



May 21, 2010

## Turning Point

May and June offer a turning point for the year's energy. Mercury, the planet of communications, turned direct on May 11th after almost a month moving retrograde or backwards, so this forward motion allows new plans to finally move ahead. You may have noticed a slight increase in energy and creativity.

However, the off and on energy of this pre-ascension world continues to be a tough one to live in - with the continuing onslaught of bad news from around the world, the news of earth and solar changes, sleep difficulties, and the numerous physical symptoms that bombard us. As our frequencies increase, we begin to understand that there is a link between the planet, the collective and our own bodies.

To survive this ever-increasing sensitivity to our surroundings, it is important to learn to become the observer: **identify what is happening or what you are feeling, but don't identify with it!** Simply observe.

I will share my mantra with you: *"Everything is perfect, just the way it is!"*

Say it enough and start to believe it. Stay in the moment of NOW and let go of the past and future. Worry doesn't get things done. Wishing you could change things doesn't get things done. Giving your all to present time and believing that all is perfect WILL get things accomplished.

### Creating Your New World . . . But Not Quite Yet

Before moving into your new world, clean up the old messes - relationship issues, money, possessions, and blocked emotions. I know this sounds like a broken record that you've heard many times before, but it is totally necessary. Once this cleanup is done and with the help of May and June energy, each person can continue to create his or her new life - the major theme so far this year. Really be creative with your future and step out and make significant changes by avoiding carrying a lot in from the past.

A good friend of mine helps people to downsize and clean. Her method is to walk into a home, tell the owner to place what they want to keep in one area, then asks them to leave. Then she goes at it!

Imagine the freedom to eliminate possessions when you don't remember how much it cost,

who gifted it to you, that it belonged to great aunt Ethel, that you might need it again sometime, that it may be worth a lot in the future, or that you could sell it on E-Bay and get rich . . . someday . . . if you ever get around to it! Think about what you are keeping on hand just because you "have the space."

As you eliminate belongings, recognize that you have already gotten value from owning and using them. They've given you payback. Therefore, allow them to go to someone else without needing to extract more money for them. Just give them away and move on. The best feeling comes from finding someone else who needs the object and gifting it to them or, for major simplicity, there is always Goodwill!

### **Create Flowing Energy**

Think of belongings or money as a form of energy. If you hoard them, the flow stops. You've effectively created a dam.

If you have belongings in a storage unit somewhere, or a packed closet, basement or attic, there is no way for new energy to flow in. In the same way, if you want to create a new world for yourself but cannot let go of the old, you've blocked the flow again.

Almost everyone I talk to is mentioning how they want to "Go Zen" now - to downsize and simplify. However, we've been suggesting this form of clearing for several years now and taking action is tough so many are still talking and thinking about it.

### **Call to Action**

End the mind chatter and make the effort to start this clearing process. Begin with either a small room or your most important room, and take it one step at a time.

1. If you are totally overwhelmed, call in a friend or a professional to help.
2. If you are not feeling overwhelmed, call in a friend. You'll need their neutrality!
3. Start with what you really want and segregate those belongings.
4. Let your helper box the rest and make it disappear. Don't even ask or worry about where it is going.
5. Once the clearing out is accomplished, begin cleaning. Go room by room and dust and vacuum. I also recommend smudging with sage or play uplifting music to help clear the overall stagnant energy out.
6. Next begin to rearrange your space with those possessions that you held onto. Go Zen!
7. Do a final energy clearing once everything is positioned. Again, smudge with sage, spritz lavender water or use sweetgrass to settle all new energy into place. You can also find a wonderful clearing statement for a home at [www.alchemicalmage.com](http://www.alchemicalmage.com) .

If you feel that you will need help, contact me and I can connect you to professionals in the Santa Fe and Seattle areas who do this type of work as part of their destiny.

However you choose to proceed, go for it!

The time is NOW!

NOW!

## Carole's Albuquerque Update



Spring has comfortably settled in so with it we get the glorious desert blooms, swirls of cottonwood tree-inspired 'fluff storms,' warm sunny weather coupled with cool nights, and wind storms.

I like the wind. I like it more now that I don't have to worry about those 100 ft trees that grew around my former home up in Washington state.

These spring winds fit right in with the idea that this is a season of rapid growth and change, which makes spring an easier time to motivate ourselves to change. Take advantage of this current and go with the flow to make those changes you've been wanting to create.



YOUR FANTASY GARDEN

Today (May 21st) the temperature suddenly jumped up to 90 degrees so we are asking has spring by-passed us?

Like the seasons time is moving faster as well, so don't let the opportunity to change or make something happen pass you by. We are into what is called circular time and it is moving so much faster than before, leaving us a lot less than we expect.

Simplify and go with the flow and I'll meet you somewhere downstream!

I AM, I AM, I AM,

Carole