

# January/February 2014 • Out of the Cocoon •

## *Energies Blending as Walls Crumble*



2013 was a time of letting go - turning to mush and releasing, totally releasing, the “programs” that were blocking us from knowing and realizing our authentic self and true spirit. A bumpy year for most of us, the energies appeared to be bringing up stuff that we thought we had already dealt with and let go....

Like the caterpillar totally releasing its old existence, going back to source and spirit, we also were being lead to allow our old existence to cease to exist so the new (butterfly) may be created. 2014 holds that birth - a creature of the air soaring between earth and sky, symbolically spirit and physical. Soaring is the key here, not jumping back and forth, but flowing and merging.

It is a blending of the two realities as our heart continues to expand and actively participates in our physical existence. We are called to become less fragmented, less focused on the whys of a situation and more focused on acceptance and going with the way we are lead, the flow of existence as our species and planet evolves. This sounds very much like many of the words that we have heard over and over again these past few years! And we recite them, like them, share them and try to embrace them intellectually.... yet we are still not there. Why?

Think on that. Humanity has become a species of naming and separating in order to justify, analyzing in order to judge, seeking to know in the intellect a reality and connection that can only be attained through the heart.

We have known, felt connections and Truths in our heart, and in our gut, yet our teaching prohibits us from embracing them unless we can categorize and judge with our mind and intellect. This process (most often on a subconscious level) separates us from that which we wish to embrace. Once we put a label on it, we can “point” to it, view it, observe and analyze it. What we cannot do is integrate with it.

If we can see, point to and analyze this state of being we want, it will always be beyond our reach... we are viewing from the outside. If we truly merge and integrate, our view becomes one from within that with which we wish to merge.... it goes from being an intellectual exercise to being a heart movement and feeling.

As I write, guides are putting additional thoughts in my mind ....

Naming, judging, separation, control, fear of change, idea that we must be totally self sufficient and disconnected, our mind and psyche manipulating us.... is this a real Truth or just something I want to believe is truth?

That ego again. How tricky it is, making us believe we are actually letting go of everything. Reality is that we are most likely only letting go of the obvious things we think are holding us back.... but how about the stuff we do get pleasure out of? Whether we like it or not, this is a bit of an all or nothing scenario. If we always cling to the familiar and comfortable, we are not allowing ourselves to be open to receive the new and unknown.

I also think that often we do not realize that we are still holding on to beliefs and patterns. We have categorized, judged that which we enjoy as being good and not something we wish to let go of. Yet some of that good could be attached to and a part of that which is holding us back. Some of it could be camouflaged (by our tricky ego that likes to be in control) as a good when it really is the very thing, thought, idea, concept that is standing in the way of our allowing our unique Divine abilities, the spark of Source that is within us, to expand to its full potential.

The caterpillar who may enjoy crawling through the cool grass on a warm day, but definitely does not enjoy curling up in fear in order to hide from the hungry bird that would like to devour it. Yet the caterpillar must give up the enjoyable part of its existence as well as that which is not so enjoyable. And we may be called to do the same.

The energies of this month, the first month of 2014, have been about truly making the move to our higher existence. Everything I have read has spoken to the concept of “move or be moved” as well as a time of immense opportunity for each of us to intentionally open to our own our authentic self, our unique abilities, our spirit and soul’s calling. It is a time to pay attention to those thoughts, ideas, concepts. They have come to you for a reason.

We can either look at the stars, the sun, the moon and see them as alien and apart, or we can breathe and see them through our heart with awe and wonder as that which we are a part of a universe of wonder, flow and eternal existence. We can either view the Earth as something beneath our feet or we can feel its pulse, its energy, move our awareness to its center and become one with it, allowing its energies to cleanse and replenish our own. We can put ourselves outside of Source and Nature, pointing to it and telling ourselves we want to connect to it, or we can recognize and feel that we already are connected – already one with everything that is.

And, finally, what does one say to ones ego when it digs in to avoid change, new ideas, possibilities, habits, behaviors?

Move or be moved! That works for me!