



April 18th, 2010

### **Aligning with Ascension Energies: Preparation and Clearing**

The beginning of 2010 has been a bit wild for Planet Earth as well as for those of us traveling with her. During these first months we have been letting go of more emotional blocks (it seems like an unending supply of these!) as well as juggling the physical changes that are occurring due to the Earth shifts. Our primary work right now is to bring our 3<sup>rd</sup> dimensional "suitcase" into greater alignment with our divine self. This is what ascension is all about.

"The ascension process is about your Earth-bound reality being in greater alignment with your divinity."

#### **CLEARING EMOTIONAL BLOCKS**

The most painful part of this process is clearing out the old emotional blocks that still linger within us. There are certainly a lot of them, accumulated during many lifetimes of experiences. What people are experiencing right now is an abundance of triggers to awaken knowledge of these past events. The triggers come in the form of an event or meeting with something or someone that brings up uncomfortable memories in the body. The memories can be cellular memory from past traumas which re-create physical pain in your body. Releasing these memories is a form of detoxification, after which we need to re-ground into a new level of *being*. With each step we recover and get back into life awaiting the next adventure.

How to release these pesky energies?

1. Identify what you are experiencing but don't identify with it. E.g.: Coming down with a cold? Realize that your body is tired and discharging, but don't become a 'drama queen' with tissues coming out of every pocket while worrying frantically about the cold becoming pneumonia, and how much work you will miss, etc. It just is... don't embrace it as your own personal malady!
2. To help with #1, find what emotion is underlying a certain symptom. Louise Hay's book Heal Your Body lists the probable sources of a cold as "*too much going on at once?*" or "*mental confusion, disorder,*" or "*small hurts.*"
3. Soaking in a salt bath helps release emotional blocks. Add 1-3 cups of sea salt or Epsom Salt to warm water and soak for 20 – 30 minutes. This especially helps soothe the aches and pains.
4. If you are overwhelmed by anger, write a "Dump and Flush" letter to get that energy out of your body. No one else should ever see it so let it all hang out – there are no teachers, parents, ministers, etc. to look over your shoulder. Don't be surprised if you find yourself angry at yourself and/or at God during the process. It happens! Once complete, put the letter away for a week, then re-read what you wrote. If you feel any emotions coming up, there is more to write. If you remain neutral, you have released the energy so destroy the letter.
5. Remember to ground – occasionally re-position your grounding cord (running from the tailbone into the earth) and send it deeper to strengthen it. Let any negative flow down this cord and be absorbed by the Earth.
6. Work with an energy practitioner who can assist you in releasing the emotions faster and with less pain through bodywork like massage (deep tissue especially), cranial sacral therapy, sound healing or Reiki. Other effective methods to release emotional energy include LifeWeaving Clearing or Emotional Freedom Technique (tapping).

## EXPERIENCING GENERAL PHYSICAL ISSUES

We are also experiencing physical issues due to the vibrational changes that our bodies are moving through. These can include general aches and pains, upper back pain, leg and foot pain, burning feet, hot flashes or sweating, nervous energy, cravings for sweets or junk food, increased allergies, headaches, drops in energy, or even depression alternating with feeling high on life. These are caused by the energy shifts acting on our very dense bodies – the suitcase – in which our spirits reside. Again, don't "buy into" every symptom you are feeling since most are due to the energy fluctuations. However, if you require peace of mind, do consult a physician. Just recently I started experiencing waves of dizziness which were interfering with life. Because my training is in western medicine (10 years as a medical technologist), Chinese medicine (24 years as an

acupuncturist and energy worker) and the last few years doing energy work and LifeWeaving, I was in a bit of a quandary about which way to go. I felt the dizziness was an energy problem yet could not let go of my western medicine training (and the long list of potential health problems that cause dizziness) so I went to my practitioner, an energy worker with a strong western medical background, who determined that my blood pressure was good but my neck was very much out of alignment. Once the neck was adjusted, no more dizziness. Case solved.

#### MERCURY RETROGRADE – BEST TIME TO CLEAN UP

There is still time for more spring cleaning of belongings as well as issues in our lives. Mercury, the planet of communication, is retrograde from April 17 to May 11<sup>th</sup>. This is a great time to finish up old tasks, reorganize and restructure, detach and release. Aim for going within and explore what is inside of you in order to shift and re-align what needs changed. Begin to recognize the changes within you and others. Astrologers do not see this as the best time to sign contracts or initiate new projects so concentrate on cleaning up the old.

#### MANIFESTATION IS ON THE RISE

This higher energy frequency that we are starting to experience also brings easier manifestation to us so it is doubly important to know what you want in your life! Once we move into May, the natural focus of the energy moves from looking within to more towards action on the outer plane. However, the entire first half of this year will be an important time to continue to tie up any loose ends, finish healing, clear personal relationships, and rid your life of those unimportant things (belongings, memberships, causes, people we no longer connect with, etc.) and simplify, simplify, simplify.

#### OUR FUTURE

Think of this pattern of change, healing and clearing, re-aligning, and grounding as the pattern for the future as we spiral upward through the frequencies. Learn to go with the flow because this pattern of change will be with us for several years to come. Use the next few months to make these changes with grace and ease.

And learn to accept your divinity and merge with it.

## Carole's Albuquerque Update



Albuquerque's winter season was a departure from the "normal" – many more overcast days, snow accumulation and really cold nights than the past couple years. It was, well, like winter! Late last month we had a couple sunny 70 degree days followed by a snowstorm the following day. Evidently this has been winter in the high desert during an El Nino year.



Albuquerque Spring Snowstorm

Spring seems slow in coming but finally the trees are leafing out, scores of birds are back, and storms coming through the area are carrying rain rather than snow. My corner of Albuquerque is greening up and that is good. Days are mostly sunny and comfortably warm while nights are still quite cool for good sleeping. Hands down this is my favorite time of year down here.

Of course, Spring also brings on the high desert pollens so everyone seems to be suffering from allergies. My recommendation for that is a product from a company known as Allergena. They make homeopathic supplements for the various parts of the country: four corners states-high desert region is Zone 6; California's formula is Zone 9; the Washington and Oregon formula is Zone 8. The Southeast is Zone 2. These can be found at most health stores or Whole Foods or can be ordered through me.



Marco enjoying the sunny deck (and birds outside)

I have finally settled into my new apartment to the point that it really does feel like home and I am quite grateful to be here and at that stage. Happily as part of the move, I parted with several boxes of 'stuff' but realize that there is always more to go so I keep sorting...

Now I feel ready to concentrate on business and having some fun!

Stay tuned for more on personal wellness, transformation and activation throughout the year. Be sure to check out [current classes](#) or [products](#) on this site to see if there is an activator waiting for you.

I AM, I AM I AM,

Carole