

In It Together  
July 2014

Hello, Everyone....

“Hoping June is kind to us all....” I actually wrote that last month – HA! (Hope springs eternal in me.) I suppose, though, that it’s not that June was unkind to me, but more that I was unkind to me. As is the way with these intensifications, everything we feel as we enter them is magnified. In my case, I knew that I was tired and needed to rest, which caused anxiety in me because it felt like I didn’t have TIME to rest....and because I entered the internalization cycle tired, I soon felt a deep, deep sense of utter exhaustion. In the internalized energy we were in, it wasn’t long before my exhaustion led me to experience a raging fear that something was terribly wrong with my health. Nothing was wrong with my health except for the fact that I had let myself get tired and needed to rest, but my FEAR that something was wrong kept me from truly resting as my mind actively sought to find evidence that the exhaustion was “more” than it appeared to be. IN that, I was unkind to myself.

Maybe you’re one who entered the month in balance in your Being and you sailed through it all. Or maybe, like me, you entered it with low energy and with an anxiety of some kind....maybe about financial security, maybe about finding and being in a loving relationship, maybe about ending a relationship....maybe about finding a new job or ending an old one, maybe about meeting an important deadline....maybe about how a loved one is doing. It may have been a small anxiety when the month began, but chances are – in the internalized energy of June – it ended up being a mountain of fear by month’s end.

I know one of the purposes of these intensification cycles is to continue to give us all a taste of how to live IN BALANCE in the midst of all the challenges that come our way. I know Dixie has said on many occasions that the intensifications are coming with much more frequency....and much more intensity. We’re giving birth to the new, and just like labor pains come with more and more frequency/intensity (preparing the physical body in the process for the birth), so too are the intensification cycles preparing our emotional and Spiritual bodies for the arrival of a new way of Being in our world. As every mother knows, when we’re in the midst of giving birth, it’s damned hard work....it feels never-ending....there are fears that something’s wrong, that it is taking too long and OH, we’re too tired to continue and we can’t do it anymore. But as my friend Ava likes to say, “We CAN do it because we ARE doing it because this is IT.”

Earlier today, I went outside and took off my flip flops, letting my bare feet rest on the ground until I could feel that Mother Earth energy coming up and through me. I found myself thinking again of how we’re right in the midst of the old dying and the new being born. We’ve got one foot in the old world and one foot in the new world, so to speak, so of course our sense of balance is affected. It’s hard work, straddling the old and being in that “dying” energy while trying to also usher in the brand new. I don’t think most of us give ourselves credit for how hard the work IS at times ....we just keep going with whatever we’re in until we get to the point

where we can no longer DO it as we've always done it. And that's a good thing....because we have to have our physical and/or emotional breakdowns so that we can have our breakthroughs.

When we're in the middle of all the challenges that life brings, it's REALLY hard to remember all is in Purpose....that everything is going exactly as it should. And when we get out of balance and exhausted, it's even harder to remember. It's why it's more important than ever to let ourselves rest when we need to....to fill ourselves and play and laugh as much as we possibly can.....to drink a lot of water and eat real, live food and not the processed crap that so many of us put into our bodies.....to be in nature and take vitamins and put our bare feet on the ground and do everything we possibly can to stay in balance....so that WE can stay to aid others in getting through to the Birth.

The reason I decided to title my newsletter "In It Together" is because none of us – I don't care HOW much we know or think we know - are exempt from being tested; and sometimes we forget how to stay in balance.....and then that insidious whisper that "something is wrong" starts swirling around inside us until a sense of hopelessness pervades, either quietly because we're not aware we're out of balance, or loudly in that we ARE aware we're out of balance but unable to stop that whisper that has now become a shout in us.

Equal amounts of rest, work and play is the basis for thriving in these times (as well as lots of water and healthy food). I didn't do that, even though I know very well it's a requirement. AND SO.....I guess I'm just wanting to urge YOU to make sure you get what you need, even if it feels selfish or too difficult to accomplish....demand it for yourself, the same as you would demand it for another whom you love.

We've come to this time of Graduation and we've signed up to be midwives to assist in the Birth.....and WE have to stay in balance so that we can know in ourselves that nothing is wrong so we can turn around and assure the ones who are struggling that they, too, are fine. We have to turn our eyes to the end result – the "Baby" – and know that something wonderful is on the way. When the fear that something's wrong springs up in us, we block the very thing that can most help us: Spirit and the Knowing that it's ALL in Purpose and going according to Plan.....because as we all know, the density of fear prohibits the higher vibration of Spirit to be of aid.

I think I'll end THIS month's newsletter by saying, "May each of us be kind to ourselves in July by honoring our needs!!!

***Hold Onto Your Spirit....***

Marty