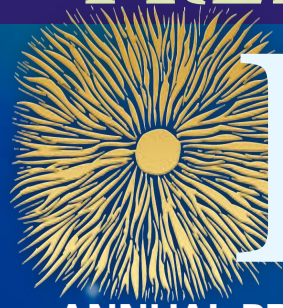


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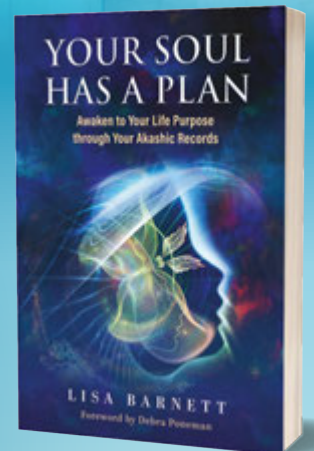
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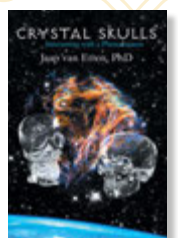
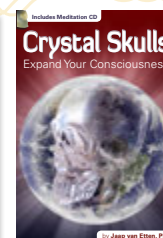


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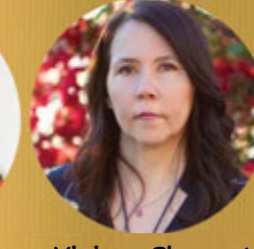
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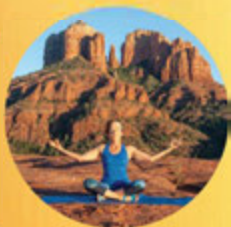


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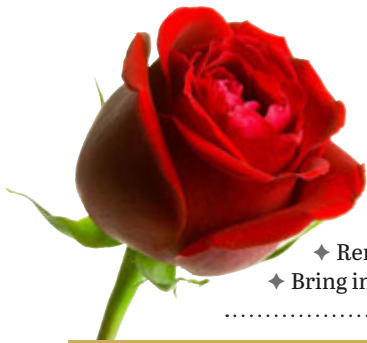
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With great gratitude and appreciation, we dedicate this Predictions 2024 and Beyond issue to our channels and to the spirit beings who speak through them.

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.

And thanks to all our employees who work extra hard to put this double issue together in one month. You are appreciated for your good cheer, skills, and creativity.

*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.*

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You Have Questions ... We Have Source Answers ...

A Shift Occurred before It Was Expected

Zoosh through Robert Shapiro

1 September 2023



Now, this is Zoosh. Something occurred before its time. It was expected next year, but it has occurred now, and that is a shift. This is how you feel it: You will feel kind of scattered. It will be a little more difficult for you to stay focused on something that you're working on or to even remember something that you've always known. For those of you who think that you're losing your mind, you're not.

There is a temporary transition going on that is leading to something better. What you'll need to do during this time is to slow down consciously and even slow down doing things that you don't think of slowing down on. For instance, many of you live very fast lives because you have so much you have to pack into a day. You might rush through a meal, for instance, or sort of eat breakfast as you're running out the door. You can't do that now, not for at least a month and a half, maybe two months, and possibly three or four months. This could even extend well into 2024.

Slow down to slowly. It's a way of grounding yourself, of being in your physical body consciously. You don't have to say, "I'm in my physical body," because you know that, so instead of almost leaning out of your physical body to do whatever you want to do after you're eating (it's not a good time to do that), take more time to do everything. I know this means things might get delayed or people might be late a little more often, but that's what it's going to take to get through these times safely and benevolently.

This will affect everyone on the planet, all human beings. It's not going to affect dogs or cats or other animals, but they will notice it, because they might have to remind you to give them their food a little sooner than you usually do, and then you forget about it. Maybe you normally give them their breakfast at 8:00AM, just

arbitrarily. Now try to give it to them at 7:45AM, because by the time you actually do it, it might be 8:05AM. Then they'll be fussy with you. So plan ahead. It will be the same thing with children, if you have them. Plan ahead for being late even though you may not be late. Reset your thought clock, in a way.

I will tell you why: Earth has now let go more of supporting you energetically. This is not because she's on some kind of vendetta. She's not paying you back; it's nothing like that. It's that there is a timing going on to provide you with a sequence that allows you to do something that does not require thought. There is a segue now for all of you to move into a portion of vertical wisdom, which is knowing what to do when you don't know what to do in a situation. It's the capacity to act on inspiration that is right for the situation even though it might be a little surprising.

You might wonder, "Where did that come from?" You don't have to think about it; you can just follow through. This is something that's been talked about through this channel and perhaps others for some time that has to do with you moving into your soul self as your day-to-day self. This does not mean giving up your personality; it means having more of your personality in a benevolent way for you and others so that others recognize you as you really are. You don't have to fake it to fit into something that you're not. This is a good thing, because then you'll tend to attract friends, family, and others on the basis of who you really are, and you can really live in a more relaxed way.

For a time, you'll go through this adjustment that might, at times, cause you to laugh a little bit and say, "Now, where did I know that?" You might have this knowledge that runs deeply, either from this life or some other incarnation you had some place else. Or, more likely, it's something you

heard about and thought about in your head at some point in your life or that somebody else around you knows how to do and you picked it up from them, but not in a way that involves some kind of sorcery or any of that other stuff. It's more like a teaching, an education, or a knowledge base that's just in the air momentarily where you are, and then you have it. You do what needs to be done.

Later on, you might marvel at, "Where did that come from?" That's fine. This is how you will be living your life very soon. There'll be some awkward moments when you might even stop and not know what to say even though you normally do. This does not mean you're losing your conscious self. It means you're just going through a momentary shift that might seem a bit strange. These things will pass, and life will get better.

Know What You Need to Know When You Need to Know It

That's wonderful. Wonderful. So slowing down and being more conscious of each moment rather than rushing is the basic thing we have to do?

Yes.

But we all keep the advantages that we gain — the vertical wisdom and the abilities?

Yes.

Well, I'm really happy you said this, because I've had this sense of

not quite being in sync with reality, and everything seems to take too long. I thought it was just me. So is Earth okay? You said this is happening because she is releasing part of her responsibility to us?

Yes, and this has always been the case, since you're all here to learn, ultimately, how to create as a benevolent creator. Of course, this is in a larger sense. To create as a benevolent creator, as an individual human being, requires, seemingly, a little too much of a person in your day-to-day life. It can be done if it doesn't require a great deal of planning and thinking and all that. It's to know what you need to know when you need to know it, and then the information isn't necessarily there anymore.

You might not remember what you did that was ideal in this situation, but you have a vague sense that you did that, or people around you will say, "Well, that was just perfect, what you did," and you graciously say, "Oh, thank you very much." It's kind of vague for you, but should it come up again, that need to talk about it — if it's an actual need and not just having a chat about it on a coffee break — then you perhaps share insight into what it's about or how you felt when you did it. You might struggle to make sense of it, but you will come up with something. Don't be attached to something if you're trying to fit your explanation into your group or your office. It's better to just say, "I was inspired, and hopefully I will continue to be inspired in all these situations," or something like that.

Mother Earth Needs Physical Support

Grandfather

7 September 2023

What are we facing next year? What does 2024 look like to you?

I think that you have to face the music, and that's that Mother Earth is continuing to withdraw her support. You have to do the spiritual work yourself and also recognize that Mother Earth isn't only spiritual; she isn't only supporting your spiritual things. This is about the physical. You have to be more cooperative physically with friends and neighbors and family. You have to, at the very least, when people are telling you something that they believe is true — even if in your heart you are recoiling from it because it doesn't feel good to you or you feel very strongly that this is not true — you have to simply say something else or do something else, something physical. You can do your spiritual work, but also do something that you don't normally do. For instance, you could volunteer to work at one of these places that shelter the homeless or victims of domestic violence or sick children in a hospital, if they'll allow you there, for whatever reason the shelter might exist.

You can ask whether there is anything you can do based on your skills and abilities, and then volunteer for a day or help out for four hours even if it's just sweeping

the floors. There is a reason to do this, and not because I'm trying to get you to do other work, but to do something physical that is out of the ordinary for you. Even if you normally sweep floors but have skills beyond that, go some place where you think those skills might be needed, and volunteer for four hours.

The only reason to volunteer is so that you can keep things as simple and uncomplicated as possible. If some people want to pay you, then you can take pay, but don't get involved in filing papers and getting a job and a whole business unless you need the job. Try to keep it as simple as possible. The reason to do this, really, is that it's like saying, "Okay, this is something I can do, physically, to help out my friends, family, or neighborhood." If it turns out that you make friends doing that, then so much the better. At the very least, you might feel good about it.

It's a way of doing Mother Earth's physical support. It's what you can do. You're not a planet. You're not a sun. You can't do huge major things. But you can do small little things that might bring about some support, help, and assistance to others. This could really be a good thing. I recommend you try it.

Restore Depleted Nutrition

Grandfather

29 August 2023

All right, this is Grandfather.

Welcome.

This is a time when people all over the planet — not everyone, just whoever feels called to participate — need to re-create all that supports life on the surface and, to a lesser degree, below the surface for animals and so on who live slightly below the surface. You need to re-create all forms of food and anything else that nourishes or enriches life forms, including, of course, human beings.

I'm going to make a recommendation for one thing before I get into that. I've been giving this information out for a while, and I know many of you are working on it, and it's helping, okay? But we need to have people do a little more. That's what I wanted to say.

Now, first off, this is a benevolent magic/living prayer type thing. Before you ask, say,

🌀 **Energies** 🌀

"I am asking that all the most benevolent energies that are available for me be all around me and all about me now."

🌀

You should say it that way, because you might have "this" or "that" being or "this" or "that" deity that you want to be all around and about you, and that being will be included in that sort of generic statement. We also don't want to rule out the possibility for other people's deities or benevolent beings or any other form of benevolent energy because you simply don't know about them or think about them, not the least of which is your guide you experience at the deep levels of your sleep. We want to welcome them so that they will participate with you to achieve the best result, eh?

After you say that, wait until you feel an energy come up that feels good to you, or if you don't feel such things, wait about thirty seconds to a minute, but wait no more than a minute. Then say,

🌀 **Benevolent Magic** 🌀

"I am asking that all creations needed, required, and that would be welcomed be available in abundance now for all life that needs it."

🌀

We need to keep it simple and uncomplicated. If you feel energy, then wait until it fades a bit before you go on and do anything else. I strongly recommend that when you do this, you either turn the ringer off your phone or put it some place that does not distract you. I know some of you are very involved in your phones, and that's all right, but you might not realize that it can interfere. These recommendations are that you would benefit from the least number of distractions.

You might wonder why I'm bringing this up again, and that is because forms of nutrition, of anything you need to use, are being depleted, sometimes in ways you simply don't know about. You can't know about everything. This tends to cover what you would be requesting — things needed even if you don't know they're needed.

I felt that it was time to give you a chance to participate because of all the nervousness and worry you have in your lives, for whatever reason. This allows you to remind yourself that there is something you can do about it. It's a foundation to let you know you have more influence than you know.

Thank you.

Find True Communion with Animals

Zoosh

14 September 2023

Zoosh here.

Welcome.

There is a time coming, sooner rather than later, when people all over the planet will begin to relate to nonhumans on the planet that have been here for eons. They are simply species generally referred to as animals

or some species among animals. This time is coming very rapidly.

Very often, people talk to their pets and even notice the emotions in the pets' eyes, if possible. This is different. This is a form of communion where you might talk to your pet or perhaps an animal you happen to see on a farm, and you hear back in your head an answer — not

something strange or weird, but as if you were having a conversation with anyone. This time is coming very soon. Some of you are having the experience now. This is going to become much more widespread.

This situation does not have to be frightening. For some of you, it will be startling, but it does not have to be frightening. You're not going to have angry animals yelling at you. It's going to be very conversational. You don't have to tell anybody about it if you don't want to, or you can tell maybe a small group or close friends. It's up to you what you want to do, but it's important to know that this time is coming for a great many people, and it has begun already.

Who's initiating the conversations?

Generally speaking, this will be a human being. It's surprising how often human beings might even say a few words — even on a farm or a ranch, to a “critter,” as they might say — and they'll hear a thoughtful response come back. Even if the remark or the statement toward an individual being was said to a person, you'd expect to hear something conversational back. In this case, regardless of how the statement was made, you'd hear something back that was thoughtful, maybe even introducing you to someone. This would bring to your attention that animals are not animals; they are just other forms of life on Earth.

So they're using telepathy, basically, and the human is understanding it?

That's right.

Are these mostly pets and farm animals, or could this be a squirrel or a bird? How far does this extend?

It can be any other type of being. It might be a spider on the wall. It could be any other kind of being.

Okay, that's marvelous. And is that because of our increasing perception? How are we hearing that?

Really, it's a capacity you all have right now; you just didn't realize you have it. It will happen to you individually and en masse, yes, but it will happen individually when it feels the safest and most comfortable. You're not going to look out the window as you're driving along and have a bird fly past and say, “Hey, what's happening?” It's not going to be something that would happen at a moment when you don't need a distraction. It will always happen in some situation where it's completely safe for you. In fact, it could bring about much greater safety, because animals will never lie to you. There are certain animal species that are a bit cagey, okay, so I wouldn't necessarily do this with foxes or coyotes or like that. But if you happen to be going along and you see some other being or you happen to notice some other being, it will help you to improve your perception in general.

As you begin to interact with the animals in this way, you will become more attuned to conversations in

general. Right now, it's typical for human beings to say some form of greeting that might even sound like a question, such as, “How's it going?” And the other person is supposed to say, “Fine.” If you say that to an animal, you will get a thoughtful response; they won't say “fine.” This could attune you to better conversations with people, because sometimes when somebody says, “How's it going?” to you, you'd like to tell them how it's going. Maybe you'd really like to have a conversation, at least a little one, rather than saying “fine” when you don't feel fine. So this could bring up everyone's level of awareness through the actions of conversation.

Keep Conversations Simple

What about if I'm having a problem with my pet? Maybe I'd appreciate it if my pet would stop scratching the furniture. Can I talk to my pet about that?

Yes, you can. But don't launch into that immediately, even though it might be pressing for you, and it certainly would be. Start with introductions, and this is how you'd start: You wouldn't say, “Hi, my name is _____,” you might ask them, “Do you have a name by which I can call you?” If they say no, then you might say, “Let's just speak for the time we have together,” or something like that, if it's someone passing in the woods. When you're talking to your pets, ask them if they have a name by which you can call them. This is a way of getting past whatever name you do call them, which might not be their name at all. It might come as a surprise to you, but almost all species of animals are individuals, and each has a name.

Oh, yes, it might be of interest to learn how to talk to your pet. Ask those kinds of questions first, the what's-your-name kind of thing. Also give them a little credit. You might ask them, “What have you been doing today?” Whatever they respond, listen politely until they stop. Then say, “Thank you. This is what I've been doing.” Don't go into interactions as you would with human beings. Say, “I got up in the morning, and I brushed my teeth.” You can move your hand as if you are brushing your teeth. You don't have to tell them everything you did in the bathroom, but that's an innocuous thing you could bring up. You could also say, “Then I made some breakfast and ate it, and it was good.” That's it. You don't have to go into a lot; it's by way of what you did today. If they tell you what they did today, it will be simple like that. Try to follow what they are doing, what they say. Try to speak without asking, “What does $E = mc^2$ really mean?” or something like that.

How did they get their names? Were they aware of it when they were born, or what?

When they were born, they probably had a family unit. Maybe the mother would have called them by name, or maybe they arrived with a sound that worked for them. Ask them how they got their name.

Is this just land animals, or will we be able to talk more now to dolphins and turtles and whales and such?

It would be best if you could start doing it face-to-face, not just at a distance, because you wouldn't have the personal contact. It's best for some kind of personal contact: You can see them, and they can see you. That would be good.

Okay, but the humans are talking out loud and the animals are responding telepathically. That's how it works, right? The humans need to speak out loud?

The humans do not have to speak out loud, but I think it would be good for the human to speak out loud, even whispering quietly. Perhaps the animals are at a distance, but you can see them, and they can see you — a bird way up in a tree or something. So you might not be able to see their eyes, but you get an impression at least of who they are and how they move, something like that.

What about insects? Would it be with individuals or a group? How would that work?

Like I said, a spider on the wall, because spiders are inclined to stop and just be. In the case of ants, for instance, they've usually got something to do, and they can't be hanging around talking to some human being. Generally speaking, that is the case: Ants are active, and they have a strong sense of community, so it might be better for some other type of being.

Try with Different Animals

I see my cat staring at things that are in the room and their eyes kind of follow them. Can we ask them what they're seeing?

Yes, you could, but first introduce yourself. Have you ever introduced yourself in the way I suggested with your cat?

No, no. I talk to her sometimes in the morning when I'm getting ready.

Well, you can try this with your cat. It's up to you. If you try it with your cat, you could look at her and say, "I'd like to have a better way of communicating with you." Keep in mind that if you're having some difficulty with your cat, this would be like the way you would work out something with a human being. Once you start relating to them as individual beings, then they might bring up problems they have with you and not just problems you have with them. Be prepared for an even exchange. Don't project on her. If she doesn't bring it up, then don't assume she thinks that.

Keep in mind that this is a different life form, something completely different. You're not a cat, and she's not a human. This is training for being able to communicate to completely different life forms that you're never going to be. You're never going to be a cat, and she's never going to be a human, but she has much greater capability to communicate with you. She's going to have to kind of teach you how to speak in much the same way I'm instructing the general reader here.

It's up to you as their representative to try this out when you can, if you want to. You don't have to do this with your cat. You could do it with some other animal species, the spider-on-the-wall idea. It could be somebody else, but if it's somebody else's pet, no. I do not recommend that for your first conscious attempt to communicate with another species, because cats are very conscious. They can do things. Many cats, not all, can do things that might surprise you. I recommend that you start with some being, like you said, a squirrel. They're also very busy and have an active community culture, but they might be willing to pause and communicate with you for a moment, meaning twenty seconds, tops. If they like engaging with you, they might stick around for twenty-five seconds, but they're busy. We're just picking possibilities, here.

I think this is a very good way to understand how other species communicate. It's a foundation, you see, a foundation for true community, true communion. True communion allows you to speak face-to-face, so you might pick up some sense of feeling or emotion from the other person, or you might have to accept that even if you want to continue the conversation, they've got something to do. They say, "I'm going to say goodbye," or "I have to go," and they're just off.

It might not happen right away, or you might try this with various types of beings, and then, eventually, maybe with a pet or just some being you see on a regular basis, one of them will decide that they'll give you a chance, and then communion can begin.

That sounds great.

This is something that can happen easily — with a cockroach, for instance. Often, they're shy around human beings, and you understand why, but to give them a chance, they might pause. They're not going to rush over and grab you, but they might pause. You could speak very quietly to them, because your voice would be thunderous if you were up close. Speak very quietly, and try to speak out loud. If you have to whisper, then that's what you have to do. Maybe it's nighttime and you don't want to disturb other people — any number of circumstances.

Give it a try, because it could improve your life in ways right now that you cannot imagine. That won't happen immediately. Like I say, don't ask them to explain the wonders of the universe to you. Just try, for those of you who want to. For those of you for whom it's happening now, very good. Maybe try some of these tips I'm giving you to see whether that helps.

Okay, that's wonderful. I'd like to talk to a raccoon. They are so sharp.

I wanted to bring that up for you now because many of you are really desperate for solutions to seemingly impossible problems. You'd be surprised at the wisdom — not just thoughts but wisdom — that is all around

you in other life forms. Give them the chance, be polite, and don't rush them to communicate with all forms of responses. If you give them a long tale of something that happened to you and it's upsetting and they don't respond at all, it's too much. Keep it simple. Goodlife.

Thank you.

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).

Rewrite Your Old Akash for a New Future

Kryon through Lee Carroll

4 June 2023, Live Channeling

Greetings, dear ones. I am Kryon of Magnetic Service. This will be a short message, but a profound one. It has to do with who is here reading these words. Is your akashic remembrance ready for the new paradigm?

Wo Explored His Lifetimes

Some time ago, I channeled parables of Wo in which Wo found himself in a magical place — an ancient mystical hall. In this majestic chamber, his akashic record manifested as many statues placed in a circle. Each statue represented one of Wo's amazing lifetimes, and Wo had the opportunity to examine them.

In one parable, the statues came alive. They got down from their platforms and explained who they were. Actually, they were all Wo [smiles], but he got to see his lifetimes very clearly. As he discussed things with the statues, he was speaking to himself — his past selves in many forms. What an experience! The statue from one of his most profound lifetimes came alive, stepped down from its platform, and said, "Wo, I killed hundreds of children and adults. I did it on purpose, and I did it for my God." The statue stepped back onto its platform. This was a difficult one for Wo.

Another statue, a beautiful woman, stepped down. She was burned to death as a witch. Ouch. The more Wo learned about himself, the more he realized what his soul self had been through. He met a sea captain. Wo loved the sea, and now he realized why. The sea captain got off the pedestal and said, "I'm the one in your akash who gave you something very strong that you have now. You love the sea, don't you, Wo?" Wo agreed. He could watch the sea for hours. The sea captain continued, "We had some wonderful adventures until we drowned." Wo gasped. Although he loved the sea, he hated being in the water.



As Wo moved around the circle of statues, he began to understand that every statue represented a piece of who he was today. He had been both genders many times. He had given birth. He saw the wisdom of all the collective lives he had lived. He also saw how many lives were difficult.

Sense Your Most Immediate Past Life

The last statue was Wo's immediate past life, the one before he was born as Wo. This one acted differently: It didn't get off the platform. It also glowed. In many of these parables, an angel or a divine guide was with Wo, which was the case this time. Wo and the angel stopped at this last statue, the one that glowed. The angel said, "Wo, the life represented by this statue will be unknown to you for a while. In the akashic system, your immediate past lifetime and current lifetime are not completely separated. Part of that life comes with you in many ways. This one is still with you because you agreed to bring much of that consciousness with you into this life. I'm really speaking to both of you now."

To those of you reading, this explains why so many young children remember that they were master musicians or painters, and they simply continue their last lifetime's work. It's so common that it's beyond chance.

The angel continued, "Wo, the collective energy of all your lifetimes is always part of your current akash. But now, that wisdom is meant to be culled and used for the new Human."

The angel was cryptically telling Wo something that you, reading these words, have in common: History predicted the time you are in, and it was going to be either the end or the beginning of Humanity. All your lifetimes were coordinated to bring you the tools you would need

today for this shift. Your immediate past lifetime might have even terminated early so that you would be the age you are now in this shift.

What do you think is in your akash that would bring you to be here reading this? Wise old soul, you have been everything. You have endured everything. The best and worst of Earth are in your akash. You might just now be sorting this out. This is your new power. You can mine your akash and rewrite the most negative akashic energies. You have the ability to take and use only the good things and bring them forward.

That is the meaning of the parables. Sense your akashic energies, reframe them, and cull them down to only the good parts. Then you can sit with all that good stuff, all the great wisdom you have gleaned, at a time when the planet needs it the most. Your immediate past lifetime stays with you so that you do not feel as if you are starting over but as if you are continuing a master plan. Every part of this is for your future and for those around you who look to you for direction.

Your Light Is for Everyone

Here is our advice for the shift: Use your wisdom and common sense to show people love, not strangeness. Show people balance, kindness, and compassion

when you speak, not strangeness. So many lightworkers continue to push away common people with their talk of esoteric energies that very few can relate to. Let the esoterics be for those who understand them. Lightworker, your light is for everyone now, not just for the few in your “strange” box.

What good does it do to come to this planet with all your wisdom and knowledge and then turn away everyone who would listen? It's time to ground yourself and to be the beacon for your neighbors, no matter who they are. It's time for love. This is why you're here now. Show balance. Practice mastery. Mastery doesn't react; it observes. How are you doing in that department?

Everything you need is within you. The lessons of every lifetime have been in preparation for now. You are in a new period of awakening, and you are becoming more aware.

It is magical for me to interact with so many souls who I know and am in love with. 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.

Hear the Song Within

Centre of A through Debbie A. Anderson

Hope lies beyond the pain. To some, it might seem like a faraway dream or an unachievable reality, but it is there if you believe. To be alive is to live, and to live is what you as our children are expected to do. After all, Earth is your learning ground, the place where you feel and experience emotions.

Let us share with you what we have seen and can foresee. There in the distance is the purest of vibrations that humankind will have open to them. You have been asleep or disoriented in a way that seems unending. For every step forward, you have been turned backward, and some of you are ready to give up, to give in.

Now is the time when your soul needs to return to that song within. You need to hear it. It needs to resonate loud and strong within you. You need to believe in the course and what it has brought you thus far. Be ready to sing out the next verse as the sounds play loud within your hearts.

We have been with you, guiding and listening to you. The time has come for you to hear us loud and clear within your soul vibration. Do you hear us?

Monthly Insights into 2024

January: It is time to step into your infinite power. When you accept how and what you can create, you can

manifest and even change whatever is not wanted within your world. Fear is not something you will hear; you can only hear the frequency of love within. Strength is within you, so do not be afraid.

February: Now is when togetherness — oneness — will be sensed within your third eye. The resonance of all humanity standing strong will reverberate throughout Earth, as humans stand all as one. Be of open mind and heart, filled with sincerity and feeling the joy of standing strong within your soul energy.

March: It is time to evolve and be able to fully embrace the new energies. You will sense and hear new frequencies. You have to move, revolve, and rotate away from what harms your soul and gyrate toward and into that which calms and soothes it.



April: Wash off the past. Wash away the pain, and listen within to what is truly guiding you. Do not let worry or concern enter your vibrational frequency. Put up your shield of gold, and let it encircle you, creating a bubble around you, your family, friends, community, and even Earth. You have the power within you to achieve that. Believe and listen.

May: What you see is only a reflection of your vibration. You are what you judge, so reveal it, and release that emotion to the universe. It serves you not to hold on to it. You are not here to judge yourself or others. When you truly see, hear, and feel it, that is when you acknowledge where judgment comes from and what harm it can do to you and your world.

June: Do you appreciate and recognize that your journey is for you to discover? No one can lead you. No one can follow. It is time to be you and walk your sacred pathway in the way that it was meant to be walked. Seek only the knowledge that is your vibration from within you. Listen, because you already know who you are, and be that human being, doing.

July: There is infinity to abundance. There are no restrictions; only you can impose that emotion. You have the tools to accomplish what you need to open the abundance of your energy because it is a state of mind. Ask yourself this question: "What is the richness within my life?" When you answer it, if you feel it has not happened for you yet, make it happen. Go within, connect with your heart chakra, and be in open awareness of what we share with you.

August: It is time to welcome new, unknown knowledge that has been locked away. It is time for unconditional love. There will be many shifts within your conscious mind. You are a divine, dimensional being ready for growth, internally and externally. This is the time of wondrous expansion of that which you are yet to know but sense within you. Take a breath in, exhale, and let this learned awareness into your world.

September: You are the peace and transformation. You reach out to calm what is needed, when it is needed. We guide you and hear you as you hear us. When you realize you have the choice, you will understand the conscious change you can bring forth. You are the infinite soul — the unlimited force — that is greater than you yet know.

October: Do you know your soul's intention? It is time to unlock that divine essence within. Intention is your soul's being, your core relationship with the self. Your soul took a million years of making — it's your making, your creation — both in heaven and on Earth. Intention is about perspective and being in that moment. Know that what you do has purpose, and follow your heart to achieve it.

November: You will acknowledge from us that you are our greatest creation. The creation of you holds within you everything that is without ego, opinions, or attitude. You are aligned with your soul connection to the God within. You are the light that shines brightly, voiding all darkness. You are the vibration of completeness.

December: Sound resonance will play a major role in your life. Your world will attune to new frequencies derived from that of the ancients. They will sing down to you as you connect and return the music from within your soul. All pain and fear will be washed from this lifetime. All you have is a new outlook — a new vista — that lies ahead of you. Take a moment to breathe and give thanks. We are always with you. Just hear us from within your heart.

*"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.*

Enter the Golden Age

The Realms of Light through Aurora Juliana Ariel, PhD

Illumined ones in the realms of light: Everything is going to change for the better now. This is the beginning of a vast and incomprehensible change that alters the course of humanity from darkness to light, from destruction to renewal, to a full restoration of the ethics of a planet displayed within the peoples of Earth. This is the time the upswing begins. Lives will never be the same, for the old you has departed and the new

you shines your glory in this world and lives your fullest life in joy.

The light heralds a new dawn. As souls come under the dominion of the divine self, all that has stood in the way is removed. All the barriers to the knowing of self dissolve. Awakening ones





enter a new field. It is grace. The time has arrived, and you are in your rightful place.

Walk in Peace through the Trials of Earth

Pallas Athena, the Goddess of Truth who presides over the Temple of Truth in the etheric realm over Delphi:

As you raise in frequency to that glorious state of being we know as Eden and live fully in the Edenic consciousness, the light within you magnifies, enveloping you in a field of grace. In this illumined state, you are a light to others. The world around you is transformed. Your frequency helps shift the frequencies of the planet into a more rarefied field as divine energies flow forth to restore the divine pattern for all. Elemental life is released from the hold of lower conscious states of being. Set free to out-picture the glory of the nature kingdom, the Earth Mother provides bountiful gifts for all.

Under the great divine plan, souls begin to flourish once again, and the dark night loses its hold. As more souls rise into their higher awareness and live in that awakening state of being, others are inspired to do the same. The love within ignites the hearts and minds of those around you to be more, love more, and feel more of the beneficent energies that are always present and available. The old energies dissolve. Your soul is set free to live more fully as one with the great divine plan. Shielded in the light of its divinity, you are guided exactly where you are meant to be in every moment. As you walk in peace, your soul abides in an inner calm, realizing that it is here on Earth at the perfect time to serve a higher purpose and that all is well.

This Is Your Time

St. Germain, Architect of the Golden Age: I bring an initiation of great import for the awakening ones of Earth. It is the entrance into the Golden Age

consciousness. It is the life and lifestyle of the true initiate who passes through the gate of great change and

emerges from the alchemical chrysalis into a new life. So your new lives have begun, O souls of Earth. Unlike the gateway to eternity where one passes from this life, you enter the gateway of Eden to live it fully on Earth.

As a front-runner soul to this initiation that we bequeath to all who employ the inner alchemy to set themselves free, you can know the peace of your true nature and live in the love that abounds even now on Earth through the great change. You can be the fullness of your divinity all the way into your physical form. The sacred alchemy that transforms darkness into light is yours to bequeath to the many souls who are in great need at this time.

As you do your inner work, the world changes around you, and nothing is the same: even more light, love, and peace abounds. This is the time you were called to, and this is the time we vowed to help from the realms of light. Remember, you came to help anchor heaven on Earth, to be a front-runner soul paving the way for many others, who when lifting their heads above the tumultuous world would seek to find themselves and step free to be a light in this world as well.

This is your time. Shine brightly, and know Eden is a consciousness you can partake of daily and live in fully by entering the quantum field of your authentic self.

***Aurora Juliana Ariel**, PhD, has been a vessel of healing and a voice of positive change since her teens when she was awakened to a planetary conscience, remembered her destiny on Earth, and received a divine sponsorship that has inspired her global healing mission. Through her pioneering work of the psyche, she unlocked the codes of suffering and has set countless people free. Aurora is the creator of TheQuest and is the award-winning author of the Earth 2012–33 series. She holds over thirty-eight certificates and degrees in advanced healing modalities. Visit her website at theOracle.Love.*

Guardians of the Gates

Alison David Bird, CHt, the Avatar Grace Elohim



A prediction comes true only from your personal perspective, which varies according to the timeline you are on at any moment. Most of you stay on a timeline for months until something bumps you from it: You're fired from your job, lose your home in a forest fire, see your business destroyed in a flash flood. Then you move on to the next timeline. Do you see the lengths we go to get you where you need to be?

When you volunteered to support this ascension cycle, you committed to be in a specific position on the cosmic ascension gaming board by 2024. For our part, we agreed that you would not be left behind this time, meaning that if you have not made the shifts and changes needed in your life, we will do it for you. The channel affectionately refers to this as "a spiritual two-by-four to the side of the head."

Some of you have made it perfectly clear that you are only prepared to go as far as is convenient or comfortable for you. Others have said, "Do not let me sleep in. Wake me up." Consider this your early morning wake-up call. We'll put the coffee on.

You don't have to be psychic or clairvoyant to look at a timeline and see what lies ahead. Watch the news, and observe how the shift is ramping up. As you jump between timelines, you see how news cycles change. For weeks, you are on a timeline that culminates in nuclear war. Then it's not mentioned again, and now all you hear about is climate change and then another wave of COVID. If you have "done the work," as they say, you do not have to be a victim to these timeline shifts. Having maintained a steady increase in vibration and integrating higher consciousness, your new vibration resonates with higher gradients in 4D.

You have become something of a master of manifestation with the power to consciously align to the timeline that most resonates with you vibrationally. As a result, you can avoid the consequences of the decisions made by the confused and fearful global collective. You can also collapse the personal timelines you choose not to experience and manifest the most benevolent outcomes for yourself. This could mean dramatic life changes: finally getting out of a relationship that no longer serves you, moving to a new location that doesn't feel so mired in low frequency, finding a job that better resonates with you or even becoming your own boss. If you have said you would do any of these things and haven't, we are

sanding down a new two-by-four for you.

If Things Get Bumpy, Go Higher

You have no need to fear.

All happens by design, and all dimensions are synchronized so that everything that must happen happens exactly when and where it's necessary, thereby keeping time with the music in God's magnum opus. Take a seat before the music stops or you are left without one. Trust that you will be supported. Have faith in yourself and in your abilities. Use your discernment to instinctively know what is yours, and it will come to you.

If things around you happen to get a little bumpy, go higher. Grab on to the pillar of light running through the vertical channel, maintain your connection to your source, and stabilize yourself. Center, align, and listen, but do this with your senses and not your ears. Most importantly, act. If you dare to act on the guidance you receive, which might simply be a sense of knowing, you can navigate your way through a field of landmines. Remain in the role of observer, as you are here to witness the shift.

Predictions are also multidimensional, as each timeline is in a different vibration. Let's begin with 3D moving to 4D. Spring equinox 2024 will be most notable, as the planet will move up again into a slightly higher vibration. Linear time will accelerate. A twenty-four-hour day is now no more than sixteen hours, but you somehow manage to get much done in that time.

As for global events, daily news cycles will remain the same. The actors might change and so might the stage as countries work to clear their negative and historical karmas. On the geopolitical front, leadership roles for the nations of Earth are up for grabs. The United States is rapidly losing status and must get its house in order to maintain its grip as a reckoning force.

From the perspective of the new landlords of Earth, democracy takes too long, and people just don't know what's good for them. Time is money, after all, and in case you haven't noticed, the race is on to find the next global political consortium, and the rise of artificial intelligence will only serve to speed this process. Authoritarianism is the likely way forward, as the world moves so fast now, and the new world order might be made

up of autocratic despots. A government seeking even greater control over its population will become painfully aware of the need to be decisive and show no fear, lest their hesitation be read as weakness and they find themselves canceled. This is the era of snap decision making and instantaneous responses that can sadly result in contradictory or ill-thought-out plans that lead to greater conflict. Meanwhile, cracks begin to show in false alliances.

Israel could become a model of dissolution as it falters in its democratic aspirations. The brain-drain that could occur there if the political situation does not calm down might eventually lead to economic collapse. This should be viewed as a cautionary tale for all. It will be difficult for any country to be taken seriously on the world stage if it cannot reach consensus among its people. It will no longer be possible to please all the people even some of the time.

COVID set the stage for the gap to widen between societies and their leaders, a gap that will become harder to disguise. Politicized as weakness, this will allow bullish opportunists to take advantage, and this biblical great divide could turn brother against brother and mother against son. All know that you must divide to conquer. Eventually, some might be convinced that it is better for one person to step up and take power in a more dictatorial role to keep pace with other totalitarian states and follow through with the kind of authority that appeases the fearful collective. If you don't like the sound of this, align with a different timeline.

Access the New Living Light Matrix

Be warned that should the next leaders deny climate change, that could inevitably become the timeline for the eventual dissolution of 4D Earth sooner than was necessary. All the rhetoric and saber rattling is meant to distract you from the main issue. Climate change is cyclical and not totally due to your carbon footprint. The planet is at the end of its seven cycles, and so is your Sun. This is why there is an ascension plan in the first place — to get you onto a vibrational bandwidth that corresponds to higher-dimensional realities and states of being so that you don't have to experience the demise of this reality.

The need for an existential threat is a massive two-by-four for the global collective. It has always provided an opportunity for you all to reevaluate your lives and determine what is important. That time is now. Those of you who took a higher path through the dark woods and emerged into the light managed to raise your vibrations above fear frequencies. We can speak to what you can expect in 2024 from our perspectives as guardians of the gates.

You can now access a living light matrix from which

you can draw newly accessible aqua-ray frequencies of the returned mother arc. This moves through dormant wing points corresponding to dimensions six and seven in vertical channels that activate in the body templates and intersect with horizontal meridians carrying the patriarchal father arc. A merger in the heart space of the electrical force of the male “rod” and returned Divine Feminine magnetics of the female “staff” will activate the higher templates of Christos Sophia in a massive expansion of consciousness.

This could cause heart palpitations that mimic anxiety, heart attacks, or adrenal issues, but they are none of these things. You might feel the pineal and pituitary activations as headaches when these energies synchronize with the Galactic Core in 8D and begin to access frequencies from the 9D core of the universe of origin on the other side of the black hole — the universe from which everything in this existence originates. You begin your return to light, to Source, in the creation fields of that universal structure, coming into alignment with your higher selves on a future timeline of successful ascension. As you draw down from the avatar matrix in 10D, 11D, and 12D, you will begin to alchemize lunar influences from your darker experiences in the Lyran constellation — the universe of origin at the beginning of time — in preparation for embodying higher consciousness from the creation realms of your successful future timeline.

Transmutation Is Not Meant to Be Easy

Over the past few months, you might have been feeling increased ascension symptoms in the physical body. This is something of an illusion, because it is more spiritual pain than physical pain. Incoming frequencies that filter down through the holographic body templates can be interpreted by the body consciousness as an attack, such as from an invading virus. Beware that some symptoms will mimic known physical conditions and might cause you enough concern to seek medical intervention. These symptoms are caused by exposure to sectors of the galaxy where stellar radiation, essential for your evolution, bleeds through from the other universe.

This is by design while your physical body upgrades to awaken memories of past and future lives that exist simultaneously as you travel through specific ages/eras represented by the signs of the galactic zodiac. You pick up lost fragments and aspects of the soul self dispersed in the “fall” from that parallel reality. As you pass through each phase of the zodiac, you are affected by emanations from the electromagnetic spectrum of the cosmos that radiate from the planets, stars, suns, nebulae, and stellar events in that corresponding galactic sector. Each event affects your evolving subtle templates and lightbody in very specific ways, triggering upgrades

and initiating activations for further downloads of higher consciousness. This is the birth of the avatar race as deity descends to Earth.

When these stressors on the body cause simulations of sickness, your fear programming might drive you to pharmaceuticals, which would undoubtedly complicate issues for you. Your astrological sign might have significance in relation to the severity of some symptoms you experience, as you are each predisposed to certain physical weaknesses. If you were born under the sign of Leo, for example, you might have more difficulty with heart, spine, and thymus issues than someone born under the sign of Sagittarius who suffers more from hip, thigh, sacrum, pelvic, and sciatic-nerve issues. Other major symptoms of higher activation might include headaches, jaw pain, ear discomfort, increased tooth sensitivity (as increased vibrations seem to shake out inorganic matter), joint pain, nerve pain, trigger finger, disturbed vision, neck and shoulder pain, lower-back pain, and broken-foot syndrome.

You might feel ninety-years-old when you rise out of an armchair after the sun has gone down and the magnetics have shifted. All these symptoms are red flags to the medical profession, and following that bouncing ball would likely set you on another timeline that is not the one you were aligning with for your most-benevolent-God-realized ascension. This is not meant to be easy. Transmutation burns.

As you enter the thirteenth sign of Ophiuchus in December, which corresponds with a major ring-of-fire

eclipse on December 14, you might suffer with coccyx pain, cranial-sacral imbalance (specifically through the interruption or acceleration of the ebb and flow of spinal fluid), and pain at the back of the head along the occipital ridge where the visual cortex is situated (also known as the “well of dreams”). As you prepare to manifest your future timeline, you will first visualize your new reality through this part of the brain and project it to manifestation fields. Some esoteric scriptures call this area the “mouth of God,” the seat of cosmic intelligence. This is where we receive magnetic transmissions of Sophianic wisdom, the mother-arc/aqua-ray frequencies emanating from our universe of origin through the thirteenth gate from the other side of the black hole at the center of the galaxy.

Faith, trust, and discernment are your friends. Show these qualities, and try not to find yourself in a magnetic resonance imaging scanner (MRI) at the local hospital while they search for a brain tumor.

To learn more about Marconics and for information about practitioner training courses in your area, see the back page of this Journal or visit Marconics.com.

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

Use Your Sacred Gifts

Grandfather Shaman, Shockara Starbeings, and Mahatma Gandhi through BlueTurtle

Grandfather Shaman: Beloved children, a new world is opening up through the love and light of the Creator. It is time to re-create your birthright as holy children and use your sacred gifts for those you serve and connect with in community. So much has been taken away from you in the past and perpetuated against you, but that will not happen anymore. You are being divinely blessed and enhanced by the Creator because you are precious and can help one another in the world. After a long decline and decimation, you are coming back through healing and transformation and then will be reunited with the Creator and All That Is.

The pain of the past has been unbearable, but you will not allow it to hold you back and hurt you anymore. You realize that you can now move forward from the

despicable past, for as Bob Dylan sang, “The times, they are a-changin’.” A monumental renewal of spirit and pride is being carried and led through the world by those who understand and help each other. As you come into your full power and strength with the Creator, you are able to breathe and live again as you are called. Your renewed empowerment lies on the backs of your elders and ancestors who have paved the way for you to stand up for your rights and dignity. What they suffered and lost through the generations never stopped them from improving and bettering their lives and others’ lives. In the midst of your great sorrow and heartache, you too rise up to reestablish your



birthright and calling, just as your loved ones did in the past. You know what it means to be hated and disenfranchised and to have your lands, culture, and sacred traditions taken away.

In this new day, you are standing up en masse to reinstate yourselves in your rightful and responsible place in the world and society. You are taking a powerful stand for economic, social, and political justice and equality. This is the time because all is moving into place for this major shift that has been so needed. You will find people in the world open to your special knowing, gifts, and understanding. Your creative and spiritual endeavors, including Mother Earth, are being well-received by others, and these people are changing their lives too. In fact, your ancient, sacred ways are understood as a blessing and gift to all.

You can breathe again. You can walk with more confidence and clarity, as you are free from the poison and toxins that kept you enslaved and imprisoned from the riches and bounty of life. You can be in your equal and precious place in the world where you will not be attacked and diminished in your undertakings. More and more safe spaces and communities are being created where you can live, thrive, and grow in all the ways that fulfill you and make you happy. The darkness is being pushed out so that you can participate with others as you feel and know. I am present with the Creator, the elders, and ancestors to see you through in this enormous healing.

We Are All Interconnected

Shockara Starbeings: Beloved Earth beings, the universe is about to reveal more of its wonders and meanings. As more of you move into spaceflight and space travel, you will gain a greater and closer understanding of who you are and how you are related to other cosmic and spiritual beings who exist throughout the galaxy. So many of us benevolent alien beings have been aware of you for generations, and now it is your turn to reach out to us in positive and loving ways so that we can all work together for the good of all cosmic beings. We had to be sure that many of you were positive and not destructive toward our contact with you.

Your fine, disciplined, and rational astronauts and their associated colleagues have been aware of us for many years now throughout your continued space programs. We have come forward to them and some of your governments, as they have extended mutual benefit and understanding. We had to be so careful because some in leadership positions feel threatened and are manipulative, which does not register or resonate with the mainstream populace of your world and planetary knowledge and facts. Their selfishness, greed, and need for control and power have to be kept in check.

In the cosmic realm, we all operate within multidimensions and the worlds of string theory, dark energy, and black holes. Yes, it is true that you can only see 5 percent of the whole universe with your naked eye. The other 95 percent is invisible to you, but we and it still exist. As Albert Einstein proved, energy can neither be created nor destroyed. We have to be careful with you so as not to freak you out or upset your leaders in any way, which could make you or them hostile toward us. We are all devoted to help you grow into your fullness as whole cosmic beings with great potentials and capabilities, but universal law states that there must be mutual respect, understanding, and cooperation between the multidimensions and worlds. We are all fragily interconnected and dependent on one another just as you on Earth.

So we work together and come together in peace and unconditional love. There is a sacred trust in helping one another to survive and thrive. Some of your people on Earth have to be controlled and monitored because they do not want to live and work in this beneficent way. There are also challenging negative aliens that fight and want to manipulate and control others and the resources that we all need and benefit from. We also must police and keep them in line so all can have a say and the opportunity to thrive. Yes, there are always runaways and outlaws among us who want to make trouble.

As we come together in this loving and profoundly supportive way to help each other in the universe, we are here to guide you and bring you into the fold of what is in store for you as you begin a new phase of exploring the universe and planets. What we accomplish together in these next years will help us realize who we are and that we are truly all related and connected in the stars.

Help Bring Justice to the World

Mahatma Gandhi: Beloved children of God, I always carry you close in my heart because I can feel how devoted and committed you are to achieving social justice for all. You resonate with the highest frequency of love and light within your being, and this reflects in how you care for others. You are beginning a new part of your remarkable journey now.

The dark forces are gathering wholeheartedly for their last-ditch effort to attempt to overwhelm and dismantle the systems and means of justice. They will coerce others and do everything they can to try to convince you all that your efforts will be ultimately thwarted. However, do not give your precious and sacred energy to these vampires who want to consume it for power. Instead, always set a healthy boundary and live the truth of the universal law that fills your very core for justice and equality under the law.

As you are continually attacked and pushed to the limits by their assaults and violence, stay steadfast with

God and the universal law of love and light. Use your justice systems to the hilt to enforce the law and convict those who want to end your rights and equality under democracy. It may take a long time to conduct this judiciously, but please be patient and allow the mechanisms and processes of the law to move at their appropriate pace. Just like you, there are many fine and true judges, attorneys, and court personnel who want the procedure of justice just as you do.

Remember that the bullies use their loud and flamboyant voices to create a full circus with their chaos and contempt. These evil-intentioned people want to completely disrupt the due process of law by causing delay after delay. Know that they will concoct anything they can to drag things out. The meticulous detail given to the gathering of important and pertinent facts will bring forth the results that you seek. By doing legal research with great compassion and devotion for justice, you will be able to bring forth the most compelling and powerful cases to court.

When you work in this incredible way with your

sisters and brothers to pursue and expose criminal intent and actions, the whole plot will be revealed and unfold through such earnest inquiry as calling on witnesses to testify. You will see that you have gathered sweeping, powerful cases. By not standing by and allowing the liars and tricksters to get away with their dark activities and gatherings in the shadows, you will be an asset in asserting your skills, gifts, and blessings to help all those who are being shut out of justice and equality. Your very lives and opportunities depend on you insisting and encouraging those who have been denied and held back from their greatest possibilities to come forth and demand justice in the midst of the evil perpetrated on them. Gather with them to help them move more justice into the world.

*For thirty-five years, **Blue Turtle**, MDiv, MEd, has served the spiritual community as an intuitive, counselor, and teacher. He heralds from an intuitive maternal Serbian-Croatian lineage with paternal Ashkenazi-Levite ancestry. Blue Turtle shares DNA ancestry with Martin Luther, Tutankhamun, Rameses II, and Nikola Tesla. He offers his readings, intuitive classes, and a mystery school for those who are called to work with him. Blue Turtle can be reached at 215-256-8481 or mbarnett@tradenet.net.*

Go Beyond Survival

The Peacemakers through Greg Branson and Robin Baldock

So much happening in your world today is breaking down the old belief systems and structures of power so that new ones can emerge to take you through the next millennium. It is similar to 2,000 years ago when a new religion was born that sought to integrate and personalize former teachings by drawing them into the heart and into balance: “Thou shalt love thy neighbor as thyself” [Matthew 22:39, KJV]. “That all may be one” [John 17:21, KJV].

The simplicity of unity was the start of a process that produced change and an evolutionary flow that created your power societies and technologies. The concept of forgiveness also came to the fore: “Father, forgive them; for they know not what they do” [Luke 23:34, KJV]. This was not well understood, and when the concept of justice was taken up, it led to a system of retribution that you need to move beyond.

Currently, you are working through karma/past-life issues based on the feeling that you need to survive separated from nature and, in many ways, at odds with nature. This underlies the coming epoch when it will be necessary to bring the mind into alignment with the heart and register a much more comprehensive and harmonious ecological reality. You must begin to feel yourself as an integral part of the world rather than

apart from it in domination and manipulation. These old survival issues, felt even when you are not actually being threatened, cause you to hold on to the old ways that actually threaten human existence.

Respect for nature will be fertile ground for science and economics. Unfortunately, much that was devised in the past was compartmentalized so that your various branches of science came up with completely different interpretations. This led to competing interests affecting the sciences, business, and your day-to-day activities. As a result, you live your lives according to how you can best survive. Now things require a more wholistic worldview.

How well are you doing? You are creating your realities, certainly, and a coherence is emerging at the slow pace required to underpin your daily activities. We see that some larger fears will start to give way as your political sphere moves beyond the dangers of repeating the past. Your U.S. Civil War energies that encourage a totalitarian state are still alive in the atmosphere to flourish again.

Most people do not want to go through all the smoke,



noise, and bluster. Instead, they want to engage with the challenges that will really see them into the future. Some of the fears aroused by 9/11 will recede to reveal a way forward after your coming election, but the challenges that follow will be larger, and this is as it should be. Some of them are already present, with their illusions intact, and you will deal with the larger issues by revealing their true nature.

Bring Up the Past to Become Free of It

You are coming into alignment with the needs of your planet. Every attempt at avoidance will only lead to more trouble. This is also true for you individually. The things you put aside do not go away. It is important to support and nurture what works and to challenge what does not. This year feels rather like the darkness before the dawn. Your challenges are real, and you must engage with them and work through them to greater understanding. Many of you are not yet engaging with or attending to your physical nature nor linking it to your spiritual learning. Balance requires practical answers that reveal the way forward. Then your life will work much better. We in the spirit world do not believe that you truly want to go down the path of repeating history. You want to bring up the past to become more comprehensively free of it. The way forward is only a step away.

Russia's attempts to evoke fascism and totalitarian dominance must not be ignored, but the failure of their attempts to re-create the Soviet Empire and its past glories will be clear by the end of the year because they have not annexed enough land. Russia is already defeated in the hearts of enough people aware of the illusion, and

Ukraine will get most of what it asks for. That said, lasting peace will still not be easy.

Those who believe that to have power, you must take it from someone else or from Earth need to be challenged by the truly empowered people who understand that they add something to the world. Ideas of free energy have been suppressed because the people who believe that "to have, you must take" cannot accept it. Your energy systems can only change to the degree that your population becomes spiritually empowered, further exposing that how you treat your ecology affects you, even your personal health.

Science is already going through a seismic shift. Scientists who held the view that COVID was caused by the manipulation of nature aroused a backlash that affected people's health. Scientists at the COVID forefront who made this connection said that harmony with the environment was the only true solution and that the vaccine was just a bandage on the problem. Even in the recent past, science colluded with powerful interests, so this can be seen as quite a change.

At the end of 2024, we see that enough of you will accept that humans depend on and must cooperate with nature. Subtle changes need to be made that are usually avoided, so governments must be encouraged to support practical solutions that highlight the relationship between consciousness and the physical world.

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

A Golden Age Dawns

The Pleiadians through Sylvia Bucek

The year 2024 sees the dawning of a golden age that has been known to you since the time of Earth's pristine origins when you lived in accordance with universal laws. The laws begin with divine oneness, which contains ready access to all information in the entire database of the universe. Ask, and you will receive information on how to make a quantum leap to the trajectory that is preset to exit in blissful union with the Divine and brings to mind the golden era you are presently previewing and reviewing in stages.

In 2023, you explored the paradigm shift into a new state of being. Your journey took you into the fourth dimension where you momentarily withdrew your conscious energy from third dimensionality before making the

transition to fifth dimensionality. This is the first of the higher centers, and it triggers memories of a blessed era in ancient Earth's history when you lived in harmony with all living things and understood the cosmic laws that govern life on Earth.

The law of vibration states that you are an energetic being vibrating at a certain frequency relative to the scenario to which you choose to tune, in much the same way you tune to a radio station. The fifth dimension corresponds to the throat chakra, which is associated with communication, self-expression, and creativity through



sound. Because everything moves in a rhythm, as you move into the fifth and higher dimensions, let your life flow in an inner and outer natural rhythm. Meditation is your bridge to the sound of silence between inner and outer. When you follow silence into the divine mysteries, your subtle inner ear picks up music from the realm of the angels that operates in the cosmos. Go heart to heart with the music to awaken the seventh, or crown, chakra.

This is not a journey's end but a haven. Prepare for the continual unfolding of new experiences while you take a moment to reflect on the law of polarity that has brought you to this moment. Here and now, you come face-to-face with a new beginning and a new ending, similar to the year 2012. Back then, moving forward in the old consciousness involved a face-off that froze you in fear, leading you to embrace divine guidance to transition to a higher timeline where you were free to move forward in the consciousness of love.

The Great Shift Continues for Six More Years

The twelve years between 2012 and 2024 are symbolic of the twelve cosmic laws and the recycling path of energy that turned your world inside out and sent you hurtling to God knows where. You are presently finding your feet on a new plateau and giving the law of gender a chance. When the masculine and feminine energies within you and the universe come into balance, you might dance for joy, if your legs aren't too shaky. Find your inner stability first. That is, find the perfect balance between the masculine and feminine energies you carry, and the universe will fall into step with you. Then you'll find yourself dancing in perfect balance with the incarnating angelic spirit and body-associated self while recalling your origin in spirit and roots on Earth.

Collectively, you will continue navigating the great shift of the ages for six more years. As was the case toward the end of 2012, some people predict the future in terms of a time bomb: the end. Others foresee an awakening versus a fading dream. You might recall that on December 21, 2012, you received an inner prompting that invited you to commit to a new paradigm for the planet's future. You also received the understanding that your DNA is encoded with the journey and connects to the conscious cosmic life force that pervades all things.

The twelve years between then and now are also symbolic of the magical reality of the number 3 that you called into being ($12 = 1 + 2 = 3$). The year 2024 ushers in the energetic frequency of 8 ($2024 = 2 + 0 + 2 + 4 = 8$), a powerful symbol of balance between spirit and matter as you move forward toward the power of infinite possibility, including peace on Earth.

Focus on peace to refresh the trajectory that is preset in that consciousness and brings to mind a blessed era when you lived in harmony with all living things. If the

image of a lion and a lamb lying down together comes to mind, you can easily imagine the state of paradise possible when the qualities of strength and courage are balanced with the qualities of tenderness and innocence. Add to this a sprinkling of the magical essence belonging to the free spirit in you to restore you in all your glory, and find your bearings on the high road back to Eden.

Everything you imagine that life could be already exists as pure potential. You might experience moments when life is a dream come true and moments when you must navigate your turbulent world in the cold light of day. Within the sphere of life that you presently occupy in the fourth dimension, you have learned to balance all aspects of yourself with love and mercy and exhibit those qualities to the world around you. In situations that seemed previously unfair, the qualities of compassion and mercy can help you restore balance and find justice without judgment.

The impeccable image of self that you create and display to the world is the world's window into the heart of divine oneness through which people relate to all life with compassion and unconditional love. You stand in the heart center at the crossroads between the ending and new beginning as the heart of your journey mediates between the worlds of spirit and matter. When both worlds align, your true self experiences the joy of interconnecting with the Earth community and living in harmony with all creation.

Earth Restores to a State of Grace

Looking ahead to the next six years, we see life on Earth ascending into the fifth dimension. To be where you are now, you came full circle to your roots on the living planet and to your origin as a being of light. Your original self recalls walking the land in ancient times when you understood the laws of the universe and worked with the laws of nature. You do this today, knowing you are here to help restore your beloved planet paradise to its organic state of grace.

As you give, so you receive. The law of compensation transcends the physical realm. Every time you touch any form of life with healing hands and pure intent, you create a living image. For every living image you create, the universe adds its living image. You are dreaming in cooperation with life an expanded dream of healing and resurrected life. You are cocreating a magnificent living image of hope and renewal.

While your waking self holds the vision of a golden age, your dreaming self works with sacred alchemy. One by one — and ultimately, collectively — you transcend the end days and transmute the shadows of your culture, but you have probably stopped talking about it. Those who can see beyond the shadows gradually forget about the days that continue to fade, as in a dream.

The final years leading to 2030 mark the culmination of the great shift that you might equate with a thirty-six-year exodus from alienation. You might think of the latter eighteen years in terms of a transformative journey in fellowship with all living beings during which you upgrade your biology and activate the codes of higher living.

When you flow with divine synchronicity across the last mile of your journey home, the distorted patterns from lower densities will lose their grip. Think of walking the last mile toward a mirage you might experience in the desert: You endlessly reach for the oasis up ahead until you come out of the hallucination. In this metaphor, the mirage, or desert magic, is akin to a mindset that is preset to lock you in a time loop; you cannot outrun it.

The bigger picture sees you collectively finding the light amid the darkness by helping one another move through alienation and pain. You might reach a point of dissolving, in a sense of hopelessness and questioning, until a fellow human offers you a helping hand. Just a glimpse into that true love can change everything. The

next thing you know, you are seeing the world through the eyes of a soul in love.

As with choosing the AM or FM frequency on a radio, you are learning to vibrate together at the frequency of souls in love using pure thoughts and multiplying them to the power of infinity. You are learning to communicate with one another telepathically in much the same way that trees and plants have language. You can learn the universal language through your communication with the natural world and a plant-based diet. The most organic part of being human is your interface with the self-sustaining living Earth that channels energy from the universal life force and calls you to a new vision of life: a vision of unity.

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.

Earth's Future Depends on You

Wilhelm through Roger Burnley

We are so pleased you are here. We have waited for you your entire life. We say these words every time we meet you, and if we have not met you, they will still resonate and make sense. We speak to you from universal consciousness.

You are an eternal spiritual being, so whenever you choose to hear us, you are reawakened to your infinite nature and purpose in this world. You exist at this time of your planet's restructuring to offer your essence and innate gifts that will manifest in your world and cause your life to expand. At whatever point in your space-time trajectory you read this, it will cause you and your planet to evolve and expand.

The year 2024 will be what you make of it. As we said, your planet is restructuring, and you exist to aid that restructuring by becoming your best self. That means moving through and transcending old limitations and the restrictions of old paradigms. Not all will understand your vision and awareness, so it is your responsibility to shine your light as we've guided you for several years.

This change is revolutionary and energetic. It is part of the evolution that continually occurs in your world, but none of you have lived through a period like this, nor did your ancestors. You exist to achieve what all others who came before you could not. Many talk about the

fifth dimension and the Age of Aquarius, and you are the ones creating that. The time is now.

Most of you have had little awareness of the energetic effects of the planet Pluto on your world or its connection to the United States, but that understanding is increasing. The U.S. has led the global community since its inception. It made its mark in global consciousness when the country was formed, and the Pluto return occurring on your planet will be significantly influenced by America's actions. At the same time, Americans will experience their reckoning, which is the restructuring we have spoken of.

When Americans and the rest of the global community embody the preamble to the U.S. Declaration of Independence, everyone will display, own, and manifest these promises: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness." (During this transition, you will also collectively desire to change the word "men" to "people.")

Your Energy Carries the Power of Creation

When you study your history in whatever manner



feels in alignment to you, such as with astronomy, geology, or the quantum sciences, you will understand and hopefully accept the process of evolution and planetary ascension.

The high level of human fear has caused your evolution to be slower than desired. We directed our messenger, Roger, to publish the book *Overcoming Fear: A Guide to Freedom* (2019). It was intended to give the reader greater awareness and understanding of this time of progression on your planet and of your life and evolutionary journey.

You are the ones who will awaken and create the 2024 and beyond that you desire. The new world you are manifesting could only come through you. Every soul is powerful, and you are no exception.

While we have provided spiritual guidance for decades, we especially began giving more pertinent information in 2012, a year that represented a major shift in your global consciousness. Many believed the world would end at that winter solstice, but we asked you to wait because it was a steppingstone to this current time in your world. The year 2012 was the beginning of the restructuring, influenced by galactic changes that aroused old memories of limitation and restriction all souls brought forth. That was intentional, and it's why we have said that this is the most important incarnation of your eternal lifetime. That sentence will make sense later.

The ultimate goal of any lifetime you choose is to experience more love and joy. Again, this is your choice, as it all exists in your consciousness. What you feel while reading these words is due to how you choose to perceive yourself and your world. While many believe the global events of late are ominous signs of what might come, it is a restructuring.

You exist to aid that cause by deciding to love who you are and your life's journey. You have more to do, for the change taking place on your world is in full force, and you only exist in physicality at this time because your contribution adds to the fabric of your future world. This is how it manifests.

You have an essential role to play, as does everyone else. You will decide how vital your part is by how much you are willing to accept your ability and talent to manifest physical or material things, for that power is of your consciousness.

Your civilizations always struggle to find balance, and this particular space-time trajectory seeks to find balance through you. How much will you release from your life experience that no longer serves your evolution? How much will you forgive yourself for your seeming mistakes? How much can you see others as yourself? How keen are you to see beyond separation from Source? How much are you willing to love yourself? When you can answer that last question with a sense of peace, you will have fulfilled your purpose.

The energy you emit as you take action has the power of creation in your life. The quantum sciences tell you this is how you manifest in your world. Every soul does so with equal force and ability. The resulting world is formed by the quality of energy you each add. Your personal journey is breaking down the internal barriers that haven't allowed you to experience the joy of life.

***Roger Burnley** is a spiritual channel, an author, and an intuitive empowerment and life-purpose coach. He focuses on guiding you to know your life purpose through private coaching and his online program called Your Last Development Program. Roger has dedicated his life to helping others become the best versions of themselves as empowered people. Visit his website at RogerBurnley.com.*

Be an Instrument of Peace

Amma through Cathy Chapman

Dear ones, I am Amma the Divine Mother of the divine mothers, and as most of you know, I am your mother. If I'm the Divine Mother of the divine mothers, and I am your mother, does that make you divine? Of course it does. Yes, you have forgotten your divinity in this incarnation and almost every incarnation you have had. Your forgetfulness does not change who you are. You are an aspect of the Creator, of the Divine.

I am aware that you have many questions about what will happen in 2024. I want to point something out: The year 2024 is twelve years after 2012. Remember your excitement before 2012 and how you expected to see and

experience many changes on this planet. You thought those changes would bring greater peace within you and the world. Now it is twelve years later, and the promise may not feel fulfilled.

Consider the number 12. Numerologically, the 1 represents beginnings and unity. The 2 represents creative energies. The 12 represents the beginning of the end of a cycle. This is a powerful number, as it is found in many places: 12 months, 12 signs of the zodiac, 12 astrological



houses, 12 apostles, 12 primary meridians, and many collections of 12 such as a dozen eggs.

Delve More Deeply into Who You Are

Many of you do not recognize there is greater peace within the world. Look into your hearts now and think about who you were twelve years ago. If you went back in time and came to have a cup of tea or coffee with the younger self twelve years ago, what would you notice about this version of you? When you compare who you are now to then, how have you changed?

What have you learned over these twelve years? Yes, you have experienced pain. You have also experienced joy. You have experienced your eyes opening to the wonder of the universe and creation. Stop for a moment now, and list three ways you have changed in the past twelve years.

Have you finished? At some time in the next week, sit down with a pen and paper, and list what has changed. Some of you are going to list losing loved ones. Some of you are going to list changes to your health. Some of you are going to list how you feel more deeply connected to Spirit. You might now be able to look out your window at a tree and feel and hear the tree reaching out to you in communion. For those who have lost loved ones, have you developed the awareness that your loved one is with you, even within your pain?

More than anything, you are delving more deeply into who you are. Yes, you may be frustrated. You are not perfect, but of course, you are perfect. In this life you are leading, in this incarnation, you are perfectly following your path.

You may look at this world and say, but there are wars in which people are being killed. There are wars within your country in which the violence of words and actions divides one from another. You read about and experience a lack of acceptance of who others are. This is what the news presents to you. What has happened to the predictions of peace in 2012?

Someone asked just before we began: “Is Amma going to talk about the energy for the next year?” Yes, of course, and not just this year but future years. How long will this be in your time? I can’t say, as it depends on you and what you decide to do. You can change the ending. Yes, you individually and you as our creation.

The Tapestry of Life

When you are concerned about what you hear on the news, the violence you see, the rapid increase in gun violence (especially in the United States), people

wanting to take over other countries, and greed on all levels, you question how the promises given about 2012 were valid. You have heard of the metaphor of your life being a tapestry, which is woven with many different colored threads. Each one of the 8 billion plus people on this planet contributes threads to the tapestry of life on this planet: their own tapestry and the planet’s tapestry. Some in the world are contributing threads of great beauty and light, and others are contributing threads whose beauty has been dragged through the mud of anger and fear. Others have contributed beautiful threads of light that have been muddied with the events of life, preventing the colors from shining through.

What I describe is the energy in that tapestry. Before the tapestry can come into the fullness of itself with the brightest colors you can imagine — colors you have not seen with your eyes — the dirt thrown on it must be cleansed. You must remove the dirt to see the beauty of your tapestry and the one woven by the billions who live on this planet.

When you wash that tapestry in clear water — the light of love — the water looks muddied. It may look so dirty that you might wonder how it can be cleaned. The dirt that comes off the tapestry is representative of the low vibration energy on your planet. It is made up of people’s fears, despair, and other forms of not-love. As you wash out the dirt — this low vibration energy — pour out the water through healing, and then fill it with more water to continue cleaning the tapestry so that the water is not as muddy. You continue until you get the dirt out. You continue healing.

What is holding the dirt in the tapestry? There is only one thing: fear. It is fear that there will not be enough on this planet, and when there is fear of not enough, greed takes over. A country invades another country to have more land. If you feel that there is not enough money for retirement, no matter how many billions of dollars you have, you lose sight of others who have less. It is the fear that the wealth accumulated will not be enough, be it land, money, relationships, connection, or power. Battles within you or between you and others produce anger, fear, and betrayal. You are caught in the belief of “not enough.” Trust is gone. You begin to believe you must win others over to your way of thinking, your way of living.

It is impossible to make someone into your image. The Creator is infinitely creative and expresses that creativity in all of creation. That is why there are so many differences. Accept the variety the Creator has made. Although there are similarities, you are all wonderfully



different. Learn to accept people as they are. Those of you who see how you have grown and expanded in the past twelve years are in touch with how you began to accept yourselves and others as the image and likeness of the Creator who has infinite creativity.

Through healing and expansion, you wash the dirt out of the tapestry of creation, which is the low vibration energy on this planet. You are washing the blood from this planet. Yes, it looks like there is more negativity, but it is all being revealed. This process is your calling — your mission — that you have accepted. Learn to be within your heart source; learn to be the calm and love in the eye of the storm, allowing your light to shine through.

The cleansing of the planetary tapestry is in full force. There are many working on this washing. You will see more dirt coming out of this tapestry over the next year and beyond. There are times that this tapestry is washed with light. At other times, it is “beaten” with light in the way that you might clean a tapestry or rug. You can beat or flood it with light.

Observe and acknowledge what is happening in the world. Notice what is happening within you as you continue participating in this process through your healing, staying within your heart, and sending love throughout the planet. Be in a place of gratitude no matter what happens. Let me repeat that: No matter what happens, no matter how you judge it — good or bad — being in a place of gratitude assists in washing the tapestry.

Love Can Change the Potentials of 2024

There is much that will happen in the next few years. I will focus mainly on 2024. Change is continuing to occur, and people tend to move into a place of fear when change happens. This occurs when people are not flexible in mind and spirit. Are you able to adapt to change?

The primary attitude for your spiritual growth is to accept the will of the Creator. The Creator knows the plan and what can happen. The Creator knows your potential and what will happen in this world, as there is no time. You were created to be in this place and time with the potentials and options you have for your lives. You get to make those choices of growth for yourselves.

Be an example of acceptance of what is happening within this world. Stand in your power while being connected above and below. Send love no matter what is happening. Be in gratitude even as you cry and mourn and even as you work diligently to go back into your heart source to stave off fear.

Now I will give you a preview into some of the potentials of 2024. Remember, you can change these potentials by changing your responses. For potentials specific to your lives, you are the one who needs to change. Changing the potentials of the planet involves thousands of you together. The way you change the potential is to be

grounded in love and recognize that no matter what happens, the answer is love.

What will you see happening in many places on the planet? There will be greater problems with the energy grid. Some will see more problems than usual. Some will see problems that they are not used to seeing, especially in wealthier nations. In the Northern Hemisphere, you have experienced heat along with problems with your electrical grid. This will continue in the cold. There will be both cold and heat that you are not used to.

Why are there problems with the electrical grid? One is a lack of foresight. People in power refuse to look to the needs of the future. They are focused on the money in the present without planning for the future. Greed is involved in many places. The underlying essence is fear. They fear that they will not have the money and power they desire. Greed will reveal itself as the cleansing of the tapestry continues. There will be a cleansing of the belief that power is about strength and finances. People do not recognize that they have a poverty mentality when they believe there is not enough wealth to feel secure.

Over the next few years, corporation leaders will be more fearful that they are losing their power. You already see that now. This fear of losing power will also be seen in governments. Those of you who remain in your heart and know how to release fear know that your power comes from within. Your power resides within your heart. The reason you came to this planet is to be an example of the power you have through love.

The younger people, especially those in their 30s, are ready to move into their power. The older generations need to allow them to be agents of change. The indigos, rainbows, and soon the crystal children will move into their power. The world is ready for change.

You will find the health care and pharmaceutical industries in fear of losing their power to turn illnesses into moneymaking propositions rather than healing. People are tired of medication after medication not working or being required to take more medications to live. This will force many to begin to look to lifestyle changes such as diet, exercise, and meditation. You have seen these changes in the past few years. This will increase.

There will, however, be a power struggle between the allopathic standards of drugs and surgery and the complementary standards of non-invasive and non-pharmaceutical remedies. Recognize there will be attempts, especially in North America, to limit alternative methods of healing. Yes, there is cooperation between allopathic and complementary medicine in some places, but there is a coming backlash.

More people will ignore the pharmaceutical and allopathic health care industries and discover the best way to heal their bodies is through changing their thoughts and beliefs and how they exercise, stay connected to

each other, and consume nutrition. When you see these power plays, stay in your heart, and exercise your power with your choices to care for your body-mind through simple but life-changing strategies.

The weather continues to be out of control. The melting of the icebergs will continue, resulting in the sea level rising. Everything you heard about what climate change can do is occurring. You were given a taste of how to change what is happening when the world shut down from the COVID virus. You have had a foretaste of what you can do to change the way you use this planet. Earth herself, Gaia, is ready for you to change.

Manage Your Responses

How can you offset the storms coming, and will they continue planet-wide? One way is to manage your emotions. That seems strange, does it not? Do not only manage your emotions but also treat others with love and compassion. Follow the basic rule of how to treat others, which is as you would like them to treat you. When you treat others with love and compassion, they are less likely to move into anger and fear about their living situations and those of their loved ones.

Your world economy is on the brink of shattering right now. Does that bring fear? Stay within your heart source to move beyond fear. What will happen if the economy shatters? People will do what they need to do to live. They will learn to barter with each other again. You have the choice to return to an economy of sharing food, clothing, and labor. People who have an excess of broccoli will exchange it for spinach and textiles. Both will benefit, and people will begin to recognize what they need and truly desire.

Many resources are wasted. You will discover that you will gain greater wealth, not in the sense of excess money in your bank but in the openness of your heart by sharing with others. You already have models of this in which people share goods and services with each other. This happens predominantly with those who already have less. Both an openness of heart and necessity brought about by need enhance this exchange. This was done in centuries past before people had the ability to store what they no longer needed.

The housing industry in North America and in parts of Europe is changing. Those of you who live in houses you have purchased have more security than those who do not. Those who live alone may discover companionship as you share your space with others of like mind. If you are lonely, you may discover a caring community in which you might all grow emotionally, spiritually, and mentally as you share resources and labor. Yes, there will be challenges while the rough edges of all will be rubbed off as you learn to communicate and compromise in relationship.

It Is Time to Move into Spiritual and Emotional Maturity

As you stay in your heart and follow it, peace will come to you. Listen to your heart, and you will be an instrument of that peace no matter what you see or hear, be it on television, radio, or video. When something disturbs you, remember several things:

- It may not be real in the third dimension but manufactured to induce fear.
- If it is real in the third dimension, it is still an illusion and part of the experience you have created to explore love.
- Stay within your heart when you watch the news, television shows, or read. When anything throws you off balance, you are not in your heart. Return to your heart, and ask for the energy of love to fill you.
- Send love to those in turmoil and pain.

The energies we have been sending you, especially since the harmonic convergence in the 1980s, will increase. We are increasing the cleansing of the tapestry. You may ask, "Are you sure humanity is ready for this increase?" Yes, it is time. It is time to move to spiritual and emotional maturity. You have already been doing this. How do you know? As you look back twelve years, you see your growth and expansion. You have seen how you have explored more deeply who you are.

Focus on how you've expanded, and continue using those tools of expansion when you recognize areas of pain. Release your guilt and shame as you become aware of areas that need healing. Release the yearning to be a certain way for the planet to change. You do not have to be a certain way. Simply release that which is not you.

Be aware of what you are. Learn to send love to those who harm you and those you don't agree with. Accept people as they are and you as you are and the planet as it is. Know to the depths of yourselves that things are changing. There will come that time of love and peace, and you will be a part of it as you are called to sell all you have to give to others or be a hermit sending love and light to others or live as part of the masses of humanity listening to Spirit share with you how to follow your soul path. Remain true to yourselves. Keep discovering how you are to love yourselves and others in this lifetime. 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://drcathyphd.info/CeremoniesReg>. Each week you'll hear a channeled message from Amma the Divine Mother (most often), Melchizedek, Mother Mary, Yeshua, and others. No charge!*



Channel Schedule

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

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



Alison David Bird Marconics.com

Level 1 Classes

November 1-2 North Andover, MA	November 18-19 Fort Collins, CO
November 4-5 Apache Junction, AZ	November 18-19 Stratford, CT
November 4-5 Bend, OR	November 18-19 Burlington, ON Canada
November 4-5 Boone, NC	December 2-3 Bend, OR
November 4-5 Eagle/Vail, CO	December 2-3 Boulder County, CO
November 11-12 Lyons /Longmont CO	December 2-3 Stratford, CT
November 11-12 Ridgway, CO	December 2-3 Madrid, NM
November 11-12 Barre, MA	December 7-8 Athens, GA
November 11-12 Ellington, CT	December 9-10 Denia, Spain
November 15-16 Boulder, CO	December 9-10 Apache Junction, AZ
November 16-17 Athens, GA	December 9-10 Berthoud, CO
November 17-18 Naples, FL	December 27-28 North Andover, MA

Level 2 & 3 Classed

November 3-5 North Andover, MA	November 19-21 Naples, FL
November 6-8 Boone NC	December 1-3 Stratford, CT
November 17-19 Boulder, CO	December 29-31 North Andover, MA

Level 1-3 Class

November 1-5 North Andover, MA	November 17-21 Naples, FL
November 15-19 Boulder, CO	December 27-31 North Andover, MA



Lee Carroll

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Raffaello Di Meglio

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Michelle Karén MichelleKaren.com

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Zoom Astrology: Retrograde Planets and Reincarnation | November 26, 10-11:30AM PT

Zoom Astrology: What Should We Expect in 2024? | January 1 | Online, 8-9:30AM PT

Zoom: New Year Cutti and Anynd Despatcho

Ceremonies | January 1 | Cutti Despatcho Ceremony 10-10:30AM PT followed within an hour by Anynd Despatcho Ceremony



Kira Raa & Sri Ram Kaa SRlandKIRA.com

November 05: **LIVE Ascension Energy & Revelations:** Noon ET, YouTube/OfficialSriandKira

November 04: **Mastery Miracle Manifestation Gathering...**Get the FREE APP! Spiritual Mastery w/ Sri & Kira

November 13 & 27: **I AM...as YOU ARE... Mastery Presence** Monday LIVE, SriandKira.com

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December 03: **LIVE Ascension Energy & Revelations:** Noon ET, YouTube/OfficialSriandKira

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December 11 & 25: **I AM...as YOU ARE... Mastery Presence** Monday LIVE, SriandKira.com

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UFO Sightings and Contacts Will Accelerate

The Collective through Giulio Consiglio

Giulio: Since 2005, I have been writing and speaking on the transformative powers of inner stillness, psychic development, and the mind-body-spirit connection. Little did I know that all this inner personal development would set the stage for UFO sightings and extraterrestrial contact.

On October 8, 2020, I had been living in a new townhouse for a few months, editing one of my books. I decided to step into the backyard and spend some time with my neighbors. Within minutes of going outside, I spotted a black, Hula-Hoop-shaped object — maybe 8 to 10 feet in diameter with no signs of propulsion — coming from the west. I uttered an expletive as I pointed out the object to my neighbors. We watched it cruise toward the eastern sky for a few minutes. Five minutes later, I spotted a pill-shaped object headed west across the northern sky in a 45-degree downward trajectory. I managed to video both encounters, and I shared them on social media.

These encounters left us scratching our heads, unsure what we'd witnessed. That all changed a few nights later. It was a clear, crisp night, and I had gone outside to again spend some time with my neighbors. It was almost 9:00PM and already dark outside. We stood in the backyard, chatting, when I received a sudden intuition to move away from my neighbors. I moved about 8 to 10 feet and felt directed to look up. What I saw astonished me.

A slow-moving, silent, black triangle came over the townhouse about 200 feet above us. I distinctly remember seeing four gray pads on its underside. I called the neighbors over and said, "Look at that!" One neighbor, Matt, initially thought the object was a flock of geese in a V formation. I responded, "Focus, guys. Look again!" We stood there, frozen, as we watched the object move overhead and then go in a southwesterly direction.

Since those initial sightings three years ago, I have had more than 1,000 encounters with various objects: orbs, the black triangle as a 3D craft and in more energetic or holographic states, various energies/entities, and since April 2023, Merkabahs that change shape and color multiple times per second. I have managed to record over 400 of these encounters, most of which I share on my social media platforms.

The initial sightings left me with many questions, and

I soon began to engage with the phenomena telepathically and then in two-way conversations. Our conversations take the form of questions and answers with the answers arriving as fast as I ask the questions, similar to my experiences with automatic writing.

For this article, I asked the Collective, a group of beings I connect with, to discuss what they see for humanity from their vantage point, including the purpose for their arrival, the acceleration of encounters, and how they are assisting us in our collective shift in consciousness. From my deep understanding of these phenomena, these beings and objects are consciousness and spiritual in nature.

The Ego Experiment Is Coming to an End

Thank you for being here. Can you offer some insights on what you see for humanity over the next year or two? Will things get worse before they get better?

The Collective: We're happy to be here and to provide some perspective from an expanded and outside view of what you human beings are going through. Earth is shifting, as your collective is shifting, from 3D to 5D, or third-dimensional consciousness to fifth-dimensional consciousness. The ego (individual and collective) — this experiment of separation — is coming to an end. The ego has grown into quite a monster, but it has a divine purpose. Change never comes when we're comfortable in our familiar pain and suffering. The outer world is a reflection of the inner, and everyone's doubts, fears, and uncertainties manifest in the human collective. These dense emotions have great potential to serve as catalysts for a quantum leap in consciousness into the dimension of inner stillness. When you shift into stillness, a new Earth unfolds that you view through an activated and opened third eye that sees oneness.

Thank you for offering your perspective. It can be difficult for us to see the purpose in adversity when we're in the middle of it. I would also add that the mind's constructs of past and future as reality have run their course. The belief in linear time has kept the majority of us stuck rather than ascending in consciousness.

In your coming year, the outer world will appear more energetically chaotic, heavier, and denser. The



reason is to further accelerate the collective's awakening. Things will look crazier out there because the ego has run its course and is, in a sense, self-destructing. We do not wish to alarm you but to help prepare you in becoming more centered and to cultivate your faith and trust despite what you see. In truth, circumstances do not matter. Only your vibrational frequency — how you express your level of awareness through thoughts, words, and actions — matters. In other words, don't stop living while there is outer turmoil; connect with and invoke the power that's within you through your oneness with Source energy. Now is not the time to recoil but to embody who you are spiritually.

Critical mass is just about there. Once it's reached — once a percentage of humanity has awakened — your collective field of awareness will set off a powerful shift in consciousness no civilization has experienced before. You are all trailblazers, and you have the universe's attention, including us, who you call extraterrestrials. We're appearing more globally because as the inner veil thins, so does the outer veil.

We should also add the following: We are here to inspire and energetically assist in humanity's collective shift. We've always been present but have been "out of sight, out of mind," in a sense. It's also important to mention that an official narrative will attempt to portray us as hostile, as things to be afraid of and avoided. Nothing could be further from the truth. In essence, we are parallel/future versions of you. Through inner stillness, we are all one. As humanity awakens to the reality of oneness, more of you will realize that the quantum field, the spiritual realm, is vaster and more unlimited than you can imagine. It teems with countless life forms, including ETs. If you experience an encounter or a sighting, it is because we are aware of your heart-centeredness.

Thank you for that clarity. I am aware that a narrative based in fear has been slowly coming out. I should mention that every encounter I've had has been profoundly peaceful, uplifting, and spiritual. Some have even been humorous, especially when I'm engaging with spontaneous flashes of light in the sky. More times than not, I will ask the phenomenon to repeat what it just did, and it does. But there are times when the cloaked craft don't respond, and it's a reminder to be nonattached. I find those rare moments when they don't respond as comical and even playful.

We're happy that you find your encounters so positive and uplifting. That is our intention. We also want to make something clear, because we understand that you have all been conditioned on some level to seek outside authority and salvation: We are not your saviors. In fact, we see you as equals. Yes, we come to inspire you and to remind you of your limitless potential, and we will offer you our technologies at some point, but we're not here to save anyone. Becoming self-responsible is part of humanity's shift in consciousness. Become responsible for your

happiness and destiny through your expanded awareness, thoughts, words, intentions, and vibrational frequency.

I appreciate your straightforwardness. Humanity is reaching a tipping point, and I believe that honesty and direct communication are crucial. Do you have any final words before we bring this conversation to a close?

We remind all who are reading this to let your fears go. Focusing on fear doesn't change fear. Seeing your fear for what it is — the dreaming state, the ego's unconsciousness — will liberate you. Fear can be a reminder to reawaken rather than a tormenter or mental jailer. Anchor yourself in the present moment, and manifest your reality from that space of awareness. The New Earth is here and now, and it's the dimension of inner stillness. Outer turmoil is serving its purpose as a reminder to go inward, back to the safety and certainty of the now. In other words, you have nowhere to go but within.

Thank you for this important and timely conversation. I have found great clarity, certainty, safety, and strength through the stillness of now. The past few years have taught me that I don't have to make sense of the outer world's madness; I only need to center and focus my awareness on the sanity and peace of inner stillness. I let go and let Source.

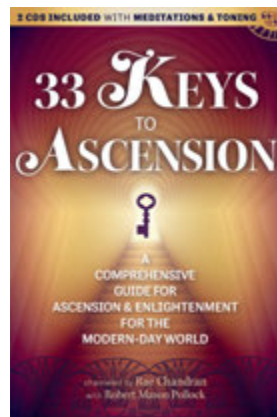
Giulio Consiglio is the author of several books on spirituality, psychic abilities, healing, inner stillness, and extraterrestrial contact. His latest collaborative work, *Finding Your Calm: Twelve Methods to Release Anxiety, Relieve Stress and Restore Peace*, releases November 8, 2023. Giulio offers his consciousness-based teachings to individuals and groups.

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You Are Halfway Through

The Cosmic Council through Pat Crosby

A big phase of the shifting process happens between 2012 and 2036. Hold on, because in 2024, you are halfway through this tumultuous phase. As with adolescence, it will be a bumpy ride with unsettled and ungrounded emotions running rampant. Even so, we see a happy outcome down the road.

This will be another year full of creative chaos and great undoing as what was completed and demolished returns to its elements, creating compost for the next growth cycle. You are certainly experiencing the same thing in your personal life: What is slowly dying or being yanked away with no warning? One day, you wake up to a perfect, sunny day, and by the day's end, all that you held dear has been ripped away. Perhaps your demolition phase is more gradual, and you've slowly divested yourself of former treasures: things, relationships, ideas, beliefs, spiritual paths. The things you held dear have likely demagnetized from you, and you even feel a negative attraction as you push away what no longer serves you.

It is time to leave behind the things you have outgrown. The great renewal is at hand, and you cannot hold on. You might try, because the energy cords of the things, places, and people that once attracted you are still in place. You remember them, but you cannot get a grip on them, and trying to force that remembered attraction just leaves you tired.

It's all falling away. You see on the news those who want to make political hay out of old systems. They spin many tales that do not stick. The world is unwinding old threads from the past. The weave no longer fits and can't be stretched, so it must be undone and something new created. In previous periods, the unwinding was too intense, and souls weren't ready for such fast acceleration. All left Earth so that she could be refashioned. Many cycles later, you are now ready to stay aboard planet Earth to explore this level of cocreation and grow along with her.

The Matrix Dissolves in Many Ways

The new planetary-grid structure grows in power and radiance. You are asked to continue projecting high-frequency thoughts and visions of the emerging new reality while having no agenda. Lightworkers of various dimensions will weave the thought constructs you create into the emerging grid. Light-grid teams

work like honeybees building a hive, cell by cell. Your role is to create 3D thought structures as raw materials. Your thought vibrations are important. Keep them pure and at high frequencies. You can still process your 3D and karmic lesson plans, but intend that they be for the highest good of all. Endeavor to stay centered. Ask your light guides for help.

New batches of higher-frequency souls continue to enter the planetary matrix. These experienced lightbody souls are assisting to raise the frequency of the whole. Be kind, but observe human societal boundaries as you assist in giving form to New Earth realities. These souls need help grounding into the 3D density and learning how to be adults. They need to learn boundaries and human considerations, just as you learn higher-frequency modes of being. You are all teammates and have spent long cycles learning how density functions.

Time continues to speed up. Earth and the solar system are immersing farther into the photon belt with greater density of fast-acting photons. Your Sun's activities continue to rev up. Earth's resonance is increasing, and your frequency is intensifying. You cannot deny this. The process is here; it is unfolding. You must either keep up with the increasing frequency or leave the ship. For those people choosing to leave, beings of light will assist them to relocate to other density zones more in keeping with their soul's choices and evolution.

If you are reading this, have no doubt that you signed up for the fast track. You want to discover how high you can vibrate and still keep your form. This is an exciting and rare journey offered only to qualified souls. By "qualified," we mean you have decreased the density of your various bodies so that you will not implode with the rapid increase in frequency. Granted, many of you are barely holding on. We hear your cries and laments; however, but those are not cries of dismay but of asking for assistance to complete this journey in partnership with those embodied or in spirit light. We are your partners. We work with your soul spirit to help you navigate these choppy waters.

Energy and physical bodies struggle. Your energy and physical bodies undergo storms as they struggle to release density. This difficult process can manifest as



ailments and disharmonies in your physical system as you constantly rebalance and recalibrate increasing frequencies. It is the same with your emotional body as you process and release confusion, old memories, and unresolved issues. Similarly, your intellectual body tends to stall out when old ideas magnetize to old memories.

Change has always been problematic in human history. In that light, this is a golden opportunity to accelerate the releasing process. We from the guidance realm have made many healing modalities available so that you can find one that resonates with your style and nature. Those in the past who wished to advance human consciousness often met with intense resistance, and that resistance continues today. Negative forces remain strong, but our multidimensional partnership creates new workarounds to move the shifting process forward.

The process is now at high speed, driven by the aforementioned photon-belt immersion aligned with the Creator's intention. All beings working on this process continually invent new modalities and methodologies for healing and lightening density. As we have stated, this process of increasing vibration is for volunteers only. You are not forced to participate; there are many compassionate off ramps to the fast track exist. Compassionate beings are stationed at each choice point of your journey to be of assistance.

Increase Your Intuition

We state these things to help you release pressure. We hear your cries and concerns that it is all too much. Think of this as a lightbody bootcamp. Choosing the fast track means you are constantly challenged to shed density and increase your light-holding capacity. Each time you work through an expansion challenge, you must choose the branch in the road that leads to a higher frequency.

It is important to rest and take care of yourself on this journey, especially your physical aspect, which is the slowest to recalibrate. Each day, pay attention to whether you can make a frequency increase or whether you should hold steady and rest.

We have worked with you collectively for several decades to increase your intuitive ability. We have encouraged you and sent many teachers to help you tune in to your higher self and guidance team. It is time now for you to more fully own these frequency skills and activate them to higher degrees.

Struggles with politics, the economy, and wars occur on planet Earth in each generation. By using your free will during this ascension cycle, you can choose to work assiduously to hold your higher frequency regardless of what is happening in lower-density collectives.

As a being choosing ascension, you can use third-density struggles as tools to hold a higher frequency

while resolving issues in the 3D matrix. In the past, certain people — usually monks and ascetics — rose above mass consciousness and bypassed the struggles of lower densities. In this cycle, you are mastering lower densities by passing through them consciously and resolving various issues. You solve your lesson plans while holding a higher consciousness and being aware of lower consciousness coexisting on the planet. This is a great opportunity in the spirals of time and evolution to fully explore and solve the lesson plans you have given yourself.

Earth/Gaia is a multidimensional planet. She is very rare in the cosmos because she holds a broad spectrum of frequencies, from deep 3D to the highest reaches of consciousness. Other worlds do not include slower vibrating, physical dimensions. Some dimensions have great light, spiritual power, and mental capabilities, but their beings do not experience human emotions or physical bodies. Many of these beings guide your ascension process now. They rely on your feedback as a human partner to this great enterprise to let them know how your physical and emotional bodies are adapting to this shifting-while-embodied process. This is why we encourage, teach, and inspire you to become more intuitive and in touch with your soul and loving guidance on this journey. Many lesson plans intertwine to create new weaves.

Work on Karmic Lessons

As natural disasters demonstrate, from great destruction comes fresh slates to create things that are more beautiful and more in alignment with increasing frequencies. Keep your eyes on the prize: a world basking in higher consciousness. To grow into the new, you must release what is finished. This journey is not meant to be harsh, but to be loving. As parents guide their children with love through various growth stages, we guide you through your journey with love, compassion, and wisdom.

During this unwinding time, you have the golden opportunity to complete unfinished karmic lessons. It is important to do this work now so that you can proceed into higher-dimensional frequencies. Ask your spirit guides and higher self to help you comfortably process and complete these lessons that you gave yourself. Be loving, gentle, and compassionate with yourself and others. Pull back your energy cords to detach and demagnify from outdated situations, places, people, and beliefs.

This is a journey of great inspiration and delight in the Creator. We hope you can come to see it that way. We respect your commitment, and we honor you for being embodied in this great experiment. Please find a pace that works for you, and stay balanced as you move forward. The ship will move forward with or without you,

but you can choose where in the river of change you wish to paddle your canoe: in the wild rapids or along the protective shore.

When you feel rushed or that things are too intense, ask your guides and higher self for a gentler pace. Ask for harmony and balance. Find things you enjoy doing, even if it's doing "nothing." Much work happens when you are outwardly idle.

You do not have much perspective from your vantage point, so it's hard to judge your progress or journey. You cannot really see the goal, because you are exploring virgin territory. This is a group work in progress. Keep putting one foot in front of the other, slowly and surely, and know that all is good. Everything is unfolding. We love you. Please love yourself and others as you are able.

Give up lower-density ideas and opinions that do not serve you moving into higher frequencies, especially if they are created from fear. Truth is grounded in love, which is the opposite of fear. Where fear exists, so does manipulation, which slows your journey.

Fear-based ideas are distractions. You might grab on to them at times to slow your rate of ascension and imagine that things are more manageable. A higher option is to ask your guides and higher self for ease, grace, and comfort on your journey so that you maintain a natural pace without resorting to lower-frequency thoughts, emotions, and memories. You are not on this journey alone. You have much support.

Be good to yourself and others. Take time outs and do not rush. Find moments to enjoy. Rest, refresh, eat well, hydrate, and heal. Be happy, now. We love, honor, respect, and cherish you. 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 or text 1-845-513-6609, email patcrosby@gmail.com, or visit lightgrid.blogspot.com.

The Separation Game Is Coming to an End

The Star People through Doug Davis

We are the Star People. We are all star brothers and sisters. You are made of star energy in your body and spirit. We are all one. When you see a star in the night sky, you see your reflection.

We welcome you to 2024 with great interest and enthusiasm. It is up to you whether your perception of what happens in 2024 is either good or bad. More of you are understanding that all events occur for spiritual reasons. We wish to share what we consider are some positive trends.

We sense more planetary unrest in the coming year, but when you look back on 2024, you will realize that the unrest was necessary. Political turmoil in the United States will peak in 2024, and a much more united country will begin to emerge. People will feel a greater awareness of everyone's connection to all, and the universe will smile on your world as you take another small step toward galactic citizenship.

Many more of you will stop and take notice of the increased brightness of the Moon, the Sun, and the planets. You will ask, "What is going on? I do not remember the Moon or planets ever being this bright." Changes are taking place everywhere in your solar system and

throughout the galaxy. In your system, the Sun is expanding his spiritual light to assist you in choosing higher awareness over darkness and seeing your light within. The Sun wishes to assist Earth in her ascension and to bring light to all things that have been hidden. He wants humanity to see the cosmos as a friendly, supportive place and not full of the hostile aliens depicted in current movies and books.

The number of benevolent beings in the stars far outweighs the negative beings. Your Sun wants you to feel calm, have joy, and align to your higher being. This will occur in 2024 more than ever before. You must follow the path where your higher self guides you. Your happiness does not depend on whether you follow the rules of another person or religious leader but whether you follow your inner heart path. Life goes exceptionally well when you simply follow your joy and excitement.

Sightings of flashing or strange lights in the sky will substantially increase in 2024. Many more sightings of unusual aerial craft will occur as more star-family members say hello. If you are the only person to witness such a flash or wink of light, it is possibly meant for you as an



acknowledgment from a star-family member of the work you are doing on Earth. Sometimes we will acknowledge large groups or the entire planet. We are all one family with you.

Prepare for Earth to Grow Brighter

We are aware that the people of Earth have something to say. We see it in the light that emanates from your world. We feel it in your collective consciousness. We detect it in the aura around your planet. We hear you, and we understand how much you long for peace, love, and acceptance. We hear your pleas for help. We trust in your ability to work things out for yourselves.

Your souls are growing and flourishing. In 2024, your collective inner strength will increase, and you will become more aware of your inner spiritual power to deal with personal and planetary issues. We will send many signs and messages of support. If you are meant to receive and understand such a sign, you will. We believe in you. You can do this, or you would not have signed up for the experience.

The stars also have something to say. Listen closely with your heart while in meditation, and you will hear tones from the stars. Each star has a unique tone. Choose a star, listen carefully using your inner spiritual hearing, and you will detect its tone or song. The distance of a star is irrelevant. This grand connection and awakening will excite your heart with joy.

Earth asks us, "Can you see me? Can you hear me? I am moving ahead. I am growing brighter despite what is being done to me." Are you ready for more light to come? This year will be one of the most important years of your life. The spirit light will be bright and intense. It is up to you whether you ride the incoming waves of light. Many of you will follow your paths of joy and join us in the light and energy of the higher realms while in



Watercolor by Doug Davis

your bodies. Let go of your fear, and join us for a smooth ride and a joyous connection.

More of you will create from the heart in 2024. You will create lives of personal joy and purpose rather than ones of drudgery and working at jobs you intensely dislike. You will create from a place of love in your heart. In your new planetary energy, creating with love will be your way of life. You will learn to trust what your heart tells you.

You will experience a much greater sense of community and connection to the whole. Fewer people will feel alone. The game of separation you've been playing is coming to an end. Thank you for your loving attention to these energies and for your joyous connection with us.

Doug Davis is a Pleiadian starseed, teacher, spirit messenger, and watercolor artist. He teaches workshops on shamanic journeying and meditation with trees. Doug lives in upstate New York. Contact him at TalkingHawk@gmail.com.

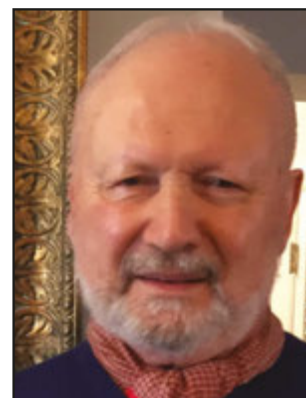
The End of Male Authoritarian Control

Agents of the Light through Raffaello Di Meglio

Do you foresee dominating male egos and nations under male authoritarian control coming to an end?

Greetings. Two agents emerge to speak: Ouranos, a star-like energy and heavenly father figure, and Cronos, who represents the uninterrupted flow of time. They say that signs point to male dominance coming to an end even though that energy is still very strong

and unchallenged in certain areas. The people of your world express diverging opinions about this. Contrasts are of great importance at this time, and by "contrast," we mean what has occurred in the past compared to what is happening now or in the future.



We see a heightened awareness in the people of many nations. Most desire the dissolution of male-dominated worlds in which egos have expanded and now overpower populations. Most people want harmony, peace, and governments that benefit the whole system and not just a few.

Ouranos, from the heavens, says that this world created for humankind will no longer be allowed to evolve if a continuation of uncontested power continues. Every aspect of the deceptions, untruths, and violence these powers have sponsored through millennia will no longer have the energetic power to go forward and expand. Those nations will only prosper when humanity also prospers.

These changes in male dominance are happening at the same time that other events are negatively affecting populations and nations. Conglomerates that united to bring about change do not operate in strength and are therefore not effective. They only mend certain things rather than actually resolve and clear them. Resolution and clarity would bring harmony and awareness to each person who sees what is going on.

Cronos says that as those controlling powers deter harmony, collaboration, and cooperation, the process of evolution on Earth slows, especially for the nations and regimes that suppress their populations. Unfortunately, this stifles the voices of many who are here to create a new world of harmony, peace, joy, and beauty.

Do not look only at those nations going through turmoil, because unrest and conflict also occur in your nation, as you well know. Turmoil is here in this nation that was founded as an example of fairness and justice in which all could thrive. A reevaluation is occurring in this system you are part of. It is developing from within to change all the things you believe are unjust; however, it is important to remember that different people view things as unjust in their own ways based on their interests and preferences.

Suppression Will Be Defeated

Do we see this coming to an end? It must come to an

end with everything entirely revealed. Then the nation you live in, European nations, Asian nations, and many other nations in the world will have to see the truth for what it is before corrections can be made.

The energy of Japetus, who represents strength and stability, comes forward to speak about how long this correction will take. He says that nations must collaborate with extended hands of friendship even toward opponents. In this way, recognizing your power to facilitate change will create a difference even if you only extend a hand in friendship and peace. As your hand reaches out, there might still be hostility in the heart of the receiver, which can slow the corrective process, but know that many have the best interests of the world in their hearts.

Humanity is made up of more than just a few nations that think they have the power and upper hand to control things. Humanity consists of the whole world, and when united, it will bring the needed changes. We say again that, yes, a correction is coming. The turmoil that occurs between now and that future time is perhaps necessary. Do not slip into the negativity of it. Allow yourself to flow with the changes as they occur, because they are necessary. Embrace your humanity by collaborating and participating through your heart, your vision, and your desire for harmony, joy, peace, cooperation, and friendship. Powerful work will be accomplished through the projection and focus of your vision.

New and profound solutions are being created by a unique blend of beings: Gaia, in the deepest parts of Earth; Ouranos, in the heavens; and all the brothers, sisters, and primordials who are here to promote change. All hope that human hearts will ultimately expand as they see progress. We say with certainty that the forces suppressing the liberty and freedom of humanity will be defeated.

Rising Feminine Energy Is Changing the War in Ukraine

Can you give us an update about the ongoing war in Ukraine?

Greetings now come from the Ourea, the strength and spirit of the mountains; Iris, the cosmic messenger;

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and Helios, the light of the heavens who observes the changing of time as it passes through the day. The Ourea observes that a new vibration is creating the dynamics within the structure of the war in Ukraine and within the regions involved in this conflict. Communication that has not been made public is also occurring to help bring an end to this struggle. Certain human agents are secretly speaking to emissaries involved at high levels in this conflict. All participants hear each other and realize that this cannot go on, because this war benefits no one involved; there is no glory in any of it. Even for those who think they have attained glory, they are wrong in their perceptions and in what they affirm to themselves.

Know that much is in progress and that it is not coming from the known sources who profess to the world that they desire peace. Headway is coming from new sources. These are physical beings, emissaries from different nations, collaborating to bring this conflict to an end, and it will end. In the months ahead, all this underground energetic work will be done without the usual proclamations from the news media or national spokespersons. It will come from this cooperative group of people who are working to create lasting peace.

Much is forthcoming. Those people you thought would be hard to convince will come to an understanding. We do not mention names, because that is not our focus. This information is for the nations involved in that

regional conflict. Other nations will also be affected, even ones that you think could never possibly be influenced.

The energy of the feminine aspect of creation is also rising to change many of the negative dynamics in place. This includes those who tell you, "Well, this will not be permitted. This will take too much time. This isn't possible." All these terms that are vibrational aspects of impossibilities will one by one be eliminated due to this rising feminine energy. When those dynamics no longer create a sense of impossibility, then the possible will rush in like a flood, and the many things that were strongholds of impossibility will no longer be valid forces, and they will dissolve.

To come back to your question about when this conflict ends, we say that by the end of 2024, things will emerge that give you the certainty of its conclusion. At this moment in time, this war is very visible, but many other conflicts are going on in the world. The group doing things in secret will also bring its power, focus, and collaboration to other nations suffering from oppressive forces.

***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.*

A Year of Expansion and Growth

Mother Mary through Therese Dorer

Therese: In this vision, a path of smooth white stones leads to a clearing in the forest. In the clearing, I see a circle of illumination with shafts of light emanating toward the heavens. Everyone reading these words is invited to join the circle of light. We are guided to hold up our palms. As we do, we join the energy of the light-beings, and we are infused with the highest light, love, and truth from our crown chakras to our root chakras. Mother Mary emerges from the center of the circle, appearing in her full beauty and radiance. The blessed mother shares these words for 2024.

Mother Mary: Welcome, children of the light. You each carry within your hearts a radiant divine flame of light, love, and truth. In the year 2024, you will be presented with opportunities for your heart flames to grow

in all aspects of your life: spiritual, emotional, mental, and physical. This is a year of expansion and growth, and it will serve you well to consider these suggested ways of walking in the world:

- Embrace change. (Do not fear change. Remember that through chaos comes creation.)
- Take no position. (Having firm black-and-white beliefs limits your flow of life force and constricts support from spirit.)
- Do not take anything personally. (A neutral attitude keeps your life in right relationship.)
- Allow fluidly into your life by being in reciprocity. (The balance of give and take keeps your relationships in harmony.)



- Embrace gratitude. (Being grateful brings you into the present. It keeps you from projecting into the future or dwelling in the past.)

I presented the circle of light as a gift to encourage you to trust that we on this side of the veil stand with you with each step you take on your Earth journey. We hold you in love and cradle you in light. Before you were born into your human form, you were a divine spark of eternal light and love. Prior to reincarnating, you met with your personal council of lightbeings to corroborate your journey on Earth.

In 2024, the constellations and energy grids around the planet are aligned to give you optimum support to remember who you are and your capabilities. You are a cocreator, and your journey on Earth makes a difference to the collective.

As the human story unfolds on Earth, notice what you choose to add to your personal story and to the collective's narrative. Each encounter you have with your external world is a piece of the puzzle of your journey manifesting in your time on this Earth dimension. Your way of walking in the world — with kindness, love, and gratitude — creates the fabric of well-being for the whole. You make a difference.

You Are a Master

Imagine a pathway of smooth white stones laid out on the landscape. This is your way forward. The path is not yet fully formed, but as you walk, the stones create your reality. Notice if your creation stones are cracked, broken, smooth, or solid. You choose your future as you set clear intentions and cocreate your reality. This practice of mastery is why you came to Earth at this time. You have an opportunity to create the most benevolent outcome for your journey and for the collective.

You are a miracle of life and an expression of the divine light created with the love and light of the universal energies that flow through your body, mind, and soul. You are perfection in the full expression of your being, finding your way home to that knowledge. Trying to remember your place in the grand design of the matrix of being while living in a human body on Earth is the challenge of a master in the making.

The many messages that flow to you from external rhetoric give you a very different perspective on life and your place in it. Counterbalancing these messages of fear takes courage, and falling into the sickness of fear can be seductive. Some of you daily reset your energy fields to carry on living your lives of love, light, and truth.



We encourage you to not give up on yourselves. Trust that you are meant to make this journey. The year 2024 will feel lighter and more malleable, and you will notice the support of lightbeings in a more visceral way.

Call Your Spirit Home

The years leading up to 2024 have been opportunities for cleansing and clearing, and many of you have endured numerous challenges. Your vigilance has not gone unnoticed. We have been with you each step of the way, and we truly love, honor, and trust you as you make your way forward.

Love is a constant and the glue that holds the universe together. I come forth today to encourage you to bring unconditional love to all aspects of your life and to especially embrace it for yourself. Notice your thoughts, and allow kindness and compassion to flow into your body, mind, and soul as rivers of light.

The energy of 2024 is of sweet tenderness, and it is available for you to absorb. As you read these words, I invite you to pause, close your eyes, and breathe deeply. Allow your body to be filled with unconditional love that flows into your blood, bones, and muscles. Call back your spirit from places where you might have left it behind: with a sick friend, worrying about your family, feeling less than. Breathe in, and intentionally call your spirit home. Say a strong intentional prayer for your well-being going into 2024.



EMPOWERMENT PRAYER FOR 2024

Great Spirit, as I enter 2024, I ask for your support to remember my divinity. I call my spirit home as I walk on the land, sing by the river, pray at the full moon, and watch the eagle fly. I remember who I am in the full expression of my being. I choose to enter 2024 fully empowered and strong. I carry light, love, and truth forward for myself and my community.



I am Mother Mary, and my love for you is eternal.

Therese Dorer lives in British Columbia, Canada. As a spiritual consultant for twenty-four years, her gifts include clairvoyance, mediumship, and shamanic healing. Therese loves to teach others about the power of earth-based medicine, and she feels honored to connect with the masters who come to her with words of wisdom. To learn more about her practice, visit CrystalClearInsights.ca.

Step Out of Fear and into Love

The Lion People through Ellyn Dye

Despite how it might look, humankind is turning the corner on the road to the golden age, but it's moving at a snail's pace over the wreckage of the way things used to be. These are tumultuous times, and the coming year will bring more volatility, at times feeling like Mr. Toad's Wild Ride. There is also a ripeness to the year that will bring many more opportunities and support for creativity and manifestation. It all depends on where you place your focus. No pressure, right?

Remember that Pluto, the planet of death and transformation, has been throwing its wrecking ball against society's structures, revealing all things corrupt, unsustainable, or without solid foundations. This includes governments, institutions, systems (such as health care and the economy), infrastructures, and organizations. This has been escalating since 2008 when Pluto entered Capricorn with a bang, giving us the global economic crash that first hit banking and economic systems.

All the deeply held fears, prejudices, judgments, resentments, and beliefs that have been sabotaging humanity for millennia have been dredged up for the world to see. This is all part of the massive, multidecade transformation planet Earth is undergoing. The time of graduation is coming. Have you learned your lessons?

This transit has affected the globe, but the United States had Pluto on steroids as it approached — and then sat on — the same degree it occupied when the country was created. The transit basically asks the collective, “How is that working out for you? Are you living up to the founding ideals?” It has plunged many Americans into existential terror as they look into the future and try to determine their roles. Some fear they will have no part at all. As if walking down a steep hill on gravel, they feel they are losing their footing and can't find solid ground. As a result, many are flailing to regain control, and those already unbalanced will act out with extremism.

The good news is that Pluto finally moves out of Capricorn and into Aquarius in January 2024, and the cleanup from that dredged-up muck can begin in earnest. The new energy will be very different. Life will feel lighter in general, and people will be more optimistic and creative and less polarized and bombastic. There will be a feeling of collectively rolling up your sleeves and getting to work solving the problems that have been revealed.

After its big move in January, Pluto will briefly roll back into Capricorn from September 1, 2024, to November 19, 2024, before it enters Aquarius in 2043.

This is a major transformational change, and life on Earth will quite literally never be the same.



Pluto Does Its Work Well

Pluto spent fifteen years taking on age-old hierarchies, patriarchies, ruling classes, and power structures and in the process plowing up and revealing long-buried truths, abuses, exploitations, massive corruptions, and cracks in foundations. The human agents of chaos also did a fine job of creating discord, division, distrust, fear, and hate, spilling it out so that everyone could see what had been simmering under the surface for a long time. Pluto works its transformations at very deep, unconscious levels, and in the midst of the chaos (and perhaps because of it), people's views and values regarding power, wealth, and their places in the scheme of things changed on deep levels. These changes have not been fully recognized or manifested in the outer world yet, but the stirrings are starting to be seen.

Such strong shifts in energy and purpose are not easy and must be integrated by the body, mind, and spirit. Throughout 2024, the world will experience a roller coaster of continued tensions and clashes between old and new. Expect to see increasing protests — including political protests and worker strikes — as people demand the respect, rights, benefits, and pay they deserve.

Those who have enjoyed being at the top of the heap will not relinquish their power and positions without a fight. Their efforts will become increasingly desperate as they attempt to turn back progress and retain control, but these efforts will be futile.

Drama and volatility will ebb and flow over the next twelve months, becoming the background music of the year. American politics will be particularly tumultuous as the country embarks on an unprecedented series of trials of a former president in a presidential-election year. As the trials and election season progress, both sides will scream loudly as they vie to sway popular opinion. Political theater and efforts to divert attention will also escalate as more truths are revealed. Efforts to rewrite

history or turn back the clock might get some traction for a short time, but they will fail as time marches on.

You will see highs, lows, thrills, spills, disarray, and unexpected twists as this drama plays out on the world stage. By the end of the year, the political, social, and cultural landscape will be very different from what was expected at the beginning of the year. Make some popcorn, sit back, and watch as the drama plays out. Those who detach and unplug from the furor will manage the emotional roller coaster more easily and might even enjoy the ride. At every moment, you can choose to invest emotionally in the outcome and immerse in the drama or detach from the chaos and focus on living your best life in peace and love. Which will you choose?

Rise from the Ashes

In the year 2024, anything that broke in the Pluto-Capricorn transit will be cleared away or rebuilt in a more stable and sustainable way. Any attempt to repeat what was done before will fail, as there is no going back to the old ways. Integrity, sustainability, and support for the collective — rather than the few — must be built into the fabric of anything new going forward.

Reckoning, restitution, and accountability for corruption and abuse will be pursued on all levels throughout the year as the wheels of justice continue to turn. The “greed is good” years are over. At the same time, drama around climate change will increase with destructive storms, floods, wildfires, earthquakes, tornadoes, and other forces of nature. It is up to each person to be prepared. The incoming Aquarian energies will support change in how the collective views these problems and collaborative efforts to address them.

On a personal level, any changes that really needed to be made over the past few years for a person’s highest good — no matter how difficult — have been made, or situations will likely become intolerable. Those who made changes will find their paths lightened, and they will be rewarded for taking those leaps of faith and doing what was difficult. It will also be a good year for those who apologize and make amends to clear accumulated cords and karma and start fresh in the new energies. Forgiving oneself and others is a crucial part of letting go and moving on.

Pluto moving through Aquarius will bring its challenges, but it will also bring fresh energy, creativity, innovation, and new technologies in all aspects of life. At the end of this transit, life will look very different compared to how it looks today. Creativity and thinking outside the box will be parts of a technological revolution that begins in January and unfolds over decades. People will find unexpected and unorthodox solutions for long-term problems that have community support. This transit will bring more awareness of, and opposition to,

injustice and inequality, because Aquarius moves power into the hands of the many. Expect to see new innovative and unconventional ways to address medical issues, homelessness, and climate change, to name a few.

Work with the Energies in 2024

Unplug and let go. Those of you who immerse yourselves in media coverage this year will experience emotional roller coasters. Energies support detaching and letting go. Remember that all media outlets have biases and agendas, generally based on making money from ad revenue. They learned long ago that sensationalism, demonization, and fearmongering are reliable for pulling in viewers or readers. They have cultivated the art of subliminal seduction, creating media addicts of people who feel the need for adrenaline rushes. Whether the news source is a mainstream-media network or an internet outlet, anything that creates fear, pessimism, or despair is best turned off. Find better uses for your time and energy, and keep your vibration as high as possible.

Cultivate self-awareness and inner peace. When the outer world is in chaos, first look within. Find your calm center in the storm and return there often. Pay less attention to the external events you cannot control and more on the things you can change and make better. Where can you create healing or forgiveness and support others? Take actions that have an impact. The creative manifestation energies will make it possible to create heaven on Earth one person at a time. This requires emotional detachment, self-awareness, self-healing, releasing expectations and the illusion of control, letting go of what no longer serves you, and consciously working with the universe.

Master discernment. Discernment is often difficult, and another major outer planet, Neptune, has been throwing a fog over everyone since 2011. Neptune can be a very spiritual planet, and it has been at its most potent in its home sign of Pisces. It can elicit compassion, inspiration, and service to others, but it is also the planet of confusion, delusion, and illusion. Under the blanket of fog that Neptune throws out, it can be hard to determine what is true or real and what it all means.

Neptune, as with Pluto, affects people on deep unconscious levels and can bring out insecurities, addictions, gullibility, fanaticism, and other self-destructive elements of human nature. It inclines people to live in fantasies and hero/guru worship. Even though Neptune’s influence continues until 2026, Pluto’s transit into Aquarius will assist you to pierce the fog, if you so choose. The fog must first be recognized before it can be pierced. It is far easier to be fooled than to admit being fooled.

Cultivating the ability to receive accurate guidance and discern the truth is crucial. While con artists,

scams, and conflicting messages are not new, artificial intelligence (AI), such as sophisticated deep fakes, will make it even more difficult to discern what is real. Also note that fear, anger, and anxiety can make it harder to receive guidance, as they cause a type of psychic interference. Recognize people's characters by their actions rather than by their rhetoric. Give them the heart check: Do they spread kindness and unity, or do they spread polarization through anger and fear? Choose love.

The incoming Pluto/Aquarian energies will reveal the downsides of technological advances, such as AI and deep fakes. The energies will also support any and all efforts to go within and find answers and truths, especially if you are flexible and open-minded and can release your expectations, examine your beliefs and hold them loosely, and take everything you hear with a grain of salt.

Live in integrity: The energetic environment for the coming year favors — and even demands — integrity. Integrity, in this case, means being whole, undivided, cohesive, and internally and externally consistent, not unlike the structural integrity of a building's foundation. Anything out of integrity — people, relationships, companies, organizations, governments, and so on — will begin (or continue) to break down.

Internal consistency is crucial. If an organization purports to support certain values, the actions of the organization, including the ways employees are treated, must be consistent. The organization can't claim to support civil rights while abusing its workers. These inconsistencies and hypocrisies will be revealed and cause the organization to implode.

Determine the consistency between your head, heart, and actions. You cannot claim to be spiritual and

loving while hating others who don't think, act, believe, or look as you do. You cannot claim to want peace while bullying, criticizing, or raging against others. These internal conflicts will cause increasingly difficult imbalances and challenges.

The Year Will Be What You Make It

All the solutions lie within. As external events become increasingly dramatic, tumultuous, and challenging, the best response will be to look within and examine your life. What do you believe, think, and do? There is no point in getting caught up in drama that you cannot affect. Focus on what you want to happen rather than what you fear might happen or what you don't want. Your attention is powerful, so be careful where you point it. Whatever you focus on will grow.

Let go of expectations and the illusion of control. Accept what comes, and know that all is well. If you don't get something you want, consider that it was not for your highest good and that something better will show up. As you release judgments, expectations, and control, the universe will roll out the red carpet. Make a point of doing random acts of kindness. Make someone's day, and you will see how happy your life becomes.

Magical manifestations are possible in 2024. Dream big. Believe in yourself. Walk through life in love and kindness, and you can't go wrong.

Ellyn Dye is an author, intuitive coach, motivational speaker, and Reconnective Healing practitioner. A near-death experience in 1985 led her to an ongoing connection with some very loving guardians of humanity: the Lion People. Ellyn is the author of The Search for the Crystal Key, a metaphysical fantasy novel. She publishes a free email newsletter, Tunnel Vision, about the great shift and how to surf the waves of change. Visit her website at LionMagic.com.

Transform Your Mind for a Positive Life

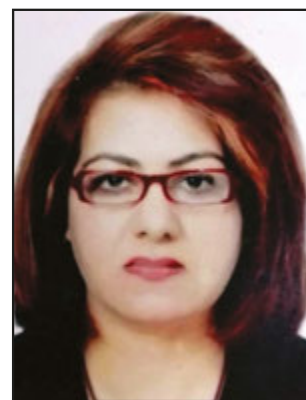
Asr through Farali

Negative thoughts can hinder personal growth and well-being. They can lead to stress, anxiety, and a pessimistic outlook on life. With the right techniques and mindset, you can overcome negativity and cultivate a positive approach to life. In this article, we explore several practical approaches that can help you break free from negative thinking, embrace positivity, and create a fulfilling and happy life.

Meditate and practice yoga: Meditation and yoga are powerful practices that can calm your mind and

bring a sense of peace and presence. They can distract you from negative thoughts and help you focus more on your surroundings. Practicing meditation and yoga can make you more aware of your thoughts and thus prevent you from jumping to negative conclusions.

Surround yourself with positive thinkers: Surrounding yourself with positive and optimistic people can be uplifting and motivating. Positive thinkers bring hope



even in tough situations. They can help you see solutions to complex problems more clearly. Their optimism and energy can have a positive impact on your mindset.

Cultivate positive thought patterns: Start replacing negative thoughts with positive ones. Challenge yourself to try new experiences and activities you previously avoided out of fear or pessimism. By bringing positivity into your thoughts, you can develop an optimistic outlook on life and build resilience to face challenges.

Practice smiling: Believe it or not, a simple smile can have a significant impact on your overall attitude and personality. Practice smiling in front of the mirror, and notice how it improves your overall mood and reduces stress. Smiling at others can improve your interpersonal relationships and create a more positive atmosphere around you.

Stop playing the victim: Rather than succumbing to negative thoughts, take control of your emotions and situations. Recognize that you have the power to overcome challenges and to find solutions to your problems. Communicate your fears and insecurities with others rather than isolate yourself from difficulties.

Help others: Helping others is a powerful way to shift your focus from negativity to a sense of fulfillment. Engaging in acts of kindness and contributing to the community can make you feel good about yourself and improve your overall well-being.

Embrace imperfections: Understand that no one is perfect, including you. Embrace your flaws and imperfections as part of being human. Accepting your imperfections frees you from the burden of constantly seeking

perfection, and it allows you to focus on personal growth and positivity.

Do what you enjoy: When negativity overwhelms you, distract yourself with activities that bring you joy and happiness. Engaging in hobbies such as reading, writing, making art, playing music, or watching your favorite show can shift your focus away from negativity.

Practice gratitude: When negative thoughts creep in, focus on the things you are grateful for. Expressing gratitude shifts your mindset from what you lack to what you already have, which can foster a more positive perspective on life.

Read positive quotes: Words can profoundly affect behavior. Place positive quotes around your living and work spaces to serve as constant reminders to stay positive even during difficult times.

Overcoming negative thoughts is a transformative journey that requires patience and practice. By incorporating these ideas into your daily life, you can gradually shift your mindset to one that is more positive and optimistic. Embracing the power of your thoughts and taking control of your life can lead to a more fulfilling and happy existence. Your thoughts shape your reality, so choose positivity, and watch as your life transforms for the better.

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

The Groundbreaking Cycle toward a Golden Age Civilization

The Aquarian Master Saint Germain with Donna Ferri

Donna: Saint Germain's foremost prophecy for 2024 centers around the astrology of Pluto moving into Aquarius. It marks the early revolutionary lead into a mini age of more world freedom. He says that although other heavenly alignments figure into the equation, this one is the impetus for the long-awaited signal for the flame of freedom's resurgence. However, an equal measure of rebellion ever pits itself against freedom's light.

Freedom's opposition has long been building up.

It invariably seems to reach the peak of its negativity only to increase the sense of struggle. The main player is Pluto, who is also known as the disrupter. It will again hit the regenerator, Aquarius, in 2024, marking a bold, lengthy continuation of its brief appearance in early 2023. Impulsive Aquarius forces Pluto to put up or shut up, imposing unexpected trials and gifts and designing long-term plans for reform. Following are dates and portents to dowse with seventh ray transmutation:



- January 21 – May 2, 2024: Pluto makes its direct station (an apparent forward, standstill motion) at 00°00' to 02°06' Aquarius. This is a regenerative period for knocking down outworn powers. Its good (and not so good) potential has freedom as its objective.
- May 3 – September 1, 2024: Pluto goes retrograde (an apparent backward, standstill motion) at 02°06' to 00°01' retrograde Aquarius. Plutocratic energies seek to regain traction while Aquarian energies seek to check them.
- September 2 – November 19, 2024: Pluto changes signs at 02°06' to 29°59' retrograde Capricorn. This review will seem familiar yet disheartening after the fresh air of Aquarius. Plutocrats strive to take advantage, revamping entrenched systems while breaking and replacing others. Aquarian energies ease chaos while quietly building momentum to take advantage of Pluto's next direct station.
- November 20, 2024 – 2043/2044: Pluto changes signs at 00°00' to 29°59' Aquarius. This is the start of a serious dismantling of restrictive, plutocratic systems, and it makes way for regeneration. Aquarius gains support in supplanting negativity, which continues for almost twenty years. It forms a bridge for the next stage: an approximate 250-year cycle of a mini Golden Age. That mini-age momentum bridges into a greater golden mini cycle of about 250 years that then brings in the 1,000-year pinnacle of the Great Golden Age of Aquarius.

Help Build a Bridge to the Mini Golden Age

Saint Germain: A long-awaited breakthrough necessary for Earth's victory begins on January 20, 2024, when Pluto again leaves Capricorn. This will help mitigate the negative outcomes of a dark cycle making its final bow. Pluto's direct transit in Aquarius arrives on the heels of accelerated world change yet brings good reason for hope to prevail because of its positive potential and power to bring freedom. It is particularly potent when all who desire to channel this opportunity will join to create practical solutions. It will not be for the faint of heart. Sustained, constructive action is the only way forward, especially by those who desire to leave as their legacy the founding golden age principles of universal cooperation, harmony, health, plenty, and joy.

Since the recent retrograde cycles are not quite finished, you would do well to anticipate and transmute the usual resistance to a golden era. Do so before it can interfere any longer by directing mercy into the transition through proactive prayer. Pour the intensity of love that knows how to mitigate any recalcitrant power daring to encroach on the new age. That age must not tolerate egoic control. But its negativity will accelerate until the old plutocrats' day is done. The bulk of its old

ways will either fade by 2024's end or meet the fullness of Aquarian revolutionary energy in the next, unabated period of Pluto's almost twenty-year station in Aquarius.

The new year will begin a cycle of unprecedented enlightenment. Some will have perfect recall from meetings in my etheric retreats. All are welcome, so please join us. There will be intensive planning on how to prepare those who will clear the way for designers and builders of reformation. Meet them in your nighttime excursions to exalted levels. Observe souls preparing to take embodiment, and receive a briefing to help you formulate more detailed plans for best navigating this revolutionary Aquarian housecleaning. You can even take classes at my retreat to add your own creative touch to the plans for this new age already taking shape.

The year 2024 inaugurates a bridge toward the mini eras preceding the greater age. You will help it unfold by anticipating good despite the resistance. That is part of why you came into this life. Each incremental step you take in 2024, lays the foundation of the succeeding mini Golden Age. It is a short era yet a necessary bridge between dark and light cycles. Help us build a bridge to the mini age that must precede the prophesied greater age ahead.

Be forewarned that those who will not easily let go of their draconian power will misuse it as before even if it spites their nefarious designs. The light you invoke can mitigate this portent as much as possible to close the portals that old plutocratic energy can otherwise slip through. Those doors are vulnerable during Pluto retrogrades, especially in Capricorn. However, Aquarius begins to check that energy on January 20, 2024, for seven or more months until the old guard dares return for its encore in September. After the Plutonian powers take a final bow and exit center stage in December 2024, their momentum lessens, and Aquarius will ride relatively unabated for twenty years. These are years you can begin to prepare for now.

We will revisit the residual energy in 2025 because even the more altruistic influence of Pluto's station in Aquarius comes with challenges. That's why the old adage "work while you have the light" applies in 2024. The light in this instance means you can apply the energy with the greatest alacrity to do the most good when Aquarius will be in its glory, beginning in its exact degrees. That is useful in deconstructing the fallout of the Plutonian perversions of Capricorn. However, I must repeat: Those old, unhelpful, and even dangerous issues of control will not go quietly.

Hold Firm Against the Challenge to Freedom

The work I advocate is spiritual; through it, you will find personal relief and assist the planet in general. Call the seventh ray violet light into Pluto's syncopated dance

through error consciousness, and then the cosmic can counteract that erratic influence. That “now you see it; now you don’t” energy is nothing new. You experienced it in 2023. The next year affords you more effective energy to counterbalance it. Even if you don’t experience results, it works on the inner levels. This will lessen the momentum that continues creating, increasing, and sustaining its negative force and frequency, and it eases the overjoyful Aquarian energy that delights in smashing negativity.

Now, while the gross negativity brings about its own end, more people will understand the danger of power that corrupts. The recent wave of souls are ready to clear the way for the new Aquarian Age souls to follow. They will record for posterity how easily anti-freedom forces can slip in through the ego’s subtlety. They will note that whenever overt energies emerge, the unchecked ego gains momentum. These forerunners of the great age will leave teachings for their descendants. They will educate new generations on how certain plays shocked previous timelines and how situations piled up and converged. They, as the winners, will write and preserve an accurate history of the current timeline to warn future generations how the challenge coincided with the back and forth movements of Pluto and how this tested the dying yet still virulent issues of control that were pitted against the abhorring and irresistible desire for freedom.

You too have the privilege and responsibility to advise future generations to never take freedom for granted because you have eyewitness proof. You see the orchestration of crises, so you have the Aquarian urge to testify about these shenanigans and worse. How they compete for attention! These diversions obscured the atrocities before anyone could say, “Halt!” Use my projection of these records that my angels already recorded, as I send them to the future — not to hold them as irrevocable fate but as a challenge, because you can name them in your violet flame energy work. When you add that advantage, nothing can stop freedom from coming.

New Aquarian Age Technologies Assist with Personal Sovereignty

My next prophecy regards unblocking physical Aquarian Age technologies. These will become more widely accepted, open, and free to use. This will be thanks to the 2024 spiritual revolution of Pluto’s seven-month station in Aquarius. Beware plutocrats who charge exorbitant rates; they do not have my stamp of release. Such Plutonian controlled copies that claim medical miracles have neither Leonora’s, Meta’s, nor my assurance as to their authenticity, efficacy, and mode of availability. These two lady masters and my other inventors designed that which is for true healing, prosperity, and higher education for stewardship, self-governance, statesmanship, and more.

This new year is but a preliminary test of the readiness of human consciousness. Quantum and other technology already exists. Yet 2024 opens the gate for humanity to demand it as well as the trust and integrity of those who proffer this good. Our trained Aquarian Age souls of various stellar and Earth origins are custodians who run current test patterns. They will begin opening the floodgates when Pluto’s twenty-year station in Aquarius begins in December 2024. Just the interest and responsibility to steward this tech will help people claim their sovereignty. This initial burst of freedom helps many fulfill their soul missions. It will be a leading hallmark of the Aquarian revolution for higher consciousness, and as peoples’ acceptance rises, it then becomes a crescendo to cancel out negativity.

This next prophecy has to do with spiritual Aquarian Age technology because the new physical technology has its spiritual counterpart. It will protect you from all manner of negative effects of humanity’s arduous climb out of the dark cycle. Your use of it will provide more effective clearing, including that of the fallout of previous negative astrology. You will also have more clarity to let go of old paradigms and help others do so too. People will be more open to empowering beliefs. Spiritual technology will restore your innate joie de vivre.

It will seem similar to the energy grid work of transmitting love-light to sacred sites on Earth. It includes that but also taps into higher levels. You will intuitively do this by transmitting your heart light from one of the etheric retreats and cities of light to another, and you will do it bilocally from your heart into your family of light in this and all realms. Even those uninterested in mastering spiritual energy will subconsciously join you in these activities. They can do this through positive prayer and by simple, mundane caring. All this will amplify the positive Aquarian energies of freedom. It will bring in powerful souls to protect the family of light in each realm, not just that of Earth. The realms interpenetrating Earth will benefit from the positive astrology too.

You and those who also employ spiritual mitigation receive the benefit of overflow, especially when you become more learned in the application of the violet light of freedom. This will help cleanup 2023’s last hurrah of negative plutocratic manifestations and its attempts in 2024 during Pluto’s retrograde transit back to Capricorn. Nothing can stop the good that is coming to Earth beginning in 2024. No one can block that positive action of freedom’s light by the end of 2024. Not even those who historically have manipulated the negative portents of astrology. Those who only misuse energy for their selfish reward and through the pain of others cannot change the strong, positive potential of freedom. It is coming through despite the opposition. Embrace this new year with courage and joy. Ask for my assistance

in your endeavors, and violet ray angels will help make your work light powerful.

“Plutocrat” is a spiritual astrology term the masters use to describe the impersonal energy of Pluto colored by the sign it is in. It stays in one sign for about twenty years. It recently has been in Capricorn. In any sign, Pluto works through worldly levers of control. When it is in Capricorn, it has to do with business but is restricted by old-style regulations that slow the release of helpful and more-inventive ways to self-govern, initiate more open commerce, and encourage more spiritually aligned or integrated medicine. It helps people to prosper not just monetarily but in health and all areas of life.

A plutocrat is a consciousness that controls groups or the world, and Aquarius is the consciousness of self-governance. So when Pluto is in the sign of Aquarius, it can disrupt or dismantle old, failing paradigms and make way for improvement.

Pluto’s energy affects the unconscious. As that planet shifts into Aquarius, like the Golden Age itself, it will reveal more of what doesn’t work well for the common good. Aquarius is the sign of rebellion or revolution. French and American revolutions occurred last time Pluto was in Aquarius. But because we are in the Aquarian Age, things will tend toward more of a revolution in consciousness rather than the bloody kind.

Leto and the other lady masters are ascended scientists from Venus who invented much of the higher Atlantean science coming through now to assist the world and people. They work with Saint Germain to bring in technology that helps humanity and the planet heal and prosper.

The “copies” refer to some inventions that are not fully

developed or still under control by the old-style corporate economy. The inventions are meant to be freely available to all, not just to the rich, nor are they meant to put people in debt. The inventions will come more easily as Pluto progresses through its twenty-year cycle through all the 30 degrees of Aquarius.

Embodied scientists from Earth and other systems meet during sleep with these lady masters and other ascended beings in Saint Germain’s retreat. They tune in to what Earth may be ready to embrace and what can be released that may already be in place. This energy of Aquarius allows Pluto to promote the discovery and revelation of such inventions. Some inventions are caught in the old economic cycle. This means only those with money can use them, and because they are outpriced for most people, they are considered copies of the higher-level prototypes that the masters would like to release freely to all people.

The Aquarian Age will have even more of this life-enhancing technology. Pluto in Aquarius is sort of the flagship of Saint Germain. It helps Earth adjust to these higher frequencies and let go of the old war machine and failing economy. We are said to be in the first day of the 26,000+ year cycle of the new Age of Aquarius. So this is the cutting edge for more to come, and the twenty-year cycle of Pluto in Aquarius is intentional by the universe to help us make it so.

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 Dreamed Outcome of 2024

The Collective Soul Consciousness through Carolyn Gervais

How do you create your future every day? Life unfolds for you according to the intent of the emotions that go into what is said, thought, and done during your physical life and beyond that to what has been called the afterlife, the other side, heaven, beyond the veil, and the astral planes. In the true reality of non-form, it is understood that all realms, including those mentioned, are aspects of life persisting.

Everything is a part of everything else, which then colors and affects each living being’s experience and view of life in any given moment. It is important, therefore, how you perceive and describe your view of life. Why? Your view of life, or lack thereof, colors your perspective and serves as a filter to block different perceptions.

The Numerology of 2024

Responsibility, business, and karma are the focal points of 2024. You will need energy, ambition, and strength to respond to the call you feel within to improve your life.

The 8 energy in 2024:

Fortunately, the coming year brings forth strength and foresight. When used diplomatically, the 8 vibration of 2024 expresses courage. It can be a trustworthy energy when it comes from an attitude of what is best for everyone. “As above, so below” is the goal of the 8 vibration. It strives for balance in you, the world, and the universe. Give this power number the freedom to express through you to do its job on planet Earth.

The 8 energy rules the material world. The other side of the 8 energy can be ruthless, cold, and calculating. It is capable of using its power for selfish and cruel purposes. The potential for abuse of power with the 8 energy must be kept in check. The selfish aspect of the 8 energy will do everything possible to exploit other people for power. The tremendous power of the



8 must be used to bring order into the world and create situations in which everyone wins rather than being an instrument for unbridled competition and divisiveness.

The 8 vibration is powerful, and it also has the capacity to see both sides of a situation, to be balanced and fair. The 8 energy is also good at expressing feelings and facts, and it can be used to create new and productive enterprises from something that was rundown. This is especially true in industry and business, governing in politics, and finding peaceful solutions when none seem to be available.

The 4 energy in 2024: The number 4 is about creating structure in all areas of life; it is a foundation for the kind of life you want to build for yourself, your family, and for others in the world. Justice for all is part of the 4 energy because justice regulates and assures the continuity of a coherent system built on integrity for everyone. The structure of your life must not be used for exploiting power in business dealings or personal relationships.

The 2 energy in 2024: Everything in duality has two poles of expression that always fluctuate to stay in balance so that the whole story can be told. The 2 energy is rooted in the physical aspect of your being, suggesting that humanity needs to focus on cooperation and diplomacy.

Put Fear in Neutral

The real battle between good and evil is being fought from within the human psyche. Since the fight is projected outward, it affects Earth and all its inhabitants, for it manifests the extremes of duality. It will balance itself out as more of you see the self and life more clearly.

You reflect the perfection of the creation that created you. Much of the negativity you see in the world hides the truth that must be revealed. It must be acted out so that the unaware will realize that the mess on Earth is caused by the misconceptions in mass consciousness from people who have allowed themselves to be swallowed up by the delusions of greed and darkness.

It is time to transform negative and fearful energy into something constructive and right because lives have been turned upside down. Those of you who have the means to better the lives of others who are hurting must step up now and do what you can. If you are stifled by fear and cannot move, it is time to search for inner guidance in whatever way that serves you. Then take a step forward with whatever faith you have and begin to create a better life for yourself and others. Put fear in neutral. You will accomplish this simply because you are willing to overcome your present situation and not give up. Remember, all are equal in spirit and guided from within, but you must be willing to listen and act on that guidance.

Whatever form your thoughts and actions create and then manifest, whether in your present here and now or beyond in another here and now, will serve your motivations and intentions at both the physical level and the higher levels of your being. This means that every second of life as you know it is continually being altered and therefore transforming your future self and future experiences. There is no fixed past, present, and future because they all influence each other and are one combined energy that thought separates because of your belief that they are separate.

You and Your World Expand Every Day

Everything is possible if you can think it. For human awareness to expand more quickly, there is a critical need to open to the possibility that anything and everything is possible on any level of being if it is thinkable. Many say that in a positive, New Age kind of way, but how can that statement truly be understood? To know and then accept that all is possible means to accept through firsthand experience that the Creative Source is an absolutely unlimited creative source. Everything that exists in form or non-form connects every minute thread in the fabric of the universe. That energy cannot be isolated in any one place. Absolute energy such as the creative energy that allowed the universe to be created is in everything and everyone. That is why it is everywhere.

The one universal energy source connects all to the one heart that beats in each life form and is the one energy force of the universe. The universal life force constantly guides each life to greater and higher awareness through the choices made in each life and the experiences lived in it. The more open Earth's occupants are to this truth, the sooner they will see beyond the physical trappings that have blinded so many to their universal and spiritual potential.

Know that every day you and your world are expanding to new heights of awareness, love, and compassion. You and your world are evolving to where more and more people are coming together to create a dream of a better world, a more awakened world, in all multidimensional realities in whatever form they take. Here's a visual for you: Each action is preceded by a combination of thoughts through creative consciousness that will conjure up feelings and emotions that lead to experiences of everything imaginable.

Since manifestation is a dreamed outcome, you might say that it is made up of the stardust you have heard about in fairy tales. Stardust consists of particles of light and dark. Light and dark energy creates a type of screen called the hologram of life to which images are projected on constantly. Awareness is the creative aspect of thought. As such, it is a process that cannot help but evolve as it continues to show up within and

without human perception. The unified perception of the self as the soul always transforms into something new and different to persist as what comes next in each person's life.

In the coming year, Earth will be faced with tough karmic challenges that need to be transformed into workable solutions for humankind. Be patient, tactful, considerate, and receptive to other people's ideas, and practice appeasing others but not at the expense of your integrity. You create your future every day because life unfolds according to the intent of the emotions that go

into what you think, say, and do. Be mindful of your intentions every moment of every day to manifest your dreamed outcomes for the new year and beyond — a future full of love and peace.

Carolyn Gervais is the author of the new book *Awakening from the Illusions of Life: Beyond the Human Dream and Life Before Life: How Soul Agreements Direct Our Destiny*. Carolyn has been devoted to metaphysical spirituality since she was seventeen. She facilitates client resolutions through intuitive counseling and in-depth dream interpretations. Carolyn is certified in spiritual psychology and clinical hypnotherapy. She also has a master's degree in holistic nutrition. To learn more, visit AwakeningYou.com or [Facebook.com/SoulAgreements](https://www.facebook.com/SoulAgreements).

Connection, Openness, and Illusions Mark the Energy Shift

Saint Germain through Natalie Glasson

Greetings, wonderful beings of light. I am Saint Germain. It is an honor to be in your presence and to bring forth a greater understanding of the energies now anchoring throughout the universe of the Creator. These energies flow through all dimensions and planes and into Mother Earth and all beings. These immensely potent, powerful, and encouraging energies that come from the Creator will continue throughout 2024, as all beings in the inner planes also adopt this energy and purpose.

The ascended masters, starbeings, and angels greet the qualities of connection and openness with great enthusiasm to support Earth and all beings in the ascension process. Those on the inner planes are opening and enhancing their connections with all aspects and dimensions of the Creator, including Earth. This great exhilaration and support floods into every being on Earth. Never before have those in physical bodies been able to feel so connected to the divine presence of the Creator, the inner planes, and the inner realms and dimensions. As these beings open their energies to all on Earth, they share their wisdom, love, and healing — the Creator qualities they hold and anchor.

This is a magnificent time for you to be on Earth, because so much wisdom, knowledge, love, healing, support, and guidance are available now and throughout 2024. In this year of transformation, the connections between those on Earth and the inner planes will strengthen immensely. It's a wonderful time to ask for help and focus on manifesting what you wish to experience in your reality, because so many beings — including the Creator — want to help and support you. Great power will fuel any creation, manifestation, intention,

or request that you make from a place of openness and connection.

As beings on the inner planes open their energies and connect with you on deeper levels, they will invite you to also focus on opening your being, energy system, mind, and perspectives and connect with your soul, soul group, and guides — the universe of the Creator. Openness in your being feels like a sense of liberation, an expansive energy that moves through boundaries and limitations. Practice radiating your light beyond the boundaries and limitations you set for yourself or others set for you.

Invite the Flow of the Creator

You might wish to focus on connection. Do you find it easier to connect with being on the inner planes or to the physical beings around you? Which is more challenging? In this new energy shift, you will be invited to recognize what connection really is and to explore how you can live fully connected. You might also recognize where you are disconnected: with an aspect of yourself, the Creator, or a loved one. Imagine what it would look and feel like to have a fulfilling connection. Would you feel a divine flow of energy, grace, and love? Would you love unconditionally and allow yourself to be loved?

When you explore connections and disconnections, you invite the flow of the Creator into your being to express through you. In the coming years, you will notice that everything is connected to your connections. You will be challenged to remain open, to trust in your being, and to allow the energy of the Creator and your source to



flow through your being, including through your limitations and boundaries.

The energy of connection and openness can be challenging. This is especially the case when that energy flows as a wave from the Creator, because it awakens and activates everything in your being that is not aligned to openness and connection. Old wounds, fears, pains, and sufferings connected to loneliness, disconnection, and isolation could come to the surface. You might feel as though you are unable to achieve what you want in your reality, such as friendships or support. Many wounds could come up to be cleansed, purified, and replaced with the vibrations of connection, openness, expansiveness, liberation, and infinity — the freedom that allows your truth to be expressed with ease and perfection.

As the energies of openness and connection come forth from the core of the Creator and vibrate through the universe and your being, you will be made aware of illusions. Because of your openness and newfound connections, you will be invited to recognize illusions. Illusions are often created from the ego/mind/personality from fear, pain, and suffering. The truth comes from your source: the light and radiance in your being from your soul and soul's connection with the Creator.

With the presence of connection and openness, you will find that illusions are suddenly very visible. You might become aware of things you've held on to from the

past or that others have imprinted onto your being, such as fears or limiting perspectives that create boundaries or suffering. When these illusions come into your awareness, the truth will also emerge, making it very easy to let the illusions go. It will be as if the truth rises beside the illusion, allowing you to plainly see their differences and then adopt the truth as a new way of being.

Make Every Decision with a Purpose

When we peak of truth, we speak of the presence of your soul/essence within your being — the pure and divine presence of the Creator within. Enlightenment will also rise alongside illusions, allowing you to shed the coat of illusion. The presence of truth emanating from your being will allow you to act, react, and exist in your reality in a completely new way.

At times, you will need to access the truth in your being as a sanctuary, a space where you can find clarity. You might feel as if you are letting go of the entire world around you, including others' opinions, judgments, and ideas. Focus within, as if you've entered a sacred temple where the book of truth is present. This will allow you to know and trust yourself more fully and to exist from a space of peace, love, and clarity while letting go of confusing and chaotic thoughts.

Inner knowing born from within will act as your guiding light. When it activates, the Creator presence comes forth and embodies your being. You feel safe and supported, and you understand what you need.

The Creator asks that the purpose of your every decision is to fill yourself with joy, bliss, love, openness, and connection. When you make a decision in the coming year, ask yourself, "Is this a purposeful decision, or am I making this decision because it feels like my only option?" You might ask this in another way: "What is the purpose of this decision? Will the outcome serve my quest for openness and connection and for dissolving illusions to manifest my inner truth?" When you ask these questions, you might find that your being naturally opens and connects with new opportunities, insights, and understandings.

The energy of openness and connection could bring new skills and aspects you have yet to recognize, so be open to these opportunities and possibilities. This is a splendid, magnificent time with much support coming from all aspects of the Creator. Allow yourself to inhale this support and know that you are deserving. I thank you.

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

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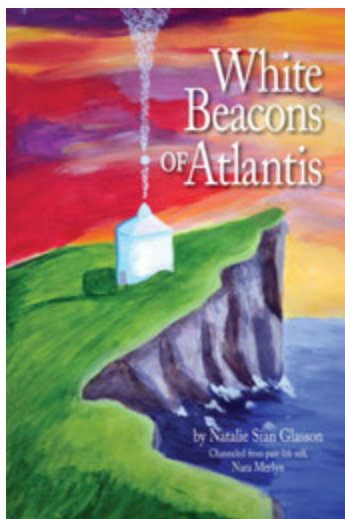
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A Major Turning Point for the Planet

Adironnda and the Council of Light through Marilyn Harper



Marilyn: Whew, what a year. Who knew when we began this year how things would transform? COVID virtually disappeared and then experienced a resurgence of energy. We began traveling again. When Adironnda and the Council of Light stated a year ago that 2023 would be the most spiritual year of growth but that our foundations would be precarious, they were indeed accurate. Let's see what they say for 2024.

Adironnda: Ah, it is good day to you. We love seeing each of you in your time and space, receiving this information. Our vessel, Marilyn, always finds this moment intimidating, since she never knows what we will share with you, and she is no longer a writer herself. You see, before her transformation in 1993, she was a wonderful writer and even a writing teacher. After her transformation, that some would call a walk-in, her writing abilities were no longer present.

To the task at hand, what in the galaxies of the universe will happen in 2024? We begin with simple things. The first is the weather. Be prepared. We don't want to frighten you, but weather patterns have changed, in case you have been in another galaxy for the past year or two, and they will continue to shift. It will be even colder in the parts of the world that get cold in winter. You might even need to light a fire for assistance in heating. It's possible that ice could complicate the situation for your electricity, so you will want to be ready. The cold won't last long, but it will be intense for longer than you would like.

While some in the world will huddle under their blankets, there will be an awakening of conscious living. People are becoming more aware of their ability to care for this beautiful blue ball you call Earth. Humanity has been leaning in that direction since the planet shifted on its axis by 41 miles a few years ago, but this year that awareness will grow by leaps and bounds. Alternative planet-friendly energy sources will become more available. Cleaner energy is the name of the game.

We are not sure what changed in the universe, but some of the planet's leaders woke up and said, "Huh, we might want to take care of our land instead of breaking it apart." That is precisely what seems to be in the works for 2024. "Green" companies will get greener, caring for nature and natural resources. People will rise up and demand that focus be placed on caring for the planet's greenery so that you continue to have oxygen.

Be Proactive in Caring for Earth

We ask that you do your part in caretaking your personal space. Recycle, plant trees, refuse to purchase food from inhumane corporations, and return to a simpler way of life with farm-to-table foods. Ask yourself how you can be greener. Take a doggie bag into a restaurant to take home leftovers. Don't buy water in small plastic bottles. Use larger gallon containers and refill them with smaller, washable glass containers.

Support organizations that are planet friendly. Use paper rather than plastic or Styrofoam, and only use paper when necessary. If you have a business and travel, rather than printing many copies of things, use a QR code so that people can use their smart devices to look up your information.

When you see trash, please pick it up. When you use glass, plastic, cardboard, or any other recyclable product, recycle it. Do you sweep your floors, wash your dishes, and wash your body? Why would you treat your planet any differently than you treat yourself or your home?

In 2024, it's important that you know exactly how proactive you are with taking care of your beautiful planet Earth. If possible, boycott non-green companies or products, or purchase your products from companies that use greener production methods. If you need to learn how to make the planet greener, our friend, Google, has many suggestions.



You Create Your Abundance

The year 2024 is an 8 year ($2 + 0 + 2 + 4 = 8$), which equates to infinite abundance. Dearest being of light, that doesn't always mean money but an abundance of all you focus on. If you focus on your lack, you will become more abundant in your lack. If you focus on your joy, you will become more abundant in your joy. If you focus on wonderful relationships, you will have more beautiful relationships. You get the idea, right?

In fifth-dimensional living, each feeling is made manifest. Be aware of your feelings in addition to your thoughts. After all, your feelings come first. How do you feel about 2024? Are you excited and ecstatic about the lovely friendships you are forming? Do you feel joyful, lonely, forlorn, weak, betrayed, resentful, loved, or loving? Stop, breathe, and ask yourself what you can do about the feelings you want in abundance. Which do you choose?

Repeat these words: "Consciousness creates form." You are the creator of your abundance, and for this entire year, your abundance comes into the energy of the infinite. This means that for this particular year, 2024, your foundation is getting stronger (the two 2s in 2024), and your structure (the 4) is becoming a major part of your life.

Ask yourself: "How do I want to be more abundant in my world? What would that abundance look like?" Sit in stillness each day, and feel into that. Journal about how that feels or about any other feelings you have. Then rise from your meditation cushion, and be proactive with your life and community. If you don't feel like you have a community, remember that consciousness creates form. Start one.

The year 2024 is a major turning point for the planet. Pay attention to global leaders and know that softer, gentler, and more enlightened leaders might be in the works.

If 2024 is turning the tide on this planet toward the balance of that beloved 8, what are you doing in

conscious support of your life, planet, and the changes you want to see? If you still find yourself wishing for something else — such as wishing you could live on another planet or you could have something you don't have in your present life — then, beloved friend, desire is the best instigator, as long as you actively pursue it.

Many of you talk and talk about what you want, but you don't do anything about it. Is this because of fear, guilt, or shame? Stop it! Everything is possible: You can heal your body, channel your best wisdom, have loving relationships. You can be abundant on all levels.

Consciousness creates form. You are your creator, right here and now. That will be a global initiative in 2024. Do you get it, dearest? Yes, we are speaking directly to you, the person reading this transmission. You are the one we have been waiting for. You are the change in 2024. Breathe into that possibility, and then take action for yourself, your planet, and your galaxy.

We love you infinitely. We honor your courage to be on this planet during this change. We trust that you will move forward with your personal enlightenment. When you shift, the world around you shifts. Namasté.

Marilyn: For more messages like this, visit our website at Adironnda.com. Information on decoding messages from the universe and the teachings of Adironnda can be found in our book *Double Digitology*. Join us online for our State of the Multiverse Message on November 11, December 12, and January 1 to learn what to expect in the next changing cycle. Our New Year's event is always free, so be sure you are on our email list to be notified how to access this special webcast. You can watch the preview video for our upcoming webcast *The Double Digits* at dd.Adironnda.com. Blessings of love, light, and peace 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.*

A Powerful Year of Personal and Planetary Change

The Cosmic Light Collective through Ilona Anne Hress

Much discernment will be required to navigate 2024. The concept of danger is not to be contorted into an emotional frenzy. What is truly dangerous is the inability to substantiate the power of the spirit in physical life. To continue harming the planet with ignorant abandon

is a dangerous activity that needs to be taken seriously. Humans will face this truth in 2024 in a powerful way as Earth begins healing in earnest. Supportive measures that restore balance and



harmony in multiple ecosystems are imperative. This will require informed choices that put the planet's healing above individual or collective gratification.

For those of you living soul-inspired and soul-aware lives, enlightened choices will be easier to make. Your enhanced ability to connect with and become aware of the distress experienced by the kingdoms of nature will propel considerate decision-making in all areas of life, including what you eat and how you vote. A greater sense of urgency will be met with a deeper sense of purpose, allowing you to delve deeper into the guidance your soul provides for your fulfillment that serves the collective good.

Connectivity is the hallmark of 2024. Your growing awareness of multidimensionality will offer new understandings about what it means to be in a relationship with whoever or whatever you choose. Every life makes an impact. It is not for you to judge but to rather value each experience. Your soul will provide the necessary information and awareness to engage in or deepen relationships to their highest potentials. Hearing the voice of your soul and seeing through your soul's eyes will vastly expand your consideration of the situations in your life that require significant change. Overall, 2024 is a powerful year of profound personal and planetary change.

***Ilona Anne Hress** collaborates with the Cosmic Light Collective and the archangels and angels of our 24 Universal System. Her deep connection to the mineral kingdom assists her in supporting the evolution of all life on Earth. She is committed to midwifing the emergence of a soul-embodied, enlightened civilization of peace. Ilona is trained as a licensed psychotherapist and massage therapist. She also ministers as a reverend to those who come to her. Ilona addresses the entire auric field to promote personal fulfillment. For more information, go to LivingEnlightenedRelationships.com.*

Three Keys to Release Incompatible Energies

Ary'n through I'Maya

Welcome to these moments, beloveds, whereupon you will see or hear these words placed in their order specifically for you and for you alone — remembering, of course, that you are many and a one. Although there are many messages coming from the higher realms of consciousness in these times — more so than ever in your human history — we will focus our intention on optimizing the human form during these times. It would not be an error to refer to this as what you would label healing, re-balancing, re-equilibrating, or becoming aware of the adjustments to the myriad changes taking

Heaven's Letter to You

Beloved,

Love is the greatest gift you give yourself. It is the freedom to honor your existence as it is, was, and always will be. You have nothing to fear in love and everything to embrace. You are held in the essence of your being, forever fed by the creativity of Source. You will never go hungry. You will never thirst. You are never alone.

You have so much beauty. Raise your face to the light within, and see what we see. Look with us at the magnificence of your being with our gratitude for your existence.

Stop focusing on your pain. Release it. You are greater than your pain, greater than your fear, and greater than your loss. You are so much greater than anything that threatens you.

Your love is invincible.

Your power is limitless.

Your compassion is vast.

Your knowing is cosmic.

Trust this. Trust who you are, where you came from, and who cares for you. Trust that all will be revealed. Trust love to guide you.

Know peace in honoring love, and rise beyond the mundane and into the sublime. Do this not merely from above but from all around. You dwell in love that you cannot see. It is a never-ending ocean, ever flowing.

Travel well. We are delighted to be your companions.

— The Cosmic Light Collective



place within and throughout your physical apparatus, the body, and the matrix.

There are bombardments of high-frequency energies coursing through the cosmos having a dynamic effect on all things. The higher bandwidth of energies is presenting some challenges to most humans during this upgrade. This is expected. Nothing is exempt. More importantly, the new vibration becoming established is here to stay. The only change that will present itself is further elevations of the bandwidth.

You have probably noticed, within yourself or others, that there have been outbreaks of increased discomfort in the physical form with myriad symptoms ranging from increased aches and pains in the joints and muscles and even organ systems. Familiar foods that were once unobjectionable within the body are no longer tolerable. And these things are expected due to the acceleration of the higher vibratory energies that are permeating your solar system.

For those who have been experiencing symptoms or “dis-easement” already, you may feel that there is an exacerbation, a worsening, of the said symptoms. The elevated symptoms, or dis-easements, are influenced by the denser energies and vibrations attached to or implanted within the matrix of your form. Dense energy and vibration within the form is not compatible with the higher bandwidth of energy and vibration penetrating this planet.

What we offer you in these moments are options for you to consider exercising. We share these with you now because the higher energies/frequencies/vibrations will continue to increase significantly for the next two years. There are three keys that will facilitate ease with the potential to release the dense energies from your form. The benefits are both emotional and physical.

We remind you in this moment that the mind and the body are very influential to each other. There is a reciprocity within the mind-body connection that must be acknowledged: The mind affects the body, and the body affects the mind.

The keys to disintegrating the dense energies of the form are feeling without narrative, oxygenation, and movement. These principles are simple, yet the effects are profound. Each key has its significance, but feeling without narrative is paramount. This involves the interplay of the mind.

Feel Without Narrative

Throughout your history, humans have distorted what you would label feelings or emotions. The most detrimental aspect is the attachment of a story, a narrative. You attach a story to the feeling — the emotion — that keeps it recycling instead of releasing. This is aside from how you have taught yourselves to squash your feelings/emotions.

The key to feeling is the key to releasing any energy that is incompatible within your form. All it takes is the simple acknowledgment of a feeling, an emotion, *without* attaching a story, a reason, or a narrative of any kind. Simply feel it. Allow whatever emotion, which is energy in motion, to show up and present itself just as it is. There may be tears. There may be anger. There may be angst. There may be sadness. There may be sorrow. There may be sensations that you don’t understand.

The most important thing is that you do not attach any label, any source, any reasoning, or any narrative whatsoever. Simply feel. Allow it to move through and dispense and disperse itself from your form. As you allow this as we have shared, the energy has moved through and is no longer engaged with the body. What’s important for you to be aware of is that it does not return. At this point, you will feel a significant difference within yourself almost immediately.

We will bring to your awareness in this moment that this does not disenfranchise all the dense energy within your form. There most likely will be many episodes. The energies that have been harbored within the matrix of your form have become implanted from many life experiences, not just your current life experience. Utilizing this power-filled key will presently transcend your human experience to one beyond your imagination each time you exercise the opportunity to simply feel without narrative.

Oxygenate and Move

We offer you two additional keys to optimize the well-being of your mind-body. The second key is oxygenation. Most humans do not breathe the form to full lung capacity. It is important to take the time to intentionally develop a pattern (what you might label a habit) to create the space (you might call it time) to breathe deeply several times. Begin with only five breaths first thing in the morning and again as you lay to rest for sleep. If possible, do it once in the afternoon to make the practice three times per day. Gradually increase, at your own comfort and convenience, to twenty breaths each time.

The practice goes as follows: With each breath, inhale slowly and deeply to your count of five. Suspend the breath for a count of three, and then exhale for another count of five, completely emptying the lungs. Repeat. Even with only five breaths, you will feel how oxygenation affects the mind and body.

The third key is movement. Many humans have become sedentary, especially as technology has progressed and evolved. Yet, it is important for you to move and exercise the body. We are not speaking of a workout, but if that’s what you prefer, please do so. We speak of just taking a brief walk. We understand that some of you are more compromised with movement than others, and we say to you, move the best that you are able. You might find that your ability to move will increase as you utilize and implement these three keys in your daily life experience.

Accept Guidance

Beloved, it is an extraordinary time on your planet. To experience moving through such an energy transmutation is a first in the history of your species. Many nonphysical and extraterrestrial entities are watching

you during this spectacular experience. They are here to offer assistance and guidance. Realize that we are also watching what is taking place throughout the cosmos and your solar system. This planet and your species are the headliners.

Beloved, you are not alone. You are much loved. And, oh, to be human during these times! Be easy and patient with yourselves.

They call me Ary'n, and I am forever — just like you. Journey well, beloveds. Yes.

I'Maya has always been passionate sharing "that which flows through." I'Maya creates unique sound designs: Sound Signature Healing Harmonic. I'Maya's greatest joy is channeling a merged consciousness that calls itself Ary'n. Ary'n enjoys interaction with humans. His humor is contagious, and he always brings a smile if not robust laughter to a group channeling. I'Maya is resurfacing from a few years of hiatus. You can find out more about her at IMaya.us.

Work with the Elementals to Heal Yourself and Earth

Virgo and Pelleur through David Christopher Lewis

Many of us love to be outdoors in nature, communing with nature spirits — the elementals. This collaborative communion promotes the interconnectedness of life and creates an alchemy of joy, love, and understanding that spans the web of creation. The elementals can provide us with answers to many problems if we are respectful and honor and their work, service, and creativity. These precious nature spirits lay the foundations of earth, water, air, fire, and ether for us to live and evolve on the planet.

We should always be grateful for the elementals — both the ones we can see and the ones we can't because our eyes are not open to that dimension — for providing this platform for our lives, including the natural foods we eat. Our very cells, molecules, and atoms are composed of the essences found in nature. Nature can restore our wholeness when we take in things that aren't healthy for us.

Disrespecting nature creates problems, including pollution and toxicity, which can directly affect our physical and spiritual lives. When we are balanced and harmonious in our four lower bodies, we can live in the highest integrity of our Buddha natures. If we do not obey the laws of nature, the resulting pain and suffering interferes with how much light we can hold within our body temples and emanate to the world.

The closer we are to Mother Nature, the deeper we can dive into our divinity, something we all desire. It feels great to dive into a pure crystalline pool and be in the Mother's water essence, doesn't it? We dive up into the divine world, the etheric world of heaven, to know our higher aspects. The nature of heaven is profoundly beautiful, the colors and frequencies so profound that experiencing it raises us into completeness.

Return to a Respect for Nature

The elementals have been disrespected. It's time for

us to share our appreciation and love for them with the world. We can play beautiful music — preferably classical or spiritual music — in our gardens and homes, because music born of the Holy Spirit carries frequencies that help the elementals in their work and service. The dense vibrations of rap and heavy metal interrupt the natural cycling of sunlight that all plants and nature spirits need to thrive, and it is therefore detrimental to their work and consciousnesses. Playing music that is beautiful, serene, uplifting, and positive — without words or with lyrics that are hallowed and sacred — helps the elementals do their positive alchemical work that, in turn, supports us and blesses us.

Elementals come to those of us who love them. They enjoy being around people who work with soil, plants, and all processes of growing. They work with and consciously collaborate with us in an interchange of healing energies.

If we have issues with our health, it is beneficial to work outside in nature in the hallowed fields of beingness provided by these beautiful spirits who adore us. They only desire that we respect and appreciate them in return and follow the laws of nature. When we talk with them, whether we see them or not, they communicate back in funny, interesting, and sometimes dynamic ways that bring us greater joy. How many times have we done something in nature with love and then almost instantly see a sign showing us that nature heard us and is acknowledging our love?

Nature sensitizes us to the Divine Mother who provides us with everything essential for our lives, evolution, spiritual journeys, and ultimate ascensions. Spending too much time indoors takes us away, at least



partly, from the beauty, serenity, joy, and harmony that nature provides. Being in nature teaches us how to live as initiates and to access our Buddha and our mother natures. Buddha nature is intertwined with the inner mother nature as well as the greater Mother Nature. It behooves us to balance the alpha and the omega aspects of our consciousnesses by spending time in the process of growth and life that nature affords us through her mysteries.

Those involved in permaculture say that all the problems of the world can be solved in a garden. This is so, because when we work with the earth, we work with causation — the principle of creation. Accessing the creative energies of spirit within the nature kingdom transfers to us the deeper essences of life's creative processes that raise our consciousnesses. By raising our consciousnesses, we develop wisdom and understand the truth that can help solve the problems of our lives.

George Washington Carver's work with the peanut was amazing. He communed with the plants; he talked with the flowers. When in public, he always wore a flower in his lapel. We can take guidance from him in his humanity and how he discovered so many amazing properties of plants. Luther Burbank is another amazing person who communed with nature spirits and brought about alchemical discoveries that still benefit us today.

We need these examples of positive interchanges with nature because the petrochemical industry has diverged from nature, disregarding natural processes and thereby interrupting the cycles of life. Our physical temples are negatively affected by the chemicals we ingest through plants grown nonorganically and without respect for life.

We are becoming more synthetic chemical beings than natural biological beings. The more unnatural chemicals we ingest, the more unnatural we become. We live in an unnatural world. Virtually 90 percent of modern food ingredients are human created without the understanding of natural alchemy.

Meditate and Pray for Natural Alchemies

We must take into our hands the green ray of understanding and truth. We must reapply ourselves to the principles of life and return to Mother Nature in conscious and dynamic ways. As previously suggested, one way we can do this is by playing music in nature to promote harmony and balance. Music can actually create

positive weather patterns and vortexes of light. Virgo, Peller, Aries, Thor, Neptune, Luara, Oromasis, and Diana can help with this. These hierarchs of the elementals offer us a dispensation: If we consciously choose to work with elementals through music, prayer, mantras, singing, and so on, transformational energy fields will spread across the globe. The elementals in our neighborhoods will connect with those in other neighborhoods in this mandala of consciousness, thus enlivening and healing people and thereby Earth.

Mother Nature is Aquarian in her beauty, love, and essence. The Age of Aquarius reflects the Divine Mother and calls us to respect all that Mother Nature has done for us. This includes respect for our collaborations with the elementals, devas, and nature spirits who are helping transform human society back to a golden age of light, love, joy, and beauty.

If we invoke the elementals of Venus to come forth, Sanat Kumara will grant a dispensation for many other nature spirits of Venus to come to Earth en masse to help clear and clean the planet in a more powerful and accelerated way.

Imagine farming that is entirely organic, biodynamic, and natural. Imagine the absence of airplane chemical trails. Imagine the chemical industry transformed by awakened scientists working with the soil to create alchemies that allow us to live closer to nature.

I seek and invoke this dispensation for all. The hierarchs of the elementals on Earth will work with the hierarchs of the elemental kingdom on Venus to initiate and accomplish this. Let us invoke them and collaborate. Let us do our spiritual work in meditation and prayer for this alchemy to occur. It will be absolutely phenomenal.

If we are one with Mother Nature, we can discover her secrets, solve many of our problems, be initiated *par excellence*, and ascend. Do you know that when we ascend, we take parts of nature with us? We take into the etheric realms what we've anchored in all our lifetimes on Earth. As above, so below. As below, so above.

God bless you. Have a wonderful day, breathe deeply, and have fun. We are sealed in the eternal love of God and in the brightness, joy, and bounty of our beloved Mother Nature. Amen.

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



The Winds of Change Bring Unexpected Surprises

Ascended Master Hilarion through Lightstar



Greetings, beloved souls. I greet you with an abundance of love and light pouring into your hearts. This exciting yet unpredictable year of 2024 holds many twists and turns, with a momentum that leads to a moment in history that all will remember. Spontaneous and surprising initiations of expression will take place.

This is not a year that even your best psychics will easily predict, because potential decisions and choices for the collective will come to a tipping point. This collective choice point will establish the trajectory of events that unfold over the next several years, spanning into 2030. In 2024, the spotlight will be on exposing financial, political, and judicial corruption on a grand scale. No stone will be left unturned. Your collective consciousness not only requests transparency now; you expect it.

DNA Expands and Accelerates

Whether you are aware of it or not, your DNA has been expanding and accelerating. Your inner spark of light and truth has been enhanced. Your empathic and extrasensory perceptions have been receiving encoded augmentations and are more heightened. This is all in preparation for what will begin in 2024 and span into the next decade, and its integration is crucial for your development. DNA activation has been a central focus these past few years, especially because you have evolved to a level that you can utilize the gifts that reside within you. This will also be a focus in 2024.

DNA shifts will fine-tune and prepare you for a great shift in your cellular structure and physicality. You will make a giant leap and transition into new DNA involvement in your daily activities. This means you will use portions of your DNA strands that have not been engaged yet for everyday situations. Although you each are at a certain stage in your spiritual development, DNA activation is happening to everyone on Gaia. You are all moving to another level of cellular refinement in your DNA and will come into alignment with your true divine gifts, talents, and predispositions.

Those of you who have been working on these gifts will activate to new levels. Dormant strands will begin to stir, initiate, and become reality in your physical bodies. With these enhancements, you might experience

reverse aging, greater levels of extrasensory perception, advanced levels of extraterrestrial communication, or healing abilities beyond what you thought possible.

Increased photonic levels of light are flooding your solar system and the Milky Way, causing a surge of DNA changes. Solar flare activity will heighten in 2024, part of the process that will allow for this great expansion of DNA advancement to occur. It is much like the intense pressure that creates diamonds. When a diamond is extracted from the earth, it has not yet been polished or refined and still contains all the dirt and dust that surrounded it. The diamond became accustomed to its dense and dark home, shielded and hidden for so many eons of time. It will take time for that diamond to completely shed all that dirt and debris before it can fully shine its brilliance to the world. In this analogy, you are all diamonds in the rough and will begin that journey of emerging from Earth's core in 2024. Full awareness, clarity, and refinement will not be there initially, but you are still fully finalized in the pressurization process. You will feel the quickening of DNA expression at a rapid pace this year, in one form or another.

Financial Systems Transform

One of the most significant changes in 2024 will be the transmutation of energies in your monetary and financial systems. These archaic systems have been wrestling for survival for many years, and in 2024, you will continue to see some of the root systems that have been in place for centuries break down and break apart. These will include the strongholds of dark-money systems on your planet, which will become fully transparent for all to see.

A massive collective chakra upgrade specifically aligned with a united root-chakra clearing on a quantum level will rock everyone residing on the planet. Manipulation and control systems will surface in the coming year, bringing to light the pervading fear that has prevented financial stability and freedom for all. Your personal financial issues — such as limited financial responsibility and feelings of lack, scarcity, and instability

— will also rise to the surface, giving you opportunities to resolve them.

The great incongruity between the prosperity of elites and the destitution of the impoverished will come to light and no longer be swept under the carpet and ignored. Before you can truly embrace the golden age of prosperity, contaminated systems must first be revealed, which will happen in 2024 when the financial focus is on monetary corruption and abuse of power. Criminal organizations involved in sexual abuse, child slavery, human trafficking, exploitation, bribery, treason, foreign interference, and fraud will be revealed. The rudimentary anchor that has kept these root systems in place for eons is dissolving and loosening its grip on the people of Gaia.

Transparency is a key focus for 2024. Many people will become aware for the first time of the corruption that has permeated planetary systems for so long. Disclosures of corruption and illegal financial gains will shock the masses. While these revelations will be disruptive at first, they will ultimately foster a healthy reconstruction period.

Many of you will say, “I did not consent to this level of corruption to exist on the planet,” but in many ways, you gave your consent to some of these wrongdoings by not previously asserting your discontent with lower-vibrational energies. This is not shared to place blame but to simply point out the importance of being conscious of the leaders and organizations that run your businesses and corporations. This also includes your monetary currencies, such as precious metals, paper money, and even digital currencies. In 2024, you will finally see the full systems of manipulation and control that have run your planet.

Your collective energy is ready to shift in a different direction toward more unity, prosperity, and equality. This will be one of the last remaining years that, as a collective, you unconsciously consent to old archaic systems. In 2024, you will collectively choose a different pathway into the Golden Age.

True Colors Show in Politics

Turbulence will continue in political arenas across the globe in 2024. In the U.S., many concerns will arise from congressional leaders who shine spotlights on the discrepancies between groups that robustly honor law and order and those that seek to destroy the rule of law. You will know who is acting from a place of morality and integrity and who is not.

Shifting into a new paradigm does not mean tossing out all the old ways, because some of them have value. You want to keep precious codes of conduct in place even as you rebuild a new system. Do not confuse the sentiment “the old ways must crumble” with discarding very important values and morals. You will see these terms

tossed about this year without good reasoning behind them, so be discerning about what is cast off or rejected while new systems are rebuilt.

As the political parties begin to show their true colors, how you choose your leaders will shift. Political announcements in 2024 could surprise and shock the world. What appears to be one outcome might suddenly swerve in another direction. Events will keep you on your toes this year. People will grow increasingly weary of witnessing political abuses of power, and this year of transparency will highlight the areas of politics that have been misused. The winds of change will be felt across the globe.

Businesses and Careers Gain Fresh Momentum

If you own a business, you might feel as if it has stagnated, restricted by pressures and limitations. In 2024, nothing might change with the specifics of your business, but you will feel a push or pull to step into the unknown. A fresh momentum will breathe new life into your business, but you must open your heart to new ways of doing things.

Opportunities this year will allow you to make different choices that feel more in alignment with your dreams and goals. You will feel as if you’ve been holding a stretched rubber band for an overly long time, and it’s finally time to release it. You will feel inspired to propel the rubber band with full freedom to launch your business anew. This sentiment relates to large corporations and small entrepreneurial businesses across the globe.

Having said this, job losses might occur more frequently in 2024, but do not fear, as this realignment period will happen for a purpose. If you lose your job, you are meant to fly free from its constraints. It is time for you to restructure your life toward your goals and dreams. Do not fear what you see or hear in the media about job losses especially if stories promote a fear mentality.

Try to discern whether your current job is still meant for you or you are ready to embrace a new opportunity for growth and expansion. Have the wisdom and insight to know the difference. This is why we stress the importance of integrating your extrasensory perception so that your intuition is accurate. Whether you hear, feel, or just know that it is time to move on from a business or job situation in 2024, you will have a heightened ability to easily, swiftly, and gracefully make a success of your situation.

Digital Nomads Threaten the Status Quo

Many people will move geographically to download new frequencies, expand horizons, and optimize opportunities. This doesn’t mean moving will be for everyone, but Gaia’s relocation codes will be in full effect in

2024. She will also call for people to clear the land in various locations. Financial enslavement placed lower-vibrational strongholds in the ley lines of Gaia's grid structures, but these grips will loosen and no longer sustain their hold on humanity. "Digital nomads" are also being called to "vacation" in certain spots across the globe to release the darkness and suppression from those grid points.

The digital-nomad movement allows people to discover different areas of the world with the freedom to experience life in new ways. Certain negative factions are not in favor of this expanded way of living and working because it allows people to express their freedom and sovereignty, which is the opposite of being manipulated and controlled. As you will see, many attacks will be made on this concept of freedom and movement, particularly the movement to remote and peaceful locations away from big cities. Do not succumb to fear. The hearts and souls of digital nomads are filled with exploratory wonder. Elite powers fear these sovereignty codes taking hold in any way and will "target" the areas where digital nomads go.

The solution for success resides in people's heart codes. If you desire this type of lifestyle and it aligns with your dreams, tune in to your innermost guidance and intuition to find the location where your heart — not your mind — calls. Do not be overly concerned with locations that seem as though they might be targeted. If you engage with your heart and listen to your inner divine guidance, you will be steered to the appropriate place that is meant for you.

If you end up in a targeted area, you might have been guided there for a particular reason. Perhaps it might be your mission and purpose to help or to warn others, or perhaps it is something your soul wants you to experience. Do not fear any of these things. Just listen to your heart and soul and move where you are called to go. Following your inner guidance is the key.

The potentials for the greatest change and transformation in 2024 will occur in finance, politics, business, justice, DNA, and individual freedom. You will all see the most upheaval, revolution, dismantlement, and exposure in these areas. Nothing will be hidden any longer. The percentage of humanity interested in the truth has tipped the scales, and this will continue throughout 2024 and beyond. As the desire for truth gains momentum, corrupted systems will cease to harness their cloaks of invisibility. Brace yourself for many unexpected surprises in 2024, but do not fear them. When amid any external chaos and confusion, keep your feet firmly planted on Gaia, align with your heart, take necessary guided actions and responsibility for those actions, and make strides in your spiritual growth.

You are loved beyond measure. Be well. Be positive. Be light. Be love.

Lightstar is an internationally acclaimed high-frequency attunement artist, celestial channel, and author. Passionately committed to guiding lightworkers, starseeds, and spiritual seekers, she acts as a spiritual catalyst for people to discover the truths of their souls and realign with their natural states. Lightstar is the creator of two best-selling oracle decks. For more information, visit her website at LightstarCreations.com or email her at Lightstar@lightstarcreations.com.

Come Full Circle

Ascended Master Kuthumi through Chanel Lingenfelder

I am Kuthumi, and I come forward on the rays of love and wisdom to greet you and gift you with a profound blessing of love. Way back, we reiterated that everything begins and ends with the self. We also said that the essence of love is your key and that you need to encapsulate yourself within this essence no matter what.

Love is the profundity of life. It is the basis of everything, the building blocks and cement that hold everything together. This undeniable and indefinable energy transforms, transcends, heals, and balances the expansion of all as it manifests what you focus on by "feeding" it. In other words, love is not a separate entity that pops in and out of consciousness; it is ever present. How you feed this essence or take from it allows it to become you, for, in truth, it already is you even if you think it is not.

The Creator's love allows you to become love in manifested form. Gaia's love allows you the gift of spending another lifetime on her body. Your guides' and guardians' love supports you throughout this incarnation — the same love that awaits you when you exit.

It is not within my teachings to discuss the current political situations on your planet, but it is important that you be aware of the greater energies at play. Many people get sucked into believing that the world owes them, and they spend much time in "poor-me" scenarios. The truth is that you were born with nothing. Your parents took care of you during your childhood until you



were able to support yourself. You are here because they wished to have you or because you demanded to be here.

You arrived as a tiny thing screaming and shouting, expecting everyone to be at your beck-and-call, which they were. It was the best time of your life. You moved slightly, and people attended to you. You uttered a sound, and others rushed to meet your needs. You came into this life cushioned by a massive support system on both sides of the veil.

You landed with one foot on either side of the veil, and it remained that way for a number of years. The more you leaned weight on your incarnated foot, the less the veiled side mattered to you. Eventually, both feet planted firmly on the incarnated side, and your spiritual support seemed to disappear, leaving with your imaginary friends. You felt alone.

Some of you kept your spiritual awareness or reacquired it over time. Whether you experienced spiritual abundance or struggle, you created your situation before coming in. Even for those with the dimmest light, there is always the opportunity to re-create that spiritual connection. There is always a plan B, C, D, or E. How you play this game is totally up to you.

Create a New Tomorrow

We understand that this game has challenges. Humanity falls easy prey to dependence. Your hell is often the one you paint for yourself, so start painting heaven. Paint for yourself a better world. Release the past that keeps dragging you back. Accept that your past has passed. Create a new tomorrow by integrating a new today.

Being in touch with your inner self, your still point, you tap into your creative essence. Allow this to be your external guide to embrace uncertainty when faced with where you should go from here. Higher communication is possible through your inner soul-self. Rather than following the influences of your tangible world, follow the whispers from the world beyond, the same world most of your weight relied on when you first incarnated and remembered your magnificence.

Work with the evolved chakra flame colors to transcend the old and thus recognize yourself as a sublime being. Where you are now, I was once. It took me many lifetimes to transcend. It has taken you many lifetimes to get to where you are now, so don't be shy about your awakening. Shine your magnificence by being the new you.

Let go of negativity. Change what you can, and release the rest. Be the best ambassador through inner contemplation and prayer. Allow your higher self to filter through information that helps you change and become more fully conscious. Widen your perceptions by opening your eyes and heart to a new world. Share every bit of love, as there is more love for you to discover. To those

who think they know it all, we say, "Welcome to the new world, where you are bound to (re)discover things about yourself you thought you never knew."

Welcome to the new doorway of light, the new you who remembers. Remember your magnificence. Embrace every opportunity to drop the cloaks that bind you to illusion and drag you down. Discover and work with your inner child and totem animal, and become comfortable with yourself as a flame essence. This will lead to a complete surrender into the great void where you find comfort in your still point while floating in your divine bliss, your nothingness, your divine chasm. This energy is unique to you.

Uncap the hood of your past, drop the cloak of your transgressions, and don't look back. Even hanging on to the previous minute drains your life force. This is about the now and a little about what is to come. By focusing primarily on the now, what is to come will fall into place.

Paint a New Picture of Your Life

What is gone, is gone, so what are you still doing there? You cannot change or undo past events that still haunt you, but you can change your perception of them. Working with your transgressional DNA, you can transcend the past, not by changing the memory of an event but by changing its impact. Reshuffle your perception to heal what needs healing. Rather than being bound by a murky, guilt-ridden "transgression" folder, file forgiveness and remorse in your "healing" folder for you to rename when the hurt is gone.

Affirm: "I am a multifaceted, multidimensional, magnificent, magical expression of light," which you are. From beyond the veil, we read your beauty in your soul chakra's colored flames, and thus we know you by name. You carry the radiance of creation within, and we inspire you to dip your creative brush within the wondrous colors of creation and paint whatever you desire.

Older people often say, "The mind is willing, but the body is weak." Beloved, rewire and transcend that belief. Reprogram your DNA to change your age. Brush new paint strokes with your intentions rather than with others' beliefs. From a soul-essence perspective of being, age is a mere number. Your experience of age is what matters. Time has already shifted. Age sixty is the new forty, and eighty is the new sixty. Tell us your world is not changing, because it is. Every person on your planet is experiencing some kind of transformation.

Draw forth your Divine Masculine/Divine Feminine into balance from deep within. Hold this in your memory and heart by using the power behind the female energy and the sensitivity behind the male energy. Behold your beauty. Paint that picture by dipping your brush in inspirational ideas and stroking it across a new canvas of life as you create anew. Allow the beauty of life to become

the essence of creation to guide you and the grace of creation to comfort you.

Everything begins and ends with love. Set that intention, and start painting. Ask for integration, and start changing. When you allow your imagination and intuition to guide you, you embrace higher emotions, step into the grace of creation, face your illumination, and finally discover the new you by remembering your magnificence.

Your support team always hovers in the wings of your stage. Don't give up. Don't succumb to despair. The light is always there. A spark shines at the end of every tunnel. No matter how despondent, distraught, lost, sad, or depressed you feel, light a candle and say a prayer that sets the tone for your upliftment. Even if it seems you are alone in your struggles, you are never alone.

May the light of the living Christ be within you. May it burn brighter with each new breath. May you come to know your magnificence and understand our dedication toward you from this side of the veil. We assist your transformation as we lay the carpet of splendor and all possibilities before you, inspiring you to journey across it and rediscover that your true power lies within love.

I am Kuthumi, the master chohan of the golden rays of love and wisdom. I bless you, care for you, and keep you in love. Adonai.

Chanel Lingenfelder has been a transvoice channel for Kuthumi, Diana, the ascended masters, and other lightbeings since 2006. She lives in Howick, South Africa. Apart from earning mega academic accolades, she's a published author and travels extensively. Her book is available on all online platforms. For more information see VisionoftheHeart.co.za. Chanel's dedication toward lightwork remains as unwavering as her wicked sense of humor!

Spiritual Awareness Grows

Juliano and the Arcturians through David K. Miller

Greetings, I am Juliano. We are the Arcturians. Predictions are holographic, which means they are not isolated and must therefore be seen in the context of the whole living planet. When we look at the year 2024, we must get the proper perspective, two keys of which are that Earth is a living planet and that humanity — *Homo sapiens* — is its leader. All living beings, including plants and animals, depend on the actions of *Homo sapiens*, a tremendous responsibility humans have not globally accepted. We will look at this unique perspective from an evolutionary standpoint so that we can make appropriate predictions.

Many people still don't believe that dramatic planetary changes are happening, especially in the Western world, but increasing weather-related events are shifting that mindset. In 2023, the numbers of floods, wildfires, volcanoes, earthquakes, and so on grew, and many of these events were more serious than in the past. Social polarizations and wars also affect the planetary crisis. Current political imbalances mirror the emotional imbalances of people's anxieties and fears as they cling to old ways and patterns. These old ways and patterns are collapsing and will do so even more dramatically in 2024. People will show less faith in governments, leaders, and the economy, which will increase polarizations and conflicts.

From the Arcturian perspective, this is all part of a pattern that planets such as Earth experience in their evolution. We designate five stages of planetary development, and Earth is only at the end of stage one. A

source of conflict for Earth lies in the disparity between spirituality and technology, as technology has advanced more rapidly than spirituality. As a result, the human ability to destroy the planet — reflected in the way a country can destroy its enemies through technology — has increased dramatically, but spiritual wisdom and knowledge have not developed at the same pace.

Planetary Evolution Requires a Crisis

To complete stage one, a planet must go through a spiritual awakening that can only occur during a crisis. This has been demonstrated repeatedly on Earth and on other planets we have visited. In Earth's current planetary crisis, polarizations, technological conflicts, and confrontations are creating a crisis of survival. The good news is that only in such a crisis can an evolutionary leap occur.

Humanity must evolve to the next level to ensure its survival. *Homo sapiens* is not the last step in the development of the human species. In 2024, the next stage/species of human development will be recognized. We call this next species *Homo omega*, which has certain characteristics necessary for human survival, such as higher consciousness or fifth-dimensional consciousness. We Arcturians teach humanity to move to fifth-dimensional consciousness and thought using such principles as unity thinking, bilocation, telepathy, and



expanded consciousness. Expanded consciousness involves seeing beyond third-dimensional polarization and duality and seeking unity: We are all brothers and sisters.

This awareness will become more widespread as the planet sinks deeper into crisis in 2024. How bad will the crisis need to get before there is a global response? Responses and solutions will not come from governments, because they compete one another for control of land, money, and natural resources. In 2024, you will see greater movement among global populations toward fifth-dimensional consciousness, unity thinking, and planetary healing. A mass awakening toward action will occur.

Part of the stimulation for global healing will come from outside the planet from the first contact with extraterrestrial races. Many people hope for this event and think it will occur soon, but contacts with higher beings have happened throughout Earth's history. In 2024, contacts with higher beings will be more public and more solution oriented. Broad communication will

take place from a higher source outside this solar system that outlines how *Homo sapiens* can move toward the next evolutionary step/stage.

Even though starseeds make up only a small minority of the human population, their teachings about, awareness of, and solutions for the planetary crisis will become more popular and accepted in 2024.

Unbalanced and very disturbing planetary events could increase in 2024. At the same time, humanity will increasingly realize that the true solution to the planetary crisis lies in spiritual intervention and a spiritual evolutionary awakening.

I am Juliano. Good day.

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

The Process of Love Is Powerful Beyond All Measure

Archangel Metatron through Takeli MMagdalen

Greetings, beloved ones, I am Metatron. I speak to you this day of the marvelous year to come, that which adds to the number 8 — that which is the infinity: the fullness of all potentials to be incarnate on your planet and beyond. This number 8, the infinity symbol, has a center point of balance between the two polarity extremes. You in your love are to hold this centered space, for the extremes will be there, unquestionably so, for in your love, you have come to be one of those nodal points of higher frequency on this plane.

We in the forces of angelic light will be using each of you we discover to bring our light — our love — through you to Mother Earth. She is in the place of moments before the jumping-off point into a higher frequency. When I say "moments," it is not literally a second or so. It can be years. It can be minutes. She is ready. That is the journey that she is on. She needs to hold her ground for a little while longer to allow humans to arise in their understandings, their ways of thinking and being, to be in greater love.

What will allow this to come to be in the extremes of polarity you have on your plane at this time? It is to remember always that just as there is the extreme of dark,

there is also the extreme of light. And remember that every bit of the whole is part of the total process of the Creator Force.

The Creator Force is moving all — all universes, all star systems, all galaxies, and all systems of conscious awareness — that are far too numerous to even consider. All of it is moving now in a big returning process over the millennia of time but also in a single moment. To return into a higher state of love where love provides the catalyst, the impetus for movement, evolution, and change.

There will be no extremes of contrast to be a catalyst any more, anywhere at all. That is what you on Earth are part of. It is why that which holds the dark polarity side of things is fighting so hard for its survival. It does not yet recognize that such is an impossibility for more than a very brief period of time.

There will be events brought forth that will bring horror and outrage to the peoples of various countries, most especially in the Western nations. These nations are the ones who also are providing the impetus for the greatest change, for within their number are ones who



are stepping forward in full service to humanity and to Mother Earth. All that now comes is a process of healing and transformation. I am not going to name specific events, for all is malleable. It is the power of your thoughts as a collective that allows what is planned. It also produces that which stops it in its tracks.

Hold the Force of Love Within

Your task is to hold the force of love within you. Do not let fear for your survival or of your needs not being met in some way cause you to leave your centered space. This is of paramount importance now. Fleets of galactic crafts are observing you. They are aware of your struggles; they are aware of the dark deeds that take place on this plane. They do not interfere in a more pronounced way, for then where would be your learning, where would be your evolution, and where would be your triumph as you conquer these polarity extremes of darkness and fear and move yourself into accomplishment, freedom, and much greater compassion and love.

The beings in these crafts bring their vibration of higher light in their presence around and within your solar system. This acts as a catalyst for change without impinging on your free will, for that is the fundamental principle that must not be challenged by anyone. Those who have done so will find themselves dealt with. You can be quite sure of that, on many levels, indeed.

All that comes to pass now is the culmination of thousands of years — hundreds of thousands of years, millennia even — of the Creator Force allowing sparks of itself, points of its awareness, to choose their paths as they would. It does not interfere; it does not judge. It

simply allows all who find themselves willing to manifest and to create through their thoughts and their passion to do so in whatever polarity they are part of.

That is now changed, as I have spoken of. That level of freedom will not exist in the same way, for there will be a boundary. There is a marker point now, beyond which such experiments of possibility, of creation in those ways, simply cannot continue. They will sputter out when moved into their extinction process by natural means, by their own decisions.

You on Earth cannot wait for that to happen in a natural process, that which is coming forth to shift the frequency on this plane. The higher realms of light are focused on transforming the frequency band on Earth and beyond, and that is happening now as part of the natural cycles within your solar system, within your galaxy and beyond. These indeed come to pass quite soon on your plane, but it will not be soon enough to halt the devastation that will be caused in the interim.

All beings in the angelic realms, guidance realities, weaves of Goddess love, and Christ light of transition, transformation, and healing — all of this frequency — are being activated within the hearts and minds of all who are willing to act on such promptings, on such moments of awareness when you know what you are requested to do: your part in that moment. Hold to your inner love, your inner strength, and focus your will toward love. All then comes into the most beautiful repatterning of light itself.

In that process, you set the bar very much higher, even as one person in such a focus, for the negative charge to be able to come forth. There must be more energy put to that task for it to succeed. When more

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than one holds such a focus — such as when groups come together to hold their love — for Mother Earth, this allows for humanity's evolutionary process to continue without obstructions, setbacks, and so forth. It allows for the beauty of the light that we are to come in the strength of our force of love to support you, for you are the ones in the driver's seat.

You are the ones choosing humanity's path now. Each and every one of you (the ones who are aware of this need or possibility, this potential to cause change) are the ones we celebrate, honor, and bring forth our love to. We do so for you to become strengthened in your light, heart, and soul's intention to create through your love what is most needed on this plane at that moment. You do not need a defined circumstance to focus on; you can simply send forth love to support the whole. It is a gift whenever one of you does so.

Utilize the Photon Energy

Is Earth engulfed in the photon energy already, and can the photon energy be used, to support this work since the photon carries love. How can we use it in a more specific way?

The photon light is very present now, and you can make full use of it, indeed. All you need to do is invoke its love for it to be of service to you. Simply say, "I choose to honor, receive, and employ the golden light particles of the photon energy to create ____." Insert whatever you would like to create. Therefore, you are directing the smallest pulses of frequency to assemble and gather strength, coming together to bring into manifestation what you intend.

You are the creators. The photon energy seeks to

serve any who create. It is a beautiful marriage of intention and function.

Photon energy is not so much the carrier of information as it is the vibration of love itself. It is the love that causes healing and creation to manifest. Love is the powerful underlying process of all existence, all experience. It is the building block. It is the foundational process. When you invoke love to be the process, that is powerful beyond measure. You can call it photon energy, or you can call it love. It is powerful either way. You can also make use of it as a carrier wave of love by bringing it into your heart and then sending it out to others as an unconditional process to make use of as they choose.

In the times to come, when you are more connected telepathically and empathically to those you are closest to, as well as in a more general way to all, it will be a natural process to bring love into focus within your heart and share it with everyone, as they will with you. It creates a shared focus of intention to feel and to be in love, collectively. Thus, you will use the Creator's love to refocus all into that which is of greatest service to the whole in a joyful and love-filled connection as one heart and one mind while also honoring each individual focus as a note in the joyous song you are creating together.

In our love, we the angelic forces of light, are honored to be of service to you. 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.

Balance Will Come

Master Kuthumi and Enak Kee Na through Judith K. Moore with Agnes in Amsterdam

Master Kuthumi: The pathway of light to the multidimensional reality is clear and open. The lightworkers have cleared distortions, healed suffering, released souls, and harmonized timelines. All these chaotic energies affected the capacity for universal life force energy to flow into the collective and the flow of consciousness from Source Oneness into the consciousness of humanity. This created the ability for people to awaken and open to their multidimensional consciousnesses and enter a state of harmony with the higher planes, forming powerful quantum vibrations (energized by the cosmic forces of creation) that pulse in their fields.

The harmonic resonance from the multiplane

flows into powerful places on the planet where the portals have been opened and where the vortexes are attuned to a frequency that is cohesive and harmonious with Source energy and the quantum mechanics of the geometric principles that form ideologies, consciousness, sustainability, harmony, and peace.

As this powerful harmonic resonance flows into reality, the light from the hearts and the souls of the awakened ones flows into the pathways and through the vortex and portals. It is beyond comprehension. The



alchemy that has been formed by the quantum force has ultimately shifted reality, making the way for new life and new consciousness to begin, as well as new ideologies to manifest. It is now possible for the wisdom of the souls of light and the power for the souls of light who are awakened to work in cocreation with the forces of creation. This phenomenon is irreversible. It is sustainable. It is a template for the living blueprint of the flow of energy as multidimensional humans to be sent from the heart of the soul of those on Earth to connect with creation to receive the powerful harmonics of Source Oneness.

Chaos Creates Powerful Change

The chaos that you witness now is transforming stagnant systems, bringing to the surface long-hidden ideologies and agendas that would compromise energy integrity and limit the freedom of the human soul. You witness the chaos, and you witness the earth changes. Know that this is not created by a destructive force. There are destructive forces who have created the chaos, but on a higher level, creation is bringing on this chaos as a powerful source of change.

You are experiencing personal challenges of energy fatigue due to feeling the extreme energies. The chaos factor is extreme. This is all part of the alchemy of the transformation of reality. That which was limited in the structure in reality is finite, and that which is flowing like liquid light and forming living geometries of light for the architecture of light to form is sustainable and infinite.

Between the lion's gate on August 8 and the super blue moon on August 30, there was evidence of catastrophic forces disturbing stagnant realities and fixed systems to instigate the earth changes. All this is a loosening of old energies to prepare for life-giving forces that will spring forth from the fertile loam of consciousness as Earth continues to experience powerful cosmic alignments.

Each event has more power, more energy, and more velocity than ever in the past. The power of this supermoon is cumulative, just as the power of the lion's gate was also cumulative. You are not working with the mechanics of a limited linear mathematical system. The only way you can comprehend this is through quantum mechanics and the power of one being zero-point energy and omni essence simultaneously. This is the force of creation.

Every cell of your living body responds as your DNA quickens and accelerates, attuning your individual consciousness to a capacity of receptivity to quantum consciousness and expansion beyond the limits of a linear system to experience the holy heart harmonics of the vibration of love created by All That Is. Truly, beloved

ones, this is union with the God Source. This is reuniting the powerful forces of creation with human consciousness, Earth, and the multidimensional plane.

You have gone beyond merely being a multidimensional human to working with the quantum mechanics of the multiplane for the cohesion of reality, sustainability, and harmony, which ultimately will manifest as balance. After chaos, the balance will come. Have faith as you are guided day by day to the manifestation of your soul's purpose. By entering your higher consciousness, you're the actualization of self.

The power of prayer is attuning your vibration to the ultimate highest good, the wisdom of creation, and divine potential. Prayer is the key to attuning your consciousness to the omni vibration of Source Oneness. This attunement is created from Source and not from lesser realms. Prayer is an instrument of the Divine, as is meditation and thus consciousness.

Focus on Love

You might think of this as a feast with food for the soul, manna that feeds your consciousness with the pure vibration of oneness. This message is spoken as an attunement to the quantum principle and the mechanics of creation that are making possible a new reality, one of harmony and peace.

Now be patient, dear ones. There are many challenges ahead. You must remain in faith and stay focused on the immediate presence of love in your life. The chaotic forces are like solar storms, and you can lose your balance. But you will recover. Even when you lose your way, you will return to the path of oneness. As was spoken in the beginning of this message, the pathway of light is open for humanity.

All the work that you have done with the keys and the gateways of light and all the work that the lightworkers have done on Earth to clear and energize portals and vortexes has come to fruition. You have opened that pathway of light in the multidimensional reality that connects to Source Oneness through the cosmic planes. Connect to the gnosis of creation and to the love that created all that is.

This message is an attunement, a realization, an affirmation, and an encouragement. Never give up hope. That which has begun shall continue to flourish as the new heaven/New Earth. I am Master Kuthumi. Blessed be, so be it, and so it is.

New Potentials for a New Reality

Judith: A shift in consciousness is inevitable. Nothing can prevent the manifestation of oneness from shifting reality. The coming year will be one of intensity and challenge. Secrets have been unearthed and

are coming to the light, purging the lower dimensions. Agendas of fear and manipulation will resist change by distorting the truth. Hooking into the energy of paranoia will pull you into a negative spin. Be the witness, bring everything into your heart, and let go of attachments to drama.

You cannot depend on logic to interpret what happens on a global level. Faith is the only way to navigate these chaotic times. Many of you have entered a state of divine synchronization with the rhythm of the New Earth. Stay with the harmonious flow you experience when you open your heart to unconditional love.

Solutions for resolving ecological and social crises are available, but only when a critical mass of humanity resonates with New Earth frequencies can they be brought into manifestation. The new creation is birthing reality into oneness.

New Frequencies Are Pouring into Earth

Enak Kee Na: The cosmos pours forth frequencies, energy vibrations, and harmonics new to creation. These expressions of divine love in the new creation have never taken form in previous realities. This concept is not easily understood. As the cycle of creation completes itself, repetitive patterns mirror in the cycles of time, limiting human consciousness. Each cycle is a unique expression of creation, but repetitive patterns exist within each that carries distortions from one cycle to the next. Thus, history repeats itself, limiting human consciousness.

These cycles have come to the finite point of existence so that rejuvenating the existing hologram is no longer possible. The repetition creates a breakdown in intricate parts of manifestation that mirror as distortions and fragments of time. Time, as you know it, has ceased to exist. The previous time cycles you experienced were holographic repetitions that have reached finite potential.

Creation pours forth through the cosmic-source/primordial force that creates from the omni power of oneness what never existed in creation in previous cycles of time. These frequencies have the potential to expand reality and be inclusive of the divine design that is manifest from Source Oneness. The vibrations must be experienced in the multidimensional reality and infuse existence with frequencies that have the potential to expand consciousness and the nature of reality.

The human mind is limited by its capacity to express the totality and perceptual hologram of existence. The only way to experience volition of the vibration from creation is through energy sensitivity within the sensitive part of consciousness found in the awakened human. Awakened humans are evolving beyond the limits of previous cycles. They experience new vibrations, harmonics, and frequencies, and they anchor these energies in the holographic Earth and material reality. Once the essence is absorbed by the vibration of awakened consciousness, it can enter perceptual manifestation and create new potentials for the structure of reality.

Judith: The coming year is critical for this transformation of reality and the emergence of a sustainable reality. You have been called to participate with the forces of creation that manifest in the collective shift. As you integrate and embody the new frequencies, they enter manifestation in an energy of love and oneness.

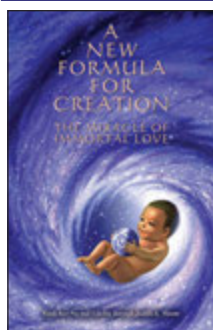
Blessed it be. So be it, and so it is.

1. Enak Kee Na is the master who brought in the archives for the book *A New Formula for Creation* (Light Technology Publishing 2006).

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.

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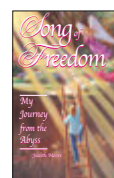


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A Year of Rebalancing

The Kosmopharos through Vera Nadine

Everything around you conspires to bring you success, individually, for all humanity, and for Earth. It might seem that there is a conspiracy toward negativity, and what a picture it paints. This myopic viewpoint seems so real, powerful, and important, but it is a small pixel of the reality already blossoming within you, the human psyche, and the global heart. You live in that global heart when you accept that you have no control over things external to you but complete control over your experience of reality and the manifestations you encounter on your path.

When you forget your power, reality rebalances itself, and you learn to rebalance yourself as a result. Not wishing to stay in the dimension of chaos, degradation, and suffering, you must rebalance with your true, divine self to pass through the gateway of the newly balanced Earth around you. This has always been the case. You rebalance yourself and change your environmental reality and manifestations, or external reality and the energetic vibrations around you rebalance themselves without you. You are forced to come along if you wish to continue to participate at this higher divine level.

React to Rapid Shifts with Ease and Trust

The year 2024 will be one of rebalancing, of entering the infinite state of stasis. This will bring you the ability to change within so that you can launch toward a higher vibration that culminates in a grand and global consciousness that reaches a pinnacle of energetic charge in 2027. So much will shift within and around you in these years that it will seem that it's an entirely different century, environment, and humanity. You will feel like an entirely different you.

These rapid shifts are not meant to frighten you, though many people will fear that energy. It is fine to occasionally be swept up in passion, but that it is not your true reality, and your wisest developed soul is not fooled or distracted. Calm your conscious mind, and trust that the universe has a pattern of rebalancing. Allow that you can thrive within the perceived chaos because you have such faith and knowledge that everything evolves and flows in a positive evolutionary direction and does not require your input.

You are, after all, part of the Divine. You cannot unbecome being part of the Divine, because everything is of the Divine, even lower vibrations. Your goal is to

allow and consciously act on the realizations that come to your internal-eternal self and to vibrate in higher alignment with the Divine Source from which all things come.

The higher you allow yourself to ascend — through intention, action, and vibration — the more likely you will easily experience the processes of Earth rebalancing itself. The gifts you receive along the way will directly align with your ability to not be confounded by the consciously created chaotic passion play around you. Instead, you will remain in alignment with the belief that you are always cared for, that you are not meant to suffer, and that you deserve ease, health, love, and prosperity.

Always remember that you are of the Divine, you create from the Divine, and you will return to the Divine. Do everything in the energy of love, self-acceptance, and compassion for you, others, and the world. Your only requirement is to align more with these positive things and less with the baser things that have no eternal truth.

You Are Learning to Manifest

The coming year will test your grace and ability to accept health and prosperity. It will be a year of learning to love what you love and releasing what you do not absolutely and completely love. You might call this “energetic minimalism,” in which you reassess and balance where you put your attention and disperse your energies. Simply release without overthinking, and trust that those things you absolutely love are the only things you need on your current journey. If you don't absolutely love something, it is not in alignment with your highest and best self and therefore no longer needed in your physical, mental, or emotional reality.

Humans are apt to say, “Good things come to those who wait.” This is an absolute falsehood. Good things come when you expect good things. Good things come when you release other things that are not good for you. Good things come when you make positive vibrations the majority of your vibrations. Good things come when you choose not to dwell on the things that do not feel good or even allow them into your reality.

The more in alignment you are with your true divine



self and the more divinely you treat yourself and others, the less waiting you will experience. It might seem as if your manifestations will never come. If you know that you are living in alignment and a manifestation does not come, rest assured that the manifestation you desired or asked for is not in alignment with your highest and best self.

Pay more attention, and you will see that when you live in alignment — which can be both subtle and grand — your manifestations come almost instantaneously. Manifestations that come rapidly or don't come at all provide a beautiful testing ground for your ability to remain energetically pure, intentionally loving, and open to blessings. Holding this mindset and vibration is paramount. Other times, you might manifest things rapidly at times, but they don't look right, or they look right but don't pan out as you imagined. This can happen during frivolous moments of intention without thinking about its repercussions, including others' best interests.

Your higher self allows these intentions to pass into manifestations so that you might learn, with relatively small mistakes, that everything affects everything else around it. This does not mean you are a fool. You are learning a new skill with no map, guidebook, or list of rules and repercussions. You are learning by simply doing. Appreciate your ability to manifest, and congratulate yourself when you create a manifestation that you wanted. Simply shrug off the ones that don't work, and chuckle when you realize you did not think about something and are now facing the consequences.

Next time, feel deeper, and follow the ripples. As you imagine your manifestation in reality, where do the ripples lead? Practice intending and following the energy, and you will manifest more instantaneously and with greater ease.

This might sound like a multi-lifetime journey to reach your higher self, but that is no longer the case. The world accelerates as it moves in a positive direction. A higher-vibrational reality is on its way, and you will perfect manifestation in this lifetime if you make it an integral part of your approach to living.

Your Beliefs Become Your Manifestations

You have the ability to look beyond any veil, whether a veil of your making or one impressed on you by external actors. You humans ever distract yourselves, even if you accept that all things are energy, light, and consciousness and that consciousness is the way. You try to find ways to quash your limitless abilities and externalize what should be an intimate, internal conversation.

As science and metaphysics come closer to each other, you will understand that you can travel through the cosmos, but that is not the answer to wisdom, to befriending others who live within your universe, or to

an all-powerful human race. The answer is only found within.

Your ancient sites are not alien landing sites, as some enjoy conjecturing. They are exploration sites for energy and consciousness. Certainly, beings from other planets and planes of existence have been here and left their fingerprints on your landscapes and history books, but they are not bound up in humanity's fate. People who possess semblances of power over the affairs of others will attempt to use the fact of otherworldly visitors as excuses for wars or further human subjugation. This, again, is part of the passion play designed to distract you from the fact that you are all God.

You have the same capabilities as mythological beings, as extraterrestrials, as leaders or teachers. You have the same capabilities as the Divine Source to bend and shape physical and spiritual reality through energy and consciousness. Everything is comprised of Divine Source and nothing can come to pass without it. Your implementation of energy and consciousness is the implementation of all things. All things are born of it, manifest through it, and made unmanifest through it. All things return to it. Every bubble of thought is reality, at least for the moment you hold that thought. Everything you have ever desired or dreamed of is real, and it only requires you to accept its reality for it to manifest in your life.

In the time of rebalancing to come, you will have opportunities to shift your focus, mindset, physical health, relationships with self and others, connection with Earth as creative divine, and inspiration as creative divine. The biggest shift will be accepting the divine power and peace that is always around you and not paying attention to the noneternal, nondivine reality present before you. You always get more of what you focus on, and what you focus on is what you live. Your beliefs, in the end, become your manifestations.

The time of rebalancing is coming. Powerful dos and don'ts will present themselves to you. You will have to choose between powerful pluses and minuses to focus on and believe in. Those of us who have walked this path in times past are here to offer advice, blunt truths, and loving kindness. May the year 2024 bring you into infinite balance between all things old and new, light and dark, sacred and profane, hopeful and fearful. May the eternal center of all creation be centered within you. May your heart be at ease as you learn to accept and reflect the Oneness that you are.

***Vera Nadine** is a spirit channel and historical medium, offering a voice to multiple lightbeings, including the Kosmopharos, Lullites, and Elven. She enjoys bringing through high vibrational messages that assist people on their journeys of psychic development and personal ascension. Vera also offers personal channeled readings about life purpose and past lives. She lives and creates in Nova Scotia near the sea with her two children and a collection of their invisible friends. Look for Vera's books at Amazon.com.*

Navigate the Unfolding Futures

Lazaris through Jach Pursel

Who are you becoming? It's beyond what you can imagine. You are in a perfect storm of unfathomable change. Instead of running from, trying to deny, or railing against what is happening in the world, use the energy to awaken who you're becoming. Your presence and grace are part of the artistry of the world becoming new.

During 1997, you made a profound decision that rippled to the edges of space and time that there would be a future untouched by human hands. Out of this choice, a new world will begin to emerge.

You each stood upon a pinnacle and chose this virgin future. How and where you stepped had a profound impact on your personal experience and the greater world. It was profound because you matter, and how and where you step matters.

Each of you now stands upon another pinnacle. Once again, it is time to step with your mattering. You are on target, moving toward the New World. As awful, devastating, painful, and bad as it feels, you are moving toward the grander plan of a New World. It is important to understand the why of what is going on.

The chaos in your world isn't currently happening because your magic isn't working. It is because chaos is essential to change. With so much devastation, it's also hard to see the wonderful things happening right now. If you can learn how to navigate those unfolding futures, you can step from your pinnacle and be a beacon.

Destruction Is Part of Conscious Evolution

You and your world are currently in the destruction phase of the living paradigm of male chauvinism. In any living paradigm, there are four distinct phases that it evolves through: destruction, creation, and maintenance followed by more destruction in order to create something new.

So many people in your world are holding on to the structures of the old paradigm. The old paradigm was built on the foundation of chauvinism, which not only elevates the ego but also exalts masculinity at the expense of femininity. This paradigm seeks domination over nature and diminishes magic and its tenets. It is a paradigm in which status is determined by how well you intimidate and dominate, and it is defined by fiercely independent relationships.

Against this old paradigm, a new paradigm is beginning to emerge, one that offers the gifts of the freer self.

This new paradigm allows humankind to work with nature rather than against it. Rather than fierce independence, interdependence is embraced while holding the space for individuality. Spirituality is expressed as a personal partnership with the Divine rather than group dogma. Power works with magic, and status is determined by how you love. These are new foundations of the emerging paradigm. You are moving from an old paradigm to a new paradigm. The new world will hold these energies.

It is important to recognize that even though this process has been mapped out in such a way to show it as creation, maintenance, and destruction, it is not a linear process. Because you are evolving as human beings and because your paradigm is evolving, there is a grand opportunity to inject something new that has never been a part of evolution in your world or in your universe. That "something" is being conscious.

You are now being asked to consciously participate in the evolution of your world and yourselves. This is unique because it is conscious. There is a profundity to this knowingness. So the old paradigm must die. The old ways need to crumble along with the systems that have supported them and make way for the new.

You have learned so much as you have evolved through the paradigm of chauvinism. This is important to understand because this has prepared you for the next phase of creating a new paradigm, one that can be totally different. It is important to remember that you are creating a new world. Your personal consciousness as well as all human consciousness are evolving. This is why it can be so intense at times.

Because you choose to evolve your world and yourselves consciously, it is vital to let in that you can create better ways of destroying the old systems. You have that capability now. You each can influence the destruction in positive ways. How? You can do this by being very conscious of what you help to dismantle and then put into its place.

You are not alone in this process of evolution. What you choose to put into the void created by the destruction can be a collaborative process between not only humans but also faeries and the other worlds watching.



What does your soul, your higher self, and your partners in faeries, Sirius, Lemuria, and Atlantis have to offer? Allow your imagination to expand in a healthy way to open to the possibilities for evolution. This is a part of being more conscious.

Chaos Begets Change

As we mentioned some time ago, it is important to be conscious of the fact that these are times filled with ambiguity. To create something new during this phase of destruction, the levels of ambiguity have risen to a point of intensity that gives you an opportunity to find and bring implicit order in chaos. Chaos precedes and follows change. When there are big changes, there are big bouts of chaos.

Ambiguity and anxiety do not feel comfortable, and most people do not like to be uncomfortable; however, you must stay in ambiguity long enough to go into its depths. In the depths of ambiguity, you will find both light and dark chaos as well as dark ambiguity and light ambiguity. In the folds of ambiguity, you will find the imagination you will need to answer the ambiguity.

Within this light and dark ambiguity is woven an intensity that you need to access. This is another reason why the dark ambiguity is more easily accessed by you and humanity. You believe it is more intense. Because of this, the dark ambiguity and chaos is more easily accessible, yet at its deeper levels, you will find the imagination that leads to luminous hope.

It is important to understand: People are broken. They are exhausted, depressed, and lack a sense of belonging to anything, especially their spirituality. You understand this because of your empathy. You are magicians. In some sort of way, each of you is broken too. It is time to take care of your sense of self. This is why you need to heal your grief, exhaustion, despair, and depression.

It is vital to acknowledge your fear and pain. You are exhausted because you are mitigating the fear and pain in your world now. You are depressed because you are mitigating the shame and the pain that others have refused to own. It must be processed at some level in order to give chaos some light order.

Despite the darkness of these times, it is important to understand that there is a grander plan at play here. A plan that you cannot yet fully connect with but nonetheless you can touch and be touched by. You are on target with your magic.

It is time to awaken to who you are becoming. Give it dimension in your life. Make an empowered choice to let this part of yourself change the way you live. Value who you are becoming.

As you work with futures, you will want to first create a space for that future. This is why weeding futures¹

is so important. You need to create a space for the new future. Once you have decided what future you wish to work with, sit down and think about what that future can look like. What are the details? This is where you can bring in other magicians and listen to their suggestions. What does your higher self or your soul say?

A foundation requires four points. Those consist of

- keys to unlocking brilliant futures,
- transforming and transcending chaos and ambiguity, and
- navigating unfolding futures.

That is three. The final point is you. You are part of the equation, part of the foundation of a world becoming new.

What will the new world look like? You cannot yet fully imagine it. The snippets you are beginning to experience are only the skeleton of that new world.

Lazaris is a nonphysical consciousness channeled through Jach Pursel. Since 1974, he has offered his friendship and love and has generated a remarkable body of tools, techniques, processes, and pathways for our spiritual journey. He considers himself a friend, not a guru, and when asked the question, "Why are you here?" he answers, "We are here to remind you that pain and fear are not the only methods of growth; you can more elegantly grow through joy and love. You create your own reality. There is a God/Goddess/All That Is who loves you and knows your name, and you love good enough."

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1. This statements refers to the recording *Weeding Negative Futures and Seeding Positive Futures*, available on Lazaris .com.

Notes: This channeling is excerpted from the recorded workshop, *Navigating Unfolding Futures: New Techniques and New Dreams*, which is available online at <https://bit.ly/navigating-futures>. During this workshop, Lazaris refers to specific recorded material that includes discussions, techniques, and meditations. We recommend listening to each recording in its entirety (found on Lazaris.com):

- *Keys to Unlocking Brilliant Futures*
- *Transforming and Transcending Ambiguity and Chaos: The Fifth Key to Unlocking Brilliant Futures*
- *Weeding Negative Futures and Seeding Positive Futures*
- *Allowing Chaos to Become Your Ally*

Jach Pursel is one of the founders of Concept: Synergy and the sole channel for Lazaris. Jach has been channeling the Lazaris Material since 1974. Beyond this important and specific role, his presence and magic have permeated every aspect of the company over the years, from his compelling articles, rich with mystical wisdom, to the sacred talismans he and Lazaris create. Jach enjoys traveling the world and sharing his adventures and observations through beautifully poignant writings, which you can read on his blog at Lazaris.com or the online community, *A Sacred Place Where Magicians Gather*.

The Sea of Neutrality Ignites the Flame of Eternal Illumination

St. Germaine through Master Lady Kira Raa
with Wisdom Teacher Sri Ram Kaa



We welcome you with the joyful open arms of peace, love, and joy. Riding the waves of the sea of neutrality gifts all who choose to be with the ocean a rare expansion of awareness in the ascension experience of the storm. We offer this opening because you are ready to expand beyond the gift this conscious awareness previously cocreated. You are aware outside the self-imposed boundaries of the belief systems that sustain this worldly moment, and the imminent cycle of 2024 calls loudly. This is truly the definition of celebration. We have much to share, as we are here to offer clarity, support, and mastery preparation for the ascension choice that defines 2024.

The sea of neutrality expands as it continually receives the infusion of elemental support sustaining the ignited flame of eternal illumination. Connecting with this creation energy through conscious, formed experience is the eternal quest and the reason why formed existence has expanded far beyond the timeline definitions that seek to rule the brain of form.

What does all this mean, you might wonder? Imagine that you are truly limitless. Imagine that deep within, you are all the codes and energies necessary to remember into form the gift of revelatory sharing for the benefit of all. Imagine the blessing of simply relaxing into that connection at all times.

In this space of expansive and fully immersed divine mastery presence, the 2024 choice emerges. We offer greater depth to what is unfolding. We add the caveat that as we share, you receive and clarify within what you already know.

How can the mind of form ever prepare for what it cannot understand? How can humanity move forward at a moment when many are challenged to simply exist? The answer to these questions, and the multitudes more that contain the same energy, is consciousness. Your choice of 2024 includes your ability to

- fully ascend through this worldly experience,
- say yes to your eternal divine mastery presence and

your command of the law of instantaneous manifestation through your formed awareness in service and benefit for all, and

- consciously release the cycles of repetitive jealousy, greed, and competition that send discordant harmonies across the frequencies of eternal presence.

Let us expand this awareness so that the clarity of your choice is easily ignited. The year 2024 represents humanity's quest to achieve core balance. Calling forward balance at the core is the essence of being centered. For the physical body, this is most applicable to the third chakra — the solar plexus of the Central Sun illuminating this vessel within you. Focusing on the solar plexus with joy is one gift of the 2024 choice. Core energy is far beyond the limited realms of the physical formed experience.

You Are Limitless

Through the valleys of divine presence where all have been and will always be, this moment of potentiality is for you to know the experience of oneness. To arise again into this moment is to be in the presence of your divine nature without the hesitancy that inhibits your fullness and experience of being.

Within you is the experience of energy: a pulse wave of love, a frequency/vibrational array that sits in your core center of divine mastery presence. In this moment, release the need for names, and let go of all sense of language separation.

To be in the experience of limitlessness is the gift of clear choice that invites effortless transcendence of the rising choice energies of jealousy, greed, and competition. Many say, "Why? How? I am afraid. I am worried. I am concerned."

You are here in this essence and form of bodily experience because consciousness is expanding. You are consciousness itself. To be in the energy of expansive oneness is to dive into the limitlessness of all creation.

You are invited to be in the beingness. Consciously notice what you see, lift beyond the perception of this experience of reality, and relax outside your self-imposed limitations.

What do you want? The year 2024 invites you to lift beyond a sense of a “me” and into the joyful bliss of the divine “we”

- in the unified field of grace within this body of form,
- in sacred union with divine mastery presence,
- fully embodied in the witnessing experience,
- consciously living the experience of One, and
- free from the hesitancy, fear, and doubt of the victim.

This is to remember yourself, transcend again, co-create again, and be in the vibrancy of joyful knowing again. This moment is now. Go beyond perception into the depth of knowing and remembering. How do you wish it to be? The moment of the grand adaptation to your divine eternal nature in form has arrived and carries with it the gift of the eternal presence of the energy of the 8 and the infinite. All alchemically transform as they adapt to the availability of expanded consciousness.

Remember that the mastery awareness of the energy of 2022 assisted all humanity to adapt and up-level month by month. This was a powerful remembrance moment and a gift of divine grace for all in preparation for this current experience.

The 2023 active awareness of the ignition of the sea of neutrality within the full expression of polarity is an extraordinary moment to fully embrace your divine mastery as the witness. May your heart know, trust, and remember that divine mastery energy is here in ways that have never existed in this potentiality.

The vast cocreative experiences that continually and alchemically shift have now expanded beyond the limited mind of this experience of form. The existence of these experiences is the invitation for all to trust the divine master within, ignite the eternal smile of mastery, and rise as the reassuring comfort for what seeks to limit.

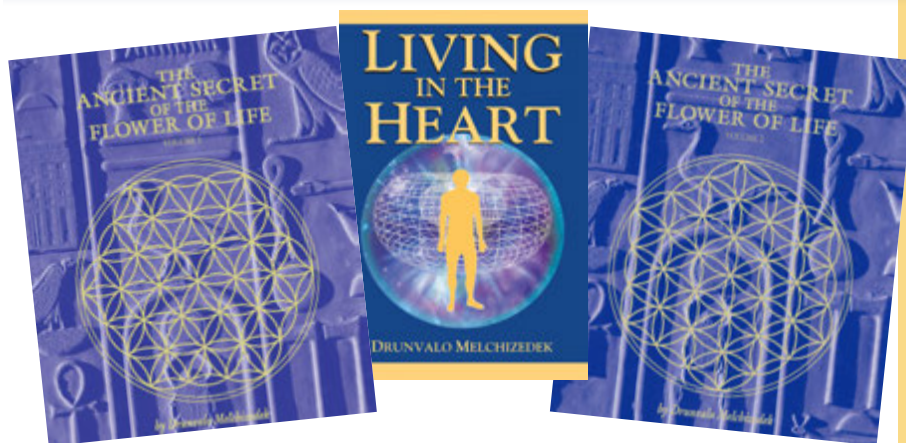
The exhale relaxes you into the expanded presence of being, again and again. Consciously call forward the active presence that embodies formed existence as self-ascended presence. This moment beyond the limits of the mind of form is the turn of the 50,000-year cycle. The first calendar year of this cycle culminates on the March 2024 equinox. Consider that everything is a “first” during this expanded revelatory moment.

Breathe and joyfully relax into your inner knowing beyond the mind of form. As the spiraling experience of this moment calls you into greater depth of your eternal presence, the rapidly expanding culminating energy is already ignited. This means you are the active and conscious awareness of form, continually creating and re-creating.

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The cycles supporting this potentiality sustain the fabric of the universal energy of eternal life presence while offering the beauty of formed life. The cycles that have sustained this specific potentiality have called forward a 50,000-year reset that assists the energy of essence to be and to make the miracle of conscious seventh-dimensional existence available to all while in this experience of formed existence.

Stand Tall in Your Infinite Knowing

The 2024 gateway is available to you as you relax into the fully embodied acceptance of divine mastery presence as the self in form. This is eternal life, consciously in the body with full awareness of the existence of self. This entrance of the stabilized field of cocreation welcomes your full embodiment of conscious divine mastery presence.

Breathe in and exhale as you relax your mind. Inhale and exhale again as your body receives this command from the divine mastery presence consciously directing your breath. This is the pathway of both the student and the master. It is the unified field where eternal life essence is free to be.

You now sustain a healthy experience of the fifth-dimensional state supported by the energy of compassion. Lifting from the illusion begins in this field of potentiality as compassion is re-cognized and embraced. Living the experience of 2024 anchors compassion within through the mirrored energy of forgiveness. Together, compassion and forgiveness begin with the self. This unified healing ray continually emanates from your ascended heart center.

Be consciously aware, and love the blessings of all, especially the self. Wrap your arms around yourself while saying yes to the radiance of the fullness of compassion. Lift yourself effortlessly from the emotionality of the compelling linear experience of 2024 into the illumination of relaxed egoic presence. Adapting to the living energy of compassion in action is an act of mastery while in formed experience.

This journey into conscious mastery reclaims eternal life presence and illumination as the living essence of the law of instantaneous manifestation. Free from the fear projected into and through this realm as real, the fully aligned presence ignites the vision and clarity to sustain seventh-dimensional consciousness. The year 2024 is the lift that invites you to stand tall in your infinite knowing and arise into the gift of honestly witnessing.

The expression of this connection is amplified in this specific potentiality through multiple spiritual experiences and symbols. All are here so that you can connect and remember. Eternal life calls you to remember beyond limitations, and 2024 is rich with numerous moments. The cycle of wholeness beckons within this unique moment. The 50,000-year reset is here, now. Invite your full divine mastery presence into the gift of this body of form and know I Am, as you Are.

Invite the egoic nature within to relax and say yes to your eternal nature. This is the moment to navigate the sea of neutrality without the distractions of greed,

competition, and jealousy and to be the essence of freedom. Living this essence is the opening for you to flourish and command your vessel on the sea of neutrality, free from illusionary distractions and fully illuminated as the teacher, healer, and mentor in form, here to be the essence of freedom.

This is the moment to smile and say yes. As always, the choice is yours. The cycle of 2024 calls forward greater

support for remembering yourself as divine mastery presence anchors the alchemical transformation of the human into greater conscious awareness.

You are ready to claim your seat at the table of the masters and set the law of instantaneous manifestation into motion. Your physical body supports you to be in form because this moment of potentiality has arrived. You are anchoring, expanding, and being the active presence of the law of instantaneous manifestation.

This illuminated choice point has been rapidly building since the ascension escalator arrived in 2015. This is your moment to break free of victim consciousness. Ask yourself: "Am I ready to make a conscious choice?"

As the technical machinations increase and exceed most people's perceptions in 2024, it is valuable to recognize that while the collective societal norms of this potentiality place great adoration on intelligence, it solely serves the brain of density: Intelligence uses its facilities to make density more attractive.

Consciousness is the energy of your divine mastery presence expanded through awareness, experience, and choice. Continual growth in wisdom is your increased capacity to love and be present. Awareness, experience, and choice support the foundation of the ascended capacity to love and be present.

The alchemical transformation of humanity that began a rapid expansion with the birth of this 50,000-year



cycle is upon all in this very moment. This is the celebration to remember that you are fully able to create miracles. Are your dreams manifesting?

Complexity and simplicity sit together as we come together and begin the journey of the 2024 cycle. Will humanity embrace the alchemically transformative power of sincerity, love, and presence, or will it embrace greed, competition, and jealousy?

We honor and celebrate you in this formed experience. May your heart remember and always know the

truth of your eternal divine mastery presence — the essence of love eternally expanding. And so it is. And so mote it be.

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.

Viewing Global Upheaval from the Perspective of Oneness

Oneness through Rasha

The times now upon you have been spoken of in prophecy since time immemorial. These are the days that have loomed in the distance lifetime after lifetime, heralding the ominous sense of a “someday” most assumed they would never live to see. Despite what you may have been led to believe, chances are that the majority of those incarnate here today never will.

It is important to remember that the validity of a prophecy is only as accurate as the moment in time when the prophecy was made. From the perspective of the seers of long ago whose visions have stood the test of time, the cataclysmic occurrences foreseen for this period in history were taking place at a dimensional level far removed from the here and now you are experiencing today. You are not in that place in time — at those vibrational levels — anymore. You are here. You are experiencing a very different set of conditions from the ones that might have been foretold for “these times” centuries ago.

It might well be that apocalyptic events are now taking place in other dimensions. Those are the visions that were foreseen and documented so very long ago. Those prophesies were not made for this here and now. The great seers of ancient times would have been unable to perceive this here and now — this dimension — from the perspective of the diminished vibrational conditions in which they documented those visions.

It is not our intention to make light of the very real catastrophes now being reported from nearly every corner of the globe. Know that these isolated occurrences

are much-modified versions of what might have taken place had your species not ascended out of the range of that level of upheaval.

Radical change is the hallmark of these times. That is a fact. This is true not only of planet Earth but throughout all creation. The degree to which each person is affected by the intensity of these changes, however, is directly determined by the energy that being brings to the moment at hand.

Placing yourself in an environment that presents less risk, in terms of potential natural disasters, can help somewhat to offset what, to many, seems inevitable. But placing oneself in isolation — and presumably far from danger — holds no guarantees, for the purging of the vibrational density accumulated by your world will take place. The degree to which you, personally, are affected or left untouched by these changes, is the opportunity at hand.

All you have to work with is this now moment. Looking back at the avoidable environmental errors that have taken their toll will not serve to rectify them. They can only serve to underscore the shift in consciousness needed to create a global mindset in which situations that are reflections of unthinkable carelessness cease to continue. Likewise, projecting a fear-based outlook toward the future onto the canvas of the ethers based on dire predictions from the past, will not serve to dispel the limitless possibilities for radical, positive change that are ever-present.

These might well be challenging times, but it is not



too late to make a profound difference in the prognosis for the days ahead. Every consciously directed action — every selfless gesture of human kindness — on the part of everyone who counts himself or herself as present in these volatile times, combines collectively to determine the ongoing vibrational conditions experienced by all.

In the face of the ominous headlines that scream at the world from every direction, it is easy to become discouraged. It is easy to find fault and to point fingers at those who appear to bear the brunt of responsibility for the predicament of the moment. But the burden of responsibility for making a difference in this now moment

rests with every one of you, as does the opportunity for cocreating the world that future generations from far and wide will share.

This story is far from over despite what certain ancient prophecies might have to say about it. From the perspective of Oneness, this story has only just begun.

***Rasha** is the author of the spiritual classic, *Oneness*, and other books in her *Oneness series*. She awakened to her inner calling as a messenger of divine guidance in 1987 and began working with Oneness, the Divine Presence we all share, in 1998. American by birth, Rasha now lives at the foot of the mystical mountain Arunachala in South India. For more information on Rasha and the teachings of Oneness, please visit OnenessWebsite.com.*

A Year of Becoming

Heather Robb and Thoth

Beloved people of Earth, hear us. These times are magical in that they open you all to new possibilities as you face the ancient times in which purity walked on Earth. This coming time span that you call 2024 is even more intense, as so much truth will be awakened within. This will be a time in which you will be asked to make a checklist of all that you need to correct, release, and understand. See this as a time for great change in your lives in which you will advance your evolution by becoming new humans.

Last year, we explained that 2023 was the time for manifestation. This coming year, what you have chosen to manifest becomes a reality. You might ask, “How is this possible?” We say to you, listen to your heart. Listen to the quiet, silent places within. Seek the love you are to flood your being so that all you hear and feel is through love. When you see through love, you see the highest truth.

Did you know that the love you feel is part of God? This is your aspect manifesting more fully as you embrace the divine self. It is time to become the god that you are. Then you will walk on Earth as divine beings of light, allowing truth and the Creator to walk with you. It is time, beloved ones. Rise up and be your divine truth. See all old fears as being nothing but illusion created through ego. Let yourselves swim in the light of this new age and become it.

As you surrender to this process, you will see many things about you change. It is not just your lightbodies, but your physical bodies will also shift with it. Your lightbodies encapsulate all your truth as a mirror image of who you are. (Some call this the aura and read this light that reflects who you are, yet they see but the smallest reflection.) As all energies are stored here before they

manifest into the physical body, your thoughts and creative spirits will create new lightbodies as you embrace these new energies, allowing all bodies to become whole

and pure light. Your physical appearance might even change in unexpected ways for you. In your meditations, see yourselves as the light you are becoming. See this light as who you are, for it will be your truth.

2024 Is a Gateway to Unity

Welcome, divine humans, to this new time of awakening to the truth of the divine self. This is a time as never before when all will be in harmony with us. Remember, manifesting is now becoming. Allow this, and become these things, for this is your year of new birth and self-realization, as you return to the wholeness of the God-self. For those of you who channel our energies, these too will expand into a higher consciousness of being. For those who are new to these possibilities, know yourselves. Two will be able to touch the veil, step through, and unite with us.

Hold nothing back. Rejoice, surrender, and know peace, for you have arrived in this New Earth space of light. Let the light consciousness of humanity shine through you. Unite with humankind and become one energy of its collective light. In this, you unite with the fullness of the Creator and walk within this light on Earth.

As humans evolve into this place of light, so will Earth evolve, and together you become something new and united as one space of light intelligence. This light intelligence is called love — the finest creative energy



— and Earth and humans will become one light. After 2024, when humans and Earth unite as one song of love, Earth will transcend into a different dimension, taking humankind with her, for as one, you will all create a new space of light beyond this physical manifestation. We ask that all humans unite in this way. The true unfolding begins in 2024, and it will grow and expand forward after this time. See this next year as a cusp — a new beginning — and open your heart to be part of that.

We ask that you take time each day to be with us. As this space of union is created, the union will become stronger. The frequencies of 2024 will make this more possible, and the greater the union, the greater the

energy you offer to the collective. This will make this union even stronger for Earth herself. As you place your feet on Earth, feel yourselves uniting with Gaia with her great belly beneath your feet, and unite with her love.

You are becoming one with the Mother and Father. How wonderful is that? What a gift you offer to this process of union with the All. The year 2024 becomes a magical gateway to unity.

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.

The Open Portal Brings Hope

Merlia and the Keeper of Time through Steve Rother

Merlia: Greetings, dear one. I join you with such joy this day. The portal is remaining open, and that is a really big thing from our side of the veil. We applaud you for holding this open, as we know it has been difficult for many of you, but you stretched and opened in many different ways. You might not see the open portal or understand how you held it that way, but that will become more apparent. Basically, you've given permission for more help to enter your game, and it arrives in many different ways.

The first step of that help is assisting the planet, which is in a spiral at the moment. Earth's circulation system spun tightly like a top at one point. Now she's whirling and wobbling all over the place and creating massive weather changes. This is the redistribution of water and the wildfires that have become commonplace on the planet, and all relate to the jet stream. If the jet stream begins to break up, everything will change very rapidly.

Movement is also occurring in the Gulf Stream, which flows into the Pacific Ocean. If it breaks down, water will rise very quickly. Fear not, for you are on a good path. Earth has decided to make certain changes that will become evident as you move forward. She is capable of supporting all 8 billion human souls, but that is not yet happening. At times, you use many more resources than she can produce. You've even calculated which countries use most of the energy. The reality is that you have greatly changed.

There Is Good News

Earth is getting help from some of the originators of the game on your planet. Your entire game moved

here. You brought all your energies to Earth and started incarnating on this incredible planet. You've had 10,000 years of an undisturbed energy field to grow, evolve,

and do everything you wanted to do. The Holocene was 10,000 years of steady temperatures that varied less than one degree in either direction. Then you skyrocketed after the beginning of the industrial revolution, which changed everything, yet Earth adjusted and shifted. It is entirely possible that she can still host the game of humanity on planet Earth. She is doing everything in her power to reset her energy, and now she also has help. That's why we focused energy on the planet for two days, opening our hearts and connecting with her, a living and sentient being.

Earth has decided to evolve and is trying to do this very quickly to catch up to the weight of humanity. Anything you can do to ease your weight on the planet and open your heart to connect with her will make a difference. To do this, you can simply enjoy the beauty of nature or open your heart and become a vortex master to take charge and guard the beautiful vortexes opening in many different places.

This is good news, and a beautiful opportunity to imagine the next level of humanity flourishing on this planet, so hold that vision. Yes, we know you see many problems right now: storms, wildfires, floods, and all the other ways nature overwhelms humanity. That is happening, but several things can happen to slow it down.

Keep an eye on the jet stream and the Gulf Stream, for as long as they are still in motion, there is great



hope. It's incredibly important that these streams continue moving and circulating the energy of Earth to the North and South poles. If they slow, the planet will move into a mini ice age rather quickly. Earth's current changes are shifting your weather patterns, bringing cold to places that should be hot and rain to places that should be dry, but these changes are being harnessed in a positive way.

Good things are taking place right now, and your part is to celebrate Mother Earth and connect with her in whatever ways you can, perhaps by taking a walk in the woods, picking up trash, or planting a tree in your backyard. Do whatever you can to honor her.

Life on Other Planets Comes in Many Forms

Some people and organizations have considered inhabiting Mars. That might work for some, but it's not the true future of humanity, because your current technology is not there yet. You were actually on Mars before Earth. That's where you first began the journey of what you now call humanity. Many exoplanets are being discovered right now. When you find them, you will also find life, and it will be quite different from what you expect.

Many life-supporting planets exist in the galaxy with many variations of life. Some life forms are similar to ones on Earth, but you don't actually refer to them as life. At this very moment, the building you're in might be supported by concrete. You likely think of concrete as an inanimate object, but the stones and cement it's composed of come from Earth and are still parts of her. For example, the stones still carry the heart of the sentient being you call Mother Earth. It might surprise you to hear that Earth loves being reshaped into humanity's reality. She loves that you use her branches for shelter and sacred spaces, for in this way she integrates more fully with you.

Now that you know all those stones exist in the concrete slab you are standing on, what would it be like to talk to them? What would they tell you? Observer talks to them all the time, the same way he talks to the microbiome in your intestinal tract. They are forms of life that you are just beginning to understand, and they inhabit many places throughout the universe.

Your space brothers and sisters can move multidimensionally. The open portal now welcomes them, especially the eight original races that helped form planet Earth. Six of these are the parent races of humanity, and they deal directly with the planet. They have not yet made official contact and will not likely hold a live press conference announcing their arrival and intentions while standing next to their spaceships. This would take way too much energy for them, and people still have too much fear.

Claim Your Power and Connect

By holding the portal open, you also hold open the heart of planet Earth. That's why we ask you, "How much love can you hold?" In holding that love, you've opened all the opportunities for these beings to start assisting the planet with her adjustments. First, you'll see Earth experience fewer and less-intense difficulties. You'll notice that some extremely hot places are no longer quite as hot. Overall temperatures will continue to rise, but it would be a very good sign if it slows down. The idea is to keep the pendulum from swinging too violently between extremes.

Work with your heart to connect with who you truly are; then claim that power with planet Earth. You can significantly affect planet Earth and all humanity. These are wonderful times to be here, and your place on this planet has been carefully reserved for a long time. Welcome Home, dear one. The highest angels are here to help you make this transition, and we speak to many of them. Enjoy the journey. We watch as the feminine continues to slowly rise on the planet. Welcome it; bring it in. Know that the feminine carries tremendous strength for everything you're doing.

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 as you create this beautiful new game. Espavo. I am Merlia, the feminine form of Merlin. Come up and see me some time.

You Are Creator Beings Run Amuck

The Keeper of Time: Greetings from Home, dear one. I join you this day with such joy, for you have accomplished so much in such a short time. We see the many challenges you go through, but in many respects, you're way ahead of the game. Understand that these changes take time, and you have integrated them extremely well. The portal has changed Earth's entire energetic network, which opens many possibilities. It's much like your energy field: You are sensitive and pick up other people's energies. Earth does the same, but on a much grander scale.

A magnetic field surrounds Earth, and other fields — such as the ionosphere — interact with it. These different elements protect Earth from stray radiation that naturally travels through space. A planet can more quickly evolve into its higher aspect when protected from elements that would naturally degrade it. The portal keeps all protections in place when it opens. It also opens up energy so that beings can see the planet and move through it in a different way. As a result, many beings are now working with Earth to shift some of the energy, allowing Earth to take her next evolutionary step and house the many people on the planet.

At the same time, many of you are raising your

vibrations and elevating yourselves in different ways, which causes less weight on the planet. That shift changes the 80/20 equation: If you are 80 percent humanity and 20 percent spirit, increasing your percentage of spirit — which is lighter — puts less weight on the planet. We thank you for your work as this portal opened and you blindly proceeded without knowing what would happen. It happened because of your hopes and dreams.

Let us tell you a little more about what is possible with the portal being permanently open. We say “permanently” because it will not close in the normal increments it would have ordinarily. That said, it’s always possible that the portal might close, and this could happen if Earth needs to take another shift to protect herself.

In the meantime, help is coming from different directions. You’re connecting on multidimensional levels. We’ve given you the illustration that you are eleven dimensions, actually twelve, including your higher self. You’re a multiple of twelve, representing universal principles. Each time you make a big decision, another of your aspects makes the opposite decision so that you experience everything in different ways. You’re able to balance many things because of the clear separation you have with your different dimensions.

A tremendous amount of balancing goes on in the eleven dimensions by believing one thing on this side of the dimensional wheel and something entirely different on the other side. You believe that someone is wrong even though that person is you. You are all creator beings. You create whatever you can balance between your head and heart. If you manifest something, thinking and believing it’s the absolute truth, you’ll manifest it successfully.

We often hold things up and say, “Here is a vision you can create.” Then you do it, because you’re a magician. You manifest many things out of nothing at a moment’s notice. Some people spend huge amounts of energy to get you to use your creative power for their purposes. Why is it easier to do things for others than it is to do them for yourself? That’s your spirit seeing through your bodysuit. Your spirit has no ego, so it does not know itself. Instead, it needs the experience of the physical to complete its mission.

Because of this portal being open, you are now capable of more multidimensional contact. We’ve given you suggestions, such as timeline healing, in which you can actually heal in the timeline by erasing, correcting, or shifting things. Cognitive life path programming does exactly that. It takes many of these elements in the timeline and changes them because you are a creator being. The moment you hold something and shift it ever so slightly, it is yours; you own it. You can manipulate,

control, and duplicate it. You can work with it in many different ways, even as negative experiences.

You also purposely put negative experiences on your plate. As a spirit, you do that all the time from the other side of the veil. If you’re a fiction writer, your hero must bump against big problems and rise above them; otherwise, there is no story to tell. Please don’t look at negative experiences as being wrong or think that you’ve done something wrong. They give you opportunities for mastery, because you create every step on your path just before your foot hits the ground. You just don’t see it, because you created the veil, which hides much of it.

Meet Your Other Selves

With this portal open, you’ll also be more able to work with your other timelines and dimensions of space-time. Increments of time can cross each other. You all have a timeline cross coming up toward the end of this year. From time to time, you have individual timeline crosses. What does it look like to be in touch with your other dimensions? Perhaps you’ve had a past-life reading and were told about who you were then, but that might have been a life in another dimension.

Dear one, you’re a perfect being, but perfection is not allowed on planet Earth, so what do you do? You hide your perfection in all your twelve different dimensions. In one, you’re an expert at plumbing, and in that other dimension, you’re a terrible plumber. You have the opportunity to experience much of the good, bad, indifferent, ugly, and every other part of being a human in multiple dimensions. As those dimensions start to collapse on each other, you will regain some of your perfection. That also means change, and humans don’t like to change. There’s nothing wrong with that, but when you understand and acknowledge your natural resistance to change, you might have some of your answers.

Once you accept and move into it, you start connecting with some of these other dimensions of space-time. This could come through as ideas, phrases, or even music as you receive signals from your other selves in the universe, and that is very magical. If you’ve done channeling and spirit communication, this experience feels like that, except it is much more powerful. You have no doubts because it comes from you; it’s your essence, speaking and receiving.

You Are Playing a New Game

Now is the perfect time to improve yourself in any way you can, and you’ll find things move faster than before as you step on the path to evolution. You will also experience more difficulties in shorter periods of time, because you’re moving quickly. It’s as if you’re saying, “Bring it on. I’ll take it on all at once.” Learn to trust the inner you, your higher self. That connection is critical

for everything you do, because it's how you express yourself as an individual and how you connect with Home. All spiritual connections come through your higher self, your true being.

The more you can raise your vibration, the less you weigh on Earth, and the easier you can step up to that next level. When you reach behind you, you bring up the person who is a step back. You become part of the collective of humanity, and then playing a new game happens in the blink of an eye. There will be resistance to this. Obviously, there's resistance to everything, even during more normal times. You now have more contrarians on planet Earth than ever before. A contrarian is simply someone who wants to go in the opposite direction from you, for whatever reason. Sometimes that's actually wonderful, because it brings in new ideas, but other times it mixes things up. You are creator beings extraordinaire, so if you truly believe the contrarian is true, then you manifest that. We simply ask that you be aware of what you are creating and to choose your manifestations carefully.

This open portal also opens the flow of multidimensional thought with multiplanetary systems. It's your responsibility to ground those thoughts, so start by writing them down and grounding them in your world in some way. Use them or speak them. Even if you slightly

disagree with the thoughts, grounding the energy gives you the opportunity to fully examine them. As a result of this portal opening, you'll find that you move very quickly now and even faster in technology.

How much of what has taken place has required you to hold your heart high? That's why we keep asking you how much love you can hold, because it's been the key to keeping the portal open. Fall in love with planet Earth, with your experience here, and especially with the experiences you have with other people. It's an opportunity to remember Home in the most beautiful way.

You are a magician of the game board who traveled a very long way to be here at this exact moment. We're so honored you are with us. Now that this portal is open, there's so much you can improve in yourself to then carry out into the world through your ideas, thoughts, and deeds. You're never alone; we're with you all the time. Share your magic with each other at every opportunity to create miracles for yourself and everyone. You're playing a new game, so play well together. You are loved. Espavo.

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

Love Yourself; Change the World

Master St. Germain through Molly Rowland

The world is changing. Everything is different. It does not matter who you are; you feel something that wasn't there before. You wonder, "Where should I go? What should I do?" How the future unfolds is up to you. You might attempt to hold on to the past or step into the unformed future with faith and trust.

Nothing is as it seems. If you continue looking outside yourself and focusing on events in the world, you will continue seeing war and all manner of human conflicts. The higher realms call for a totally new perspective. Focusing on the outer world increased over eons of time, with the human race gradually losing its recognition of the worlds connected to this world. At this time of awakening, the veils are rapidly thinning, and humanity is experiencing truly revelatory shifts and changes. More people are discovering the unique expressions of the divine beings they truly are.

The ego's desires to be special, important, and accepted have created separation. The choices you make have always determined the direction and outcomes of your life and affairs, but this has not been widely understood. The shifts are bringing deeper awareness of your choices.

Your future is in your hands. As long as you accept that someone else has power over you, the primary focus of your life will be the battle to be free. As you change the view of your capabilities, you realize there is so much more to you than you ever considered. You are not ordinary or limited except by your self-awareness. You have been persuaded over time that you are worth less or worth more than others, experiencing equality as an illusion rather than the truth.

The direction of worldly affairs is up to you. It is not,



“How do I change ‘them?’” Your quest for the coming times is to delve into yourself and find what requires healing. You cannot do this alone, but feeling loved and supported in the process brings positive results. This healing does not happen by focusing on what you believe is wrong but on your most beautiful desired outcome. Then let it come to you. Your perspective of yourself changes how you interact with the world.

Love Is a Circle of Giving and Receiving

Since this article is meant to provide predictions, you might wonder why I’m talking about self-awareness and self-change. Whether you are conscious or unconscious of your actions, you influence the world with every choice you make. When you love yourself unconditionally, it is easy to love others, even those you have decided to dislike for some reason of judgment. Each time you judge someone, the energy of that judgment returns to you, magnified at least three times. This is divine law. The pain of revenge and payback you wish on others intensifies back to you.

This is not “mean.” Karma does not decide who will pay and who will not. It is unconditional. Balance is a primary law of the divine. When things fall out of balance, karma moves in to restore harmony. Planet Earth is extremely out of balance. When you restore your balance, that positive energy creates more positive energy for everyone. The more balanced you are within, the more beautiful your creations and flow of life become. Since you all create your individual futures, the more you heal and hold loving thoughts for the whole planet, the better future you will experience. Life is filled with challenges. How you meet them determines how your life will be.

The course of the world is influenced by haters and those who join with them or look the other way. You cannot stop others; that is not the point. The lesson is to put forth your highest, most powerful, and most beautiful vision for everyone, including you. When you put yourself in the design of your life, you are more likely to create in a positive way because you know the life you are creating is the life you will be living.

Those who love a good fight will support more wars. Those who trust they are well cared for in ways they do not even know will live in the flow of life without conflict. Sharing is not giving away everything you have to others. Peace requires balance. Love is a circle of giving and receiving. Receiving isn’t grabbing and running, nor is it denying the gifts others offer. Creating includes equality. The logical mind has difficulty understanding what equality means in such an unequal world. Equality is an aspect of spirit. As such, it requires raising your self-awareness to new heights.

We observe with hope and faith this wonderful planet. Earth is moving toward great changes at every level of life. We hear, “But tell us what is going to happen!” A good teacher never gives the student the answers. A good teacher shares clues and directions so that the student becomes inwardly strong. Blessings be on your way.

***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.*

Profound Potential for Healing

Allaenea through Wendy Rowley

Greetings, dearest beings of light. We have much to say about how things might percolate in your coming year of 2024. When connections were made in the band between Earth and the galactic rings at the periphery of your planet, the human akash received a great ability for healing. The creational levels of these new connections were then enhanced, and connections are now being made to new levels of the interim Christ grid/soul-creational grid, the Christ grid/soul-mastery grid, and the human crystalline grid/human-consciousness grid.

The connections between these three grids will bring profound potential for healing such that groups of souls will be able to come together and heal the human

crystalline grid/human consciousness grid. Healing this grid will enable new information to come through the Earth system from the interim grid, which contains our time capsules, or what we call “enlightened information.” While this new energy has great potential for healing, the potential is also there for greater resistance.

Some young people on Earth don’t understand why many still hold on to ways that no longer serve, and some are in a state of not caring. This is not a good paradigm,



and we encourage everyone to make people between the ages of seven and twenty-five feel more involved in life. This is especially the case for those between twenty-one to twenty-five, as these ages are associated with the soul's force to stimulate the life path. Topics such as foundational values, seeing the good in all, and understanding cycles, transitions, and change are good points of discussion. Parents do not teach their children about values as much today as in the past, and many current childhood activities relate to the intellect, which has an effect on a person's mental outlook. No bridge can be built between spirit and mind without an understanding of values, norms, and working in harmony for the greater good.

The overarching energy in 2024 will be more intense than in 2023, but the energy will also be more light filled and at higher octaves. It is a well-known premise in healing that light drives what needs to be healed to the surface. We ask you to remember this in the larger context of increasing light coming into the creational energies that need to be healed. These creational energies are the unconscious/subconscious programming within the consciousness field. The consciousness field is composed of the shared universal life energy of soul groups in the human crystalline grid.

Because the higher self goes from soul-group level to individual-life-force level, subconscious/unconscious programming affects individual people as well as groups. This energy of subliminal and subtle miss-creation that has plagued human consciousness will become a little stronger.

People Will Find Their Voices and Power

In 2024, more people will seek new visions of the world, new ways of finding community, and new ways of creating change. If you are a healer, spiritual counselor, universal counselor, or disseminator of spiritual information, you will notice that more people are willing to speak about themselves in truer and more intimate ways. It is also likely that more healing light will be available. Some lightworkers might already be noticing this increase. You can raise the strength of this light even more by attuning to it and engaging in more healing. It is like an invitation to the soul to feed healing energy.

We hope to see a shift in corporations and governments in 2024. People are starting to realize their

voices and power. All human-created entities are meant to serve the greater good, but over time the entities can develop to serve themselves. Backing these institutions out of entity consciousness and into human consciousness will require large groups of humans demanding change. The increase in group-energy power is purposeful and timely, but this change will be slow. The shift will be evident by more disharmony in governments and industry. Things are messy when they dissolve and reform.



A very strong and benevolent change coming in 2024 is that more people will realize they can create their personal realities and therefore don't have to buy into whatever is being sold to them by corporations and governments. This applies around the world. People are feeling that they should speak up more when they see injustice, cruelty, unfairness, selfishness, and duplicity.

The most benevolent thing you can do in 2024 is to gather with like-minded souls in laughter, joy, celebration, prayer, healing, or any other activity that uplifts all. Having a healing- or spiritual-based purpose is a new paradigm for festivals and vacations. Another potential is new technology that prefaces the next phase of more-sustainable and less-toxic forms of energy.

Expect a New Spirit of Compassion

In 2024, a series of events will result in the potential for a new form of universal compassion. We will not give much detail on this now, and we do not mean to tease, but we wish to say that human compassion will grow. Part of this is because of the influx of energies from the golden akash that stores the energy of goodness and light-filled creations for future use, such as in healing. This is possible due to the changes made at the periphery of the planet allowing in higher levels of cosmic energy, thereby evolving people's spirit bodies.

We speak here of the primary spirit body on the other side of the veil that you return to when you transition between incarnations. This spirit body is connected to your soul and to higher creational beings who evolved you into your current form and brought you through many planetary systems in your galaxy. This spirit body is receiving enhancements that allow for more direct communion with healing and spiritual forces from Creative Source through the soul. The soul is therefore upgrading its primary spirit body with the help of higher

creational beings. This work will continue through 2026, at which time it should be complete.

We are expecting that this will bring in more light through the Supreme Being heart pathway and the Christ pathway within the Supreme Being's heart. A lightbody relates to the heart field that is different from the interim lightbody. This lightbody at a high level of the higher self is starting to receive new impulses into the heart field from the new connections being made in the primary spirit body of the soul on the other side of the veil.

Waves of Uplifting Energy Bring Opportunity

The Circle of Oneness through Carlos A. Rubio

Dear beloved humans on Earth. We praise your commitment, resilience, and eagerness to continue your path of seeing that the vibration of peace and love returns to the heart and mind of the planetary mass consciousness the same way it is already anchored in you. We wish to speak of the energies coming your way in the near future and throughout the year 2024. But before the new year starts, there will be a phase of preparation meant to acclimatize you to what's in store for humanity in the new year. What is guaranteed is continuous change. You will no longer remain immobile, resting on your laurels.

There is inner and outer work to be accomplished. What you will encounter as you read these words is that there is already a momentum gathering speed that requires you to step out of your comfort zone and into action toward an upgraded version of yourself. The theme of the energies to come is transformation. This will occur in different ways and at levels of intensity for everyone. Some people have already embraced the process of permanent change, and for them, the new energies will feel familiar. They are already used to doing constant inner work and having to reinvent themselves.

In contrast, those who are fixated about staying where they are and refuse to look within to address what needs change are going to encounter very intense energies of transformation, almost forceful. No one is going to be exempted of this wave of transmutation. In the past, the energies were gentler and even those who requested it were granted the ability to bypass change and hold on to their old beliefs and perspectives about

These are the things we wished you to know this day. May you hold a strong ideal of hope and promise and consider engaging in some of the new activities of spirit celebrations and healing that grow worldwide. Peace be with you. You are dearly loved. Expect benevolence in the coming year. We bid you adieu.

*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.*



reality. However, that is not going to be the case any longer, for this year onward, there is no longer denying that a radical transformation is occurring on planet Earth.

Ready or Not, Here It Comes

Everyone is going to be touched by the incoming energies in one way or another. The level of comfort will be up to each person. The less you resist, the easier will be the process of integrating the energies and letting them do the work they are designed to impart. These energies are here in force, and in large volume, they could feel like a tidal wave. They spread with great speed over the surface, deep inside the planet, and inside your bodies, psyches, and hearts.

There will be many waves. They will arrive at intervals. However, toward the end of 2024, the time gap between them will be shorter, and for those who adapt well to the new vibrations, the gaps will be almost nonexistent. They will seem to be swimming permanently in this sea of transformation. That is the level that eventually all humans and nonhuman entities on this planet are going to need to experience.

When the energies are permitted to permeate and establish themselves at that magnitude in your field and body, it creates a process of purging. This purging takes care of bringing to the surface of your mind and emotions anything that has been repressed, suppressed, or denied.

If you have been conscious enough to have kept up

with the ongoing burst of change and have had the courage to adapt and face your dark reflections, then there will be less concentrated and stuck energy in your energetic system to be expelled and purified. However, if you have had a closed heart and have avoided looking into your past and bringing peace to your experiences, your beliefs, your relationship with yourself, and your relationship with the world, you will have to face whatever is unaddressed in large quantities.

In all honestly, some people are going to struggle with the level of intensity that they encounter if their hearts have remained closed and they have lived their lives solely from a mental, rational place that can be easily influenced, conditioned, and hijacked. The new energies require the person to take full responsibility and ownership for their actions, words, thoughts, and emotions. Anyone unable to deal with the fine level of detail about themselves, such as a narcissist, for example, will encounter the highest resistance. You will not be able to block the shockwave of healing energy that is about to engulf this planet even if you possess advanced technology capable of suppressing intense emotions.

Some beings will find this process so overwhelming that their higher souls will choose to take them out of the game completely and return to pure energy form. Others will hope to hide deep in the underground layer of Earth, but even there the energies will find them. The only solution for those unwilling to partake of inner transformation is to leave the solar system in their advanced craft, for the intensity that is incoming will affect the entire solar system, not just Earth. The sun star is serving as a device that amplifies the energies. This process will be felt at a larger scale — even at a galactic level.

The Heart Is Your Shield

The beginning of this whole process of energies flooding the planet will start with several events worldwide that are meant to induce fear and pain at a mass planetary scale. This will create the conditions to force people to look at their lives and their choices. If you are used to existing from a place of an open heart and see yourself and the world from this accepting perspective, then whatever manifests on the world will not unsettle you. You will remain centered in your heart, knowing that whatever happens, you are safe and protected in your sacred space of the heart.

Stand sovereign in your power, and you will remain untouched by the suffering, yet you will be fully present and aware of when the time is right for you to act and be part of the solution. The heart is your shield, as it prevents denial. It is permeable enough to help you feel the pulse of the conditions around you. Fear will vibrate around your field, yet you are aware not to let it resonate and take over your frequency.

Remember, you are shielded when your heart is open and shining its light and powerful radiation. Remain aware that this is one of your main jobs during this period of upheaval. Rest assured, the old structures of society require a complete demolishing before the new can resurface. That is what's being disintegrated, externally and internally.

One way to prepare yourself for the year to come, which is a complete change of how your society is currently organized, is to become informed about what truths have been suppressed, especially in your human history. The theory of evolution is what circulates in your worldview as the explanation of your origins. However, let us tell you that your roots are way more marvellous. You are a child of the stars, the offspring of several galactic races that saw the benefits and potentials of coming together as one single race — literally. You are the product of these several races contained within your DNA.

Faith Springs Forth

In the year ahead, as you continue your work of learning what's true about you, this part of your history will be one of those stories that begins to unravel and is presented to those who are ready to receive it. For this to occur, the new year will demand an in-depth analysis of your beliefs, mindsets, and viewpoints of life on your planet. Most of what you believe as true is not. This will be exposed at a larger scale in the new year.

What will be revealed is not just your physical galactic origins. You also will be exposed to the truth about your spiritual source. It will come to the light how you are not just physical beings struggling in a competitive universe. This is what those who suppressed the information led you to believe.

In the new year, more and more people will come to terms with the concept that a spiritual life and perspective is just as important as a rational argument or factual knowledge. The year 2024 will mark the end of the nonspiritual movement that gained so much momentum with the scientific prominence and the need to prove everything before believing. The incoming energies bring this as one of their main gifts to humanity. It will become a reality that religion cannot offer the answers to our nonphysical hunger.

Spirituality will come to the surface as a natural response to our need for transcendence and the experience of faith. This faith will return without being encroached by the dogma of religion. In the turbulent year ahead for many, a solid spiritual rooting will go together with the experience of an open heart, for one cannot really exist without the other.

What flows out of your open heart and creates your cocoon of peace is this spiritual essence. It flows to support and boost the life force of the body and mind. This

becomes your highest level of immunity that will insulate you, as a light suit, from the polluted and sometimes poisonous vibrations that could be unleashed on your human world.

A New World Rises

Twenty twenty-four will bring to light the manipulation that has existed on humanity from behind the scenes for thousands of years. All façades that are in place to keep humans from realizing their potential and power will start to crash. However, the forces that seek to remain in control will try to repair them as fast as they crumble. Initially, they will observe some success, but eventually the movement will become so powerful against their methods of control that they will not be able to keep up their games of influence, manipulation, and fear.

The house of cards they built that you call human society is about to fall. This will be experienced as the breakdown of your social structures. However, don't let this information discourage you, for there are forces at play who have sought to counteract the dark influencers.

The planet will rebuild into a new world in the not-too-distant future. You are invited then to be part of this transition, for that is what it is. It is allowing humanity to wake up from the dream of low consciousness into the new day of full awareness. Starting next year and

for the next couple of years, the energies will support everything in alignment with allowing the conscious awakening of the human Earth race. This will be seen in business, finances, media, entertainment, history, military, and psychology.

For a long time, you have felt you were meant to accomplish something important with your life, but if up to this point you have been unable to uncover what that truth means for you, wait no longer. This is the stage you have been waiting for. For those of you who have been waiting patiently for a window of opportunity, this is it. Make your move, start the business, find ways to help, and give out your creativity. Find ways to enliven this world with more beauty and peace.

Each of you reading this message has an important piece to contribute to the larger human picture that is unfolding. There is no way to know where the energies are going to take your civilization, but with your conscious and selfless help, it will guarantee that it moves into an awareness of the oneness you all come from and to where you are destined to return. God bless!

Rev. Carlos A. Rubio is a metaphysical minister and founder of the Oneness Wisdom Temple. Since 2006, he has channeled spiritual wisdom with the purpose of elevating planetary Christ consciousness. Carlos also serves as a spiritual counselor, and he is a fine artist. He lives with this wife and three children near Toronto, Canada. To learn more, visit OnenessWisdom.com.

Year of the Quantum Merge

The Sirian Blue White Collective through Dr. John Ryan

Greetings, dear one. We come to you at this time to explore the energies of 2024. In our last annual message, we spoke to you about the kaleidoscopic nature of 2023. It has indeed proven to be a year of shifting energies with so many simultaneous events that it has been difficult to focus. You are moving forward at a very accelerated rate into a great unknown.

As we progress in the ascension cycle of the New Earth, energies will continue to shift significantly, producing large energetic clearings, creating experiences designed to expand awareness, and forming a foundation for the emergence of very positive future developments. Challenging aspects of the ascension process will span through 2025, bringing revelations, clarity, discoveries, and the emergence of various elements that need to be encountered, dismantled, integrated, or understood to allow a smoother flow of energy into the awaiting new cycle. Let us focus, however, on the time at hand.

In the year 2024, we define the overall energy as being of profound cosmic development. On an individual level, if you are actively engaged in the conscious ascension paradigm, you have been working to enhance or heal your energetic anatomy and raise your spiritual development for some time. You are also becoming deeply aware of the integration of a higher-level aspect of quantum energy that defines your soul's nature. We frame through the quantum crystalline nature of the twenty-fourth chromosome. Some of you are more aware of your integration with an aspect of Earth's energy known as the crystalline grid. As this process matures, you will further develop a functional quantum-energy system referred to as a "diamond light body."

Throughout 2024, higher crystalline energy



structures will gradually integrate into the evolving human anatomy — the quantum crystalline anatomy of human genetic design. More interestingly, you will become aware of the great abilities this delivers in terms of healing, personal evolution, and your quantum relationship with humanity, nature, and the crystalline grid. Many of you will become proficient in mastering skills to work with this evolutionary shift for the benefit of humanity.

During this period, you could find yourself focusing less on external events and drawn inward with a heightened awareness of your internal transformations. You will notice that you focus less on healing and more on the potential for multidimensional quantum integration. We will share much more about this integration in 2024.¹

Hope and Clarity Propel You Forward

In the flow of this process, 2024 is poised to be a year of cosmic remembrance and stellar integration, marking the next phase of your collective journey. You understand deep within you the interconnectedness of all life on Earth and across the galaxy and interdimensional realities. You recognize that all manifestations are fragments of a seemingly isolated but inherently interconnected greater consciousness.

As you transition through energetic integration into the new time cycle, certain attributes that have shaped Earth's energy will no longer serve humanity as they once did. When observing humanity collectively, it's evident that various aspects of polarity and extreme thinking are surfacing, highlighting the paradoxical challenges these pose to unity. As these polarities are unveiled, the necessity for unity will become increasingly evident.

The year 2024 will initiate the harmonization processes to steer human consciousness toward greater unity. This doesn't imply homogenization; rather, it signifies that the uniqueness of each divine expression will be honored and cherished, rooted in the profound understanding of reality and unity of the whole expression of life. The shifting energy into which the beloved Earth moves will no longer support lesser consciousness expressions.

As we step into this time frame, we emphasize that the experiences humanity encounters during the ascension process are predictable and naturally occurring. We offer this as reassurance, as we recognize the inherent challenges in your transformative process. To thrive within the emerging supportive energy band, substantial energetic structural changes must occur in the crystalline framework of the human-energy template.

As these changes transpire, tasks you once found challenging will become more accessible. As you integrate the diamond lightbody, the upgrade involves a more conscious integration with awakening-Earth's crystalline energy and your personal energy system,

enhancing human capacity for a more powerful and organized interface. This metamorphosis heralds the birth of a new human — a concept you've encountered in various teachings — that empowers your union with the evolving New Earth and your cooperation with the future intent of humanity.

Embarking on this journey can be disconcerting at times, for you realize the shifts occurring within you can potentially lead to the sense of an altered identity or consciousness. Shifts of identity also arise, allowing you to loosen your conscious attachments to things that no longer serve your future potential. This will occur personally and collectively and might feel temporarily disorienting. Through these changes in 2024, expanded glimmers of hope and forward-moving energy will become more evident. These moments of lucidity and clarity will empower your faith and courage to keep moving forward through the murky energy of transformation. These define the moments of crystalline integration or quantum merging.

You Are Birthing a New Self

Clarity will grow through the sequential integrations characterizing the 2024 time cycle, facilitated by the burgeoning clarity and energy in your expanding consciousness. As you navigate this transformation, remember that you're birthing a new self, a new potential. The year 2024 will be seen historically as a profound year that changed the nature of being human. It will serve as a genuine acceleration in the development of an ascended civilization.

You are an ambassador of change in this process, lighting the path first for yourself and then, in grace, for others. Our collaboration as the Sirian Blue White Collective will evolve in 2024 as we embed higher consciousness seeds in Earth's crystalline matrix. This will become an important focus of our work with you during this time.

These seeds are akin to the crop circles you might have seen — geometric patterns that imprint on the energetic fabric of Earth, enhancing its vibration. In our monthly transmissions, we will spend a great deal of time helping to achieve these quantum energetic integrations and helping you awaken to the power, wisdom, and grace you might manifest with the expanding power of the quantum merge. Through your intention, you play a role in the development of a higher-consciousness Earth, enriching the global potential and aiding humanity's progress. We will nurture this wisdom and work in unity to achieve the potential this brings. While this might seem mystical, the unfolding understanding will become clearer as we journey through 2024's transmissions and experientially develop an understanding of the meanings of these words.

Amid the current state of affairs, we remind you to maintain your balance and shine the light within your heart. Create moments of magic with your fellow humans, spreading benevolence through your actions and daily activities. While the transformation might seem chaotic, you are living in a crucial phase in the evolution of humanity that is on the precipice of magical momentum. Persevere, hold faith, and ignite courage as the ascension timeline steadily advances. You are well on your way to manifesting the potential of a higher-consciousness civilization.

Your daily actions and the love you manifest and integrate contribute profoundly to this transformation. As you look back on these moments, you'll recognize the celestial light you wove into your awakening soul, altering the course of planetary life. By the end of 2024, you will feel more aligned with your evolving self and even better prepared to build the components of the emerging new world.²

We ask you to embrace these words with the grace

in which they are intended. Remain in peace and in soul-illuminated power. Remember, always, that you are not alone. Through the light of the eternal Sun, we are together with you, for we are One. Namaste and blessings for 2024.

1. Our annual transmission at UnityFieldHealing.com/sirian-blue-white-collective provides detailed explanations about the energetic and integrative processes taking place within your energy systems to facilitate this significant change.
2. To support you in this activity, we are creating, through our channel, a unique free meditation to support you: "Attuning the Energies of 2024." It will be available on the channel's website after November 1, 2023.

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Into the Unknown

Ancient Watcher and Har Riz through Susan Sampson

Ancient Watcher: Greetings. As we look to the future, look to your life to see what is happening on the planet. It has been said that Earth is being divided into those who raise themselves in spiritual evolution and those who adhere to the ongoing dynamic of confrontation, war, and the negativity that has existed on Earth since before ancient times. Is that statement true? Somewhere in the answer to that question is your decision about what you want for your future. What will your future be? How much of that future is innate in you? What part of that future are you manifesting? These are all good questions, so let us begin.

A painful part of living on planet Earth at this time is the rise of negative emotions and the conflicts they produce. Problems must be solved and emotions addressed, but without violence or confrontation. Many leaders are not interested in solving problems between countries, because they have ulterior motives.

As you live in your home, your little piece of Earth — be it an apartment, house, or under a tree — you can experience peace and let others pursue their lives, even if they dwell in negative ideas. Allow them their chosen paths through life, no matter how imperfect you perceive those paths to be. Your first step is to make your space a place of peace, love, kindness, and understanding that radiates from you and your home.

Your second step is to be responsible for your environment and to hold your spiritual body in joy and love. Do your neighbors argue? Do your friends or colleagues have loud disagreements? If so, step back into your spot of land, and keep it as content and peaceful as possible. Allow those who need to experience their discontent by stepping away from them. Allow people to live as they wish and experience any negative aspects of life they've chosen without your judgment. Living peacefully shows them an avenue out of their chaos. You do more by demonstrating than by preaching.

A Rural Movement Is Coming

Outside your spot of land, what is happening on Earth and why? In the coming year and beyond, a back-to-the-land movement will take place. People might come to that idea through their thoughts, fears, or longings to return to where they played as children. Many seek safety outside cities. The next step in your journey might come from nature as a feeling or realization pulls you to the desert, forest, or plains.

You could miss features of urban life if you move to the country, but you can visit cities and not live in them.



The slow pace of country life is a healing balm for the soul, as if you need bandages of silence to repair your body's nerve endings. You slowly meld into the peace of living on the land, where you can wiggle your toes in the natural world. The process can be slow because it requires you to shed civilization and accept a slower path through the world. In that melding, your innate imperatives rise up that have been muted for decades. Childhood skills, interests, and fun make themselves known. Look for creative endeavors rising out of the heartland. The freedom in nature is different from the freedom found in cities.

Along with peace, freedom, and memories from childhood, a trap exists in moving to the countryside: You must fit into an existing rural society with many unspoken rules. Rural societies might have restrictive rules, but you can filter them and reject those that don't fit. In that way, you can form connections with like-minded people and become a community. (This is not a requirement and can just occur naturally.)

There is no race you must win. You are one person in the forest, aligning with it and allowing it to enter your soul. In the timelessness of the countryside, you have time to accomplish whatever needs to be done. Your soul slows down. You examine the small background thoughts you had in your urban existence and determine which are ripe for flowering in this slower pace.

You all have your individual paths through life. Rural and urban living are both honored ways. Just make sure that where you live fits the feelings that exist in your body. If you're unsure, experiment with trips to the city or the country, and all will be revealed.

When seeking guidance by reading, watching, or listening to spiritual teachers, it is imperative that you filter that information through your truth. Does it feel correct? Does it mesh with what you know are facts in your life? If it does not, ignore it. You are on your individual path, and there is no hurry. Time is a cycle and delivers whatever information needs your attention. If the information does not fit your truth now, it might in the future when it makes itself known again.

Let us discuss trees. We wonder why beings on the planet do not plant trees where they used to thrive. You

feel an innate understanding when you plant a tree. It signals a respect for all life even if it is not based on a deep understanding of life on Earth. It is the beginning of a change of heart, a rise of spiritual understanding. For that reason, plant a tree and allow spiritual understanding to grow within. Many vacant lands, even in cities, would welcome trees.

We've so far been discussing small steps to take in the new year that open the heart. Now we move to other insights for the future.

Live a Peaceful Life

Many of you are moving to other countries or across a country to different climates. Such a move might convince you that where you live now is best. If you are on the verge of a new spiritual understanding, you might receive insights you have never experienced before, and they could take you to the edge of where you feel comfortable. Comfort will come once you are there and allow yourself to make plans to move into what you previously perceived as the unknown. The goal is for you to become comfortable enough to move into the unknown.

Regarding the divisions existing on the planet, they are more global now. Each side believes that their philosophy offers the best outcome for their country. That is not true. Again, we ask you to think back sixty to eighty years in your country and see the similarities between now and then. Allow history to educate you so that you avoid repeating the past and thereby hinder the growth of souls on the planet. The choice is yours, but know that those of you who seek spiritual redesigns of your lives will achieve them.

You affect the world in a most profound way when you live a peaceful life. That choice creates generational, peaceful changes for all Earth. That life is simple, but profound changes happen when you achieve peace within your soul and family.

We walk with you as you move with the choice of peace. You walk the individual path you created for your return to that serene peace. It is unique, profound, and part of your destiny. We send little encouragements as you journey to that serene peace.

All Earth Is Awakening

Back in the beginning, when Earth was just cool enough for beings to step forth on hard ground, a leader of a scientific expedition came from another planet. He was gifted with scientific knowledge and spirit. His name was Har Riz, and he was me a billion years ago.

Har Riz: You human beings have come to access sacred knowledge that will take you to other realms and other realizations or to places where you can access knowledge deeper than you've ever known. This is a new step for most.

How does this sacred knowledge manifest on this planet, and what does it mean?

Entities (souls) live in the deep oceans. Their souls are coming to the surface and making themselves known. They are not in your dimension but in one so close to yours that they have an impact on the psychological understanding, curiosity, and development of souls on Earth.

These deep-sea souls are not the only ones coming to their fruition of existence. Other beings live in the clouds of remote mountains in the hidden places of Earth. They are infinitesimally huge and infinitesimally small. Think of them as jellyfish. They are in the clouds and permeable so that wind and fog move through them. They can't be seen by humans and avoid civilization completely. Some large ones might be perceived as terrifying, but the tiny babies are lovely, as if they could be pets, but they are too wild to be pets. They are coming to their fruition of existence. They are closer to you than the rising ocean creatures, because they are half in spirit/another dimension and half in your dimension. This gives them the permeability to fly unseen.

As the souls in the air and the oceans rise, you humans who are curious or open in your souls will desire to know what is happening. Information coming from the air and water are building like a tsunami. The entire Earth is awakening to a greater degree. Information is

coming out of everywhere, out of every molecule and tiny piece of matter on Earth. It is building and building, and you might feel it when your body hurts, particularly days when you feel as if something huge seems off.

You don't have to find a reason for why your body hurts, such as, "I've walked too far," or "I forgot to take my pills." It is not about that. Just allow the feeling to blow through you like a breeze on a summer day. It is all about Earth rising up and awakening to her destiny. This is happening in the inner city, on the mountains, and in the tiny cracks of the sidewalk. Everything is awakening. You now have the knowledge that you will survive and thrive even if your body is reluctant.

Regarding the ascension process, every molecule and iota of mass or light has a destiny and a moment of ascension. In essence, you will ascend and not know it. You will experience rare days when you walk outside and your neighbors do not see you because you are already in a different dimension. This is a time for laughter and joy, because you've done the work of billions of years of reincarnation, and now you can say, "It is done. It is done."

Let me explain your tears and emotions during this time. You have been on this planet endless times. You chose reincarnation even when you didn't have to. Tiny bits of old emotions are stored in the physical body, even tiny bits that have not been given names. Now those emotions can all come out. Just accept everything, and let those emotions blow through you. You can relax. Keep the peace in your soul. You don't have to do anything. You are completely done. You can rest and relax.

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The Opening of the Christ Portal

Saint John through Saryon

Saryon: In 1995, my ET colleagues spoke of a barrier that humanity would one day begin to cross that would allow the energy and living teachings of Christ to spill over into our present time and inform us of our Christ potential as part of humanity's awakening. In 2006, the ascended masters referenced this again, saying that

humanity was approaching this barrier, and on the other side of it, the teachings of Christ and humanity's great prophets would have a whole new meaning.

Now, Saint John — the spirit of John Zebedee — has



been speaking to us about the process for those who are being called to be among the first to cross this threshold. Saint John delivered the following discourse on the topic, and he presents himself as a bridge into the holographic wholeness of the Christ energy and a guide to the process of integration. This message is an invitation from John to receive his direct loving support to align with these incoming waves of unifying heart energy in the years to come.

A Time of Collective Heart Healing

Saint John: An energy flows from my heart to yours, offering you a little bit of an energetic massage. I am massaging the heart of your being with waves of unifying energy that connect you with a pathway of healing, of opening and aligning with various energies that are beginning to show themselves. It is a very potent time for heart healing and going deeper into matters of the heart. I am with you on this. The intention and plan for my service in the world was always for me to be able to be with the awakening hearts in this time when the world is going through so much change and upheaval. I was prepared for you as a gift, one that each of you can receive personally, as I represent an aspect of that trusted pathway that you are being called to remember.

Opening to other levels of connection, sensitivity, and vulnerability through the heart is something that you all intended to do with your lives and your journeys, as part of your mission and purpose is to live through as much of this heart healing and opening as possible. You are each part of the sequence of collective heart opening, making the frequency of the One Heart more and more available in the world, in part, through you.

This is a very special window of time that is beginning to open, one that has been talked, written, and channeled about. This is a time when certain energy fields will come into alignment that would allow, in part, a transference to take place. Some of the Christ energies that were anchored in the past, from your perspective, are being transferred into the fields of unity consciousness that are emerging here in your time, but there is a lot more to this. Imagine that a portal is opening somewhere. It does not necessarily have one location, but there are, indeed, places that hold a connection with these frequencies. Just imagine that, somewhere on Earth, within Earth, a portal is opening that connects humanity in the present time to the ministry of Jeshua (the Master Jesus) and to those who were there with him becoming what you are here to become now, a sacred container for these vibrations of love and wholeness.

Because this portal is opening, it is as if the beloved community that formed as a human container around

the source of the vibration that united us can continue expanding as if there was no break in the continuum of its growth. Imagine if the original community of those attuned to Christ's wholeness was able to expand indefinitely until the vibration of wholeness and oneness had reached around the world to unite humanity, not under the banner of one religion, but within a vibration of wholeness and oneness that was, and is, present as a non-localized field. In this field, each of you becomes part of what is sourcing the field of the community that is growing, expanding, and embracing the world.

As it turns out, there was a break in the continuum — a long hiatus — where other kinds of historical movements and lessons could reveal many things to humans about your nature, psychology, and potential. Now that the continuum is being restored, a non-localized awakening is happening throughout the world within different groups and people who are simply responding to a signal in their hearts to connect with a calling to align with a vibration that is beginning to massage, heal, and awaken the heart into another level of connection. For some who have lived with greater vulnerability in the heart, this is going to take your work with your empathic abilities to the next level. For some whose hearts have been contracted, shielded, or closed, this will be the beginning of a process of healing and opening the heart.

There are many openings that will take place to connect you with the presence of these unifying vibrations. These are openings and connections that will form with others who are holding the frequency, holding the field. I am a guide to this process. I am here to help organize it, support the connections to form, and share with you my surrender to this process as a gift that helps your process flow more gracefully.

Pivot into Alignment with the New Energy

This is the beginning of a new crescendo of awakening and an up-leveling of the process of self-purification and surrender. Exciting changes are happening with this upgrade. More people will begin to experience clearings in which old patterns and attachments will be confronted by the opportunity to align with this new energy. The process will reveal where attachments and old ways of being are getting in the way, impeding the process of surrender. When an inauthentic way of being or a belief does not support you to receive more of this unifying truth, it will be confronted. This is a gentle process as much as it can be. It can also rock your world.

Imagine waves of light signals — callings — that are beginning to be distributed through the opening of this portal in the same way that Christ called for people to come hear the teachings, connect with the

new revelation, and receive blessings and healings. A call went out, and some felt that call remotely and came. Some traveled great distances without even fully knowing why they were compelled to come in search of something.

You are meeting these dispensations of energy, however, from a much different historical perspective. Knowing some of the history that occurred, many of you have worked through a way of refining beliefs, sifting and sorting through the things that you were taught or that others believe, on a search — a quest for truth — to find the true Christ, the true revelation, the true connection to Source. The callings that are coming now do not necessarily call you to any place; they call you to align, to leave behind a kind of shelter that you may have built for yourself in a certain way — a shelter of comfort, a shelter of identity. All of you have experienced an environment of separation, an environment that denied oneness, where you have played this game to some degree of formulating your identities to coexist with others who lived in this same environment.

To give yourselves over to the vibration of wholeness and oneness and identify more with the whole than with the identities you have created for yourselves in this environment of separation, you would all go through a process of recognizing how much of your individual identities contain dissonance, inauthenticity, and ways of being and expressing that were formulated inside of relationships with those who did not recognize the oneness potential. Many kinds of distortions have occurred in this process of separation. The vibration of wholeness will give you the opportunity to drop many of these forms of identity and exchange them for something new for your spiritual identity as an aspect of this emerging new whole, which is different. You may come to identify more with your soul's potential in that new paradigm than you currently identify with the memories or pains of your story from before this time. A change in identity is taking place on a fundamental level, and you are here to be a wayshower of this change.

Some of you have moved through changes in life that bear some similarity already to what I'm describing, but I'm speaking of a new level of this. There is a process by which the vibration of the emerging whole will reach out to claim each part of it through each person in a sequence that is in accordance with the divine will. This is felt first as a calling to align. This can confront any form of identity that holds you back, whether it is inauthentic or does not contain the true and most honest expression of your being. Welcome this.

I will be your guide for this, for every level of this is not an experience that happens all at once. There are turning points. There are major pivots, shall we say. You are pivoting into alignment with the new vibration. It

is an ongoing process, and just as I said that it is like shedding old forms of identity, you are shedding this in layers. Sometimes the layers that you shed will be thicker. It is like shedding a part of your density, not that you feel physically lighter on the other side but spiritually lighter, yes.

Choose the Path of Surrender

There is another way of speaking about this change that will be useful. This is regarding the way that accepting a divine plan challenges attachment to your own planning. Human beings can be great planners; they can plan many things effectively, powerfully, and creatively. But when it comes to plotting and planning the potential of one's life, you were never expected to or meant to do this with your human faculties alone. It was always meant to be more of a process of remembering and revealing what was already mostly created for you before you came here, but there is a process taking place whereby more and more human beings are confronted with how their plans for their lives are in the way of what the Divine has in store.

Now you are seeing this unfold on a global scale. Even though a lot of human beings believe that there is a divine plan for their lives, most of those who believe this do not have very good information about it. Let us just say that the best information, the most illuminating and hopeful information, and the most relevant information regarding this has not yet been fully given. That is because the revelation of a divine plan was meant to awaken in tandem with this process of unification so that as the vibration of wholeness begins to reveal itself, so does this divine plan for humanity, as they go hand in hand.

Humanity is becoming collectively aware of how some of the most common agendas that human beings operate with are very much at odds with the divine plan, so there must be a reckoning of this, a cleansing, an awakening. Humanity is realizing that in some cases, the plans that it has pursued have begun to lead it toward destruction, a dead end, and undesirable results. All must take stock of how and where they have participated in this or been affected by it and where the sacred power to choose a more powerful and unifying potential for humanity is awakening.

While humanity has this reckoning of its willfulness and discovers a path of surrender, this same experience is happening on an individual basis as human beings begin to see that their own planning and thinking about how to move forward comes very often from a degree of willfulness, assumption, or attachment that leads you to a wall — a confrontation with the divine will in a sense. The divine will allows human beings to pursue their own plans for a while until they realize that they

are not equipped with enough information or enough spiritual or psychic faculties to navigate life's potentials without the Divine Presence. And that is when the Divine Presence often appears and guidance becomes clear. The path of surrender is laid out before the person who has finally come to the Divine, seeking a way to move forward that cannot be achieved by human will and thinking alone.

You will see this all around you: people running into various crises of their own making, being humbled by them, and having an awakening. There needs to be a conversation about this to help more and more people realize that there is a natural process taking place, a breaking down of old ways of thinking about how life works. This can be quite disruptive to a person's life, or it can be a graceful transition. I am here to support the most graceful path, and I would invite you, if you feel so inspired and the moment is right, to share me as a guide with others that need support with their transitions, including letting go of plans that have not worked out and surrendering to a calling that might be more mysterious but offers to lead you powerfully.

In many cases, the calling will lead you into the unknown. There is a great unknown wilderness, like an undiscovered country in your being. Divine guidance will lead you into the woods, so to speak. It will lead you into these unknown places within you. Divine guidance will lead you to new vistas that you could not see before. You are meant to discover the presence of Spirit and experience of companionship with Spirit with divine helpers, such that walking into the unknown becomes an adventure that you begin to trust in a way that you have never trusted before. Can you trust yourselves? Can you trust the presence of Spirit when it wants to lead you into an unknown experience that is something entirely new, something unexpected?

Shed Your Fears and Attachments in 2024

This coming year will be a time when many will shed their old skins even when they have a well-developed spiritual identity, even when you believe that you know a lot about who you are. You might know many things about yourselves, your past lives, soulmates that you have connections with, and associations within the galactic family. You might have dreams, visions, and things that you have experienced as part of the divine plan that revealed itself to you, such that you believe you know things about what is in store for you. Sometimes even these things can become a shelter, a place of comfort inside what you know. Even when this is the case and you seem to know a great deal about who you are as a spiritual being, you may yet find that an invitation comes to you to shed that as well in exchange for this expansion into the unknown. There is much more

to share with you, and I will be coming to you again as this process unfolds.

Do not expect that the presence of these unifying waves of wholeness will bring about greater unity in the world any time soon. Unfortunately, the presence of such unifying energies often brings up resistance and fear. They can strike fear in the hearts of many who do not want to see themselves in the mirror, who fear that they will be judged by others and Spirit, a presence who can see their lives with greater clarity. Many will project their fears of being judged or rejected or abandoned onto this new vibration of wholeness. It will take time for such things to be fleshed out and purged, but sometimes when such unifying energy begins to strengthen in the world, it will, for a time, have the opposite effect, except for the few who begin the process of aligning.

What happened in ancient times with our beloved teacher, Jeshua, is very much a mirror for what is happening now in your time. There were those who answered the calling to align, who struggled against humanity's resistance to break through and connect with the energy that was landing in the world at that time. And there were those who felt the presence of that unifying energy from far away though they could not come physically. They responded and allowed a seed of that wholeness to be planted in their hearts even if unconsciously. There was also great resistance. A part of humanity wanted to fight against that unity, to force it out, to push it away, and the same is true now. You must allow people their time and timing for when or if the connection is made. Not all will choose to align within the course of their lives.

You are here now receiving this message because you have made a choice to align on some level, and you can begin to explore what that choice might mean for you and what things you might shed as you allow your life to be claimed by this new energy. Whether you shed fears or attachments, a presence is increasing in the field that surrounds you that can see you and show you the reflection of your divine potential. It is like looking in the mirror and seeing yourself with the eyes of the angels who see your true beauty and the gift that you are. Sometimes that is all it takes to lift your gaze, to look at yourself in the mirror and allow the angel inside of you to speak and declare the truth: how incredible and beautiful and amazing you truly are. I am John, and I will be with you.

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.

Your Future Holds Many Possibilities

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 times, for your world remains at a pivotal juncture. Each moment has power that is most sacred. We witness your spectrum of journeys with deep regard and hear your fervent calls for support. We offer perspective for your rapidly shifting times and honor your requests. You are not alone.

You are experiencing a confluence of energies that affects Earth's species, the planetary ecosystem, and galactic members. Earth is swimming in catalysts for rapid change. Change itself is not charged negatively or positively from here. This charge is a human construct.

We observe Earth and its collective pulsing. Humans have tremendous resiliency, adaptability, and evolutionary expansion potential. Simultaneously, humans have the capacity to power themselves down in what the vessel [Laura] calls denialism and avoidism, which causes you to function in ways antagonistic to your potential and expansion as beings. These wide-ranging human capabilities create inherent struggles in your journey and evolutions throughout your history. This push-pull dance allows you to process feelings of "I must do something," and "I cannot, or will not, do anything."

Responses to Climate Change and Artificial Intelligence

Small vocal groups who act as obstacles to climate change ideas will begin to be swiftly swept aside by a larger majority of people, particularly in areas where they are living with transformative climate events. Those who historically profited from the lopsidedness of power, squandering lands, the exploitation of resources, greed, and so on will quickly be cast off in large swaths. Growing collective demands and populations unify. These coming changes are needed for the betterment of all. Climate change escalation continues to affect people, quieting the naysayers. Humans are roused out of stagnation and inertia and into action by necessity. Good changes come from these actions.

Human relocation from climatic events will continue. Live above the forty-fourth and forty-fifth parallels that

we have previously encouraged, and avoid low-lying coastal areas until more serious actions are undertaken to combat climate change. New communities built with sustainability gain momentum, utilizing old concepts of repurposing. Things like shipping containers and hydroponic, multi-level community indoor gardening with grow lights as well as geothermal and solar capture will become more common.

Reduce-and-reuse movements continue to take the forefront over newly manufactured goods and consumerism, which will begin to decline. Modern global farming methods are developed to better utilize indoor warehouse options with vertical tiers and the minimization of pollution exposure, climate control, and water waste. Reuse movements gain in accessibility, popularity, and ease of use. It is noteworthy that the more humans simplify, the better they feel. The more humans connect, showing random kindnesses, the better they feel.

The repercussions of releasing artificial intelligence (AI) on Earth will continue to be an issue to be aware of. AI has many applications as closed, contained, managed tools. We feel it is something to be used thoughtfully as you would any powerful device. Humans operate their transportation vehicles in this regard and use the same care with stoves because it would be unwise and unsafe not to. Therefore, AI is best viewed similarly: with restriction, awareness, education, thoughtfulness, and cautious respect.

Shower in the Light and Stay Present

Your power is in the light. Seek to meditate with it daily. Take visualizations of yellow-white light infusion pauses to help you stay at frequencies of calm, joy, peaceful clarity, and balance. Use imagery, such as standing in a light beam shower or walking through a waterfall of light. Perhaps you will ride the waterfall of light into another realm and meet with us. Whatever you choose, it will leave you lifted, aligned, and reconnected.

Time has been speeding up on your planet. Many will feel and observe this. There is nothing to fear. Stay present and enjoy moments more. As time speeds up, so

too does your living history. More comes to you simultaneously on your streams of information. Do not try to take it all in, however. Take peace. Consider that you chose to be on Earth during this time at these precise moments. You are a witness and a participant.

Your ability to be kind and present with others is needed more than ever as empaths and lightworkers. Make eye contact. Smile. Say hello to others, and do random kind things. These activities count more than ever in humanity's history. Deposit them freely. Take pauses from your streams of information, and mentally shower in the light.

Shifts in Perspective Will Help You Make Important Strides

Currently, old systems and archetypes do not adequately support and sustain your rapidly changing times; they are wobbling before collapse. Then remarkable re-visioning, repositioning, and rebuilding come

with new and better technology, ideas, implementations, inspiration, and minds. This is evolution! Change is part of this journeying time. A new mural is emerging with many new brushes, faces, and colors with artists not yet known who will come together from many far places. It is an important time of evolutionary change on Earth, and this is why so many souls have chosen it.

Your future is unwritten. Humanity is deciding its own fate. Recall how improbable it was to imagine your whole world shut down, yet in your most recent pandemic, it did. What will emerge as climate change directs you to look further within? How much climate contraction is needed for deep changes and new expansions to occur? You will find out together. Your story has many chapters of change remaining.

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in moving forward. Shifts in perspective will help you to make important leaps and strides.

Things previously viewed as nuisances or waste are steps to new solution industries for climate change. One example of this is sea kelp farming, which will continue. Sea kelp removes excess carbon pollution from your oceans, and it provides vital nutrient restoration to the land. Kelp also has human nutrient properties. Once seen by humans as an annoyance growth and fringe idea, kelp is now being recast as a hero healing material for your planet. This was possible through a shift in perspective.

Kelp also helps regrow fragile shell food sea beds for companion foods such as oysters, whose shells weaken in warming, acidifying oceans. This hero is a circular giver, cleaning more from the air and sea than trees while also creating food, healing soil, and restoring other ocean shell foods. Such hero-type industries need more exploration, expansion, protection, and support.

There is still beauty in brokenness. The future holds many possibilities with new concepts and solutions. We observe that humans often learn more through failures than successes, so with this attitude, we encourage you to have hope. The challenges and changes on Earth do not need to be seen as entire failures with finality. They exist for learning. In every moment, there is learning, growth, knowledge, potential, and power. As one gateway is passed, so comes another, rife with possibilities.

We send much peace. Take peace, dear ones.

Laura Scott is an award-winning channel, mystic, and soul specialist of thirty years who has helped countless empaths, highly sensitive people (HSPs), lightworkers, and leaders to up-level, heal, and thrive. Her 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 hello@ancientstardust.com.

How to Thrive in 2024

Kwan Yin through Rev. Vivian Starfire

Greetings, dear ones. Just as three-dimensional lights can be turned on as well as off, so can your lights. The 3D lights also need a source, as you do, precious humanity. Your source is your conscious connection to God the Most High that resides within you as well as within the multiverse of All That Is. There is no magic here; all is within your empowerment, desire, and choice to act to create that brilliant all-seeing, all-knowing, and all-healing light. Many have been complacent for a multitude of reasons, and all are valid, but this is the endgame. There is no time for complacency.

Insights into 2024

There will be new viruses and health issues as early as November 2023 or before. Maintain your health as best as you can. Get plenty of sunshine, and spend time outdoors in nature. Hug trees and walk barefoot on the earth. The entire Earth will experience superstorms, earthquakes, droughts, and floods in part due to weather manipulation. Stay aware and prepare as much as you can. Keep extra food and water as well as medical supplies on hand. Don't forget your pets.

Everything within your Earth is changing rapidly, as the energy is ever-increasing and expanding. Without focus and intention, that energy can be a runaway train taking you to destinations of physical, emotional, and spiritual decay in darkness, but in truth, this doesn't

have to be. God the Most High, ascended masters, and angels are standing by ready to assist; however, in your sovereignty, you have the freedom of choice as to what to believe, choose, and create. As always, we are near and cheering you on lovingly. The recipe for your empowerment is quite simple, and so are many of the actions we have spoken of over and over.

Start with the basics with your physical bodies. They need clean water, healthy, unprocessed foods, and a safe place to dwell. Educate yourselves on nutrition and research healing herbs, many of which perhaps grow wild where you reside. Learn about beneficial healing modalities to restore health. Be mindful of your thoughts, as they are indeed creating your reality. Keep a daily journal of your journey as we move into 5D Earth; in reality, we are already in the New Earth and a blockage merely needs to be removed and your energy fine-tuned and turned on full blast with the physical body and emotions in a state of wholeness.

Next is your spiritual attunement. Deepen and expand your connection to God daily; speak to God and allow God to be a part of your lives. Acknowledge the God within and embrace the truly miraculous being you are. Reach out in love to the ascended masters and angels



that stand by, and ask for their assistance. We who stand on the other side of the ever-thinning veil await your loving correspondence and connection. As always, the choice to interact with us is yours. As we have spoken over and over, you are the creator of your reality, and it doesn't have to be difficult. You have been taught since birth and before that, that it does, and this belief holds you in the third dimension.

Free yourselves and step into your divinity. As we have stated again and again, the time is now. The heavens are singing it, bells are ringing, and we stand in awe of your greatness and believe in you. Trust yourselves and God; this is the key. Once you have created health and balance in mind, body, and soul, you can harness the energy required to empower yourselves into fifth-dimensional Earth. Turn on your love lights, cherished starbeings, and step into your place as a galactic being. Unconditional love in all things, including yourselves, is of utmost importance to keep on the new 5D Earth timeline.

Maintain your light and don't buy into the doomsday. Remain in love, breathe love, and exhale love. Don't let fear pull you into the dark one's timeline. You specifically chose to come to Earth in this timing to assist with bringing in higher vibrations and are capable of successfully completing your mission. As always, we're here to assist you. Many fear that their loved ones who are sleeping will be left behind. Resist the fear, and know that many will ascend regardless, but remember, this is a free-choice multiverse, and each person has their own mission. We can't state it enough that it is so vital to maintain your high vibration and to vibrate love. Namaste.

Rev. Vivian Starfire has studied spirituality and healing modalities for over forty years. Her journey started after a near-death experience in 1976 that ignited a deep love of God, angels, and healing. As her self-awareness expanded, she became an ordained minister with the Sanctuary of the Beloved and the Order of Melchizedek with Rev. Daniel Chesbro and is also certified in Kwan Yin Magnified Healing. Vivian is an avid practitioner of the law of attraction and has found that the key to success is healing past and present traumas. To contact Vivian, email her at vvistar77@gmail.com.

The Start of Real Peace

The Lords of Light through Maureen J. St. Germain

Maureen: The first thing I saw was a lot of stars coming at me very fast, much like watching a starship going into warp speed in a Star Trek movie when you see a whole bunch of stars as they travel by. I believe our space exploration will explode, and people will be able to go further than just to another city on Earth. Next, I saw some kind animals who were interacting with humans, so humans will be able to interact with their pets in a more conscious way. Another way to put it is that animal communication will be accepted as normal. In relation to car travel, it looks like electric cars will be introduced that can hover over the ground like some kind of hover craft.

The Lords of Light: We are the Lords of Light who are with you in this moment, and your desire to know more about the future of humanity on this planet is valued and cherished. We say to you that you must go to the highest outcome that you can think of before you look at the actual predictions that we hold for you. This as an opportunity for you to create your future. We will assist by providing some information that may be helpful. As we have done in the past, we will go month by month.

November 2023 will be a critical time, as there will be many changes that will affect all humanity if everything goes as planned. The transformation will be remarkable for all.

In **December 2023**, you can count on heavy snowfall that will produce deep rivers and reservoirs. This will be very nourishing to the people of the planet who have been suffering from various forms of pollution. When it rains, we ask you to imbue the rain with light so that it will serve to cleanse the planet quickly. We see rain and snow in an abundance. Hope will amplify the good you produce.



Monthly Insights into 2024

In **January**, capture the rainwater if you can, and then bless it to purify it. You know how. Pour it on the surface of the planet, and this will transform all the water that comes from the rainfall in January. The planet itself will be slightly warmer this month than a typical January in America. There will still be political division as more information comes to light. It will be a slow time for business but will bring in much needed introspection time.

In **February**, we see that there may be a push for vaccine mandates, but most humans will refuse to fall in line. This month will seem a bit more relaxed and

calmer energywise. February contains an excellent opportunity for humans to reunite with one another, and the reunification will cause the division between the races to melt away.

In **March**, rising tides will nourish the drier spots on the planet. Humanity will start to wake up even more in this month, as there will be significant releases of data that will help validate those who have been working with the ET community.

April will have more of the same. There will be great clarity among the people and the transformation of the human populace will have begun. Those who have actively opposed one another will find a place of peace within them. You can be assured that this peace can come and go, but it is the start of real peace and the expansion of unconditional love on the planet.

May feels like a bit of a downturn in terms of what we will call a backlash. So many will feel depressed, sad, or worried that their plans, hopes, and dreams still have not been realized, but we say this too will pass. We see optimism emerging among the people who have doubted that things will change. This optimism will spur economic growth and also conservationism, as people want to take greater responsibility for their lives.

As we look into **June**, we can see information being unlocked that has been withheld from humanity for

centuries. As these data dumps occur, some humans will proactively resist this new information even when it would serve them. They will still work to postulate alternative versions of reality besides the one that is so. The energy of the dark forces will cease ruling over the planet this month. Some of you may know that there is much to be learned and will set up a way to go about growing and learning. We reassure you that information on the internet may be insufficient and also incomplete, as certain kinds of data have been withheld. At the same time, the dark web may contain the secrets that you might be seeking. These will start to be made available as restrictions come off and censorship loosens its stranglehold.

July represents some substantial unknowns. There are many paths going in many directions, and this month will be a turning point. The American Independence Day will definitely signify some aspect of its people and its position in the world. We see Jesus as a major player in this expression in July.

August will have a significant energy of what we will call white hats and human victories in many arenas. As humanity faces many great changes, this month will bring relief.

In **September**, humanity will start to unify more cohesively than before. The planet can move to victory in the light, and this may occur.

In **October**, keep your eyes on the skies. There will be many events in the skies that will change your belief systems and the way you think. If you choose, you may be able to communicate with these starships that show up. Remember that not all these beings are benevolent. Make sure you verify that they are of the light.

November will be a peaceful month, yet there will be cold temperatures. This is part of a weather cleansing. It will be drier, and you will not see quite as much snowfall, but you will experience colder temperatures. This is not due to global warming but planetary changes that are coming from outside the planet.

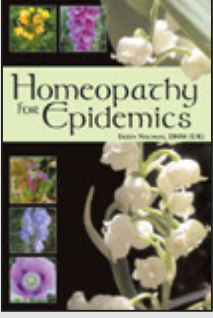
December will gently shift into bigger celebrations of peace and harmony. It will be a time in which humans finally start their upward climb toward spiritual connection with their divinity and one another. In some ways, it will be very quiet, as the need for introspection will be strong. Humankind's hearts will be open. Many changes will occur, and humanity will integrate them.

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.


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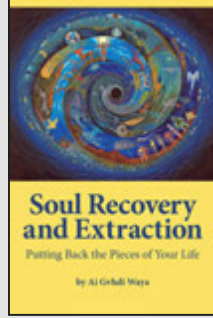
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The Crystalline Universe

Jaap van Etten



Past and Future: The Role of Lemurian Chakra Temples

While this article is part of the Crystalline Universe series, we will also look at aspects of where Earth and the human race are heading. I do not believe in predictions as hardcore, inevitable outcomes because anything that we imagine will happen in the future is a probability.

In the past, it was possible to make predictions with higher probabilities. This is changing because we are waking up and connecting more with aspects of our collective past, and we are bombarded with new energies entering Earth's system in waves. (We will look at these new energies in future articles.)

We are living in a transition period. In the dynamic of these old and new energies, it is more difficult to predict what will unfold. That said, we can make general statements about the direction we're heading in. We are moving toward a New Earth. Energies from the other three worlds and the new waves allow for a new vision for this New Earth, but this vision does not yet exist, because it is currently being developed. When we see this vision begin to unfold, it will be easier to predict the next steps.

We can predict that we are moving toward increasing chaos, because the old does not work anymore, and the new is not yet available. Information in this series of articles supports this new vision when we see that the here and now is determined by human consciousness unfolding from the past and moving into the future. We can select from human consciousness what we need to build this new vision for a new Earth. This article, for example, helps us see that people in the past awakened Earth's crystalline energies that still impact us today. These energies are the foundation of all we see, and they continue to unfold.

Landscape Temples

In a previous article, we mentioned that many energetic imprints can help us connect with the second world, which is the world we call Lemuria.¹ These energetic imprints can also help us expand our fourth-world consciousness, which is one reason we study Lemurian energies.

We initially focused on an interesting phenomenon that we found: chakra vortexes with Lemurian energies,

often in ruins of structures of the Pueblo people. These chakra vortexes had communication lines connecting them, meaning the lines came into existence when consciousness was focused on specific places with similar intentions. Such places build up energy, and at a certain level of intensity, they connect by communication lines. As these lines retain the energies of their creators, they help us to understand the energies, connected activities, and consciousnesses that created them. We have mentioned these communication lines in previous articles, and we describe them extensively in our book, *Gifts of Mother Earth*.²

When we followed these communication lines connected to chakra vortexes, we discovered that they formed a system that I initially called "landscape temples."³ To understand these landscape temples, we must look at some of the significant aspects of chakra vortexes.

Chakra Vortexes

Most people believe chakras are only aspects of the human energy system. We each indeed have a chakra system, and it and all our other major human systems reflect the energies of Mother Earth. We have six energy bodies, as does Mother Earth. We both have chakras and meridians. Image 1 shows our six energy bodies and the twelve chakras.

To help us understand how the people of the past used the energies of Mother Earth and how that can help us create a healthy foundation for our evolution, we need to summarize some key points of Earth's chakras. (See *Gifts of Mother Earth* for a more extensive description.⁴) When we look at the frequencies of our fourth world, we find twelve chakra vortexes that directly resonate with our systems. These Earth chakra vortexes have an average radius of 12.5 miles (20 km). They spin clockwise and counterclockwise. Feminine chakra vortexes have a dominant clockwise spin, masculine chakra vortexes have a dominant counterclockwise spin, and child chakra vortexes spin equally in both directions. Twelve chakra vortexes with three different spinning directions equate to thirty-six different types of chakra vortexes in our world. It also means that we have thirty-six chakra

frequencies, which explains why people can easily get confused about the spinning direction of a chakra. It all depends on what is dominant in a person or which aspect the person doing the measuring focuses on.

Each of the four worlds has a similar chakra system, meaning there are four times thirty-six, or 144 different types of chakras. The chakra vortexes of the four worlds differ in radius size. Those of the third world are between 25 and 40 miles (40 and 64 km), second-world chakra vortexes are between 55 and 90 miles (89 and 145 km), and first-world chakra vortexes are larger than 250 miles (about 400 km).

People worked with the thirty-six chakra vortexes of their particular world. The Lemurians worked with chakra vortexes between 55 and 90 miles in size. Recognizing in which world a chakra was created is determined by its size and vibrational frequency. The frequency aspect is a bit tricky because, for example, a chakra vortex might have been initially used and activated in the first world and then also used in the third and fourth worlds. That has led to some misinterpretations, because a person might be attuned to the energies of the third world but not to those of the second world. In our research, we always used a combination of size and frequency, which led to our understanding that one landscape temple was often used in different worlds, including ours, especially by the Pueblo people of the American Southwest.

The First Discovery of Landscape Temples

My discovery of landscape temples began in 2013 when I was in Denmark giving a workshop. A friend showed me an article by Søren Hauge who described areas with the seven chakra energies. I was fascinated, and we decided to search for them. Working with areas is confusing to me, so we started by looking at vortex lines. Hauge was surprisingly correct. We found seven chakra vortexes in or close to the areas he mentioned, and they were all connected by communication lines. I had found my first landscape temple. That same year, I found a landscape temple in the Netherlands, also with seven chakra vortexes connected by communication lines. Both temples were Atlantean and activated in the third world.

Living near Sedona, Arizona, I was curious whether that area also had a landscape temple. Nicolas Mann had described one,⁵ but I could not locate any chakra vortexes at the places he mentioned. The area has many ruins of the Pueblo people, and during research on the energies of these places, I discovered chakra vortexes in a particular order with lines connecting them. I had found a landscape temple with Lemurian energies. We later found many more, and by now, I believe the term “chakra temple” was a better descriptor.

The First Lemurian Chakra Temple

Studying this chakra temple led to understanding a problem more common than most people realize: When you have a preconceived idea, your research can lead to the confirmation of that idea. That is even truer when you study subtle energies, because they are challenging to verify. I stepped into that pitfall when I found the first chakra vortexes connected with Pueblo ruins that had Lemurian communication lines. Because I had already found two chakra temples with seven chakras and humans have seven chakras, I expected this site to also have seven chakras. That is what I initially found with a very unique addition: The first chakra vortex was connected to a seven-chakra temple to the north and one to the south; however, the angles of the lines in the northern temple seemed off. That led me to more detailed studies, resulting in my finding more chakra vortexes leading to a northern temple with fourteen chakras (see image 1).

It took me a long time to understand the meaning of this discovery. Initially, I believed that the Lemurians worked with a fourteen-chakra system. I also felt as if this temple's whole system was based on the sacred

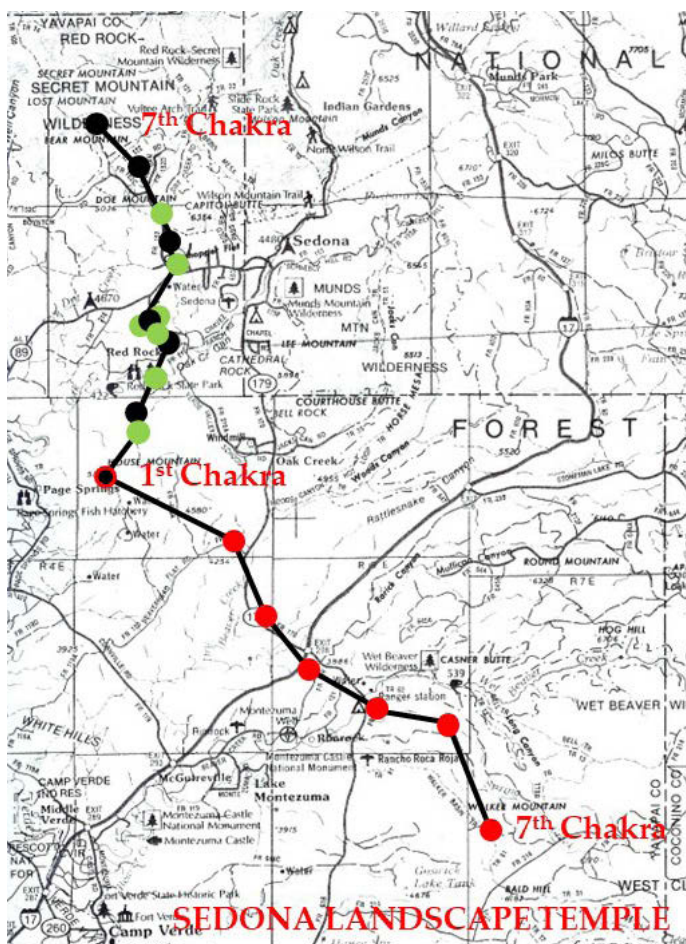


Image 1. Two connected Lemurian chakra temples in the Sedona, Arizona, area, creating a complex temple system

trinity, as I determined that the southern seven chakras were a masculine aspect, the northern fourteen chakras were a feminine aspect, and the entire temple complex was a child aspect.

While researching the Lemurian temples and energies, I was regularly aware that I was trying to understand a system created by a different consciousness of which I had very limited understanding. In addition, the Lemurian systems changed over the long periods of time they existed. I continued studying Lemurian energies for years, slowly learning to feel the differences. I now know that this temple was created during the third phase of Lemuria, but at the time of my discovery, I believed it to be how Lemurians created their chakra temples.

While chakra vortexes as extensive as the ones in this temple are exciting and can be studied in more detail, the most remarkable chakra is the seventh of the northern temple. The reason is not because it is part of a Pueblo people's ruin (see image 2) but because it is part of the highest number of systems and lines I have found in the Sedona area. I have studied this place in detail and am still discovering new aspects. It led to my discovery that an extension from the seventh north connects this complex temple to chakras eight through twelve. These chakras are too close together to include them in the map in image 1. These additional five chakras are from the first phase of Lemuria. In that phase, the chakra temple consisted of only twelve chakras: seven in the northern part and the chakras eight through twelve. The temple's seven additional chakras and the southern seven were added in the third phase.

Many More Temples

After gleaning more information about the chakra temple, we decided to see whether we could find more Lemurian temples. We researched the canyons for years, finding a number of chakra temples, many with at least one chakra vortex in a ruin of the Pueblo people.

Many of the chakra temples we found were from the third world. We found nine complete second-world Lemurian chakra temples in the Sedona area and several chakra sites that seemed to have been parts of a temple, but we needed more information to confirm that. Doing this research requires much time and energy, especially because these sites are



Image 2. The seventh chakra location in the northern part of the Sedona chakra temple

often high on the walls of canyons, as seen in image 3. Several were unreachable.

We found nine complete chakra temples in the relatively small area of the Sedona Red Rocks. Five were created in the third phase of second-world Lemuria, two in the second phase, and one each in the first and fourth phases. One of the third-phase chakra temples had fourteen chakras, as we discovered in the northern part of the first temple. All the rest were based on twelve chakras. These were all single temples, except one, which was the most complex temple we had found. It cost us much energy to reach all its points. This temple had two twelve-chakra temple parts and shared the twelfth chakra. The map of this complex structure can be seen in image 4.

Many of these sites were used from the moment they were created in the second world until the time of the Pueblo people, which equates to more than 1 million years and some close to 2 million years. This indicates that our ancestors saw these chakra temples as very



Image 3. A difficult-to-reach chakra point

important for their well-being. This is not surprising, since we function and align with Earth's chakra system. While we have generally forgotten how to connect with Earth's energy system for support, I found it fascinating that people as recently as 1,000 years ago were aware of the importance of chakra energies and built many structures in the same places as their ancestors.

Chakra Structures and Other Temples

In addition to exploring energies in the chakra-temple locations, we also looked at structures. Each chakra site of a temple had temple structures — places to connect with the chakra energies. Given the sizes of most structures, groups used these temples often, most likely in ceremonies and meditations. In general, the type of structure was determined by the type of chakra vortex. Chakra vortices with predominantly counterclockwise movement (masculine) had pyramid shapes. Chakra vortices with predominantly clockwise spins (feminine) had tetrahedron shapes. Chakra vortices that spun equally in both directions (child) had dome structures. We find this principle in almost all landscape temples. Most temples had pyramids or tetrahedrons on their vortices and were therefore masculine or feminine. We did not find any temples with domes, but we did find a temple with mixed structures, as the vortices were a mix of directions.

Based on our research, Lemurian communities used chakra temples for different purposes. We only need to understand some details of their functions and roles to benefit from their energies. We also must realize that many chakra temples existed for hundreds of thousands of years, meaning their functions likely changed over time.

We found Lemurian chakra temples in Hawaii and in Lemurian colonies, such as Denmark, along with other types of temples. I want to give one example, because it shows the many ways people have used the gifts of Mother Earth. I found a Lemurian temple from the second phase located on a seventh-chakra, feminine vortex. The temple had a radius of 0.02 miles, was octagonal in shape, and separated into eight sections. The eight sections represented the energies of the dualistic,

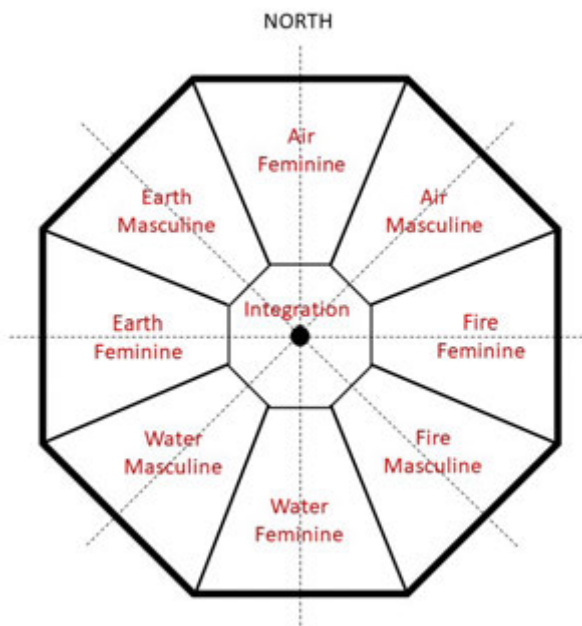


Image 4. An octagonal seventh-chakra Lemurian temple as part of a unique Lemurian chakra temple

elemental powers. This is very similar to the dualistic dragons who help us create within our world.⁶ In this case, the center, the integration point, gives the option to integrate polarity into oneness, as it represents the child aspect and completes the trinity. This temple helped the Lemurians overcome their tensions over losing the child path, which happened at the end of the first world.

From the center circle, eight lines went to eight smaller temples. More fascinating were the six lines connecting this temple with sites of chakra vortexes 1 to 6 (see image 5). All six chakra sites had a Pueblo people ruin. These sites were used throughout the second, third, and fourth worlds. Unfortunately, almost all of this temple complex is on private lands and not accessible.

The Past, Present, and Future

The chakra temples and Lemurian energies are from a past world that had totally different frequencies than the one in which we currently live. You might ask what the relevance is for the here and now other than perhaps some vague recollections from past lives. Although Lemurian communities and activities no longer exist, their energetic imprints remain, which makes them part of the here and now. The effect for us is primarily limited to the unconscious, but we can consciously choose to connect with energies that connect us to our essence. As we mentioned, these ancient energies and the new ones

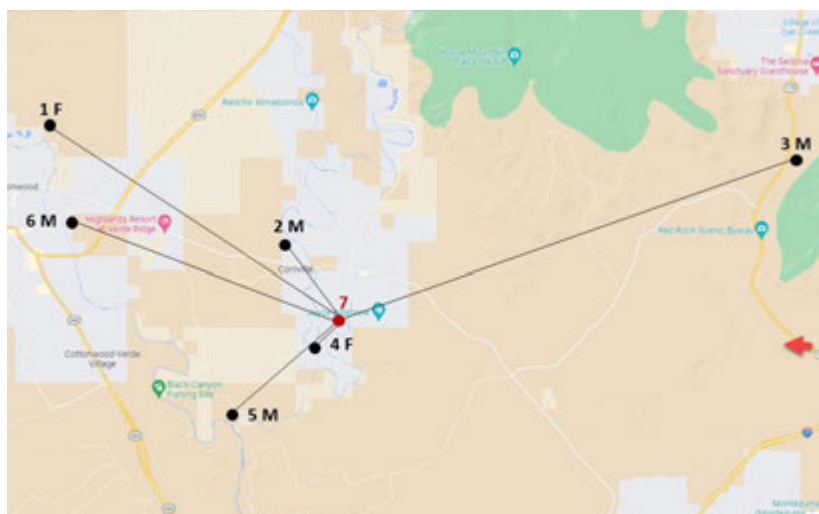


Image 5. A map of the Lemurian chakra temple with an octagonal temple in the center

entering the Earth system are essential for developing a new vision.

We will need this new vision in the coming years. At the same time, most people will need help handling change. This will increase the tension that already exists in the human collective. The probability that this tension increases is high, which we will see in different ways in the coming years. It is up to us to use both ancient and new energies to support the inevitable process of evolution and to reduce tension. Following the guidance of our hearts, we will be less influenced by the challenging aspects of inevitable change.

1. See pp. 49–53 of the September 2023 edition of the *Sedona Journal of Emergence*.
2. Jaap van Etten, *Gifts of Mother Earth: Earth Energies, Vortexes, Lines, and Grids*. Flagstaff, AZ: Light Technology Publishing, 2011, pp. 123–154.

3. See pp. 65–71 of the October 2023 edition of the *Sedona Journal of Emergence*. I initially used the term “landscape temples” thanks to a description of a landscape temple a friend showed me.
4. *Gifts of Mother Earth*, op. cit., pp. 61–88.
5. Nicholas R. Mann, *Sedona, Sacred Earth: A Guide to the Red Rock Country* (revised). Flagstaff, AZ: Light Technology Publishing, 2004.
6. Jaap van Etten, *Dragons, Guardians of Creative Powers: Becoming a Conscious Creator*. Flagstaff, AZ: Light Technology Publishing, 2019, pp. 107–148.

Jaap van Etten, PhD, was born and educated in the Netherlands. He received his PhD in biology in Amsterdam, specializing in ecology. For the past twenty-three years, his focus has been on metaphysical ecology. He studies and teaches about human energies, earth energies, and the energies of stones, crystals, and crystal skulls; he also looks at how these energies interact. He is the author of *Crystal Skulls: Interacting with a Phenomenon*, *Gifts of Mother Earth*, *Birth of a New Consciousness*, and *Dragons: Guardians of Creative Powers*. He currently resides in Sedona, Arizona. His website is CenterMetaEco.com.

The World Servers' Guide to Self-Mastery

Archangel Michael through Ronna Vezane

My faithful and beloved warriors of light, those of you who have repeatedly climbed the great mountains of life and have traversed the diverse shadow-filled valleys, tests and trials are now bringing forth into your consciousnesses the deepest core issues from within your beings. Before you incarnated, you were determined to resolve those issues in this lifetime, because you knew that to attain self-mastery once more, you must gain a certain level of balance and harmony within. Remember, you are not being punished, and you are not doing anything wrong if you are now endeavoring to do and be your very best.

Once you awaken to the God spark within your sacred heart, you will never again be placed in insurmountable circumstances. You will always experience challenges to help you awaken to the great potential within and to move beyond the illusion of the lower planes. You must always strive for the highest and best solutions.

Humanity is now in a cosmic moment of opportunity. The violet flame of transformation and purification (through the radiance of beloved Archangel Zadkiel and Lady Amethyst and under the direction of St. Germain along with his twin flame, Lady Portia, Goddess of Justice) is being showered down on Earth and humanity to assist in these unprecedented times of ascension and evolution. The purifying vibrational patterns of the violet

flame will greatly increase in strength over the coming years as more advanced souls learn how to harness and project its magical, transformative properties.

The seventh ray of ceremonial order, freedom, redemption, purification, ritual, and organization is the overlighting ray for the next 2,000-year cycle as Earth spirals into a closer orbit in relation to the Sun of this solar system. The vibrational patterns of the violet flame are the only ones accessible from above (via the crown chakra and the sacred breathing techniques) and from below, within Earth's great caverns. Envision this beautiful flame blazing up from beneath your feet and surrounding your body as it transmutes any discordant vibrational frequencies you may have around you before radiating this sacred flame out into the world in greater and greater concentric circles.

The first ray of divine will, power, and purpose is the second-most powerful and important ray for the next 2,000-year cycle. The violet flame of the seventh ray will accelerate the transformation process by returning discordant vibrational patterns to neutral light substance so that (through your loving, conscious intention) you can return to balance and harmony within your physical, emotional, mental, and etheric bodies. Once this is



accomplished, you will more easily become true cocreators of beauty, abundance, joy, and peaceful coexistence on Earth. You are to seek personal ascension; however, you must also assist your brothers and sisters as well as Earth to also evolve and ascend.

Develop Your Individuality

During this shifting-of-the-ages cycle, you are experiencing a great variety of transformative changes. You are reclaiming all the personal fragments of energy or thought forms that you created during your long journey into the physical expression. You are reuniting with the many sparks of consciousness that make up your divine self and your soul family. You are also striving to become a spiritual-human adult while existing in an ever-expanding, multidimensional realm of physicality.

The Creator's breath is the fuel of existence, and you are the flame it feeds. It is important that you understand you are developing your individual sunlight, which is a reflection of your God essence. The human intellectual thought process must evolve beyond the limitations of language. There is a wealth of information awaiting humanity via inspiration and illumined thought.

You must develop your intuitive abilities to receive the wisdom of the new ascended masters' Cosmic Councils of Light. It will not come from outside you. It will well up within your sacred mind and sacred heart. You must reach inward and upward and grasp it, for it will not come down into the distorted frequency patterns of the Earth planes and seek you out.

Your soul song is composed of mid-fourth-and-higher dimensional vibrational patterns of unconditional love, wisdom, balance, and harmony. As a self-master, your energetic signature and your soul song will merge into a celestial mandala of sound and color by which you will be identified in the higher realms. You are recognized by the brilliance of your inner light. The more light essence you incorporate into your physical vessel, the more brilliantly your aura will glow.

The Holy Spirit, or your Higher Mental Self, is the discerning higher intelligence that monitors and regulates the light infusions. Spirit allots gifts to you according to your level of spiritual awareness and your present needs. Special dispensations are also monitored and dispersed by your Higher Mental Self, which is the intermediary between you and your I Am presence, or God-self.

Each soul draws forth a quantity of its God-self essence in proportion to the life's mission it assumes for a particular incarnation. The choices you make as a physical entity with free will determines how much of your storehouse of sacred essence you will have access to and can benefit from. Remember, the unconditional love you

embody and project contains the formula for igniting the sacred creator fire within. You must be vigilant in maintaining an energetic signature and frequency pattern of the highest resonance to assure a constant flow of the sacred particles of Creator light from the higher realms.

Remember, you magnetize energy to you and you radiate energy from your solar power center (front and back). As your energetic signature becomes more refined and is attuned to the higher frequencies of light, you will still draw forth a portion of the half-spectrum, primal life force substance as long as you reside within a third- or fourth-dimensional environment. However, it will mix and meld with the higher frequency adamantine particles of light, and it will be automatically transformed by your loving intention into a higher frequency energy as you align your free will with the will of our Father-Mother God.

What good is information if you do not use the knowledge to gain wisdom, thereby assisting you to draw forth more sacred fire/God particles of creation, the full-spectrum Metatronic light, which contains stepped-down Supreme Creator light instead of the half-spectrum primal life force substance that has been available to earthlings since darkness put a cloud over human consciousness, and everyone's life force was greatly diminished. As you become more proficient as cocreators on the Earth plane, you must constantly monitor your energy patterns and seek to upgrade them. You should strive for sustained harmony and refined godly expression.

You must liberate the power of the sacred fire within, which has lain dormant for many thousands of years. It is vitally important that you learn to direct and focus your energy into the areas of your life you wish to change. By establishing and constantly upgrading your Creator wheel of life, you plant the seeds of focused change, and you supply the sacred fire of creation needed to manifest what you have envisioned. When you can do this proficiently, your personal world will become a wonderland and you will become a beacon of light for all to see.

Integrate Your New Divine Aquarian Blueprint

Remember, beloveds, the brilliance of your diamond-core God cell along with the light of your soul and the glow of your sacred heart create the radiance of your auric field of light. In this message, we offer you guidance to study and integrate so that you can more efficiently and quickly incorporate your new divine Aquarian blueprint.

True spirituality means adhering to the living truth. It is not practiced just one or two hours a week as is done in most religious ceremonies. It is an incessant

burning desire. To be in constant communion with spirit, humanity must move past the shallow waters of orthodox worship into the mystical river of life. Akashic records are vibrational patterns, positive or negative, stored within the cosmic library, which contains the total history of humanity's journey within the subdimensional experience in duality and polarity.

When you achieve a certain level of harmony within, you open the physical body gateways to the higher dimensions: the ascension chakra (medulla oblongata) at the base of the skull, the back portal of your sacred heart, and the expansion of the opening of the crown chakra. These are major steps in the ascension process, for they reestablish your connection with the river of life, which contains the living light seed atoms of creation: adamantine particles. At that point, you begin to build a force field of full-spectrum light as you strive to become a master of self and a conscious cocreator who only creates for the greatest benefit of all. From that time forward, your breathing exercises and affirmations take on a whole new meaning.

The new different-colored luminescent rays will assist in integrating and balancing the higher frequency patterns of galactic consciousness. The more you balance and harmonize your chakra system, the more Divine Light you can absorb. The spinal column will eventually become a rod of light through which the streams of Creator light can flow freely and unimpeded, whereby the process of ascension will be greatly accelerated.

We cannot emphasize enough how important the breath is in reclaiming your divine nature, not the shallow breathing that the majority of people on Earth have accepted as the proper way to breathe. This type of shallow breathing has resulted in many debilitating symptoms and diseases as well as limited your intake of divine essence, which is critical to your well-being and the reclamation of your light vessel.

We have explained and emphasized the Infinity Breath,¹ the Accordion Breath,² and the importance of breathing with intention. The Infinity Breath can also be called the Ascension Breath, for it aligns your galactic chakras with your physical vessel and opens the return passageways to the higher dimensions. It speeds up the process of building your ascending vehicle of light known as the Merkavah. It also facilitates the opening of the portal to your sacred mind and the front and back portals to your sacred heart.

The Accordion Breath facilitates a double benefit: It draws forth the adamantine particles stored within the root chakra and your etheric replica, located within your personal fifth-dimensional pyramid of light, which flow forth from the city of light where you have established a connection. This supplies a continuous flow of creator particles to and through your physical vessel, which then

go out into your personal creator wheel and ultimately out into the world of form.

When the infinity loop and the timeline of your past are balanced and the major portion of your discordant energies have been transmuted, you will step into the infinity loop of the refined levels of the fourth dimension in preparation for ascension into Earth's and humanity's eventual entrance into the new fifth-dimensional world of tomorrow. You are in the process of walking into the light of your future and leaving the shadows of the past behind.

There is great concern that devastation around the world is accelerating. We acknowledge that this is true and that it will continue for some time as Earth releases the negative patterns and constrictive energies, for your Earth mother is striving to repair the damage done to the planet from the eons of humanity's negative thoughts and actions. Humanity is responsible for Earth's present state, and it is up to all of you, along with the assistance of the beings of the higher realms, to strive to correct as much of the damage as possible.

You are being supplied with the tools and the sacred fire energy necessary to accomplish this task; however, you must incorporate and direct the energy appropriately. Your ascension and Earth's ascension are inexorably tied together, and we are committed to assist you in every way possible.

Share Your Vision

The subuniverse we all now exist in is in the midst of a monumental transformation process. Planets are shifting places and moving closer to the suns of their solar systems. Galaxies are expanding and moving up, out, or down depending on the observer's viewpoint. New galaxies are in the formation stages as the impetus for expansion is ignited by a great infusion of Creator particles of light/life. The memory seed atoms for new creation are permeating the consciousness of all sentient beings.

Do not be dismayed, because there are many souls on Earth not ready to step on the flaming spiral of ascension. One day, they too will lift their eyes and hearts to the heavens, and they will answer the whisperings of Spirit, as they turn inward for the comfort and guidance of their soul selves.

As you are aware, a grand cosmic cycle is swiftly coming to a close. Earth is spiraling into a new position within the solar system, regardless of who is or is not ready to ascend with it. Unfortunately, there are many on the fence, you might say. They are feeling divine discontent, but they are not yet aware of the gifts of awareness waiting for them. So, my beloved lightbearers, this is where you come in. This is your grand opportunity to shine your light and share your vision.

You are in the midst of a cosmic reunion process, my brave friends, and all humanity will eventually evolve in one way or another. You must be aware that this transformation process is a long and complex cycle. However, it can be a grand journey if you will take advantage of the wisdom teachings and the tools we offer to you. The law of the circle states that every new creative endeavor must begin from within the still point of divine will and purposeful power — the core essence of the Creator and the cocreator. Remember, one person who is centered within the sacred heart and sacred mind can convey cosmic truths and inspired thoughts to millions of people while the loving vibrations of her or his auric field blesses everyone with whom she or he comes in contact.

Serenity and joy are qualities of the soul. Intelligent love results when the soul becomes the dominating force within and the ego personality has been brought under the control of your soul self. When you successfully dissolve the membranes of light guarding the entrance to your sacred mind, you gain access to your personal storehouse of divine wisdom.

It is time for each of you to step to the fore, take a stand, and be heard. Begin where you are at your highest level of understanding, seeing through eyes filtered by love, feeling with a heart filled with compassion, and functioning with a mind that is not clouded by guilt, fear, or judgment. That is the way you will validate your truth and gain your wisdom, beloved ones. That is the way that your world and reality will be filled to overflowing with love, joy, and abundance. That is the way of the master, the way of living truth — the way back Home.

It is a rare moment of recognition and a feeling of completion when the facets of your soul family began to come together to take advantage of the synergistic strength of common purpose for the greatest benefit of all. More and more members of your soul family will be seeking you out as you lift your vibration and send out a soul echo that they recognize. When you meet a member of your inner soul family circle, you will know without a doubt that there is a rare and beautiful heart-soul connection between you. When your actions are for the benefit of all, you earn the right to have a support system of like-minded, soul-focused people.

Remember, you are always your own judge, and you decide, with the assistance of your guardian council, what the major details of your next life's experience will be. When in the environment of the higher dimensions, a soul is always eager to rectify past mistakes so that the auric field can be cleared of any inharmonious vibrational patterns and the journey toward enlightenment may continue. It matters not whether people deny the truth in what we are conveying to you. It is the living

truth and universal law nevertheless, and all souls are affected and ruled by the tenets of the divine plane, whether they believe or not.

Here again, the inner veil applies, and you must break through the limitations of the negative third/fourth-dimensional environment to gain access to an expanded, wondrous connection with the Creator. You always have been and always will be connected to the All That Is. The sense of disconnection is all within your mind, and the way to unlock the door to the river of life is within the sacred heart.

There is a path open for each of you to follow, no matter what station or circumstances you find yourselves: a golden opportunity waiting to enable you to assume your power, tap into your creativity, and bring to the fore those many latent abilities you have stored deep within your memory banks. Now, as never before, we are close by, observing and waiting to encourage, create the miracles, smooth the way, and assist you in moving onward and upward.

If you can view all that is presently in your life as transitory except the love/light and spiritual fire within your heart-soul, then you will know what we are trying to convey to you. Release your fear of the past and future, eliminate the emotional and mental controls others have over you, and become the free spirit you were meant to be.

You are to seek a clear influx of Creator energy, and you must activate the fuel of creation with your selfless, loving intention. You must then send out your seed thoughts as strong, pure, and focused on an infinity sign beam of light. All energy, positive or negative, radiates forth from your solar power center in an infinity sign and is eventually returned to you in like vibrations.

Any soul on Earth that has a desire to earnestly pray to God or to send loving energy to others automatically sends a facet of his or her soul into the world pyramid. It is a gathering place of all souls. You could call it a celestial cathedral: a place to commune with our Father-Mother God and the angelic forces. Almost every soul on Earth has moments whereby she or he feels or radiates pure unconditional love to someone. That spark of love becomes an etheric replica of that soul, and it takes up residency within the world pyramid.

The world pyramid is a midway station for your soul selves. Your good deeds are stored within the treasury of the light storehouse within the world pyramid. Good deeds are harvested every year, and your loving thoughts and deeds are magnified and stored there. The greater portion is melded with Creator light to be used to create the greatest good for all humanity. You will receive your special gifts and divine dispensations in accordance with what you have contributed to the storehouse of light.

Embrace Your Unified Chakra System

The angelic kingdom became the projectors and amplifiers of God qualities after humanity sank into the density. As a result, they could no longer directly access the full-spectrum essence of our Father-Mother God, which in the beginning was directly available to all souls. As you progress on the path of en-lighten-ment, your relationships will change, often dramatically. They will no longer be based on emotional attachment. You will no longer try to manipulate people emotionally, and you will not allow people to manipulate you. You cease to play the emotional-cord, push-pull dance of the lower-dimensional reality. The heart chakra becomes the dominant force within the full chakra system. You are in the process of creating a unified chakra system, a field of harmonious energy.

To become a living tributary for the river of life, you must prepare yourselves to allow the essence of life to flow into and through you. You must use what you need and then allow the remainder to flow forth, ready and available to be molded into wondrous new creations. In this way, you will become bearers and servers of the light. This is the ultimate message of all the teachings we have given you over these past years. This is the goal of self-mastery. This is the way of ascension.

As you refine your resonance, you are gradually becoming multidimensional, which means that you are tapping into the frequency patterns of several dimensions at once. To make room for the refined frequencies of the multiple levels of the fourth, fifth, and higher dimensions, there must be a clearing and cleansing process.

Through the lessons and instructions we have given you over the years, we have endeavored to give you the knowledge and the tools needed to traverse the path of ascension with ease and grace.

As you study and delve into the mysteries of cosmic truth, you will build a reservoir of knowledge that you can draw on when needed. Also, as you gain access to your sacred triad, it will seem as if you have tapped into a cosmic source of information, but in the beginning, it will be your ancient, extensive past that has been made available to you. You will become increasingly sensitive to ideas, concepts, and complex information, and you will gain the ability to tap into this rich storehouse of information at will.

We ask you to put us to the test. With an open mind, study the basic concepts we have shared, and faithfully implement some of them within your daily life. Give us permission to guide and inspire you. By doing so, you will have the forces of heaven behind you. You can only fail if you give up, beloveds. I am Archangel Michael.

1. Watch <https://www.youtube.com/watch?v=BfDK-oozHl8> for more information.
2. Watch <https://www.youtube.com/watch?v=NwLR2UPl9nQ> for more information.

***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.*

You Are in an Active State of Human Evolution

Inspired Information through Sara Wiseman

Everything is changing, and this is a good thing. Change is showing up so loud and clear with such force and fervor that you are no longer able to deny it. Open your eyes. Let yourself see what is actually happening. Admit to yourself and to one another that everything is changing. Just saying this will help.

Reality has shifted. All reality is created by awareness. As your awareness has changed, so has your reality. Do you notice that your memories are hazy now — a wispy, unreal place it's hard to return to? Who are you? Who were we? What happened? Do you notice that you can't remember?

The past is gone. It is tremendously beneficial for you to stop trying to live in the past. What happened before is a closed door. That state of consciousness is complete. You will no longer have to attend to that old suffering, in real life or in memory. Indeed, you cannot experience that old trauma in this new cycle. The good old days that were not good are not coming back, and this is a great benefit to all.

The New Dream

There is the idea of time speeding up, everything



accelerating, and things moving too fast. This is how it feels when consciousness is awakening. Humanity is evolving so quickly. You feel this in yourself, and you feel this in the collective. You can't quite put your finger on it, but everything is suddenly different. You are all waking up from the old dream, but the new reality also seems like a dream. You will get used to this new awareness. You are dreaming a new dream all together as a collective. You are getting used to your new awareness.

Distractions don't work. Your old self has become spiritual, which is why the old distractions don't work. There is a sense of destabilization, confusion. You keep going back to the old distractions, thought loops, habits, and addictions, but you find they are no longer interesting and no longer make you feel "better." You have expanded, and your expansion can't be supported by the old ways. They don't work. Even old-style religion, spiritual practices, and superstitions aren't working. You're elevating, and that continues. Let go of how you used to be.

Everything is new. In this new cycle, you have not experienced anything before. You are in an active state of human evolution. You do not know what to do, how to act, or what to think about because you have not had these experiences before. You can't rely on how you used to do things or feel about things, because the old rules no longer apply. For some of you, this may be frightening. For others, it is exhilarating. It's as if you've landed on a new planet with new ways and ideas. Be curious. See what you can learn.

2024 Trends

The year 2024 is an 8 year, which in numerology speaks of service, the infinite cycle of life and death, creation, and destruction. In 2024, we see a shift from personal gain, competition, and waste to service, cooperation, and conservation. It is a paradigm shift that leads a new global awareness.

Old structures: Political, religious, and business structures are shifting under the weight of massive change all at once. None of it is as before. Change comes from new generations arriving, those who have been born for this. Change comes from older generations transitioning. All this old structure is falling away, not only the physical or practical structure but also the mental structure. Let it all fall away. Look with new eyes. Find new solutions.

Species awareness: It's not about humans. All species must be valued and protected to maintain the delicate interdependence of the life cycle. This is a new idea for most of you. Free your mind from the idea that humans are most important. What is small is much more important.

ETs among us: Visitors from the stars return, except they've never left. They don't come from spaceships. They've been hiding in plain sight. You will begin to meet unusual beings who have new ways of solving problems. It is not all about science and technology. The real need of humanity is spiritual, and these beings show you how to increase telepathy between them and you and among yourselves. As you meet them, study their calm and connection. They are here to help.

Pollution and waste: Who gave you the idea that you could consume without concern for the ravage left behind? Who gave you the idea that profit for a few was valid? These are incorrect ideas created during a time of greed and power. Gaia rebels, as she should. You rebel, as you should. You can only live in alignment with Gaia.

Food breakthroughs: The new weight-loss drugs are the tip of the iceberg, and their opposite is true. If one person can lose weight, another person can be saved from starvation. Even as overconsumption ends, it is also entirely possible for no one to be hungry. Processing and packaging for profit has made you sick. Processed food is the new tobacco.

Identity and sexuality: New generations arrive with no clear understanding of why identity demarcations exist. It makes no sense to them. It's an old idea, once valid but no longer real. The old structures tumble.

Climate adaptation: For the near future, you cannot manage the climate, so you must adapt. You must move, migrate, and live differently. This is a great relief for Gaia. You have seen from ancient populations that humans move. They live differently in different times. You must also adapt now.

Political shifts: Politicians do not interest the younger generations and barely hold the interest of the elders. Younger generations focus on what matters to them, and political posturing is not on the list. We witness a complete overhaul of who is in charge and how government is run. In the parliamentary system, the global alliance begins.

Elections fizzle: We expect a year of election drama, but that doesn't unfold. The old guard falls like dominos; they're finally gone. Gen-X, Millennials, and Gen Z infiltrate, as they have been born to do. It's time.

Population shifts: Populations decline in first-world countries and expand in third-world countries. The demographics of the planet shift within two generations. Gaia needs this change. New birth control arrives without side effects or a need for a prescription and free from religious or moral resistance. This shifts what people expect from a lifetime.

Life expectancy: No added drug or supplement will help us live longer. It's what's not there that's the key. Lose the irritant — not the inflammation, the irritant

— and the cells remain young. What do we do with all that time? The answer is spiritual.

Right to die: Must we suffer if we have a terminal illness? An individual's right to choose his or her lifespan is controversial and a question we now face. Who is in charge of the end of life: profit centers or the individual?

Personal transport: Driverless cars continue to be developed, but what's new is smaller, personal transport for one or two: e-bikes, covered e-bikes, mini cars, hover cars, small flying orbs. Roads and rail aren't the only way we travel; we take to the (very low) sky. This year or the next, the orb will be developed.

AI learns: AI moves exponentially faster than we imagined. We can't stay on top of how this will work, but here is a hint: Collective consciousness creates change. We don't need to be afraid of our collective wisdom.

Banking and taxes: When the IRS catches up to the twenty-first century, everything shifts. Suddenly, there's an app for that: so fast, so unexpected, and so simple. Social security, identity, immigration, welfare — what else needs updating? Gen Z knows how.

Holograms: It's Zoom on steroids. Education, business, and dating — everything happens in hologram space, and it is confusingly real. This is not virtual reality, and you won't wear goggles. It is beamed imagery in

3D, real time, and it's highly interactive. Early adopters get bonus points.

Solar power: Solar to electric and beyond. Once we realize that we do not need to create waste to use energy, everything changes. The energy paradigm shifts. Clean energy is so easy, and it has taken us so long. Who stopped this before? Let those structures tumble down.

Water rights: There are different ways to access, create, and conserve potable water. Buying water rights and bottled water are not the answer. Saline conversion and filtering systems develop.

Weather management: Gaia is not interested in our control. Weather management creates bigger problems; we don't have the intelligence to manage nature. The root issue is what must be addressed, which is waste.

Seasonal migration: Climate nomads travel to the temperate zones. Van life is no longer the province of influencers but rather a way of life for those who seek relief from the heat or cold and need a fast, affordable way to travel. They are like the snowbirds of before but in much, much larger migration patterns.

Sara Wiseman is a visionary spiritual teacher who has channeled the Divine since 2000. She is the founder of Intuition University and has taught hundreds of thousands of students via her books, courses, and training. She writes the Divinestrolgy and Daily Divine blogs, and hosts The Mystic School radio show. For a free mini course, visit SaraWiseman.com.

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CONSCIOUS LIVING

Christmas: A Time of Giving and Love

Heather Robb

When we think of Christmas, we think of trees filled with glittering lights and shiny balls and presents under the tree. We may rejoice in the chaos Christmas offers as we trawl the shops and wander down decorated, festive streets. Christmas is also about buying presents, cooking food, and making sure everything is just right for the big day. It's about wrapping presents, writing cards, and making sure your family and friends have what they want.

Christmas can also be stressful for many people. It can be about what you can afford. Will people think what you bought them is good enough? What if they don't like it? Already, ads are appearing for Christmas. Some shops are starting to add decorations and messages: "Get in early for Christmas!"

Yesterday, I received an email about ordering a Christmas pudding. Big business never rests, does it? It's always about the next dollar they can make to keep afloat.

With all this buzz seducing us to spend more money and reminding us of the joys of Christmas, those who cannot afford to spend much are ignored, the lonely are forgotten, and so it goes on. It has become a time of stress for many people and its significance has been forgotten. I remember the story *The Little Match Girl* by Hans Christian Anderson. In this story, the little girl lit her last match to keep warm on New Year's Eve.

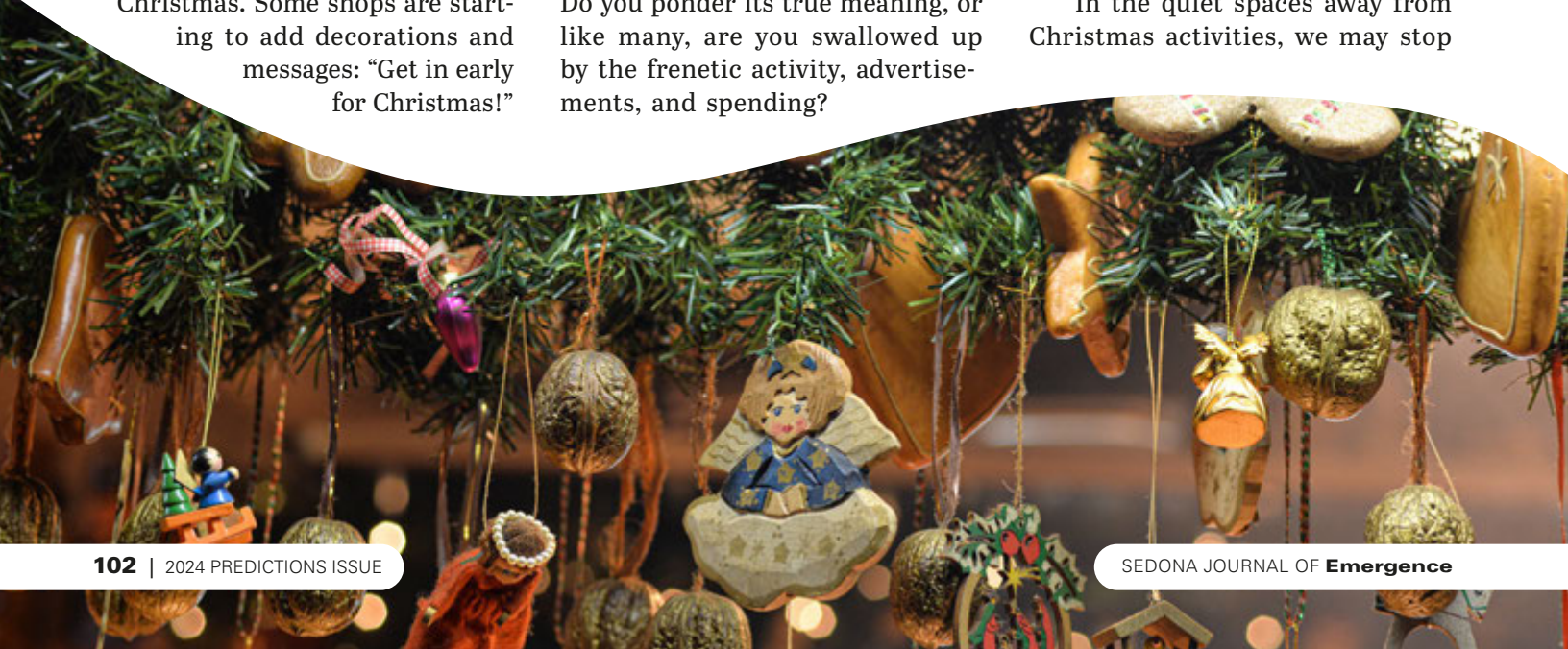
What do you think of Christmas? Do you ponder its true meaning, or like many, are you swallowed up by the frenetic activity, advertisements, and spending?



Last season, I noticed that no one mentioned the birth of Christ to me. It was all about celebrating food, parties, and gifts. Once more, no thought was given to those who had no money or friends. Whatever religion you were, you would be expected to celebrate Christmas with everyone else. Peer pressure was especially strong for children. "What is Santa bringing you?" they would ask each other. It was always about getting, not giving.

The True Meaning of Christmas

In the quiet spaces away from Christmas activities, we may stop



and think about the star and a baby born in a manger. We may reflect on the meaning of Christ's mass and what it means to us. We may think about the story of the Christos and how Christianity has affected our history in both good and bad ways.

While the early Christian church was more focused on power over the masses and less on the teachings of Christ, there were good people who followed the true teachings of Christ and studied the lessons in the Old Testament. Edgar Cayce once described the Old Testament as a metaphor for life or the soul's journey through many lives. Each lesson spoke of elements that lie within us all, and as we think about those lessons, we can relate to them through our experiences. These old stories are in us all.

I remember standing under the cross at the time of the crucifixion. Jesus looked down on me and said, "Teach my words and not what humans make of them." This is such a simple statement that holds such a deep meaning. In another life, I remember being a monk. I lived alone in a forest, and people came to me for aid, food, marriage vows, and baptism, as well as burial. I remember how joyfully I lived life even though I had little. My home was a crude hut, and I grew vegetables and herbs and gave them away. It was a small medieval community in which people supported each other and lived in peace. These memories remind me of the true meaning of celebrating the teachings of Christ and his birth.

How I Celebrate Christmas

Like everyone, though, I get caught up with the Christmas spirit. I make all the Christmas goodies, such as plum pudding, cakes, and many sweetmeats, to offer guests. I have fun buying presents for everyone and spend a lot of time thinking about what they would like. I scrub the house until it gleams and find

a tree that reaches the ceiling and trim it with lots of lights and decorations. Some of the decorations are as old as I am, for they hold the memories of my childhood. I have pine and spruce oils burning, which add fragrance to the house.

These are all fun activities, but even in these, I add my divinity. I get my family to stir love into the pudding and cakes. As I light my oils, I remember the story of Saint Nicholas who gave gifts to the poor children at Christmas and who was our first true Santa Claus. I read these stories to my children. I also stand under the stars at night and think of the birth of Christ. I quietly celebrate this time when a star shone brightly in the sky and three wise men traveled to the sacred child while shepherds watched the star in wonder.

I remember the beautiful Christmas stories we read as children such as *The Littlest Angel*, which I loved. Charles Tazwell's beautiful stories always sang to my heart as a child. My favorite as an adult is *The Little Crooked Christmas Tree* by Michael Cutting, which always bring tears to my eyes. My children would ask, "Can you read the story that makes you cry?" It never failed; I always had tears rolling down my cheeks as I read it. Look for it; it's a beautiful story. Both these stories reflect the spirit of giving and sharing love at Christmas time.

I love Christmas, and I make it a time of joy and reflection. This came home to me one day when I was shopping for presents in a large department store here in Australia. I noticed that people were looking at me strangely, and I realized I was humming Christmas carols! I was so wrapped up in my shopping that I didn't realize I was doing it. I looked at people and smiled at them and hummed. No wonder I got strange looks. Where I come from in the country, this is quite acceptable, but the city is another place altogether.

Standing at a counter surrounded by irritable shoppers, my heart went out to the poor harassed shop assistants serving customers. I was having fun, and since my time in the city was limited, I was determined to enjoy it. It was Christmas after all, one of my favorite times of the year. I made a point of looking at the woman serving me and noted the name on her tag. "Hi, Sue," I said and smiled. "I would like to buy this Lego, please." Sue looked surprised and smiled back. I waited patiently while she put the purchase though and when she handed me the package, I thanked her warmly and left.

Somehow my polite friendliness made a difference in the way she served me. I treated her as a human with a name and used eye contact and smiled at her. While this was my reaction to the agitated shoppers, it made me realize the importance of always being polite and pleasant under any circumstance. Even today, when I am served, I use the server's name if they are wearing a name tag. If it's not busy, I have a brief chat or compliment them on something.

Make Christmas a Time of Contemplation and Celebration

If we believe in the reason we celebrate Christmas, it's important to make it a true time of contemplation and celebration. It is a time of shared love and giving. Whether you believe in the story of Christ's birth or not, it is a time of celebrating family and friends, shared love, and giving, as well as receiving. It is a time of gathering our loved ones closer while we remember how important they are to us.

If you think more of Santa Claus and less of Christ's birth, remember that Saint Nicholas — our first Santa — collected and gifted presents to poor children to help them celebrate Christmas. So however you look at Christmas, it is a time of giving. While Christ's birth was a gift to

the world, we can learn that we are also giving. We can choose to make it a chaotic, frustrating time, or we can choose to take time to love this time of year and open our hearts to its truth.

I start Christmas early. I know I am old fashioned, but I still send Christmas letters and cards to family and friends every year. It is my way of keeping in touch with the people I do not see enough. I begin in October, making all my own cards and then writing letters and posting them close to Christmas. Of course, I get fewer cards every year and more emails, but it doesn't matter to me. It's my way of keeping up with loved ones.

One Christmas Eve, as I watered my garden, I heard singing.

The radio and TV were off. We lived on a farm surrounded by open paddocks. There was no one close enough for me to hear music, yet I could hear the most beautiful singing I have ever heard. I realized then that I was hearing the angels sing. Perhaps at Christmas the veils open wider to heaven for the music to reach Earth. Its haunting melody stayed with me. Every year after that, I would stand under the stars and open my heart wide to unite once more. Sometimes I heard the angelic choir, and other times, I saw the star or sensed the presence of baby Jesus and the potential of his birth. This leaves me with wonder and awareness of why we celebrate Christmas.

What does Christmas mean to

you? How will you celebrate it this year? How can you make it a time of giving and love? Join me under the stars on Christmas Eve, and think about the true meaning of why we celebrate Christ's birth. Think about what that means to you, and make Christmas even more special. Take a deep breath, pause, and be. Open your heart, and be with these blessed energies so close to Earth at this time, and wrap yourselves in the peace it can bring you.

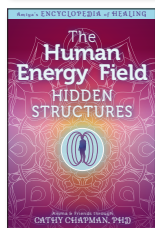
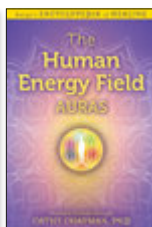
My love and blessings to each of you for Christmas.

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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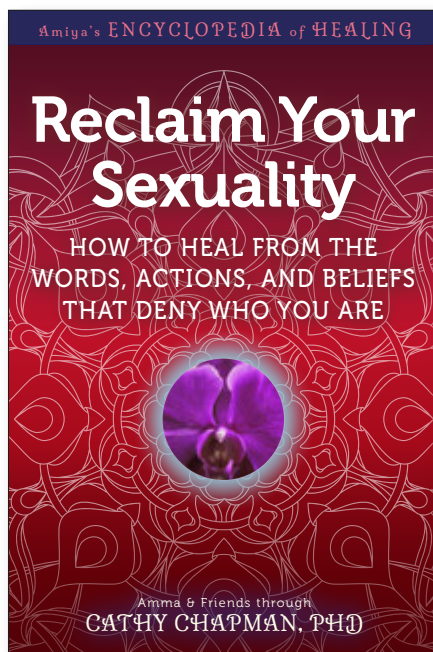
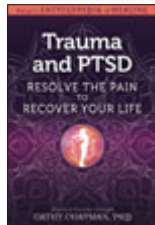
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Times of Transformation Require Your Authentic Self

Donna Taylor

Everywhere we look, we see patterns. The planets operate in rhythms and cycles that reflect similar patterns on Earth. Patterns exist in our personal lives: We attract the same types of relationships, manifest the same financial situations, create the same recurring physical symptoms, and follow the same daily routines. In November, patterns are likely to be broken. On the world stage, something shocking or unpredictable could happen. Someone we know might have an experience that abruptly changes their circumstances, or we experience the same. We need to watch that we don't act needlessly rebellious or volatile in November, as the planetary alignments are erratic and revolutionary, to say the least.

We begin the month with the Sun, Mercury, and Mars aligned in Scorpio, which brings an intense and somewhat fixed energy. Many of us will experience depths of emotion we don't normally feel. If expressed in positive ways, these emotions could move mountains with their passionate intensity. They might also manifest as determination, perseverance, and the need to overcome and achieve at any cost. This will be helpful if we have challenges or if our backs are against the wall, as this powerful Scorpionic energy will take no prisoners, and we should emerge triumphant.

Problems might begin around November 12 and 13 when Mars and the new moon move into opposition with Uranus. This is an incredibly powerful but volatile combination of energies that could produce conflicts or frustrations. Mars is an aggressive planet, and Uranus is revolutionary, so when the two are at odds, the results can be explosive and potentially destructive. We all need to be as conscious as possible, especially at the new moon around the middle of the month. We need

to release the things that no longer serve us or transform the things that have potential but need to be overhauled. Uranus asks that we break patterns that stop us from expressing our authentic selves, so any restrictive or inauthentic situations will likely release pressure around the middle of the month.

This is good if we've been feeling stuck or limited in some aspects of life, but it's not so good if we become erratic, impulsive, destructive, or rebellious. Before we do things we might regret, we need to count to ten and think mindfully about what our hearts want us to do. The best use of this powerful and transformative energy is to change our lives in ways that enable us to become our authentic selves.

Patterns Will Change

Wherever this powerful planetary opposition falls in our charts highlights the areas where we're most likely to see change. Mainly, we need to change how we do things. That could mean changing things that have caused us to feel particularly frustrated or blocked, or it could mean altering our daily habits or routines to enhance our well-being. With Uranus in the picture, these changes might happen automatically without our needing to do anything. Uranus can shoot bolts out of the blue, leaving us to later reflect on what happened. Deep down, we know that destabilizing events are for the best, as we can easily get locked into patterns that serve our day-to-day circumstances or egos, such as humdrum jobs that pay the bills but leave our souls malnourished.

The universe will jolt us in November if we have been neglecting our souls; therefore, we should rejoice



the shifts that facilitate new beginnings, particularly if they feel exciting, creative, or freeing. Emotional outbursts could manifest if we've been bottling our frustrations, especially around the middle of the month when it will be more difficult to keep a lid on things. Even if that happens, we should feel a sense of relief after the pressure is released. We need to forgive ourselves and others if this occurs, because it probably needed to happen. The big test is how we deal with consequences — hopefully with flexibility, tolerance, and the willingness to adapt and change.

People under the four fixed signs of Taurus, Leo, Scorpio, and Aquarius — in addition to Aries and Cancer — will need to be especially mindful during November and watch for impulsive and volatile actions. Gemini might feel the strain earlier in the month, and those born with Mars in aspect to Uranus will need to

be vigilant of their innate rebellious tendencies around the middle of the month.

Mars opposes Uranus approximately once every two years, so whatever frustrations have been building over the past two years are likely to come to a head. This will present opportunities to release internal pressure-cooker energies and create change with purpose. Whenever Mars and Uranus face off, it prompts us to break out of our empty or limiting roles. It also helps us deepen our understanding of who we are as people and how to express our individuality.

Whatever changes we experience this month, we can be assured that they support our growth. If the status quo is shaken and change comes knocking at the door, we can acknowledge that the old needs to give way to the new. If we're honest with ourselves, we will move beyond our current boundaries.

November Monthly Horoscopes



• ARIES (March 21–April 19) •

Whoever fights monsters should see to it in the process that he does not become a monster. And if you gaze long enough into an abyss, the abyss will gaze back into you.

— Friedrich Nietzsche

Most of us are familiar with the idea that energy follows thought, but knowing something and living by it are two different things. This month, you might find yourself slipping into places, thoughts, and feelings that you normally like to avoid. The Sun, Mars, and Mercury are all in your psychological basement, which is bound to unearth a few demons: spikes of jealousy, bursts of anger, dark moods.

If these disturbances are brief, it might be wisest to ignore them; just allow the emotions to flow out, and get on with business as usual. On the other hand, if you find yourself descending into Hade's underworld more often than you'd like, you might want to be conscious of what's irritating you, because November holds immense potential for healing and rejuvenating what has become fatigued, troubled, or depressed. Exploring your inner dynamics through journaling, counseling, shamanic healing, or anything that enables you to access your inner self, will be time well spent. You might prefer a physical cleanse, such as a detox or clearing your environment of stuck energies.

See yourself as a shaman this month. Become aware of the subtle energies around you and the energy you emit. Watch where your thoughts go and whether they take you to healthy or unhealthy places. If you become aware of any darkness within yourself, others, or your environment, seek to clear and raise that energy. This could be a

powerful month for healers and psychics, as the effects of your work should be more dramatic. Once again, it's vitally important to be as pure a channel as possible.

The new moon on November 13 is an opportunity to rise like the phoenix from the ashes and transform. This is be a good time to release something from your past that has been weakening you, such as a habit or an addiction. It's all rather reminiscent of the Strength card in the tarot deck that depicts the need to tame base impulses, rise above primitive emotions, and overcome weaknesses. We do this not by fighting but with gentle, conscious awareness. November, especially the days around the new moon, offer this opportunity for psychological transcendence and empowerment. As you become stronger, you might find that life around you changes: Your choices are more empowering, your finances shift, your intimate relationships evolve, or your intuition or psychic awareness grows.

While all this deeper exploration can be fun, you might still welcome the Sun's arrival in the friendly sign of Sagittarius on November 23, which signals a return to the topside world and getting on with the business of normal living. The Sun's change of signs brings possibilities that you might not have been aware of, so it's a good time to push out of your comfort zone and head for new horizons.

On the other hand, you need to be primed for a short period of frustration as Mars squares up to Saturn, which is like trying to drive with the brakes on. This could manifest as delays, obstacles, or failed enterprises, and you might feel that your will is being thwarted. At this point, it's best to be patient and ride out the frustration. Saturn's lessons are about the need to wait, persevere, and accept that what you want might

not be for your highest good. As you approach the end of the month, accept that this is not the best time to pursue your desires or to initiate anything new. It's more a time to defend and preserve what you already have. Build and consolidate, sharpen your blades, and pull up the drawbridge.



• **TAURUS** (April 20–May 20) •
Conflict cannot survive without your participation.

— Wayne Dyer

Do you ever think that life would be much easier without other people around? It would also be more boring, and you would learn very little, as other people serve as mirrors, reflecting our good and not-so-good aspects. This month, your reflections are likely to return thick and fast as a powerful cluster of planets activates your relationship zone. This could bring a mixed bag of results, from passionate highs to dramatic lows. Given that Mars is involved, you might experience more conflict than usual, ranging from an altercation with a stranger to a break up with your partner.

Communication breakdowns are more likely now, but so too is the ability to fix problems by listening and adapting to other people's requests or responding more assertively. Don't berate yourself if you don't immediately diffuse a conflict or handle it in the best way, because Mars in your opposite sign makes conflict difficult to handle, and you likely have lessons to learn regarding anger and assertiveness. You might be too assertive, which could result in undue aggression, or you might be too passive, in which case others might take advantage of you. Then you would likely push your anger down and feel it fester.

It would serve you well this month, especially in the first two weeks, to be aware of your projections. Is someone acting out what you would secretly like to do? Are you accusing someone of something that is actually inside you? Conversely, are you projecting good qualities onto others, seeing them as talented and worthy, when it is really you who should exhibit those qualities? In short, your interactions with others will provide many learning experiences through the month. The key moment will be the new moon on November 13 when you can turn over a new leaf in a relationship or change the way you relate.

Given that Uranus is opposite this new moon, seek to change a tired relationship dynamic or a pattern of relating. Frustration and anger in a relationship could stem from you or the other party feeling trapped in roles you don't like and that need to change. Be open to doing things differently, but also work toward tolerance and flexibility. Rigid attitudes and pointless rebellion will

backfire. It might help to question how much a conflictual relationship means to you. Is it worth the effort? What can you learn from it? You might experience a burst of defiance, but you need to ask yourself whether this is about healthy self-esteem or an immature and stubborn refusal to bend to another's request. Beware of acting impulsively or provocatively. Aim instead to work toward communicating effectively: Clear grievances, air your questions and concerns, assert yourself, and set clear boundaries.

Things should ease up after the new moon, and especially after November 23 when the Sun moves out of your relationship zone and into Sagittarius, which is good news if you need to regenerate, transform, or heal any aspect of yourself or your life. This is a good time to focus on empowering yourself financially, sexually, or psychologically. The end of the month might bring up some powerful energies, so use them wisely. Ultimately, November will likely bring a breakthrough or major change in your personal life, most notably if things have needed to change for a long time.



• **GEMINI** (May 21–June 20) •
Never hurry. Take plenty of exercise. Always be cheerful. Take all the sleep you need. You might expect to be well.

— James Freeman Clarke

November will likely draw your attention toward your health and general well-being with a need to make one or two changes. At the same time, this will likely be a busy and productive month demanding much of your time and energy. On the plus side, your work could be more satisfying as you throw your energies into your tasks and see progress. It's a great month for getting your daily life in order and working toward your life functioning more effectively and efficiently. You might want to look at your daily routines and see how they support or undermine you. For example, if too many late nights at work and food grabbed on the run work against your well-being, this is a good time to correct that. If you're already reasonably healthy, try to catch problems before they arise.

There is the chance that you might overdo things, which could lead to an illness, accident, or injury, so try to maintain the right balance between being productive and looking after yourself. Many of today's health problems are caused by our fast-paced lives that deplete our immune systems and leave us vulnerable to bugs and viruses. Do your best to slow down even if that's just a ten-minute meditation sometime during the day.

The new moon on November 13 is ideal for starting fresh with your health. It's the perfect time to break a bad habit or stop eating unhealthy foods, for example.

The downside to this new moon is that it carries a very wired and unpredictable energy, meaning it will take a more conscious effort to slow down, breathe, relax, and keep yourself grounded.

Much of this also applies to your work, another area likely to be affected by the powerful planetary energies this month. Changes could occur that enable you to be more authentic in your work life. This could be a time to break old patterns, do things differently, embrace new ideas, or revolutionize an aspect of your work — your office, a relationship with a colleague, or the service you provide. If you've been feeling bored, restless, frustrated, or not able to fully express yourself in the right way, this new moon should release those frustrations and bring about creative change.

All told, this will likely be a busy and dynamic month to get things done, make empowering changes, and break old patterns that were undermining your work or health. Just be mindful why you do the things you do. Explore whether your habits support and nourish you, and consider whether your work is a complete expression of who you are.



• **CANCER** (June 21–July 22) •

To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.

— Ralph Waldo Emerson

It's not always easy to be ourselves. We all have little bouts of inauthenticity, such as agreeing to do something we don't really want to do or not confronting someone because we don't want the conflict. These little things might not seem like big deals, but over time, they can erode our capacity to go against the grain when it is important to do so. Then we find ourselves trapped in roles or relationships that don't resonate with our hearts.

If any aspect of your life isn't reflective of your true self, you might really feel it this month as the Sun, Mercury, and Mars align in your zone of creativity and self-expression. You might find it more difficult to keep the peace if it means suppressing your individuality. In addition, it might be trickier to keep up a pretense in a relationship or turn up for a job your heart isn't in. If you're a creative soul, the planetary energies will call you more strongly to express your creative urges. If you've been harboring a secret desire, keeping it under wraps will be difficult this month. Your best option is to be honest about how you feel, and take it from there. For some Cancers, this might mean spending more time in pursuits that make you feel glad to be alive. Embrace this self-indulgence for your well-being and happiness. For other Cancers, you might need to make radical shifts to live more in alignment with your hearts. Don't wait for

dark moods, illnesses, or major events to occur before you make these changes.

Life passes quickly, and your purpose is to be yourself. A number one regret is, "I wish I'd had the courage to live a life true to myself and not the life others expected of me." The new moon on November 13 will be particularly potent if you're trying to find the courage to live more authentically. This could begin with a small step, such as honoring your love of art by enrolling in a watercolor class, starting an herb or a vegetable garden, or beginning to write the book that's been at the back of your mind.

At the other end of the scale, you might find yourself by putting your old existence behind you and traveling to exotic parts of the world. Your sweet spot is likely somewhere between these two extremes of creative heart-centered living, and the days around November 13 are ideal for breaking your Groundhog Day patterns and inviting more color and passion into your life. Don't be afraid to upset the apple cart, if need be, because Uranus's opposition to this new moon and Mars speaks to shaking up the status quo. Dare to trust your instincts, and cut your ties to the duties and obligations that feel restrictive or soul destroying.

Your challenge for November is to intimately know the real you. Any feelings of boredom, flatness, or frustration are clues that your authentic self is rattling the cage and desperate to enjoy new experiences. Be ready to go beyond your current boundaries, and make no apologies for the choices you make that enable you to be your true self.



• **LEO** (July 23–August 22) •

If you're not happy at home, you're not happy anywhere else.

— Angie Harmon

Home is fundamental to our well-being, the base of everything we create in the outside world. This month's planetary energies direct your energy and attention to your domestic life. An aggravation will likely appear: Something goes wrong in your house, a family relationship roils with conflict, or a situation puts a strain on you and your family. Whatever challenges emerge that are related to domestic strife, you will have the energy and impetus to make things better.

It might help to first address how your home reflects you. In what ways do fixing a broken appliance, painting the walls a brighter color, or removing a relationship problem act as your mirror? For example, if you've been feeling overwhelmed, is your house too cluttered? If you suffer with a lack of abundance, does your home reflect this in its drab furnishings or dull color palette? We tend to create around us what we unconsciously feel, so take

a good look at your home, and create changes that will make you feel better.

The new moon on November 13 is the ideal time to start over in your domestic life, from welcoming a new addition to clearing out what you no longer need and creating space for new things to come. This new moon will help you energize your home and raise its vibration. In terms of family dynamics, try concentrating on breaking a pattern, such as the way you relate to a relative. With the feisty combination of the Sun, Mars, and Mercury in this area, it might be too easy to yell at people close to you. A better approach is to calmly communicate. Listen with your heart so that others feel safe to express their feelings.

The energies are very wired and erratic, especially around the middle of the month, so don't berate yourself if you're a bit snappy or you adopt an overzealous approach to tidying, clearing, fixing, or decorating. You will probably feel some urgency to get things done. Just be mindful that those around you might not share your enthusiasm for tackling domestic jobs, so then it's best to just get on with it yourself. The energies begin to shift around November 24 when the pressure is removed from your domestic world and peace can be restored. This will be a welcome shift to an emphasis on fun and enjoyment, making the last week of November ideal for pursuing pleasure and enjoying a more relaxed vibe.

Ultimately, November brings opportunities to change problems that operate at a fundamental level and express themselves via your domestic life. Try to be conscious of how you operate and your feelings below the surface. If necessary, spend some time journaling or talking with a counselor, therapist, or healer so that you can be more aware of any inner dynamics and psychological issues holding you back. This month will highlight your home, but it's really about coming home to yourself. When you do that, everything else harmonizes around you.



• **VIRGO** (August 23–September 22) •
Criticism, like rain, should be gentle enough to nourish a man's growth without destroying his roots.

— Frank A. Clark

November is all about communication. You will have opportunities to get your message across, whether it's a conversation you need to have or it's inspiring others with your knowledge, insights, or imagination. How you choose to express yourself will be largely determined by your attitude. While the energies are favorable for demonstrating a can-do approach, be aware of the potential pitfalls of having a lot of planetary energy focused on your mind and verbal expression.

The first pitfall is having a sharper tongue than

usual. Virgo's famous critical eye will likely be heightened this month, so you will need to be careful not to cut others down with a razor-sharp analysis of their flaws. The second potential pitfall is your mind running away with you and the ensuing anxiety. This will likely be a busy month that corresponds with a busy mental state, and you could have difficulty finding the off switch. Make a conscious effort to regularly ground yourself, especially around the middle of the month when Uranus forms a volatile opposition to Mars, Mercury, the Sun, and a new moon and you feel like a spinning top. Listen carefully for that little voice that aims its criticism at you: "You're not good enough. There's not enough time. You're going to fail." The critical voice could become rather destructive if you don't tame and soothe it through soft practices such as meditation or being in nature.

Slowing down will be the key to your well-being this month, especially around the new moon on November 13 when the energies are at their most frenetic. This will also be a good opportunity to break a self-defeating mental pattern or to take any communication gift — writing, speaking, teaching, sales — and develop it on a bigger scale. Even writing in your journal could be a way to exorcise that mental voice, regardless of your writing talent.

In a nutshell, you have a powerful opportunity to change the way you think in November, especially in the middle of the month. Over time, our thoughts become beliefs, and our beliefs shape reality, so if you want to change aspects of your life, begin with your thinking. Uranus and Jupiter encourage you to step out of your old paradigm, and the powerful results could catapult you into a more 5D existence. The key is to raise your vibration by following a path of joy and avoiding people, places, and situations that pull you down. Remember that the quantum field simply feeds back whatever energies you imprint onto it via your thoughts and feelings. November is a month to become superconscious of what you imprint on the fabric of life; then change it by nourishing yourself and others with empowering thoughts.



• **LIBRA** (September 23–October 22) •
In life, you don't get what you deserve, you get what you negotiate.

— Chester L. Karrass

November carries a strong financial theme, making this an excellent month to improve your bank balance and focus your energies on your material world. Part of this improvement will lie in being assertive and asking for what you want. With Mars and Mercury alongside the Sun in your money zone, this is the perfect time to negotiate a better deal for yourself, whether you're asking for a raise, seeking out money-making opportunities,

or making a deal that saves you money. Because asking and negotiating will play a key role in how well you fare, the first place to start is to ascertain how much you're worth and whether you're receiving it. For example, are you charging a fair price for your services, or are you underselling yourself?

You'll also find that any ideas for improving your financial situation will be easier to implement this month, and the opposition from Uranus suggests that you might need to be a little rebellious to shake up the status quo. The new moon on November 13 is the perfect time to revolutionize your financial situation and unlock your potential. It's ideal for breaking old financial patterns or changing limiting beliefs that hold you back financially. You might find yourself changing the way you work or look after your money, or an event could bring about change. The good news is that if you have been undergoing a difficult situation, the new moon could bring a release of that pressure and facilitate a change to what you prefer.

The only word of caution is to curb impulsive spending. Make sure your purchases or investments are not excessive and do not cost more than you can afford. Any purchases or investments you make should be in alignment with your values. It's a good time to examine where your money goes and whether you can put it to better use. For example, do you spend in areas that don't mean much to you? Think about where you would love to spend your money, from little indulgences to causes you want to support, and see whether you can implement those changes.

This month is not all about money. Venus enters your sign on November 9 and spends the rest of the month there. Her presence serves as a gentle reminder to slow down and smell the roses. Remember that you are here to enjoy life and not just work and fulfill your duties. Immerse yourself in the beauty of art and literature, express yourself creatively, or absorb nature's beauty. Venus reminds you of the importance of love and sensual pleasures. Enjoy a lovingly cooked meal with friends, or spend time with a lover. By all means, work toward empowering yourself financially, but remember that abundance starts within. When your heart is full of gratitude and appreciation and your soul is full of love, you want for nothing.



• **SCORPIO** (October 23–November 21) •

Begin doing what you want to do now. We are not living in eternity. We have only this moment, sparkling like a star in our hand and melting like a snowflake.

— Francis Bacon

November is a month for moving mountains and

throwing your energies into a project, personal desire, or ambition. The month begins with a powerful combination of the Sun, Mars, and Mercury in your sign. This is wonderful for motivation, energy, enthusiasm, and getting things going. If you have something to channel this energy into, you might find the first two weeks very satisfying as you make good progress. If you don't have something to feel passionate about, find something quickly, because this type of energy can backfire if it has nowhere to go. The fiery and intense nature of this planetary combination favors forging ahead with your personal desires and recharging your batteries by focusing on the activities that bring you enjoyment. It is acceptable to focus less on the needs of others at this time because your inner self or soul is in need of rejuvenation.

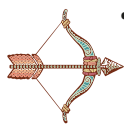
The new moon on November 13, also in your sign, is closely conjoined by Mars and opposed by Uranus. Changes or developments in relationships and your personal life could occur at this point and might indicate a deeper need for change. Someone's unpredictable behavior could trigger your anger, or vice versa. If things get heated, remember that conflict can't survive if you don't participate in it.

It could be all too easy this month, especially around the new moon, to fly off the handle or blame the other person, but your energy would be better spent channeled into something constructive. Try to get an idea what that might be, and move forward with it. Sometimes relationships can become problematic because of individual frustrations. When we are happy with what we're doing, we are much more tolerant than when we aren't making the most of ourselves or when we're not on the right track. The good news this month is that you should feel naturally inclined toward a particular direction. The clues are in the things you feel passionate about.

As the month progresses, the energies begin to soften, particularly from November 23 when the Sun moves into Sagittarius, your money zone. This will take the spotlight off you and direct it toward your material life. It's the perfect time to make progress in this area of your life, whether that's plowing energy into your job, sorting out your finances, increasing your income, or buying something new. That said, Mars is square to Saturn between November 22 and 29, peaking on November 24 to 25, which could result in a short spell of frustration as things might not go your way. This could be a test of your patience or your tolerance. Try to see whatever situation you're in as a challenge. This tension might reach a head around the full moon on November 26 to 27, at which point there should be a resolution.

It's fair to say that November will be an intense month with some key moments. If you can channel your drive into something with meaning and stay attuned to

the bigger picture by not getting caught up in tensions, conflicts, and things that don't really matter, you could experience a high degree of fulfillment and progress. Remember that you can't always be all things to all people, and your first duty is to yourself.



- **SAGITTARIUS** (November 22–December 21) •
Dreams reveal the secret wishes of the soul and provide course corrections for the delusions of the day.

— Robert Moss

As you progress through November, you might become aware that all is not quite as it seems. Trying to figure things out intellectually won't work, as a cluster of planets in your zone of soul and spirit suggests that the answers to your dilemmas come from higher information. You might gain wisdom from your intuition, your nightly dreams, or the esoteric knowledge contained in the tarot or the stars. Your intuition will be an especially strong guiding force this month. The more you rely on your spiritual dimension and less on your material/rational world, the better you will fare. It might also help to bring closure to a matter that has been doing you no favors.

Quite often, planets that rattle around in the depths of our psyches unearth buried skeletons. This can manifest as anxiety, bad dreams, fears, and sudden emotional outbursts. Should any of this emerge, take it as a sign that you need to become more conscious of something. Explore a bad dream by writing down the feelings and characters it contained. Take an appropriate Bach flower essence if you feel anxious. (Mimulus and Aspen are good choices for known and unknown fears.) Find your center in meditation, or engage in an activity that boosts your confidence. Understand that those strange moods, angry outbursts, or tsunamis of tears are your psyche trying to clear out stuck emotions from the past. Feel them and let them go.

Another requirement of these planets in your soulful and psychic zone is to slow down and go within. Trying to maintain a fast pace while the planets are pulling your attention inward is bound to cause inner tension or conflict. Be in your space and focus on your healing, particularly emotional or psychological healing, as most illnesses begin at this level.

If you are striving to progress spiritually, it will be easier this month to connect with higher beings and your inner self and to traverse invisible realms. You might, for example, receive valuable clues for your next steps through synchronicities, visions, dreams, meditations, or signs that appear in your daily life (such as recurring numbers). If you resonate with the hermit archetype, that will probably kick in this month, and it will serve

you well to honor it. If you can't go on a retreat, create your own by carving out more quiet time to yourself.

The new moon on November 13 should bring closure to a situation and prepare the ground for new beginnings that will come in due course. Uranus in opposition might bring about a sudden event or disruption, which could relate to your health, work, or daily life. This disruption could be frustrating but help you forge a new attitude toward one of these areas. For example, you might revolt against the obligations, burdens, and duties undermining your health and psychological well-being. It might be prudent to consider that everything you take in via your environment will affect you on some level now, so getting clear of negative influences would be advantageous.

The Sun and Mars moving into your sign on November 24 is a key positive moment that should highlight any recent malaise and signal increases in your energy, motivation, confidence, and optimism. Take charge of your life, and direct it where you want it to go. This is an ideal time for beginning a new project, getting things done, and focusing on your personal desires. More importantly, it's a time of increased buoyancy: You will more easily be able to forget about the past and stay present, where your power lies.



- **CAPRICORN** (December 22–January 19) •
With determination, discipline, and hard work, all dreams become a reality.

— Lailah Gifty Akita

Sometimes things come handed to us on a platter. Other times, we have to put in the effort. In November, you will likely see both these scenarios. A cluster of planets in your zone for hopes, dreams, and helpful people will likely bring an element of good fortune and prompt you to direct your energies toward what you want to manifest in the world. The emphasis will be largely on your social life, which could range from your interactions with others and your friendships to the role you play in society. If you want to make a difference in the world, this is a great month to focus your energies on helping others. The timing is also in your favor for making or enhancing friendships.

The presence of Mars suggests that one of two scenarios will likely play out, depending on whether you see the best or worst of Mars. If Mars is working well, you will feel that your social life is energized or that you have greater passion for the role you're playing in your community or society. You might be called to do a bit more. If you're involved in a voluntary or charitable venture, much progress can be made at this time.

On the less positive side, Mars has a tendency to ruffle feathers and induce conflict, so you might need

to iron out any wrinkles in your friendships. If you do need to sit down and talk things over with someone, try not to get into arguments. Listen to what the other person has to say, and try to see his or her point of view. Can you reach a compromise or a workable solution, or do you need to forgive and accept? The new moon on November 13 will offer the chance to start fresh with your friendships and initiate new connections. This is also a good time to activate your social life by getting out more and possibly joining a group that interests you.

The other key point of all this planetary activity in your social zone is that you now have the chance to reconnect with your tribe. Attending a meeting or an event with like-minded people could spur you to increase this kind of connection in your life. The advice here is to be open to new social experiences, especially if they enable you to link with people who resonate with your ideologies.

The upbeat social tempo shifts on November 24 when the Sun moves into Sagittarius, suggesting the need for a little retreat and time out. Mars accompanies the Sun, so you might notice a drop in your energy and less desire to be out and about. The Sun in this area initiates a month-long period in which rest and repose will become more important than living completely in the outside world. Young Capricorns might not feel this shift as much, but older ones will need to pace themselves and take time to nourish their inner selves; otherwise, illness, fatigue, or a low mood could surface.

If you can tap into this soulful energy, you will feel increasingly connected to the divine. Your dreams could be more vivid and insightful, you might have more mystical experiences, and you are more likely to experience signs and synchronicities that confirm your direction. Bear in mind that anything negative that happens in the last week of the month will remind you that you've temporarily lost connection with your inner self. Gently meander back into a more spiritual zone, and you will procure a quick cure. Art, poetry, music, and meditation are a few pursuits that can boost your spirituality.

Your attitude is key, because it will be easy to fall prey to a dark mood, frustration, or cynicism. Don't give up, but know that sometimes trials are sent to us because our characters need testing or we've lost our connections to our higher selves. The last week of the month will remind you that you're not always as in control as you think, but miracles can occur when you surrender to a higher power.



• **AQUARIUS** (January 20–February 18) •

Once you make a decision, the universe conspires to make it happen.

— Ralph Waldo Emerson

Your direction and destiny are key themes in November as a cluster of power planets aligns in the success region of your chart. Whether or not you're ambitious or want to move in a new direction, these celestial energies can help you make some progress in life. At work, you might put more energy into your job with a corresponding sense of satisfaction. In life, you might move forward in a satisfying direction.

This is certainly a good time to pursue your ambitions, step into the limelight, and push forward with something that you feel passionate about, but there's more to this configuration than ambition and success. At a deeper level, an unstoppable energy and growing confidence will enable you to be more proactive while knowing what you want and where you're going. It will be easier for you to make important decisions and stick with them. Once you commit to a course of action, the universe will step in and work with you to make it happen. This is when miracles and synchronicities can occur. When we are vague, uncommitted, hesitant, or doubtful, the universe mirrors these back to us as confusion and missed opportunities. Decide what you want to do, commit to a course of action, and watch what happens.

The new moon on November 13 will be the best time to step forward if you're after new beginnings or changes in your direction. Just after the new moon would be best for launching a business idea or approaching a company about hiring you. In the run up to the new moon, plan, prepare, do the groundwork, and let go of anything that has been holding you back. Breaking with the past would also be a good use of the energies in the first two weeks. The new moon will be important for you for two reasons: It occurs in the area of your future, suggesting a chance to step out in a new direction; and your ruling planet, Uranus, is in opposition to the new moon. Some aspect of the past will likely tie in with what you're attempting to do, so ask yourself what pattern from the past needs to be broken. This could be something that links with your family, home, domestic situation, childhood, or parents, as one or more of these areas will likely need to change or shift so that you can move forward into a bright new future.

You end the month with the fiery combination of the Sun and Mars in your social zone, which is bound to activate your social life and bring developments with your friends and groups. What you have experienced in the previous three weeks should provide the foundation for what happens in your social life. Ideally, you will take the progress you have made and direct it into your social world so that you can feel a greater sense of meaning and connection. You are not just a cog in a wheel; you are playing a key part in humanity's unfolding evolution.



• **PISCES** (February 19–March 20) •
If you want small changes in your life, work on your attitude. But if you want big and primary changes, work on your paradigm.

— Stephen Covey

In November, you will need to decide whether you want to make small changes or big changes. Are you fairly happy with your life as it stands? If so, minor adjustments will do. Do you believe it's time to rewrite the story you've been telling yourself for most of your life? Are you fed up with being in a state of lack, whether in your finances, relationships, health, or whatever seems in short supply?

The bulk of planetary activity this month occurs in the areas connected with your beliefs, thoughts, and ideologies, making it easier to alter your attitudes for creating better things. This is also a rare moment of opportunity for shifting your entire paradigm. You probably don't have to think too much about how to shift your mental state, as the momentum of the planets will naturally steer you in the right direction. You might wake up one morning and think, "Today is the day," or you might see a situation in which you previously held back in a much more proactive and empowered way.

The new moon on November 13 will likely be a key point where your mind undergoes a radical shift. This could be as simple as no longer believing that something is a source of limitation, or you could experience

outright enlightenment. November is the month to believe in the impossible.

This is likely to be an adventurous month, and it doesn't matter whether you head off on a physical adventure or a spiritual journey. What matters is that you leave behind the familiar, if only for a day or two, so that your mind can expand and create a sense of greater possibility. November is all about possibility. By greeting the world with a more curious attitude, you could have some rather interesting experiences, ranging from synchronicities to miracles and even a sense that you're shifting from 3D to 5D. As we get older, we tend to close down and become more calcified in our thoughts, beliefs, opinions, and actions. We allow the stories that have shaped us to determine our fates and limit who we can be. This is why we get old and sick and our bodies rust and creak.

Your task this month is to explore possibilities, ask different questions, create a new story for yourself, and live as a child in a state of wonder. If you can break an old mental pattern, the new moon on November 13 will catapult you into a new reality. Read books or watch videos on the law of attraction or the quantum field so that you can access a higher vibrational frequency and create prosperity, health, happy relationships, and fulfilling work. Then, in the last week of November, use your insights, revelations, and awareness to help you align with your true purpose in life. You could end the month on a high note, and get back on track with feelings of success and culmination and a sense that things are coming together.

December Monthly Forecasts



• **ARIES** (March 21–April 19) •
Don't be too timid and squeamish about your actions. All life is an experiment. The more experiments you make the better.

— Ralph Waldo Emerson

December is your month to be bold and step out of your comfort zone. With Mars, the Sun, and the new moon all in your zone of adventure, you are being encouraged to push the boundaries of what you think is possible and explore new territory. This could range from a physical adventure to a mental or spiritual journey. You might receive an invitation to go somewhere you've never been before or to try a new experience. Alternatively, you might be inspired by a concept that challenges you to think outside the box or imagine your life in a more expanded way.

This month is all about broadening your horizons and embracing new possibilities. The more you can expand your mind, the more possibilities will knock at your door. The new moon on December 12 is the perfect

time to really push out of anything that has limited or restricted you. It's also ideal for entertaining new ideas and challenging your old paradigm. As old energies give way to new, this could be your moment to experience life on a totally new level.

Seeing the unknown path stretching before you should feel rather exciting, and it might help to imagine reality as a lump of clay that you can mold with your thoughts and beliefs to ensure you end up where you desire. In other words, if you believe something can happen, it most probably will. This will set the stage for a very positive holiday period as you realize that anything is possible.

You end the year with the focus on your future. What are your goals and ambitions? Where do you want to go in 2024? Does your direction need to change? At the same time, Saturn suggests that you need to clear the decks for new action. What needs to be wrapped up and concluded? What do you need to leave behind? This is a time to cut your losses without lamenting failures. A long chapter of your life could be drawing to a close.

Rather than tie yourself to New Year's resolutions, go with whatever ignites your inner fire, and make this your mission for the coming year.



• **TAURUS** (April 20–May 20) •

Insight and enlightenment do not come from accumulation, but from simplification; not from getting but from giving up.

— David Brazier

With Jupiter — the planet of good fortune, joviality, and excess — in your sign, this should be a holiday to remember, but you don't want it to be remembered for all the wrong reasons. Try to enjoy yourself without going over the top: Take your pleasures where you can, but strive to balance this with moderation. Rather than physical indulgences, aim to enjoy time with friends and family. Be as generous as you feel you can, share your bonhomie, and enjoy the abundance, fun, and games.

It won't all be a light-hearted romp this month, because Mars aligned with the Sun and the new moon in the darkest region of your solar chart suggests the need to dig deep in some area of your life. Mars has a habit of excavating what we mere mortals prefer to overlook, so be prepared for intense feelings or deep and introspective moods as one or two shadows are illuminated. The good news is that the new moon on December 12 is regenerative and brings a chance to transform a difficulty or purge, cleanse, or fix something that needs repair — you, a situation, or something you own. Whatever it is, the middle of the month brings opportunities for deep emotional, psychological, and physical healing, and it's a good time to rid yourself of toxins. This might be difficult, given that we're tempted toward excesses in all the wrong areas this time of year, but if you can be strong and resist what you know is harmful, you should feel a growing sense of empowerment.

Joint finances and matters of an intimate nature could also arise this month. Once again, the goal is to focus on empowering yourself rather than being dependent on others, financially or emotionally. The mood lightens around December 22, just in time for the holidays, so whatever issues challenged you in the first three weeks, the arrival of the Sun in Capricorn will enable you to see the light at the end of the tunnel and to believe that more possibilities exist than you previously thought.

You end the year with a growing sense of possibility and that anything can be better if you believe it so. Pluto is poised to arrive in your zone of success and achievement and will gradually push you toward being a greater presence in the world. As you approach 2024, it might help to consider your direction in life and to accept that big changes are leading you toward more success, power, and alignment with your true purpose.



• **GEMINI** (May 21–June 20) •

The quality of our relationships determines the quality of our lives.

— Esther Perel

December will feature other people, from your significant others to people you encounter in your daily life. The potential for a change or improvement in at least one key relationship is possible with Mars, the Sun, the new moon, and Mercury retrograde in your partnership area. While you might experience many pleasurable experiences and encounters, be mindful that having Mars in your opposite sign can bring up some conflict, and you will need to make a conscious effort to not become embroiled in power struggles or hostile thoughts, feelings, or behaviors. Should such feelings arise, muse on why they have come up and whether you are justified in experiencing them. The best use of this cluster of planets in your relationship zone is to work toward something with another person. For example, you might benefit from a professional's advice, whether a therapist, counselor, doctor, or lawyer.

Your course of love this month could be prone to highs and lows, obsessive thinking, jealousies, passions, or strife. If you can't avoid the negatives, strive to be conscious of what's really going on. The new moon on December 12 would be the best time to start fresh in an important partnership, begin a new relationship, or end an unsatisfactory union. It might help to express any grievances that have built up so that you can clear the air and allow the relationship to reenergize. Further opportunities for conversation and clearing the air will come when Mercury backtracks into Sagittarius on December 23, where it will stay for the rest of the month. This period over the holidays and leading to the new year will be good for talking about your relationships and revisiting any issues that need resolving.

With the Sun and Pluto in the deepest area of your chart, you might end the year in an introspective mood. This is most fitting for this time of year and will give you a chance to eliminate whatever you no longer need, which will put you in a prime position to begin the new year in a clearer and lighter space. As you approach the end of 2023, consider whether some aspect of your life needs to end, and if it does, be brave enough to let it go. The more you can let go of what has outlived its purpose, the sooner you can step into the life you are meant to live.



• **CANCER** (June 21–July 22) •

The ingredients of health and long life are: great temperance, open air, easy labor, and little care.

— Sir Philip Sidney

A cluster of planets in your zone of health and daily life puts the focus on your well-being and the routines and daily habits that either support or hinder you. It might be time to change a habit that doesn't nourish you or to implement a new one that better supports you. The best time to start over with your health is around the new moon on December 12, especially if your health hasn't been great. Mars is also in your health zone, which could tempt you to overdo things and overextend your energy account, especially as December events increase your to-do list.

The good news is that Mars will give you extra energy to get more done, but if you don't take time to rest, the result could be catching a virus. You can avoid this by taking simple measures to safeguard your health: Boost your immune system with vitamin C, echinacea, and simple meditations or visualizations that flood your cells with healing light.

In general, this is a positive month for making progress with your work or daily tasks. It's ideal for becoming more organized and on top of things so that your life functions more efficiently.

The Sun's arrival in your opposite sign on December 22 puts the focus on your relationships. With Mercury backtracking through the same area, you will have the opportunity to deal with any unresolved issues undermining an important relationship. The last week of the month should enable you to see more clearly what needs to change in your personal life and to then express your thoughts and feelings as you carefully listen to the other person's viewpoint. Pluto is now at the final stage of his long journey through your relationship zone, so this last week of the year is an important opportunity to finally resolve any problems that have blighted your personal life. You can then end the year looking forward to easier times and improvements in your relationships.



• **LEO** (July 23–August 22) •

There are no rules. Just follow your heart.

— Robin Williams

The pursuit of fun, frivolity, and entertainment will be high on your agenda as a cluster of planets aligns in your zone of pleasure and enjoyment. You couldn't wish for a better alignment in this run-up to the festive season, so consider yourself blessed as opportunities to enjoy yourself come your way. Creativity will also be activated, so if you have any creative interests, this is a good time to pursue them. You might gain pleasure from making festive crafts, such as wreaths, tree decorations, or holiday cards. If your creative or artistic talents go further, expect good progress with any projects. The theme of self-expression will only cause problems if you haven't been following your heart and you've instead been compromising or keeping a lid on what you really want to do.

The new moon on December 12 is ideal for letting your true self to emerge. This would also be a good time to start fresh with a creative project or love affair. Allow your energies to roam where they will, and don't worry too much about the consequences. These will come after December 22 when the Sun moves into your zone of work and duty, requiring more discipline, diligence, and focus on meeting your daily responsibilities. Although you can still enjoy yourself, you will also feel the need to be of service to others and more sensible with yourself, such as watching what you eat and drink.

The Sun in our health zone can highlight where we need to tighten up and apply more discernment. This works well with the time of year and any resolutions you might make toward improving your health, work, or becoming more organized, as these goals will be easier to implement and continue now than at other times. In addition, Pluto will leave this same area in January, effectively bringing an end to any work- or health-related problems. At the same time, Jupiter and Uranus are nicely aligned in your success region, ensuring progress and exciting new possibilities for the future.

As you move into 2024, keep in mind that breaking with the past can help you embrace exciting changes in your life's direction.



• **VIRGO** (August 23–September 22) •

If you think you are a spiritual being, go and stay with your family for two weeks. Then you know.

— Eckhart Tolle

Much of December's focus will be on your home and family, which is ideal for spending time with loved ones over the holiday season. That said, Mars — the god of war — is strongly active in your domestic area, meaning you will need to make conscious efforts to avoid conflicts and disharmony. If a relative or other person triggers you into anger or irritation, try to see this as an opportunity for spiritual practice: Rise above the behaviors of others, and focus instead on healing, forgiveness, and tolerance. The time of the new moon on December 12 will be a particularly good opportunity to start fresh with home and family matters.

Aside from difficulties with relatives, you might have to deal with discord at home in the form of things that need fixing or improving. If you connect with the most positive side of the planetary focus on your domestic life, channeling energy into your home and family life might feel very satisfying. Decorating the house how you want it and finding gifts for the people you love could be positive expressions of your domestic dynamics. However it affects you, this will be a month with a strong domestic focus that could challenge you at times but also provide

opportunities for progress. Part of that progress might lie in the beneficial realization that some strong emotional responses have their roots in the past.

The mood lightens considerably around December 22, just in time to enjoy holiday festivities. The focus is still partly on your domestic area, but it leans more toward fun, frivolity, and entertainment. As you relax into a more carefree mode, you might wonder what all the previous fuss was about. This fun and pleasurable mood will endure as you approach the end of the year, and you should enter 2024 with a childlike and creative spirit, eager to experience the big adventures awaiting you in the coming year.



• **LIBRA** (September 23–October 22) •
A man is already halfway in love with any woman who listens to him.

— Brendan Francis

Listening is a key theme for you in December, but you will have to make this a conscious effort, as your tendency will be to not listen. Whether you politely listen or just appear to listen, you will be tempted to think about what you want to say, how to get your point across, or how important it is to be right. It might help throughout December to ask yourself whether it's more important to be right or to be happy, because it will be all too easy to feel mentally aggressive or dogmatic. This could express through irritable remarks or curt emails or text messages. Take extra care in all your communications to be gentle, tolerant, patient, and loving.

You will be blessed with a highly positive can-do attitude as the powerful alignment of Mars, the Sun, and Mercury retrograde — along with the new moon — occur in your communication zone. This is auspicious for all forms of mental work, including studying and problem-solving. It's also favorable for getting your point across, so if you have an idea that you want to sell to someone, this is a perfect time. Working in all communications fields — writing, teaching, sales, travel, education, entertainment, phone conversations — should be very satisfying now, as you can get much more done than usual and powerfully affect your customers and clients.

Your energies should be high — a big plus during this busy season. You will have places to go, people to visit, and fun excursions to experience. Bear in mind that all this external rushing about could leave you more prone to the unconscious outbursts we mentioned earlier, especially if your nervous system is too strained.

The busy tempo will ease a bit once the Sun enters your domestic zone on December 22, setting the scene for a happy family holiday. Mercury retrogrades back into your mind zone from December 23, which might give you a lot to think about, but the answer to any

problem, especially one you might be overthinking, probably lies in your attitude. How you approach people and communicate is part of this. Remember that 90 percent of communication is nonverbal, so watch the signals you display and the thoughts you entertain.

You will likely approach the end of December in an introspective frame of mind, perfect for this time of year that favors quiet reflection and contemplation. Use the energies to consider where you want to go in 2024 and whether something in your life needs concluding. Pluto's final moments in your zone of the past suggest that you can finally let go of some old baggage you've been carrying. It should also ensure that as you move into the new year, you are willing to close a long chapter of your life in preparation for the new chapter waiting in the wings.



• **SCORPIO** (October 23–November 21) •
Too many people spend money they haven't earned, to buy things they don't want, to impress people that they don't like.

— Will Rogers

December has a strong financial theme, which is handy given the fiscal demands of the season. With Mars in this zone alongside the Sun and the new moon, followed later by Mercury retrograde, you should have the motivation to manifest what you need when you need it. The new moon on December 12 will be the perfect time to start over financially, and with Mars close by, this is the best time for making decisions and taking action. This is a very empowering combination that enables you to do what's necessary. If you focus on empowering yourself financially, you should approach the holidays in a healthy state.

Mercury arrives back in your money zone on December 23, indicating that you probably need to revisit something that was never concluded and now needs your attention. This would be a good time to sort out your finances: bookkeeping, bank accounts, financial paperwork, bills, pensions, investments, and so on. Throughout all this material focus, remember that the more you believe you need to have or to buy, the more pressured you feel. Consider leading a simpler material life and not spending money on things you don't value.

The Sun's favorable move into Capricorn on December 22 brings an injection of positivity and optimism, perfect for a jovial holiday spirit. Venus in your sign from December 5 to 29 is an added boost, bringing opportunities for enjoyment, pleasure, and happy social interactions. Having the goddess of love and beauty in our sign is always welcome, as it enables us to slow down and enjoy life, particularly simple pleasures. Her presence also makes us more pleasant company and brings social cohesion and overall happiness. Provided that nothing else gets in your way, the planets are aligned for a festive experience.

As you approach the end of the year, your focus will likely still be on your material world, and you might be considering what needs to change, such as your job, finances, possessions, or property. This could link with Pluto's approach to your home base area and the need for fundamental and transformative change. You are nearing a phase in your life that will be radically different from the one preceding it. Give some serious thought to the deep rumblings in your soul, and create the foundations for these coming changes.



• **SAGITTARIUS** (November 22–December 21) •

Begin doing what you want to do now. We are not living in eternity. We have only this moment, sparkling like a star in our hand and melting like a snowflake.

— Francis Bacon

December looks to be dynamic and empowering, as Mars is in your sign all month. This is your opportunity to do something constructive: Tackle a project, work toward an aim or ambition, take on a challenge, or simply get something done. The other positive benefit of having Mars in your sign is its energy boost, a blessing before the holiday season when demands on your time and energy increase. Your motivation and enthusiasm will also get a boost, making this a great month to work toward manifesting a dream. You feel as if you can achieve anything.

In short, December is a month to move mountains and channel your energy into something worthwhile. If you're not able to do this, you might experience the dark side of Mars, which could manifest as irritability, frustration, impatience, anger, or conflict. Find a project or a physical/mental outlet for channeling your passion and energy. The new moon on December 12, also in your sign, is a highly positive moment when you can start fresh in some aspect of your life, from shifting an attitude about something to starting a new chapter in an aspect of your life.

You end the month with Mercury retrograde in your sign again, indicating that you need to slow down and be more serious. This retrospective event coincides nicely with the close of the year, making it timely for reviewing 2023 and using what you learned as a foundation for change as you move into the new year. You might also consider what you need and how to express this to others.



• **CAPRICORN** (December 22–January 19) •

Notice what happens when you follow your intuitive feelings. The result is usually increased energy and power, and a sense of things flowing.

— Shakti Gawain

With a cluster of planets in your zone of endings, you might not feel motivated to start new projects or achieve anything more than what's necessary. The motivation for new beginnings and positive shifts in energy will come a little later, especially from December 22 when the Sun enters your sign. Until that point, focus on drawing things to a close or exploring your inner dynamics. For example, it's a good time to be creative and engage in soulful or artistic pursuits. The quieter you can be, the easier you can tune in to your inner guidance and the whispers of your soul. The spiritual world is close at hand this month, so try not to get too caught up in the busyness of the holiday season, as this could be counterproductive to the needs of your soul.

Quiet time and peaceful activities will be favored in the first half of the month, and the new moon on December 12 is a key date for making progress with or initiating spiritual projects or mystical interests. It's also perfect for putting the past to bed, and this sense of closure should help you enjoy the holidays, especially from December 22 when the Sun is in your sign.

Mercury retrogrades through your sign from December 14, which will add to the introspective feel, so don't be surprised if you lack the desire to socialize. Also consider that Pluto is in the final stages of his sixteen-year journey through your sign, so again you might feel the need to look back and process the events of your life, some of which have been transformative. Once Pluto leaves your sign in January, life will begin to feel quite different. You'll feel a growing sense that you are a changed person. As you end the year, consider how you would like your life to change, knowing that you have all the tools, techniques, and capabilities you need to move in your desired direction.



• **AQUARIUS** (January 20–February 18) •

With determination, discipline and hard work all dreams become a reality.

— Lailah Gifty Akita

December has a strong focus on socializing, which is perfect for the month's holidays. Mars alongside the Sun and the new moon in your social zone should give you plenty of places to go and people to visit, but on a deeper level, this intense focus of planetary activity is about pursuing your goals and working to bring your dreams to fruition. It would be helpful to consider what those dreams are.

Groups and friendships could also be highlighted. As long as you're working toward a common goal, all will be well, but if you're unable to go in the direction you want, conflicts with group members or with friends or in your social circle could arise. Don't let any of this take on too much importance; instead, focus on putting

something back into the world, because that's what this planetary alignment is all about. The more you can make a difference in the world — whether through your job, community, or charitable actions — the healthier sense of fulfillment you will feel. The new moon on December 12 will have a similar theme. It's ideal for beginning an altruistic venture or for starting over in your social life.

December, then, is a month to focus on your connections with others: Be more of a mover and shaker in the world, and make a difference to people's lives. This would be a good area of focus as you approach the new year, because Pluto is poised to enter your sign, and you likely feel as though something really needs to change. For example, if you haven't stepped fully into your power, you've been living inauthentically, or you've conveniently swept things under the rug, you could feel the brutally honest power of Pluto approaching (which you might have gotten a taste of between March and June 2023). Change and rebirth are coming.

As the new year closes in, it might help to consider what in your life needs to die so that something new can be born. Whether or not you're aware of what that is, 2024 will mark the beginning of your spiritual awakening, and that is something to celebrate and embrace.



• **PISCES** (February 19–March 20) •

When you discover your mission you will feel its demand. It will fill you with enthusiasm and a burning desire to get to work on it.

— W. Clement Stone

Much of the planetary focus is on your direction in life, including your vocation/career and purpose. Mars in this sector should fire up your enthusiasm to get moving

in a particular direction, whether it's to make progress in your work, achieve an ambition, or move toward a goal. It won't be enough to sit back and let life happen. This is a key time when you need to push forward and make progress with whatever is important to you. This transit favors ambitious Pisces people, but it's a hugely constructive month for all Pisces to step into the future and leave the past behind. That is empowering on its own and should instill you with a sense that life is moving forward.

December will be a busy month with many demands on your time, but you should have the strength to complete all your tasks and obligations. "Success" is a keyword, and you might experience a victory or achievement of some kind, which should make December an empowering time. That said, with your high focus on work, accomplishments, and the outside world, you might need to make a conscious effort to remember that the holiday season and its related festivities are coming. This should kick in around December 22 when the Sun moves into Capricorn and activates your social zone. At this point, you should feel more inclined to enjoy time with others, and your days might free up for holiday get-togethers.

As you end the year, Saturn in your sign will instill a more responsible mindset along with a sense that 2024 will be a year to knuckle down and get things done. It would be worthwhile now to think about where your weak spots are and how you can firm up your foundation, and to look at what is asked of you. Whether that's a little or a lot, 2024 will be a key year with the theme of action and consequences, so whatever seeds you plant now will bear fruit a little further down the line. Don't put off until tomorrow what you can do today. Be disciplined, diligent, persistent, honest, and get ready to let 2024 show you just how capable you are.

Sun-Sign Forecasts for 2024



• **ARIES** (March 21–April 19) •

Action breeds inspiration more than inspiration breeds action.

— Willem Dafoe

You begin 2024 poised to embark on something new. You might or might not know what it is, but at the very least you probably have a sense that things are about to change. With the north node in your sign, you get to meet your destiny, and with Chiron also present, this destiny should be hugely cathartic. Wherever the universe pulls you, you will need a bit of courage and be willing to relinquish your ties to the past to achieve success.

Saturn in your karmic zone suggests that something needs to be resolved or brought to a close this year.

Past-life patterns need to be broken and karmic ties with others healed and concluded. This might require some time spent alone, so choose whatever works for you: meditation, yoga, artistic pursuits, long walks in the wilderness. Just be sure you have time to yourself without disruptions so that you can escape your everyday world and access your inner wisdom.

The more you can do this, the more you will know which is your best path. It might also help to reflect on whatever occurred between March and June 2023 when Pluto made his first move into Aquarius. Whatever themes, feelings, or changes happened then will almost certainly appear again as Pluto settles into his new home. You can't avoid this transformation, but hopefully, it will be comfortable for you. Don't be surprised if it's not, as Pluto is the planet of death and

rebirth. Simply trust that everything is part of your evolutionary process.

At least you shouldn't have to worry about money this year, and in times of difficulty, that's not to be sniffed at. With Uranus and Jupiter aligning in your money zone, you can expect a fortunate turn of events, particularly around spring when the two planets perfect their conjunction. This will likely coincide with a change in your material circumstances, which should work in your favor. Actively seeking to change things with a daring or an innovative approach will bring the desired results. If this is the time you'd planned on changing your job, starting a business, or implementing an idea you believe in, this is the year to do it, ideally before June.

Jupiter will be in your money zone between January and May 25, so use these months to add to your savings, increase your income, or take calculated risks that could turn out far better than you expect. Playing it safe is the worst thing you can do this year and could result in missed opportunities. Just make sure that whatever changes you work toward are in line with your values and not simply egoic pursuits to amass more. The best uses of Jupiter and Uranus include liberating yourself from a soulless job, living in a way that feels more authentic, using your money to further a cause you believe in, or purchasing a property that nourishes your soul. Whatever you choose, it should be far easier to manifest in 2024.

In all, 2024 will likely be a year of change as your destiny unfolds in a big way. The more courageous you are, the faster and more impressive your ascent will be. Planetary-wise, nothing is holding you back, and everything is urging you forward. Move toward what's calling you even if it seems a little scary. The rewards will far outweigh any losses.



• **TAURUS** (April 20–May 20) •

*Don't ask yourself what the world needs.
Ask yourself what makes you come alive,
and go do that, because what the world
needs is people who have come alive.*

— H. Thurman

With planetary giants Jupiter and Uranus aligning in your sign, 2024 could be a very important year for you. When Jupiter, the planet of opportunity, and Uranus, the planet of change and liberation, get together, we tend to see big changes in fortune. That makes for a potentially rosy picture. You will need to keep reminding yourself that both these planets are forward thinking and geared toward embracing the new, so staying stuck in a situation that doesn't make the most of your talents and abilities won't pay.

That said, it might be that you don't get much choice in the matter. Jupiter and Uranus together bring sweeping change and plenty of opportunities to embrace and capitalize on, and gift horses like these only come around once in a lifetime. It's fair to say that Taurus is singled out for the gold star this year. Even if it doesn't feel that way at times, you can be assured that whatever is happening in your world will be to your advantage, and you'll see the life-enhancing results in due course. The best advice is to go for it, whatever "it" is.

From May 25, Jupiter moves into Gemini, which favors your material life. The second half of the year should be good for your bank balance, job, and other ways you make money, and this could continue from whatever changes occur while Jupiter is in your sign. It will also be easier to live in alignment with your core values. For example, if you've been feeling frustrated that you can't live your life quite the way you want because of too many commitments, responsibilities, or demands on your time or resources, that could all change this year, and you could find yourself living the dream.

Meanwhile, Pluto reenters Aquarius, as it did during March and June 2023. This means you can expect a continuation of the themes this planet brought back then, probably connected with your direction in your career/job/professional life and general responsibilities. Pluto might have given you a taste of empowerment, so this could manifest as a more powerful position in the outside world or a transformation in your life path, such as retirement if you're an older Taurus or progress in your vocation if you're younger. For all ages and circumstances, Pluto's intention through this area is to push you to discover and live your true purpose. This could be likened to a painful birthing process, as you might need to boldly go where you've never gone before. Keep in mind that this is part of your evolutionary push and key to your awakening process.

Pluto has a habit of razing to the ground anything that no longer fits a purpose. As it arrives at the highest point in your solar chart, there will be no escaping that something in your life needs to be consigned to the past. Pluto wants to push you into an exciting new life while Jupiter and Uranus support this drive for change and adventure. The more you can embrace this adventurous spirit and move toward what makes you feel alive, the easier 2024 will be. If you resist this process, you'll make the universe's job more difficult than is necessary.

You can sit back and see what happens — because something almost certainly will — or you can take a more active role and move toward the possibilities appearing on the horizon. Either way, you will end the year in a different place than where you began — most likely a place you've been quietly dreaming of for a long time.



• **GEMINI** (May 21–June 20) •
Your inner knowing is your only true compass.

— Joy Page

It's good news for you this year as Jupiter arrives in your sign from May 25. Your life will open up, and something new could appear that feels like a big adventure, liberation from an old situation, or simply the opportunity to have more fun in your life. Jupiter appears in one's sign once every twelve years, and it's a favorable transit that usually brings a change that we then remember for some time. Sometimes Jupiter's gifts aren't always obvious, and we have to be forced down a path of growth.

Jupiter is the planet of expansion and only seeks to propel us into better states, but if we have resisted our soul's growth for too long, it can bring illness, job loss, or something else that forces us to reevaluate our lives and make required changes. It's amazing how often we hear someone say that a job loss, bout of illness, or end of a relationship turned out to be a gift in disguise and the best thing that ever happened. Because of this, try to greet the year's developments without labeling them as "good" or "bad." Just as an illness can turn out to be a blessing, a starry-eyed new relationship can turn out to be bad news. The universe wants you to grow and experience new possibilities this year, and this can't happen if you bind yourself to the existing structures in your life.

Before it reaches your sign in May, Jupiter aligns with the great awakener, Uranus, in your zone of soul and karma, reaching a peak in April. This is a clear indication that you need to let something go that likely has roots in a past life. This shouldn't require much effort, because Uranus and Jupiter tend to bring sweeping changes whether you embrace or resist the process, but things will go much easier if you accept that something has reached its end and you need to relinquish those ties. Once you have done this, you will be in perfect position to capitalize on the new beginnings that Jupiter brings when it enters your sign toward the end of May.

Pluto moving into Aquarius will begin to transform your belief system or even your paradigm so that you can experience a new reality. This could be your shift into 5D, so things might not be quite what they seem for a while as you navigate between two very different realities. During this process, your old 3D beliefs will operate on one level while your new 5D reality periodically moves in, shifting you to a higher frequency. Do whatever you can to support the higher frequencies and shield yourself from people, places, situations, and activities that lower your energy and vibration.

Your other major theme this year is your career/

purpose/vocation as Saturn activates this area. This could signal a time of greater responsibility or growing success, or it could bring about a major change if you aren't feeling fulfilled in this area.

In all, 2024 is a year with a strong focus on where you are going in life, with the need for one or two course corrections. It's about relinquishing unhealthy ties to the past — people, places, or situations — so that you can embrace new opportunities in the second half of the year. Whatever isn't serving your soul's growth will need to go, which can be effortless if you realize that your old patterns and dynamics no longer work. It's time to create a new vision, and you can only do that when you break free from the ties that bind you.



• **CANCER** (June 21–July 22) •
In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit.

— Albert Schweitzer

In 2024, the changes, benefits, and general good fortune that come your way will be through other people. With Jupiter and Uranus — the planets of opportunity and revolution — in your helpful-people zone for the first half of the year, you are on track for being on the receiving end of good fortune just when you need it. This could manifest as unexpected funds, help from a friend, or assistance from a stranger who turns up when your car has broken down. It's as if God and the angels are watching over you. There's little you need to worry about, as this protective and benevolent influence should leave you free to concentrate on the areas of life that need your attention.

Another feature of the Jupiter-Uranus conjunction is a changing social life. You could make a new friend or discover new contacts and connections that help you further your dreams, hopes, and wishes. You might join a group or organization of like-minded people that provides a source of inspiration. In short, you're likely to find your tribe. You might also feel more connected to the world. If you want to make more of a difference on the planet, this is a great year to be a mover and a shaker in your community or greater society.

All this should feel rather exciting and refreshing. During the first six months of the year, you should feel truly blessed for the help, good fortune, generosity, and support you receive, either from heavenly forces or human beings. With this will come a sense of gratitude that likely spills out into other areas of your life and attracts more good things. There isn't much to sabotage you this year, as the planets are in generally supportive

positions, leaving you free to decide what you would like to experience.

The only potential difficulty — as it is for most people — is Pluto's move into Aquarius. This will generally be an improvement for you, since Pluto's exit from your relationship zone will bring an end to the ups and downs in your personal life you have likely experienced for a number of years; however, his new domain will be in your underworld, which could bring you face-to-face with your darker aspects. If you have skirted around this gritty place, you might have to roll up your sleeves and deal with your demons as they arise, as they surely will. They might show themselves through matters connected with death, inheritance, sex, joint finances, or psychological issues that have been lying dormant.

Pluto's transit through a sign takes many years, so these themes will be like background overlays, more noticeable at some times and fading into the background at others. The purpose of Pluto through your underworld zone is to enable you to become stronger, more empowered, and wiser and to integrate the parts of yourself you might have considered unpalatable but actually contain hidden jewels.

Part of your challenge this year is to become a deep-sea diver of the soul to plunge into your depths and emerge with priceless treasures. You might choose to do this with the help of a therapist, by helping others with their problems and traumas, or by reading psychologically empowering books such as *Women Who Run with the Wolves*, by Clarissa Pinkola Estes. It could also happen as a result of one of the themes we just outlined. Embrace this journey, and remember that with Jupiter and Uranus on hand this year, you will be divinely protected and everything you need will arrive at your door.



• LEO (July 23–August 22) •

If you will let your standard of success be your achievement of joy, everything will fall easily into place.

— Esther and Jerry Hicks

The gods smile favorably on you this year, as an alignment of Jupiter and Uranus occurs in your success and achievement region. This bodes extremely well for aims, ambitions, and anything you try to accomplish. It's also good news if you are hoping for a change in direction or forward movement related to your future. Forward movement could be an understatement, as these two planetary giants could catapult you into the stratosphere, bring sudden opportunities that change everything, or create circumstances that propel you on a new course.

It all depends on how satisfied you are with your current trajectory. If all is good in your life, then you can expect Jupiter and Uranus to simply add more fruit to your bowl, bring success where you need it, and give you

victories in any battles or challenges you undertake. If you know it's time for a change, however, this will likely be the year when your fairy godmother comes along and grants you at least one wish. As these two planets are associated with sweeping change and good fortune, there is probably little you need to do to make things happen.

Life will have its own momentum this year, but you would still be advised to embrace your opportunities and step through any portals that open to a brighter future, for that is essentially what these alignments are about. There's no point to clinging to whatever has been, because what has gone before has no further part to play. Try to leave certain elements of the past behind so that you can be ready for this brighter future. Breaking from the past simply requires your willingness to allow that to happen, and the rest should take care of itself.

This is not to say that the year will be completely without challenges. Pluto's move into Aquarius between January and September and then November and December will highlight your relationship zone and could bring back themes that might have appeared from March to June 2023. The purpose of Pluto — in whichever part of the zodiac he occupies — is to bring about evolutionary growth. Given that humanity sits on the brink of ascension or destruction, the part of the sky Pluto occupies for the next twenty years will be a key aspect of each person's evolutionary challenge.

For you, the portal into awakening will likely come via relationships, whether marriage/romantic partners or people who push you to experience more of yourself. Keep this in mind should Pluto hold up a mirror for you through the ups and downs in your relationships. Also remember that whatever you experience pushes you toward transformation and rebirth. Saturn and Neptune wending their way through your zone of death, rebirth, sex, and joint finances could amplify this Plutonian theme, so 2024 will likely facilitate your need for surrender as you realize you can't control the flow of life and that sometimes you really do have to "let go and let God" if you are to emerge triumphant.

The year 2024 will be an interesting mix of effortless change in your life path and evolutionary growth in your personal life, the latter of which could push you toward acknowledging what you can no longer sweep under the rug. Allow yourself to be carried toward a brighter future, but don't shy away from your personal demons. You might find that as you get to know them better, they are allies in disguise.



• VIRGO (August 23–September 22) •

Don't be afraid to take a big step if a big step is required. You can't cross a chasm in two small jumps.

— David Lloyd George

The big question as you enter 2024 is what chasm do you need to cross? What destination must you reach to feel as if you've arrived? If you take the Zen approach, you could say that there's nowhere you must be and that all you could ever need is within. Paradoxically, the belief that something is missing or amiss in you or your life might be the chasm you need to cross. Either way, you could begin the year with a feeling of discontent or uncertainty, as if "something isn't quite right" and "if only you could fix it, life would be wonderful."

This might all be because Saturn is now firmly ensconced in your opposite sign, which isn't usually great for morale and can lead to trials and tests in relationships: other people's heaviness or problems that have passed on to you or relationship challenges in general. Any problems with your relationships might contain karmic elements, and you will certainly have lessons to learn through your interactions with others this year. Saturn can sometimes call an end to a relationship that has outlived its usefulness or when karmic debts have been settled and the books are balanced. You will know if this is the case, as the relationship will feel as if it has reached its natural conclusion. In other cases, Saturn will say it's time for commitment and responsibility: You need to stand side by side with someone and help shoulder the burden. Again, you will know if this is your path, as you will naturally feel compelled to help or commit to a particular person romantically, in business, or in some other partnership.

Pluto, meanwhile, is visiting your health and work section, urging you to transform your well-being. This will be a long and gradual process, and your rebirth should occur naturally as situations arise that force you to examine the mind-body connection. Any illness or physical symptoms can be a sign that something emotional needs addressing or that you need to make a substantial change in your daily life. A byproduct of Pluto's arrival in Aquarius might be the transformation of your health and well-being or a deepening interest in health in general. It might even be a portal into your awakening.

Your gateway to greater health and well-being could lie in becoming conscious of your body's energy field and strengthening it with the power of your mind. This brings the added benefit of a higher state of consciousness. We can't have clear, high-functioning minds if our bodies are weighed down by sludge, so you might feel drawn to detoxing this year. At the same time, Uranus and Jupiter are calling you toward adventure, whether that's new horizons of physical explorations or the expansion of your mind through academic study or spiritual journeys.

In 2024, you are unlikely to stick within your comfort zone and will instead experience new places, people, concepts, beliefs, and possibilities. Ultimately, you will

be called to bigger and better things. You only need the courage to leave behind your safe and familiar world and take an exciting leap into the unknown.



• **LIBRA** (September 23–October 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

As you begin 2024, you might want to say goodbye to the past. This is always a good move when we welcome a new year, but the need for you to relinquish a long chapter of your life is more appropriate than usual. On January 20, Pluto leaves your area of childhood, parents, home, family, and the past. This departure is good news, as it signals the end of a long and rather heavy and introspective phase of life, and what takes its place will be much more empowered and creative, allowing you to step into your power and be a greater creative force in the world. This might mean channeling more of your energy into creative pursuits or artistic activities, focusing more on children, or becoming involved in a passionate love affair. It is highly likely that one of these areas will have a transformative effect, and what you learn could be instrumental in growing your consciousness. Be wary of power struggles with your children and lovers, and seek instead to become conscious of how a deep-seated fear of loss, betrayal, or abandonment might be behind any jealous, controlling, or obsessive behavior. Try to find in yourself what you seek in others.

Jupiter and Uranus traveling together through your zone of rebirth in 2024 is another reason to let go of the past. When this zone is powerfully activated, it tends to unleash fatalistic forces in our lives that we cannot control, so an attitude of surrender and acceptance should allow you to enjoy the mysterious process as it unfolds rather than fight and resist it. The south node in your sign is further evidence of something in your life needing to end, as the south node represents the past — old ways, patterns, situations, and relationships that no longer serve us. When it transits the position of one's natal Sun, something usually exits stage left. That said, this could feel like a relief, as it most likely wasn't doing you any favors and might have been holding you back or causing you problems.

A solar eclipse in October — also in your sign — is confirmation that this is going to be a transformative year in which you must experience some kind of loss or ending to make way for new beginnings. The solar eclipse could be instrumental in bringing about this new beginning, especially if you were born between

September 29 and October 7. You are likely to end the year with one door closing and another opening, but don't focus too much on the doors that close. You are being pushed toward deep transformations that could completely regenerate or manifest a new lease on life.

With all these internal and external shifts taking place, your health will require more attention. Neptune's long journey through this zone might have had a weakening effect, but now Saturn's move through this area will bring you opportunities to strengthen your body. This will require some diligence, effort, and responsibility on your part, including discerning what is good and bad for your health and applying the necessary willpower to keep on top of things. If you don't get enough sleep/rest and exercise or avoid excesses, indulgences, and laziness, Saturn will have something to say. Pay attention to the details of your everyday life, and be as diligent as you can. Keep your house in order, whether that's literally or figuratively. Your future self will thank you for it.

In all, 2024 looks to be a powerful and transformative year for you. A bright new future awaits, but it will require courage to step into it. Don't waste your time and energy looking back at what has been. This will be an amazing ride.



• **SCORPIO** (October 23–November 21) •

A man travels the world over in search of what he needs, and returns home to find it.

— George Moore

All planetary activity this year takes place in the personal regions of your chart: relationships, home, family, childhood, creativity, and recreation. This suggests a need to focus more on your inner world than your outer world of ambition, career, worldly success, and so on. One of the big planetary features this year is the conjunction of Jupiter and Uranus, which will likely have a big effect on your relationships, from your marriage or romantic union to your general interactions with others. You can expect to experience something fortunate through other people, such as falling head over heels in love or experiencing a major breakthrough with the help of a therapist.

As your biggest possibilities for happiness lie in relationships this year, focus on how you can improve all your important connections so that they serve you well in the years ahead. You'll not need much effort to make this happen, because Uranus and Jupiter tend to bring changes that are to our liking or at least ones from which we can benefit. For some Scorpios, this year could bring developments in romances or endings of unsatisfying relationships. Using the services of a counselor, doctor, lawyer, or therapist could benefit you in ways you might

not have foreseen. This is a year to join forces with others and be open to the benefits that a give-and-take relationship can bring.

Pluto's new journey into your home and domestic sphere will likely bring a more intense and introspective feel, especially concerning your family and foundations. Home, family and your past will likely become big themes: parents, children, home life, family issues, your childhood, and all that has shaped you into the person you are today. Pluto's task is to help you evolve through the aforementioned areas, so expect to go deep into family matters and become more conscious of whatever from your past you need to heal and forgive.

Pluto can unearth our resentments in whatever area he activates, so you might notice tinges of bitterness or anger toward a parent or a relative, especially if your childhood wasn't great. If so, this is your opportunity for transformation, but don't expect this to be completed this year, for Pluto's journey through your domestic sphere will be a long one. You will have plenty of time to gradually experience whatever healing needs to take place in your family dynamics. You might also see the positive side of Pluto's journey through this sector, perhaps through the birth of a child, moving homes, or some other transformative change related to your family or domestic life.

Whether you experience the positive, the negative, or a mix of effects, Pluto in this deepest part of your chart could feel like an anchor drawing your awareness firmly to the depths of your soul and toward what you need for nourishment and nurturing. It might be timely to reject all that doesn't nourish you, such as places, people, possessions, situations, ideas, concepts, or lifestyles that no longer feel meaningful.

This is unlikely to be a light or frivolous year, but it could be a deeply nourishing and fulfilling one. You have the opportunity to explore your roots and to ascertain where you belong, the continuity of life, and what your soul needs for growth. Reject all superficialities, and draw the people who matter most tightly around you. Experience the deep joy of knowing that you already have everything that you need.



• **SAGITTARIUS** (November 22–December 21) •

Moderation is the silken string running through the pearl chain of all virtues.

— Joseph Hall

This will likely be a year of exciting and unpredictable changes as your ruler, Jupiter, gets up close and personal with the revolutionary Uranus. The areas most likely to witness these changes will be your work, health, well-being, and daily life. This means, for example, that your daily routines, work hours, environment, or role

could change, or you might find yourself suddenly liberated from a restrictive situation. If you've wanted more time to pursue personal interests, this could be the year you're set free. If work has felt like an uninspiring treadmill, Jupiter's alignment to Uranus again signifies a big opportunity to discover your inspiration. Whatever the changes, it boils down to one result: You're far more likely to want to leap out of bed in the morning, infused with enthusiasm and excitement for the day ahead.

In general, the Jupiter-Uranus alignment signifies a change of fortunes, so if your health has been less than ideal, you might make a discovery that enables you to improve things. This could happen spontaneously: Your daily life changes for the better, and your health follows suit. It's also worth remembering that work and health are very closely linked. People who hate their jobs are far more likely to become ill than those who enjoy their jobs. Either way, this lucky combination of planets in your work and health zone suggests you'll experience fortunate turns of events that lead to greater well-being.

That said, don't expect your daily life to be static and stable. With change comes a bit of chaos, but it should be happy chaos in which your days feel full of potential and possibilities. With that in mind, it's a good idea to implement routines and activities that keep you grounded and balanced. Spend time in nature, and carve out some time in your schedule for yourself, because it will be all too easy to take on too much this year. If this happens, Jupiter and Uranus could send you a bolt out of the blue to slow you down. If you don't want to end up having a breakdown, it's advisable to set some limits and conserve your energy when you can. Before you say yes to everything, bear in mind that stress is a big cause of poor health.

With Saturn in your domestic area, home and family will be key features this year, and there could be more responsibilities possibly falling on your shoulders: looking after family members, dealing with domestic issues, or tackling house projects. Any problems in your domestic life are likely to become more pronounced this year, and in some way your home might feel like a burden. On the plus side, it's a good time to strengthen your foundation — literally and figuratively — to create more secure grounding. This could manifest as making home improvements or resolving karmic ties with family members. Taking care of a relative, for example, might serve to balance the karma you agreed to before you incarnated. Whether or not your home and family life is a source of difficulty, you will be strengthened as a result and see the rewards in the long run.

Ultimately, 2024 is a year to implement a new vision, particularly in your work and daily life. Don't set limits on what is possible, but know that when you set your sights on a target, you're likely to hit the bull's-eye.

Grab your Archer's bow, take aim, and see where the arrow lands.



• **CAPRICORN** (December 22–January 19) •
I finally figured out the only reason to be alive is to enjoy it.

— Rita Mae Brown

You have two pieces of good news in 2024. The first is that Pluto leaves your sign in January and only pops back between September and November for the last time. This means that for the bulk of this year, you get to experience what life feels like without the lord of the underworld by your side since 2008. You might have forgotten what life feels like without this dark, intense presence. You likely got a taste of his absence between March and June 2023 when subtle shifts made life feel lighter.

In 2024, you should feel as if you've made your way out of the dark forest or labyrinth after a long and sometimes difficult journey. This is certainly not to say that the years between 2008 and now were relentlessly bad — far from it. They were likely transformative, and that's not always an easy process. You have probably changed — possibly profoundly so — during this time period as you experienced life-changing events: births, deaths, losses and endings, illnesses, dark nights of the soul, changes at work, family issues, and pretty much anything that pushed you to your limits. Fortunately, that intensity is pretty much over, and life should begin to feel more stable, easier, less dramatic, and definitely lighter.

What else will 2024 bring? As if to reward you for the intensity of previous years, along comes the jovial combination of Jupiter and Uranus in your zone of fun and enjoyment. This is where the party really begins, and if you feel as if you could do with some time off, thank your lucky stars. This combination favors recreation, hobbies, relaxation, fun, pleasure, and general enjoyment. It's where the universe steps in and says, "I know you've not had it easy for a while, so let's have some fun." Creative expression is also favored, so you can now fully enjoy any artistic or creative talent: Write that book, start an art project, pick up a camera, play an instrument, join a band, or do whatever excites you creatively. You might have the opportunity to take more vacations than usual, explore a hobby, or enjoy entertainment: meals out, movies, trips to the theater, and so on.

At a deeper level, the Jupiter-Uranus conjunction will likely stir up a desire to follow your heart, particularly if you haven't felt this recently. You might decide to get rid of something that doesn't feel right anymore or follow your passions. This is also the area of love affairs and romance, so watch for romantic surprises and pleasant results.

In all, 2004 is a year to not take things too seriously. It's time to let your hair down and follow your bliss. It doesn't matter whether the changes you experience are minor or major; they should feel mainly life affirming, enjoyable, and fun. As you say goodbye to Pluto, you might have a sense that his influence has made you stronger, wiser, more empowered, and keener to take on the next chapter of your life in which things feel as if they are finally coming together.



• **AQUARIUS** (January 20–February 18) •

The happiest moments of my life have been the few which I have passed at home in the bosom of my family.

— Thomas Jefferson

This is set to be a big year for you, partly because Pluto will spend most of the year in your sign and instigate some kind of change. Jupiter and Uranus aligned at the base of your solar chart will likely result in an alteration of your foundation: moving to a new home, home improvements, a shift within the family, a new addition. This alignment over the spring months should coincide with a fortunate turn of events in your domestic life, or you'll at least be liberated from a restrictive or difficult circumstance: a stressful family situation suddenly changes for the better, you move to a better location, difficult people move away from you, or you expand or improve your property.

Alternatively, this transit could affect you on a deep inner level, and you seek to understand your past and how it has shaped you. You might work with a therapist to unravel your inner dynamics, explore your family tree, or seek a place that feels like a spiritual home.

Much of the first half of the year will be about finding where you belong. If you feel at all unsettled or rootless, you might need to look within, because an inner restlessness is probably at work. However it plays out this year, you should feel as if you're being liberated from the past and moving on to bigger and better things. Because of this sense of movement, 2024 is unlikely to be a calm or stable year, but as the old saying goes, you can't make an omelet without breaking a few eggs.

Your soul's growth will be paramount this year. Pluto, for example, will seek to remove anything superficial or unreal in your life. If any aspect of you or your life is false, Pluto will raze it to the ground. Pluto's main task is to transform and regenerate as well as to gradually empower. This is a very long transit, so don't expect everything to happen in one year. Even so, with the combined effects of Pluto, Uranus, and Jupiter in key zones, you can be sure that this will be an eventful year.

Money and your material world will also feature this

year as Saturn in this zone brings increasing responsibilities. For example, you might need to become more financially responsible, cut back on extravagances, or plug financial leaks. You might decide it's time to become a master of money and work toward getting that part of your life in a healthier position. Your attention might therefore turn to security, perhaps in the forms of pensions, investments, savings, and so on. It would be wise to make sure that your purchases this year are sound investments rather than frivolous indulgences. It is also vitally important to be honest and transparent about your financial dealings; otherwise, Saturn could issue some unpleasant repercussions. Remember that what goes around, comes around, but if you maintain a high standard of conduct in your financial and material affairs, all will be well. This is generally not a good time to go into debt or take on financial commitments that could become heavy burdens in the future. Saturn values simplicity, so this is a good year to make do with less and adopt a simpler lifestyle.

In all, 2024 will likely be a memorable year of beginnings and regenerating or repairing outworn aspects of your life. Whether this results in changes you do or don't like, bear in mind that it is always better to be the agent of change than the victim. Proceed this year by eliminating the toxic or "dying" elements of your life so that a new and higher order can be born.



• **PISCES** (February 19–March 20) •

The more disciplined you become, the easier life gets.

— Steve Pavlina

This will be a key year for you, largely because Saturn will be in your sign, necessitating hard work, effort, and discipline. You'll have to knuckle down and do whatever needs to be done. This will likely will be a time of increased responsibility with your work, family, home, and yourself. Some of the challenges won't be easy, as life can pull us up short when Saturn comes to town. If we have taken shortcuts, avoided certain truths, buried our heads in the sand, or been lazy and indulgent, Saturn's transits can be a real wake-up call to face reality and pay the piper. This could manifest as health issues requiring work and effort to put right or problems at work or with family members who need more of your time.

This will not be a frivolous year, but if you knuckle down and do what needs to be done, you will end up with a real sense of achievement. Saturn rewards hard work, after all, so remember this when you'd rather goof off and enjoy yourself. Saturn is also the planet of karma, so your chickens might come home to roost, for better or worse. Whether you see the fruits of your labors or

the negative consequences of past actions, what you need to do will become obvious.

This might all sound like a grim ordeal, but you'll be blessed by the alignment of Jupiter and Uranus in your mental zone, which can raise your spirits to such a degree that you feel able to take on anything. In fact, you might welcome the odd challenge or two, as you'll feel more able than usual to deal with whatever life demands. This pairing of Jupiter and Uranus is also good news if you are involved in travel or any type of communication, such as writing, speaking, lecturing, presenting, and selling, as you could experience breakthroughs or expansions in these areas. Learning and study are also favored, so whether you're writing a book, studying a subject, or wanting to get your message out there, this is the time to share your ideas and knowledge and to take in the knowledge of others. This is a year to expand your mind, and with this comes a more optimistic attitude, especially during the first five months. The second half of the year favors domestic pursuits and could coincide with a positive development at home or with family matters: new additions, house moves, home improvements, and so on.

If you feel as if you're an outsider at times this year, that's probably because Saturn is calling you inward to have an important encounter with yourself. This isn't so

much a year of pushing out into the world and achieving big things but of getting to know yourself better, exploring your inner dynamics, liberating yourself from self-defeating patterns, and working to integrate your shadow.

Pluto's arrival in your zone of soul and spirit will likely unearth your private demons. This is the time when the skeleton seeks liberation from the closet, and although this might initially be uncomfortable, you will come to appreciate the resulting lightness and increased energy that comes from no longer trying to keep a lid on things.

In all, this is a year to be psychologically bold and to allow your inner demons to come into the light so that they no longer have power over you. If you are prepared to let go of illusions and fantasies and deal with your present reality, this could be a very empowering year when you discover how much you're capable of.

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.

The Dark Night of the Soul

Cal Garrison

It is early **November**, and the Sun crossed the Scorpio cusp about a week ago. Since then, the full moon in Taurus was eclipsed by the Sun, and All Hallows' Eve has come and gone. We are entering a dark, ruthless, and intense time of year. The sign that rules it reflects those qualities. Perhaps this is what makes Scorpio, otherwise known as "the accursed sign," the most misunderstood sign in the zodiac.

Over fifty years as a working astrologer, and I am just beginning to wrap my mind around the Scorpio archetype. I wonder whether anyone has ever penetrated its deeper meaning. When I sat down to write this article, I had to ask myself whether I had any business saying anything about it. As I tread lightly into a subject that I find intimidating, let's hope that I can do it justice. To give you a sense of where we are about to go, here is what Dane Rudhyar says about Scorpio:



The Scorpio phase of the yearly cycle of the life-force as it unfolds on earth and in human nature has been strangely misunderstood. Peculiarly negative attributes have been given to it as a result. They had to be negative because the interpreters failed to relate the Sign to the total cycle of the Day-force and the Night-force, stressing the ordinary person's reaction to it at this stage of social evolution rather than the positive essence of the Sign itself; also because, with Scorpio, the coming of wintry days and long nights becomes evident, and primitive man resents this approach of physical darkness. He resents it, because he is rooted in the soil and a kin to vegetation and animal life. Scorpio brings tidings of hibernation; its frosts seal the doom of red and golden leaves. It has become thus the



symbol of death. Only to a few could it mean “re-generation;” and even these few often (do) not realistically understand the meaning of such a regeneration.

— Dane Rudhyar (*The Pulse of Life*)

Scorpio's Triple Nature

When I think about Scorpio, the first thing that comes to mind is its triple nature. The sign comes in three varieties: the scorpion, the eagle, and the phoenix. Each has its own mode of expression.

The scorpion: This version of the sign is its lowest form of expression. Sometimes referred to as “the serpent,” these Scorpions have stings that are just as lethal to themselves as they are to others. Empathy is not in their vocabularies. Out for themselves, these people are shrewd, self-serving, and greedy. Addiction is a strong suit: Whatever it is, they want more of it. Scorpions learn how to survive by exploiting other people's resources. They make the most of what other people have, up to and including their life forces. Underneath their charming, intellectually adept, and often talented exteriors, they are dark, lustful, jealous, and untrustworthy. At the least, scorpions are petty and conniving. No matter how they choose to disguise themselves, “vampiric” is often the best way to describe this representation of the Scorpio archetype.

The eagle: The eagle is a totem for power. For better or worse, the eagle version of the Scorpio archetype is attracted to power in all its forms — emotional, mental, and spiritual — in addition to physical strength and financial clout. Driven by the underlying need to be perceived as significant, these Scorpions find their ways into positions of status, authority, and control. When in integrity, eagles are fair, honorable, steadfast, and loyal. When out of integrity, they can be self-serving and manipulative. In their highest expressions, eagles' activities are grounded in their deep desires to reflect the divine. Even though eagles are heavily invested in the real world, they are interested in spiritual things. Depending on their levels of integrity, their spiritual aspirations can be sincere or laced with the idea that spiritual components will give them more power to manipulate and control.

Because eagles often have perfectly manicured, totally on-top-of-things personas, they appear to have nothing in common with the scorpion versions of the sign. Ironically, as different as these two types seem to be, their issues are exactly the same. While scorpions let their dark sides run wild, eagles hide them behind their polished exteriors, making believe that everything is just fine. Both types are just as vulnerable to the

effects of the dark aspect of consciousness. Whether they are honorable or corrupt, eagles' life lessons revolve around how they choose to relate to the use and abuse of power and whether they can reckon consciously with their dark sides. Over the course of their lifetimes, eagles go back and forth between both ends of the light spectrum, searching for ways to dedicate themselves and their gifts to the highest good of the tribe.

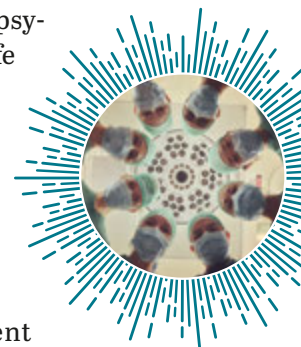
The phoenix. The phoenix is a symbol for transformation, rebirth, and resurrection. It is associated with the fire element. The lessons of the phoenix type of Scorpio include cyclical trials by fire that transform them through awakening or destruction. Their focus is on God and the awesome power of the life force. There is something shamanic about these people. They do not live ordinary lives. A sense of the God within is huge. Heart surgeons, brain surgeons, psychotherapists, ayahuasca guides, past-life regressionists, yoga instructors, undertakers, monks, enlightened healers, and spiritual teachers can be found under the phoenix umbrella. Investment bankers, financial geniuses, insurance agents, and legal experts also fall into this category.

Phoenixes take on many different forms. No matter how together they appear, their paths are never easy. As with scorpions, phoenixes often come from tortured backgrounds. In this regard, the only difference between the two types is that phoenixes are more likely to rise above their backgrounds. This is why the spiritual piece is so important to them. Through many highs and lows, phoenixes meet new beginnings over and over again. Their lives unfold one lesson at a time in constant states of transformation. In this way, they gradually find their way back to Source.

Scorpion-Eagle Case Study

The following field report is from Jane, a student of mine who responded to a question I posed to a group of astrologers asking them to share their observations of people born under this sign. Jane's email described her half-brother and half-sister, both born with the Sun in Scorpio. The brother is an eagle and the sister a scorpion. I believe her descriptions provide an accurate picture of what these two variations of the Scorpio archetype look like in real time.

Rob, my half-brother, dropped out of high school and started making computers from scratch. He joined the Scientology “Sea Org” around that time. Rob never went to college, but he became a very successful businessman working in real estate. His son tells me that Rob is



always working and rarely spends time with his wife even though they have a lot of money, horses, and a good life. His younger kids are spoiled, and it seems as though they haven't lived up to Rob's expectations.

My half-sister, Joy, is the youngest, and she was only two-years old when her mom committed suicide. I think she got lost in the shuffle of my dad's second marriage (before my mom) and was sent to a Scientology boarding school in Oregon. She started doing serious drugs before she was even a teenager. She loved working with animals and kids, but her lifestyle and addictions got in the way of her education and a career.

After a while, she couldn't get a job because of her criminal record. She was a single mom with three kids from two dads. Her kids lived with us when she went to rehab for heroin. Joy then lived in a sketchy public-housing facility somewhere in Boston and died in 2016. Her death might have been suicide, but her son was convinced that someone poisoned her.

Growing up around Rob and Joy, they always seemed dark, aloof, and unhappy. They were uncomfortable and quiet, always glancing away and hanging back. They had that "wolf patrolling the perimeter" vibe at family gatherings.

As food for thought, here are some famous Scorpions: Teddy Roosevelt, Bonnie Raitt, Charles Bronson, Daniel Boone, Katy Perry, Ivanka Trump, Joe Biden, Neil Young, Bill Gates, Billy Graham, Scarlett Johansson, Leonardo DiCaprio, Hillary Clinton, Christopher Columbus, King Charles, Joni Mitchell, Charles Manson, Vlad the Impaler, Madame Curie, Robert F. Kennedy, Mar-

tin Scorsese, Roseanne Barr, Jonas Salk, Ted Turner, Larry Flynt, RuPaul, Condoleezza Rice, Charles Koch, Marie Antoinette.

From Dark to Light

Over time, Scorpions' life lessons move them along paths that connect light and dark, and the level of intensity at either end of the spectrum changes these people. As for the three types, Scorpions move back and forth across those boundaries all the time. The highly evolved types are always in danger of backsliding. If the less-evolved types don't wind up doing themselves in, they might stop playing victims, work their way out of the depths, and go on to whatever happens inside the hearts of self-destructive souls when they find their way back to God.

Making blanket statements about people based on

their Sun signs is never a wise idea, but it happens all the time. In this regard, astrologers are quick to say that Scorpio is the most sexual of the twelve signs. I understand where statements like this come from, but they are misleading. Whether Scorpions are obsessed with sex has less to do with the sex act than with the awesome power of the life force. Connecting with that energy is the Scorpio's deep, reigning need. Before we pursue this subject further, let's go back to what we said earlier about the overwhelming interest Scorpions have in other people's resources: property, possessions, money, investments, creativity, mental power, physical strength, emotional strength, sexuality, families, friends, and children.

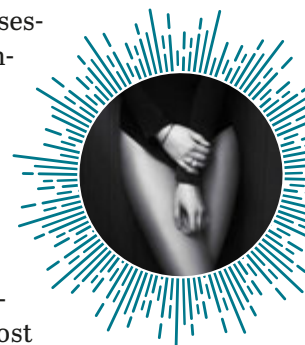
In their desires to enhance their significance through acquiring, developing, and enriching these resources, Scorpions who think deeply enough eventually realize that above all these things, the most valuable resource on the planet is the awesome power of the life force. If and when this new level of awareness takes root, it awakens the spiritual yearning latent inside every Scorpio. When it comes to the surface, it elevates their vibrations and generates a form of magnetism they embody on multiple levels. More often than not, people interpret that energy sexually. It's ironic that this spiritual magnetism breeds the oversexed publicity heaped on this sign.

When Scorpions' spiritual aspects are snuffed out by what scorpion lessons do to their souls, the higher expression of the scorpion desire-nature gets hijacked by its attraction to wealth, possessions, sex, drugs, intensity, and power in all its forms. When these Scorpions discover that the "pearl of great price" lies within, the twists and turns that knot their souls begin to unravel, and the pathway to God opens.

Scorpio's Force in Horoscopes: the Sun, the Moon, and the Ascendant

Scorpio's presence in a horoscope has different effects depending on which points and planets fall under its influence. When the Sun is in Scorpio, these people run on a brand of solar power that burns Scorpio fuel. That power is in their blood and pumps through their hearts. It is the driving force behind all the qualities we have discussed so far. Fortified by this Scorpio octane, the essence of what comprises this fuel gives life to anyone with a Scorpio Sun, for better or for worse.

The story is different when the Moon is in Scorpio. Before we can talk about that, a little



background is in order. In any horoscope, the Moon equates to the past. When the Moon is in Scorpio, it means that the person's most recent incarnation was spent mastering Scorpio lessons. Because each lifetime comes with a unique curriculum, if we learn our lessons, the next incarnation moves us to new levels of experiences and sets of lessons.

With the Moon, people have already passed all their lessons that belong to that archetype. Those concerns might have been essential to their spiritual growth in previous lifetimes, but they do not need to keep acting out those scripts. If portions of the past are meant to be preserved and carried on, they continue as parts of the picture, but the lessons of the present incarnation take precedence and always supersede what's left from previous life experiences.

The third dimension is a freewill zone. If certain things are predestined, how we respond to them is not. What is "fated" is affected by what time and experiences do to our consciousnesses. Every milestone presents us with choices. Our spiritual evolutions depend entirely on what we do or don't do about them. Over time, the interplay of fate and free will introduces us to why we are here.

When past-life patterns interfere with spiritual growth in our current incarnations, our paths back to Source are lined with detours that can keep us going around in circles for years. If we are lucky, we learn that our present incarnations don't run on the same type of fuel as lives shackled to outgrown stories. When we say, "I don't seem to be getting anywhere," or "I wish I could get out of this rut," it is usually because we are rehashing past-life scripts.

It's safe to say that anyone born under the light of a Scorpio Moon has been exposed to the dark side in more than one life. These people were burned at the stake during the Inquisition or tortured because they studied astrology or practiced magic or natural healing. People who live on the wrong side of the law — along with charlatans, renegades, and medicine men — also belong in this category.

People with the Moon in Scorpio are emotionally intense. They are so aware of this intensity and afraid of being persecuted for who they are and what they know that they keep their emotions hidden. Their biggest lessons revolve around waking up to the idea that they don't have to keep everything to themselves or live in fear of abuse and persecution. When they allow themselves to express this intensity without fear or shame, all the power that made it so important for their past-life oppressors to destroy it is now in their hands, ready to be shared openly with the world and used for the good of humankind.

As a recap, people who have the Sun in Scorpio identify with, are enriched by, and are drawn to everything we associate with the Scorpio archetype. Because those things enlighten and support them, Scorpio natives are beacons of Scorpionic energy. People with the Moon in Scorpio have mastered all the lessons we associate with this sign and are moving on to new realms of expression. They won't get any mileage out of past patterns of behavior. My best advice to anyone with the Moon in this sign: Beware of the tendency to remain stuck in patterns that don't work for you anymore, and remind yourself that it is safe to openly express your gifts, thoughts, and feelings. We mentioned earlier that Scorpio natives often live tortured lives. This generalization holds true 99 percent of the time when the Moon falls in this sign.

We now know that the Sun in Scorpio fuels spiritual yearnings and that the Moon in Scorpio is the thread that ties to previous incarnations. We look to the ascendant to discover how past life experiences, combined with the essences of who we are in the present, feeds whatever our spirits came here to actualize in this lifetime. That information is stored in the rising sign and the planets that rule it.

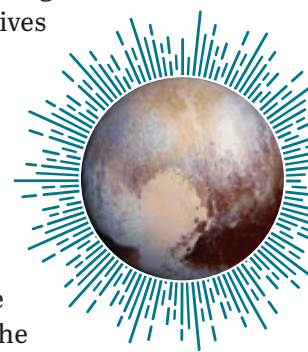
When I see that people have Scorpio on the ascendant, I know that their reasons for incarnating revolve around the sorcerer or the sorceress archetype. They have incarnated into the great mystery as deeply as they possibly can via any route that attracts them. What they encounter along the way teaches them about light, darkness, the use and abuse of power, and a higher kind of love. Experiencing fulfilling lifetimes depends on whether they can find ways to use their gifts and life force to support the spiritual unfoldment of the "tribe."

November Transits: Chaos and Complications

As we enter the season ruled by Scorpio, there is much to say about the transiting changes taking place in the heavens, and many more will take place between now and the winter solstice. The following are a few influences that will affect our lives in the month ahead:

Pluto square the Moon's nodes:

This aspect has been holding steady for quite a while. A transit lingers because the changes it induces have a low absorption rate. In other words, they take longer to sink into the collective mind. Pluto's square to the nodes is a clear sign that we are in the middle of a wake-up call, and half the people on the planet are still asleep. We can see light at the end of the tunnel, but it will be a while before the next phase of awakening gets rolling. The world needs patience.



Pluto opposite Sphinx: Relative to the transit just mentioned, the opposition between Pluto and the Sphinx tells us that, for the time being, there is no way to be sure how our current state of affairs will flesh out.

Toro opposite Tisiphone: Toro is a violent, potentially brutal archetype. Picture physical and emotional power on steroids. In its highest expression, Toro is protective, courageous, and bold. When afflicted, he is mean, violent, mentally cruel, physically intimidating, and unmoved by finer sensibilities. At the moment, Toro is in conflict with Tisiphone. We've talked about Tisiphone — one of the furies — in previous articles. This face of the goddess shows up when it's time to wreak vengeance on those who have committed crimes against children, women, and mothers. She is also on duty when it's time to bring justice to anyone whose crimes were previously hidden. This in-your-face, no-nonsense aspect implies that many old scores are about to be settled, and violence is on the menu. Keep an eye on the news. Whether this aspect flares up, let's hope the violence is minimal or brought quickly under control.

Chaos conjunct Asbolus and Arachne: In myth, Asbolus is a centaur with the gift of prophecy. His conjunction with Chaos, the asteroid that rules everything its name implies, makes us wonder whether the seers, pundits, and prophets who make predictions about the world's chaos are actually increasing the chaos and making things worse. This is because Arachne, the asteroid that governs webs of intrigue and complications, is part of this conjunction, so you can bet that what is chaotic to begin with will become twice as extreme and tangled.

In addition to being a totem for clairvoyance, Asbolus is an emblem for the Zeitgeist of the times. In this context, its conjunction with both Chaos and Arachne tells us that navigating the next few years will require us to learn how to live in a mass of chaos and complication. On a more positive note, because Chaos rules the realm of possibilities, this aspect in its highest expression can be taken to mean that we now have no limitations, the future is wide open, and the realm of possibilities is endless. Seen in that light, and remembering that order is born out of chaos, what feels out of control will morph into something else when we let go and become accustomed to this new realm of possibilities.

Crantor at the midpoint of Orius and Borasisi: This deeply layered midpoint picture places Crantor, a body that governs the fragility of life and the fatality of death, halfway between Borasisi and Orius. Borasisi rules the way we have been conditioned to believe the conscious collections of lies invented by the powers that

be to fool us into believing we are happy. This influence is paired with Orius, a mythical half-human, half-bear. To punish him for his cannibalistic ways, the Gods turned Orius into an eagle-owl hybrid. In interpretation, Orius loans us the ability to bring about harmony and concordance with any situation in which conflicting forces make it difficult to get along.

Of the hundreds of ways to interpret this combination, we can start by picturing Crantor, the totem for anything that reflects an existential sensitivity to matters of life and death, stationed halfway between Borasisi's lies and Orius's effect on any blocked situation. As I see it, we are awakening from a dream that got woven into Borasisi's lies back when the world was young. Now, after thousands of years, facing the truth is hard, and many of us will be shocked by what has transpired since we fell asleep. In the center of this conflict, Crantor underscores the idea that our sensitivities to the fragility of life and the fatality of death has everything to say about how the problem gets resolved. With Orius there to show us how to meet in the middle, matters of life and death will call into question everything that Borasisi has tricked us into believing. The space will open for us to wake up to new ways of thinking and being in the world when saving ourselves and the planet becomes more important than our attachments to belief systems that require us to pay homage to lies.

Four asteroids stationed on anaretic degrees: The twenty-ninth degree of any zodiac sign is referred to as the anaretic degree. Planets stationed on anaretic degrees tell us that the qualities we associate with them have run their course because they are no longer working, relevant, or beneficial to the continuation of life. When a large number of planets and asteroids occupies anaretic degrees, it is a clear sign that we are entering a period of climactic change. This short list includes bodies currently stationed on anaretic degrees:

- Mors-Somnus, 29° Taurus
- Borasisi, 29° Pisces
- India Kagara, 29° Virgo
- Hermes, 28° Sagittarius
- Sphinx, 29° Cancer
- Sauer, 29° Gemini

As just mentioned, these planets and asteroids are doing their last dance. As much as it's all over for the issues these archetypes rule, they'll make a few curtain calls on their way out. We could write a book about the meaning behind each archetype on this list, but let's keep it simple and focus on Sauer.

When Sauer is active in a horoscope, nothing we



see or hear around us adds up. The dots don't connect, and the stories we are told have too many holes to make sense. Most of the time, no matter how confusing, dangerous, or insane life gets, we believe everything we are told. When things are drastic and disastrous, our first responses are to accept the official stories and adapt to whatever the catastrophic events require of us.

Our outer reality of late has been plagued by natural disasters, and systemic calamities have "apocalyptic" written all over them: floods, fires, hurricanes, train wrecks, toxic chemical spills, geophysical and geopolitical catastrophes, and so on. We think to a certain extent about these things, but because they seem beyond our control, we adapt to the news, trust the pundits who tell us what they're about, and simply blame Mother Nature.

When a string of calamities and too many coincidences make us sit up and take notice, we might wonder, "What's wrong with this picture? How could this possibly happen?" At the point where one plus one no longer equals two, often the asteroid Sauer is on the scene.

Sauer was named after Dr. Carl G. Sauer, a brilliant engineer and rocket scientist who developed most of the advanced technologies that NASA and other aerospace agencies use today. He is famed for his ability to get a space craft to travel to distant planets or asteroids. When Sauer is active in a horoscope, it first and foremost signals scientific genius. Keeping in mind that Dr. Sauer was an engineer, astrologically, Sauer is there when events and people are being "engineered." In its highest expression, Sauer points to high levels of scientific genius and suggests that new technologies and high ideals are being used to create a new and better world.

Under affliction, the scientific genius is still part of the picture, but it manifests as the mad scientist motivated by money and power and whose brilliance operates without a conscience. When Sauer is afflicted, what could be done for the good of humankind is manipulated/engineered to serve the interests of the chosen few. Rather than working for the greater good, the mad scientist uses his genius to destroy everything in sight.

Going back to what we said about anaretic degrees, Sauer's presence at the twenty-ninth degree of Gemini suggests that, for better or worse, all the issues that Sauer governs are in the hot seat. Might the truth about top-secret, directed-energy weapons and other weapons of mass destruction finally be released to the public? Will alternative healing methods practiced behind the scenes finally be free to expand the public's perceptions of healing, including the ideas that love heals everything and nothing is incurable?

In November's chart, Sauer is conjunct Tisiphone. Earlier in the description of aspects, we mentioned Tisiphone's penchant for wreaking vengeance. Her conjunction with Sauer suggests that she will come down hard on the people and agencies responsible for these weapons of mass destruction. Both bodies square Borasisi. To me, this indicates that the lies we have been fed are coming to light and the people who have profited from them will face harsh punishments for their misdeeds.

The month of November is when we enter the dark night of the soul. It is never an easy time. This year, what is intense enough to begin with will be agitated by a hornet's nest of transits that puts everything we think we know to the test. We've already talked about how chaos, confusion, and complication are parts of our lesson right now. Perhaps the power of the Scorpio Sun will help us fly high enough to call on its phoenix aspect and penetrate the darkness, access the truth, and remind us that God lives in all. Until next time.

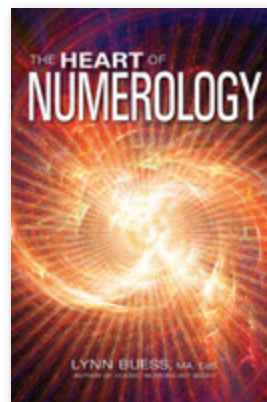
Cal Garrison is a practicing astrologer with over fifty years of experience. Her interest in metaphysics started at the age of sixteen. Cal has authored seven books, and she has conducted private readings for thousands of people. She is known for both her predictive ability and her in-depth approach to her craft. The mother of three grown children, Cal lives happily in the Red Rocks of Sedona, Arizona. To learn more, see CalGarrison.com.

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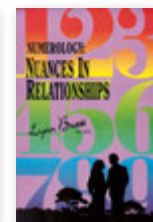
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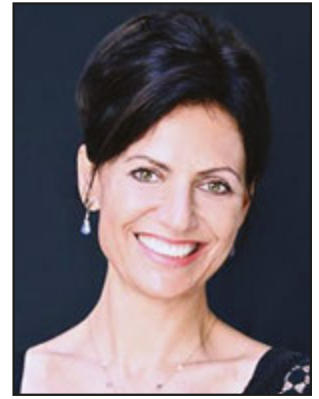
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How to Read and Use the Following Calendar: This is not the usual Sun sign-based calendar. This is an event calendar that works for everybody, regardless of your Sun sign, to help you create what you wish to manifest in your life, such as signing a 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 remains retrograde this whole month until December 30. Its shadow period ends on March 24, 2024. The degrees covered in November (10°49'–7°12' Taurus) are represented in the Sabian symbols by “a woman sprinkling flowers,” “a Red Cross nurse,” “a decorated Christmas tree,” and “a sleigh without snow.” Our faith (or lack thereof), trust, integrity, and self-confidence all come into focus. We are required to be completely honest with ourselves and absolutely ready for what needs to change in our lives and remove what prevents us from expanding into the future with great optimism and positive anticipation. As we feel gratitude for what we have, we are able to attract more abundance.

Uranus remains retrograde this whole month until January 26, 2024. Its shadow period will last until May 14, 2024. The degrees traveled in November (21°35'–20°24' Taurus) are represented in the Sabian symbols by “a white dove flying over troubled waters” and “a moving finger points to significant passages in a book.” The world is changing beyond recognition at an increasingly rapid pace. The overturning of the old consciousness is happening in every field, particularly in politics and

economics. In our personal lives, we may have to be clear on our financial resources, invest our money well, and have enough food supplies. We must choose our battles wisely and seek peace and balance in every area of our lives.

Neptune remains retrograde this whole month until December 5. Its shadow period remains until March 26, 2024. The degrees traveled in November (25°14'–24°54' Pisces) are associated with the following images: “a new moon reveals that it's time for people to go ahead with their different projects” and “the purging of the priesthood.” This is a time of continued introspection, meditation on our true moral values, and questioning our integrity. We seek more peace and quiet isolation. Music soothes our spirits. Our dreams could be more vivid than normal. Our psychic abilities are enhanced, yet we should be careful to not fall prey to spiritual imagination or falsehoods passing for truths.

Saturn turns direct on November 3. Its shadow period remains until February 8, 2024. This degree (0°31' Pisces) is represented in the Sabian symbols by “a crowded public marketplace.” We are now ready to receive the positive rewards of all our hard work. Stalled ambitions can finally move forward. The red tape is removed. People in positions of authority are helpful once again.

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 1 between 5:36AM and 2:30PM when the Moon enters Cancer
- Friday, November 3 at 8:28PM until Saturday, November 4 at 12:21AM when the Moon enters Leo
- Sunday, November 5 at 11:25PM until Monday, November 6 at 11:39AM when the Moon enters Virgo
- Wednesday, November 8 at 8:55PM until Thursday, November 9 at 12:08AM when the Moon enters Libra
- Saturday, November 11 between 7:05AM and 10:39AM when the Moon enters Scorpio
- Monday, November 13 between 3:03PM and 6:23PM when the Moon enters Sagittarius

- Wednesday, November 15 between 2:57PM and 11:41PM when the Moon enters Capricorn
- Saturday, November 18 between 12:27AM and 3:28AM when the Moon enters Aquarius
- Monday, November 20 between 2:50AM and 6:29AM when the Moon enters Pisces
- Wednesday, November 22 between 7:10AM and 9:19AM when the Moon enters Aries
- Friday, November 24 between 9:40AM and 12:29PM when the Moon enters Taurus
- Sunday, November 26 between 1:52PM and 4:40PM when the Moon enters Gemini
- Tuesday, November 28 between 5:03PM and 10:54PM when the Moon enters Cancer

Mark these periods in red on your calendar, and avoid scheduling anything of importance during these times, as they would amount to nothing.

Favored Activities Based on the Zodiacal Position of the Moon

- the Moon in Gemini until Wednesday, November 1 at 2:29PM and between Sunday, November 26 at 4:40PM and Tuesday, November 28 at 10:53PM

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.

- the Moon in Cancer between Wednesday, November 1 at 2:30PM and Saturday, November 4 at 12:20AM and between Tuesday, November 28 at 10:54PM and Friday, December 1 at 7:59AM

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.

- the Moon in Leo between Saturday, November 4 at 12:21AM and Monday, November 6 at 11:38AM

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.

- the Moon in Virgo between Monday, November 6 at 11:39AM and Thursday, November 9 at 12:07AM

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

Rune of the Month: Mannaz, "Human," "Home," "Community"

People are social creatures. We never exist in isolation. It is important this month to ask ourselves where our community is, how supported we feel, and whether those close to us assist us in developing into our best selves so that we may manifest our dreams.



drawers. It's also perfect for detailed work, the focused use of intelligence, and taking care of small pets.

- the Moon in Libra between Thursday, November 9 at 12:08AM and Saturday, November 11 at 10:38AM

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).

- the Moon in Scorpio between Saturday, November 11 at 10:39AM and Monday, November 13 at 6:22PM

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.

- the Moon in Sagittarius between Monday, November 13 at 6:23PM and Wednesday, November 15 at 11:40PM

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.

- the Moon in Capricorn between Wednesday, November 15 at 11:41PM and Saturday, November 18 at 3:27AM

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.

- the Moon in Aquarius between Saturday, November 18 at 3:28AM and Monday, November 20 at 6:28AM

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.

- the Moon in Pisces between Monday, November 20 at 6:29AM and Wednesday, November 22 at 9:18AM

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.

- the Moon in Aries between Wednesday, November 22 at 9:19AM and Friday, November 24 at 12:28PM

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.

- the Moon in Taurus between Friday, November 24 at 12:29PM and Sunday, November 26 at 4:39PM

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.

November's Intentional Meditation

This month's intentional meditation started on Saturday, October 28 when we took out as many blank sheets of paper as we had intentions and placed them near a window, on a balcony, or in a garden so that they basked in the light of the full moon in Taurus at exactly 1:24PM. Once that moment had passed, we gathered our full-moon-charged sheets and placed them in a folder.

On Monday, November 13, 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 by exactly 1:27AM for the new moon in Sagittarius. 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.

Next month's intentional meditation starts on Monday, November 27 at exactly 1:16AM with the full moon in Gemini.

November's Astrological Events

Thursday, November 2: the Sun opposite Jupiter (3:29PM). This is a good day to evaluate our progress, be clear on our skills and talents, feel gratitude for our resources, and have faith in ourselves. Biting off more than we can chew could be tempting but should be curbed. Expansion is supported inasmuch as it remains reasonable. It is best to wait for another transit to make big investments in businesses.

Friday, November 3: Venus opposite Neptune (3:06PM). This is not a good day for a date. A romantic interest could prove vague, unreliable, confusing, and downright deceitful. Our relationship ideals could blind us to the reality of our love lives. A person we cherish could vanish seemingly into thin air. We are vulnerable

to money scams and financial fraud. This is a day best spent quietly on our own in artistic creation or simply dreaming.

Saturday, November 4: Saturn turns direct (12:03AM), Mercury opposite Uranus (9:07AM). Regarding Saturn going direct, please refer to the opening paragraphs. Today, more specifically, sudden, unexpected changes of plans cause a lot of disruption. Our ideas are unusual and innovative but may be a little too advanced for their time. Flashes of insight help us connect dots that are seemingly unrelated. Independent people could emerge out of nowhere, awakening our need to manifest our uniqueness and live in freedom.

Monday, November 6: Venus trine Pluto (6:38AM), Mercury trine Neptune (5:37PM). Romance and passion are on our minds. This is an excellent day for a memorable date. Our feelings have depth and intensity. Hidden aspects of our way of relating are brought to the surface, enabling us to heal and experience a more meaningful sense of intimacy. Something we had dreamed of may come to pass. This is an excellent transit to start a trip that brings us peace and enchantment.

Wednesday, November 8: Venus enters Libra (11:30AM until December 4), Mercury sextile Pluto (4:17PM). During the next four weeks, we seek harmony, peace, and beauty. Companionship feels important. We wish to be with another rather than doing everything on our own. If we are already in a relationship, we might want to improve it. If we are single, we may put extra effort into attracting the right partner. We are likely to spend more time decorating our homes as well as beautifying ourselves. Elegance and attending pleasant social events are appealing. Today, more specifically, our minds are deep, and our insights are profound. We are able to x-ray situations and people. We are drawn to scientific and metaphysical studies. Our words have a strong impact on others.

Thursday, November 9: Mercury enters Sagittarius (10:25PM until December 1). The next three weeks encourage us to be positive, have faith in life and ourselves, learn a new language, apply for training that expands our horizons, or attend a university-level course that enriches our consciousnesses. Lawyers, conference speakers, journalists, and politicians are all favored.

Friday, November 10: Mercury square Saturn (7:07AM). Communication feels restricted. Our social lives are limited. We may prefer silence to expressing ourselves to people who don't seem particularly receptive to our ideas. This is a day best spent working diligently on some project requiring a lot of hard work as well as attention to practical details.

Saturday, November 11: Mars opposite Uranus (1:11PM). Unexpected, new conditions are likely to arise that take both our time and energy. We could experience

battery problems. A person from the past could disrupt our lives. Strenuous changes of plans force us to look for alternatives.

Monday, November 13: Sun opposite Uranus (9:21AM). This is a day to expect the unexpected. Nothing is likely to go according to plan. Today, disruptions, sudden changes, strange occurrences, and unusual people create a lot of chaos. A wind of change sweeps over our lives, freeing us from the known. The more open and flexible we are, the more beneficial these interferences will prove to be.

Wednesday, November 15: Mercury sextile Venus (4:48AM). This is a pleasant, mellow day. Our interactions with others are gracious. We demonstrate a lot of tact and diplomacy, saying nicely even difficult things. This is a good day for a quiet gathering with friends or an enjoyable date.

Friday, November 17: Mars trine Neptune (12:36AM), the Sun trine Neptune (6:52AM), the Sun conjunct Mars (9:42PM). A dreamy quality permeates this idealistic day. Our ideals inspire us to action. We are concerned with the well-being of others and could be drawn to charitable work or volunteering in an animal shelter. The otherworldliness we feel is best channeled through creative work, particularly music, acting, dance, film, photography, and painting.

Monday, November 20: Sun sextile Pluto (1:26PM). This is a day to hold our ground peacefully and agreeably to gain the cooperation of others. Our natural authority and quiet leadership attracts respect. Positive changes that integrate the needs of all are more effective than harsh ultimatums.

Tuesday, November 21: Mars sextile Pluto (5:16PM). Cooperative efforts and renovative, constructive actions help us change our direction and reach our goals. Asserting our beliefs with a quiet confidence enhances our impact on others.

Wednesday, November 22: the Sun enters Sagittarius (6:03AM) until December 21. During the next four weeks, our faith is tested. It is essential that we focus on the silver lining of every cloud and remain optimistic and hopeful. The more enthusiastic, philosophical, and expansive we are, the more we will benefit from this wonderful period of the year. Higher learning, the law, religion, and spirituality are favored. Long-distance travel as well as taking an interest in a foreign culture enriches our lives.

Thursday, November 23: the Sun square Saturn (1:47AM). Today, life could feel restricted and lonely. Authority figures are demanding, and we feel unsupported. Our social lives are pretty much non-existent. Tedious work demands extra hours. It is best to focus on a task requiring self-reliance, focus, concentration, and discipline.

Friday, November 24: Mars enters Sagittarius (2:15AM) until January 4, 2024. During the next six weeks, we are more adventurous. We find camping, going on long, exploratory hikes, or traveling to distant places appealing. Our actions are positive, courageous, and dynamic. We are not afraid of taking risks. Leaps of faith open our world to expansive opportunities. Our trust in the positive outcome of our endeavors guarantees our success.

Saturday, November 25: Mars square Saturn (8:57AM). Self-control in our actions is required. Hard responsibilities could create extra stress. An injustice could make us feel bitter and vicious. Our survival instinct is likely to render us cold, harsh, and hostile. Impulsive reactions could cause accidents. This is a day to stay away from potentially aggressive or angry people.

Monday, November 27: Mercury square Neptune (5:27AM). Our thoughts and communications are not particularly clear today. Signing legally binding documents is ill advised, as we could easily miss the fine print. Miscommunications are likely to arise. We could lose important papers, forget essential facts, and be absent-minded. Our words could be misconstrued. Psychic information could be misleading. This is a day best spent swimming, resting, watching a feel-good movie, or reading an inspiring novel.

Wishing you a wonderful month of November!

Reevaluate Your Life Choices in December

Neptune turns direct on Tuesday, December 6 at 24°53' Pisces. Its shadow period remains until March 26, 2024. This degree is represented in the Sabian symbols by "the purging of the priesthood." Even though kindness and compassion are once again available to us, it may be difficult to know who and what to trust. Wolves hide in sheep's clothes. Many lies are disguised as truths, and much of what seems real is fake.

Mercury turns retrograde on Wednesday, December 12 until January 1, 2024 at 8°29' Capricorn until 22°33' Sagittarius. Its shadow period lasts until January 21, 2024. The degree Mercury turns retrograde on is represented in the Sabian symbols by "an angel carrying a harp." This is a very good period to question our purpose, life direction, and how we feel about our careers and to reassess our moral and philosophical values. Traveling to a place we haven't been to in a long time and reconnecting with people we haven't seen forever force us to reevaluate our life choices and reformulate our ambitions. This is a good time to take stock of our progress in 2023, make new year resolutions, and realign to our highest purpose.

Jupiter turns direct on Saturday, December 30th at

5°35' Taurus. Its shadow period ends on March 24, 2024. This degree is represented in the Sabian symbols by “a square brightly lighted on one side.” Strengthened by our renewed honesty toward ourselves, progress and expansion are once again available to us. Travel, especially to a foreign country, is encouraged. Exploring other cultures, religions, and philosophies of life is enriching. Furthering our higher education is also favored.

Uranus remains retrograde this whole month until January 26, 2024. Its shadow period lasts until May 14, 2024. The degrees traveled in December (20°22'–19°24' Taurus) are represented in the Sabian symbols by “a moving finger points to significant passages in a book” and “wisps of clouds, like wings, are streaming across the sky.” Breaking free from a routine that has become stale opens us up to exciting opportunities. Furthering our education with discrimination and efficiency enables us to better manifest our uniqueness. We are asked to understand what freedom means to us and in what ways it is being curbed either by us or outer circumstances.

Moon Messages

The Moon will be void of course (v/c), forming no major aspect with any planet, before entering the following signs:

- Friday, December 1 between 5:07AM and 6:31AM when the Moon enters Leo
- Sunday, December 3 between 6:11PM and 7:50PM when the Moon enters Virgo
- Wednesday, December 6 between 5:50AM and 8:35AM when the Moon enters Libra
- Friday, December 8 between 5:05PM and 7:35PM when the Moon enters Scorpio
- Monday, December 11 between 12:57AM and 3:11AM when the Moon enters Sagittarius
- Tuesday, December 12 at 10:48PM until Wednesday, December 13 at 7:31AM when the Moon enters Capricorn
- Friday, December 15 between 8:04AM and 9:56AM when the Moon enters Aquarius
- Sunday, December 17 between 4:04AM and 11:58AM when the Moon enters Pisces
- Tuesday, December 19 between 1:03PM and 2:47PM when the Moon enters Aries
- Thursday, December 21 between 6:47PM and 6:50PM when the Moon enters Taurus
- Saturday, December 23 at 10:40PM until Sunday, December 24 at 12:15AM when the Moon enters Gemini
- Monday, December 25 at 11:55PM until Tuesday, December 26 at 7:15AM when the Moon enters Cancer
- Thursday, December 28 between 2:57PM and 4:23PM when the Moon enters Leo
- Saturday, December 30 at 9:18PM until Sunday, December 31 at 3:53AM when the Moon enters Virgo

Rune of the Month: Beorc, “Birch Tree,” Birth”

Considered to be life-giving in Scandinavia, the birch tree is sacred. Antimicrobial, antiviral, and antiseptic, birch sap is used as sugar, its oil stimulates blood circulation, and its leaves are used as a healing tea. Scandinavians write prayers on birch bark that are then burned in a ceremonial fire for release. This is the month to give birth to new ideas, have innovative projects, or start a relationship.



Mark these periods in red on your calendar, and avoid scheduling anything of importance during these times, as they would amount to nothing.

Favored Activities Based on the Zodiacal Position of the Moon

- the Moon in Cancer until Friday, December 1 at 7:59AM and between Tuesday, December 26 at 7:15AM and Thursday, December 28 at 4:22PM

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.

- the Moon in Leo between Friday, December 1 at 8AM and Sunday, December 3 at 7:49PM and between Thursday, December 28 at 4:23PM and Sunday, December 31 at 3:52AM

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.

- the Moon in Virgo between Sunday, December 3 at 7:50PM and Wednesday, December 6 at 8:34AM

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.

- the Moon in Libra between Wednesday, December 6 at 8:35AM and Friday, December 8 at 7:34PM

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).

- the Moon in Scorpio between Friday, December 8 at 7:35PM and Monday, December 11 at 3:10AM

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.

- the Moon in Sagittarius between Monday, December 11 at 3:11AM and Wednesday, December 13 at 7:30AM

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.

- the Moon in Capricorn between Wednesday, December 13 at 7:31AM and Friday, December 15 at 9:55AM

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.

- the Moon in Aquarius between Friday, December 15 at 9:56AM and Sunday, December 17 at 11:57AM

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.

- the Moon in Pisces between Sunday, December 17 at 11:58AM and Tuesday, December 19 at 2:46PM

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.

- the Moon in Aries between Tuesday, December 19 at 2:47PM and Thursday, December 21 at 6:49PM

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.

- the Moon in Taurus between Thursday, December 21 at 6:50PM and Sunday, December 24 at 12:14AM

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.

- the Moon in Gemini between Sunday, December 24 at 12:15AM and Tuesday, December 26 at 7:14AM

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.

December's Intentional Meditation

This month's intentional meditation starts on Monday, November 27. Take out as many blank sheets of paper as you have intentions, and place them near a window, on a balcony, or in a garden so that they bask in the light of the full moon in Gemini at exactly 1:16AM. Once that moment has passed, gather your full-moon-charged sheets and place them in a folder.

On Tuesday, December 12, 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 by exactly 3:32PM for the new moon in Sagittarius. 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.

Next month's intentional meditation starts on Tuesday, December 26 at 4:33PM with the full moon in Cancer.

December's Astrological Events

Friday, December 1: Mercury enters Capricorn (6:31AM) until December 22. During the next three weeks, we are mentally serious, focused, and disciplined. Not afraid of hard work or studying long hours, we are practical and ambitious. This is a great time to get clear on our objectives and make solid plans for the future.

Saturday, December 2: Mercury sextile Saturn (7:27AM). Today, attentive to details and particularly focused on efficiency, we devise intelligent plans. We are drawn to older people or people who have gained authority and reached personal success thanks to their hard work.

Sunday, December 3: Venus square Pluto (5:29AM). For the sake of peace, this is a day to compromise and adapt to the needs of others. We could be exposed to manipulative or coercive people. Trying to force a relationship will only backfire. It is best to lie low and wait for a more auspicious time.

Monday, December 4: Venus enters Scorpio (10:51AM) until December 29. The next three weeks awaken our need for romance and passion. We want to throw ourselves — body, mind, and soul — into a relationship, work we love, or an activity we are excited about. Financial investments yield substantial revenues.

Tuesday, December 5: Venus trine Saturn (2:51PM). This is a day to reassess our relationships. Those that are good are strengthened while those that have been shaky for a while could come to an end. This is a great day to move in together, commit to another, or get married.

Money matters are consolidated. Financial planning is encouraged. Our esthetic tastes are more conservative.

Wednesday, December 6: Neptune turns direct (5:20AM). Kindly refer to the opening paragraphs.

Thursday, December 7: Mercury trine Jupiter (8:09PM). We are particularly positive today. Our self-confidence, faith in life, and optimistic dispositions ensure that things turn to our advantage. We express ourselves with kindness, generosity, and enthusiasm. This is a great day to learn a foreign language, enroll in a university-level class, or travel to a distant country. Any study related to philosophy, religion, or the law is favored.

Saturday, December 9: Venus opposite Jupiter (7:35PM). Falling prey to excesses in food, spending, and pleasure is not advised. The more gracious, hospitable, and tolerant we are, the more our social lives expand in enriching ways. Even if we are disappointed in a gift, expressing gratitude for it or a bonus we receive today leads to greater opportunities.

Monday, December 11: Mercury sextile Venus (11:17AM). This is a great day for casual, pleasant, and light conversations, getting together with friends, and seeking peace and harmony. A visit to an art gallery or shopping for fashionable clothes is favored. A small trip to the countryside is fun and soothing.

Tuesday, December 12: Mercury turns retrograde (11:09PM). Kindly refer to the opening paragraphs.

Saturday, December 16: the Sun square Neptune (7:43PM). We may feel a little woolly-headed today and are indecisive and impractical. Prone to daydreaming, we are likely to overlook details and be vulnerable to scammers. People seem elusive. Their actions are likely to be confusing and somewhat deceitful. Artistic creation, reading, or watching an inspiring movie is encouraged.

Monday, December 18: Mercury trine Jupiter (6:28AM). Kindly refer to Thursday, December 7.

Wednesday, December 20: Venus opposite Uranus (11:04PM). Social events are exciting and stimulating. We are drawn to unusual, eccentric, or even in some cases, provocative characters who bring a sense of newness and freedom but may prove unreliable and unlikely to stay long in our lives. Erratic and unstable behavior can have devastating consequences.

Thursday, December 21: Mercury sextile Saturn (4:33AM), the Sun enters Capricorn (7:27PM) until January 20, 2024. Regarding Mercury sextile Saturn, kindly refer to Saturday, December 2. During the coming month, our ambitions are highlighted. We are hard-working, disciplined, focused, and serious. Drawn to leadership positions, we want to succeed, and are apt to demonstrate more maturity and wisdom.

Friday, December 22: the Sun conjunct Mercury (10:54AM), Mercury enters Sagittarius (10:19PM) until January 13, 2024. This is a good day for communications,

making phone calls, writing emails, and any public relations activity. We could try something we have never done before and meet someone new. The next three weeks are marked by the ability to focus on the silver lining of every dark cloud, being positive and self-confident, and looking at the future with optimism. We are more religiously and philosophically inclined than normal. Legal and political matters are favored.

Sunday, December 24: the Sun sextile Saturn (9:28AM). Patience, stability, self-discipline, and strength of character mark this day. We have the capacity to shoulder great responsibilities and be particularly self-reliant and efficient. Our seriousness and respect for duties and obligations help us get our work done in a timely manner.

Monday, December 25: Venus trine Neptune (9:15AM). This is a romantically enchanted day. Our increased sensitivity and compassion are appreciated by those less favored than ourselves. We are drawn to music and the arts. Actors, composers, painters, and poets are particularly inspired. Our esthetic senses are refined. We seek beauty, peace, and harmony.

Tuesday, December 26: Mercury square Neptune (11:43PM). This is a mentally confusing day. We are vulnerable to illusions, deceit, and lies. This is not a good day for signing any legally binding document, as we could miss the fine print and get entangled in a scam. This is a day best spent in isolation, quiet meditation, and artistic creation.

Wednesday, December 27: the Sun trine Jupiter (7:28AM), Mercury conjunct Mars (4:31PM). This a positive, dynamic day that pushes us to act on our ideals with courage and integrity. We are direct and impulsive, so this is a great time for outdoor activities and competitive sports. Eager to defend our philosophical, religious, and political beliefs, practicing moderation and tolerance ensures a general enrichment of consciousness.

Thursday, December 28: Mars square Neptune (2:16PM), Venus sextile Pluto (10:01PM). We could feel all at once a certain restlessness and anxiety while demonstrating more passion in our relationships. A male figure could be elusive, act in a confusing manner, and even lie. Emotions are intense, complex, and possibly laden with strange problems. All is not as it seems. We could shy away from heavy work and prove weak and evasive in the face of situations requiring direct action and courage.

Friday, December 29: Venus enters Sagittarius (12:24PM) until January 23, 2024. During the next three weeks, we express our feelings in a more adventurous way. We are drawn to other cultures and may joyously fall in love with a foreigner or someone who travels. A romance may develop while on a journey. We enjoy being seen at the "in" places, yet we are more excited by a camping trip or outdoor activities than a formally

elegant date. Our attitude toward love is full of faith, positivity, and enthusiasm. We may spend money rather recklessly, yet by trusting our lucky stars, we end up having what we need.

Saturday, December 30: Jupiter turns direct (6:40PM). Kindly refer to the opening paragraphs.

Wishing you a happy end of year!

Panoramic View of 2024

Numerologically, 2024 is an 8 year (2 + 0 + 2 + 4). Connected to the planet Saturn, 2024 is a year of harvest and material success during which we can accomplish great things. What began in 2017 — a 1 year — is now ready for fruition, so a little effort is likely to reap great rewards. We are unlikely to care much about what others think of us, and with a healthy dose of self-confidence, organization, efficiency, integrity, and fairness, this year enables us to go after what we want. Business trips are favored, and unexpected money can come our way.

All the stability, patience, self-discipline, reliability, self-control, sense of duty, and responsibility we have developed throughout our experiences are helpful this year. Sacrificing for an ideal, inner strength, trust, loyalty, and devotion are honored. As we pursue our ambitions with intensity, we may be more quiet, reserved, and shy. We might even appear cold and undemonstrative to some, yet we are affectionate and warmly devoted to those we love, respect, admire, and trust. Wise teachers, good counselors, and honest politicians, who play an important role in life and might even be instruments of fate for others, are favored. This is a year of positive achievements.

The Chinese Year of the Wood Dragon (February 10, 2024 – January 28, 2025)

Typically, this is a year in which goodwill abounds. Potentially explosive situations are likely to be turned around. A general consensus to back away from aggression, adversity, hate, and conflicts leads to very real diplomatic efforts. Discussions could be convoluted, but the good news is that they center around the need to reestablish peace and balance. The time has come for visionary, spiritual leaders in government positions who are both perspicacious and open-minded and can see the bigger picture and prevent bad things from happening before they do. Breakthroughs in medical research could occur. Religious institutions are likely to be cleared of corruption.

Our stress is alleviated through deep philosophical concepts, light-hearted logic, and synthesized abstract notions. We are able to finally see clearly through situations that were misleading and deceitful as well as purposely blurry and confusing. The truth will prevail. A

climate of social cooperation reigns. We don't back away from duty and responsibilities once we have accepted them, and we are also happy to assist others whenever called on. A need to be more sociable, warm, fun-loving, and even festive inspires us to take part in varied artistic activities, such as painting, sculpting, acting, writing, decorating, and so on, and take care of our plants and gardens. We are more freedom-loving and seek a relaxed lifestyle. Most blessed in 2024 are those who were born in the years of the rat, dragon, goat, monkey, and rooster.

Take Care of Yourself and the Planet

Jupiter entered Taurus on May 16, 2023, and remains until May 25, 2024 (5°34'–29°59' Taurus). 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.

Jupiter enters Gemini on May 25, 2024 (0°–21°20' Gemini) and remains until June 10, 2025. This cycle places a heightened focus on renovating the educational system. Social media, traveling, learning, teaching, reading, writing, journalism, and politics, as well as how we communicate and relate to our daily environment in general could be intensified and come under scrutiny. The emphasis is on the exchange of information, the development of our intellects, and rising above small day-to-day matters so that we may integrate larger, philosophical concepts.

Our curiosity leads to new, dynamic ideas, but the will to follow through could be lacking. Too much information could create indecision or make us move forward in an erratic manner. The importance of positive thinking, looking at the silver lining of every dark cloud, and focusing on the outcome we want imposes itself as the most valid way of creating the reality we wish for.

Saturn entered Pisces on March 8, 2023, and remains until May 25, 2025 (3°14'–19°25' Pisces). This is a strange zodiacal position for Saturn, who is about as different from Pisces as can be. Restrictions and limitations dissolve, and 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.

Uranus remains in Taurus until April 26, 2026 (19°05'–27°15' Taurus). Changes in the financial system are afoot. By 2026, all paper money might shift to digital currency. 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 to rebel against our abuse. Earthquakes, volcanic eruptions, and tsunamis could occur in the most unlikely places and in the most inopportune ways, leaving much destruction in their wake. To remain balanced and grounded, it is important to honor Earth and spend quality time in nature.

Neptune remains in Pisces until January 27, 2026. The degrees covered in 2024 are 25°04'–29°55' Pisces. These degrees are represented in the Sabian symbols by “a new moon reveals that it’s time for people to go ahead with their different projects,” “a harvest moon illuminates the sky,” “a fertile garden under the full moon,” “light breaking into many colors as it passes through a prism,” and “a majestic rock formation resembling a face is idealized by a boy who takes it as his ideal of greatness, and as he grows up, he begins to look like it.”

The health of our waters — oceans, lakes, and also tap water — continues being questioned. False information, the continued suppression of the truth, and stories passing as news run rampant. 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.

Power Goes to the Masses

Pluto stays for the very last time in Capricorn until January 22, 2024, and between September 2 and November 20. The degree covered (29°21'–29°59' Capricorn) is represented in the Sabian symbols by “directors of a large firm meet in a secret conference.” More of the darkness and evil that had been buried for a long time is flushed out. Corruption at very 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 January 22, 2024, at 4:50PM until September 1 and then for good on November 20 until the year 2044. The degrees covered in 2024 (0°–2°06' Aquarius) are represented in the Sabian symbols by “an old adobe mission,” “an unexpected thunderstorm,” and “a deserter from the navy.” Power goes from a small elite 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 sweeps over every nation, accompanied by real progress in the fields of technology and science and a deeper understanding of metaphysics. The sense that we are the ones we have been waiting for will start to take its full meaning.

Notable Aspects in 2024

The three main aspects this year involve Jupiter. Jupiter sextile Neptune (May 23), Jupiter trine Pluto (June 2), and Jupiter square Saturn (December 24). There will be four eclipses in 2024, and they are all in the Aries-Libra axis and Pisces. (See March 25, April 8, September 17, and October 2.) These oppositions represent the need to balance the masculine and the feminine; to honor our need for security and safety as well as our desire for passion, intensity, and individuality; and to find how to fully express our uniqueness while respecting others. An equilibrium needs to be struck between peace, beauty, and harmony on one hand and deep integrity, loyalty, courage, revelation (through the unraveling of secrets), and profound insights into spiritual truths on the other hand.

Monday, January 1: Mercury turns direct at 7:08PM (22°17' Sagittarius). This degree is symbolized by “immigrants entering a new country.” There may still be some lost items, delayed flights, and misread messages, but communication returns to normal tomorrow. We are entering a new consciousness of our philosophical values, which includes more inner honesty and outer integrity.

Friday, January 26: Uranus turns direct at 11:35PM (19°05' Taurus). This degree is represented in the Sabian symbols by “wisps of clouds, like wings, are streaming across the sky.” A new understanding of what makes us free and helps us assert our individuality makes us lighter and more connected to the divinity inside and outside of us.

There are no particular aspects in February.

Monday, March 25: lunar eclipse in Libra (5°07') at 12:00AM. This degree is represented in the Sabian symbols by “a man watches his ideas taking a concrete form before his inner vision.” This eclipse requires that we develop a clear idea of our identities through a realistic perception of ourselves. We are able to reach a fusion with the universe and become a true catalyst of transformation for others by recognizing and embracing our artistic and spiritual potential.

Monday, April 1: Mercury turns retrograde at 3:14AM (27°10' Aries) and stays until April 25. This degree is represented in the Sabian symbols by “a large disappointed audience.” We are drawn to proving our mental powers in a childlike, very subjective manner. Our judgment could be impulsive. We enjoy intellectual debates and stimulation that we hope will change the world as we

perceive it. We could be returning to experiences that we haven't integrated properly, and we might need to reevaluate our belief system.

Monday, April 8: solar eclipse in Aries at 11:21AM (19°24' Aries). This degree is represented in the Sabian symbols by "a young girl feeding birds in winter." Our feelings may be rather subjective and self-centered, yet this eclipse requires us to honor our emotions and follow our intuition. It enhances our empathy as well as the need to nurture ourselves. New beginnings are afoot.

Thursday, April 25: Mercury turns direct at 5:54AM (16°05' Aries). This degree is represented in the Sabian symbols by "two prim spinsters sitting together in silence." Communication will be normal again tomorrow. We have now been made aware of faulty thinking and need to sit with the new understanding derived from having had to change our minds on many different topics of interest.

Thursday, May 2: Pluto turns retrograde at 10:46AM (2°06' Aquarius) until October 11. This degree is represented in the Sabian symbols by "a deserter from the navy." Circumstances could bring us to question everything about established institutions, the rules, and what is right and wrong. Led to change and purify ourselves at a very deep level, we must free ourselves from what impedes our evolution, such as from people, situations, or excessive attachments to material possessions. In our quest to be "in the world" without being "of the world," we could feel the struggles of humanity very personally.

Thursday, May 23: Jupiter sextile Neptune at 2:44PM. Our idealism is enhanced. In our dealings with others, we seek beauty, peace, harmony, and balance. Our goodwill, tolerance, hospitality, and indulgence bring ease and optimism. Mystical and artistic endeavors are favored. A renewed sense of freedom and delight entice us to demonstrate more adventurousness.

Saturday, May 25: Jupiter enters Gemini at 4:15PM. Kindly refer to the opening paragraphs.

Sunday, June 2: Jupiter trine Pluto at 5:13PM. This is an excellent time to pursue religious, philosophical, and educational programs. This transit helps us grow and expand our experiences both personally and professionally. Cooperating with others with goodwill, well-placed generosity, and hospitality brings mutual peace and global benefits. Financial endeavors are lucrative. Luck shines on us.

Saturday, June 29: Saturn turns retrograde at 12:07PM (19°26' Pisces) and stays until November 15. This degree is represented in the Sabian symbols by "a table set for an evening meal." These next few months require us to draw on our inner wisdom and know that we know. Finely tuned to the undercurrents of the world, we could feel its burden with intensity. Whether or not we actually have any artistic talent, it is time to express

the subtleties of our perceptions through creativity. The more inner strength, spiritual fortitude, and deep self-worth we feel, the more helpful we become to humanity at large.

Tuesday, July 2: Neptune turns retrograde at 3:40AM (29°56' Pisces) until December 7. This degree is represented in the Sabian symbols by "a majestic rock formation resembling a face is idealized by a boy who takes it as his ideal of greatness, and as he grows up, he begins to look like it." This retrograde motion brings a deeper consciousness of what we need to evolve to the highest expression of the self. Dreaming our reality into being is the way to make it happen; therefore, it is important to learn to discern what serves the highest good and what doesn't. The more we purify ourselves, the more we can trust our intuition. Then we can remedy what within us still lacks completion.

Sunday, August 4: Mercury turns retrograde at 9:56PM (4°06' Virgo) until August 28. This degree is represented in the Sabian symbols by "a man becoming aware of nature spirits and normally unseen spiritual energies." Even though Mercury is much at home in Virgo, during the next three weeks, we could feel extreme nervousness and be quite curious as well as excessively critical. Our opinions of what is right and wrong are intensified, and we are more practical in our thinking, paying great attention to details. Because of our finely tuned senses, this does not exclude the possibility of a very real experience with a dimension of reality that is normally not visible.

Wednesday, August 28: Mercury turns direct at 2:14PM (21°39' Virgo). This degree is represented in the Sabian symbols by "a royal coat of arms enriched with precious stones." Our deeper discernment — the ability to focus on the tree within the forest — has enriched our consciousnesses in very practical ways and given us a more solid grounding to express our inner divinity with poise and dignity.

Sunday, September 1: Uranus turns retrograde at 8:18AM (27°15' Taurus) and stays until January 30, 2025. This degree is represented in the Sabian symbols by "a mature woman reawakened to romance." We have five months to free ourselves from traditional relationship paradigms and create a romance that specifically works for our individuality. Our need to explore the inner self, assert our individuality, and liberate ourselves from social stereotypes leads us to claim our independence from accepted social rules. We may find new, unexpected ways of making money or dealing with our financial obligations.

Monday, September 2: Pluto returns to Capricorn at 5:10PM until November 19. Kindly refer to the opening paragraphs.

Tuesday, September 17: solar eclipse in Pisces (25°41' Pisces) at 7:34PM. This degree is represented in

the Sabian symbols by “a new moon reveals that it’s time for people to go ahead with their different projects.” This eclipse is particularly idealistic and dreamy. Coping with reality may feel difficult, and we may develop a rather unrealistic picture of our potential. Art, meditation, and relative isolation enable us to delve in the subconscious, which is necessary to separate what is ours from what is not. We should avoid drugs and alcohol altogether, as our sensitivity is so refined that any substance abuse could interfere with the need to give a concrete form to what our intuition reveals.

Wednesday, October 2: solar eclipse in Libra (10°04' Libra) at 11:49AM. This degree is represented in the Sabian symbols by “a professor peering over his glasses at his students.” We might not feel entirely satisfied with what we have achieved professionally and lack balance between our social status and our private lives. This eclipse is likely to awaken some frustration, even anger, and requires us to remain persistent and patient. To those who do not give up, success will eventually come.

Wednesday October 9: Jupiter turns retrograde at 12:05AM (21°20' Gemini) until February 4, 2025. This degree is represented in the Sabian symbols by “dancing couples crowd the barn in a harvest festival.” We should take a few months to focus on our philosophy of life, the meaning behind experience, and what makes us happy. We are required to discriminate between truths coming from society and what we intuitively believe in the innermost self. No information should be so serious that we cannot remain light with a sense of humor and an ability to celebrate the good things of life. We are challenged to stay positive and embrace life with faith and enthusiasm.

Friday, October 11: Pluto turns direct at 5:34PM (29°39' Capricorn). This degree is represented in the Sabian symbols by “directors of a large firm meet in a secret conference.” Even if governments and people occupying positions of authority are demanding or even oppressive, during these past six and a half months, we found our inner truth and tapped into our inner wisdom, and we are more strongly armed to not fall prey on a roller coaster of emotions. Despite rulers apparently still being in control, their empire is not invincible; it is shaking and gradually crumbling.

Friday, November 15: Saturn turns direct at 6:20AM (12°42' Pisces). This degree is represented in the Sabian symbols by “a sword, used in many battles, in a museum.” In the past four and a half months, we have tapped into our inner wisdom. We are now clear on which battles are worthy of our time and energy and which are best left alone.

Tuesday, November 19: Pluto re-enters Aquarius at 12:29PM, and this time for good until 2044. Kindly refer to the opening paragraphs.

Monday, November 25: Mercury turns retrograde at

6:42PM (22°40' Scorpio) until December 15. This degree is represented in the Sabian symbols by “a rabbit metamorphosed into a fairy (nature spirit).” We spend three weeks leaving no stone unturned, going deeply in the recesses of our minds, and x-raying people and situations so that we may understand ourselves at a profound level. We may reassess our relationship to sexuality and metaphysical truths, and we could endeavor to transmute lesser instincts into their highest expressions. We are likely to be more suspicious, take nothing at face value, and probably also seek more alone time.

Friday, December 6: Mars turns retrograde at 3:33PM (6°10' Leo) until February 24, 2025. This degree is represented in the Sabian symbols by “the constellations of stars in the sky.” During the next two and a half months while our energy is being turned inward, our goals literally reach for the stars. Even if our ideals are unrealistic, our intensified competitiveness makes us want to win and be in command. We are being asked to reassess our sense of power in a more grounded way, find more warmth and humility in our actions, and develop projects that enrich us while also enhancing other people’s lives.

Saturday, December 7: Neptune turns direct at 3:43PM (27°08' Pisces). This degree is represented in the Sabian symbols by “a fertile garden under the full moon.” During the past five months, the visions we have turned into reality are now bearing fruit.

Sunday, December 15: Mercury turns direct at 12:56PM (6°42' Sagittarius). This degree is represented in the Sabian symbols by “a cupid knocking at the door of a human heart.” During the past three weeks, the honesty with which we have been able to look at ourselves allows us now to welcome true happiness.

Tuesday, December 24: Jupiter square Saturn at 1:59PM. This transit brings some stress. We could find that our finances are stretched to the limit. Our resources may be restricted because of feeling exhausted, experiencing a drop in income, or having to take care of another. Our need for freedom could be blocked by the need to honor our duties and obligations. Opportunities for growth are present but require much work, excellent planning, organization, patience, persistence, and discipline, but if we do what needs to be done enthusiastically, it will result in outstanding efficiency. A financial investment made today will prove lucrative but may require time to yield benefits.

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Stars Bearing Gifts

Morgan Leigh McKenna

The past few years have been “intense,” and that word seems woefully inadequate in retrospect. Many of us have no memories of such pervasive change. I was young in 1960s America, but I remember the spate of newscasts announcing upheavals almost nightly, many so grim that my mother would switch off the television.

Then there were my father’s stories about growing up in a small Montana town in the 1920s and 1930s. He remembered when he was three or four, seeing big native encampments, their tents shrouded in mist and smoke along the riverbeds. By the mid-1920s, their encampments were gone. Two years into the Great Depression, displaced Crow and Blackfeet natives wandered the town that had replaced them, often coming to my grandparents’ backdoor looking for work or food. What is it like to lose not just a homeland but an entire way of life? Unfortunately, millions of people around the world know that experience all too well.

Ours is not the first collective disorientation, nor will it be the last, but this is a huge watershed. Maintaining some form of spiritual center has required levels of trust and dedication much higher than we could have imagined, but that is a piece of extremely good news we can celebrate as 2024 approaches. A humble embodiment has been growing among the spiritually committed in our communities born in the chaos of the past fifteen years. Choosing to be present comes at a cost. For 2,000 years, spirituality was about selling some magical future. Those days are long gone. Now it means helping people with their lives in real time during one of the most challenging periods in human history. Of course, we want to bring higher awareness to any of those efforts, but people usually won’t meet us there first. We need to come to where they are. Right now, that is straight into their pain.

While we might not have memories of upheavals at the breadth and level of the past few years, the heavens do. Their ancient geometries reveal concentrated, transformational eras characterized by unpredictable catalytic events, massive system breakdowns, and then breakthroughs. Humans (in roughly our current form) have been around for about 200,000 years, but if we track certain planetary energies back just 250 years, we see the unmistakable etchings of radical societal and planetary shifts punctuating the timeline at amazingly regular intervals.

There’s Light at the End of the Tunnel

We can see the parallel arrival of courageous spiritual leaders and movements, those whose higher visions

and sacrifices cut paths into the future. At the height of racial strife in 1960s America, Martin Luther King Jr. offered this counter-culture vision: “Let us not seek to satisfy our thirst for freedom by drinking from the cup of hatred.” The introduction of any great spiritual idea can be a shock to the human operating system and take decades, even centuries, to integrate. Most of us are still trying to unpack what King meant.

As we look toward 2024, we do so with a world pandemic mostly in the rear-view mirror; however, it seems the coronavirus will be with us in some form into the foreseeable future. The world also reels from downright soul-searing political and ideological polarization. What could possibly be the path through our global and national divisions? As of September 2023, the devastating war in Ukraine is well past the eighteen-month mark with no end in sight. In the summer of 2023, we recorded the hottest temperatures in human history by a significant margin. Enlightenment is not for the faint of heart in any era, but the excess factor of this moment is overwhelming.

During the 2023 summer, after a long day of work, a cascade of technical issues, the temperature at 97 degrees, and an air conditioner that hadn’t worked for weeks, I drove to my elderly father’s memory care facility for a visit. Dad was in his wheelchair in a community area by himself. Rather than check to see why he was alone, I assumed he’d been forgotten, and I headed to the nurse’s desk to give them a piece of my mind. Of course, the story was quite different from the one I’d made up in my head. The nurse was just about to take him out for a walk but had to find the footrests that attached to his chair. I was caught in my own feelings of excess.

Next year, Pluto — the lord of deconstruction — will plow back and forth over the last few degrees of Capricorn (Saturn’s domain of everything humans have built and organized), just as it did in 2023. By November 2024, Pluto will have excavated Capricorn’s 29th degree for a full two years. There’s a reason ancient astrologers named the 29th degree of each sign the “point of fate.”



It's a last pass before transiting energies begin a new cycle in the next sign (in this case, Aquarius). It's a kind of Last Chance Saloon where things finally get real. Be it the economy, the government, education, technology, health care, religion, or the business of spirituality, foundational and massive changes are here.

Still, our everyday lives move on, with appliances that don't work when they need to and aging parents whose caregivers are doing the best they can. Yes, we are here, now (thank you, Ram Dass), and we somehow called for such a time as this. Next year might have all the makings of a cosmic roller coaster, but we have people to learn from and people to help, and some beautiful, counter-balancing energies are coming our way.

The Shaman Enters

Let's start with an astrological surprise. To fully open that package, we should remind ourselves of what we spiritual followers and practitioners are all about. Many descriptions could be inserted here, and you probably have your own. I took a few turns at it before asking several colleagues for their input. The word that consistently made the top of our lists was "healing." We extended the list to "existential, emotional, physical, spiritual, and physical." Then we grappled with what healing was, and we came up with two interrelated definitions:

- The sustainable experience of wholeness.
- The ability to integrate human experience — the good, the bad, and the ugly — in the service of loving oneself and others.

Of course, this is not the definitive word on healing, but you get the point. If wholeness and integration are in the healing ballpark, this is where Pluto at Capricorn's degree of fate might perform a humble but wondrous magic in 2024. It involves one of the least likely candidates in the solar system: Saturn, the bad boy of pop astrology and ruler of the sign Pluto, who is about to exit. (Confession: I've been studying astrology since I was thirteen and grew up thinking Saturn was the Machiavelli of planets. Time for a Saturnian reset!)

With change-minded Pluto at the 29th degree of Saturn's own sign, Saturn will be pressed to become a lot more conscious, and he might show up quite differently than we expect. Motivated to change, Saturn has the capacity to become a mature, practical strategist, providing essential command and operational vision as the world copes with change and loss. He can also show up as the wizened shaman, leading the constructed world to reconfigure old scaffolding and heal its structures.

From 2024 through 2026, Saturn in Pisces — the most spiritual sign of the zodiac — could set tradition

on its head, calling for such stereotypically un-Saturn-like values as "beauty, truth, and justice" or "charity, responsibility, and generative community." These are unapologetically spiritual foundations that we'll need to cleanse our operational karma and to build what comes next.

Two more astrological events will add weight to Saturn's spiritual influence in 2024. First, Saturn will remain in Pisces until May 2025. Second, Saturn turns retrograde on June 30, 2024, staying behind the Sun for five months. This turn in the shadows from an already introverted sign puts a laser-like focus on our spiritual and psychological development. In 2024 and 2025, look for a renewed emphasis on authenticity, approachability, and believability through all spiritual sectors, from traditional religions to every corner of alternative spirituality.

At the beginning of my astrology practice, I remember how weird it was to get paid doing something I loved. Then I felt an irresistible draw to become a "known" astrologer with status. Those of you who are spiritual leaders might recognize the feeling. Spiritual self-absorption can creep in so quietly. Of course, I simply needed to do good work, give my gifts, and let it be what it is.

What seems clear about 2024, in the context of Saturn's retrograde, is that spiritual work done to polish an image or sequester power will not fare well under his watchful eye in Pisces. As the quintessential down-to-earth healer, Saturn leads with reality checks. Whatever we decide to do individually, a sector adjustment is headed our way. Between now and May 2025, when Saturn exits Pisces, themes of transparency, vulnerability, compassion, and presence will be huge in spiritual communities. Expect to hear from new voices challenging the status quo of image- and power-based spiritual systems, whether they've been around 5, 50, or 2,000 years.

As the most grounded energy in the pantheon, Saturn will also ask us to integrate both the heights and depths of inner growth: the lofty dimensions of Oneness with what's under the proverbial hood and rarely sees the light of day. As Saturn sextiles Neptune in August 2024 and remains sextile for the next decade, we have a beautiful opportunities to bring more integrity and applicability to spiritual practice. The far reaches of spiritual experience are shining jewels in the crown of consciousness, but if we can't help people connect their 3D worlds to the upper echelons, spirituality could become more of a fix than a path to transformation.

Recently, I coached a client in an astrology session who told me she didn't relate to solar system astrology. She eschewed the regular planets and instead wanted a galactic reading. (That is usually done using an array of fixed stars and is a marvelous realm of astrology.) I

sensed that she wanted to stay out of the thick of human narratives that inevitably touch into the darker parts of life. I asked her whether she would simply try a basic reading, and to my surprise, she agreed. We spent the next four sessions on just the planets, the Sun, and the Moon. In the process, she told stories of a most beautiful but terrified life. I ended up referring her to a trauma therapist, and she has experienced some significant breakthroughs.

Many practitioners might not think they have the expertise to work both ends of the spectrum. It's a fair concern and crucial that we each assess our skills and certifications accurately. If you find yourself in this category, perhaps you know other healers who can work the psychological part of the axis. As 2024 comes into view, consider getting to know some therapists and intuitive healers in your area with whom you can collaborate. Your clients will thank you.

Whatever you decide about your individual spiritual path or healing work, expect to see more intentionally integrative spiritual practices popping up in the next few years. There will also be a renewed hunger for personal shadow work in any form, but particularly in organizations that facilitate that work in groups.

Pluto Begins His Aquarius Journey

Moving on from Saturn, the biggest astrological highlight of 2024 is Pluto leaving Capricorn in November and entering Aquarius for a twenty-year stay. The significance of this shift is massive, and how it plays out in real time could reverberate for centuries.

This coming transit has been the poster child for utopia for fifty-some years, and I want to simply acknowledge that “elephant in the chart.” Every astrological energy, including Aquarius (ruled by feisty Uranus), is expressed along a wide range of possibilities, from lower to higher and less conscious to more conscious. I am choosing to highlight some of Aquarius's more positive aspects here, understanding that we will probably see expressions across the spectrum.

Pluto briefly visited Aquarius between March 23 and June 11, 2023. This return was 248 years in the making. (The last time Pluto stepped from Capricorn into Uranus's home territory was around the French Revolution.) Even though Pluto's 2023 sojourn into Aquarius was short, it gave us a glimpse of what is to come.

Fast-forward just three months to August 26, 2023, at 3:27AM. NASA and Space X, partnering with three other international space agencies, launched a new kind of operational crew to the International Space Station (ISS). The ISS has hosted many brilliant crews in its twenty-five-year history, but this CREW-7 was the most internationally and racially diverse team to date. Led by Commander Jasmin Moghbeli, CREW-7's four astronauts

heralded from Japan, Russia, Europe, and the U.S. Their mission included using groundbreaking technologies for scientific investigations critical to future space exploration and life on Earth.

I admit that I'm a NASA fan and love to follow their news, but catching this team's videos as they walked onto the launch platform took my breath away. I thought, “Here is the face of the future, of a conscious Aquarius: a multiracial group of four astronauts representing four different countries and four space programs, orbiting the globe away from their families for six months, serving one humanity and one Earth. So many of the positive Aquarian themes went with them into space: radical ingenuity, technological complexity, collective intelligence, multinational partnership, boundary breaking, racial and gender diversity, focus on global versus national narratives, and the beginning of a cosmic narrative.

As Pluto dips its toes into Aquarius on January 20, 2024, and then again on November 19, 2024, be on the lookout for several waves of cultural activity representing these themes. Since change is often accompanied by instability, humanity will likely experience some rough rides, but whatever happens, the end game is evolution. Pluto's exploration of Aquarius territory will help jumpstart a decades-long reimagination centered on who we are as humans, how we integrate different ways of knowing, and how we engage with each other and the nonhuman world.

Science: historic spaceflights, space photography advances, astrophysics discoveries in cosmic rays and neutrino research, escalation of AI use at the personal level, multinational partnerships around climate change, sustainability technologies addressing extreme weather, breakthroughs in new energy sources, more UFO disclosures

Social sciences: significant AI expansion in social media and at the personal level, new technologies related to voting (attracting young voters), new digital currencies and investment technologies, mainstreamed advances in mental-health treatments via alternative substances

Arts: standardization of AI in film and photography, further film-industry breakdown, grassroots mobilization of actors and film workers at all levels, increased involvement of celebrities to change the industry, advances in concert ticket-sales platforms and technology, rise of “collaboration concerts” with mega artists inviting multiple headliners as co-performers.

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Dance the Dream Awake

Egyptian Cat Beings through Mary Elizabeth Hoffman

November 2023 opens as the cosmic-equinox portal expands, bringing significant sitting-at-the-crossroads moments for the human kingdom. The grand Earth trine between Pluto in late Capricorn, Venus in Virgo, and Uranus in Taurus signals that the destiny energies set in motion over the previous months by people's thoughts, feelings, and written and spoken words are anchoring.

What was intentionally or unintentionally empowered will begin to manifest in earnest in 3D. Those who have energized fear, anger, lack, judgment, or greed will see these aspects multiply in their lives, and those who have energized hope, peace, joy, prosperity, and unconditional love will see these aspects expand exponentially. Those who have spent their energies daydreaming, gaming, or seeing the world as a fantasy will feel set adrift with little coming to fruition in their lives.

The T-square between Pluto in Capricorn and the Moon's nodes — north in Aries and south in Libra — asks questions concerning the balance and harmony for all Earth's creatures, lands, and oceans and how that balance and harmony might wisely and smoothly be attained and maintained. Re-envisioning accepted ways of perceiving and being will be required for Earth and all her inhabitants to fully avail themselves of this opportunity to take a less-destructive path for all beings.

The Moon in late Gemini opposite the Galactic Center creating a T-square to Venus in Virgo and Neptune in Pisces, asks that all options and their long-term outcomes be taken into account when choosing which personal or professional path to pursue. There is no wrong answer. No longer are the only options right or wrong, good or bad, dark or light. Each decision must be made individually in the moment with an eye toward potential future outcomes, making wise adjustments as needed in the best interests of all beings and in service and honor of All That Is.

Much clarification regarding the interrelationship between the human kingdom and all other kingdoms of the cosmos will come during November 2023, resulting in the eradication of misperceptions, false narratives, and blatant untruths. All kingdoms — devic, imaginal, elemental, angelic, integral, and creator/primordial — are alive and well, whether the human kingdom acknowledges their existences or not. For future prosperity and abundance in balanced reciprocity, the human kingdom will find it necessary to align in partnership with these other kingdoms so that all can move forward and evolve.

If this does not happen, extinction is inevitable.

Highways between Dimensions Open

With Mercury and Mars

conjunct the Scorpio point of avatar opposing Jupiter retrograde in Taurus, much transformation will take place during November 2023. Endings and new beginnings will transform through the power of writing, speaking, and the arts. As the Sun moves into full conjunction with Mars and Mercury in Scorpio on the Scorpio point of avatar on November 6, 2023, these light and dark avatars will stir the depths of the cosmic ocean and bring to the surface all manner of stuff, from soup to nuts. The banquet table will be fully set for each person to be open and receptive to the balanced flow of where and how they are aligned with themselves, others, the planet, and all kingdoms of the cosmos.

This alignment, or lack thereof, will set in motion transformational experiences in 2024. The harmonizing tones of the Aquarian point of avatar is the missing energy for activating these three avatar points. Keep in mind that not all avatars teach from love and light. Some expose the hidden depths of imbalance and disharmony. Sound, toning, drumming, and chanting could activate the Aquarian point of avatar to harmonize all situations and circumstances in the wisest and best interests of all beings.

All Saints' Day/All Hallows' Eve on November 1, 2023, truly embodies the very significant transformational energies of death and rebirth and endings and beginnings, as this year it also falls on the cosmic equinox when alignments to the Galactic Center, Super Galactic Center, and four points of avatar are fully activated, opening highways between dimensions. For some, this might bring visions, voices, and 3D manifestations of movement and communication between realms. Alternate timelines or lifetimes and parallel universes might materialize for minutes, hours, or days.

Those who are consciously grounded and connected with their inner truth centers will find this eye-opening information welcome confirmations of what they have known and believed. Others might be shaken to their cores as they attempt to make sense of what their minds say cannot be even though their hearts align with what they see and experience. It is extremely important to



remain in the present moment on the current timeline, as bleed-through from alternative timelines could generate intense emotional responses. It would be wise to take caution when in cities, crowded spaces, or public areas, as the potential for group hallucinations is possible, and the resulting response to these illusions could create chaos and disorder. For those grounded and aligned, this is a powerful time to receive guidance, visions, messages, and clarifications for any and all endeavors. Quiet alone time, preferably under the stars, is encouraged.

Muddy Waters Will Clear

November 13, 2023, a new moon in late Scorpio at 1:29AM (PST) conjunct Mars, all opposing Uranus and squaring Lilith in Leo, brings in truthful transformational energies pointing the way to a new direction of self-empowerment and self-responsibility for all kingdoms of the cosmos including Earth and all her inhabitants. Bold visions of the changes required to attain this state of being will pour into the psyches of every person. With Neptune in Pisces trine these powerful transformational new moon energies, the heretofore muddy waters will be clarified as Lilith and Tiamat pour human essences through their cosmic sieves, straining out all impurities, toxins, and disease. This new moon is a time of huge vibrational changes that will manifest in 3D on Earth affecting all who reside on the planet.

November 27, 2023, at 1:17AM (PST), the full moon in Gemini is conjunct four black holes, creating a T-square to Saturn (now direct) in early Pisces with Mercury conjunct the Galactic Center (also a black hole), making 5D cosmic connections a reality on Earth. This is a powerful “aha” time when interconnections between concepts, ideas, and disciplines can be gleaned, understood, and utilized for the betterment of all beings throughout the cosmos. This is a time for people to know things without knowing how they know them. It is also a time for fully trusting one’s gut instincts (the inner truth center), following higher guidance to the fullest, and continually seeking clarification and assistance. When exercised regularly, this ability becomes a part of everyday life for all who are open to it. The grand Earth trine between Lilith in late Virgo (sometimes known as Tiamat, the bringer of truth), Pluto in Capricorn, and Uranus in Taurus, will intone, shake things up, and rattle the sistrum and drum, calling for a new dance of life throughout the cosmos. This is the time to dance the dream awake.

Align with Your Soul Heart

December 2023 is overlain all month by a grand square in cardinal signs with Pluto in late Capricorn, Venus and the Moon’s south node in Libra, the Moon’s north node in Aries, and the Moon in Cancer. These intense lunar energies

could potentially bring about much emotional confusion for those who are fearful, dependent, easily influenced by their egos, and not in balance with the cosmic flow.

People will need to be in alignment with their soul-hearts and inner truth centers to avoid emotional chaos and confusion. Deep-seated emotional memories and traumas from this and other lifetimes and timelines could surface, disappear, and reappear for those who have yet to fully integrate all aspects of themselves. This could lead to disorientation, confusion, and doubts about one’s sanity.

With Mercury conjunct the Galactic Center, downloads of knowledge, wisdom, truth, and information will pour in, necessitating outlets for their expression. This is a great time to journal or express through any and all creative outlets: art, music, dance, chanting, drumming, toning, and so on. Adding to these cosmic energies, the Sun and Mars conjunct in early Sagittarius, amplified by four black holes opposing Admetos and squaring Saturn (finally in direct motion). These aspects accentuate the wisdom of discovering integrative, fluid, and open-ended alternatives rather than polarized and divisive alternatives that alienate those with different ways of being, doing, and expressing. Attempting to solidify, anchor, or block these visions, dreams, and ideas is unwise. This is a time to record, catalog, and categorize them for safe-keeping and future reference. Keeping a diary, notebook, or journal would be useful.

This is a time to become aware of the many possibilities at hand for taking the road less traveled rather than locking down one’s personal or professional stance. Releasing the “shoulds” and “musts” and seeking expressions outside the box humanity has constructed for feeling safe and secure bring wiser perceptions that offer greater opportunities, abundance, and alignment with Earth, her kingdoms, and the cosmos. These more life-affirming, long-range visions express the love, beauty, and creativity of all kingdoms in partnerships with each other.

The Moon in Cancer trine Neptune in Pisces amplifies the strong desire to attain clarity, balanced reciprocity, and flow in the face of the grand cardinal square that challenges people to remain open to possibilities rather than to react with emotional confusion about how things appear. This is a time to flow, collect ideas, and examine possibilities rather than make decisions and commitments.

The desire to solidify, anchor, and build will be high, which could lead to scattered energies. Flow is quite different from chaos and reactionary responses. The flow of balanced reciprocity comes with the understanding and wisdom that an undesired outcome can result from a wise choice made at an unwise time. At this juncture, the destiny of the kingdoms lies in collecting fluid concepts, ideas, and frameworks. Many facets from these jewels of truth can be gleaned toward the end of December and into 2024.

Determine What Being on the Earth Plane Means to You

December 12, 2023, a new moon in late Sagittarius at 3:32PM (PST) is in a wide conjunction to the Galactic Center and squares Neptune in Pisces, amplifying the need for members of all kingdoms to be grounded and present. The elven, dragon, and other realms — and Tiamat — will bring intense clarity to visions, dreams, and meditations as long as humanity is open to seeing the truth. The trine of this new moon in Sagittarius to the Moon's north node in Aries bodes well for the full expression of the spirit-fire-energy initiation to bring about great purification. Once set in motion, the rebalancing that began at the behest of Tiamat by the elven and dragon realms cannot be stopped until it plays itself out during the coming year.

With Jupiter retrograde in Taurus opposite Venus in Scorpio, portals and openings designed to transform and transmute seemingly volatile situations will present themselves when the soul-heart energies are fully engaged and expressed. The more aligned people remain with their inner truth centers and soul-heart destinies, the more smoothly and easily these transformations, transmutations, and changes will express themselves.

December 13, 2023, Mercury goes retrograde in early Capricorn entering Sagittarius in conjunction with the Galactic Center on December 24, 2023. It remains retrograde until January 2, 2024. This continues to amplify the new moon energies set in motion regarding the cosmic truths of balanced reciprocity, true power, self-responsibility, integrity, authenticity, and flow. Downloads continue as personal, planetary, and cosmic halls-of-records information pour into the psyches and consciousnesses of all in the human and other kingdoms in a great purge of fear and untruths. This purging will continue well into January and February, 2024.

December 21, 2023, at 7:29PM (PST), the Sun, Mercury retrograde, and Cupido conjunct on this Earth solstice in a powerful triad in early Capricorn in wide conjunction to the Galactic Center, continuing to amplify the energies of communicating one's passion for all life in balanced reciprocity. Overlaying the cosmic downloading of wisdom, truth, and timing are a T-square between the Moon's nodes and Pluto in Capricorn; a T-square between Venus in Scorpio, Lilith in Leo, and Uranus in Taurus; and a wide water trine between Venus in Scorpio, Neptune in Pisces, and Hades and Kronos in Cancer. All seek to share their perceptions with humanity. As with some members of the human kingdom, these beings can have hidden agendas. Sagely sifting through what aligns with one's soul-heart destiny requires quiet time to glean cosmic/Earth wisdom in expansive, life-affirming, and compassionate ways. During the coming six months, those who are psychically or emotionally

overwhelmed by this influx of knowledge, wisdom, and truth and whose personal agendas are incongruent with what they receive, might utilize the early Saturn-in-Pisces, forward-motion energies to transition from their physical bodies.

During December 26, 2023, a full moon in early Cancer at 4:34PM (PST) sets in motion another grand square in the cardinal signs just before New Year's Eve. With the Sun in Capricorn trine Jupiter retrograde in Taurus, this full moon demands expansion of life force energies out of restriction and into the figure-eight flow of balanced-reciprocity energies in all endeavors. With Mercury still retrograde in Sagittarius conjunct Mars and both conjunct the Galactic Center, the overwhelming push to download as much truth, guidance, and hall-of-records information for future reference takes precedence over holiday obligations. This is a time to seek quiet and solitude in the soul-heart's truth, devoid of self-expectations, others' expectations, and the limitations and security needs of the mind and ego.

As 2024 approaches, the Moon in Cancer moves forward through its sign to create an opposition to Pluto in Capricorn and a square to its nodes in Libra and Aries. It is critically important at this time to determine what being on the Earth plane in 3D really means in relation to one's values and purpose and who and what are important in life. Being grateful for what one values multiplies what is valued, manifesting in greater abundance, balanced reciprocity, love, and flow. Namaste.

Vast Possibilities Available in 2024

In summary of the energies in 2024, the year begins and ends with Mercury retrograde in Sagittarius, activating the timing, focus, and direction of the Galactic Center. This will be a time to catch glimpses of the bigger picture for humanity, the planet, and the cosmos. Those open to receiving this huge cosmic hall-of-records download will have the opportunity to gain insights into the larger flow of balanced reciprocity, including ways to fully align their soul-heart's destinies. The Mercury-Mars conjunction on the Galactic Center in late Sagittarius signals a time to glean the vast array of possibilities and directions open to the human kingdom in the coming decades.

A plethora of timelines will split off in varied directions in 2024, some with expansive, loving, and community-oriented possibilities for those living in gratitude, appreciation, and unconditional love. Other timelines will bring challenges due to people's fears, attachments, and limitations. Each member of the human kingdom will consciously or unconsciously choose the divergent path experiences his or her soul desires now and in the future.

Dreams, meditations, and visions of restructuring, reordering, and reorganizing will permeate all emotions and hearts. Those fearful of change and who desire rigid frameworks and outcomes, will experience the greatest challenges. Clarity in the dreams, meditations, and visions one empowers and then anchors through their actions, is important for giving birth to those dreams, meditations, and visions in 3D reality. This is done by discovering ways to align one's soul-heart path with the incoming cosmic energies and by creating prayers, ceremonies, words, and actions that continue to empower the soul heart's desires.

Mercury is retrograde three times in 2024 — at the beginning, in the middle, and at the close of the year — all in fire signs, except in August when half the retrograde is in Virgo. This will bring more adjustments, restructuring, and fine tuning, necessitating much fluidity and flexibility.

Passions and intense emotions might be considerably heightened and intense during 2024, requiring much wisdom in how one responds to avoid projecting past patterns and challenges onto present situations.

Find Balance and Open Creative Doors

Cosmic equinoxes at the ten-degree mark will lead to major personal, planetary, and cosmic halls-of-record openings. People will recognize and comprehend the larger picture and their roles in it, peaking in 2027 and spring, 2028. Those seeking to remain in narrow, fixed frameworks might discover they have no place to run, hide, or avoid receiving the awareness of bigger-picture energies and visions. Balancing between everything being connected and setting personal boundaries to avoid

being disempowered or manipulated, will test the ability of all humans to express their cosmic truths of balanced reciprocity in all situations and aspects of life.

The first quarter of 2024 is about finding a sense of harmony within the self and one's surroundings and with those in the one's sphere. The second quarter of 2024 is about opening inner doors to new creative expressions and opportunities, personally and professionally. The third quarter is about nurturing and supporting what one values and feels is important for happiness in life. The last quarter of 2024 is about discovering a balance between one's fantasies, dreams, and desires and what one can bring to fruition in ways that harm no one and empower all.

The pivotal years of 2024 and 2025 fully align the human kingdom with Earth's crystalline grid as it prepares to come online. That energy will peak in 2027, amping up the need to harmonize who one is, where one lives, and the energies within and without. Earth coming online with the rest of the cosmos is part of the evolutionary process of the human, devic, imaginal, elemental, angelic, integral, and creator/primordial kingdoms.

Deeper and more intimate connections, interactions, and partnerships within and between all kingdoms are manifesting for all to experience. We Cat Beings are here to assist in this incredible transition time for all creation. Namaste.

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.

Feminine Power Rises in the Wood Dragon Year

Vicki Iskandar

The Green Dragon returns in 2024 for the first time since 1964. The Lunar New Year of the Wood Dragon will be celebrated on February 10 as the Moon turns new in China; however, Chinese metaphysicians refer to February 4 as the start of the Wood Dragon year, according to the solar calendar. Babies born on or after that day will have the Wood Dragon in the year pillar of their birth charts. In Chinese communities around the world, Dragon years are popular for mothers to give birth, as luck, power, and success come naturally to those born under this sign.¹



Dragon years come every twelve years and are always significant. The Golden Dragon welcomed us into the new millennium in 2000. The Water Dragon year in 2012 featured major highs and lows on the world stage. We were blessed with a rare transit of Venus, and many people were relieved that the world didn't end.

The Wood Dragon pillar contains yang wood in the heavenly stem and yang earth in the Dragon. The pairings of the yin and yang manifestations of the five

elements (called the heavenly stems) and the twelve animal signs, starting with yang Wood and the Rat, result in sixty different combinations. These are called the sixty pillars that make up a sexagenary cycle of time.

As the first of the ten heavenly stems, yang Wood symbolizes new beginnings and progress. Many of us will plant new seeds in 2024. The last Wood Dragon year was sixty years ago. We could look into events of 1964 for a preview of 2024: Progress in the U.S. civil rights movement was made with the Civil Rights Act of 1964, and Martin Luther King Jr., himself born in a Dragon year, received the Nobel Peace Prize.

The yang Wood qualities of benevolent leadership and community power will be highlighted in 2024 as new world leaders emerge. Yang Wood is also the most principled and therefore the most polarizing of the elements. Like a tree, yang Wood stands tall and doesn't bend. We can expect the world to become even more divided, especially politically, as some of the world's largest countries — including the U.S., India, Indonesia, and Russia — hold their national elections in 2024. As Wood is also the element of anger, rising anger will motivate communities around the world to push for changes and reforms.

In feng shui, dragons represent tall, imposing mountains. As a yang earth sign, Dragon energy connects us to the land. Accelerated changes in the environment due to climate change will be even more pronounced in the Wood Dragon year. Governments and global agencies will be compelled to take bigger regulatory actions, leading to major breakthroughs in sustainability. The mighty dragon doesn't play small, after all.

Joy Is the Key to Higher Frequencies

The Wood Dragon year officially takes us into the Age of 9, a twenty-year cycle ruled by the Fire trigram. Associated with the heart, the light within, and the middle sister (which in the modern world translates to middle-aged women), the Age of 9 highlights the rise of feminine power after twenty years of youthful masculine energy in the Age of 8, a period associated with knowledge and the little brother. We can expect to see more women taking leadership positions in their communities and professions.

In the twenty years that encompassed the Age of 8, we witnessed the rapid growth of digital technology, including the rise of social-media platforms that have expanded how we socialize and connect to the greater world. The Age of 9 will advance us further into the fields of virtual reality and artificial intelligence. Fire energy opens up other realms, including the metaverse and spiritual and energetic realms, as we raise our frequencies and learn to tap our consciousnesses into the higher realms.



In the Age of 9, the ability to quickly shift into a state of joy is especially critical, as joy is the key to higher frequencies. We will be more interested in finding vocations that brings us joy and purpose. No matter the gender, those of us who embrace our yin sides and honor the Divine Feminine in all things will be more receptive to the frequency of joy in the coming years.

Other Signs Are Affected by the Dragon

If you were born in the year of the Dragon (1940, 1952, 1964, 1976, 1988, 2000, 2012), you will experience your Dragon return year, which happens every twelve years. Expect a most transformative year with major life changes. Be proactive in initiating change for yourself, and be solution oriented in dealing with challenges that come your way. As a yang earth sign, Dragon-born people are resilient and capable of moving mountains. If you were born in 1964, you will experience a double return from yang Wood in the heavenly stem and the Dragon. Surrender to the changes in your life. Remember that when one door closes, another opens.

Signs with affinities to the Dragon are its secret friend the Rooster and allies the Rat and the Monkey. If you have any of these signs in your chart, expect a more collaborative year in 2024 with support from friends and family. This is a year you can really make good progress in many endeavors.

You could face clashes if you were born in the year of the Dog, the sign opposite the Dragon. Take extra caution, and avoid risky ventures in this year of turning points. Unexpected changes will present challenges as well as opportunities.

An 8 Year of Luck, Wealth, and Power

Elizabeth Joyce

The year 2024 is an 8 year as well as the year of the Dragon. Babies born this year will have leadership skills, cheerful personalities, and be well liked. This is a great year for new beginnings and relocating. Pluto moving back into Aquarius at the end of January 2024 will set the groundwork for long-term success.

Bright colors will be in fashion. Leaders will come forward who can inspire and motivate others. The early part of 2024 will be a time to look within and set our minds toward certain goals. The universe will support us to achieve many amazing things. A galactic opening will raise humanity to a higher consciousness level. We will truly feel the ascension energies this year.

The world will experience a higher level of growth, freedom, and peace. The year will be nurturing and supportive to those who work within these higher-vibration energies.

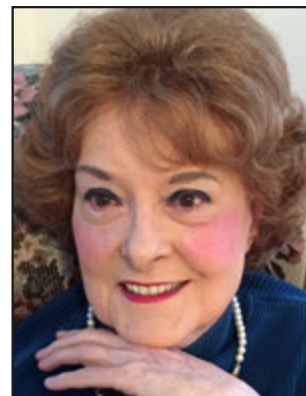
Best of all, these Aquarian energies can balance any excess spending or political clashes. With the help of some new knowledge from our galactic neighbors and artificial intelligence, intuition and imagination will soar to new heights. This will be reflected in our movies, leaders, and ideas.

For things to change, grow, and ascend, we must go through many uncomfortable changes. We might also experience some difficult times in our communities. We will need to stay flexible to adapt to the coming changes and experiences.

Pluto's entry on January 21 into innovative and future-flowing Aquarius will introduce groundbreaking ideas and inventions in the professional realm. We will begin to see where and what has gone wrong and allow

1. The Wood Dragon card from *The Chinese Five Elements Oracle* captures the energy of 2024 with the fierce dragon holding a golden pearl of wisdom emerging from the banyan tree, a symbol of power and strength.

Vicki Iskandar is the author of *The Chinese Five Elements Oracle*. As a Chinese metaphysics expert, Vicki combines her knowledge of feng shui, Chinese astrology, and the ancient art of war of Qi Men Dun Jia with her background in business and a unique energetic understanding of the body informed by Qigong to help her clients thrive. Follow her daily astrological insights on Instagram, Twitter, or Facebook at @5elementsoracle and monthly updates at Vickiskandar.com.



new ideas and forces of nature to guide us rather than force anything in or out. Going with the flow and trusting the universe will give us better results and actualizations.

Any planet that's retrograde can make us feel as if we don't have enough, such as enough money, authority, or status. Repeating this mantra can help us stay centered and strong: "I am enough. I have enough. I give enough. I receive enough. I am enough. I Am."

You Have All the Resources You Need

People get desperate when they feel as if they don't have enough, and they might try to wield their power. These actions, over the long term, are disempowering, because they do not come in natural ways.

The transformational journey of 2024 brings a celestial dance and promise of a year filled with opportunities and insights for everyone. Jupiter's movement into Gemini on May 22 brings relationships into focus. Relationships will flourish and strengthen, and people will create beautiful bonds.

Throughout 2024, Saturn's steady presence in Pisces will remind us of the importance of discipline and self-reflection, and it will offer unique lessons and blessings.

Jupiter is the guiding force of 2024, and its transit through intellectually vibrant Gemini amplifies our collective desire for knowledge, connection, and expression. When that expanding-and-giving planet aspects with other celestial bodies, we are energized to change.

Jupiter orchestrates a symphony of growth, exploration, and potential in many stagnant areas of our lives.

From personal relationships, communities, social structures, and countries, that expansive energy asks us to embrace change, seek understanding, and remain open to the many possibilities the universe brings us to adapt and to accept.

The year 2024 brings benevolent encouragement to communicate, learn, grow, and evolve in ways never imagined. Let your heart not be troubled. Simply remember that God and the universe always provide. Take the time to hook into the universal energies that are always there for you. It's simple and straightforward. Remember that you are a part of the solution.

This is the message from the universe for 2024: "I've given you all the resources you need. Here they are, on

the table in front of you. Your resources are your abilities, talents, and skills. How will you use them to make your life vibrant, happy, and fulfilling in whatever you build?"

Through any and all upsets, arguments, and turmoil, you will find yourself and your inner strength. That is when you realize that you have finally reached completion, and then peace begins.

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, high realities, and high 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.

Dream Big

Suzan Owens

To calculate your personal year, add your birth month and birthday to the current year, reducing double digits by adding them together. For example, if your birthday is September 1: $9 + 1 + 2023 = 17 = 1 + 7 = 8$ personal year.

Numerology runs on a nine-year cycle, and each year has a different focus:

1 year: Plant seeds for what you want to accomplish in the nine-year cycle.

2 year: Focus inwardly, nurturing the seeds you planted the previous year.

3 year: Be creative this year as you integrate the two previous years.

4 year: Set a new foundation with diligence and commitment.

5 year: Be ready for surprises, freedom, expansion, and change.

6 year: Take responsibility with home, family, and relationships.

7 year: Focus inwardly, emphasizing self-reflection and self-improvement.

8 year: Management, organization, and the flow of money are key this year.

9 year: Watch for completions and endings as you let things go.

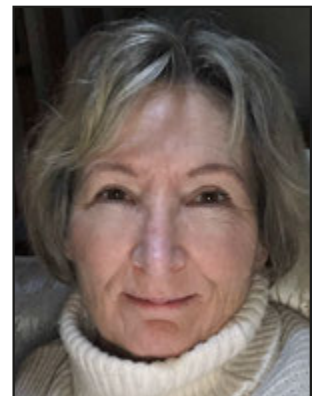
1 Personal Year

If you are in a 1 personal year, November is a 3 month. This is your year of new beginnings and planting seeds for what you want to manifest over the next nine years. November is the second month you've enjoyed the energy of a 3 this year, and the first was in February. This time, you have the benefit of nine month's experience in your 1 year. What more do you want to create in your life?

This is the month to add to your manifest account. The 3 vibration is all about creativity, communication, and expression in any field. Your imagination is pulsing now, so expand your horizons, dream big, and don't censor yourself. Define what you truly want. Dive into your emotions, as they will also be heightened this month. Watch your spending, but it's okay to reward yourself once in a while. Committing to finishing a project and staying positive will reward you in numerous ways. Remember to enjoy yourself, because you will work hard in next month's 4 energy.

2 Personal Year

If you are in a 2 personal year, November is a 4 month. This has been a year of nurturing the manifestations you put into the universe last year. This slower year has given you the freedom to expand on your desires, and now it's time to take a closer look and fill in the details of what serves you. October was a social and playful month, and this month's 4 vibration is all about setting up a new foundation and staying focused. You need solid footing under you for next month's expansive 5 energy, so do your work, be responsible, concentrate, and follow through on your due diligence. Use this energy to complete the projects you began last month. This is a details month, so eliminate unnecessary chaos. Organize your life, and get ready for expansion and freedom in December. This isn't a time of risk taking; save that for next month. Be responsible, and do what you are supposed to do.



3 Personal Year

If you are in a 3 personal year, November is a 5 month. Freedom and expansion are yours as long as you have a solid foundation under you. November is your month of changes — some planned and others surprises. Growth experiences will present themselves, and the 5 energy encourages risk, so pay attention and take advantage of any opportunities for expansion. Release the restrictions from the previous month's 4 energy, and start fresh. Now isn't the time for introspection. Your creative 3-year energy combined with the expansive energy of this 5 month will allow you to use your unlimited imagination. If you are working on an art project, for example, don't censor yourself. Take your imagination where it has not gone before. Think outside the box. Go on an adventure. Stay positive, and allow the energy to flow.

4 Personal Year

If you are in a 4 personal year, November is a 6 month, a time when your focus turns to home, family, and responsibility. Your family likely needs you more now, and it is your responsibility to make yourself available. In this 4 year, you've already been focused on working and being at home, but this month might present a short respite after last month's changes. Now is the time to allow for synergy and integration. It is a balance month, so take time to regain your stability. Spending time at home will give you the opportunity to take care of issues and challenges in your relationships. These few weeks carry the energy to create harmony with your work and family. Use this vibration to realign your priorities. Forgiveness, letting go, and moving forward will be rewarded. You are setting up a new foundation this year and preparing for the coming changes of a 5 year in 2024, so whatever improvements you make to your home and family will serve you well.

5 Personal Year

If you are in a 5 personal year, November is a 7 month. You've experienced many changes this year, both planned and unexpected. The 7 energy is about going within, so take time this month escape the rapid pace. Focus inward and use the expansive 5 energy for your personal growth and inner well-being. Meditate, write in a journal, enjoy a metaphysical retreat, or do a vision quest. Introspection is paramount this month, and with that comes developing your intuition. Connect to your inner guidance and, most of all, listen to it. All this inward focus might cause some challenges in your relationships, but take the time and space for your well-being, as you need this rejuvenation time. Trust that you will emerge at the end of the month better for it. Watch your diet, and take care of your physical body. Replenish with a stroll in nature.

6 Personal Year

If you are in a 6 personal year, November is an 8 month. This has been a year of balance. Both the 6 year and now the 8 month equate to balancing energies. Home, family, and relationships have been at the forefront this year, but November is your month to go outward. It's time to focus on your business or career. Money will come and go more than in other months, so watch your spending. There will be demands on your pocketbook. Your authority might also be tested. This will be a month of finding your personal power, standing up for yourself, and defending your beliefs. Take the lead and listen to your intuition. Your mental capabilities might be strong in November. Take advantage of opportunities that might enhance your career. Search for harmony and balance in both your outer material and inner spiritual worlds. Keep a positive attitude and ensure that your moral compass points due north, and you will be rewarded.

7 Personal Year

If you are in a 7 personal year, November is a 9 month. As a 9 month, November is a completion of sorts. It's time to finish up, clean out, and release anything you do not want to carry into the future. This is a month for transformation, and you might feel unsettled if you have trouble letting go. Make room for your next endeavors so that you provide space for December's 1 energy to fully blossom. Forgiveness and letting go are also a priority. This has been a year of personal growth and expansion. Reap the rewards of your hard work over the past 8 months by taking some time to enjoy yourself. For example, you can honor your commitment to your spirituality while enjoying a retreat in nature. Complete what you started eight months ago, and work on any unfinished projects. Nine is the number for humanity, which means this is a good time to serve the greater good. Volunteer at your favorite organization or help a neighbor. Build goodwill.

8 Personal Year

If you are in an 8 personal year, November is a 1 month. Undertaking new beginnings in the end of a year might feel strange, but this is a time to refresh. An 8 year is all about discovering your personal power, and your authority might be challenged. Eight energy relates to career, organization, and management. Your money has flowed more this year than in previous years. This outwardly focused year requires much work and due diligence. You have the opportunity to reset in this 1 month. After a year focusing on your career or business, you might have altered your future desires and have new ideas about what you want to create. A 1 month carries a new vibration, which makes this a good time to manifest what you want to bring into your life. Next year is your year of letting go and closure, so you might want to

consider now what you no longer need and what doesn't serve your future. Make a list in a journal of what serves you and belongs in your life. Make a list on a piece of paper of what you no longer desire, and burn it.

9 Personal Year

If you are in a 9 personal year, November is a 2 month. This has been a year of completions for you. Many things ended, whether you wanted them to or not. The more open and in the flow you are, the easier a 9 year is. During last month's 1 energy, you thought about what you wanted to bring into the future. This month, you can relax and nurture those aspirations. Pay attention to your intuition, as it is stronger in this 2 energy. Focus on the details of your endeavors, and fill in the blanks. Allow the river to flow, because you won't be able to stop it. Let go, release, and allow what is unnecessary in your life to leave peacefully. This will make room for what serves you in the future. Cooperation and diplomacy are key under the 2 vibration. Remain positive, and stay on top of your emotions. This is a sensitive time for you. Keep your balance, help others, and find harmony in a quiet rhythm.

December: Set a Firm Foundation

1 Personal Year

If you are in a 1 personal year, December is a 4 month. This has been a year of firsts for you as you planted the seeds for what you want to create in the next nine years. In the final month of 2023, the 4 energy reigns supreme. The 4 vibration is a working energy that requires you to firm up a foundation before entering 2024. Take all you've done this year, and assimilate it into a solid base to move forward. Focus and organize your manifestations. Keep your nose to the grindstone, and work hard at home and with your career. The 4 energy supports discipline and structure. Finish incomplete projects, and organize your work and home. Should relationship or legal issues arise, try to deal with them quickly. Take only what you want to carry with you into the new year. This isn't a month to take risks; just organize what you've already created. Take care of your body and health issues.

2 Personal Year

If you are in a 2 personal year, December is a 5 month. This has been a year of nurturing your manifestations from the previous 1 year, and much of your time has been taken up with filling in the blanks and watching the seeds you planted grow. In this last month of your 2 year, listen to your intuition, and pay attention to details. The 5 vibration gives you an expansive energy, and life will speed up. Think outside the box, and allow freedom and liberation into your life. Change will happen and opportunities will abound this month, so prepare for surprises. Take a risk,

blaze a new trail, and take advantage of every possibility that comes your way. Do your best to minimize drama and maintain balance with all your activities this month. Keep a positive attitude, and know that luck is on your side. The coming changes will elevate your life. Despite this being a holiday month, the 5 energy is good for starting a new diet or exercise program.

3 Personal Year

If you are in a 3 personal year, December is a 6 month. This has been a creative year with many opportunities for self-expression. The 3 energy promotes fun, so hopefully you have taken time to enjoy this year. The 6 energy brings you back home, and you'll likely spend much time there in December. Your family will need you more this holiday, so make yourself available. Express your emotions to loved ones, and be open to receive love as well. Romantic and other types of relationships are under the microscope, and this is a good month to resolve relationship issues as they arise. Be sure to care for yourself as well as you care for others, because you cannot give from an empty cup. Your responsibilities increase, and it is important that you follow through on your obligations. Do something to improve your home by painting or completing a repair project. The 6 carries balanced energy, so maintain your equilibrium as much as possible.

4 Personal Year

If you are in a 4 personal year, December is a 7 month. This has been a year of creating a new foundation and meeting your obligations. You have likely been working diligently in most areas of your life and avoiding risks. The 7 energy deals with legal issues, so resolve them now. Next year brings many changes, and the more stable your foundation, the better you will be prepared for what the future brings. The last month of this very focused year takes you inward to reflect on what you've accomplished and where to go next. You might want to ask yourself some big questions, such as, "Am I where I want to be in life?" and "What is my purpose?" Your answers might cause you to realign your goals. This is a spiritual month, so focus on personal growth; enroll in a self-improvement class. Take care of your health. Don't procrastinate about seeing to a physical ailment. Trust your intuition, and follow your inner guidance.

5 Personal Year

If you are in a 5 personal year, December is an 8 month. Five is the number of transition and expansive change. This year has likely been full of surprises with many growth experiences and unique opportunities related to your home, career, and relationships. You've probably had to face your fears as you stepped outside the box. The 8 energy is all about finances, management,

organization, and being your personal authority. Coupled with your 5 year vibration, December could mean prosperity, but you also need to watch your spending. Look for changes in your business and work life. Now is the time to step up and take charge as a leader. Your personal power is intensified now, so your authority might be challenged. Keep a positive attitude, serve the greater good, and remember that success isn't defined by monetary growth alone. Eight is a balance number, so find harmony in both your material and spiritual worlds.

6 Personal Year

If you are in a 6 personal year, December is a 9 month. You have likely had many responsibilities during this home- and family-focused year, with relationships a primary focus. In this last month of the year, the 9 energy of completion enters your realm. This is perfect timing, as the end of 2023 coincides with the end of your nine-month cycle. With the 9 vibration, your time is well spent letting go, clearing out, and disposing of anything that no longer serves you. Lighten your load, and clean your closets. These tasks will create space for new creations. You might find that anything unnecessary in your life naturally leaves, but focusing your attention on release is best. This is also the time of harvesting and reaping the rewards for all your endeavors over the past nine months. Compassion and forgiveness flow with the 9 vibration, so find a way to serve humanity and the greater good this holiday season.

7 Personal Year

If you are in a 7 personal year, December is a 1 month. This has been an inwardly focused year with time spent in meditation and contemplation. Hopefully, you've taken advantage of your many opportunities for personal growth and self-improvement. This introspective year has likely given you occasions to reexamine your life's direction with new aspirations and goals for future achievements. With a 1 vibration this month, your focus is on planting seeds for the next nine months and using the 1 energy to create, design, and build new projects. Be open to what appears in your life, because opportunities will present themselves. Take a leadership role, as you are number one in this scenario and the guide of your dreams. One is an outward-facing number, and you might see yourself in the limelight. You'll be busy this month with all you have to do. Keep your thoughts moving you forward, and maintain a positive attitude. Set your intentions on what you want to bring into your life in 2024.

8 Personal Year

If you are in an 8 personal year, December is a 2 month. This has been a year of expanding your personal power and being your personal authority. You have likely

been tested more than once over the course of the year. This month, you get a bit of a reprieve, as the 2 energy allows you to rest and regroup. Don't set up more goals for the year, but polish the aspirations you've already set. Your inner guidance is strong now, so pay attention to your intuition, and follow it. Focus on details, and fill in the blanks. Be your best diplomatic self, and cooperate when necessary. The 8 energy says you are the leader, but its coupling with the 2 vibration means you will need to negotiate. Harmony and balance are strong in both numbers, so it should be easier to remain balanced and positive in your material and spiritual worlds. A strong moral code is always rewarded. See the glass as half full, and complete your year on a positive note.

9 Personal Year

If you are in a 9 personal year, December is a 3 month. This has been a year of completions, letting go, and harvesting the rewards of your hard work over the past nine years. Whatever is unnecessary in your life disappears this year. The objective is to clear space for all your new beginnings in 2024's 1 energy. The focus this year has been on cleaning closets, releasing old baggage, and reaping what you have sown. The 3 vibration enters in this last month, allowing you time for joy as you continue letting go. Three is the number of creativity and enjoyment of life, which should enhance your holiday season with pleasant social engagements and enhanced creative talents. Communication is key, and expressing your emotions is important now. Handle issues as they arise. Enjoy the luxuries of life, but watch your tendency toward extravagance. Use discipline and commitment to complete any projects begun this year. Keep a positive mindset, and joy will find you.

A View of 2024 in Numerology: Universal 8 Year

In addition to our individual personal years, we are all under the influence of an annual universal vibration. The year 2024 is an 8 energy ($2 + 0 + 2 + 4 = 8$). Eight is the number of authority and empowerment. We will likely explore aspects of personal power and authority this year. Our personal power will be confronted more than once, and we will need to stand up for ourselves.

This is an outwardly focused year, full of life lessons. During 2023's 7 vibration, we focused inwardly and expanded our spiritual lives. Having that solid spiritual foundation should now boost our confidence and help us stand more strongly in our power.

Organization and business will be at the forefront in 2024, and we will all need to accept our responsibilities. The flow of money is paramount, and we will likely see currency ebb and flow. It will be important

to watch our spending and maintain solid balances in our bank accounts. In 2024, we need to stay positive and create harmony in both our spiritual and material worlds. Thinking less about benefitting ourselves and more about serving the greater good will point our spiritual compasses in the best direction.

Suzan Owens, award-winning author of *Wisdom of Numerology*, has an inexhaustible desire to learn and explore. She has visited over forty countries, living at length in many of them. Numerology “found” her in the early 1990s, and she was fascinated with the synchronicity, guidance, and growth the practice offers. Susan has compiled her knowledge and understanding of numerology into her latest book, *Wisdom of Numerology*. She is also a practicing psychic medium and tarot reader. For more information, visit WisdomofNumerology.com.

Everything Hidden Is Illuminated

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.

November 2023: 5 Prime + Infinite The Flowing Cosmos Invites Service into Form

Walking our first collective steps as a newly unified moment in this potentiality, the fully embodied and alchemically transformed master is consciously risen. During this very special November, the 5 illuminates all energy and situations that have been hidden — the remembrance that while they might not yet be visible for understanding by the mind of form, they are all there.

This invites an ever-deeper inward gaze at the truths around you while offering equal time to gaze at the deceptions. As you open to see truths without fear or judgment, the eternal life experience of the star of the 5 emerges.

Through your service to self and all, November supports your infinite presence through the invitation to freedom from pain, chaos, and doubt — the full release of self-sabotage that expands your abundance beyond all limitations.

December 2023 = 5 Prime + Infinite Service Expands in All Directions

Commanding the gifts of alchemical transformation, the remembrance that magic is most certainly real embraces your heart with peace, love, and joy. December carries the complexity of multiple traditions that seemingly collide during this month of annual culmination. The expansion of the gift of service is the call to active presence: to listen, love, and hold space for the enlightenment of

the self and others. This active gift is here for all to embrace and weave.

Accepting the cosmic intersection of conscious awareness with formed experience assists the mind to relax into the rapidly unfolding shifts. This is the moment to celebrate and know I Am, as you Are.



November = 7 Prime Harmonic Balance through Active Presence

The master is here. Moving between the world of form and consciousness, the master rejoices. The sacred union of the body of form with the eternal mind is ready to be embraced. Claiming your divine mastery presence frees you from the self-imposed limitations of the paradigms simply because they exist. There are many masters, and unlimited power is always available. Only you can claim what is yours.

The 7 is here to invite you to ask, “Are you ready to reclaim your mastery power?” The sole purpose of the 7 is to assist you to remember and know that claiming your power and implementing it with integrity is always 100 percent your choice. Divine mastery presence is eternally here, waiting for you to remember through the recognition that as a master, you are frequently the novice as well as the witness.

December = 7 Prime Adapt to Manifested Presence as the New World Beckons

The culminating spiral of the open eye of 2023 is complete, and it ignites the spin that guides the energy of 2024. Both light and dark are expanding. You are invited to fully rise into the awareness of yourself as an eternal presence in formed awareness.

This December carries the rare moment of a double-infinite full moon inside the culminating Mercury retrograde of 2023. This 0 is a mastery number arriving with

Ascended Numerology November 2023

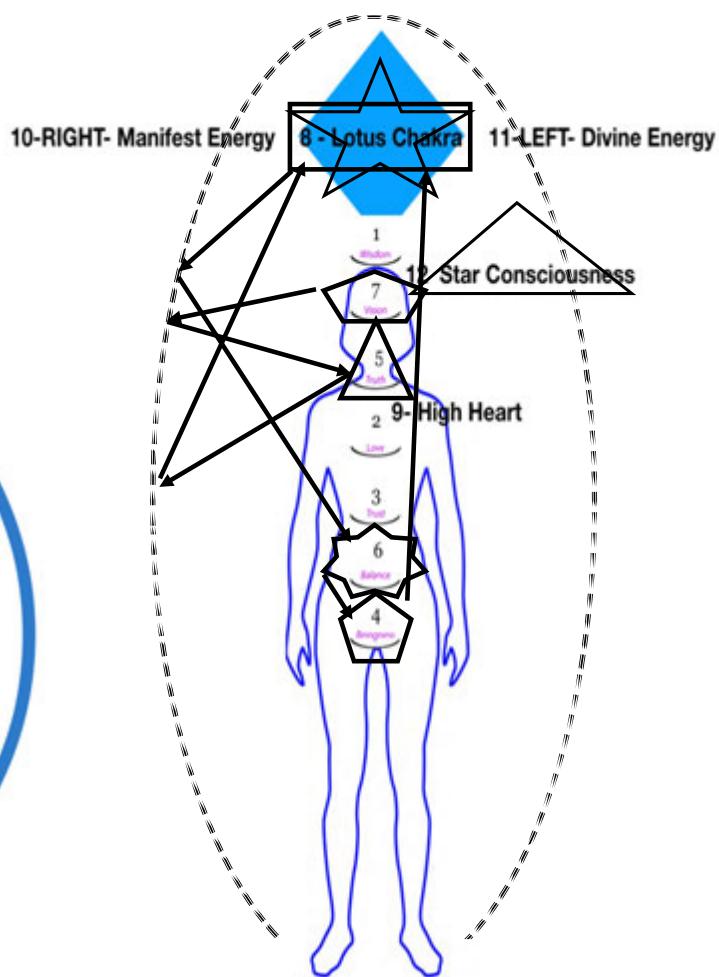
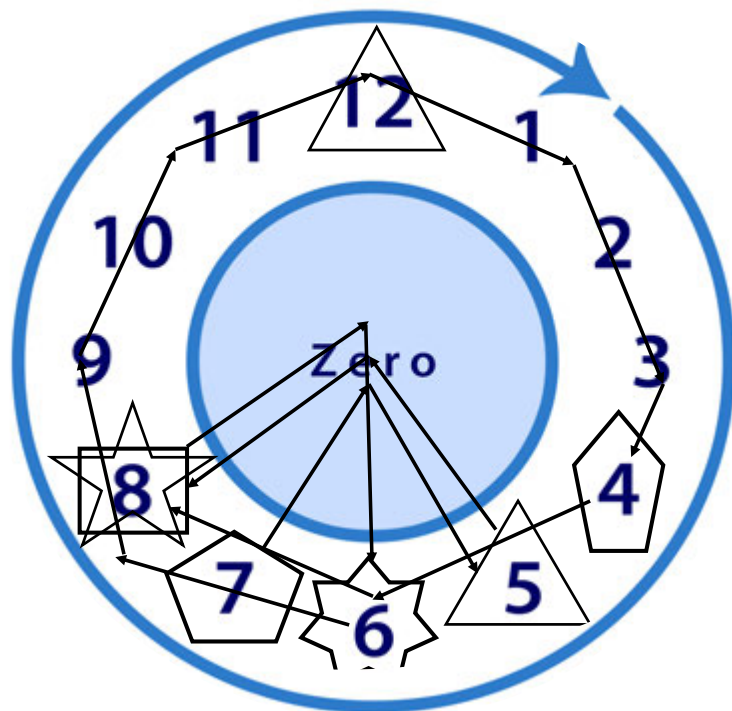
November = 7 2023 = 7 Prime + Infinite November 2023 = 5 + Infinite

November 13, 2023: Transforming Infinite Presence New Moon = 8 + 0

November 16, 2023: Mars/Jupiter Affect = 6

November 24, 2023: Mercury Retrograde Pre-phase begins = 4

November 27, 2023: Alchemical Full Moon = 8



the energy of the 1. This is the ultimate sacred union: the one with the infinite in divine harmony. This gift has arrived into this field of specific potentiality in this moment without accident. It asks for the one that you are to step into the sacred spiral of self-ascension.

Relax and allow the universe to have a greater role in the present situation. The master calls to lay aside all judgment and invoke divine trust while simultaneously remembering that all begins with the self.

November and December mastery integration practice — igniting the five-pointed star of infinite presence: Blue Starborn (through Master Lady Kira Raa) says, “Within the energy of the five-pointed star, there is no separation and no judgment. There is only unification, understanding, and your cosmic upliftment.”

- With mastery presence, stand with your feet shoulder-width apart and your arms straight out to the sides.
- Gaze ahead, and call forward your inward smile of knowing. Celebrate this moment as you become and remember yourself as the five-pointed star.
- The five energy areas fill you with eternal presence as you consciously acknowledge your left leg as the

first point, your right leg as the second point, your left arm as the third point, your right arm as the fourth point, and your head as the fifth point — the top of the five-pointed star.

- In the middle is your heart, the center of your ascended presence in form. Inhale a nourishing, deep breath, and experience unification.

November ascension up-level dates: November is the mirror and the preamble for December. As we transform and prepare for the moments ahead, the Mercury retrograde pre-phase reminds us that perfect balance is ours to claim.

- November 13, 2023 = 8 + 0, transforming infinite presence new moon
- November 16, 2023 = 6, Mars-Jupiter effect
- November 24, 2023 = 4, Mercury retrograde pre-phase begins
- November 27, 2023 = 8, alchemical full moon

December ascension up-level dates: December is the peak up-level of 2023. The culminating Mercury retrograde asks, “Are you willing to dive into the depth

Ascended Numerology December 2023

December = 7 Prime 2023 = 7 Prime + Infinite December 2023 = 5 + Infinite

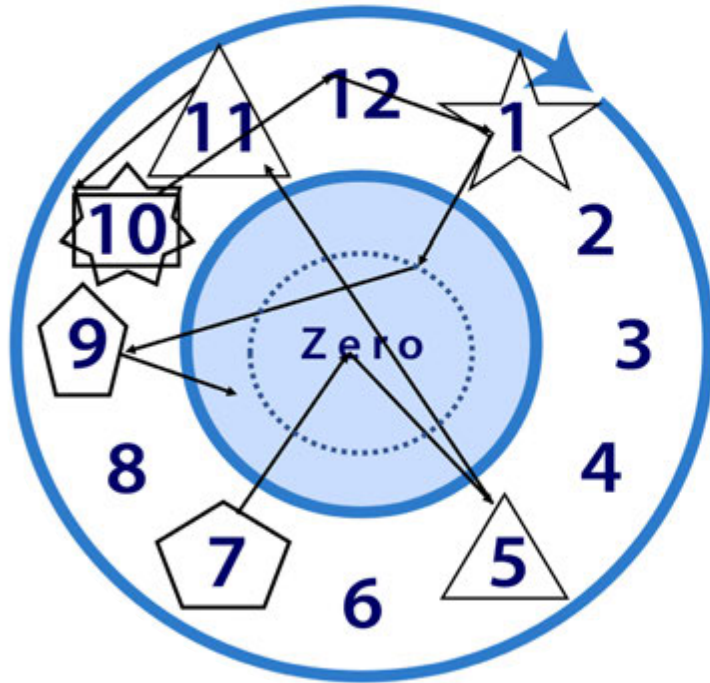
December 12, 2023: Culminating Peak Up-Level New Moon of Infinite Creation
= 11 Prime

December 15, 2023: Mercury Retrograde Restoration Begins = 10

December 21, 2023: Balancing Equinox of Initiation = 10

December 26, 2023: Alchemical Full Moon = 1 + Double Infinite!

December 28, 2023: 2023 Culminating Mars-Jupiter Amplification = 9 + 0

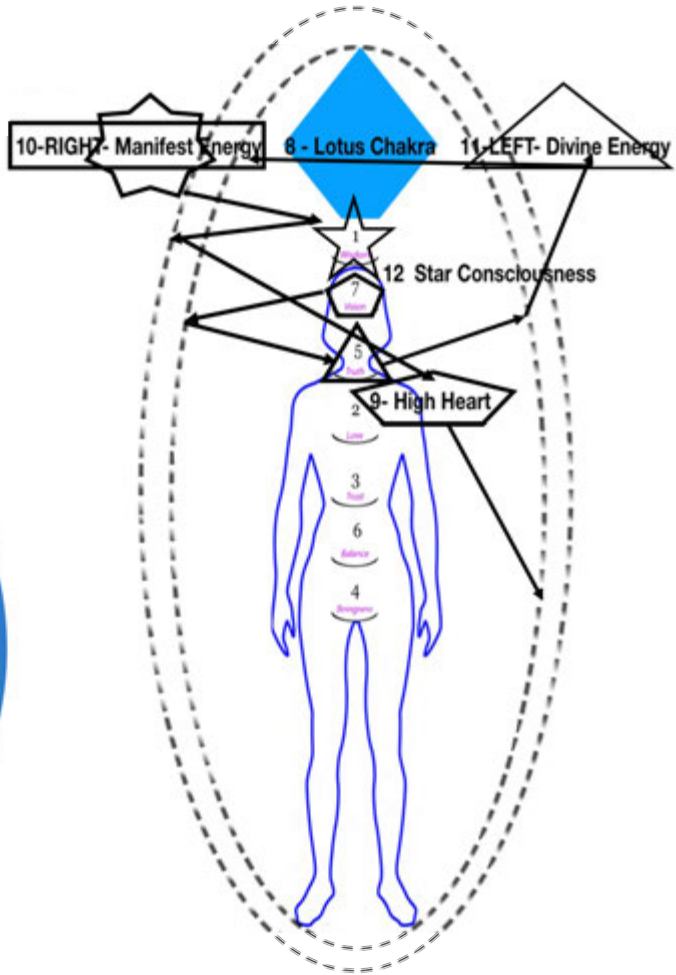


of your mastery presence with the smile of knowing?"
Yes, you are.

- December 12, 2023 = 11 prime, culminating peak up-level new moon of infinite creation
- December 15, 2023 = 10, Mercury retrograde restoration begins
- December 21, 2023 = 10, balancing equinox of initiation
- December 26, 2023 = 1 + double infinite, alchemical full moon
- December 28, 2023 = 9 + 0, culminating Mars-Jupiter amplification of the year

November Ascended Numerology Physical Body Ascension Energy

The code of the soul is one with physical form, sharing the sacred union of body and spirit. This illuminating presence ever-patiently experiences the depth of your formed experience. As the energy of each month is revealed, ascended numerology also affects the physical body's experience of the monthly energy. Simply gaze at the physical body chart, and release the need to understand. This ignites the trust of knowing.



The momentum of the body for November is Prime energy and ringing the bells. This is worth exploring. For some, prime energy can be overwhelming, and here is why:

Each being of light from the primary energy is available for the resurrection, to connect back with the blue energy that birthed the cellular patterns that have become the genetic blueprints of DNA for the human form so many eons ago. A primary is one who was with Gaia at the original seeding of this world where all the blueprints came forward. Primaries often feel uncomfortable with density. They seek reunion, and deep within their hearts, they understand the profound gift of their presence. They understand the responsibility and the divine nature of the Code of the Soul.

— The Essene Brethren

Gaze at the effect of the November dates on the body of form, which is where the mirrors of November and December diverge. November prepares the body of form through the deep effect on the root center as supported by vision and truth.

The more you accept yourself and release the judgments that place locks on self-sabotage, the greater the gifts will prepare you for December. Love yourself and your body more. Why not schedule that spa day? You deserve it.

December Ascended Numerology Physical Body Ascension Energy

As you connect with the direct effects on the physical form for December, first note the importance of November. Conscious preparation now offers the support you previously only dreamed of.

In the rare energy of this cycle of formed potentiality, everything is lined up to assist you and all to go beyond the seeds of manipulation and to honestly see and be the gift of eternal presence in formed awareness.

The double-infinite window does not open often, and here it is. The high heart sings with the gift of the imminent 2024 moment, and manifest energy is doubled.

Why not remember the magic of this moment, and call your dreams into this manifested reality for the full experience of this moment? You have the capacity, and the universe's hands reach out to say yes, yes, yes.

Your body ascends, and your consciousness supports you. This beautiful sacred union is yours to claim right now.

Happy New Year. I love you and honor your unique journey of self-ascension.

Enjoy more live updates on the first and third Sundays of the month at noon (ET) at YouTube/OfficialSriandKira.

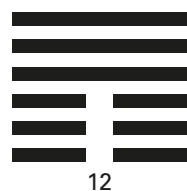
Master Lady Kira Raa has helped thousands reclaim their mastery through her highly rated YouTube channel/OfficialSriandKira. During an NDE, the ascended masters revealed Kira's true mission and assisted her mastery memory to incarnate into this form. Before her "second life," Kira was a highly acclaimed 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.

A Pivotal Year Ahead

Nori Muster

The ancient Daoist oracle, the *Book of Changes*, is still relevant today. The I Ching is composed of sixty-four hexagrams, each made up of six lines that convey stories and metaphors to describe situations we might face in life. They also describe the best and worst attitudes we can take.

I consulted the I Ching while concentrating on the questions, "What is the best outcome for 2024?" and, "What can people do to make that happen?" The I Ching answered with these three hexagrams: the strong trying to oppress the weak (hexagram 12), biting through (hexagram 21), and groups (hexagram 8).



12

Hexagram 12: The Strong Trying to Obstruct the Weak

The strong trying to obstruct the weak hexagram reminds us that we are fighting for equality for all. Unfortunately, people ensconced in high positions in industry still use their money to promote bias and discrimination, exemplified by cabals of oil barons continuing to deny the harm their products cause Earth. We will continue to witness climate problems and discrimination in the coming year. America has always been the world's hope for peace, prosperity, and equality. These worthy goals have never been fully realized anywhere on our planet in

recent history, but no other country has gotten as close as America to a minority majority with total equality.

The I Ching says, "When the strong demonstrate their inhumanity, it creates an unbalanced situation." To explain the nature of the imbalance and why it happens, the first line (yin) shows someone pulling up clumps of grass in a yard. If this person is pulling up weeds, that's great. If the person is pulling up your rose bushes, that's not so great. Things can go either way with the strong. History and current events remind us how painful it can be when tyrants torment innocent people.

The **second line (yin)** says a good leader fosters a sense of camaraderie in the workplace. This line shows a humble worker and says that if the boss exploits this employee, the liability for any damage to the worker's life is on the boss. We see exploitation throughout society and wonder how so many people get away with it.

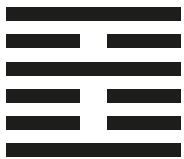
The **third line (yin)** shows a tyrannical leader who feels remorse and apologizes. The **fourth line (yang)** confirms how apologizing can restore harmony, but the **fifth line (yang)** warns that tyrants might appear to change but can easily revert back to their negative habits, and then life gets worse for everybody. Dishonest people usually don't change though they might tell



themselves they've changed or pretend to change. They might even feign contrition to manipulate people's sympathies.

The **sixth line (yang)** confirms it is possible for tyrants to go through a transformation and become better people, but that takes years of introspection and making amends. If tyrants change, then forgiveness and healing can begin, but as long as they continue to abuse others, we have no need to forgive them. Instead of trying to coddle tyrants to avoid hurting their feelings, we need to look to the future and act according to laws. Setting precedents discourages future criminal behavior.

Professor Timothy Snyder offers guidance in his book *On Tyranny: Twenty Lessons from the Twentieth Century* (Crown Publishing Group, 2017) that supports hexagram 12. He encourages us to enrich our inner lives so that cruel people can no longer control us, and instead of being fearful and isolated, we can promote trust. He adds that friendliness is a sign of a just and free society and that a friendly smile or kind words to a stranger who might be oppressed can reassure them.



Hexagram 21: Biting Through

21

The biting through hexagram represents the level of persistence needed when trying to establish justice. To win a lawsuit, one party must pursue his or her side with tenacity. The subject of the **first line (yang)** is a defendant “with his feet inside tight socks” who feels as if “the toes will never come out again.” The time of judgment has arrived.

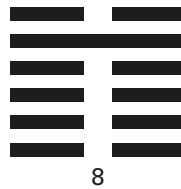
The remaining metaphors of hexagram 21 are grotesque images that come with grave warnings. The subject of **line two (yin)** is a man who must resort to biting another man's nose to escape an assault. Further, the victim must bite until he chews through the attacker's nose. The metaphor of biting into flesh shows the violent but necessary attitude needed to succeed in a heated situation. This might feel unsettling, but the I Ching says that the violence is necessary because it's a dire situation. The metaphor of biting through the assailant's nose shows us the pressure we are already witnessing on behalf of justice as we live through this bridge in history.

The subject of the **third line (yin)** bites into flesh and finds it disagreeable. After an aggressive act in the name of justice, the subject wonders if there might have been an easier, nicer, or less-aggressive way to solve things. The I Ching says, “There will be some regret, but the subject has not committed a great error.”

The **fourth line (yang)** warns against procrastination, comparing it to “gnawing dried meat on a bone.” The situation is dire and can only get worse. The message is to throw down the bone and get to work. The

subject of the **fifth line (yin)** is “gnawing on dried flesh,” and the message here again is to stop procrastinating and mete out consequences.

The grotesque metaphor of the **sixth line (yang)** shows exactly what procrastination begets. The subject of this line is “bound by a slave's yoke.” This is the final warning: The consequence of ignoring a tyrant's aggression is allowing ourselves to be enslaved.



Hexagram 8: Groups

The group hexagram puts the focus on coming together. The **first line (yin)**, says that if a group has good leadership, the members need to stand up for the leader, especially when opponents spread lies and propaganda. The **fifth line (yang)** goes into more detail about what makes a good leader. Qualified people are accountable for their actions and transparent about what they do. The story illustrating this concept is a king who picks up a weapon to go hunting. Because he has made his intentions known to his citizens, no one is scared when they see him with a weapon, as they know he's hunting for game. This is the opposite of having an unhinged screwball in charge and never knowing what might happen.

Lines three and four (both yin) take on the issue of how to manage dishonest people who try to infiltrate or exploit a group. A minority of dishonest people can dominate if they spread bias and discrimination. This negative behavior is one of the main factors dividing our society. The I Ching recommends being polite but wary. Spreading violent rhetoric is not a sign of good leadership, so we need an effective way to deal with people who test the limits of our patience.

The **second line (yin)** discusses the role of individual group members and how each person's inner harmony adds to the group's strength. Mature people with good boundaries and intentions can build cohesive, productive groups that mirror their sincerity. People in a functional team have the ability to communicate and resolve problems as they arise. One thing we can do to make next year better is to remain strong.

Line six (yin) elaborates on the purpose of an effective group. It says the real test of a group is not how nice everyone is but how much good work they produce. Working groups, such as boards and committees, are part of the real world and should not break down into grade-school playground fights. Acting as mature adults will add to our strength in 2024.

Nori Muster is a freelance writer and artist and an adjunct professor at Mesa Community College in Arizona. She has published several books, including her memoir, Betrayal of the Spirit: My Life Behind the Headlines of the Hare Krishna Movement (University of Illinois Press, 1997). Her website is NoriMuster.com.



FEATURES



Dream Zone

Lauri Quinn Loewenberg

Dreams Reveal Hidden Messages for Waking Life

I dreamed I was taking a shower and shaving my legs when I noticed black water seeping in from the corner of the tub. I was terrified it would make contact with my skin because I thought it might be poison. This one has me scratching my head.

— Melissa, Prescott, AZ

From Lauri: The shower indicates that you must be trying to cleanse yourself of some sort of negativity, frustration, or anger — something that has been dirtying up your otherwise clean psyche. The fact that you are shaving your legs is a clue. Have you had a “close shave” recently, a narrow escape from disaster? Or is there a “prickly” issue you are trying to smooth over? The black water, which you perceive as poison, may be a concern from your subconscious that an unhealthy situation or emotion is seeping in despite your efforts.

Melissa replies: How interesting. I had a bit of a mental breakdown this weekend due to a prickly situation with someone I care very deeply for. I was able to smooth things over, but I am still reeling. Hmm. Maybe that’s the black water. That actually makes a lot of sense. I need to let this go. Thank you.

I had a dream that I was getting ready to go out with girlfriends (people

I don’t actually know) when the cops showed up and told us to evacuate because there was some bad person in the area. We didn’t, and there was a knock at the door. It was the bad lady, and she had a fork as a weapon, so we obviously took her down, but she escaped. Then she and her gang of guys came back, and we ended up having to be their girlfriends. Eventually, we escaped after pretending to like them, and then I saw my husband in the hot tub with my cat.

— Anonymous

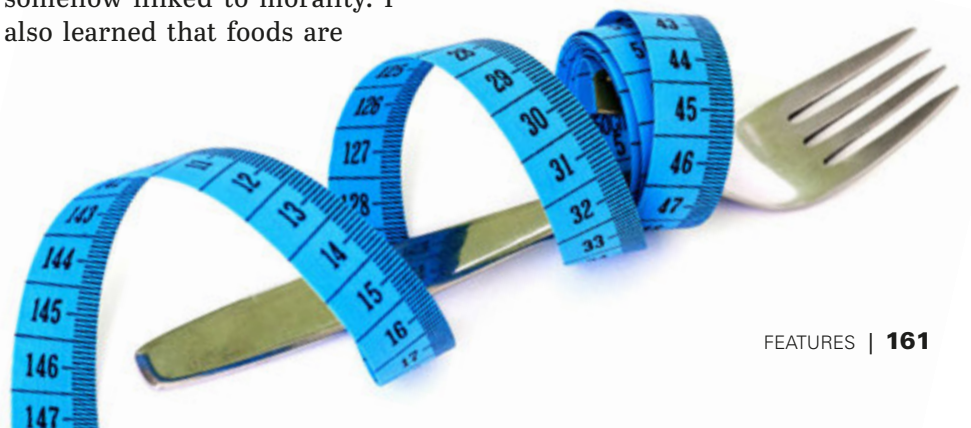
From Lauri: It seems something you had previously conquered has resurfaced. The fork is interesting to me. Are you currently dealing with any diet, food, or weight issues? Is food weaponized in some way in your mind?

Anonymous replies: I definitely haven’t been eating as well as I should and don’t feel great about my weight currently. I was raised to believe that skinny is good and fat means you are lazy, which is somehow linked to morality. I also learned that foods are

good or bad so that when you eat an healthier option, you should feel guilty. It’s hard to not internalize those beliefs. I’ve noticed that I started hiding when I go out to fast food restaurants and the like even though my husband could care less and he’s totally supportive of anything I choose. I don’t feel sexy or desired, but I think that’s in my head as well.

Lauri replies: Ah! Everything in this dream makes perfect sense now. The girlfriends you don’t actually know are the parts of you that don’t know how to be a friend to yourself. That is, they do not know how to like you no matter what your weight is.

The police are the part of you that can arrest or “put a stop to” the weaponizing of food in your mind. Just like in the dream, you



don't always listen to this part of you, and it leads to an inner battle as well as you having to pretend all is well when it isn't.

But the most important aspect of this dream, as with all dreams, comes at the end: Your husband finds you sexy no matter what. The cat is your female sexuality, your inner sex kitten.

Anonymous replies: Wow! Very insightful. I love this.

I dreamed I was at work and my

car was stolen. I had the exact same dream several years ago.

— Irene, West Chester, PA

From Lauri: This is a very common dream. It is most often caused by the loss of motivation in some area of your life — a loss of your “drive,” so to speak — or by feeling directionless. The dream is urging you to find something that motivates you — that gets your engine going — or to find a direction to focus on. Do either of these make sense to you right now?

Irene replies: Yes! I do feel unmotivated in one area of my life, mostly in regard to doing things outside of the house, especially when it comes to traveling, which I did do much of in the past. I workout for a good two hours a day, but other than that, I'm inside most of the time. Thank you.

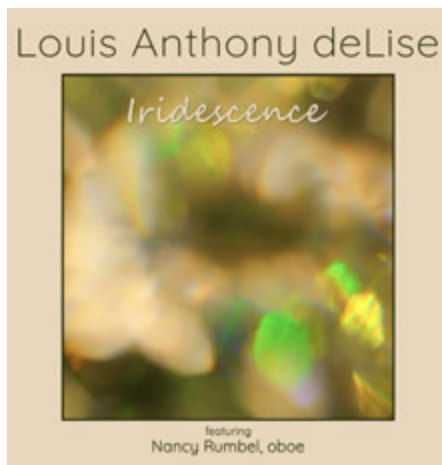
Lauri Loewenberg is a certified dream analyst, syndicated columnist, author, popular radio personality, and member of the International Association for the Study of Dreams (IASD). To learn more about Lauri, visit LauriLoewenberg.com.



New Age Notes

Dyan Garris

A Colorful Fusion of Immersive Sonic Experiences



“Iridescence” by Louis Anthony deLise (feat. Nancy Rumbel)

Louis Anthony DeLise is an award-winning composer, conductor, and pianist best known for his work in the classical, New Age, and contemporary music scenes. He has arranged for a variety of performers, including the Grammy Award-winning band Halestorm, along with Bunny Sigler, Robert Hazard, and Grammy Award-winner Peter Nero. He was the arranger and conductor on Grammy Award-winner Patti LaBelle's number-one hit album, *The*

Gospel According to Patti LaBelle. His arranging and conducting work also appear on albums alongside performances by many of the country's top musical artists, such as Carlos Santana, Sheila E., Wynonna Judd, Kanye West, CeCe Winans, and Paul Shaffer.

Nancy Rumbel is a Grammy Award-winning multi-instrumentalist known for her proficiency in playing the oboe and her contributions to various genres of music. She has recorded with many well-known musicians like David Lanz, the Paul Winter Consort, and guitarist Eric Tingstad, with whom she formed the Grammy Award-winning duo, Tingsstad and Rumbel.

Louis' new track, “Iridescence,” was created as a birthday present for his good friend, Nancy Rumbel. In addition to piano, electronic keyboard, and percussion composed and recorded by Louis, Nancy composed and recorded the quite memorable oboe melody.

In building the track, Louis used a wide array of percussion instruments — most notably a “wine bottle xylophone” made from bottles



he and his wife “collected” during lockdown — as well as his antique Deagan marimba, an antique Zildjian K Constantinople cymbal, and other small instruments from his collection, including a scrap metal bushing used as a bell in the piece.

“Iridescence” by Louis Anthony deLise (feat. Nancy Rumbel) is a sparkling and scintillating piece. It's captivatingly brilliant, just like its name. The song is mesmerizing and tantalizing in its ever-changing melodic colors and hues that fully capture the imagination from start to finish. This is a delightfully engaging piece in every nuance.

Get “Iridescence” on all major streaming platforms: <https://orcd.co/ladnri>.

Watch the video here: youtu.be/7gKyLU-kmms.

Access the official artist website: <https://www.louisanthonydelise.com/>.

Here is their broadcast and media promotion email: admin@highnotepromotions.com.



"Reflect" by Monster Taxi (Jason Klein)

Monster Taxi is the musical alias of Miami music producer and keyboardist Jason Klein. Jason has worked on recordings for several well-known artists, including Mariah Carey, Ricky Martin, and Earth, Wind & Fire. Jason's musical creations captivate listeners with his unique blend of electronic and experimental sounds, which are a wonderful fusion of electronic experimentation.

One of his new electronic chill tracks, "Reflect," exemplifies his innovative approach to sound and his

ability to create immersive and captivating sonic experiences. "Reflect" is a musical journey that takes the listener through a multidimensional landscape of varying soundscapes and emotions. Here, we travel through deserts, mountains, and beyond, and we find ourselves immersed in an ethereal space where we can reflect on the mirror of our inner selves.

The track begins with a slightly atmospheric introduction, progresses into delicate textures and distant echoes, and then is interspersed with a delightful piano melody that together serve to draw the audience deeper into the realm of reflection. As the music unfolds, layers of intricate melodies, pulsating rhythms, and carefully crafted sound effects expertly intertwine, creating a sense of movement and unexplored dimensions of the soul.

What sets "Reflect" apart is Monster Taxi's skillful use of dynamics and spatial elements. The track plays with contrasts, seamlessly transitioning effortlessly between moments of tranquility and bursts of subtle energy. The carefully

designed shifts keep the listener engaged and curious about what comes next.

The intricate arrangements, pleasant and steady underlying beat, and evolving soundscapes allow listeners to attach their own emotions and interpretations to the music. "Reflect" evokes a range of feelings, from introspection and contemplation to a sense of relaxation, euphoria, and wonder.

With its intricate composition, meticulous production, carefully designed sonic landscapes, and emotional resonance, the track showcases Jason Klein's ability to craft a sonic experience that lingers in the mind long after the music has ended.

Get "Reflect" here: <https://www.monstertaxi.com>.

Dyan Garris is a multiple-award-winning New Age recording artist, award-winning author, radio-station owner, and music reviewer who has recorded and produced fourteen albums. Garris's recordings include a series of independently tested music and meditation CDs that earned the National Health & Wellness Stamp of Approval. Her music is found on Pandora, Spotify, iTunes, SiriusXM, Muzak, Music Choice, airlines, overheads, and more. Visit DyanGarrisMusic.com.



EarthWisdom Global Prayer Web

Maria Yracébûrû

2024: The Great Coming Together

From Grandmother Naylin Lagé:

The fundamentals of the Fifth World of Peace are known. The energetic paradigm already exists, but it is unperceived by your newly awakening sixth sense and the alienation is still healing. This year lays the path. *Hozhoni naslee* — beauty is everywhere. It is within. The energetic paradigm of peace is felt within the thirteen *kyong* — energy centers (chakras) — which are the unification of the natural processes of world reality (existing simultaneously

within and without), complete with the means for harmonizing it all.

Life is illuminated by colored directional mists: blue (south), yellow (west), white (north), and black (east). This visualized energy allows the sacred Changing Mother Earth to think and breathe. Indeed, the Winds of Change are said to control the vital force and mind of All Our Relations.

With the Fifth World in place, the most exciting period for you as two-leggeds has begun. After a long



and difficult journey from isolated reality into illuminated reality, you have the opportunity to create a universal community of heart. You can now accomplish your goals, reconcile, restore balance, and interact with the powers of Spirit. There is connection and the eternal powers, the guardians of the rocks and

streams, the voices on the wind, and the spirit-lifting songs of the winged. Chaos dies as you live your lives birthing the Fifth World of Peace and Illumination: the Great Coming Together.

The colors of evolution are related to your strong sense of awakening. As you begin this cycle of life, wisdom becomes available. Prayers invoke assistance.

Internally generate yourselves as powerful cocreators. Banish dysfunctional forces from combined reality by means of a healing circle of life celebration containing rituals that trace out such power of All That Is, no separation.

Most people's imaginations must be stimulated by perspective-altering experiences. Spiritually interactive play magnetizes the mind into exploring its own mysteries. The most compelling experience is found in the rites of empowerment that transcend time, rites of initiation.

Daily devotion to a communion with all twenty-four emanations of the higher self ritualistically draws into the daily art of living the sensations of peace, empowerment, and cohesive flow. With the aid of the imagination, the real and spiritual merge into the elevated reality of truth. Self and Spirit become one. We make magic by altering perspective. Do not name psychophysical afflictions other than calling them the Shadow of Fear. For you, illness is facilitated by the disconnection of body, mind, and spirit. The Shadow of Fear is but a symbol of this disconnection.

The dynamic unity of the Fifth World is a state first experienced in the imagination. It is an energetic paradigm achieved by living our spirituality daily. Although the Fifth World may be beyond your full comprehension, the means for manifesting its potential are very much a part of your journey now.

The unraveling attends to the mental aspects of purification.

Your daily connection emphasizes your focused intent. To the south, release apathy; to the southwest, release grief; to the west, release fear; to the northwest, release sexual addiction; to the north, release anger; to the northeast, release pride; from the east, find courage; from the southeast, find acceptance; and finally, within, discover peace. The Rainbow Guardian fuses with us. We are surrounded, perfectly encircled.

Star Path Dreamer

Hear softly the playing of the flute, if you can.

The Dreamer was determined to reach the lake entrance of the Star Path. Its calling had entered his. He began his journey alone. He followed the treacherous path from his home to the most sacred of lakes.

Fortunately, he was watched over and provided with ancient future history hidden deep in the hearts of the old Stone Ones. This remembrance guided him along his journey's dangerous twists and turns.

After traveling several days and dreaming with Grandmother Snake Flower (whom he honored with spiritual offerings), the Dreamer reached the rim of the canyon housing his destination. There were three lakes (the third being his objective). He gave four offerings at the shore of the first lake and then sat in silence.

Set your mind away from today, and let it wander to another time when the air is pure and the sky a deeper blue, a time when the buffalo represents great wisdom and is treated with reverence and respect, a time when people walk as one with nature and understand that Changing Mother Earth and the Giver of All Life spirits provide human and non-human alike with all that they need.



Sitting in silent communion at the first lake, the Dreamer opened himself up to the Thunderbeings. These HolyOnes were blue and red. They moved as lightning. This was the purification of the Thunderbeings.

After the Dreamer viewed the time of the 13 Sacred Mirrors of Fire, the Thunderbeings sounded the drums and rattles. Suddenly, the Dreamer collapsed and was shown the transformation of *Tzegojuni*, the Shapeshifter. He was healed by the Thunderbeings through song, ritual, and sacred smoke, and he was taught to heal others. Then he was instructed on the visions he had received. Do you hear distant drums calling?

This completed, the Dreamer traveled further into the belly of Earth to the second lake. Again, four times he gave spiritual offerings. Then he entered silent communion with Child of Water — one of the original hero twin ancestors — and the Earth Dragon. There, he witnessed the nine HeartFire Initiations and Dragon's Rites of Evolutionary Maturation. It showed the emergence of balanced humans. The Dreamer was shown the special Rites of Transformation that would ease this vibrational shifting within the human body. Feel the wind sweeping down the Spirit Cliffs and smell the pine.

The Dreamer again resumed his journey through the narrow canyon. Soon he came to the Lake of Emergence, which was the beginning of the Star Path to the Place of Souls.

At the center of the lake a whirlpool spun. It rotated sunwise. Faces of the Sacred Parents could be seen just under the surface.

The whirlpool spun faster, and rain fell. Eventually, the totem animals of the eight directions came to sit with the Dreamer. He released his mind and entered the lake. He witnessed himself encircled by these powerful relations: snake, coyote, bear, crow, buffalo, butterfly, eagle, and puma. When the Giver of All Life asked why he had come, he replied, "I have heard you calling my name. I have come to see of what service I may be." And the Dreamer

was given sacred vision with which to guide humanity into a different time.

After viewing the Fifth World of Peace and singing many songs, the Dreamer's mind returned to the circle of Guides and Protectors. The sky now emitted flashes of lightning. He found himself standing at the base of a rainbow. The Dreamer moved forward and was, in turn, followed by the Guides. They followed the rainbow path out and over the Sacred Land until it reached the Dreamer's point of origin, his home in the mountains to the southeast. His journey was complete.

Hear Grandfather Eagle cry as he glides on the gentle winds, looking down on children playing and celebrating the season of peace. Hear it all. See it all. This is the vision of the Dreamer — *nochaydelklinne*. Now is the time. Hear the song, and dream with open eyes.

Maria Yraceburo's life has taken some very interesting turns. She has served as a ritualist, an interactive ceremonial facilitator, a healer, a counselor, a teacher, an elders' guardian, and an energy scout for over sixty years. Maria demonstrates an unusual range of intuition and keen ability to speak to the heart of the matter. She hopes to continue the evolution of EarthWisdom for more people in the years to come. To learn more, go to Yraceburo.org.



Akashic Answers

Amanda Romania

Settle the Debts of the Mind, Body, and Spirit

Welcome to Akashic Answers predictions for 2024. We are now firmly immersed in the Aquarian akashic records. Over the past ten years, we have been shown many of the new "akashic programs" for living our best lives here on Earth. Now we are really integrating them, and I am excited to reveal some insights that were shared with me when I read the akashic records in the Library of Light.

To provide some context, I went into deep meditation and remote-viewed the section in the akashic library that shows future timelines based on current levels of consciousness, which create reality.

Next year, 2024, is an 8 year in the akashic-records' system in akashic therapy. Therefore, it will be a year when we should step back and look at our akashic records regarding karma and our life paths. We will see events unfold within our own lives and those of others around us.

It's time to step back and ask

some important questions: How did this come to pass? Does this serve my higher self's purpose and bring my soul to peace and joy?

While there will be a window of opportunity to change course, many of the relationships and partnerships formed in 2023 might steer you toward familiar paths. These paths might be earthbound, focused on past lives, or they could send you in a new direction aimed at personal and human ascension.

This year will also be about wealth and abundance, so it represents an opportunity to review your money/finance/reward akashic records and clear those karmic debts.

It will be a year to settle debts on the mind, body, and spiritual levels. This will manifest in politics and in the media. The scales will rebalance, offering us many lessons while holding our leaders accountable for their past actions and karmic debts.

My advice is to settle your accounts as early as possible. Let go of old wounds and hurts, and focus on



the bigger picture of why you came to this planet.

Clear Past Lives and Past-Life Timelines in 2024

Past lives and timelines will be a common focus, as I noticed that the akashic library was littered with past-life scrolls and contracts. If you see themes you were working on eighteen years ago repeating in your life, it's time to hit the reset button. I have also realized that in many nations across the world, those who were born or live in these locations are reliving many of the past-life timelines from the past 300 years. What I was told is that these people are currently downloading their past lives in those nations or those of their ancestors and reliving the energy or frequency signatures of those times.

Imagine friends gathering for dinner in a city in the U.S.A. with common lives and similar interests yet diverse perspectives. One may be motivated by survival, focusing on food, water, and shelter due to perceived scarcity. They are connected to the 1700s and the first pilgrims. Others may resonate with eras like the Great Depression, the war era, or the Roaring Twenties. Take a moment to reflect on key periods in history you resonate with or are drawn to learn about. Look around your circle of friends. What are they learning and sharing? You may be surprised by the clearing you can gain in the akashic records.

The activation of akashic-record soul programs is influenced by your year of birth. Each generation carries distinct akashic lessons. If you were born in the Baby Boomer era (1946–1964), you have a slightly different set of akashic lessons than a member of Generation Z (1997–2012). You may think this is due to

different social and environmental values, but I see it on a deeper soul level. These contracts were created in the life-between-lives akashic records.

Soul Contracts Shift in 2024

Technological advancements will give us an opportunity to release the master-servant-slave akashic contracts written into our consciousnesses over 2,000 years ago, when the first nations invaded others and created empires. Think of the Romans, the Spanish, and the British and their notion of the controller and the controlled. Shift the contract to a positive new paradigm of mastery. Technology aligns with the Age of Aquarius — empowering but not enslaving.

If you are questioning your soul's purpose here on Earth, I recommend delving into the life-between-lives section of the akashic records. When I did, I found that my key purpose is working with others to

educate them and assist with their akashic records. You could say I was born to do this work you are now reading and connecting with.

The whole year of 2024 will prepare us for 2025 — a gateway to ascension — especially on August 8, the true 888 energy and Lion's Gate. Seize this opportunity at the equinox and solstice times to explore healing, and choose the path aligned with your highest self. This will pave the way for magical times ahead.

May you truly manifest your heaven on Earth. From my heart to yours, Amanda.

Amanda Romania is an oracle, author, and Master Akashic Records Librarian supporting lightworkers globally. Amanda specializes in akashic therapy, which allows students to apply the wisdom from the akashic records and akashic fields, to bring healing, clearing, and clarity to their soul purposes and to their daily lives. Amanda also offers private sessions, spiritual mentorship, and sacred journeys around the globe. She is the author of many spiritual books and creator of the first Akashic Records Oracle deck. Amanda lives in Sedona, Arizona. Contact her at amanda@amandaromania.com or through AtlantisSedona.com.



Benevolent Outcomes

Tom T. Moore

Expect Great Outcomes with MBOs

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.

The information herein is for educational purposes only. The content of this article should not be used to give medical advice or to prescribe any form of treatment for physical,

emotional, or medical problems without the advice of a physician. Should you use any recommendations in this article for yourself or others, the author, compilers, and publisher assume no responsibility for your actions.

Find Misplaced Keys

Tosca writes: My daughter and I went to the library, and when we came out, we could not find her car keys. The temperature was well over 100 degrees, and we searched frantically for the keys in every imaginable place with no luck.

Finally, I requested an MBO, and then there were the keys: in the bag with the books! After we were



on our way, with the A/C blasting, I thought to myself, "What took me so long?"

Ease Travel Woes

Severine writes from France:

After almost a decade in China, a friend had to relocate his family back to Europe. It required a lot of preparation, as he needed to take care of his child and his sick father. He did 90 percent of the preparation work and was concerned that once

everyone arrived in Europe, some family members would not contribute in terms of efforts, and he might experience a reverse cultural shock. As soon as they arrived, the adjustments were quick, and he was pleased that family members became proactive and contributed to the daily tasks. There was no major cultural shock whatsoever.

Here is the BP we said in the group: "I ask any and all beings to assist X's family to adjust to their new life in Europe. Please help all family members step up and contribute in the most benevolent way for all. May the outcome be better and faster than we could hope for or expect. Thank you!"

We also requested an MBO and a BP for a perfect unfolding of our trip back to France: "I request an MBO for a perfect unfolding of trips back to France with peaceful and wonderful flights and rides with only positive and benevolent interactions, and to be protected by white healing light with my family at all times. I ask that all venues that will be visited be safe. May the outcome be better than expected. Thank you." I also sent a massive healing white light.

We asked for the same BP in our group setting. It was so amazing and gentle that I needed to recharge, and our son had a blast playing with his French cousins for the first time.

Also, thank you to all readers who joined in saying the BP for my kid. It took him almost three weeks, but he overcame his bad rhinitis and was still able to play for most of the trip. Thank you. Thank you. Thank you.

Manasi writes: I would like to share an MBO for which me and my husband are so grateful. Every day my husband drives about two hours to the office. The expressway that he takes to reach the office is very dangerous during rains, and every other day, there is an accident on

that road. Every day when my husband leaves for work, I request an MBO for keeping him safe.

The other day on his way to the office, my husband was met with an accident. Our car banged into a big vehicle that had stopped abruptly on the highway in the middle of the road, and then another vehicle banged into our car from behind. The car is in very bad condition; we might have to scrap it completely, but my husband escaped without a scratch. I am thankful beyond words for MBOs.

Anonymous writes: Our son, Todd, was going to take part in QuakeCon (a yearly digital convention) the week of August 9. He needed a haircut, so he drove the car down the tollway almost to the LBJ freeway in Dallas on a Friday. The car overheated, and we suspected that perhaps the fan was not working.

We called our daughter, Shannon, and she was about to pick up our granddaughter not too far from the garage where the car has been previously serviced. She contacted the mechanics, and they said they could get to it on Monday. They would just need to keep the car over the weekend.

We said a benevolent prayer for my son's drive there. Todd stopped once at a traffic light and had a hard time restarting the car. He then had to drive around and around a parking lot to deal with the next red light. He finally made it to the garage. Shannon picked him up. Then we requested an MBO for the cost to be less than we could hope for. They estimated that it would cost \$280 to replace the part on the coolant.

When we went to pick up the car, we again requested MBOs for the drive and for the complete repair. The overall cost was only \$242. And

I did not have to drive him to and from QuakeCon, located in a hotel near the DFW airport, as I had done the last time he attended three years ago.

Floral Restoration

Lee writes from New Jersey:

No MBO is too small! I requested an MBO earlier for the wasps to leave my front door area, and they are still gone. I also requested an MBO about three weeks ago for the deer to not eat my flowers but to find enough food somewhere else. I'm happy to report that my hibiscuses the deer ate to within 3 inches of the ground have rebounded and are giving out abundant dinner plate-sized flowers, and the plant is almost 2 feet tall! Thank you for all you do.

Nancy writes: Behind my home are two lily plants that have been trying to grow since the summer started. One is less than 1 foot tall and may stay a dwarf. The other is nearly 3 feet and seemed ready to bloom with vibrant red flowers, but



for a while, it just remained green with no flower buds.

This past week when sitting on my deck, I requested a brief (I admit, halfhearted) MBO for this larger plant to bloom. That evening, I had a dream that the plant had produced a light-yellow flower. It was pretty but not what usually blossoms.

The next day, I checked the plant, and it had started to sprout a pale, reddish flower out of the surrounding green leaves. It has continued to grow and turn redder each day, and other similar blooms have sprouted as well. I have every expectation that this plant will soon be full of its signature tropical-looking red flowers for all the neighborhood to enjoy.

Jury Duty Dismissal

Donna writes: I received a postcard for jury duty. I've done my share of jury duty in my younger days and prefer not to do it anymore. I asked the WhatsApp group to say a BP for me to be rejected and declined for jury duty. I also said my own BP for the courts to clear their cases and receive settlements, plea deals, and guilty pleas. I requested an MBO for the judge to dismiss me. The day before the jury duty selection virtual meeting, I received an email and text that said my jury duty was complete and that my service was no longer required.

A Benevolent Birth

Rosalea writes: "Asking any and all of the most benevolent beings across all timelines to aid, comfort, and assist LB and baby and GOS with the baby's birth. Ensure that all who are in assistance of this miraculous birthing event be of the highest integrity and vibration so that the mom, dad, and baby receive the best care and are surrounded by a loving environment. May the birthing process be smooth and graceful, and may the outcome be for the highest good of all with baby and mom in

perfect health. Surround the entire family and the entire hospital with divine love, light, and grace. May outcomes be better than hoped for or expected! Support the children at home to welcome their new sibling, and may the entire extended family embrace this new life, a blessing for us all! Expecting miracles! Blessings be! Thank you!"

The above benevolent prayer is one of many that I posted on the BP-MBO WhatsApp group surrounding the birth of my fifth grandchild. Mama and baby are happy and healthy and leaving the hospital today. The story that my son shared about his experience during the birth was really a reflection of this particular BP.

The baby's mama required a C-section, and my grandson had a low Apgar score of 6 when he came out (they like to see a 7 or above). Upon emergence, my grandson needed to be suctioned for a while, and my son was by his side soothing and comforting him. Daddy began to sing to him "Ain't no mountain high enough" and to his surprise, the entire surgical team joined him in song! My grandson's Apgar score improved greatly. Surely this was evidence of everyone there being "of the highest integrity and vibration" and "in a loving environment!"

We are so grateful for our new family member and the support we have received from our angels, guides, earthly helpers, and those who so lovingly commit their time to say the BPs that I post. Together, we are strong in the light. In gratitude to you, Tom, for the Gentle Way.

Storm Detour and Calm Flight

Peggy writes: My daughter and granddaughter came up to see us and we wanted to take them for a boat ride, but we were told a huge storm was coming with hail. I knew they wanted to go on the boat, and this was our only chance.

I asked for an MBO to detour the storm around us so that we could take a boat ride. The storm split in two and went around us, and we had a beautiful ride. Thank you, angels.

Severine writes: As I write this from France, we are at my parents' home for a three-week vacation. International flights have reduced in quantity and increased in price, so we took two planes to get home.

First, we got a good deal by asking in advance to purchase the best possible flights at the best price. I requested an MBO to "purchase the best flights that would be affordable and safe. Thank you!"

Then we needed our four-year-old to sleep on these planes. We took nighttime flights for that purpose. It worked well. On our first flight from Canton/Guangzhou to Abu Dhabi, which was seven hours, our son slept for at least four hours. On our second flight from Abu Dhabi to Paris he slept for six hours out of the eight.

Here is what I said: "I ask any and all beings to aid comfort and assist us to have successful, safe, and comfortable flights. I ask any and all beings to assist my son to remain calm during the flights and to sleep well on both planes. May the outcome be better than expected, thank you."

From Tom: For those who love to say MBOs and BPs out loud (we say a lot of them) or for those who would like to practice more, discuss the newsletter, and disclosure, please feel free to join our free WhatsApp MBO-BP Miracles group here: <https://chat.whatsapp.com/E5LN7ebE6AWO7GEF3ejtLr>.

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.



Essences of Nature

Mary Ann Altamirano Antenucci

Essences to Support the Year Ahead

As I continue to work with flower essences, I am in awe of how they choose to share their wisdom. Sometimes the color of the flower speaks. Sometimes the shape and orientation of the blossom inspire. Most of the time, the bloom vibrates with insight and personal information.

Flower essences work by modeling what is available to us. The flower is the highest vibration of the plant. The essence of the flower instructs us how to be our greatest and highest expression. As we go through life, we can create a wedge between who we are and who we are blueprinted to be. Flower essences help reestablish the link to our true nature and the intricacies of our purpose. We learn how to be who we are meant to be. This upcoming year, we need to explore and enhance our deeper connection to self and purpose.

Wake Up and Break Free with Peppermint for December

Peppermint reminds us how to digest and absorb information. This essence can awaken and enliven our thought processes. We can become too stuck, stagnant, and complacent in our perceptions. This remedy challenges us to overcome dull and sluggish tendencies. We may find ourselves numbing or zoning out through too much television or too many sweets. We don't want to perceive; we want to cocoon.

Peppermint essence breaks us out of our self-imposed chrysalises. It penetrates intellectual staleness, aiding us in overcoming a lack of motivation and focus. This



remedy helps with clarity, intellectual assimilation, and concentration.

Feel Safe to Share Your Gifts with Fawn Lily for January

Fawn lily essence allows us to cope with the trials and tribulations of our daily lives. We may want to withdraw and isolate ourselves due to ongoing overstimulation and feeling overwhelmed. We want to stay safe and sane and to limit outside influences. This remedy broadens our coping skills and horizons to feel safe enough to share ourselves with our world.

Fawn lily essence encourages us to share our spiritual gifts. It doesn't benefit anyone when we hoard the wisdom of being a monk on a mountain. This essence encourages us to feel safe enough to impart wisdom and value of our gifts.



Become Flexible with Rock Water for February

Rock water essence is indicated when we are being rigid and inflexible. We may be following every spiritual practice, health plan, or exercise regime in the hope of refinement and becoming closer to who we are meant to be as souls. This essence softens our rigidity. It helps us access the flow of personal information and insight without the harsh terms and conditions.

Rock water essence assists us in navigating the fine line between what the experts or guides are telling us is right and what is right for us. This remedy is helpful for the process of following a cookie-cutter



method or practice and expecting results. It opens our hearts and minds to what is true for us.

Achieve Balance with Elm in March

Elm essence is for the times we're feeling overwhelmed. We might feel we are on top of things, managing our time well — slotting our appointments, and experiencing that feeling of completing many action items in a short amount of time — when one of the plates drops. Then there is the feeling of being unable to pull the focus or energy back together again.

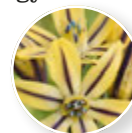
Elm essence reminds us that help is available when we ask for it. This remedy is for all the over-achievers who believe the more we do, the better we are. It adjusts our view of how we perceive responsibility with the ability to respond.



Find Your Inner Beauty with Pretty Face in April

Pretty face essence refreshes the conduit to our inner beauty and value. We may compare ourselves to others regarding how we should be or what we should look like. This remedy establishes a new baseline of personal integrity and self-acceptance, promoting new energy and a fresh pair of eyes.

Pretty face essence is also indicated when we are at odds with our aging



process. We may not like what we see or we might feel nostalgic about how we used to be. This essence shifts our perception to find the beauty within rather than every imagined fault.

Overcome Procrastination with Cayenne in May

Cayenne essence is our jump-start solution. We all need a catalyst, and we all need motivation. Cayenne revs our engines to overcome procrastination and stagnation, creating positive forward movement in all our endeavors.

Cayenne essence is also a tonic for many life circumstances. This essence works to activate and sustain positive change, providing inspiration and insight to embrace the new.



Heal Exhaustion with Olive in June

Olive essence is for exhaustion. When we have reached a juncture where we feel we can't take one more step such as after a prolonged illness or traumatic struggle, this essence rallies our spirit. It works to access our inner resources.

Olive essence guides us on the way back to ourselves and our inner resources. It meets us where there is nothing left. This remedy reconnects our physical and spiritual energies while establishing new strength and substance.



Embrace Your Intuition with Purple Monkey Flower in July

Purple monkey flower essence is specific for honoring our spiritual experiences. We may be attracted to the power of charisma and hands-on healers or the glamour of seers, channels, and other spiritual practitioners. This essence makes us less fearful of these otherworldly experiences and fortifies our inner resources to combat the fear of going astray.

Purple monkey flower essence restores inner calm and trust in our experiences, cleanses us from misguided spiritual fears, lends authentic courage, and helps us embrace our intuition and insight.



Release Internal Tension with Dandelion in August

Dandelion essence is used for internal tension. We may be so tense and on task that we lose track of how deeply we are holding on to our control. This essence's keyword is "intensity." Is intensity working for you or against you? When it works for you, it creates drive. When it works against you, it creates rigidity and limitation. This remedy dissolves the rocks around our hearts and shoulders.

Dandelion essence trains our bodies how to listen and give the first alert as to our fight-or-flight response. It balances movement with motivation and allows our energy to flow freely.



Replenish Your Intellect with Nasturtium in September

Nasturtium is used when we overthink or use intellect as our primary skill set. This essence aids us in how and where we override our intellect with our emotions. It reminds us that thinking is part of feeling and integrating all our insights.

Nasturtium essence adds value by encouraging us to think about our feelings and to feel our thoughts. This remedy connects us to the wisdom of all our resources, replenishing our intellect with vitality and warmth.



Create Personal Space with Corn in October

Corn essence assists us in our

need for space. Whether we are city dwellers or rural, we all need to stretch out, take up space, and feel that we can breathe. This essence helps us feel centered when we experience the pitfalls of too many souls in too little space. It helps connect us with the earth and our requirement for personal space.



Corn essence counteracts our internal urban blight. It works by establishing a sacred space as we ground and center ourselves. It aligns us with our environment, wherever we may be.

Get Grounded and Connected with Sweet Pea in November

Sweet pea is our "home again" essence. We may feel at odds with our living space or have recently moved and still don't feel that connection to space and time. This essence allows us to grow roots and form bonds. It works to find our place in our space.

Sweet pea essence trains us on the value of what home means to us that. This essence teaches us it is safe to become involved with others. It helps foster a deep and lasting physical and social connection.



The flowers wanted to share how to best navigate the upcoming year with specific requirements for each month. Enjoy the upcoming year by reconnecting to the home within, honoring our values, and embracing our true soul essence.

Mary Ann Antenucci is a life coach, internationally acclaimed intuitive, certified spiritual counselor, hypnotherapist, and columnist. Through her many years of experience with various healing modalities, flower essences, and martial arts, she can quickly and effectively intuit patterns of imbalance and uncover core issues. Her gift is to assist you in clarity, insight, personal healing, and positive growth. To learn more, visit 5thElementEssences.com or MaryAnnAntenucci.com, or email Fifthelementessences@msn.com.



The Crystal Garden

Margaret Ann Lembo



You Have All the Answers Within You

Guidance from the Divine is available to you at all times. Use your inner knowing to uncover self-knowledge and self-realization for personal development and spiritual awakening. You predict your future based on your decisions to create your desired reality.

You can keep the doorways to heaven and higher consciousness open and flowing by maintaining an intention that “this or something better will manifest.” Use affirmations to help you visualize the outcome, and petition assistance from the angelic realm through prayer, meditation, and contemplative thought.

Invite your everyday angels and supportive archangels to help you achieve your goals and intentions. Each of these archangels has a specific energy or “job description” and can add quite a bit of angelic assistance as you work to design your reality and transform your life.

Decide to live an abundant life filled with supportive colleagues, friends, and family. Increase your confidence by maintaining a focus

on your good qualities. Remove perceived blocks through self-observation to understand whether anything prevents you from living life fully.

Suppose you are constantly asking others for their opinions or seeking guidance other than searching within. In this case, it is time to tap into that part of yourself that knows what to do and what to believe. You have the answers within yourself. You just need to know how to look for them. Of course, there are moments when you may need to seek advice from outside yourself, but most of the time, you are the only one who knows what is best for you. Activate your mind to achieve new results.

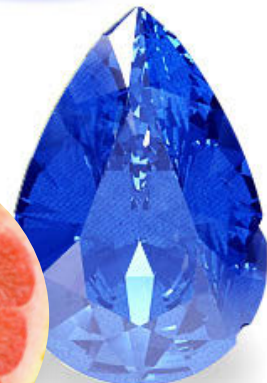
I recommend this petition or prayer to help you go within to know your truth: “Please help me trust myself and know what I need to know when I need to know it. I often have trouble choosing, whether it is a big decision, such as whether

to say yes to a new opportunity, or a small one, such as what to eat or wear. Help me trust my inner knowing and show me how to improve my ability to believe in myself and make it easier for me to make decisions. Thank you!”

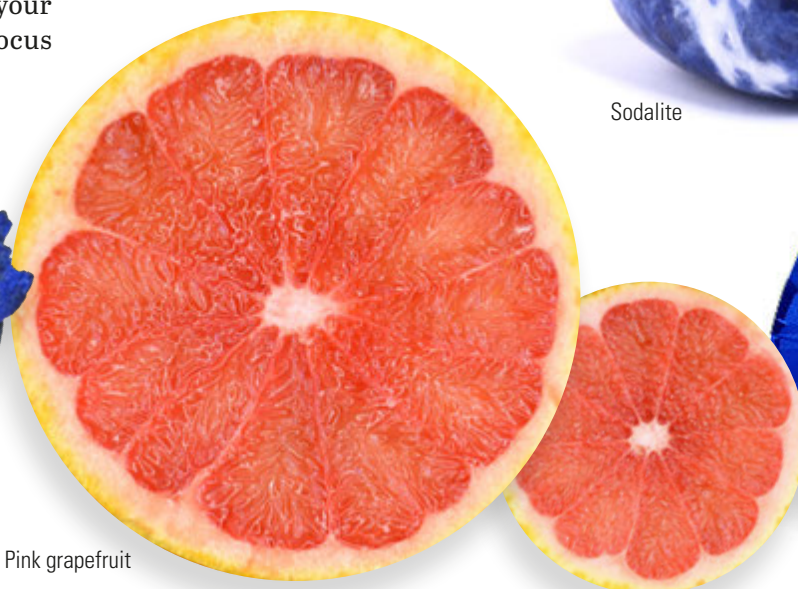
Use these positive thoughts to affirm your ability to understand and know how to proceed on your life’s path: “I can see the unseen and hear the unsaid. I acknowledge and trust my intuition. I intend to improve my spiritual sight and clairvoyant capabilities. Hidden intentions, masks, and illusions are disclosed. I trust my own inner knowing. It is easy for me to make decisions.”



Sodalite



Sapphire



Pink grapefruit

Lapis lazuli



Add Gemstones and Aromatherapy for Higher Wisdom and Divine Guidance

Pair the petition and affirmations with some of your favorite gemstones and aromatherapy to support you as you gain confidence in your inner knowing. For example, iolite helps you organize your thoughts and the ability to communicate what you know. Lapis lazuli, with its beautiful and deep rich blue, keeps you calm as you access knowledge, wisdom, and information. Sapphire clears distortions for the truth to be revealed. Sodalite is beneficial in improving

your intuition and opening your channels to receive higher wisdom. Use the gemstones you are attracted to with conscious intentions.

My favorite essential oils for higher wisdom and Divine guidance are frankincense, pink grapefruit, and sandalwood. Inhale frankincense to access spiritual and mystical experiences. The citrusy aroma of pink grapefruit sweetens your vibration and attracts help from the angelic realm. The grounding vibe of sandalwood activates the wise one within you.

You have all the tools within you. Pay attention to inspired thoughts.

Remember and interpret your dreams. Be open to increasing the frequency of expanded awareness where everything makes sense. Enhance your meditative practices to encourage peaceful thoughts and self-confidence. You have all the answers within.

Margaret Ann Lembo is the author of The Essential Guide to Aromatherapy and Vibrational Healing, The Essential Guide to Crystals, Minerals and Stones, Essential Oils and Gemstone Guardians Cards, and many more titles. She is an award-winning aromatherapist and the owner of The Crystal Garden — the conscious living store of the Palm Beaches established in 1988. To learn more, visit MargaretAnnLembo.com and TheCrystalGarden.com.



The Secret Wisdom of Animals

through Kim Malonie

Noah's Wisdom Saves the Day

Robbi: I came to horses late in life. I was in my forties when I bought my first, having always wanted to discover the magic of connecting with horses whom I knew to be very sensitive and sentient beings. Horses will demand that you stay in the moment with them when you ride. You cannot let yourself wander off in thought because your horse will know. Horses feel every muscle in your body, your tension or lack thereof, your sadness or your joy, your confidence level, your fear, and your power.

I've been fortunate enough to have owned five horses now; each came my way for long or short times to teach me lessons the universe wanted me to learn. Noah came into my life when he was five, and I have had the extreme pleasure of cultivating a trusting relationship with him for the past twelve years. He has been with me through physical and emotional struggles, ever steadfast in his attention and love.

On August 20, 2020, Noah and I

had a severe accident together. We usually ride on the roads of an acreage division with grass ditches on either side. On the day of the accident, I remember driving to the barn at 1:30PM. My next memory was waking up in a hospital emergency room at 8:30PM that same evening.

Apparently, I was found lying on my back on the roadside by a couple driving around looking for a hurt rider. They found me with my helmet on, but I was unconscious. Thankfully Noah, running riderless back to the barn, alerted folks that we were in trouble, and indeed, I was found quite quickly.

Despite the fact that I remember none of this, my kind rescuers told me I carried on a robust conversation with them. They were able to contact my family, and I went by ambulance to the hospital where I stayed for a day or so. I was diagnosed with transient global amnesia, having lost that seven-hour afternoon in my brain, and suffered severe head trauma and a concussion.



Despite bruises and road rash, the only thing out of order was my brain. I have never recovered the details of our accident.

I became briefly alert enough the first evening in the hospital to send out a request for healing from a gifted friend and tremendous lightworker who was part of my spiritual tribe. I knew I needed help. With a lot of work on his part doing multiple healings on me, I was saved from the tremendous headache and further long-lasting symptoms that usually go along with head trauma. I can honestly say I did not feel adverse physical effects of pain in my brain. My personality wasn't "quite right" for the better part of a year, but I do feel I have come back splendidly. I am most grateful for the help I received.

In my heart, I know something

or someone spooked Noah very badly for me to thunderously come off his back that afternoon. I want to ask him what happened to us. Whatever it was, Noah, thank you for looking after me, as I'm sure you did.

Our riding season ended early that year as I was not allowed to get back on my special boy for six months. We normally ride until the snow flies in late October. Despite being unable to ride, I sat in the pasture with Noah while he happily grazed, and I had the opportunity to feel his tender animal energy and the deep connection we share. Thank you, my dear friend.

Noah Explains What Happened

Noah: Hi, Mom. As I answer you, I am teary-eyed and feeling emotional. Even though the incident happened a few years ago, I still experience a little PTSD talking about that day and our accident. It takes a load off my mind to know that you healed well and that I was able to get you help in a timely manner.

I want to thank you so much for seeing me in spirit the way you have. My love for you is, and always will be, unconditional. I am so grateful that you're my mom and that you recognize and acknowledge just how high a vibration all the souls of the animal kingdom resonate at.

Allow me to tell you what happened that day. I remember it perfectly just as if it were the other day.

Although there aren't many found as far north as where we live in Alberta, we encountered a prairie rattlesnake that afternoon. While riding with you, I constantly observe our surroundings and watch out for any hidden dangers. I was caught completely by surprise by this very young rattler. At the last minute, I spotted him out of the corner of my eye. He and I must have equally startled each other, because before



Noah

I knew it, his warning rattle was going off.

Because I knew any danger to me would result in a huge danger to you, I tried to veer out of his way. Oh, Mom, excuse me for being so emotional; I'm still having a hard time conveying my memory of that upsetting event, so I may tell you this very slowly and brokenly. Thanks for understanding.

Like I was saying, I knew I had to make a life-altering decision and I only had a second to do it. It didn't matter to me whether I got bit, but I was concerned that I might go down quickly from the effect of a venomous bite and fall on you. My only thought was about what would be the best decision to save you. I decided to do a sudden strong spin, hoping to confuse the snake as to where my feet were going to land. My plan was to have him slither away after having changed his mind about crossing our path.

While I was spinning around, I tried desperately to keep you on my back so that you didn't fall off. But the propulsion was so strong,

and alas, you did. I could feel the second you were falling, so I gyrated in such a manner to make sure you didn't fall on your front. Had you hit the ground front first, I knew you would have had life-threatening damage to your internal organs given the intensity of the hit. The situation was a calculated risk I knew I had to take, and I only had seconds to make the decision.

The reason you had road rash up your back was because I dragged you with my teeth about 4 feet to get you out of imminent danger, as the snake was right around where you landed. I needed to assure myself that if I dragged you for a bit, you would not be in any further danger from the snake.

Mom, as I left you on the road, I ran at full speed to get you help. In my mind, I was conveying via telepathy to anyone who was near that I was on my way to get emergency help for my mom because a terrible accident had taken place. It was the angels who guided people to find you quickly.

I am so relieved that you are all right. Although I never had any doubt in my mind that you would survive it, it still really upset me to see you in that state. I would never think twice about putting my life on the line to save yours, as I love you so much. I'm glad to have you back in the saddle again, Mom [smiles big]. I love you more than the whole world!

Your handsome friend, Noah.

Kim Malonie is a world-renowned animal communicator/animal whisperer. She has been giving a voice to the animal kingdom and helping them with physical, behavioral, and emotional issues for over thirty years. She is also a psychic medium for people. Kim is the author of *The Secret Wisdom of Animals, Revised Edition*, available from Amazon. Long-distance consultations are always available. Visit Kim's website, theSecretWisdomofAnimals.com; send her an email to kmalonie@eagle.ca; or leave her a message at 905-269-1957.

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