

8/27/11

Hurricane Irene

I talked to the Deva of Hurricane Irene, and blessed the elemental forces with gratitude that give and maintain life. I also honored the other side of the elemental forces that destroy and take life. I acknowledged and accepted this dynamic in Nature and in ourselves.

The wind and water hold the potential for destruction. Send love and courage into the eye of the hurricane, that every person, place, thing, animal, the land that it passes over is a huge blessing to clear illusions and what is inessential or outdated in our consciousness. Recruit the wind to strip away our false beliefs that keep us small or confused or separate. Program the water with your love and blessings, that all beings feel held by a kind, wise, loving, bio intelligence who cares, sees, and acts to support our evolution.

I shifted Tidal Forces into the energetic blueprint for the hurricane, that we can remember that all loss is gain. This is a time of great change and chaos often precedes change. You are a part of this weather event, whether you are on the East coast or not. Decide how you want to be in relationship to it.

I shifted essences into the water and wind to help us all find blessings in this experience and allow ourselves to be massively space cleared of anything that is ready to be updated and aligned. I called in a special team for this weather event and asked them to hold the blueprint for positive change for this chapter and episode of the evolutionary process.

Fear weakens our immune system and makes us less resourceful, present, and resilient. Courage, love, appreciation all fortify our system and optimize our responses. Your state of mind and heart about this matter!

Some suggestions for all of us:

1. Stay in your body. Focus on gravity, the earth energy rising up through your body. Imagine your grounding cord going from the base of your spine into the earth and discharging fear, uncertainty, etc.
2. Take flower essences. Any first aid formula like Soul Support or 5 Flower will really help you stay in your center no matter what is going on around you. Take often, every few minutes. When you are in your center you can radiate out the quality of energy you want to see shared with humanity. You become a blessing in this situation.
3. If you work with non physical teams, call them in, do a calibration session, tell them what is happening, ask for their help. If not, this is a good time to ask for help. Ask the unseen forces of nature to help you stay calm, steady, aligned with the benefits of this

event. Give something back...a blessing, a prayer, something physical. Call in a special hurricane team. Co creators are standing by waiting for your connection.

4. Send love into the elements of air, earth, fire, and water.
5. Clarify your intention about how you intend to meet this, whether it is in person or on TV. It is a perfect time to offer up whatever you are done with in your life, especially mental patterns and beliefs to the wind and emotional patterns to the water. Something like: "I offer up what is being swept away by these powerful elemental forces, I stay grounded to the earth with my heart open, knowing I am a part of big changes in the world, I am being rocked by the maelstrom and trust I will come through ok, I accept that this is a part of waking up."
6. If you know the Horizontal Vertical meditation do it, and if you are in the path of the hurricane or floods, do it for your house. Lead your house through the meditation, you can not make a mistake. Talk to the Deva of your house and land and let it know what is coming.
7. Focus on gratitude, especially for what you take for granted. What matters? What's important? Let the rest go.

I also tuned into the hurricane for a message, and part of it is drawing our attention once again to the vulnerability of our infrastructure and nuclear power plants. These issues affect us all and are not bi-partisan in nature.

An alchemical blessing for us all:

"May you be strong in your center and meet the weather with courage.
May you meet the weather with strong intentions of clearing, aligning, waking up!
May you grow from being the author and authority of your own experience.
May you emerge with more clarity about your values and commitment to a life of truth."

It is important to stay focused on what we are FOR, not what we don't want or could be against.

With blessings as always,

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