

In this is a bumper edition of energy updates:

1) February Global Energy Update:

The reason why January was such an important and exhausting month, and the **February Global Energy Update** follows (please scroll down to read) ...

2) February's meditation group:

The *Sanctuary of light* guided meditation and channelling is open to all, and will be held on the morning of Sunday, the 21th of Feb (scroll down for more info) ...

3) Private readings with Kerry. K:

Although February is fully booked, March is open for booking so please enquire now (scroll down for booking details) ...

4) Living on purpose !

A life changing workshop held on the 27th of February and repeated on the 28th of March, giving you the tools to move beyond the concepts of separation and 'going it alone' in order to connect with your soul, your support and your life purpose in the deepest way possible (scroll down for info and bookings)

5) Dolphin Swim

Bookings just opened for the next dolphin swim retreat weekend held in Mozambique from the 15th to the 18th of April (details below) ...

Global Energy update February 2010

Surrender or struggle, no more going it alone

An exhausting January:

The first month of the year has flown past and left most of us with a feeling of complete exhaustion, wondering how we are going to cope with the rest of the year. Don't worry, we will! As always let's not lose sight of the fact that we're all doing this together and that the

most important and one of the most difficult months has passed, leaving a clearer passage open for the rest of the year to follow. Traditionally we expect ourselves to be well rested in December and fresh and revived at the start of a new year, so let's look at the reason why January was such an exhausting month:

January's energy brought about not just tiredness, but a feeling of being trapped, confused, tired and alone. Signalling to us that we can no longer continue to uphold old beliefs in a new paradigm. It's just too tiring to continue living life as if we have somehow been left on our own and have no outside support. That is the root of the tiredness and it's asking us to relinquish the old beliefs we held about being separate, and unsupported (the inspiration behind the upcoming workshop **Living on Purpose**, booking details below). As we surrender into that tiredness, we are in effect surrendering the ego and accepting that we can not do it alone, we were never supposed to.

Flutters of February:

What February holds for us is an opportunity to drop the individual identity of the ego and to begin to allow our higher self to emerge and literally take form inside of each one of us. Referring to our higher self is also referring to our authentic self, the core being ... the part of us that is aware that we are more than the physical body and infinitely connected to God, to love, to life, to each other. This valentine's day let's take the time to remember that the importance is on inclusive love, not exclusive love. If there is a special someone in your life, that should be celebrated and enjoyed, but remember that love in its truth seeks to expand into all hearts and into all beings. It cannot belong to two people alone, nor can it be possessed. But when love is shared and enjoyed by two people it will automatically radiate out from them and remind the world that the love they see around them is a part of them too. The concept that there are those "special people" in loving relationships, and the rest of society left on the sidelines is one of our greatest illusions perpetuated by one of our greatest judgements; that love is somehow not a part of us. When we are aware of ourselves as a oneness or as a collective species, which we truly are, then the love of one is the love of everyone.

Heightening awareness:

Another interesting thing that January evoked for many people was a bombardment of the senses, with many people hearing the continual chaotic noise of the outside world and wondering if it's suddenly become louder or their hearing becoming more sensitive. The latter is true as we are now entering into a field of heightened intuitive awareness all of our senses will begin to feel sharper, for most people over the past month hearing has been amplified while those with hearing impairments would have experienced deterioration. A greater visual sensitivity is following as our eyes are beginning to tune themselves to perceiving more subtle energy forms. While this happens we may see moments of blurred areas almost as if we have to blink to bring ourselves back into focus, and quick flashes in the peripheral vision. Whilst I know that some have already begun to experience this, most people will really start becoming more visually attuned from March and April onwards. Over the past few months our sense of smell, touch and taste has been affected, explaining why many people have suddenly started enjoying different foods or needing massages and

physical contact. I know that of all our senses it is touch that has the most profound impact, making us undeniably aware of the need and importance of physical touch in the form of massage or tactile connections with others. As all these senses become tweaked we may experience intermittent waves of light headedness or dizziness, often accompanied with tiredness. These symptoms will pass as we get used to the changing senses.

The separation of realities:

We are in the new paradigm that we waited so long for. We are at the beginning stages of what we all worked so hard to create and achieve ... an era of light on our planet and in our lifetime. Stop waiting for 2012, the shift of ages is happening and we are so busy waiting for it that we're missing the best part! **Reality is where you chose your focus to be.** There is no shortage of insanity on the planet at this profound time, but as the insanity of traffic, corruption, overcrowding, greed, misery and struggle perpetuates and accumulates so too does the counter opposite (thanks to duality). We are not supposed to struggle against what we see in the old reality. That would be far too difficult. Rather, to surrender that struggle and in so doing find the entrance way to an entirely opposite experience of what life and reality can be. And in so doing, we choose a new reality of ease and enlightenment. A reality of peace, acceptance, tranquillity and the divine state of inter-connectedness; the more we allow it to be there and allow ourselves to receive what we've longed for, the more clearly we place ourselves in the heart of a new experience. For a while to come, we will be experiencing the distinction and contrasts between the two realities as they both co-exist in the same space. Eventually, the two realities will become one effortless place of existence but for now it's about choice. So keep choosing, everyday, decide where you'd like to spend your day. Not in your office block or your school or your home, but in your place of peace and surrender or struggle and chaos.

I've often heard people remarking that they must have done something especially bad in a past life to land up here, or taken the 'wrong bus' or been in the dunce class of souls. To be here, on the planet at this time means precisely the opposite. We are all beings of profound wisdom and mastery. That mastery already exists, it is not something we are yet to achieve but something we are in the process of remembering. Each day we choose to love we choose to remember just a little more of the divine sacred mystery of ourselves.

The Global Energy updates are written monthly by Kerry. K, to subscribe please send an email to info@kerryk.co.za with the word ADD in the subject line

A morning of soulful meditation and channelling for February

Join us (in Johannesburg) for a morning of guided meditation, deep relaxation, enchanted teachings and channelling from the ascended masters.

For February, the **sanctuary of light** meditation will be held on Sunday, the 21st of February
from 09h30 until 12h30.

Cost R300 per person, including guided meditation session **and channelling.**

See below for booking details (please page all the way down).

Anyone can attend.

Private readings with Kerry. K

Whilst Kerry has relocated to Johannesburg and is basing private consultations from there,
here is a reminder that

readings are not limited to people living in Johannesburg, and can also be done
telephonically or via Skype from anywhere in the world.

Kerry is a channel and clairvoyant and for the past 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 website details below for more info, or email info@kerryk.co.za for a booking

Living on Purpose !

A one day sacred-journey workshop, facilitated by Kerry and held in Johannesburg
on Sat 27 February and repeated on Sun 28 March (R600)

What would your life be like if the concept of separate and disconnected were replaced with
an experience of oneness and belonging?

Come and experience yourself as connected to:

yourself

your soul

others

God/the universal source

oneness

among other things, in this workshop learn how to:

distinguish the patterns that create aloneness and separation
release them and replace them with your souls truth

booking details below:

Dolphin Swim

Held in Mozambique from the 15th to the 18th of April (details below)

R3999 per person sharing

Including

3 x nights accommodation, 3 x dolphin launches

Return transfers from the kosi bay border into Mozambique (excluding transport to the border), healing sound journey and drumming evenings

Interspecies communication workshop presented by Kerry. K

Booking information:

email info@kerryk.co.za for a booking. You can also phone 082 326 4451 but emails are often returned before phone calls.

Website:

www.kerryk.co.za

To keep updated on future energy updates please email 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 light
and the grace to allow it in

Kerry. K

Website www.kerryk.co.za

Email address info@kerryk.co.za

Cell phone 082 326 4451 (often emails are returned before phone calls but you are welcome to try both)

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