

INSIGHTS  
May, 2018

Dear Friend:

I have felt that it was very important for me to get a newsletter written to you as we enter May because as I told you in my last posting, all of the erratic and opposing energies that have been developing over the past decade are coming to a peak this month. The escalation of these dramatic energies has resulted in often intense emotions and extreme ideas/ideals. The continually building intensity of these universal energies has led to such conflict that it threatens life as we have known it in this world. It threatens relationships, friendships, communities.....the world.

As we enter this month, all that intense energy (that has had the effect of causing us to grab and hold on tightly to whatever our beliefs are) is getting ready to explode. This is a time of the crashing together of opposing and conflicting energies/ideals. This is a time of opposites/oppositions. For instance, simultaneously I'm seeing the breaking down of systems of societal structures and of relationships, and at the same time I'm seeing the regeneration and rebuilding of societal structures and relationships. I'm seeing improved finances/income, and at the same time, I'm seeing a movement (within us all) that urges us to common sense and to frugality. I'm also perceiving intense feelings in reaction to energies that will urge us to eliminate unnecessary things from our lives at the

same time that I'm seeing an inner urge to accumulate necessities (such as food, medications, warm clothing, etc.).

The most powerful symbols create a push for inclusion, meaning that there is a rapidly increasing societal urging to accept those who have lived on the outskirts of society. The recent movement to recognize the value of Downs Syndrome babies is a good example of what's happening, as well as the shunning or attacking of people who display even the slightest appearance of bigotry. So we have the push for inclusion at the same time that we are experiencing more division in our world than possibly at any other time in mankind's history.

All of these opposites are coming together now as we are moving toward a powerful, powerful externalization cycle. The externalization cycle doesn't actually start until the 24th of May, but we are already feeling these energies building toward it. This month will be filled with amazing revelations. Things that we may have suspected or thought in the past will come to be revealed as true.

I've been telling you for a long time that hidden things will be revealed. That is more true for THIS time than it has been in any time in my life. I doubt that a day will pass without our news shouting out some new revelations of misdeeds, of things that we suspected but never really believed could be true. The time that we are now entering no longer permits us to turn our eyes away from truth. We're compelled to see it, to acknowledge it, and to address it.

I'm finding it difficult to explain exactly what is happening in this month. Everything that is happening now is the result of these powerful energies that have been building for the past many years. (I actually started writing about this time in 1985, describing the events happening then and what they were leading to.)

We'll probably enjoy the first two weeks of May (up to the 16th), because we're going to be feeling more energetic than we've felt in a long time. Even when we're very tired, we'll still amazingly have the energy to take care of business and maybe even socialize a bit. This energy is moving us into an amazing externalization cycle. The closer we get to the 24th, the more energetic and social we'll be feeling. We'll actually want to communicate, which for many is wonderful because their reaction to this energy has caused them to shut down and not deal, and because the intensity of this energy has exhausted them to the extent that they are on the verge of what might be diagnosed as depression. It's actually a deep sadness, because their exhaustion makes them feel so disempowered and so out of control in their lives.

As we watch the evening news, we see that the world "out there" is really kind of crazy! As this energy builds, it's going to spur rebellion. There will be marches and demonstrations. People who were previously silent will speak out. Some of the marches/demonstrations will become riots. As these energies continue to escalate, we may think that we're getting a little crazy, too, because we'll feel joyful and loving one minute, and the next minute a spurt of anger will pass through us and we'll want to bite someone. Even when we're feeling relatively

good, we are likely to hear an edge of irritation in our voice. We are experiencing the same kind of symptomology that we might have if we had deprived ourselves of stimulants such as coffee for awhile, and then consumed an entire pot of it or have gulped down one of those energy drinks. Most of us will love this excess energy even though we are likely to feel stressed out by it, on edge, gritting our teeth and feeling like we're about to jump out of our skins. This energy can be wonderful, and it can also (if we're not very careful) create serious problems in our relationships if we allow our accumulated stress to be directed at other people.

I knew when I began this newsletter that I might be confusing to you, and the reason that I expect that I'm probably confusing you is I'm telling you that this is a wonderful time in which we'll have high energy and probably accomplish a lot, and that this same high energy, if not controlled, can cause us to strike out and hurt others. Almost every symbol I see for this month and continuing into following months is accompanied by an opposing symbol. This is a time of clashing together of opposites. It's a time of oppositions, and I'm talking about oppositions on a world scale, but (I think) most importantly, I'm talking about oppositions within us.

It feels to me that the purpose of this time is to force us to evaluate all that we hold to be right or true. The events of the past years have forced us into corners, and many people feel that they're about to come out swinging....and they're right. They ARE about to come out swinging. So much of this energy has already become anger in so many that even without the extreme cycle that we're

entering now, they've been wanting to fight. Wow. Just imagine how it's going to be when this hits full on.

I know that the next question I'd be asked if I were saying this to my students is, "How are we as individuals supposed to deal with this?" The answer to that is that we need to realize that there isn't an enemy here....this is not about good and evil. The energy of this time is intended to break up ideas, beliefs, and even organizations/structures that have held us hostage, that have limited us. Many have grasped and held tightly to beliefs not because those beliefs truly resonate with them but because they want to be socially accepted. Unfortunately, we have now come to a time in which a lot of people are afraid to speak about what they really believe because they fear social ostracism. Starting this month, issues of freedom of speech will be spotlighted.

I think it's sad that so many have come to believe that "different" is wrong so that if a person thinks or believes differently, they are considered to be bad, even evil. And many who preach inclusion are busy creating division as a result. I'm convinced from everything that I see as I project my attention through this year that all that is happening is intended to reunite us. But in order for us to find peace in ourselves and in our relationships and be able to reunite, we must introspect and clearly see the truth or fallacy in the ideals that we hold, and to be willing to let go of/eliminate anything in our belief system that is limiting or enticing us to distance from anyone whose belief system differs from ours. The greatest limitation is in our inability to be compassionate of others. When we believe a person is evil, it's very hard to find compassion for them.

The truth is, all of us - no matter what we believe - are just living our lives the best way we can and doing the very best we can with whatever we have. All of us are being affected by the extreme energies of this time, the world-wide chaos and threats of imminent danger. It's hard to see those structures that we've relied upon for security and safety....being attacked and breaking down to the extent that we feel much more alone than we've felt in the past, without support or protection, feeling that though there are people who love us, we're still doing "it" alone.

I find it fascinating that as more and more people are joining groups of like-thinking people, that more of my clients are feeling isolated and alone than ever in my experience. In these times and as we progress into this experience, we're all going to be simultaneously needing to be connected with others who understand us and wanting to be alone....wanting to not have to talk to anyone or to entertain. All except the most minimally evolved personality will find that they do want to go out and be with people, but only for short periods of time....going out one night and then retreating for a week. And that's OK.

The best thing that we can do at this time is assess ourselves and our values. We need to look into ourselves and then be willing to let go of/eliminate any belief, attitude, idea we hold that would distance us or challenge our ability to fully relate to others. The second thing would be going through our homes and eliminating anything that is no longer useful to us. Doing so clears us internally - helps us to be able to think and see more clearly. And a third thing is that

whenever we catch ourselves judging another, we need to say out loud, "OH - that's a judgment. Cancel that." When we hear someone else judging or condemning another, we need to speak honestly and compassionately to their judgment. We need to stop hiding our Light in order to remain "politically correct" in order to be accepted. This is really about becoming more truthful - with ourselves and with others - and that feels like a dangerous thing to be in today's world.

All that I am recommending to you and that I believe will help us to rise above the building conflict are things that the energy of this time are beginning to urge us towards. For instance, many of us have already been feeling the urge to speak our truths. I don't think there's any way for us to avoid conflict in this time, so whether we speak our truths or not, we are likely to become the focus of another's angst. It doesn't help to hide from it or to run from it....it's just in the world, and we're a lot safer if we stand strong in the face of it....if we claim our own power. We can literally absorb the energy that is and use that energy to facilitate our movement through this time, because within it also is clarity. Within it also is understanding. Within it also is a realization of Spirit at Work in these times, to help us to climb the next step in the evolutionary ladder - the one that is designed to take us into World Peace. The events of this time will be a lot easier to traverse when we have determined to speak truth. When we strive to live lives of integrity, we are open to and filled with the light of Spirit that flows through us, and Lights are passed. It strengthens us and keeps us safe.

So in the months of May (and June), you can expect a lot of crazy stuff to happen. We can expect that people who have been admired, respected, even revered will be shown to be dishonest, perhaps even to be arrested and imprisoned. Corruption will be revealed in almost every place. At the same time that the ugly underbelly of humanity is being exposed, we're going to become more and more aware - as individuals and as humankind - of amazing acts of charity, of kindness, of the greatness that exists within man.

This isn't an easy time. We are experiencing combat on a number of levels, and we are literally moving rapidly toward another full-on war. This intensity of energy will be evidenced in a lot of different ways, such as extreme weather events, massive fires, volcanoes, increased violence in the collective, etc., etc., etc. And at the same time that we are experiencing these things, we will be seeing that there is rapid movement being made toward things such as finding cures for all kinds of illnesses, clearing out and reestablishing the structures/organizations that we rely upon for security.....we are experiencing the breaking down and the rebuilding of our world at the same time.

I'm pretty sure by the time I end my journey through this life, I will leave it being very grateful that I not only got to experience the events of these times, but I got to witness an amazing transformation in the experience of humankind....an incredible opening of our hearts so that we will no longer feel the need to injure others or to allow ourselves to be hurt.

We just need to try to live in integrity and to stay focused on the positive things.....yes, we need to be constantly aware so that we can protect ourselves, but we can't let that be what our lives are about. We can enjoy this time of heightened creativity, enjoy this time of increased energy, enjoy this time of clearer knowing of what is really important in our lives.....

We all just need to remember to....

Stay Focused on the Light....