

Please read below for the latest Energy Update and scroll all the way down to read info about private readings and my schedule for nov/dec.

## Energy update for end of October 2009

### **Who am I now and where am I going?!**

When I first started writing energy updates I purposefully made them short so they would be quick and easy to read, this is the first time in a long time that an energy update has been longer, but due to the nature of what is currently transpiring I cannot limit the information so please bear with me on this lengthier than usual update.

For many people, although October started out smooth it has become quite tumultuous. Energetically we are going through what can best be described as a mini death experience (metaphorically speaking of course). It's a time of rapid letting go, surrendering the past illusions and patterns that dominated our lives entering into a whole new experience of life. But because we have not yet been birthed into this new awakened state, we do not know it's potential and more importantly, we do not yet know who we are in that awakened, liberated state. We are not on the brink of understanding our consciousness (we were there long ago) rather, we are on the brink of experiencing that consciousness and living from a higher vibrational perspective with less judgement, less limitation, less ego and illusion. We are entering the realm of what is possible and that takes us beyond any concepts we previously had of life on this planet.

But, before we get there fully we must acknowledge the passing away of the old so that we can surrender to it and allow the metaphorical rebirth to take place. Like any death, it is a transition period from one way of being to another and can (and should) often involve a period of sadness as we mourn for the past and let go of the old. Sometimes we experience waves of this sadness or a depressed like state and aren't sure why. As this transition happens we are presented with an opportunity to redefine ourselves, our very core nature which in fact has always existed but for the most part we have not fully known that divine authentic self within. Before we redefine ourselves and meet our own higher consciousness, before we enjoy the moment of truly engaging with our intuitive inter-connected nature we must first surrender that which we thought we knew and the person we thought we were.

It's time to let go. Time to let go of, among other things: solitude and separation (the view we once held of being separate to each other, our planet and our creator). As we come out of isolation we enter into the welcoming arms of our greater human family and realise what humanity means for the first time in this creation. For the first time we can begin to understand that family is not the genetic line we were born from, nor even the close circle of friends around us but the entire species. In the past we viewed our species as flawed and fragmented and for many, a painful experience that did not warrant pride or the desire to be included. But we are realising something different now, we are realising that this family is far more enlightened, far more aware than what we once thought and that there are others like us ... awakening and evolving humans. The more we choose to see the master in every being the more we activate a new life force in ourselves and in them. So humanity behaves differently when we choose to see them differently. By maintaining the illusion of humanities cruelty or greed, we feed that illusion. Until we bravely step out and first see ourselves as divine creative beings, and then humanity as a collective of divine creative beings we will not emerge from the illusion. In the past we were waiting for humanity to change before we changed our view of them and who we were, now we are being awakened to the fact that we are already the masters we wanted to be, if we allow ourselves to drop the veil of illusion and see beyond it. It takes courage to stand in that light.

We will all surrender the illusion of separation in our ways, for many of us it is through asking for help or allowing ourselves to be helped. Don't let life give you circumstances that makes this decision a last and desperate option, rather extend your hand right here and now and be willing to let life and the greater human tribe support you. Being willing to trust one more time, realising that a lack of trust in people perpetuates a lack of trust in the Universal Source and perpetual loneliness. It's time to claim the birthright of who you are and who you were born to be ... loved, supported, encouraged, held, honoured and respected. Claim your right to trust the world by being trustworthy, have companions by being one, love and in return be loved; be willing to allow these things.

This is a period to take something far greater than a single step, far more than a quantum leap, to be honest I don't know what the words would be to describe what we (as humanity) are doing at the moment but I know that we are so rapidly letting go of the way we used to do things that it's changing our identity. At times we feel unsettled, unsure, directionless, questioning what we have and what we want, and without knowing where we need to go being aware that somehow it's time to move. And to think, for the most part, we don't know how big these leaps in consciousness are because our experience of them is often doubt, confusion, and feeling topsy turvy for a while.

It's an ending of an era, the completion of a long cycle, and as always letting go of old paradigms is an uncomfortable thing to do. No matter how uncomfortable and self-limiting illusions are, they are the familiar place we have known for most of

our lives. The rate of change is unprecedented but what is more remarkable is how quickly we can shift out of illusion into truth. What would have taken us years to understand or resolve can now be worked through in a few moments, we simply don't have the time anymore for long drawn out analysis of the same issues. And it's because of this that we feel as out of sorts as we do. As human beings, the way we've always done it in the past is to change one thing at a time and to understand what and why we are changing through intellect and analysis. Suddenly we find ourselves dropping chunks of reality, even memory banks, it feels as if our core is changing and without having the time to intellectualise what's going on it can feel entirely crazy. But there is nothing crazy about this at all! This is exactly how it's meant to be. Imagine if we had the time to analyse each bit of information that we are letting go of, it would only slow us down and create way too much hesitation and doubt. What we are doing now is exchanging intellect for wisdom, and wisdom knows that it does not need to be understood in the brain, it needs to be felt in the heart. It's time to let the past be the past and to walk away from what previously held us in a place of illusory limitation. Of course, as this process unfolds, we find ourselves in an unfamiliar place where we don't yet know the self that we are becoming. It's as if we wake up one morning, look in the mirror and say who am I now? And each day we get to ask that same question until the new that we are becoming is more firmly anchored.

You are not crazy, you are letting go and this is what it feels like to move at a rate that is faster than your intellect will allow. It's a great thing because when you allow intellect to surrender then wisdom can finally take over and speak the language of love to every cell of your body.

As we move into November we enter into the rebirth and realignment, where we will begin to have different ideas about where we want to go and what we want to do and who we choose to share our lives with, although some people have already begun to enter into that process already.

#### **ABOUT KERRY KRONENBERG (Kerry K)**

Kerry is a psychic intuitive, running meditation groups, private readings and channelling sessions as well as facilitating dolphin swims, walking with elephants and much more. Please go to [www.kerryk.co.za](http://www.kerryk.co.za) for more info.

#### **What are the readings about:**

Private consultations are channelled readings from your guides and angelic beings, an opportunity to connect with loved ones on the other side and work with the insight of your higher wisdom, being better able to make informed decisions and rapidly move forward. Although readings can be predictive this is not the basis of the reading, rather it can be seen as an opportunity to find out about life purpose, patterns and progress by looking at relationships, career, family and loved ones and being able to hear your guides perspective and understanding on these issues.

#### **How to book a reading:**

- ❖ Private consultations will be taking place in Cape Town until the 20<sup>th</sup> of November only and thereafter approximately every 4<sup>th</sup> month.
- ❖ As of December I will be relocating back to Joburg and running private consultations and work groups from there.
- ❖ As we become more telepathic, and are able to make use of the internet as an expression of that inter-connectedness, readings can take place from wherever in the world you are by either skype or even telephonic readings.
- ❖ Please see phone and email contact details below to book

wishing you love and the wisdom to receive it

Kerry

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