our inner resources and manages our ability to be who we are.

Find Peace within with Agrimony for September

Agrimony is another version of a “mask” essence. It uncovers the deep torment that we are hesitant to share with others. We would rather put on a brave face and act as if all is well in our world. This remedy is a tailor-made solution for those of us who invest too heavily in social media. It challenges us to be right with ourselves, warts and all.

Agrimony essence helps us to find that place of peace within. It transforms and transmutes old traumas and pain. This essence opens our hearts and minds to deep emotional honesty and transforms our inner soul reality.

Find Clarity with Wild Oat for October

Wild oat helps us when we don't know what we are doing or where we are going. We decide on one path and then quickly question or get distracted by another

path. This essence challenges us to commit to one thing. We often feel that if we choose one path, we must automatically and forever exclude exploring another path. This essence identifies where we need to put our attention and follow through.

Wild oat essence connects us with our higher purpose and soul directive. It maneuvers us through our indecisiveness and constant questioning. This remedy clears the way for clarity and commitment.

Find Balance with Oak for November

Oak reminds us that we don't always have to force or muscle our way through challenges. This essence is used when we try so hard that we break instead of bending. This remedy creates a more flexible approach to the many “have to's” in our lives.

Oak essence allows us to be in the flow of life. It balances our strengths with our limits. This remedy teaches us when to plow through and, more importantly, when to surrender. This essence trains us how to receive and give.

All these essences, in their own way, train us how to free ourselves to be us. I noted that there were several remedies that have to do with the masks we wear and how to be more authentic in our everyday lives. I also noted that several of the essences assist us in fully expressing our souls.

Our purpose continues to be created and enhanced as we become more aligned with our soul expression. Express yourself. Be yourself. Love yourself. Be the change.

MaryAnn 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.



Ask the Angels

Cheryl Gaer Barlow and the Angels



Lift Your Heart in Readiness

From one of the angels: Humans of Earth, lift your hearts to the heavens to feel the powers around you. More things exist in the air — in the heavens — than you could know. Forces beyond your world lie all around.

The humans of other worlds want to help the souls of Earth. Reach to the stars. The realms of higher minds will meet humankind with love. When worlds adore the plans for the world, people with evolved souls will be heard and understood.

The world will go on as it is until plans for war leave the minds of humans. This, in linear time, will not begin in the immediate future. One day, humans will see that war is not the way for this small world.

We angels see the past and the future of Earth. Humankind will not learn until devastation again burns the earth. This world is a gift from the heavens for humankind to make into a paradise. One day, this will be seen. A person of wisdom will again walk Earth. People will be so weary of fear, hate, pain, and wars that they will listen to this person and comprehend his or her words.

Oh, let this light be in all hearts of humankind. Let love reign on Earth. Open your soul's awareness to be in the life you all desire. Let happiness and joy again reign on Earth.

Create a Better World

From a second angel: Humans are to lift themselves to be the best they are capable of being. This will be the year that the heavenly entities will ask souls to measure their worth and their evolutionary growth by the qualities and values

of their hearts. Rid yourselves of hate and fear so that wonders still may occur. Take heed not only to the words spoken but also to the thoughts sent.

The human heart can create love. The more love that is sent into the world, the more that is generated. This is a necessity for Earth and for all humanity, all humankind. Cherish this world and care for this Earth, for this world is yours and your life on it is a gift.

As humans prepare in their minds for wars, so those wars are manifested into reality. If the world readies for demise, demise will come. But if the path changes and humans send love from their hearts, the course of Earth will change. Bring hope, laughter, joy, and kindness into all lives. Create the world as you wish it to be.

From a third angel: If each soul sent blessings into the atmosphere for all humankind, all wars would cease. Prayers that come from the heart and mind of the soul are powerful. Feel the prayer deeply. Prayers can change the world.

The world needs love. Open your heart to God and pray for people's ignorance to be lifted into wisdom.

Pray for compassion, empathy, and love within each soul on Earth to make it as a heaven. People must lift to God within their individuality.

God does not make wars, pains, or suffering. This is humans' own doing. Humankind must move in a new direction — toward God, toward the absolute.

Rise to Glory

From a fourth angel: Most may

falter in their duty to the world. I do not. Humans of Earth, hold dear the strength that God has given you. Do not bend as weakened souls, for you might be called to greatness. Build your mighty hand. Make no fears from things that pass in your lives. Stand and hold honor to its fullest height. Think yourself a god, and it will be done in your mind. You have covenants to bear.

Let this be your stead: Rise above the muck and chaos into glory. Lift as the soul is given wonders to fulfill. If you are called to fight, be worthy of the task. If you are called to explore, charge into unknown realms with valor. You will be needed for humankind. Your readiness is required. You might be called to lead with courage and bravery. You might reign over worlds and clusters of worlds.

Be the master of your realm even if it is but a hut. One day, you will rise to know the worth of your voice. It is you who will speak of the righteous ways of saving the world, of screaming to the skies from mountaintops. It is no other; it is you.

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.



Dream Zone

Lauri Quinn Loewenberg

Dreams Address Your Problems

My girlfriend's father passed away a week and a half ago and was bedridden for the last several weeks of his life. In my very vivid, seemingly nonsensical dream this morning, he was upright and moving around pretty well. I was very concerned about him doing so, but my girlfriend and her mom seemed to think all was fine. He then started teetering and stumbled to the bathroom while simultaneously dropping his drawers, whipping out his (freakishly large) member, and sitting down forcefully on the toilet. He then proceeded to pee all over the shower wall and then the entire bathroom. Thank God I woke up at that point. This one may be imprinted on my brain forever. Help!

— Steve, Daytona Beach, FL

From Lauri: Peeing in a dream is usually about relieving yourself of frustration, anger, or some sort of negativity. Even though your girlfriend's father was the one peeing, it's your dream, so this is more likely about your frustration, anger, or other negativity. Is there anything like that going on with you? It may or may not have to do with the father, but he could symbolize something or someone who perhaps has been acting like a "giant penis" lately.

Steve replies: I'm a bit frustrated (and have been for some time) with a so-called friend who had no part in the dream. And yes, he has been acting like a giant penis to me. Several months ago, I essentially poured my heart out to him about his words and actions that really hurt me regarding something that he won't let go of about me and has

nothing to do with him nor affects him in any way. Instead of addressing it head on with me or simply apologizing to me, he completely ignored my sentiments. I considered him a really good friend before that.

Lauri replies: This is what your dream is addressing. For some reason, your subconscious used your girlfriend's father as a symbol. Perhaps this is because the friendship is currently bedridden, stumbling and teetering, rather than healthy and alive. Unless there is some other common thread between this friend and the father, it seems as if your subconscious wants you to decide whether you should let this friendship die or not. Is it worth it to bring this relationship back to life?

Steve replies: Oh, that's all really great insight. I've definitely been struggling with that very decision. Thank you!

I dreamed someone gave my friend's daughter a bicycle that from the back tire to the front tire looked like a velociraptor.

— Michelle, Huntertown, IN

From Lauri: Do you have a daughter in real life? And if so, do you have any current concerns with her? Your dream may be about her rather than your friend's daughter.

Michelle replies: Oh wow! Yes!

Lauri replies: Bicycles in dreams usually represent your ability to balance two things. Have you been trying to maintain a balance of being a friend and mother to her? Has there been viciousness? Are you concerned your relationship might now be extinct?



Michelle replies: Yes and yes. I've been thinking that our relationship will never be repaired.

Lauri replies: I'm sorry you are having that sort of pain in your life. At this point, it may be best to find balance within yourself first so that you are steady enough to replace the viciousness within your relationship with love. I wish you luck!

I dreamed I was climbing kitchen cabinets while trying to get away from a grizzly bear. When I climbed to the top of the highest cabinet, he was able to get on his hind legs and still reach me. All he did was sniff and lick my face. I calmly jumped down, and he continued to sniff and lick my face. He never hurt me. I then walked sideways facing him while he continued to lick me. The whole time I'm thinking, "Remain calm! Remain calm! Remain calm! He isn't angry; it's okay!" I was able to walk backward out of a glass door and close it. He just stared at me through the door for a while and walked away.

— Yonnie, Plover, WI



From Lauri: Dreams love word play. Do you have anyone in your life that tends to be overbearing and perhaps quick to anger? Or is there any area of your life that is overbearing? Have you recently managed to get out of what could have been a volatile situation in real life? Your thought process to remain calm

should apply to something recent in your waking life.

Yonnie replies: I was super nervous starting my new job, and my personal life has been a bit stressful while I wait for things to happen, but I am safe in every aspect.

Lauri replies: That is probably it. Don't let it be overbearing.

Remain calm, and anything you perceive as a threat will be gone.

Yonnie replies: That makes so much sense. Thank you.

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.



Akashic Answers

Amanda Romania

Open Your Hearts to a New Spiritual Energy

Blessings of love and light to you as I channel these messages from the akashic records for 2023. Twenty twenty-three will be year 7, and in this year, we will focus on deeper healing for ourselves, others, and the planet. The akashic records of year 7 lessons help us step back and examine ourselves and our environment's effect on the mind, body, and spirit levels.

In my cycle 7, I had a tooth removed and sprained my foot, but I also wrote three new healing manuals to launch in Asia. So open your hearts to the energy that presents itself, and do the work, as we say. We are so fragile yet so courageous and strong in spirit.

It's time for a chakra cleanse of the wars and battles, as this is old Age of Pisces's energy. This opens up the halls of Amenti, the actual soul records, and when you look through the Age of Aquarius and the heart chakra, you can navigate a gentler path. Look within your akashic records and become a spiritual detective. Heal and give clarity to all the old contracts, pain, and suffering. Activate new healing methods and channels. You may even create a whole new healing blueprint.

The year will start with this new spiritual energy, and you may find that you are drawn to past lives and

your connections to Atlantis. This is because the new Atlantis is being birthed in the sixth and seventh dimensions. You may be living in an overlay of this if you visit or live around sacred site energies, such as Sedona, Mount Shasta, or Glastonbury.

Open yourself up to more spiritual wisdom and knowledge. Take a class, find a teacher, or just read a book. Stay grounded and look to focus on the harmony in your life. Be proactive in your community and spread kindness. It is time to access the wisdom of the temple of healing through your akashic records. Remember the crystals and sacred geometry you worked with in your past lives, and look for ways to bring your healing tools to the surface again.

Many people are looking to migrate their homes. This is part of something others are calling the "great reset" of life. It is a message for 2023 to look to areas where your heart resonates, as 2024 will be the year of karma clearing and readjustment

Caring and Sharing Are Key Messages for 2023

The current cosmic alignment in 2023 is the same as in ancient times when the spiritual masters trained in the mystery schools of Egypt. I



was made aware that Alexander the Great was introduced to the mystery schools and spiritual masters of the day in AD 346. He would later become a great leader, weaving his destiny as given by the oracle at Siwa in Egypt. He was told he would become immortal.

He chose to follow a path of war and conquest, but it took him on a path further away from himself, and he lost his true soul purpose. When the ego takes control of the soul, there is sometimes no path back to the light for a very long time. There will be many souls seeking mastery who will have to change with the new timeline.

World leaders will still be changing seats, and many nations will take back their power. My suggestion to them is to look to the environmental messages. The floods and fires are cleansing, and they help with the rebirth and healing of the planet. Those with roles in the water, food, and energy industries are looking for ways to support themselves and their communities.

Sharing and caring will become key messages for 2023. We are

leaders of our destinies and champions of our minds and souls. We do not need to battle anymore; we are here as lifelong students to heal our souls. This is the true sense of alchemy and mastery, and with the solar flares during 2023, we will see our lightbodies and DNA in a way we have not yet experienced. We will also see aspects of fragmentation caused by past lives and ancestral trauma.

At the moment, Earth's radiation levels are rising, and this can have a profound effect on the nervous system. New healing systems and innovations will present themselves, such as UVA lights and air filters. Be gentle and careful during March

and April 2023, as challenges could be placed in your path, and we may even experience aspects of travel under pressure as we have in the past few years. This may be when we lift the veil and have to acknowledge that clear air and a clean environment must become the new norm.

For myself, my message is to evolve with grace, take each day with awe and beauty, and see that the world stage is a micro of the macro universe around us. We all have roles to play, and we all seek certainty in an uncertain world. Self-help will help you access your inner healing on all levels, and you will radiate the joy you came to find.

I wish you and your families

peace, joy, and prosperity. This time of the new dawn is here with us, and we simply have to stay the path and connect our hearts to the love of the universe. I will be with you all the way through 2023, reading, teaching, and writing about the akashic records. Together we can lift the veils and see the golden age. From my heart to yours, Amanda.

Amanda Romania is an author, akashic oracle, and soul artisan who supports lightworkers 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.



The Empath's Portal

The Heart of the Mother through Sarah Weiss, MA, LMT

Discover Your New Earth Identity in 2023

Before you read this, I urge you to turn within and sense the coming year. You already know how 2023 is going to unfold. Universal wisdom stored in the akashic records is now open to all seekers. Take a moment and sense the year's flow, and allow visions, sensations, sounds, and revelations to vibrate into your awareness. Check with your body, and find out what it knows about the future.

There are so many ways of knowing what lies ahead for you. Hold the revelations lightly until you feel sure they arise out of your heart and not your mind. Claim your power, and become the oracle you seek. No one knows more than you, but some may be more skillful at reading signs, sensing energies, or overcoming the fear that prevents the truth from becoming conscious. Read on, but do not give your power away.

A Transitional Year

The year 2023 is a transitional

year in the current ascension cycle. Earth's ascension results from its alignment with the galactic center. Every two-and-a-half days, Earth will receive a download of high-frequency energy from the galactic center to elevate its consciousness and reveal its multidimensional existence. When Earth resonates with higher frequencies, so does humanity.

You become a cocreator of the New Earth by attuning to each frequency shift and letting higher-frequency wisdom guide your daily life. Inspirations and revelations will replace the limited thinking produced by a fragmented mind. With this knowledge, it is best to tune in to my heart and allow me to carry you through the continuous shifts you encounter.

Emerging New Identities

A powerful planetary ascension phase was set in motion with the 2002 fall equinox that you will be



feeling by the time you read this. Celestial light is increasing, and human consciousness is ascending at an astounding rate — faster than ever before. You cannot keep your old identity and align with the new frequencies; it's like loading new software on a thirty-year-old computer — the capacity isn't there to run the new program.

All identities will become fluid and less stable. Any identity not centered in the eternal self will feel flimsy and undependable. It will be easy to resonate with chaos; instead, choose to vibrate to the inner calm of the galactic center.

Rigid to Fluid, Material to Ethereal

You are becoming more ethereal

and less material. Your current reality and identity are dissolving to make way for a lighter and brighter multidimensional you. Your world has lived through one of the darkest periods of the evolutionary cycle, where light is solidified and consciousness is codified. The next cycle has begun, and getting out of the solidified state poses significant challenges, because wisdom and light have also been hardened.

The teachings that lead to freedom are written on stone tablets in languages you have forgotten, but the light is beginning to seep through the cracks. In 2023, the river of life, the Milky Way, will flow on the planet again, bringing heavenly light to Earth.

Wisdom keepers know of this transition period and provide support while pointing the way toward freedom. Their silent but vibrationally powerful messages are broadcast telepathically on all planes, unifying your consciousnesses and enlivening your hearts.

Extraterrestrials with One Mission

Who are you? Where do you come from? In 2023, it will become evident that all humans are extraterrestrials; you do not originate on Earth. Your true home is in the heavens but not necessarily the physical heavens. You arise out of pure eternal consciousness and know exactly where to appear. Human conception and birth is a journey through the Sun portal and spiral of the Milky Way.

You have chosen one mission: to bring frequencies that contribute to Earth's planetary ascension. Just being on Earth fulfills your primary mission. There cannot be any shame, because you have already done what you came to do. You arrived as pure frequency and transmuted into a solid, and it is time to return to your ethereal state. Do you see how masterful you are?

The old stories about who you are will dissolve, and the new account will begin near the end of 2023. Humans will begin to realize

that reality is not what it seems, and they are not what they appear to be. Ageless wisdom compressed into the material realm suggests there is only one dimension, that life is the same no matter where you go, but this is not true.

Through dreams, visions, and intuition, you will be shown realities far different from what you expect and know. You can't think your way through the 2023 transition because every thought is an old thought. Remember this, and let it become your reality: You will receive guidance and support in every step toward creating the new you and the New Earth.

Sarah Weiss, MA, LMT, is a medical intuitive, spiritual teacher, and founder of the Enlightened Empath Training program. 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.



The Secret Wisdom of Animals

through Kim Malonie

In the Arms of an Angel

Captain Nemo's mom: My cat Captain Nemo is an indoor-outdoor cat. We live in the country, and there are many dangers at night. He is well aware of this. Each time before he goes out, I make sure to tell him to be careful of everything, stay around the house, don't go too far, and be home before dark. I know he understands me because he stands at the door and turns around and listens. I know he's thinking to himself, "Yes, Mom, I know, but sometimes I need reminding." I always call him to come in before dark, around supper time.

One night not long ago, Captain

Nemo didn't come in until 11 o'clock. I was out in the car, driving around, calling his name, and shaking his treat jar. He was nowhere to be seen or found. Telepathically, I asked him where he was, but I got no response from him, which was very unusual. At that point, I asked Archangel Michael to pick him up physically and bring him home and put him on the deck. Three minutes later, Captain Nemo was sitting there looking stunned, as if he had been just placed there. I want to know where he was and why he didn't come home or answer me when I called him. I was completely ill at ease with worry.



Captain Nemo's Adventure

Captain Nemo: Wow, I have such a different name. It's very quirky. I must say, it suits my personality, and I love it! [Smiles big.]

Have I got a story to tell you. I must apologize for that night, but when I tell you what happened, I know you'll understand and forgive me for not coming when you were calling me and shaking my delicious treats in that jar. It took every ounce

of control that I had not to come running to you.

I went out for my usual stroll in the neighborhood, and the day was so beautiful and warm. There was a gentle breeze wafting through the trees. The grass was so green and tall and luscious, flowing to and fro. Butterflies were dancing all around, teasing me and saying, "Come play with us. You know you want to dance with us. Join us as we ascend heavenward on the glorious breeze that gently lifts our beautiful, colorful, light wings and carries us in our heavenly spiral."

Songbirds were singing their joyful melodies in their summer songs. The flowers were so beautiful and smelled so sweet, and they teased my senses as I strolled through the tall blades of glorious hues of green grass. It was so joyful, and I was thoroughly enjoying the magical moment of Creator's splendor.

As you know, I'm getting older and take more naps now. Well, I strayed a little too far, and gently lay

down for a short nap, thinking, "I'll rest awhile and then I'll head home." I had the most wonderful dream of meeting my beloved dog friend who passed over a few months ago.

Before I realized it, the time had flown by, and it was dark and unfortunately very late when I woke up. I was where I had been told not to go: in the field behind our house. I must admit that I have gone there many times in the past, but I was much younger then. I never stayed very long, and I always came home before dark. You have warned me — and I always knew — about the dangers of being in the back field. I'm well aware of the predators who linger there. It is their territory, after all.

I knew in my heart that I had to stay put, stay quiet, and not move. It was so hard for me not to come running from the back field in the tall grass to get my delicious treats and set your mind at ease that I was all right. But I felt the dangers all around me, and my wild animal friends told me, "Be still; lie low. You are not safe here tonight. We will distract the predators from your scent, for they're hungry and lurking around."

I lay there for the longest time. It seemed like hours, and apparently it was. I never closed my eyes, not even for one moment. I didn't dare, for the predators were lurking around the area in search of a meal that night, and they wouldn't take kindly to me being in their domain. I would have been a nice snack, I know [frowns].

Help from an Old Friend

Suddenly, and out of nowhere, I felt the presence of my friend Archangel Michael. I smiled in the knowledge that he was here to take me home. I let out a deep breath. He chastised me and said sternly,

"Your family is very worried about you. Now, let's go home." I hung my head down in shame, for I knew I had done wrong by losing myself in the moment and causing my family to worry.

Archangel Michael picked me up in his strong arms, carried me home, and put me gently on the deck. He patted my head and said, "Let this be a lesson to you, Captain Nemo. Do not stray far from home again, for there are many dangers, as you well know."

It was the oddest sensation, being placed very gently but firmly on the deck. And then when you walked out, I was there where three minutes before I had not been. As you could see, I didn't walk onto the deck; I was simply placed there by loving, kind, gentle angel arms.

I am so grateful to have a spiritual family that taps into me via telepathy and talks to me and with me. You understand completely that all animals are sentient beings and that we understand every single word people say to us; we just don't have a voice to answer. Perhaps it is for the best that we can't speak. Oh, the conversations we would have, indeed [smiles]. I thank you from the bottom of my heart for being as you are and tolerating my idiosyncrasies.

If you don't mind, I would love to have one of those delicious treats you have now that I have poured my heart out to you with my exemplary explanation. I love you unconditionally from the depths of my heart and soul, and I appreciate you more than you will ever know.

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See the World Fill with Love

GREET THE SUN

Rise in the morning, and take care of your business.

Put on a pot of tea or coffee, 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!

November's Prayers

November 1: The foundation of my life is based in utilizing my latent talents (garlic). Bringing into one perfect tapestry, we are the first important planting. This, we hold sacred.

November 2: I manifest in charismatic efforts (senarmontite). Healing one after another in our garden, with Star Nations above and below the Changing Mother Earth, our lives join parallel dimensions as we dance together the circle, like prophecies of old. Time re-creation becomes bold. The outcome of this time has long been foretold. This, we hold sacred.

November 3: I am made whole by self-recognition (shrimp). We must be slow. Thus, we have prepared, providing nourishment in prayerful concentration of manifestation. At a specific point within, we are struck by the invisible vibrations of the prayers we embody. Slowly, we assimilate the forces of life to which we are dedicated. This, we hold sacred.

November 4: I become compassion (hellebore). We walk gently. Our journeys begin to appear, wonderfully laden, the forms of our lives in the fifth-world energies. We dance to help. The prayer of this time is designed to assist us in reviewing our pasts. This annual review helps life grow. We enter the actual transition of consciousness in the company of our guides. We create time-warping grids with items that reflect those we wish to assist. We each draw a picture and place it at center. This, we hold sacred.

November 5: The foundation of my life is based in utilization of my power (cherry). All the love is ours, as we pray each morning. We greet Grandfather Sun and receive many blessings throughout our day. This, we hold sacred.

November 6: I am completed. I am fulfilled as truth in all situations (apophyllite). The way is rooted in Spirit and Changing Mother. We smile, laugh, and cry, sincere and heart flowing. We bring peace, and all is good. This, we hold sacred.

November 7: The foundation of my life is based in the struggle ending (sage). A brightly colored medicine-time gathers. We each have a special gift. The Sacred

Parents blessed us unique so that we might express our spiritual truths, a beautiful life of this wondrous time. This, we hold sacred.

November 8 (Apache New Year): I manifest by initiating movement (angel wing agate). We must approach the preparation as a prime requisite. Simple as it is, it carries a long tradition. This, we hold sacred.

Otter-gathering-spirit full moon: The altar I create tonight has to do with claiming our many lives as spiritual beings. Spirit is all powerful and brings into actualization our abilities for spirit flight, or astral projection. Spirit directs our energies and conducts our return to body. The power of Earth Mother restores our consciousnesses and delivers us where we are needed in these moments when we are working out of body.

If you're going to be out flying, you might want to understand what is happening to you. Allow me to begin with this great visual for our future. Our future on changing is one of the greatest! This time in history is about change, the settling of intent for the purpose of manifestation. It represents only a small segment of the evolution of humanity that has been going on since the beginning of time. It is the result of true experience, one that is ongoing and vital.

The concepts presented are indeed different for many; that, few can deny. The hope is to be receptive and maintain a positive perspective.

Some possibilities are appealing. Maybe we can manifest them. The significance of this time of settling is its purpose for existence. In the creation of the universes, there is a plan that takes into consideration the meaning of life for all forms of creation. All is energy and manifestation of the sacred.

This progression into the unknown must come to pass and is the natural state of evolution that we must encounter. We have been in this vibrational frequency of separation for many thousands of centuries and are now involved in this rebirthing procession. This time is reserved for the end of that procession. It took years to move through the cycle, because the processing was somewhat complicated and involved curing soul sickness.

The most difficult part of the settling is looking within to release the need to release. We have given away enough. All the facets have been pieced together to make this time of settling into a period of healing. This will grow stronger over the next thirteen years, each year with a precise intention from Earth.

Although we are all very different, we have chosen to be in this moment of time, for we are moving past the pettiness of comparison. As we come to understand the holistic concept of Spirit and the universe, being separate and different are no longer the same. Being different speaks to our uniqueness within the whole, but it is through the whole that our uniqueness shines. It's time for the separation to be over.

We are learning to cocreate with much pride and responsible action as we truly begin to embrace our connections with the spirit of the holistic concept of Earth Mother. Together, we are the highest possibility known in the universe. Spirit and Changing Mother Earth are us, and we are love.

November 9: I manifest in lasting relation (ulexite). Here is our

garden. It is the value of life, giving of love. We live moment by moment, loving from our hearts. This, we hold sacred.

November 10: I am ... I come from ... I am here to make friendships that count (manta ray). The place between selves grows with our mission to live. We work for the greater good of all. We are cocreators. Together, we have been called. This, we hold sacred.

November 11: The foundation of my life is based in renunciation of all self-limiting beliefs (lobelia). When we feel the calling to respond, the freedom to live, grow, and experience our full capacities is as close as allowing. We hold to this and discover the love that is truly in our hearts and the hearts of our loved ones. This, we hold sacred.

Tonight, I take my altar down. With each stone removed, I give thanks for my answered prayers and assistance that was given.

November 12: The foundation of my life is based in releasing all that has been concealed (prickly ash). Blessings on the body as the twilight sun sets. Golden hues appear in the sky. We wonder as we gaze above to discover that the nighttime carries the answers in the sky. This, we hold sacred.

November 13: I ground my fate (cuckoo). To the river for an evening drink, we go. From this time on, water carries our prayers to Changing Mother as we protect her blessings. It is a simple thing to be aware and activated. More elaborate cocreations are based in simplicity and personal passion. This, we hold sacred.

November 14: The foundation of my life is based in following the guidance provided (motherwort). Fall wood recapitulates the circle of time. Vision time circles lay out the pattern of life development for the New World, accepting the pattern and finally purifying it. This, we hold sacred.

November 15: The foundation of my life is based in reflection (linden). The ghost-faced owl of Grandmother Moon flies down with wondrous knowledge; within and without, we tingle. This is given to us through the years for everyone to share. This, we hold sacred.

November 16: I am completed. I am fulfilled in the self-discipline of walking my path no matter what is said about me (basalt). In respect, our spirits are born again. Mysteries we know appear in synchronistic time, glorious wonders unfolding. We are shown what we need to know. This, we hold sacred.

November 17: The foundation of my life is based in the law of attraction (mint). By means of love, we stand strong, speaking our heart truths. With enduring words, they fly fast to the four directions, carried by sacred birdsongs. This, we hold sacred.

November 18: The foundation of my life is based in allowing experience to shape me in positive ways (beech). By means of our garden, life lives. Humility has brought us power, and truth has been found. Love we share, and graceful passage for many is achieved. This, we hold sacred.

November 19: The foundation of my life is based in acknowledging the feast that is provided (burdock). Woman, Changing Mother, we need our identity giving love to All Our Relations. This, we hold sacred.

November 20: The foundation of my life is based in carefree living (hops). Everything must pass through the hands of All Our Relations. Every day, their beauty touches us, and we feel their love. Wherever we go, there they are, supporting us. We remember the lessons of balance, and we are grateful for the abundance in our lives. We open our hearts to the voices of All Our Relations and listen. This, we hold sacred.

November 21: The foundation of

my life is understanding the various translations of experience (tamara-rack). Let's try it. There's more of us listening to the call. How wonderful our lives are. We feel this love for all. This, we hold sacred.

November 22: I become vibrational healing (arnica). There are eight stages, and the Seven Sisters help us — star teachers reaching out. We design our learning. We choose life every time. We gain in every experience. This, we hold sacred.

November 23: I am made whole through the power of song (canary). Initiation became the necessity. Highly ritualistic ceremonies signifying acceptance, the responsibility of responsible, and the metaphysical overtones have carried us here in personal preparation. This, we hold sacred.

Snake fire of healing new moon: With the altar I set up tonight, I am opening myself more to the Sacred Parents' messages. We open to receive and be in service in all ways. Our psychic abilities are enhanced. In this cycle of the snake, the universe is governed by natural laws that cannot be set aside. No guide can alter these laws or enable anyone to bypass responsibility in dealing with them, but a guide can explain them and thus help to remove the illusion created by fear of the unknown.

With the assistance of my guide, Nakia, I try to teach the laws of Spirit and Earth, our Sacred Parents, which enable health and happiness in our daily realities. No one is outside the law. None can ignore its existence, particularly those who have heard the inner calling.

As our eyes are opened and our hearts receive the love that comes from the power of the Sacred Parents, our minds have the revelation of Earth-life truth, that which we share in common. As we rise in service, the greater the celebration that unfolds, for we have done this with knowledge, dispelling the fear of not

knowing. Many of us are working in this time.

The Sacred Parents are within us all and have risen and ascended through us in all forms of evolution. Within each of us is a trace of our totemic star clan, which is part of our heredity. All those things are the powers of the Sacred Parents within us, which, as we allow them to function and to express themselves, enable us to walk the path of beauty with pride.

Our world is beginning to realize that each person has within his or her being the power to conquer every disease and master every difficulty. We possess reservoirs of strength that we can draw on in moments of unknowing. The power of creation is within. How wonderful that it is being understood!

The way to contact those higher selves is by living our lives in accordance with the sacred laws of the universe. But how do we do it? Life consists not only of the things we do but the things we say and think; do not imagine that only our deeds count. They do to a large extent, but our words and thoughts are also part of us. We are all parts of All That Is. Some of us have been painted red, some black, and some yellow, and some were not painted at all, but all these colors are part of the evolutionary scheme.

Today, sacred law is in our world, and harmony is coming as the colors mix together and we live together with love in our hearts. Each has a great purpose and contributes to the laws of life. Peace in our time comes as all colors blend together, as people learn not to look at the skin but at the soul behind that form. We have learned how others can bring into the pool what is unique to them. Out of that comes what is best for the whole. We are understanding that each person has something that can help the rest of us in a distinctive way.

We must remember that each

of us is part of the Sacred Parents. We each add our work, power, love, and knowledge. Even as we lift up all who are weaker, so the power of the Sacred Parents is able to manifest through us. It does not matter which way we do it, who we help, or where we bring light into darkness, so long as we raise up those who have fallen, give strength to those who are hungry, and provide a place to sleep to those who have nowhere to lay their heads.

November 24: I am completed. I am fulfilled by eternity (gypsum). We live only in our garden. The lovely rose of our Mother grows memories from before. Standing tall within our beauty, our heart scents fill the air. Exquisite beauty is each heart in full bloom. Songs from the trees recount life long remembered. This, we hold sacred.

November 25: I manifest through observation (chalcedony). All the tenderness is everywhere, giving life to all. Never coercive or possessive, this is the peace-filled desire. It is the measure of all greatness of All That Is. It is also the measure of greatness within us.

November 26: The foundation of my life is based in relaxation (Virginia snakeroot). Of energies responding to birth, we gather soil into bundles to ground spiritual gravity. We secure permission from Mother Earth. With prayer, we create chosen purpose for this bundle. We return home and plant life, nurturing and holding it sacred from this time forward. This, we hold sacred.

I take down my altar tonight, giving thanks for each stone's assistance and all the prayers answered as I transmute the hurdles of my life.

November 27: The foundation of my life is based in putting an end to the blame game (valerian). As long as we live, we will feel the presence of All Our Relations. The warmth is in our hearts, and we know why they are with us. It's time to get going. This, we hold sacred.

November 28: I manifest in the quickening (xxx). With the patience of an ancient weaver, the function itself is simpler than we remembered. Counterparts sanctify our growth. Hence, we are initiated into the New World dynamics. We are connected. We play our sweet songs, prayer offerings, wherever we go. This, we hold sacred.

November 29: I heal by embracing all sacred points of view as relevant (cinnabar). Quietly, we emerge, meet, and evolve. We have successfully accomplished the tasks we were given from the fourth world. We sent the energy of 758,000 years into the universe, for we represent a new consciousness of spirit and deliver our visions. This, we hold sacred.

November 30: The foundation of my life is based in believing for no reason ... *dasha* (ginger). To end the tests we have created for ourselves, the tests that have brought more and more knowledge, we learned. We hold faith deep inside as we open now to receive. This, we hold sacred.

December's Prayers

December 1: The foundation of my life is based in actualization (thyme). We are thankful for the glory of life. After we speak, we take a few moments in silence. The ancients have said that life is more than what we see, and it carries more poignancy than we can imagine. Feeling makes us human. We believe in Spirit and understand that life is ever-changing and everlasting as time falls away.

December 2: I become the vantage (chestnut). Energy rushes through us. Cedar, sage, sweetgrass, lavender, small feathers, earth, tobacco, pollen, red ochre, dragon's blood, black wind, pinto bean, corn kernel, crystal obsidian, citrine, and turquoise protect us. We believe in the sacredness of beauty that is at once the beginning of our worship of life.

December 3: I heal by embracing

the work it takes to refine my masculine and feminine tendencies (garnet). It lies in front of us, the rainbow path. We invite numerous spirits who touch and share our sacred journeys and guide us in our quests. We find wisdom. We acknowledge and honor all lives.

December 4: I am ... I come from ... I am here to rebirth continuously, time after time (bat). We draw the path for Changing Mother. We drum and raise the vibration. We cast tobacco to the directions and pray. Beauty brings our hearts closer to true identity today. We pay particular attention to the accomplishments of others: those close to us and those we read or hear about. We believe their examples and feel the forward push. Love embraces fear and transmutes anguish from life. We pray that others know the peace that love brings.

December 5: I become through life-education experiences (Solomon's seal). Changing Mother Earth is happy, having intuitive understanding of the opportunity to jump. We learn to fully look forward and find vision. We decide to believe with all our senses to be reality without question. We become 100 percent attention and energy, making the combined decision a successful and responsible action.

December 6: I ground in the impeccable timing provided (sharp-shinned hawk). We have become again. We create a world of sacredness and assist in the rites of transmigration. Beauty is the source of our nurturing happiness. When we tell the story, we place a light of spirituality within those the story touches. It's a direct current: on all the time. That's the extent of our truth in our stories. All are honored.

December 7: I am made whole by my diligence (nighthawk). We fly on the wind. We come of age. Our maturation is abundance manifestation. Love is given to All Our Relations.

December 8: I ground in my community (prairie dog). Our love is before us. Surprising truth has been revealed to all. Wondrous time experiences the ancestral call.

Raven's original memory full moon: Tonight, I lay out my altar asking for the wisdom of Spirit and through the power of Earth that we are capable of relieving others of unhappiness and filling them with joy that is theirs by birthright. Smiles replace frowns, and tears of joy replace tears of sorrow. Harmony brings responsible action to all our lives, and it begins with our smiles and outstretched hands.

A memory comes forth to share: I followed my grandfather to the top of the Great Spirit cliff. The skies were dark and violent, and a harsh wind swept back our hair. Lightning flashed behind us, and my nerves became raw. I let the wind sweep across me. My hair flung against my face. Then there was a moment of silence, and the clouds seemed to speak.

The greatest power of our connection is in what we choose to bring to the relationship. Care, love, and healing are invisible, but they have a great deal of energy. Energy is power. It is alive. It heals. I have been honored to assist others in their spiritual quests for connection. These souls of pure intention have found their common nobility: connection to the Sacred Parents.

Now you seek the source of the call that has driven you to participate in this book of energy-tracking connection. Searching for meaning, the call has beckoned you, imperative, driving. Tapping your roots, you seek the source of power you carry within.

In a day and age, considered things of the past, your courageous soul has stepped forward to embrace a totality. You, I say, are a true example of a warrior who in the *tlish diyan* philosophy is "one who has the courage to face her or

his greatest fear.” Here and now, I choose to honor you. You come to the spirits of the Sacred Parents and All Our Relations, and afterward you are different, never to be the same as before: You are wiser and more understanding, tolerant, and compassionate.

December 9: I ground in the overview (giraffe). Changing Mother, the heart fire of faith is within the lines of ceremony. Saturated with nurturing care and symbolic meaning, we light the flame of wisdom within us. Different people participating in the same ceremony experience it differently. The vast ocean of truth is measured in what we each need to unite as a combined and unified force. The intention behind our ceremonies is felt according to the depths of our intuition and feelings.

December 10: The foundation of my life is based in the spiral dance (five-finger grass). The spirit of life comes from the land. The spirits are pleased. They see the children of the four directions coming together as one. They see us gathering in a circle. We thank the spirits of the Old Ones Beyond the Ancients and all those who tend the heart fire as we enter the new paradigm.

December 11: The foundation of my life is based in meditation and prayer, asking and listening (tea tree). In the ways of mystery and magic, life is witnessing. Experiencing our memories makes us aware that we have new opportunities. We can come together. We love. We shift our perspectives. We know we are always together, a more encompassing form of love.

December 12: I heal by embracing conscious recognition (yellow jade). Forward, constantly moving, is the way of life. Together, we succeed. We feel wondrous life. We know the reasons why.

I take my grid down in gratitude, acknowledging the visions and insights I have received as I head into

the winter solstice dreaming time. Preparing to join with my elders, my body is purified, my mind rested, and my spirit elated.

December 13: The foundation of my life is based in dominion of what is my responsibility and nothing else (mandrake). We are here. We speak now from our hearts. The circle provides unconditional love and protection for our interactions.

December 14: I am ... I come from ... I am here to grow gently (deer). It rains hard. We bathe in the nurturance passing through our auric fields and that of the Mother's. Cleansing takes place.

December 15: The foundation of my life is based in happiness (black cohosh). Changing Mother moves the land, happy about it. Beauty is our life's home. Spirit lives within the moment. In the moment, we are creative, blessed with gifts. We stay in the moment and offer them, guided by Spirit's will. We are truly thankful. We bring our gifts and lay them on the altar of destiny's heart.

December 16: I am made whole by protecting my inner child (raccoon). We fly like birds. Wisdom knows when the time is right, no matter night or day. A joyous feeling guides our minds and reassures our faith.

December 17: The foundation of my life is based in engagement with all life (date). Sweet love grows — beyond the dancing lights, beyond the voice of intent, beyond the actions of responsibility — with our prayers and dreams. There's the atmospheric body, a world of hope and love created by faith.

December 18: The foundation of my life is based in my intuition (sundew). We feel the blessings all about. We benefit from the unconditional love contained in any of the ceremonies by taking one day at a time after any ceremony, mentally picturing the events, visualizing the imagery, and dreaming deeply on it,

until the passionate meaning reveals itself in the language intended — of feeling.

December 19: I am ... I come from ... I am here to live interrelationship equality (chipmunk). Through a channel we open, we tune in and feel the bliss, the culminated manifestation lived. We live it. Young and old, we are all awakening souls. With new energy and new hopes, we make the world all new.

December 20: The foundation of my life is based on invocation (hydrangea). Owl flies on the wind, and we come of age. Our maturation is abundance manifestation. Love is our gift to All Our Relations.

December 21 (solstice): I am completed. I am fulfilled by letting my light shine bright (danburite). In the time of now, just as a match produces fire, so is a mind focused on intent able to produce the fire of concentration as we strive for common heart fire.

December 22: The foundation of my life is based in absorption with love (beechdrops). On a day that is not a day, we are grateful for Spirit in our circle. We are grateful for the lessons that teach us how to live in this new time dynamic and honor the time through which we have passed. We ask for assistance in understanding what is happening. We work for peace and peace alone.

December 23: I ground in foresight (anaconda). We return to the ways of peace. Many of us have thought to attend ceremony only to observe, to get a quick view of the entire meaning. We found ourselves revisiting the event many times, then, with closed eyes, repeatedly feeling the vast unconditional love of Spirit without and within. In the process, we have spiritually raised the vibratory rates of ourselves, the ceremony, and Changing Mother Earth.

Parrot prophecy new moon: The altar I lay tonight is done in the wisdom of Spirit and the power of Earth so that all disturbances in our

relationships are healed in the time of the new moon. Through this healing, we come to know a deeper and more satisfying type of love than previously known. We are compelled to speak our truths without resentment, anger, or actions that negate who we are or the person we are speaking to.

In the wisdom of Spirit and the power of Earth, we find the freedom to express love with ease and happiness. This love becomes more intense and abundant with each passing day. We are learning, each day on our paths, to see more clearly what lies before us.

Less and less we are hampered by our needs, confused by what we face. We each have within us the talent for seeing things as they really are. But it is a process that takes practice, of turning within to the untapped talent, which is one of the gifts of a spiritual life.

Praise softens. Criticism hardens. We can become all we want to become. We can draw the love of others to us as we more willingly offer love and praise. We have the opportunity to help one another as we help ourselves grow in the self-love that is so necessary to the successful living of each day.

Spirit's presence is within us, now and always, even when we feel alone, alienated, and scared. We often overlook Spirit's presence because we don't recognize it. Our talents, desires, and pursuits are all the evidence we'll ever need once we understand that Spirit is present within and about us all the time.

We can rest assured that our higher power is caring for us. Each breath we take is Spirit-filled, and the plan for our lives is an accumulation of necessary experiences that help us grow and envelop our special talents. What we often forget is that the lessons of our lives stretch us, enlighten us, and ready us to be



the people we desire to be.

We can nurture the moment and know that the feelings offered us with each moment are our friends, the teachers our inner selves have awaited. We can be mindful that this time, this combination of events and people, won't come again. They are the gift of the present. We can be grateful.

Our security in any situation is within if we but know how to tap it. It is within because that is where the strength we are blessed with resides, the strength given us from the power greater than ourselves. "Going within," "entering the silence," or "tapping the Source" takes but a decision. Next it takes stillness and then patience, but peace soon comes.

December 24 (Christmas Eve): I am completed. I am fulfilled with integrity (snowflake obsidian). We say that life is a ceremony. We think of our ceremonies as plants that daily grow new blossoms. The flowers change, but the plants remain. Our ceremonial plants have the same branches and leaves of intent, but every day they yield new roses of feeling and insight, especially if we water them regularly from the streams of our gratitude.

December 25 (Christmas Day): I manifest by cocreating life force (azurite). Life is an amazing

affirmation of beauty. We embrace the quality of life, and we will not dishonor our existence. We are Spirit knowing we are the forces that keep the sky blue, the stars burning, the mountains high and still, the rivers running, and the oceans flowing. Our combined love is an aid in harmonic evolution, removing the veil that stands between us and tomorrow's reality.

December 26: I am made whole with adaptability (caracara). Owl watches over us, and joy beams on every face. No strangers can be found. The healing force of love comes and cures soul sickness across the land. I take my altar down tonight, relaxing to dream and grateful in my ability to dream.

December 27: The foundation of my life is based in the inseparable nature of Earth-human resonance (watercress). Give life to the land! New circles, new gatherings, awakening souls, new energy, new hopes — the world has been made all new.

December 28: The foundation of my life is based in understanding the illusion of time (bilberry). Until the fields become rich, friends, thoughts, souls, growth, and wisdom are experiences to be embraced.

December 29: The foundation of my life is based in the moments when I take sanctuary (nettle).

Grandmother Moon watches over us. To live is a must. Passing the power, we find many mysteries. A beautiful song makes all things holy. *Ya-ta-we! Ya-ta-we-yah!*

December 30: The foundation of my life is based in recognition (sarsaparilla). As children of the wind, we find new lives away from

soul-sickness despair. We walk paths affirming life.

December 31: I manifest through my prophetic vision (larimar). We are your grandchildren, Grandmother Moon. We see the world filling with love. Abundance once again comes to be known. We find our way. We catch rainbows with a shell.

Maria Yracébûrû is founder/diiyin of Yraceburu EarthWisdom. She has been called a master in the art of Making Relations and an idealist of the fifth world. Yraceburu's organic style of Tlish Diyan is immediately accessible to people of all ages and experience levels. Her approach allows students to quickly experience the joys of Tlish Diyan energy flow along with the deeper sensations of connection with Earth. Her passion, charm, intelligence, tireless energy, and impish enthusiasm are infectious. Yraceburu.org/Maria



Benevolent Outcomes

Tom T. Moore

Achieve the Results You Desire

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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Perfect Outcomes

Leigh Ann in Wisconsin writes: I had anxiety about a dentist appointment. I requested an MBO for safe driving, front door parking, a quick visit, and a positive outcome. The drive was quick and without traffic. The entire street in front of the clinic was empty (usually there is no parking available),

so I parked in front of the door. My appointment was short; it was only forty-five minutes.

The dentist gave me the best news: My teeth and gums are in excellent health, and I should keep doing what I am doing. No dental work was needed. The entire visit was a miracle.

Severine in China writes: Our son turned three, and the choice of the right kindergarten has been a huge debate at home. Recently, a more affordable kindergarten with a good reputation contacted us even though there were people still on the waiting list. Gabriel will start attending this kindergarten in September. I thank everyone on your Facebook page who said a BP.

Martha writes: I've been wanting to replace my refrigerator for years. It's old, but the darn thing wouldn't die! My husband is a miser when it comes to spending money on things like this. His motto is "if it ain't broke, don't replace it." So I requested an MBO for my husband to cave in and let me replace the refrigerator with the new one that I've always wanted. I knew this was going to be a tall order since he's tighter than a duck's butt in that department.



Lo and behold, the next day there was a large water leak under the front of that refrigerator! He called his repair guy who told him that it was not worth it to fix it. I also showed my husband how the ice maker was duct taped to make it work and that there were rust stains inside it. Then I told him I would really like a new one for my birthday.

Well, he quietly went to the computer and started looking at new refrigerators online, and that's when I gently told him about the one I wanted, and it was expensive (\$4,300). He loved it and said "Okay, go ahead and get it!" I just about fainted. You have no idea how difficult it is for that man to part with his money for anything like that. So yes, these MBOs are the real deal.

Tammy in Nebraska writes: Hi, Tom. I thought I would let everyone know the ongoing ease of requesting MBOs for my store and spiritual center in Nebraska. I opened it in September 2018, and it has been wildly successful. People love having a place to come that supports

them on their spiritual journey and learning about new things.

I have done so well that I purchased the building next door to mine, and I am renovating it so that I can double my space next year. Thank you for all the love. I would love a BP for the new space. Thanks, Tom!

Tom replies: Tammy is doing what's called "good work." Let's say this benevolent prayer out loud for Tammy: "I ask any and all beings to aid and assist Tammy in the renovation of the building and for her business to continue to grow, thank you!"

Assist with Surgery Recovery and Support

Ela writes: I had major abdominal surgery last month. When I was discharged, I struggled to do small, everyday chores since I live alone. I requested MBOs for support during my recovery, and soon I received help from neighbor volunteers, home health care aides, and physical and occupational therapists.

Sharon writes: My husband Paul recently had a hernia repaired with robotics. He was worried about the pain afterward because he is very sensitive to any kind of pain. I said a BP for him, the operating team, and the nurses. There has been very little pain, and he is doing almost everything normally only one week after surgery!

Catherine writes: My right hip replacement surgery went every bit as well as I had hoped for and expected. At three weeks post-surgery, I can drive to the store, and I am walking better every day. MBOs and BPs work!

Solve Everyday Problems

Tamara writes: MBOs really work for me. One time I could not find my driver's license, and I was frantic. I did not understand why

it was not in my wallet. I finally remembered to request an MBO. I calmed down and requested an MBO for finding my license, and I let go of my worry completely. I was sitting in a chair in my bedroom, and thirty seconds later, my nine-pound puppy walked up and dropped my license at my feet. He found it under the bed where it had fallen.

Margaret writes: I continue to use MBOs in everyday life. I mostly request them for safe driving, especially out of state travel, and parking spaces. I also request that anytime I go into a grocery store that I only buy what I will actually eat. This has resulted in safe travels (I avoided two deer jumping in front of my car) and no wasted food.

Frances writes: After reading your book, I started practicing MBOs daily. Just yesterday, I requested an MBO to hear back from the dental school in my area because regular dentists are not affordable. Today I heard from them and have a dental appointment two days from now. I've been practicing MBOs with small things, and things have been happening in my favor. Thank you very much for the Gentle Way.

Tom replies: I suggest you also can say, "I request a most benevolent outcome for my dental appointment to have results even better than I can hope for or expect, thank you!"

Safe and Easy Travel

Mary writes from New York: I am new to the Gentle Way, and I want to thank you. Yesterday I had to travel via subway to Brooklyn, New York. I was filled with anxiety about the whole trip for months. I really get nervous when I am not familiar with the area, especially when I am traveling via the subway. My friend traveled with me in the morning but had to leave, so I was on my own getting home.

I then requested an MBO for

safe travel. On my way back to the subway, I lost my way and was confused. A young man was walking toward me so I asked him for directions. It just so happened that he was traveling to that particular subway stop, so we walked together and had a very nice chat. Once we reached the subway, we parted ways.

On my way down the stairs, a woman was struggling with her luggage. I was able to help her down the stairs, and she was very thankful. I caught my train and arrived at my destination safely as well as being able to help someone in need. It turned out to be a very positive experience. Plus, I also used it for a parking spot in a busy area on Long Island where it usually is impossible to park. We got a very good spot as soon as we got there. Thanks again.

Martha writes: I convinced my daughter to request MBOs. She is on a business trip back East, and despite all the airline delays and cancellations, she miraculously has been able to make her connections and get the best seats on her flights. She's hooked.

White Light Prayer

From Tom: Please say this out loud each morning, just as I do: "I send white light and love to every single continent; every single island; all the rivers, lakes, and streams; and all the oceans and seas. I release this white light to go where it is needed the most to light up the darkest parts of the world so that there is no more darkness and no more secrets, only light. Thank you!"

Tom T. Moore is an award-winning author, speaker, international film distributor, telepath, and Sedona Journal of Emergence columnist. He was voted Best Self-Help Author three years in a row for the Gentle Way series to which Tom just added The Gentle Way with Pets: Angelic Help for Your Animal Companions. His other books include First Contact and Atlantis & Lemuria: The Lost Continents Revealed! To learn more or to subscribe, visit theGentleWayBook.com.

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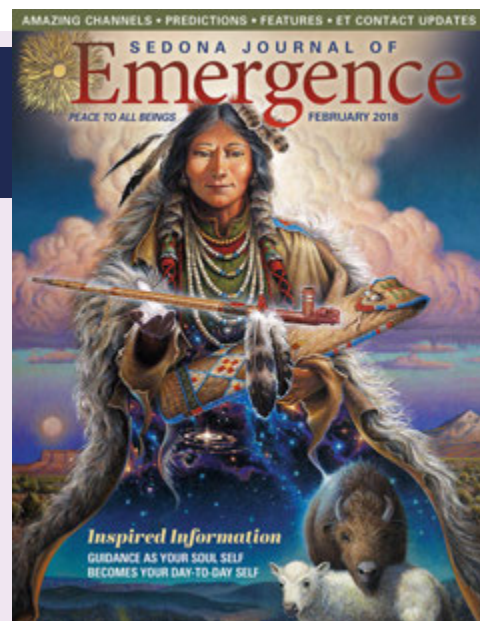
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