

In order to become more enlightened and to manifest abundance in the new, expansive energy of 2020 and beyond, we must Lighten Up! We will need to address and acknowledge the things that are holding us down from our highest spiritual evolution. The situations, relationships, and interactions that sap our joy, energetically deplete us, and lower our vibration must be recognized, addressed, and eliminated. It is now time to take that responsibility in our lives so that we may rise like the Phoenix into our true spiritual being.



Recent years and especially 2019 was a year of extreme challenges. The situations in our lives that were no longer serving us could no longer be ignored. We were forced to acknowledge what is no longer working in our lives, and what no longer serves our highest good. This has been a very challenging task. This has been difficult, because by acknowledging this, we have to take responsibility for allowing unhealthy people, relationships and situations that we allowed to continue for far too long. It is time to evolve out of these old habits, and embrace all of the abundance that this new energy will allow us to manifest. This is the beginning of a great transformation in our lives.

So, 2020 is going to be about letting go. We know what is not working, and so once we break these patterns, then we must focus on and manifest NEW and HEALTHY relationships, habits, situations! This new year is the energy of the phoenix rising from the ashes and manifesting everything positive we want fully into our new lives. This also happens to be perfectly symbolic of the fires that we had to deal with in southern California over 2018 and 2019. It is truly about rising from the ashes of the recent year's challenges, transforming, and becoming the whole, complete, reborn spiritual light being that we are meant to be by our divine right.

Easier said than done? This is because dramatic transitions like what we are going through can be extremely difficult because of FEAR. Fear of the unknown is sometimes more daunting than staying in unhealthy situations that slowly deplete us over time.

The unknown in this world can be scary, and so we may believe that we can hold on to what we had, and what we were, even though it we know the consequences. But, we have seen the light, and KNOW we must evolve, or continue to suffer...

2020 will require us to be confident in ourselves and have unwavering faith in Spirit. Fear is false evidence appearing real. Everything you want in this new life is on the other side of this fear. So, cast fear aside and leave what's not working and move into the life that works for our highest good, and will lead to our greatest potential in this incarnation.

To do this, take the time to heal and transform our wounds and hurts, eliminate any negative situations and focus on what brings us joy, boosts our spirit, expands our consciousness, heals our soul, and raises our vibration and transforms our collective lives into something magnificent! Lighten Up and Rise like the Phoenix in 2020!

For more from Goddess Gillian, see GoddessGillian.com

