

As we embark on this journey into 2020 and beyond, we have collectively come through a major paradigm shift for humanity. We may not see the effects of this shift concretely as of yet. However, those events will all begin to unfold on not only the world stage, but in our individual lives as well. We will all start to notice that both internal and external transformations are occurring on a huge level, as outdated beliefs, past conditioning, old patterns and oppressive and limiting structures disintegrate and fall apart. The significant conjunction of Saturn and Pluto in Capricorn that we have been feeling and experiencing through 2019, was exact on January 12, 2020. This will eventually cause us all to look at our lives from a different viewpoint. It will become very clear, if it has not already, what is no longer working for us. Those things which no longer bring us joy or that are not for our highest evolution of spirit will fall away. If we don't allow them to fall away with grace, the Universe will step in and crush them. Because what was, no longer is, and can no longer be in this energy.



This also has an impact on a global scale, specifically with the old order, the patriarchal system is that no longer works for humanity, and Mother Earth. The time has come for us to be responsible for our planet. This will begin to take the forefront and in the coming months and years will

change the way we coexist with each other and Mother Nature. The old way of doing things and existing on Earth can no longer exist in the higher vibrations that we as a planet are entering.

If this paradigm shift has not become completely clear to you already, look at your life and the elements, people, situations, locations, and ask yourself: How do all of these things

make me feel on a soul level? If there are things that still exist in your world that not only don't bring you joy, but make you feel depleted or less than, then it is clearly time to move away from those elements. This can sometimes feel like loss, but in the biggest picture there is no other way. The greatest loss would occur if we stayed in the same old patterns and dynamics that no longer work in this new energy field. If we try to force the old to remain, we will surely experience a much greater loss than embracing the newer high vibrational experiences that we all came here for in this lifetime.



As I mentioned in my last BLOG post, this energy is also ripe for manifestation. This Saturn and Pluto conjunction heightens karmic attraction. So, whatever we have been focusing on and putting out to the Universe, is going to be returned in great magnitude. So, it is critical to focus on what is positive, healing and of the highest vibration in

this new energy. Those that have already embraced this dynamic shift will see their lives abound with blessings and an ability to manifest all the abundance we can imagine.

Therefore, welcome this transformational energy with an open heart, with courage and an understanding in faith that it is all for the highest good of not only humanity but for each and everyone of us on this planet.