

## Some important dates on the May Calendar

11 May – Mercury goes direct (while mercury is retrograde, communication and technology are challenged with misunderstandings, miscommunications and malfunctions)

14 May – new moon (manifestation and creative energies are peaked)

22 May – a Saturday Morning of Meditation and Channelling – accessing love and power (booking details below)

27 May – full moon (a time to release control accumulated pressure and old emotions)

30 May – a Sunday mini workshop called SOULS DESIRE – listening to the language of our inner self (booking details below)

30 May – Saturn turns direct (indicates the return of forward motion and an end to feeling stuck or limited)

31 May – Neptune turns retrograde (more emotionally sensitive, a time where creativity and intuition become more necessary)



## Global Energy Updates 4<sup>th</sup> May 2010

### It's all about power right now – who has yours?

For most of us, regardless of the circumstances we currently find ourselves in there is a feeling that it just isn't smooth sailing anymore. This doesn't mean negative outcomes it just means that we are being challenged and we are aware of it. For those that have realised that they cannot control outcomes the sailing is already a lot smoother and the more we give up control the easier the journey will be. Of course as we relinquish control it begs the question ... if I'm not in control who is ... the answer has been the same for all eternity: the partnership between Source and Higher Self. And the more you know those two partners, or even just one of them, the more perspective they can share with you about your life and where it's heading. At this time we all need **calm**, we are being cautioned about operating life from a reactive state, but rather from a creative one (meaning that we don't react to circumstances with knee-jerk responses but rather review these circumstances and consider how to recreate or accept what is). This means less fighting and more peace, less resistance and more **acceptance**, less up-hill battles and more down-hill momentum, I'm sure you get the idea ... whatever happens right now don't fight against it because that only perpetuates struggle, but finding acceptance creates peace and peace creates more peace. Always. Remember that we first feel a feeling and then that feeling transpires from thought into material manifestation so when you can't change the world around you change the world inside of you.

As we head into May our attention is turned towards **power** and we have been asked to look at who we may have given our power to or where we might have suppressed or hidden the full power of who we are. It's a time for deeply connecting to our own emotional wisdom. Collectively and individually we are masterfully creative and advanced beings ... the only thing that prevents us from realising that is ourselves and the point of time we stand in. But we are finally ready, and that's the simple truth of it. The more disempowered we allow ourselves to be the harder we create our reality, the more powerful we allow ourselves to be the more we flow into a reality of ease.

22 May – a Saturday Morning of Guided Meditation and Channelling – a mini workshop about power, control and the meaning of love

Held in Weltevreden Park, Johannesburg – available for purchase and download after the event

Starting at 09h30 ending at 12h30, Cost R300 per person including a mini workshop of meditation and channelling

These groups are open to both beginners and experienced practitioners of meditation. Each meditation is a unique experience of calm, stillness and elevated sense of being and is followed by a group channeling specific to each group and the relevant themes they are going through.

Limited space. Please email [info@kerryk.co.za](mailto:info@kerryk.co.za) for booking or more info.

30 May – a Sunday mini workshop called SOULS DESIRE – learning the language of our inner self

Held in Parkhurst, Johannesburg

Starting at 09h30 for 10h00 ending between 15h30 and 16h00, cost R600 per person

When we are given the gift of seeing our destiny with the accompanying understanding of our Soul; then we have true choice – our souls choice, our souls desire, and it is that which allows us to access the wisdom within, the only wisdom capable of shaping our lives into an exploration and adventure worthy of the loving beings we truly are.

Please email [info@kerryk.co.za](mailto:info@kerryk.co.za) to request more info on the workshop or to reserve your space

I hope that everything is beautiful in your world, if not find something beautiful and make it your world.

Should you wish to be added to mailing list to receive posts of the energy updates as they are released please email [info@kerryk.co.za](mailto:info@kerryk.co.za) with the word ADD in the subject line.

wishing you love and light and the wisdom to receive it

*Kerry K.*

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