

In It Together
November 2014

Hello, Everyone:

As I sit here writing my monthly newsletter, it is finally creeping into my awareness that November is already here!! I am somewhat stunned by that, even though it's not like November doesn't come around once a year....(smile). The past month has been a whirlwind of gogogo and stopstopstop.....I'm betting that if Dixie's calendar for October had been available, we would have seen both red and blue lines going on.

I've been aware that with the change of seasons, my body is wanting more sleep, which I'm sure is true for us all.....so once again, I thought I'd write about how important it is for us to give our bodies everything they need to stay as strong and as healthy as they can possibly be, loving them and honoring them like we've never done before. It's TIME.

One of the things I recall from a Dixie workshop some years ago is her talking about how our bodies are in strong, strong reaction to the energy of these times. She mentioned how our bodies are sensing that more and more Spiritual energy is coming in to this dimension with the intention of refining/lightening mankind's Beings. Our bodies are freaking out in many cases, believing that the very essence of the energy they need to survive (physical energy) is receding to the point where they (the bodies) will have no choice but to die. She stressed the importance – the very great importance – of talking to our bodies and assuring them that we're going to take care of them....that they are NOT dying but simply transitioning into a more refined and lighter way of being than they (the bodies) have previously known.

She went on to say the best way to help our bodies through the energetic transition going on – moving from the denseness of the physical to the more refined and lighter energy of Spirit – is to eat LIVE foods and avoid like crazy any and all processed foods.....drink lots of water.....make sure we're getting enough vitamins and minerals as well as some form of exercise, and plenty of enjoyment/rest. Otherwise, our bodies are going to have a difficult time moving into the more refined and lighter energies of these times. Every minor ache and pain we used to have will now become SO magnified that we are forced to pay attention to not only what's going on with our bodies, but WHY it's going on. AND, if you think about it, that's a good thing – every ache and pain that is shouting at us to DO something is just one more reminder that we need to honor our bodies and nurture them and rest them and give them enjoyment. They are “tugging on our pants legs”, so to speak, saying, “HEY – what's happening? Why am I hurting so much? Why am I so tired? I've had just about ALL the cookies and chips I can handle for now, you know, and if you don't stop feeding me that crap, I'm gonna make you pay. Feed me REAL food. Get me outside and into nature! Give me clear, pure water – a whole bunch of it. Let me REST when I need to rest, and take me out for fun on a regular basis . Help ME get through the

shifting energy of this time and I'll be good to you. Otherwise, if you can't help me, I have no choice but to make YOU hurt, and I don't wanna do that.....so work with me here!!!”

Just as the minds that hold strongly to the old ways of thinking suffer....and just as the emotions that hold strongly to old patterns of responses suffer, those of us who are holding to the habit of forgetting to make our bodies a priority are finding that they're suffering. This time requires that we come in all parts of our beings - the mind, the emotion, the body - to harmony with the energy that is moving faster and faster and becoming lighter and more refined. And as the energy of this time becomes refined, our bodies must become refined, also.

We can no longer work our bodies without also resting them and giving them a measure of enjoyment. We can no longer feed them “crap” and call it food. We HAVE to find in ourselves the willingness to bring our lives to balance. We must rest.....we must play.....we must laugh.....and of course we must work. But if we have no rest and no laughter, no play.....work will grind us down to the point where we'll feel deprived of the good things in life and go into grief. And grief and deprivation bring our bodies to distress so that we become ill.

The energy of this time is shaking, vibrating rapidly.... and many of us have bodies that are in great distress and feeling dis-ease because there's a whole bunch of chaotic energy going on; our dense bodies are colliding with the lighter energy that is the acceleration coming from Spirit. It's like two songs playing at the same time in great discord. Now more than ever, it's so important to be aware of the universal energy going on and do all that we can to be in harmony with it, to be in balance with it. Beyond taking measures to physically care for our bodies, we can emotionally help ourselves be in balance and harmony by turning on music that makes us want to sing or sway/dance to its beat, or to read an uplifting book or watch an inspiring movie. Putting bare feet on the ground and letting Earth's energy flow up and through our bodies helps (and when it's too cold, then bare feet on the floor of our homes also helps). Being in nature and absorbing its beauty helps. Standing with arms extended at our sides, the left palm up and the right palm down, and asking Spirit to help us come to balance is also effective. There are a number of ways to come into balance – all we have to do is have the desire TO be in balance and remember to call on Spirit to help us with that Task.

Unless our bodies are in harmony with the accelerated energy of these times, they're possibly and probably going to give us all kinds of signs that they need to become a priority for us. It's ALWAYS a good idea to see a doctor for regular check-ups and in particular if something “new” is happening physically that might need to be addressed. Beyond that, though, we can do a lot to help our bodies get through the energy shift we're all experiencing (whether we know it or not), by committing to taking care of our bodies and giving them what THEY need, just as we commit to taking care of our families and friends. (And beyond physically taking care of our bodies, it's so important to continue to process any painful or traumatic experience OUT of our Beings so that the pain of the situation/experience doesn't lodge somewhere in our bodies and add to any physical dis-ease that might be going on in us.)

Our bodies WANT to serve us well.....they need US to want to serve THEM well.....so if you've been feeling an urge to get your health strengthened, I hope you'll do it. We need all the strong hearts, minds and bodies we can GET in the coming years; we can thrive if we choose to!!

May your Thanksgiving be spent in Love and Happiness with people dear to your heart.....shoot, may every DAY be spent in Love and Happiness with people dear to your heart....

Hold onto your Spirit,

Marty