



June 10, 2010

Be the Neutral Observer

Throughout May and the early days of June, we experienced reduced energy and a strong internal focus. As of June 8th, a new influx of expanding energy and creativity has arrived. Finally it is time for some outward expression! Many people experienced a short period of dizziness as their physical bodies tried to adjust to the shift.

The rest of June will be a great time to be concrete about your goals and intentions. However, be aware that these may have shifted right along with your body so take some quiet time to reassess your path. Stay flexible as well. And of course, keep clearing and cleaning!

It is also very important to be a *neutral observer* of life.

An observer watches attentively or closely to discover or determine the existence, presence or fact of something.

One who is neutral has no personal preference; does not support one side or another in a conflict; has a lack of involvement.

What this means is that you should watch what is happening in the world without taking sides. You should not take action or create change. Simply watch and know that everything is perfect, just the way it is.

I have a firm belief that we cannot fully understand or comprehend the reasons behind what is happening or what we are observing. Sometimes on a spiritual or energetic level seemingly tragic events have to happen to create change in the mass consciousness.

For example, the oil spill in the Gulf is so huge that everyone must re-evaluate how they are using energy sources such as oil or gas. How are we using resources on this planet? Do we need the big cars and trucks for personal transportation? What other means of energy could be available? Here in the state of New Mexico where I am located, there is very little solar power being used to generate electricity - even though we have close to 300 sunny days a year. (Something to do with politics and big oil, I'm told.)

It is difficult to stay the neutral observer but since we don't know God's overall plan, how can we interfere without possibly overstepping our boundaries?

We are on this planet to grow spiritually and evolve our consciousness - not to make a fortune or be the "biggest cheese" on the block. Our focus needs to be on our own small world. And as we correct what we find there, we end up affecting the entire world.

While observing a situation if you find that your body reacts with an emotion like anger, fear or sadness or with a visceral effect such as stomach pain or headache, it means you have some type of program or emotional block that is being triggered by what you are looking at. This awareness gives you a chance to deal with the memories. The "dealing" can be done through a variety of methods such as LifeWeaving, deep massage, Emotional Freedom Technique, Reiki, and many other methods that address these old memories locked in the body.

If you observe the same event after an energy block is cleared, you will be able to stay in neutrality about it.

As a neutral observer I do believe in sending in some angelic help for either people, critters, or for an area to provide help as deemed needed, or I might donate some money if I am so moved. However, I will not fret or worry or become angry over the world's seeming injustices. I only observe.

Try it and see how your life can change.

For the rest of June:

1. Keep clearing and cleaning.
2. Review the past six months and adjust the parts of your life that need it.
3. Set new intentions and goals to reflect any adjustments.
4. Nourish yourself.
5. Stay neutral.

Great ayni during June...

Carole