

The Dimensional Navigator

≈ Your guide to the 7th Golden Age
and the 2012 Ascension ≈



Vol. 2, Issue 7 November 2009

www.AyniLifeWeaving.com

Profound Changes, Stagnation & Pure Frustration!

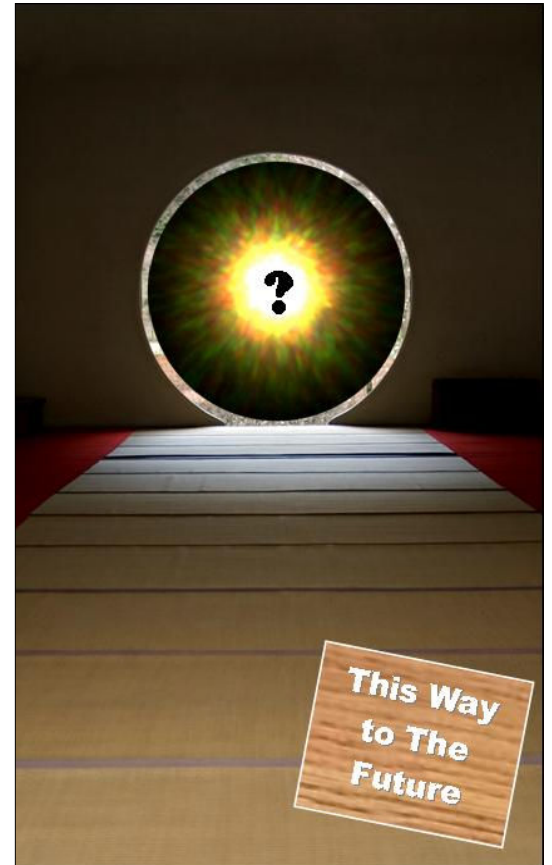
November is well underway and the energy pattern is seemingly more of the same as experienced during the past few months—that of stagnancy and holding. Or is this just a time to rest and catch up to all the changes? Meanwhile, major activations are still occurring around the world, while at the same time we have been in a healing cycle.

However you interpret the energy that is going on, it is uncomfortable for many, myself included. The majority of those reading this article have a foot in both the 3rd and 5th dimensional worlds and are still working at a job (or two) to survive on the financial front. There is still a need to be in the 3rd dimensional world of rules and craziness but it doesn't feel very good. Of course, this is why we have our own sanctuary to go home to at night. Right?



From now until late 2012 we are positioning ourselves for what is coming. Best to stay in the present and face the challenges when they arise.

- Look towards the future but stay in the now; let the past go!
- Pay attention to your body, mind and spirit.
- Rediscover those great self-healing methods that you have studied previously but shelved—yoga, tai chi, qi gong, etc.—and start practicing again.
- Bring some meditation or contemplation back into your life.
- Create healthy boundaries for all aspects of your life and self.
- Make your living space a restful yet powerful sanctuary.
- Integrate spirit into your life more and more. Take time daily to clear and clean energetically.
- Enjoy the disaster movies but remember they are fantasy. You have the power to change the course of your own life and Earth's future!



While both 3rd & 5th dimensional realities exist on Earth, believe that the “disaster version” cannot happen to you. Be compassionate of those involved but do not allow yourself to get hooked in. To avoid that, connect with others choosing the new reality for support, stay connected to your authentic self and become the observer of the changes that are happening.

Remember to fasten your seat belt!



Carole's Upcoming Classes and Events

Group LifeWeaving:

December 30th, 6:45-8:00 p.m.

This month's group LifeWeaving topic is

LIFEWEAVING INTO YOUR NEW YEAR

Join us and open up your life flow by preparing for the coming exciting year! During this session, we will clear the old year's energy, set goals for the new year, and clear any blockages standing in the way of our experience.

(No LifeWeaving experience necessary)!

Cost: \$11

Personal Tools for Transition— Your Intuitive Self

January 9, 2010, 12-5 pm

Learn intuitive techniques

- Card reading
- Muscle testing
- Pendulum testing

Turn on your 'Head-Set' for answers

Learn to test foods and supplements for compatibility

Bring greater flow to your life and surroundings

Cost: \$55 plus tax (includes pendulum and Pendulum Primer book)

The answers are within you!

Accelerated LifeWeaving Class

7th Dimensional Clearing for the Spirit, Mind and Body

January 22 (6-8:00 p.m.) and 23rd (10:30 a.m.—5 p.m.)

Learn this 7th dimensional dowsing system for rapidly identifying and removing emotional blocks. Be enabled to

- Restore harmony in your life
- Change relationships that bug you
- Help reduce pain and heal
- Be more upbeat, happy and balanced
- Lessen allergic reactions
- Become more decisive and in charge of your life

Cost: \$180.00 (Includes manual and chart)

To Register for any class call: 505.255.3388

Classes are held at Sacred Journeys Wellness Center

1919 San Mateo NE, Albuquerque, NM

Check for full details at www.AyniLifeWeaving.com/

Restore Your Ayni!

LifeWeaving Sessions

Use a session to

- Clear personal or business issues
- Clear relationships
- Restore balance
- Reduce physical pain
- Move past roadblocks in your life
- And more!

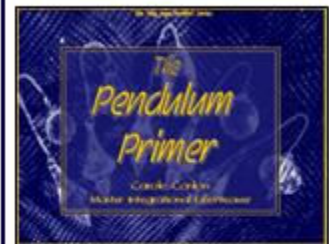
Available in person, over the phone, or by e-mail.
\$1/minute.

Gift certificates available.

For more information:

www.AyniLifeWeaving.com

Help yourself thrive during the 2012 Changes with the Tiny Ayni Booklet Series:



Now available through
www.AyniLifeWeaving.com



Carole's Update:



The International Albuquerque Balloon Fiesta heralded in October. It was a ten day uplifting event with a little bit of tension about whether a number of the special shapes balloons would arrive in time after being stuck in China after a balloon event in Mongolia. They did arrive in time for a portion of the festival. Beautiful weather for the 550 balloonists to enjoy.

Remember to take a break during the holidays—even to the point of re-creating the way you celebrate—so that you don't get caught up in the craziness, commercialism and wild drivers that run rampant!

Great ayni to you all!

Carole

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