



***Life's Intersections and Staying Calm***

**MORE AND MORE CHANGES**

The triple eclipse events and summer solstice during June and July definitely hit us energetically so during August we were working to rebalance after these events. This will be the pattern over the next couple years. First an energy shift followed by a need to rebalance followed by new energy shifts and more rebalancing. Don't expect life to settle into a comfortable pattern any time soon! Of course, these energy shifts affect our physical bodies which are struggling to catch up to the new frequencies. The latest symptoms have been exhaustion, insomnia, boredom and apathy (and often hunger to feed our need for extra fuel). August certainly wasn't the most productive month for most people.

Through all of these ups and downs, have you figured out what you really do want and are taking specific steps to see it happen and to get fully aligned with it? Solara (at [www.nvisible.com](http://www.nvisible.com)) refers to this destination as Right Time-Right Place—requiring clear intentions and impeccable timing on our part.

Have you gotten rid of a lot of the baggage? Bonus boost coming up: on September 11th, Pluto goes retrograde (starts moving backwards) giving us more energy to release that which no longer serves us. Sounds like a great time for some Fall cleaning—both on the physical and emotional!

**FEAR**

There's a lot of fear being marketed on the news, by the government, and even by the entertainment world—H1N1 flu virus, global warming, ongoing wars, foreclosures, bank failures, disaster movies, etc. All this in addition to the personal changes we are undergoing in our lives. The important thing to realize is that you are protected through all this chaos. Just stay in the now, stay focused on your personal vision and let the future happen while you

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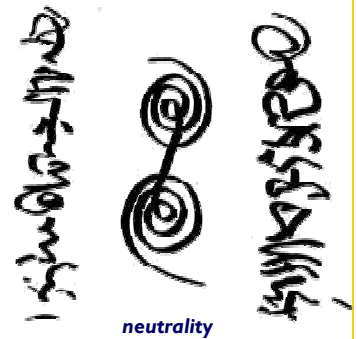
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remain neutral. This ascension process is mostly about clearing our own programs of emotions and fear. Remember that everything that happens is a neutral event and it is the observer who labels it as “good” or “bad.” Trust your intuition and be discerning about news and information coming your way. And definitely stop watching the nightly news!



neutrality

### WHAT'S NEXT?

On September 9th, more activations are being done in different parts of the world to again raise the ceiling for the Ascension. These activations have been going on since 2001 and with each succeeding year, they allow more possibilities for the collective to raise its frequency. What this means for you is another energy shift is coming on the 9th so be prepared for more change and more “unsettling.”

### SUGGESTION!

Before the long fall and winter holiday season swoops down upon us, take a look at what has been your typical approach to the frantic Halloween-Thanksgiving-Christmas-New Year celebration and see if perhaps, this year, some of that can change as well. Create some new ceremonies and celebrations that are simpler and heart-centered. Make this fall and winter a time to heal yourself with quiet time and meditation or prayer rather than shopping craziness and overwhelmingly-sized meals. Find new ways to give back to the Earth and to others. This time is yours to your new world completely! Enjoy the process.



prayer



relaxation



meditation



## Accelerated LifeWeaving Method

*7th Dimensional Healing for the Spirit, Mind and Body*

Friday September 25th from 6 -8 pm and Saturday 26th from 11–5 p.m.

Investment: \$180 (includes chart & manual)

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- *Indecision?—become decisive!*
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All Classes will be held at Sacred Journeys 1919 San Mateo NE Albuquerque, NM

Call 505.255.3388 to register.

## Group LifeWeaving

Wednesday September 30th, 6:45-8:30 p.m.

\$11

This month's group LifeWeaving topic to clear is the Life Area of

## *Children and Creativity*

Join us and open up the flow in your life!

No LifeWeaving experience necessary!

## Ascension Dialogues: Keeping Up with Personal and Earth Changes

Saturday October 1, 2009, 1 - 5 pm

\$60.00

This informal class will delve into the mystery of 2012 and the best way to survive and even thrive during this transition we are in. We will talk about connecting to Source, Protection & Upgrading, Clearing your own Path, Prosperity, House Clearing, Building your Sanctuary, Health & Nutrition, and your Destiny Work. Join us for an *enlightening* afternoon!



The picture at the left shows the tram arriving at the top of the Sandia mountains. This is one of the longest tram rides in the world and quite spectacular. Quite often during the winter you share the car with skiers armed with skis, poles and boots—ready to enjoy the slopes on the east facing side of the mountains.

The weather is beginning to change from the hot days and nights of August to the cooler nights of September. It is sad to see how quickly the daylight hours are “shrinking” but the cooler nights are indeed welcome.

Albuquerque is gearing up for the Fall season with wine festivals, the state fair, and, of course, the Balloon Fiesta (my favorite!) next month.

Of course, I know that Fall has arrived officially when the multitude of hummingbirds disappear—almost overnight—and head for warmer parts. That’s my signal that my early morning ‘office’ hours on the deck are limited and it will be time to move indoors. But right now they are still flittering around so I still have some time...

*Great ayni to you all!*

Carole

**CAROLE'S CONTACT INFORMATION:**

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