



## Our Own Worst Critic

by Jan Toomer

I know we are usually our own worst critic...our ego-voice\* working to undermine our forward movement and growth.

And, just when I thought I and my ego-voice had come to terms, I allowed myself to become blindsided.

I've not written much lately – like you all, I too have been working on self – as well as making observations and changes.

One thing had been concerning me though...I felt like I had lost patience with others, and questioned this over and over these last few weeks.

Then, over the last two weeks or so, I have had some people thank me for my patience.

I was surprised – I honestly thought I had lost patience with people.

Turns out I had lost patience with self; ego-voice side-swiped me and I allowed it.

Some of us (hand raised here) set our own – for person use only – self-imposed “perfection bar” just out of reach.

I lost patience with self because I still hadn't reached the bar I had set way too high for myself - way to high to ever achieve/reach.

And this was nothing more than an ego-driven illusion.

So I now remind myself that I too can afford myself the right to grow and “be” without anymore self-imposed illusion of that “perfection bar” distracting me.

And have returned having patience with myself, and trust that my higher self and soul know what they are doing on my continued journey of self growth.

*\*ego-voice = the naysayer within; self depreciating talk; the part of you that works against change.*

## Everything Happens For A Reason

by Linda Aragon

Think about it, we are all learning, growing, changing, maturing, and becoming better people all the time...whoa...is that by accident? The concept of “Everything happens for a Reason” can be difficult for many to embrace but I promise you, once you open yourself up to learning basic Universal Laws, everything changes and life gets easier. How is that so? Universal Laws are intact at all times just as surely as physical laws (i.e. Law of gravity). Humans can get very attached to the idea that the Universe is a place of random accidents. The alternative seems to be that God is in control of everything, a Puppet Master so to speak. The truth is we are in a place of learning; think about your growth thus far, could you have gotten it from a book? There will come a time when you say “The discovery was worth the fall”. Most of Earth is in cosmic kindergarten, basic principles have not been learned, and judging runs ramped. Earthlings can be very stubborn in insisting on their own way.

(Nelson Mandela spent most of his life in prison. He' found his voice' and 'knew in his bones', “Everything happens for a Reason”).

Our “Aha Moments” are moments of en-

lightenment. Sometimes they come in an instant, sometimes more slowly, sometimes in a crisis, sometimes in looking back. These are pivotal moments in your evolution. No matter what happens, with it comes something valuable and it's just what you need. Even in the worst circumstances, there are hidden gifts and lessons. Books and teachers don't teach, experience teaches. You would learn nothing from a lifetime of happiness.

You are living a dual existence, one the personality, one the soul – your soul has its own agenda – that voice inside of you, or your intuition is guiding you at all times...just listen. Prayer is talking to God (or Source), intuition is God talking to you. Your soul knows much more than your conscious mind can ever be aware of.

To understand fully the concept of “Everything Happens for a Reason”, one must become aware of Soul Contracts. A study in itself but for a basic understanding – Major lessons are set up ahead; you do come here with a plan. Carefully set up, your soul knows what it needs to experience, where balance (karma) is in order, and how best to facilitate this growth including choosing your parents. Certain things may be destined to happen. A relationship for example: Relationships are a fast

forward path to spiritual evolution, as are addictions. Relationships are a mirror for us to see where our work lies. The areas of sensitivity as in “When our buttons get pushed” are a huge clue to what lessons may remain unlearned. We are here to learn, share, love, appreciate, and give of ourselves. Where the line is drawn between destiny and free will can be difficult to define, both exist but it is important to note that ‘free will’ trumps all. Knowing this on a heart level should help you with acceptance, and to search out the lesson, staying out of the drama as much as possible. In every event learning is taking place.

The “Secrets” I am revealing here can be life altering! In a nutshell, I invite you to open up to the understanding; there are no coincidences – no accidents, and truly “Everything happens for a Reason”. To explore this on a deeper level, upcoming classes will be presented on this concept as well as- “Soul Contracts” and “Universal Laws”. Contact me if you would like be on a list for these classes.

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Quick Look:  
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**Why do I have to RSVP?**

- (1) I have limited seating available – and I do not over book.
- (2) I need to know how many are coming so I can have the necessary amount of hand-outs, etc.

So please, RSVP.

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11/5 – 11/19/12 Mon 6 – 8pm  
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**RSVP by Friday, November 2nd**

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Our thoughts – whether freshly formed thoughts, memories or beliefs, etc. – are all energy. We are each energy, so we carry our thoughts (regardless of what kind) with us – which can create energy baggage. When we carry energy baggage, we often are too bogged down to see the joy that is around us daily.

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Working with her team of guides, Jan Toomer has put together and will present “The ‘New’ Has Begun” – a two hour intensive. This intensive was created for the Lightworkers, Energy Workers, Energy Healers, Light Bearers,

etc. to address some of what has happened, who we are and why we are here, and what is happening. Some information may be new to you; some may confirm what you already know.

- LET’S BEGIN
- Some Simplified Accepted Norm – Albeit Unspoken – Roles of Lightworkers
- WHO ARE WE?
- LEAVING GROUP CONSCIOUSNESS REALITY
- FEAR
- RESPONSIBILITY (with visualization)
- TIME IS NOT LINEAR
- BRINGING IN THE NEW
- WHAT ARE SOME OTHER “NEW” THAT IS HAPPENING
- Energy Shifts
- When Someone Has Major Difficulties Adjusting to Energy Shifts
- Accepting “Sides” – Whether Consciously Aware of it or Not
- Spirit, Ghost, ET and more Sightings
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- (If time, questions)

This may go up to 2 1/2 hours so please make that time allowance.

11/15/12 Thurs. 10a-12noon  
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This is for a minimum of two people (example - you and a friend) - and can be for one hour, two hour, or a three hour session.

Bring your questions, topics, etc. and I will answer as many as I can by: sharing my experiences; reading the energies involved; access far seer ability; listen to your guides/team and mine and/or listen to the Universal Network to provide possible answers.

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Check out the link for more classes and more information:  
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## Your Meta-Question: Hard to Stay Focused and Tying up Loose Ends

**Q. I am having a spacey day. I am finding it hard to stay focused. I missed a familiar turn today. I don't know if I am the only one or not.**

**I have also been feeling the need to tie up loose ends, finish up projects, and keep up with the routine business like accounts, paper work and correspondence. Also a nagging sense of needing to clear out unneeded stuff and simplify. I find myself looking around and won-**

**dering what it is I am looking for. A sense of expectancy, maybe.**

**A.** No, you are not the only one.

This is common - we are working harder to get out of the uncomfortable third dimension, that we often forget to come back in to our bodies when we do have to navigate the third dimension.

I recommend visualizing yourself fully in 3rd physical body when having to operate in the 3rd.

The tying up loose ends has been a theme leading up to the beginning of October - again, working on finishing up with 3rd dimension (though we aren't completely moving up to 5th yet).

## Upper Cervical Care - The Best Kept Secret in Healthcare

by Dr. Tapiwa Chiwawa

Do you have Fibromyalgia, constant fatigue or other health problems that have not really responded to the standard methods of treatment? Are you looking for options? Upper Cervical Care is a little known non-invasive drugless option available which might help you better deal with them by helping your body to function better. Brain to body messages control and maintain all body functions. Having this communication unhindered is a must for healing to take place. Trillions of these nerve fibers carrying these messages from the brain to the body "bottle-neck" through the small opening in the first bone of the neck, the atlas, as they flow down into the spinal cord branching out to all parts of the body. This part of the spine is called the Upper Cervical spine. It is important because of its proximity to the lower part of the Brain Stem. When misalignments of the top 2 bones in the neck the Atlas and the Axis occur, they can cause pressure on the Brain Stem which

plays an integral role in regulating important body functions like breathing, heart rate and so on and which can result in all kinds of negative effects on health.

The very first upper cervical subluxation can occur at birth! The process of childbirth can be quite traumatic on the neck and many carry these subluxations without knowledge of them or that they could be impacting their health in some way for the rest of their lives. This is why it is so important for a baby's spine to be checked soon after birth to ensure a subluxation-free start to life and health. Major trauma like a car accident, a bad fall, sports like American football and minor trauma like bad desk posture, sleeping on stomach, misstepping off a curb and the like can also be a cause.

Upper Cervical practitioners are not more superior to other Chiropractors but rather choose to focus almost entirely on the neck with the intent of giving precise and gentle vertebral subluxation corrections

to this part of the spine given its close proximity to the Brain Stem. Practitioners do not diagnose, therefore do not treat any conditions but locate, analyze and give precise gentle corrections to vertebral subluxations if present in this region of the spine. What is known is that those who carry these Upper Cervical Subluxations do much better and in some cases their health problems resolve completely when they are corrected. Conditions like Fibromyalgia, insomnia, constant fatigue respond really well to this type of care though the goal is not to treat any of them. It makes sense that the body functions better and therefore has a better chance to heal itself if there is no brain stem pressure due to a subluxation of the atlas and or axis or anywhere else in the spine.

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## Your Own Monsters

by Jan Toomer

My husband and I took a working vacation - we caught up with some of the projects needing completion around the house and yard.

I also took an evening for my October tradition. Each October, I try to catch at least one of the new "classics"... *Hocus Pocus* or *Halloweentown* annual TV family movies and one new family movie.

This year I watched Disney's *Girl Vs Monster* - and was pleasantly surprised at something the villainess talked about

(paraphrased) - "Fear makes monsters, monsters don't make the fear.

Once ones fear creates the monster, the monster then feeds off its creators fear.

Sound familiar?

Each person's creations, whether positive or negative, will be fed and kept going by the person who created it. This can be through positive uplifting thoughts/energy or negative (fear based) thoughts/energy.

It's your own fear (aka anger, resentment,

jealousy, etc.) that creates your own monsters.

**Using the "R" Word**

Yes, I am going there again...*responsibility*.

By accepting responsibility for your thoughts - and working on creating positive thoughts and positive energy - you become a powerful participant in your life; life then doesn't happen to you - it happens *with* you.

Happy creating!

*Fear is only as deep as the mind allows.*  
Japanese Proverb

# Transitioning Into 5d Earth

by Gregg Prescott, M.S.

We are living in exciting times where soon, we will be transitioning in to 5d Earth. So what might this transition be like? Ideally, the transition to 5d earth will happen overnight but in the event that it doesn't, here are some possible scenarios.

As more people awaken to the tyranny and oppression of all governments, change is being reflected in the form of global protests. It has become quite obvious that the overall population is not content with a system that supports the bankers while keeping the rest of the population in economic slavery.

With the new energies of the Age of Aquarius, change is inevitable. In order for any dramatic change to occur, there needs to be a complete reformation of the following Big 4 systems: government, money, education and religion. Realistically, this will not occur overnight and will take some time, but the current trend indicates that this is already happening, as evidenced by global protests against governments, financial collapse of virtually all nations, the demand for quality education and the exposure of the corruption within religious denominations.

While many people are focused on December 21, 2012, the change may take place beforehand, or most likely, after that particular date. We need to remember that these changes are going to be the foundation for all of mankind in the future and that it will probably not happen overnight. While we are witnessing the collapse of government, money, education and religion, none of these will go quietly. After all, each area has kept us suppressed for so long that those leaders sole focus will be to maintain their power for as long as possible.

Fortunately for us, the divine plan is already in motion and is gaining momentum. Those in power will frantically try to cling on to their illusion of power, greed and corruption but will not be able to maintain their grip over humanity for much longer. While we can still expect a few more false flag attempts, they will only help to expose the people who instigated them.

The transition will begin with a new alignment of infrastructure that is dedicated to the betterment of humanity as we become a Type 1 civilization. This will begin with the replacing of all governments with councils of elders who will be immediately removed from their position the minute

they stop working in humanity's best interest. No more 4 year terms and idle promises of hope and change. Change will be immediate and will always involve improving the quality of life for everyone. In the next few years, I can foresee a collapse of the Roman Catholic Church, with their net worth being distributed to the global population as payment for their corruption and tyranny against the world through unsanctioned wars and financial greed, as well as retribution for their immoral acts against humanity, such as their involvement with pedophilia, which always gets brushed under the table with no repercussions.

This would provide abundance for everyone in terms of monetary value. While money will not be needed in the Golden Age, it will help everyone transition into the new age.

Also look for absolute forgiveness of all debt, as all debt was initially created by the bankers, who create money out of thin air through fractional reserves. In other words, if I was the bank and there was only \$100 in existence and I lent you that \$100, I would expect you to pay me back \$110. Where does that \$10 come from if it never existed? This is the Ponzi scheme that has been instituted for centuries by the bankers and it will come to an end.

As more truths are revealed, our educational system will need to reflect the true history of our existence. All history books will need to be rewritten to reflect these truths, as each one is currently used as propaganda to support any given country's view on the history of any given event.

The main stream media will be unrecognizable from what it is today. Imagine any given TV station after the cabal goes down and is replaced with people who work for the best interests of humanity? How cool would it be to have David Icke and/or David Wilcock as reporters/anchors on the 6 o'clock news? Imagine watching QUALITY television with commercials that help to benefit humanity? This is where we're heading.

We will still have jobs, but they will all help to improve the quality of life for everyone. In time, most jobs will be automated by machinery as explained by the Venus Project. In place of money, we might switch over to an energy system where everyone is paid equally, no matter what level of education you have or what credentials you possess. The goal is to eventually get rid of the money system, because as we have

seen, the accumulation of money brings corruption and greed and neither will be tolerated in 5d Earth.

One question I like to ask people is this: If there was no such thing as money, then what would you be doing with your life? Having fun isn't a good enough answer, because we'll all have fun. Eventually, you will want to contribute to society, so what will you do? I can see myself having a farm where I would grow fruit and would be able to feed others with it, or possibly use it in trade or barter. I would also be a spiritual counselor to help people find their true, divine reason for being here.

While those who are caught in the matrix will view this article with disregard, it is becoming reality every day. The ideas are already in place. The thoughts are in motion. The Big 4 are all collapsing as the universe will not allow anything of negative vibration to coexist in the Golden Age on 5d Earth. It is Divine Law and nothing can stop it.

Past life regression hypnotherapist, Dolores Cannon, stated that there will be people who get left behind in this transition and will remain on a 3d vibrational reality. According to Cannon, they will get left behind if they are "still into the negativity", yet Cannon added that you only need to be at least 51% positive to make the shift. Cannon additionally stated those who get left behind will "be left with what they created. They'll stay there. They'll work out their karma there. They won't move into the new Earth."

Cannon's message resonates with information from the Law of One, which also states that one needs to be at least 51% "orientation towards service to others" to be part of the 'harvest'.

According to Ra, you do not need to understand the Law of One or have an esoteric or metaphysical knowledge in order to ascend.

With the increase in UFO sightings, it has become apparent that our galactic neighbors are gathering to welcome us to our next level of spiritual evolution. We may even receive help from our galactic friends on the rebuilding of infrastructures well as being introduced to new technologies.

We are the light that is at the end of the tunnel. It's time for graduation.

Are you ready to go home to 5d Earth?



# How to Stop Contradicting Your Affirmations

by Joyce Shafer

The reason you use affirmations is to re-program your brain, beliefs, and habits or attachments to negative beliefs and behaviors so you get the outcomes you desire . . . right? If you practice self-sabotage in this area, here are a few pointers to assist you.

Affirmations are often thought of as feel-good statements, and they certainly should be; but if you have little to no belief that there is truth to a statement, Law of Attraction will perform perfectly and you will wonder why the shift or result you desire is not happening.

An affirmation states something is a truth, no matter what has happened before. This gets tricky because if you believe the past as true evidence or proof (rather than a result of your beliefs and thoughts), it can be a challenge to believe the affirmation over the false proof that demonstrated otherwise.

Stating and repeating an affirmation that your inner voice contradicts means, without realizing it, you just affirmed (stated as a fact) the contradiction as your reality . . .

not the original affirmation.

"As thou hast believed, so be it done unto thee," explains exactly how Law of Attraction works. It doesn't say as you hope or wish, but as you believe. If you state an affirmation and return to struggling as before, you miss the point. Law of Attraction works for you to the degree you believe it can or does.

It is vital that you replace an old belief that no longer serves you (and this includes what you call facts) with the energy vibration of what you now claim as your new reality. Even starting by believing in the possibility it can be your reality has a higher vibration than believing it cannot. You can hold the vibration of new possibilities and outcomes of the affirmation as your truth.

Believing doesn't mean have a belief as much as it means have faith. Faith comes from true knowing, from knowing the Truth. Spirit is an absolute presence in your life because it is All That Is and all you are. Law of Attraction is a force, a tool, and it works without fail by matching your vibrations. Spirit uses Law of Attraction to receive and respond to your requests and

as the means to allow you to self-evolve. But even Spirit follows the Law and responds in direct proportion to what you believe and how much you believe it.

Belief comes from intellect; faith comes from absolute trust in the Truth of Spirit and that Law of Attraction works every time. It is a feeling. It is a knowing as a result of having a genuine, ongoing relationship with Spirit and conscious use of the Law. Ask yourself what such a relationship looks and feels like to you. If this is not your current experience Free Web Content, ask Spirit to show you how to make it so and how to understand Law of Attraction. Your request will be answered.

And remember: beliefs change; truths never do.

## About the Author

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<http://www.articlesfactory.com>

# Bring Forth the Messengers

Bring forth the messengers. This is a call for those who feel it to come forward, bring your light and energy out at this time. It is not time to sit placating your energy. Move it, feel it, show it, and honor it. The gifts that each individual has been given has now been opened and ready to use. Use them treat them with respect and help humanity move forward through the darkness that they may feel.

It is only the beginning. Press forward with confidence in yourself. Do not be afraid of mistakes they help you grow and mature into the light being that you are.

Provide yourself with the respect and knowledge to know it will be ok no matter what happens.

Always be kind to yourself and others the journey is a difficult one and to master it

we must put our efforts forth becoming one with everything that is.

Channeled by Tracy Gohrick 10-9-12

Hands Of Love Blog  
[www.energyhealingbytracy.com](http://www.energyhealingbytracy.com)  
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# Ascended Masters Newsletter #157

October 2012

Dear Friends,

We thank you for the kind responses we received to our last newsletter.

Today's newsletter will offer more channeled information regarding the seven stages of awakening. In the last newsletter *El Morya Khan* described the nature of the chakra system and the significance of the root chakra at the tip of the spine. If you have not read the last newsletter, we would encourage you to do that before reading the information that will be offered here.

The Masters continue to emphasize opening to our Light in as powerful a manner as possible during this time of rapid change and awakening for all of Mother Earth. The information presented today can help us understand the nature of our energy bodies and help us utilize the healing tools available to us to enable us to awaken as Mother Earth awakens. We've been given to understand that this is how we can become fully functional Beings of Light while in human form. We also hear that as the frequency of the Earth plane increases, this becomes easier to do than ever before.

We know that many events continue to occur all across the world that can be frightening to all of us. And the predictions of what may occur can be frightening as well. We've been asked to allow ourselves to feel our fear; then go within and find the chakra region that is bringing up this fear. After we have found the fear within, we can allow the healing Light of the Violet or Golden-White ray to fill this chakra. This will provide the healing that can allow the Light to flow through us without the barriers that fear can cause.

The information we have learned from the Beings of Light is not new information; it has also been available through many other sources, disciplines, and religions. Its value, however, lies not primarily in the information as such, but in its application! We encourage you to utilize it - we have seen, professionally and personally, how very helpful this information can be. We hope it will prove helpful to you as well.

Many Blessings of Love and Light,

Linda and Martin

## The Seven Major Stages of Awakening: Second & Third Chakra

By the Ascended Master El Morya Khan

Thank you, once again beloved friends, for this opportunity for conscious communication. As Leia [Linda] has mentioned what we offer here is not new information. There is, in truth, "nothing new under the Sun." What we offer is useful knowledge that is a truth that has existed for all life forms since Creation. Everything you behold is composed of energy from the Light of Infinite Source. Creation cannot exist without the Light-filled energy from this loving, nurturing Source.

This Light-filled energy connects to everything through the chakras, the wheels of Light in all and everything, including you. How this energy connects with your physical form depends on **how you allow this energy to connect** with your physical form. Because you are beings who have been given **free will choice** to co-create your universe in which you currently reside, **how you allow the Light of Infinite Source to fill your form will dictate how you experience the universe in which you reside.**

Therefore, healing the Chakra regions that provide the entry points on your form for the Light to fill your being is pivotal in enabling you to awaken to the true nature of reality and become a **sovereign Being of Light** in your universe.

As Leia has also mentioned, we have shared information regarding the first chakra region in the last publication and if you have begun to utilize what you have learned there, then you are ready to learn more at this time.

### The Second Chakra

The second chakra which is also called the chakra of creativity, is located in the very middle of your body near the entry of the umbilical cord, the nurturance channel that you needed while you were in your mother's womb.

The second chakra is often compromised when there is a lack of understanding as to how one can fulfill one's potential while in human form. It is often necessary for one to experience a physical discomfort in this region, either in the lower bowel or reproductive systems which are directly connected to the energy from this chakra, before one is willing to come to terms with one's agreements as to how one chooses to fulfill one's potential. We

encourage those who seek our guidance to go within when there is difficulty in this region and to listen closely to one's Light as to how best to fulfill one's path. It is not unusual for the discomfort to be a physical blockage when there is an energetic blockage that is also present.

Certainly, for those who have chosen a female form, the path will often include choosing to bear children; and for the males, to participate in the procreative process. This fulfills the most primary of creative functions for all life has as its major achievement to create more life and keep all ecosystems in balance with this new life. You see, beloved friends, the original "blueprint" for Earth's creation has always been to continue to replicate the beautiful world that you've been given in a balanced and harmonic manner.

As you awaken this chakra region with the healing Golden-White and Violet Light, you will begin to be aware of how you wish to contribute to maintaining the balance and harmony within Mother Earth. The Light then can flow from this region into Mother Earth through your legs and the chakras at your feet. As you become aware of how you can contribute to the Earth with the Light of Infinite Source, you can have a flow of loving energy come to you as well from the Earth as you give the Light of Infinite Source to the Earth. You become a conduit of Light, blessing the Earth with the Light as it flows through you and receiving the nurturing radiance of Mother Earth as it mingles in balance and harmony within your being.

All the elders who walked the Earth knew of this interchange of Light and fostered many methods of healing from the utilization of this process. And so it can continue in such a manner in your time through you now.

This method of honoring your body and all Creation with this interchange of Light may help you to become creative in other ways as well. Each being has one or more creative contributions to offer in each lifetime. As you open yourself to the gifts you have chosen to share, further healing and awakening will occur. The gifts you have chosen may be simple, very sophisticated, or both. You may have certain gifts you focus on initially, and others you will allow to develop as you awaken further to your Light. But all that you choose to do will be predicated on Karma that you have chosen as a way to further open to your Light in this lifetime. **Indeed, all movement that you make in any embodiment is for one reason only: to further open and awaken**

(Cont'd Page 8)

to the Light within.

## The Third Chakra

The third chakra, in the abdominal region of your body [near the solar plexus, below the sternum and above the navel] directly relates to nurturance of your being as well. This chakra pertains to how you have allowed yourself to be nurtured by your Light emotionally. The physical correlation in this chakra region is profound. For this chakra regulates how you ingest your food and then begin the process of digestion. As the sustenance you choose to eat passes through your body into the small intestines, it will encounter energy constructs there that directly correlate to emotional activity within the emotional centers of your brain. If you are despondent, angry, or fearful, the centers in the third chakra will react accordingly and you may then experience a great deal of difficulty digesting what you have eaten. Again, when a chakra region is compromised, physical manifestations will be the response. Then, once again, it is time to go within with the Golden-White Light and Violet Light of Infinite Source to allow healing to occur.

Very often the emotional issues will involve not only recent events, but events from any part of this or other lifetimes. One may not always know what has triggered such an emotional response and physical discomfort, and in truth this may not always be necessary to know.

What is important is to allow oneself compassion for the responses you are experiencing.

As the sense of discomfort comes to you, allow yourself to become aware that you may have an emotion you wish to allow. Releasing tears or anger without harming another is perhaps a first step you may wish to take. As you allow the release, even if you do not completely understand

the origin, then you can ask the loving healing radiance to fill you once again, so that this region may be fully bathed in the Light of Infinite Source.

You may notice that in your daily meditations this region will regularly need attention. That is because most choose to have emotions arise that may need healing during each day. As you allow compassion to fill your heart, soul, and spirit this region will become less prone to emotional distress as time passes.

Conversely, when you are experiencing joyful, loving, and harmonic emotions you will notice less and less physical challenge to this region.

Leia is asking us to mention what she is calling "emotional eating." Or what she personally calls her "chocolate reward." We have no comment to add to this. If one understands the reason why one seeks nurturance in this manner and is not doing oneself physical harm, then perhaps it is an opportunity to feel grateful that such a delicious treat is available. But if one also understands that allowing the loving Light of Infinite Source to be an instantaneous reward, then the chocolate treat may not be necessary. Leia's response to this is that since she has a body that can enjoy chocolate she will most likely continue to do so! Once she is on the higher planes she plans to recall those treats with fond memories.

There will be many fond memories to have regarding life on Earth. Allowing the Light to flow through you as fully as possible as you enjoy your time in human form will increase the delightful moments for you to remember.

We do understand that some may choose to eat more than is necessary in order to "fill" the third chakra with some comfort when there are emotional challenges that have not been addressed and healed. Berating oneself for this choice may only add

to this discomfort. We would urge you to consider, once again, to allow the compassionate love of Infinite Source to fill your heart and accept yourself as you are. That is the first step to any form of healing. The more Light you allow into your being, the less distressed you will be. Emotions may become less uncomfortable and the need for nurturance from food less necessary.

Allow the process to unfold. You can trust that this is possible.

In all that we offer here, be patient as you allow yourself to evolve into the process of awakening. You cannot push the river. The Light of Infinite Source does flow through you now. As you take each step in awareness in your time of meditation, this Light will guide you and aid you in healing that which you have carried within that has kept you from knowing the absolute truth:

**You are now and always have been a sovereign Being of Light.**

Now it is time to begin awakening to this reality.

Many Blessings of Love and Light,

El Morya Khan

*This is a free newsletter with channeled information from the Ascended Masters and other beings of Light. The Ascended Masters are benevolent beings of Light who are not currently embodied (but once were and may choose to embody again at some point). They have committed themselves to aiding humanity in reaching its fullest potential. They offer their perspective freely and without any expectation of a return, veneration, or acceptance of a belief system.*

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**Linda Aragon - Aragon77@comcast.net - Holistic Life Coach, RadiantLifeTransformations.com A.R.E. Spiritual Meetings - Meetup.com**

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## Elissa Heyman

by Elissa Heyman

**First the fair new moon cycle, then explosive November 2012**

One likely effect of October's upcoming new moon in Libra is that the collective national sentiment will begin to favor balance, as in taking from the rich to help the poor, rather than favor the extremely wealthy by withdrawing help from the disenfranchised.

However, a couple of days ago, a whiff of November came through on the crazy winds we've been having in Santa Fe, and it made me stand up and pay attention, as if November was going to be a real doozy in terms of "events that change things".

The upside is that these same catharsis-powering forces, channeled into an individual's intention to get where they want to go, can create miraculous developments and a life of greater freedom and energy. It can also make things happen as fast as you're willing to let them. Honor the creative power of change, and stick to making your own news in November!

Here's what was in the wind: "Very turbulent times ahead in November. November's like the 11th hour in peoples' lives, the 11th hour of change, and a great deal of change can happen. It's just like the universe says, 'OK, let'er rip!'"

Many things are tried in November. It's a exciting time to be a pioneer, an entrepreneur, or a new business owner. For all,

forging a new relationship with your own self can be just as powerful as falling in love...expect profound changes from the inside out."

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*If you have zest and enthusiasm  
you attract zest and enthusiasm.  
Life does give back in kind.*

**Norman Vincent Peale**

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