

# Global Energy Updates

16<sup>th</sup> of August 2010



Two weeks into August and what a crazy month it is, energetically there is so much going on that for the most part I haven't even known where to start writing this month's edition of the energy update. Eventually I stopped trying and realised that all I can do is write about the confusion and how we don't know the outcome, where we're going or even how we're going to get there. What we do have is a sense of something bigger than ourselves, or should I say something bigger than ego, and that is our own inner authentic being that we are instinctively and intuitively making a deeper connection with. But as this takes place it almost feels as if we are powerless or out of control, we may experience this by feeling as if opportunity is frustratingly far away, like we're waiting for something to change but don't even know what that is. It's us of course, we are the thing we are waiting for, our own awakening.

And now, when all we want is change and to break free and to be given a firm sense of knowing and a clear path to walk on, it seems more elusive than ever. Instead of moving forward unencumbered, joyful, buoyant and free we seem to be overwhelmed and unprogressive. Nothing can be further from the truth though, we are progressing at such a deep level, we are awakening at such a deep level that overwhelm we are feeling and that uncertainty we are going through is such an important part of the journey, because these are the mechanisms we are using to disassociate ourselves with the ego that we were so bound to in the past. As we evolve and grow we will have these periods of total confusion and feeling as if we have somehow taken steps backwards instead of forwards but these are the times when we have gone so deep, so far beyond the surface. What will emerge from this period are deep realisations that seem to spontaneously bubble up from within; like a sudden idea that flashes in our brain with sudden insight or absolute knowing, and we will find ourselves silently saying "oh why did I ever not know the answer to this" or "why did I ever doubt my path". It's there, it's emerging, but it does take time and what we need to remember is to be patient with ourselves and compassionate, allowing for us to transit through this journey with ease.

Sometimes when we realise that we can't do anything, we shouldn't! Sometimes when we realise that opportunity is not knocking on our door, it's not time to move forward! Sometimes when we feel trapped or stuck, we are being given an opportunity to pause and rest! Let's not fight what we are being shown, let's surrender to our own higher wisdom so that we don't stand in our own way anymore and so that we don't inadvertently slow ourselves down and prolong our journey. Sometimes we forget to allow life to be easy, let this be your reminder.

We are in the process of learning (or rather remembering) how to love again, realising that love is the glue that connects each of us with the whole and allows us to live life from that

perspective, as part of a greater Oneness. This will allow us to finally remember that we affect the whole, each of us contributing, each of us realising that on our own we will never know love, we will only know love when we sacrifice the illusion of separation and enter into the bigger truth of who we really are. We are also on the brink of seeing our body differently, instead of our identity just one aspect that doesn't contain us but rather represents us.

Love is the state we are in when we are remembering and experiencing our authentic being, vast, infinite, eternal and all knowing and we are all headed there together.

And finally, here are some words that you can read and allow to stir inside of you the awakening that we are all in the process of experiencing now ...

You are wise beyond your greatest imaginings, you are love beyond your ability to comprehend, you are magnificence beyond what you dared to consider.

Upcoming events for August:

**Sunday morning the 29<sup>th</sup> of August from 09h30 till 12h00, R300 per person from 09h30 till 12h00**

A morning of Guided meditation and channelling on **MEETING YOUR TWIN FLAME...A MEMORY OF LOVE**

For more info please or to book your space please email [info@kerryk.co.za](mailto:info@kerryk.co.za)

Meditation will be held in Randburg, Gauteng but if you are not in the area you are welcome to tune in, even if it's just for ten minutes between the hours of 09h30 and 12h00 and contribute your essence to the unfolding journey of love.



Wishing you love and light  
Always

## Kerry K.

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