

## December energy updates – Ending where you started

Please scroll all the way down for upcoming meditation groups and to book private reading



### Ending where you started

In some small way we are ending the year where we started. Not to say that we have achieved nothing or gone nowhere but we are at a very necessary inner-revision period. Think about the issues you wanted to overcome at the beginning of 2009 and the things you wanted. In some way we are being asked to see if those were the things that we really wanted or if we may have missed something far deeper and are back at that original stating point. Whilst we are back at the same place, we are most certainly not the same person as we have grown and become more over the last energy packed 12 month period. A worthwhile note: usually, the deeper into our needs we delve the more simple they become.

### Relationships

In January of this year I spoke about how 2009 was a year dominated by relationships with other people. We defined ourselves through the proverbial mirror of those people that graced our paths and we raced an awkward and exciting journey through the territory of love, loyalty, loss, separation, union, devotion, and expectations. We were brought head on with our own personal expectations of others and of course the vital lesson of realising that when we try and meet the expectations of others we rob ourselves (and them) of our own true essence. Meeting the expectations of others it too high a price to pay and always results in personal sacrifice. Likewise, having expectations of others results in almost certain disappointment because we only get to experience what we hope that person to be and not *who they really are*. Often, *who they really are* is much better than our expectations if we have the courage to surrender them. 2009 saw the crumbling of old relationships along with old paradigms and became the starting point of new relationships or new ideals in relationships.

## Surrender and 2010

The lesson of surrender was brought to us many times over the year and it holds the key for 2010, without surrender we will find ourselves in turmoil and struggle and October/November were precursors to that. Receiving peace, love, abundance and support are the bountiful gifts bestowed by the master teacher called surrender. True surrender always results in peace and refers to the surrender of struggle, the release of torment (hang ups and insecurities) and the laying down of judgements. When we surrender the ego what is left in its place is our divine mastery.

## Looking back

2008 brought to us lessons of isolation, separation and establishing individual identity, 2009 brought to us lessons of relationship and in 2010 we get to weave it all together into a harmonious dance of individuality and union. Extending ourselves into 2010 we are facing a year brimming with creativity, freedom, expression, release and surrender, the birthplace for a new way of being. The creative flow already started calling towards October when we felt a yearning for a new direction and a greater call for following life purpose, a desire to abandon what we had been working towards and redirect ourselves into something far more fulfilling. Here we are, sitting on the brink of unexplored territory, poised to enter into emotional wisdom and awareness like we've never known before, and as always we undertake this journey together, as a collective entering into the new.

## **Private readings with Kerry K**

After a nearly 2 year stint around the cape Kerry has relocated back to Joburg and is happily hosting workshops and readings from Joburg once again.

Kerry is a channel and clairvoyant and for the past few 14 years has been working as a holistic therapist.

Readings are detailed and exquisite time spent in the communication of your guides, angelic being and ascended masters who lovingly open your heart to see what is before you

and reveal their gentle, powerful and often life changing insights.

See below for booking details

## **Johannesburg meditation group for December**

For those in Joburg over the holiday season I will be running a

### **relax and release meditation**

on

Sunday the 13<sup>th</sup> of December from 10h00 until 12h00

meditation group is usually R300 and includes a channelling session, this one will be a guided meditation only and cost only R100

see below for booking details

## **Johannesburg meditation group for January**

A series of deep relaxation and guided meditation sessions will follow on a monthly basis

To start the new year and align with new energies, the

### **surrender and preparation meditation**

on

January the 24<sup>th</sup> from 09h30 until 12h30

Cost R300 per person, including guided meditation session and channelling

See below for booking details

## **Bookings**

For more details visit [www.kerryk.co.za](http://www.kerryk.co.za) or email [info@kerryk.co.za](mailto:info@kerryk.co.za) for a booking. You can also phone 082 326 4451 but emails are often returned before phone calls.

To keep updated on future energy updates please email [info@kerryk.co.za](mailto:info@kerryk.co.za) with the following word in the subject line “add”. This is a free service and open to anyone interested.

wishing you love and the wisdom to receive it

Kerry



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Should you wish to be added to the mailing list please send an email with the word ADD in the subject line.

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