

## Shifting Consciousness... Changing Lives

We have just completed one phase of transition on this planet and soon will be entering the next. By transition, it is meant that how you 'sit' in your life has radically shifted and the possibility of a new way of being is soon entering. This new transition will begin after the solstice. What will be put into place are new Laws\*\*\* and an easier way of being for Lightworkers and their Teachers. As I write this, I envision us all on a magic carpet ride – and focusing on the completion you need now will provide you with a front row seat!

Going through – or transiting – these transitions is often experienced in a very personal way by people. You may feel this physically through tightness, pressure or pain in your body. What arises emotionally during a time of transition is often experienced in physical way. You can feel this as a tension or block in your body that you sense is not physical in origin. It can build and once a catalyst for release comes along (i.e. through an insight, a crisis or emotional release work at the root cause), and then it needs to be voiced, felt, released and moved through. Spiritually, transition can be experienced on a continuum. You can be in a time that can feel anywhere from enlightening and multi-dimensional to one that feels like a bottomless pit. And mentally, the process of transition can be one of great insight to overcome overwhelming self-defeating thought patterns – and sometimes both at the same time!

What does this mean for you in this between time of completing one transition before entering the next? This is a time to:

- 1) Celebrate that you came through this time and are now vibrating and living at a higher frequency
- 2) A time for self- assessment to see if there are any physical, emotional, spiritual or mental residue that needs to be addressed, released and sealed in the past. An adjunct to this is to consult a holistic practitioner/earth bound guide to help with your assessment and completion process.
- 3) Build, build, build. Do whatever you can to build yourself in a way that creates a stronger foundation within yourself. Strengthen and embrace joy.

\*\*\* Laws are not judicial in meaning. They are the solid streams of energy or frequencies that are becoming the new foundation for living for Lightworkers.