

Transitions, Transitions

When I thought about writing this article, it felt as if it could literally go on for days!

It's pretty obvious by now that the world is shifting, we are shifting, and every country is making new choices and decisions between the old ways of doing things and the new way. It's like learning how to drive all over again, but this time, learning on a stick-shift instead of automatic. Nothing is quite yet figured out, however, and humanity is directing the show... no matter how wobbly it is!

I've always said that in order to change the outer, we must change the inner. That said, since we are all learning to expand our thoughts, our perceptions, and make new decisions, we have to be able to feel better inside about ourselves. Each individual is hearing a type of clarion call to increase our abilities and start over. This consciously started to ramp up when COVID became a real global issue. Having to think about our jobs, working from home, helping others – including our families – we have turned a corner.

Some feel this is so radical that it interferes with our personal decisions and almost forces us to change directions. Others feel this brought them a better and more creative viewpoint as they were nudged to consider a new direction. This is why many feel so lost right now.

When we feel vulnerable, we also get more sensitive. That means the weight of the world, the anxiety of America's future, and so on, is affecting our very being! We are learning to view **transference** in a world of change! This can be extremely difficult with all the changes that seem to be happening all at once.

Here are a few things to consider and remember that will help initiate a balance and peace without feeling you need to join a monastery or convent:

- Breathing is not only necessary to live, but also to create and connect to relaxation. We don't have to meditate for hours in order to recognize we want to feel in charge of our emotions. Breathe in with an open mind of receiving, and breath out old ways of acting or thinking. Do this for 10 minutes, consciously, every day if you can. This will help lift you up and become more balanced.
- Recognize that any crisis or trauma has had to be a part of you. However, you are in charge now, and when you see this as "the past" you can release it without struggle or the constant stagnation of memory holding you back from what you desire. These memories can become an actual identity that becomes false.
- Energy change is subtle yet powerful. Remember that as we get out of the past, we can adapt to being in the moment much easier. We make better choices, make room for new activity in our body and in our lives, and we feel much freer inside. As the saying goes, sometimes you have to lose something to gain something else.

Astrology continues to astonish me with the alignments that are obvious between humanity and the Universe. It's like God wrote a book and every day we turn a new page. By paying attention and listening to what the day brings, we can feel into the trajectory of how our bodies respond. Anxiety, jitters, forgetfulness, fatigue, etc., are all symptoms of

where we are today. Yet these are the physical ailments that remind us to slow down, take more time for ourselves, and nurture ourselves.

We effect change in the world one person at a time, one thought at a time, and even one moment at a time. These transitions are teaching us how to unify within ourselves as well as creating a global unity.

Keep up the good work and your good vibes!! Intention is everything in energy and creates exactly what we prioritize.

Here's to peace within and without, and to using our hearts for our future's GPS!

Love and Blessings,

Mona~