

Global Energy Update for 21st of June 2010

It is winter solstice for the southern hemisphere and summer solstice for the northern hemisphere.

Solstice energy extends approximately 14 days after the event, the day of solstice however marks the longest night in the southern hemisphere and the longest day in the northern hemisphere. Globally there is always balance with the two hemisphere's experiencing opposite but complimentary energies, much like two halves of the whole. The longest night in the south means a time of weighing up, making new decisions and deciding on new directions and plans to be implemented while the longest day in the north means a turning point has been reached, time to step into the light and take action. Regardless of where you are the similarity in the energy is as follows

The energy is heating up (sadly in South Africa that does not refer to the weather)

This Solstice is intense and that's putting it mildly, so no matter what you're feeling you should be feeling it intensely right now. At Solstice we're given a reminder that we can no longer deny who we are at the deepest levels of our being, we can no longer deny our purpose, our aspirations or ourselves. We've collectively reached a point where frustrations and anger are heightened and we have three choices. The same three choices we have with any emotion; either we release it, act it out (which only locks the anger into a vicious circle) or suppress it. Suppression is no longer an option as it's becoming harder and harder to suppress emotions (thankfully), acting out emotions leads us to feel unfulfilled and question our behaviour (thankfully) and it's become more and more clear to us that we need to find another way to acknowledge and release our emotions. With the mounting frustration that we individually feel it's no wonder that fire in the form of volcano's have been mirrored to us on a global scale and now our attention has been placed on the very thing that fuels fire (in this case the oil leak off the gulf coast). We can expect to see a lot more disturbances to our planets oceans as well as more volcanic activity to come over the next few weeks. As we unplug ourselves from what fuels our frustrations and our struggles we will begin to see clarity in ourselves and our oceans.

As I began typing the above paragraph a flood of information came through me and my fingers began typing faster than they ever have (and that's fast!) and what I have written may just become the start of that book I've been intending to write and not quite gotten to hmmm what was I saying about no longer being able to deny where we're headed.

Being in the now or being in the known.

The only place where life is working for us is when we engage with a very sacred, flowing, harmonious, timeless place called the NOW. It is different from the known. We can look at these two places (the now and the known) as two different states of being or two different realities. Depending on which one you're engaged with you will see different things, hear different things, experience life with a completely different perspective.

Finally and most importantly.... The contrast is too great

The contrast between being in the now and the known is the difference between being in the spontaneous flow of life or struggle; and the difference between these two places has finally become so vast, so undeniable and so blatant that when we move out of the now into the known it feels as if we are jolted into anger and aggression, depression and struggle that is somehow amplified. As quickly as you can, reengage with the now where you will wonder what the big deal was in the first place.

How to be in the now ... how to release emotions ... how to clean up the inner oil spill

In previous energy updates I have spoken about how my work is slowly beginning to move away from one-on-one consultations to group sessions in order to accommodate these teachings and make them available to a broader group of people. Please know that each of us is capable of finding these answers for ourselves, that's precisely what we've come here to do. For those that wish to accelerate the journey or be supported in its unfolding there is now a range of ways to access the necessary information.

27th of June:

Workshop held in Parkhurst, Johannesburg: Souls Desire (if you are in the Cape Town area and are interested please let me know now so that I can work with the numbers in order to find a suitable venue and date). **Please email me if you'd like me to send you info on this workshop.**

17th of July:

Meditation and channelling group to be held in Johannesburg (venue to be announced)

25th of July:

Workshop to be held in Johannesburg (topic and venue to be announced)

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wishing you love and light and the wisdom to receive it

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