

The Life We Love

With all the changing going on in our world today, we are observing that people are ready to be "let out" of quarantine and go back to living life "as usual". There are protests occurring because people feel like they are being lied to, or misinformation is being dispersed by the political leaders, and blame is being thrown around with the pointing of fingers as to who did what.

When I witness this, I feel that:

1. Everyone has a right to their opinion
2. No one knows what is coming next
3. The people want to become more independent
4. The Earth is "getting a break"

It's human nature to be with others and have a sense of purpose. Maybe it's been about belief systems that taught us that if we work hard, we reap the rewards. Our old ways of believing have been ingrained in us: from wanting to be treated fairly to standing by expectations that "if we do this, we get that".

This is clearly a wake-up call. Living the way we have been hasn't been the healthiest example for our children, or our spirits. People's adrenal functions have been way down due to stress, causing more illness, dissatisfaction, and patterns that have stopped our creativity of living life itself. Suicide rates have been skyrocketing and the corporations are (were) still in control.

Today, we are in nature more and in a solitude that can be healthy if we remember that to "live simply" means that we simply live. Our world is different today and may never go back to what we had. Is this a good thing? It certainly is if we remember that, as a global family, we are all here together learning to be more loving within, more patient, and calm the chatter of always making things about "me, me, me"; instead, see how other people can help to positively influence us. Our subconscious form of living has snuck up on us. It's like watching your child every day and not seeing that they are growing taller. Our old ways have reached a critical point inside and out, and this pandemic has revealed a NEW way of looking at life by making us have to say "uncle"!

In astrology, it is clear that the stars have lined up exactly as they were during the Spanish flu, which swept over our world and killed millions of people. If we "go back" too soon (and clearly the planets are telling us not to), we may discover that by not taking the time to learn this huge lesson, there may be serious consequences.

Everything is energy. Energy from the past, from old patterns, whether it be individual or worldwide, reoccurs to help teach us to live better, smarter, simpler, and definitely

more lovingly. Helping each other when in need, listening to someone having a hard time, taking the time to think differently and confront our own thoughts and schedules... the list goes on and the lessons can be learned to liberate and manifest in ways we've never seen before!! The Earth will be able to show us her trueness, and that alone can bring a sense of "awe" into our life. Our adrenal glands can finally calm down and illness can be manageable, without major corporations taking more money than they ever had the right to in the first place. Changing from the inside out is how we change the world.

Let's begin to feel in our hearts daily what peace can bring in the life we love... it's definitely time!

All my love,

~Mona