

Before I get going with the energy update for 2010 and the forecasts' for the year ahead please take note of the following:

**Should you wish to book private readings with Kerry please page all the way down to the last paragraph for booking info.**

**The next meditation morning will be held on Sunday the 24<sup>th</sup> of January in Parkhurst, Johannesburg. Please page down to the second last paragraph for more info and booking info.**

More info at [www.kerryk.co.za](http://www.kerryk.co.za)

## Energy updates January 2010



Welcome to the first month of an extraordinary year ahead

### **Biorhythms**

During my readings I often focus on the biorhythm, or energetic trends that pattern the months and years ahead. It is usually through a person guides that I can tap into their biorhythms and get a sense of the energy that governs a particular time period, these energetic trends highlight certain areas of life such as career, relationships, creativity, spirituality, finances, family, etc. Working with your guides and the understanding of these life cycles gives us invaluable information towards understanding when it's time to move, when it's time to pause, when to say yes and when to say no. It helps us to understand why (for example) that particular job just isn't coming through or why relationships are changing, as well as why certain types of people and events are finding their way into manifestation. The biorhythm itself is a neutral energy. It just is. It is our *reaction* to the biorhythm that determines the events and outcome and often, knowing what to expect supports us in moving forward with ease and grace instead of struggling in the wrong direction.

## **The biorhythms of 2010**

In 2008 there was a very strong focus on individuality and we were being asked then to stand in our own truth and for many, that firm stand felt rather isolated and alone. Whether we were standing up for our own beliefs, or making decisions for ourselves in some way there

was a very strong focus on the individual self. 2009 was quite the opposite with most of the year having a very strong focus on relationships (work colleagues, partners, friends, lovers, family, etc) and somewhere in that haze we lost the sense of individuality that was so strongly emphasised in the previous year.

### **Inner balance outer harmony**

Now, as we enter **2010** we are entering into a whole new phase of our lives where for the first time it's about finding the **balance between the relationship with self and others**, creating a *trinity* of harmony as we honour ourselves, others and thereby humanity (the collective consciousness). On a more personal level another trinity that we cannot ignore is the balance between body, mind and spiritual awareness; whilst we may know that they are interlinked, never before has the balance and harmony between these three been more vital to our well being. In the past we have been able to ignore our body and focus on our spirituality or vice versa, and not felt the detrimental effects of this imbalance. We can no longer ignore the intrinsic balance, the reason for this is not that the **body-mind-spirit harmony** has *suddenly* become important but rather that we are now operating in a higher energetic frequency which means that when we stray from our truth we feel it! The frequency on our planet has been progressively rising over the past few years, we have begun the process of awakening, and at this point in our journey any kind of discord or disharmony is more instant and undeniable. It is almost the equivalent of saying that you won't feel or see the effects of a stone thrown into tumultuous waters, but the effects of a tiny pebble on crystalline water upsets everything. The cumulative effect of many years of gradual uplifting of planetary and personal consciousness has created a more crystalline or more higher consciousness environment (many of us are familiar with the evolved crystal kids being born now days). We are living on a very different planet than the one we were born into, the very air around us is different. Many would think that with this being the case we would become more peaceful. We will. But before that happens the collective chaos of humanity will surface and be released and for a while (like now) it will be very visible. In the distant past humanity experienced the dark ages, but we have now entered into the light ages. We don't always see that because our eye is still on the chaos. Underlying and even driving that chaos is divine light, the age of enlightenment began a few years ago so let's not wait for it to dawn. It has long since begun.

### **Relationships of the past and present**

In the past, relationships with friends, family and especially romantic partners resulted in an almost unconscious loss of self and individuality. In fact, we had to be single in order to develop empowered individuality, hence the very high divorce rates, frequent changes in relationships or marriages where one spouse emotionally or physically left the other. If it weren't for being single or at least feeling single, romantic relationships would have seen to it that we lost our evolving sense of self and immersed ourselves into the other person, creating very disempowering and co-dependent relationships. Whilst I have spoken about this phenomenon being particular to romantic relationships it is not specific to them, as relationships with parents and children, bosses and colleagues also bore similar results, where we found we had to virtually become different people depending on the company around us and it was rare that we were fully ourselves, in our true essence. In fact for many, this phenomenon spoke so loudly there was and still is no true concept of what that essential authentic self is. The good news is that that energy can no longer be up-held in 2010 as we will automatically find ourselves looking for the **integrity** that allows us to honour and maintain our individuality **whilst** in relationship. Together, we will learn that it is no longer

viable to withhold or filter out the authentic being. There is a certain sense of courage, and a glorious freedom that comes from allowing our true nature to emerge. There is so much going on this year as the biorhythm we are entering into is a fun yet complexed one.

### **And speaking of fun ....**

Over the years I have had the privilege of working with many other enlightened species, including dolphins, whales, baboons and elephant to name but a few. Witnessing them is only half the fun, witnessing-them-witnessing-us is the real eye opener and so often it comes back that our species has forgotten to have fun. Fun seems somehow unrelated to spiritual advancement but I assure you, it is an essential component. Fun allows us to be in the now. You cannot be having fun and at the same time be anxious or confused or sorrowful. Fun eradicates worry, at least for the duration of the experience. Fun allows you to fully give yourself to the moment, it facilitates a connection to Source that allows for trust to take place. In fun, we are always inter-connected and lose all sense of separation and aloneness. Fun spontaneously makes way for enlightenment, celebration and life. We may have made it to 2010 but I have a feeling we are all coming alive together, as if awakening from a long dreary slumber. This is the year where consciousness emerges more so than at any other time in our history, now that's worth getting happy about. Share that happiness ... connect ... love ... awaken.

### **Some predictions for the year ahead**

#### **Cleansing Fire**

Whilst 2009 was a water year, making us feel very emotional and highly sensitive, 2010 is a **fire** year and will see a lot of previously suppressed information coming to light, whilst fire can burn it can also burn away the past and be an energy of liberation of cleansing. Fire is the energy of life force and inspires us to be proactive. Used wisely it brings powerful transformation, used negatively it brings arguing negativity and war. It wouldn't be hard to imagine lots of runaway fires happening in 2010, but it's the inner fire whose flames will be fanned and we will find that it cannot be suppressed and that it should not be. This **inner fire** ignites the desire to start new projects, makes us feel restless in the past and somewhere inside we know that if we stay still we will be sacrificing ourselves. Now is the time for proactive change.

On a personal and global level we will see **boiling points** being reached. Frustration and aggression mounting as the rage bubbles to the surface in order to be liberated. Of course whilst this process is happening it can look very daunting and chaotic. There will be more road rage and our attention will be drawn to violence going on around us but, at the same time that all the anger reaches boiling point, so too, does a deep and resounding peace. It is up to us to feed the peace and not the anger. It is up to us to continue to choose and consciously decide which reality belongs to us, we can be in the immature volatility of reactive anger or in the centred wisdom alight with the joy and life force. Remember to hold tight, the calm after the storm is worth celebrating so let's all do that together and remind each other that the greatest impact we can have is to choose to focus on the peace in spite of the surrounding chaos, the more we do this the more we create a resonance for others to connect to.

Those that have a tendency to bottle emotions will find it difficult to maintain the facade of calm and will have to face inevitable truths. Allow yourself to see life as it is, let the simple mantra, “let be what is” be the guiding mantra of the year, as personal success hinges on the ability to do this. On governmental levels secrets will be revealed, lies will be seen more clearly than ever and instead of passive discontent we will begin to see greater calls for personal and mass **action**. The wonderful thing about anger is that when used productively it incites empowered action and can result in massive feats being achieved that no one could have foreseen. What was once bottled will be released. What was suppressed and depressed will surface. Where there was anger is now the opportunity for power. Numbness can come to life again as we are awakened back to our true core selves.

In paragraphs above I spoke about the stone thrown into tumultuous water causing little effect, but how the tiniest pebble on a still lake can never be ignored. This year is likely to bring to the public eye things that cannot be ignored, public outcry will reach boiling points and war and civil unrest may be harder to contain as stifled emotions surface. For South Africa there will be a peak in crime rates in the first 6 months and from August a growing sense of personal and collective power as a society of peaceful people that are connected with each other, know that they will always outweigh the “danger” of a few, then the tables begin to turn in a peace-filled way. This year is for stepping out of the victim mentality and developing a sense of trust in ourselves, each other and the Universal Source/God.

### **War, depression and recession:**

With all the surfacing of emotions, on a collective level this bodes well for sufferers of **depression**, especially those that use creativity to express and release suppressed thoughts, ideas and emotions. Earlier, I said that biorhythms themselves are neutral. They do not bring war, or peace for that matter. Our reactions are the determining factor. The releasing of emotions on one hand can easily spark war (either between countries or metaphorically speaking, in families or even closer to home there can be war between what we feel and what we think) OR peace.

When we stop suppressing and allow our natural energy (our intuitive instincts) to flow unrestrained, what we have is a closer connection to the natural order of things. As a global society, our desire to “go green” will be greater than ever as we reconnect with ourselves and nature and the way things are meant to be. There will be massive breakthroughs in **natural healing** (arthritis and joint pain sufferers among others will benefit greatly) and natural medicine’s. Once we stop blocking ourselves and allow our lives to flow, we are reintroduced to abundance, which is nothing more than universal life force surging through our bodies and a very natural process. Whilst abundance will increase it will only do so for those who have moved beyond greed and into sharing. Sharing of wealth and sharing of ideas will be pertinent this year and for those individuals, governments and countries that have been profiting off greed there will be a bleak financial future and some financial surprises in store. Countries that think they are financially secure and financial super-powers will face economic crisis. Whilst it has been announced that the recession is over, there may be more unexpected but isolated crashes in store, South Africa however will be quite economically stable.

### **Hollywood and the inner child**

There is a magnificent opportunity this year, for the wounded inner child to be acknowledged and healed, bringing with it a profound sense of wholeness. There will be a move towards reviewing education with a strong focus on alternative education for children that allows their wisdom to be heard and their divinity to be acknowledged, the foundation will be laid this year and will be built upon in future years. In fact, in 2010 one of my projects includes starting a sanctuary for conscious children where they can begin to access their divine healing powers, their intuitive wisdom, and their connection to God, each other and their planet. Imagine a childhood filled with a conscious connection to the Universal Source, one that speaks of oneness and inter-connectedness, one that allowed you to discover that intuition is your birth right, healing is your nature, that prayer is an ongoing and natural communication with all life, to which you are always connected. The children have spoken and this is their year for being acknowledged and healed, and that includes the inner child in all of us.

As much as the call for healing of the child will be strongly heard this year, as always, the opposite will surface too. We may see more severe child abuse but as that surfaces, if we are courageous enough, we can acknowledge that until we (as society) deal with and heal our inner wounded child we will continue to see more 'wounding of the innocents' being mirrored back to us. On a larger scale the collective wounded inner child will strike out and create war, throw tantrums and unfair demands. Often, this is seen in the workplace but if you open your eyes you will see it coming home more and more over the course of the next few months. Each situation will be different and involve different people, try at all times not to be reactive but forgiving, see if you can move beyond the situation into your unconditional heart and a place of healing.

A wonderful symbolic extension of the wounded inner child is the "fairytale" kingdom of Hollywood. Focusing on the bling of a plastic society sharply contrasts the harsh realities of life which for a while may have been great, but is not working for us anymore. Beauty no longer lies in evening gowns that cost the size of a small country but in the open bushveld or a smile, or a simple heartfelt gesture of kindness. The more we get in touch with ourselves the less we will be able to read gossip magazines and in much the same way that once great monarchy's have lost popularity, Hollywood's bling will begin to pale in comparison to the radiant heart of love. As this shift settles into the collective mind we may see more celebrities becoming more charitable, and remember that we live in a reality of duality so this means that we will always see two opposite extremes at the same time, hard as it is to believe it is likely that there will be more Brad and Angie type drama's that dominate headlines. Reality TV is already beginning to take precedence which is also societies way of saying that they want something more real and less Hollywood. Besides, the greatest fairy tale of all is the fact that in each of us is a love so profound, that if it were unleashed, could affect the world.

## **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** will be held 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 (please page all the way down). Anyone can attend.

## 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 (please page all the way down).

### 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



wishing you love and light

Kerry

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

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