

Re-prioritizing Our Emotions

March has certainly given us a “one-two punch” this Spring as weather patterns have been disruptive in many areas of our world. Interestingly, the weather is an effect of a collective emotion... whether it be stress, intensity, anxiety, or a general increase in emotions! Most of us aren’t aware of how energy works on such a large scale, so here’s my personal view on what seems to be occurring in our world at this moment:

“Times, they are a-changin’,” as Bob Dylan’s song goes. Weather patterns are always interesting to consider. In the United States alone, there has been a series of tornados, flooding, high winds, freak snowstorms, and yet, also hot and dry weather only a state away! There doesn’t seem to be much stability in weather patterns these days, and some might call it “global warming.” It certainly might be, however, as an energy medicine practitioner and healer, I would like to add that *energy is everything!!*

How our global community responds to everyday life is called a “collective.” In energy, a collective, like the cells in your body, resonate with a vibration that feeds on itself. We call this our environment. If we are being affected by a disaster, for example, then we all feel an emotion around that. We are intuitive beings that pick up on emotional energy, which shapes the outcome. All cities, states, and countries have these... put them all together, and we have a global collective.

There was a book called “Seth Speaks” written by Jane Roberts in 1970. She channeled information from “Seth,” a disincarnate entity with much wisdom. In one section it says, “Weather patterns are a reflection of the human emotions.” I heard this quote quite a long time ago, and now I feel it to be very true.

As our human emotions are going through changes due to shifts in our consciousness, so are our environment and weather. We are so much more important and powerful than we have ever given ourselves credit for. When there are hundreds of people feeling similar energies, it creates a result. This reminds me of the common bible quote, “For where two or three are gathered in my name, there am I among them.” (Matt. 18:20)

Our emotions come from many lifetimes of having to make decisions, being hurt, or even being killed. We also have many good memories associated with them. All in all, it is ultimately our choice to either hang on to emotions of the past or move forward in creating new ones.

Recently, I have seen several clients who are bound by emotional pain and discomfort, where the body can no longer handle or accept that kind of stress. People can get very sick and their immune systems compromised, all due to an emotional cause. We can actually do exercises to help initiate a better feeling in our heart, and that in turn can initiate healing. More importantly, we can get subconsciously caught up in these exercises and live them as a pattern.

To turn this around, we must remember the truth: we are sovereign beings with a built-in mechanism that reacts to any situation. To live life with balance, we can consciously change the reaction and thus change the outcome. WE MATTER. If we can keep in balance the strength, the love, and the recognition of our desires, we can recycle the past emotions, using that energy to generate new emotions, and shift them into power by action. This in turn will create a dynamic energy that will resonate into the collective. By all means, we are in charge.

May this wonderful NEW BEGINNING of life celebrated by Easter on Sunday, April 4th, bring us into this powerful recognition of the deep meaning of self-love. Together we are a family of light!

Much Love to each of you, from my heart to yours!

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