



You hear the calling.

You feel there's more to life than your work and the way you have been living. You wonder if it's adulting, depression, or you're going crazy, but your friends are sometimes showing up naive or silly, immature or just something is off... the things you used to do don't hold the same meaning anymore.

Your energy is shifting. You are beginning to understand there's more to life than existing. There is something you can't remember you need to do. But you know there's more for you than this.

What to do?

First, understand your path in this lifetime was already decided by you before you landed here as a baby. Your spirit chose your lessons and the people who would trigger the experiences and emotions to get you where you are today.

Attract positive things and new people to your life by adopting kindness in your words and stance.

Some of your friends may think you are acting odd. Let them go be with those who are still in the lower vibrations, but you must keep on growing. If it means you see less of them so you can step into your power, then so it is.

**Your
Growth
Frightens
People
Who
Have No
Intention
of Growing**



GROW ANYWAY

How to move from where I am to a better place that I feel is calling me?

Before bed, say out loud, "I release what no longer serves me." Think of the people and things in your life that you no longer want to have a place in your thoughts. Old traumas that only serve to hinder you. Old resentments that only hurt you and do nothing to the person who hurt you. Release them. Your words out loud have power and those feelings will know where to go in the Universe.

Then say, "I attract what helps me be like my higher self and call back my energy to me." Imagine beautiful, colorful energy returning to you wherever you left your energy today. It's coming back to its source - You. This exercise will support you in never feeling

depleted of energy. Any confrontation that left you drained is because the other person sucked the energy off you. Call it back to you. Get strong again. Decide to not allow anyone to take away your energy.

What else?

- Spend some time reading self-help books that attract your attention.
 - Take better care of yourself emotionally and physically. If you don't know where to start to care for yourself, register for a self-love course or join a free self-love club on social media. Cosmic Connections has some great lessons on Boundaries, Self-forgiveness, Authenticity and Self-Care.
 - Watch and listen to things that make you laugh. Laughter is great medicine for the soul and body.
 - Sing along and/or dance along to music you love.
- All of these things raise your vibration. Joy, Love and Laughter are great allies in transformation.

Empath

You've made some adaptations in your life. There is definitely a change that has happened. When you look at a few months ago and look at your life today, there is a difference in your attitude, and you like who you are today more than who you were.

But you know there's more. It's like you are in a time gap and you are doing okay, but you feel there will be more to come.

Learn to breathe deeply, hold it, and release your breath slowly. There IS a lot more to come.

You will already have started to feel more sensitive:

- Other people cry and you might feel like crying. It's not your pain, but you feel it.
- When you walk in a room, you feel the energy of people you want to avoid and often do not want to be around large crowds because of it.
- You are needing more time for yourself. You are asking for space or avoiding some calls because stress follows you around.

What is really happening

The first gift of the Spirit when we awaken is Empathy. You are now an empath. I have attached a blog for you that explains it. It is under Resources.

Before being able to manage it, being an empath can be overwhelming. It is very important that you learn to cope with it so you can continue on your path of spiritual growth.

When you research about what an empath is, don't get caught up on the advertisements on what type of empath you are. That's all labels. Most blogs will tell you to do the following things:

- Set Boundaries. Learn to say NO. Limit interactions with people who drain your energy.
- Create a self-care routine. Practicing self-care to recharge, like yoga, meditation, nature walks, or spending time on a hobby.
- Seek support. Usually, they say to go to a therapist.

But I disagree with the last one. Therapists do not take in consideration the spiritual aspect of being an empath. My best friend is a mental health therapist, and she is bound by a contract to not speak to her patients about spiritual gifts.

There are other things you can do that blogs will not talk about.

You can return to be in crowds again. You would just need to learn to protect your energy. You can either protect it yourself or leave it for angelic beings to protect.

Asking angels to protect your energy

This may seem weird to someone who has never communicated with invisible beings. I understand that. As someone who has been connecting with angels for decades, I am partial to them. I use this method when I am going to be moving around (like at a party) or when I am going to sleep to protect my body as my soul travels around.

A little about angels:

- Angels do not have a gender, but their energies can feel more masculine or more feminine.
- They are an extension of the will of He/She who created the Universe we know (some people call this energy God, Allah, Jehovah, and other names). So their actions will never contradict your true calling.
- Angels will not intercede in your affairs unless you request them to and their actions will not derail your spiritual chosen path or someone else's. Free will is definitely important to them - yours and those who may be affected for what you are asking them to do.
- They can be in more than one place at the same time. Being with you does not keep them from doing their mission. Time and space is different for them.
- They are always around. You are never alone.
- Angels care for your wellbeing - For each person and for Earth.
- In extreme circumstances, they can materialize and be seen as if they are a human being. They will show up to assist you in events that could alter your path.
- To communicate with angels, just speak to them as if they are an invisible friend you are talking to.
- You might ask for a sign to know you are being heard or that you are in the correct path. A white feather on your path, a coin at a doorstep, or a "different" stone that appears off the pathway you always take are common signs. Sometimes a person will talk to you about whatever it is you need to hear, and you will know they were brought by an angel to guide you.

How they can protect your energy:

Angels are by nature your guides and protectors. Ask the angels to place themselves *"Over my head, Under my feet, Around the front, sides, and back of my body, creating a bubble of protection where only 100% Light is able to enter, until I ___* (wake, return from the party, complete the work day... give them a set time to complete this task you have given them)" Imagine them standing all around you with swords drawn. Thank them.

Protecting Your Own energy

You are more powerful than you can imagine. You were born with a complex energy network, an aura, and gates where energy can slide in and out. The center of all your energy lies in your chest - your Heart. It is the bridge between the human self and the soul. It is the bridge between the lower chakras and the higher chakras. It is the gate to other dimensions.

So it is the Heart area where you can begin using your power. I use this method when I'm still, like before meditating. This is the simplest way to protect yourself:

1. Calm yourself with deep breaths before attempting this self-protection. Breathe deeply in through your nose for the count of six. Hold it for the count of seven. Release it through your mouth for the count of eight. Repeat two more times.
2. Place your hands, one over the other, over your heart center.
3. Imagine a little light turns on inside your chest. It feels warm and peaceful. It is a loving caress.
4. Watch the light get brighter and bigger, growing toward your abdomen and your neck. Feel it caressing your organs.
5. Watch it then lowering to your legs and reaching your arms and shoulders. Feel the wonderful tingling of the love inside you growing toward yourself.
6. Feel the light reach your feet and then fill your head. Your whole body is shining with the light.
7. Allow the light to move out past your physical body to your energy body around three inches off your skin. Feel its energy strengthen.
8. Ask the light around you to protect your energy and your body from anything that can try to slide through. Will it to allow only Pure 100% Light to go through.
9. Trust it.
10. When you are done doing whatever you intended, bring the light back in: Breathe to calm down, hands on heart, visualize the light around you, which may be greater than 3 inches now, possibly protecting your entire room or home. Bring it back to seep through your skin with gratitude and love. See it returning to the heart until the light dims and then turns off.

When you do this the first time and feel its success, I'd love to hear from you.

What is next?

Once you no longer feel threatened because you have learned to protect your energy, life gets so much better!

You will see others in a different way. You will realize there are still a lot of people who have no idea of their power yet, existing much in the same way you once were living. And you will start finding people who have come out of their shell and are experiencing spiritual awakening just like you. You will naturally make new friends who understand the "new" you and the work you are doing. You will start to wonder what your purpose is.

But before you are sure of what your purpose is, there is more work to do. There will be some healing to be done. To heal you must also learn. Your path will guide you toward the mentor(s) that will teach your next step(s) and help you in your Healing work.

Next, you get to Heal.

Here is a link you might consider reading. [What is an Empath? Characteristics & Traits](#)

Healing

You are conscious of your wake-up call, so you know you have a mission. You also now can deal with your new empathic abilities. You will be opening more to your inner sight, your third eye. It is there that your dormant powers lay. We are all born with abilities and gifts, but are unaware of them until we begin to work on ourselves in the path of enlightenment.

Your gifts will come to you soon. But first, healing must begin to take place in your heart and mind. At this time, **Self-Love** is the most important healing lesson you need. Take all the time you need to really feel your self-love evolve. These are the most important healing aspects:

- Forgive yourself and others for past events that still have a tendency to hurt.
- Feel any grief thoroughly so you can get through to the other side.
- Ask others for forgiveness for any misgivings you have done to them intentionally or unintentionally.

- Check IN with yourself what else needs healing. In a calm state, talk to your higher self. Let the answers come to you.

Most people at this time read books on self-development or take trainings. They also begin to journal or take on a different diet and adapt an exercise plan.

Sometimes the issue or struggle you need to heal comes from a past-life or an ancestor/generational trauma. You can seek a past-life regressionist (like Lu) or a family constellation coach. An Akashic Records Reader can also shed light to the origin of the issue.

Some lessons you might be interested in learning could be:

- What are the seven primary chakras? How does learning this help me heal?
- What is energy healing? You might consider taking a course on Reiki Level 1. Cosmic Connections offers the three levels.
- Yoga, meditation, Tai Chi, or any modality that supports the body-mind-spirit connection.
- How to practice Mindfulness - being in the present moment.
- How Healing Crystals can support
- How to practice Authenticity.

And then the intuition kicks in and you start noticing synchronicities. This is when magic comes to life. Your next step is to see where the magic takes you.

Magic and Tribe

Okay, to be honest, this is not a stage I enjoyed. But I think I am the only one of my peers because there is so much "Ooohs and Aaahs" among them that it is important to mention it.

It is great to open up to the unseen world and to use your intuition, that I admit. But I didn't want to get stuck in this stage, like I saw my friends do because they wanted to discover more and more.

This is the time, during and after healing, that we start to work with our inner "knowing". It is smart and it is fun. When you spend some time practicing how to use your intuition, you will know when someone is lying, when someone still needs more healing, and you will begin to see past your physical eyes. You will know who Gets you and who is clueless.

Some people go into witchcraft, others go into goddess spirituality, and yet others go into energy healing work to help others. So go ahead and find what magical tools you like to use and learn how to use them for the benefit of the whole.

A word about witchcraft. It is a work of intention and energy. I do not condone doing spells on people without their knowing or to have advantage or control over others. I believe in free will and to support understanding and healing with magical tools when invited to do so. Never to inflict pain. Kind of adapting Star Trek's Primary Directive, I don't interfere with someone else's spiritual journey. And so, my work around this topic is positive, loving, and I have come to call it Enchantress work. I encourage others to open to the loving energy that surrounds their intuition and work with it to see what comes up in their lives.

Some areas you might explore are:

- Numerology
- Astrology and the Zodiac
- Goddess Spirituality
- Moon Magic
- Tarot or Casting runes, dice or bones
- Oracle Card reading
- Palm Reading (Cosmic Connections has a certificate program)
- Energy healing (sound healing, color healing, tantric healing, pranic healing, etc)
- Aura reading
- Hypnosis or Past-Life Regressions (also a certificate program we have)
- Mediumship (working with spirits on the other side)
- Shamanic Practices (you know that's my area)
- Channeling

Try different things that seem natural to you.

Also, at around this time, you will begin to find **your tribe**.

Your tribe is people who have like-minded interests and they Get who you are and what you are creating.

It is with your tribe that you will start to see your mission unfold. Spiritual missions always have to do with being in service to others. If you are in service to self, you are not near to finding your true purpose yet.

What's next?

If you haven't found your tribe, that's what's up.

And, to develop your Psychic Senses.

Psychic Senses

I have a whole course on this. Develop your abilities.

Purpose

As mentioned, it will be something that supports the whole. A service to others. And your tribe will have something to do with it!

You may be a Lightworker. I recommend you take the quiz to see what type of Lightworker you are. It will shed some light on your purpose.

You may be a Starseed, which you will absolutely know if you take the Lightworkers quiz. If you are a starseed, check out the Lesson on Starseeds to see what planet your soul comes from. Thank you for volunteering your time on Earth to assist it in raising its frequency and helping humanity rise.

Or you may have a different path. One way to be sure it is your purpose is to do this easy self-quiz:

1. Close your eyes.
2. Ask yourself, "If I had all the time and money in the world and I do not need to work, what would be my motivation in the morning to get up?" Think about what would make you excited to start the day. What can you do that brings you the most joy? What is such fun to do that it would not feel like work but would feel like play.

And that's your answer.

And, your answer can change.

You can get assistance in confirming your purpose with someone good at working with the pendulum, a practiced tarot reader, or an intuitive palm reader.

If this has supported you, consider sending me a testimonial, joining my Whatsapp group, or subscribing to my Youtube channel.

Email - www.cosmicconnectionswithlu@gmail.com

Whatsapp: <https://chat.whatsapp.com/GXJrTRc6rXsFubzHuxPKjI>

YouTube: @cosmicconnectionswithlu

Peace and Love always,

Lu Mira