

# The Alchemy Within

**"Accepting responsibility for the power you embody is the essential and most important lesson of this entire transformation."**

- Barbara Marciniak, *The Path of Empowerment*

June has certainly been a trying time in our precious world. For those who are curious about "what in the world is going on," I can offer you the info and energetic downloads that have come to me - sometimes in the middle of the night!

As crazy as this sounds, we are going through a massive shift in a world that was once dominated by false power, incorrect thinking from leaders who didn't have our best interest at heart, etc. This is not just the government. It is a full aspect that is happening all over the world, from education to the medical profession and our financial systems, etc. One of the wisest quotes from Abe Lincoln comes to mind: "You can fool all of the people some of the time, and some of the people all of the time, but you cannot fool all of the people all of the time." That, I feel, is where we are now more than ever in the history of the world. People are sharing and demonstrating their voices, whether it be riots, discord, chaos, disagreements about COVID-19 cases, etc. We are truly in a world of conscious change!

The meaning of the word "alchemy" states that it is the transformation of one product to another; discovery of a universal cure for disease, or discovery of means to prolong life. As we continue to move into our personal choices from the past to the future, we are internally transforming the way we used to feel, to think, and design a new way of living, feeling how we are to unite as a global community when so much chaos has disrupted our old way of living. This isn't necessarily a "bad" thing; however, it IS a new concept of creative thinking with new imagination at hand.

Simple ideas are changing. Our home, our roots, the past, how we cook, how we make money, how we are changing the concept of raising our families during this pandemic, all add to this process of taking old roles and turning them inside out. We simply cannot keep going at the pace we were even from the beginning of the year. It was detrimental to our health. Our adrenals were on fire with protection, the speed of getting the job done, always trying to keep up whatever pace we created. Now that is all in flux. Deep reflection on our ideals is at hand.

Energy exists no matter what, and when we consciously become more aware that we are creators without guilt, restrictions, or someone always telling us what and how to live our lives, we can become Merlin the Magician, the truth-teller, the leader of the band! We all have free will. Anxiety is natural as we transform and allow changes to occur. However, it is how we react that creates an action through our own choices. We are definitely at a "tipping point" within and without. These are small changes that are significant enough to turn into larger changes.

Emotional ties to our old way of living need to consciously be examined to recognize this internal alchemical change and transformation. Nobody knows what is truly going to be the

outcome of our world, yet we can now understand that we can choose to be free of all this chaos. We are cleaning out our closets! John Lennon wrote a song that states, "there are no problems, only solutions." Tidbits of these wise quotes and statements come in handy now that we are endorsing our individual power! Keep open, if you will, to all possibilities coming your way. Examine your thoughts, for that alone is a manifested vibration that is still a sound to the Universe.

It's time for the action we take to initiate our dreams that are ready to evolve and come true. All it takes is observance, recognition, and release of past emotional pain, that in truth doesn't have to exist except in our mind (which is also changeable in a quantum second).

This eclipse season we are in is a dynamic power of influential suggestions! June 5th, June 21st, and now July 4th (lunar eclipse) when the sun will be directly over Washington D.C. These are the last eclipses for quite some time, so we can choose to take advantage of the encouraging energy, or not. The window of internal transformation is upon us. I choose wisdom, change, and spiritual direction for a stronger, more loving future for us all!!

Here's to a personally powerful month of July!

I love you all,

~*Mona*