

# Learning Through Challenge

I need to start by mentioning that many people have been asking me about the coronavirus lately. Their questions range from wanting to know if this is a real thing or if they are going to get it, to whether or not this is the end of the world?

As a Medical Intuitive, I must say that every illness has an energetic cause. This virus is no different. In answers to some of the questions, I have noticed that there are definitely biblical prophecies being fulfilled. Locust infestations in Africa, false prophets, plagues, earthquakes, floods and fires, etc. Of course, some of these have been happening for centuries, however it does seem that they are increasing. With any change comes some challenge. However, changes of this magnitude are increased globally with emotions, panic and fear.

I have always said that it is important to keep calm when the body experiences any significant change. When calm, it's easier to listen to it.

We are all at a crossroads of perceptions and interpretations throughout this new time in history. I find it crucial to voice that we always have free will, which becomes choice. If we realize that the same amount of energy it takes to be ill in the body is the same amount of energy of power we have to heal, it may put things in a different perspective. That said, realizing that everything is energy, including thoughts, can influence you to feel as a victim. Hopefully we all know that there is no such thing.

I am writing this on the 29th of February: leap day! Breaking down the number 29 in numerology, we get an 11. The number 11 is about mastery. Spirit speaks in many forms, and I can't help but to recognize that we are in charge of our own choices, thoughts, how we see things, and how we act or react. Therefore, we can choose to panic or we can stay relaxed in the midst of the times we are currently experiencing. Keeping calm reminds the body that there is no reason to have your adrenals in an uproar, or you are at risk of igniting the "fight or flight", telling the body to use more adrenaline when it is unnecessary. Our bodies function with a flow, and anxiety creates a blockage that stops that flow.

Staying balanced, taking care of yourself, drinking plenty of water, washing hands and eating healthy will keep the immune system strong; as it should be. Even more importantly, the way you see things and feel is even stronger. I see this challenge we are facing globally as an opportunity to become the one in charge, not a victim, and to remember that this is the time of mastery within. The energetic cause of a virus, even just a regular cold, says the body needs to slow down to keep healthy.

Our minds can get stuck by the way we were taught, not about the power we create. If Nicola Tesla believed everything the world said, he would have never ventured to become the genius he became. Fear wasn't in his vocabulary, and it doesn't have to be in ours either.

Uniting through love and compassion will always raise our vibration!

Here's to the health of the mind, the heart, the body, and to each other!

Much love,

~**Mona**

*March 2020*

