Episode 1 As the Veil Thins

Dear Ones,

I'm Coleen Rhalena Renee coming to you from Central Washington State - and between the worlds. You might ask what I mean by between the worlds. Quite simply, many worlds exist; the world of the living, the world of those who've passed on, the worlds of the Fey and Elves, the reality of this life and past lives. These worlds are connected and one can move between them – some of us with greater ease.

This might sound odd to some of you but think about it. Whole worlds exist in the ocean that are quite different from the world found in a lake, yet they are connected and flow into one another. A single tree has a world in its canopy and another within its roots beneath the earth. The world of a teenager is quite different than that of the adults they live with. Members of a family can occupy the same space at the same time yet live in very different worlds.

I've always talked to the trees, the sky, rivers and mountains. I feel the spirit in them and have learned incredible wisdom for my life in their company. I didn't realize I was different than most people except when my mother told me to get my head out of the clouds. Little did she know I wasn't hovering up in the clouds, I was walking between worlds. It took me half of my life to understand this talent that came quite naturally to me.

As a writer I journey between the worlds. It took writing a few books before I realized I'd been stepping into other realms, sometimes meeting myself in other lifetimes. This isn't uncommon for writers. My magical realism series *The Spiraling Past* took me to the realms of Faeries, Gnomes, Dwarves, Elves, and Dragons. I feel quite blessed to be in their presence and honored at their trust in me as I pass along their wisdom and the ancient teachings that are so needed in our times.

At this time of year the veils between the worlds become thin, allowing easier access and deeper connection. You might think that sounds a little spooky and I must admit that some years the intensity I feel can be overwhelming. But I always look forward to the possibility of connecting with an ancestor that at other times might have trouble communicating between the worlds. I almost always get time with Esther May, my grandmother. On all hallows eve, when the veil is thinnest, I make her favorite snack – buttered saltines – and eat them in her honor as we chat.

Many cultures celebrate with the ancestors who've passed, like *Día de los Muertos,* The **Day of the Dead.** Mexico celebrates this traditional holiday through shared food, usually favorite dishes of specific ancestors or traditional lineage dishes. Stories of the food and the ancestors are part of the celebration. There's also the Celtic celebration of Samhain which includes an ancestor potluck and a naming of those who have passed in the last year. These kinds of celebrations help us remember where we come from and give us a deep sense of connection and rootedness.

Today's Halloween experience has become more about scary masks, horror movies, and an unhealthy fear of death and the unknown. It's a commercialized tapestry of misunderstood pieces of ancient traditions that often bypasses the beauty of feeling rooted in community. I enjoy dressing up for a party and having delicious treats. For me it lacks meaning without remembering where I came from and honoring the traditions of my ancestry. And why waste an opportunity to connect with more ease? A family reunion with the high possibility of hearing stories I've never heard and finding answers to questions about family patterns – well that's just pure gold!

We're at a crossroads, a place where so much feels broken and so many are struggling – people, rivers, sea life, Mother Earth. Humans have created a bit of a mess. We've also created some incredible technologies that connect us with other worlds. We just need to find balance, to remember who we are, to connect with the wisdom available from our ancestors and from the other beings on our planet.

Science took us away from nature and spirit. Resisted at first, science and technology have become the shiny toys that distract us from a wider view of the world. The paradox is that science and technology can now take us to nature and spirit connection in new ways. We can explore the beauty of the deep ocean from a high desert home via the internet. The internet literally moves us between the worlds. We now have equipment that can record communication between trees and teach us how alive and sentient they are. We have learned about the role of mycelium, a mostly unseen world with incredible connection that supports a balanced ecosystem. The world has become quite magical.

(laugh) Of course, the world has always been magical. The ancients understood the connection of trees, could hear them speaking and knew that all beings have a spirit. More importantly, they knew each being has a unique and sacred purpose – one that both gives them joy and also serves the wider community.

So what if science, spirit, and connection danced together? What if we once again allowed Nature to teach us in an everyday sort of way? What if we opened our hearts and our minds to co-create a sustainable world? What if I told you that the ancients knew that the old ways would be replaced and that ancient wisdom would be needed again, someday?

We cannot create a balanced, nor sustainable world, from the mindset that broke it. It's not necessary or even wise to replace the new with the old again. New ways are generally seeded from need. And sometimes we through the baby away with the bath water.

The ancients knew a need for some of the old ways would arise and they left us legacies that have never been fully lost. We have access to them through stories, through nature allies, such as trees who've lived for centuries – and when the veil thins we have greater access to the ancestors and their ancient knowledge.

What if we looked at the current state of things from a new perspective? The way things are running has glitches. What if we're simply in a beta testing phase? Clearly some things aren't working in the real world. Partly because they're not intuitive and don't align with our internal makeup. We are creatures of nature and have been separated from it for too long. The good news? Nature's still here and wondering where the beloveds are - the ones who connect, love, and join in co-creative existence on our beautiful planet in this beautiful galaxy – and all the worlds held within.

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I've been semi-retired for a couple years, but the stars are churning up passions and possibilities in my life – there's so much to share! I decided I'd like to have some casual conversations with the world and see where it takes us. This podcast episode is happening in an inspired moment *As the Veil Thins*. It's the first episode in my new podcast, "StoryCrafting Our Lives". I'll post weekly through December and see where this takes us.

As a psychic/intuitive I feel an unusual potency through the veil this year. Through the veils, I sense hope & anticipation from the other worlds.

I think many of us feel this, but it might show up as a general feeling of discontent or perhaps a longing for something we can't define – or as Barry Manilow sang, "Something's coming up and I don't know what it is."

Many have been waiting for this particular time. Wisdom waits to be shared, information for personal and collective healing is offered as something within us seeks to create a more loving and sustainable world. We're awakening.

As difficult as our current highly chaotic world filled with uncertainty is, I find myself excited. Not when I go to the grocery store and see prices have doubled and quality has halved. These are challenging times- there's no question about that.

But on the other side of uncertainty lives possibility. Discomfort either makes you withdraw or prods you on to make necessary changes. Sometimes it does both.

As I mentioned earlier in this episode, I've always been aware of and connected with the unseen worlds. Then I grew up and stopped paying attention. In high school and the first 2 years of college, I focused on the sciences and was headed for a doctorate in oceanography. Until, I stumbled on a class called *The Images of Western Man*. Three professors taught it from the science, English, and social science departments. Each quarter focused on a particular time period and we explored what was happening from each of these different perspectives. I was hooked by the expansive view it presented. It changed my brain and made the sciences just a little boring. (I should note here that science isn't boring, however the way it was taught was very linear and hyper focused. The lack of context in the real world never excited or challenged me. I could learn formulas and do the math, but I couldn't get inspired by it. If I'd have known then what I know

now about the applications of physics, particularly in the spiritual realm, I'd have a phd in physics. But that wasn't my path.

Instead I finished my four year degree in Anthropology and continued on in an interdisciplinary program as a grad student. When I looked at the job market and found that most positions were desk jobs, my path led me in new directions.

When I was a kid I wanted to either be a doctor or a nun. Yes, it was confusing for me, too. Turns out that I had no context for understanding my true path. I eventually found Massage therapy and working with the miraculous human body. The way the body reveals its secrets and carries its stories fascinates me to this day. Through the physical body, I engaged with the mental, emotional and spiritual bodies. My clients and their bodies have been the very best teachers. (I'll do an episode about that at a later time.) What I learned about how the body works had parallel lessons for how the wider world operates. As a massage therapist I learned the importance of deep listening, deep honoring, and the alchemical potency of working together. It also taught me about right timing and best use of my gifts.

While I loved bodywork, I found myself working less and less with the physical body and more with the spiritual, mental, and emotional bodies. It was in those realms that I discovered more profound and longer lasting transformation could take place with greater ease.

Eventually, I found my purpose and calling as a spiritual healer. I tell this story of finding my path and purpose because it illustrates that even at a young age we have a knowing about why we're here and what we're meant to do. We can only frame that in whatever context we know. As a young girl I had no context for what a spiritual healer is. I did know about nuns and doctors and I recognized an affinity with those callings.

As a spiritual healer, I move "between the realms" in many different ways. The realms of such things as a person's history, lineage, heart, and calling creates a particular reality for their lives. The realms of the landscapes in which they've lived and the choices they've made form a tapestry. The stories they carry and how they carry them create an inner realm of unfathomable possibilities. Any of us can say, "I am large; I contain multitudes". Thank you Walt Whitman for sharing the wisdom of that in your collections of poems, "Leaves of Grass".

Worlds within worlds, worlds in alternate realities, worlds seen and unseen – veils between them like the matrix of a pomegranate holding so many seeds, so many possibilities, so much hope – and in my experience, so much love.

This next week or so is pivotal for us personally and collectively. The world is waiting for its new story. It's waiting for us to identify and claim our own personal stories. From these personal stories, a collective story will emerge. We are the creators. We are the ones we've been waiting for.

As I said, I'm semi-retired but I feel called to make myself more available at this time so I've created two special opportunities to help us connect. Many feel the thinning of the veil. You might be thinking of people and things you haven't considered for a while. You might feel edgy or unusually curious; uncertain or ready to try something new.

At the end of October thru early November the veil between the worlds thins, allowing for easier and deeper connection with ancestors, past lives, ascended beings, spirit guides, and more. I encourage us all to take some time during this period to reflect on our lives, what we've harvested, what needs to be harvested – what enlivens our hearts and inspires our creativity.

I invite you to take time in nature to listen deeply to what it might teach you. Or simply be in its presence as you listen deeply to your own heart or body. Approach this with joy and wonder – be free of expectations. Enter the mystery of living. I hope you dance.

I'm offering specials from October 27 - Nov 5 for private sessions with me for those seeking guidance or needing the help of an experienced spiritual healer to connect with your ancestors, help you find your path, guides, or purpose. You might not know what help or guidance you need. That's just fine. Trust your own intuition and contact me if that feels right.

October 31 is the Celtic New Year and the veil is thinnest on that day. I'll be doing a free live reading and SpiritSong.

See the links below for details on both of these offerings.

In next week's Episode, *The Stories We Carry*, we'll explore how those stories create our lives – the stories that support us, the ones the enliven us, the ones that betray us. We'll find hope and inspiration in all of them – and I'll invite you into StoryCrafting your life. Remember to check the links below!

Bright blessings to each of you. May your harvest be plentiful and your days hold wonder.

In song and joy, this is Coleen Rhalena Renee signing off.