

## In It Together

May 2015

Hi, Everyone.....

And welcome, May!!! It sure seems as though each month passes a little more quickly than the one before. It's a darned good thing we have gravity; otherwise, I think we'd all be flung into space with the increased "spin" our world seems to have! As it is, I'm finding my equilibrium is slightly off, with feelings of dizziness swooping in and then swooping right back out. Quite a few of my friends have mentioned this same sensation going on in them throughout the past month. We had to be agile as all get-out to stay on top of that surfboard as we rode the waves, and in hindsight, it is easy to see what the calendar must have looked like for the month of April!!!

Speaking of Dixie's calendar, I am delighted it is posted for this month. I LOVE knowing what is projected to be energetically happening so that I can better prepare myself for it by resting up or gearing up, whichever action is appropriate. AND.....I'm thinking there's purpose for it not always being posted and so readily available to us in that it has allowed us the opportunity to individually hone the intuitive and sensitive parts of our Beings (both of which are skills we're all going to want to have in spades, especially as we go further into this Transition of our beautiful world). We have had to rely on our own senses and learn to truly feel the day's energy. If our computers glitch out or we can't easily make a phone call without the line going dead (for example), or if people are running late or it seems like there's some crazy drivers on the road, we can pretty much know that it's "one

of those days" and just allow ourselves to flow with it and avoid a lot of frustrations as a result. How we experience each day is reflective of our own ability to be harmonized in the midst of chaotic energy.

SO..... in those times when we don't have Dixie's calendar with which to be "forewarned so that we are forearmed", the need to stay in balance in EVERY day seems more obvious to me than ever so that when we experience energy shifts, we don't get knocked to the ground.....because the rapid energy shifts are going to be happening more and more, and we MUST find a way to be in harmony with them, to be in balance with them, whether we have a calendar to tell us what to expect or not! We're not always going to have the Gift of that cheat sheet, so to speak, available to us in the form of Dixie's calendar. We might be filled with a burst of energy in one moment and we feel like we can conquer the world.....and in the next moment, we're worried about whether or not we have the energy to drive ourselves home and get into our beds. Or we may feel a deep sense of happiness and well being in one minute and then want to bow our heads and sob in the next, and not necessarily with any knowing of WHY.

Sometimes the "why" is easy to understand - there are so many incidents of mass-scale catastrophic events happening (the latest being the earthquake in Nepal), there's no way we can escape being affected because we are of COURSE all connected. We simply are.....and we're going to be holding the grief of mankind in our hearts because we're here to help love and support each other through these experiences, either by physically offering solace or by emotionally offering it in our prayers and meditations (and even in our sleep as we "go" to be in the places where our help is needed). We're in it together, and what affects one of us affects us all. I don't think we always have to know the why of an out-of-the blue grief

hitting us.....but we can know that it's there, acknowledge it, and let ourselves cry until it passes through.

As souls who have come to help mankind through this great Transition we're in, we ARE going to experience emotions that we can't identify as belonging to "us". I think sometimes the pain of others' collective or even individual experiences are so great that one person alone can't handle it, so we volunteer, in a sense, to help them by taking some of it on ourselves. I can say this simply because I've seen physical evidence of it.....one of those "you had to be there to believe it" moments, but no part of me doubts that it isn't something we do for each other from the love we bear another.....and if we can do it physically, then of course we can do it emotionally.

The physical evidence I've seen that makes me know this is true happened one afternoon while playing cards with Dixie and our friend Ava. I was a wee bit alarmed that my labor seemed to be coming on - it wasn't the Braxton Hicks contractions that I was familiar with - it was what felt like true labor, and it was simply too early for the health of my baby to give birth. Dixie, god bless her SOUL, all of a sudden bent forward and groaned, clutching her belly.....I, in the meantime, continued to feel gentle contractions. Her pain eased, the card game continued, another gentle contraction came in me, and SHE was once again bent over in deep pain. It was obvious to the three of us what was going on...she was holding off MY labor by taking the pain of it on. This went on for hours, literally.....and because of her, the onset of MY labor stopped. I owe her BIG time for that one! And again, unless you'd been there, it sounds unbelievable.....but for the three of us, it was absolute evidence that our burdens ARE shared.

But back to the energy of this time and harmonizing ourselves with it.

*Live food, plenty of water, alone time with Spirit (even if only for a few minutes), and equal amounts of work/rest/play are truly, truly our lifesavers these days as we all experience the incredible energy shifts that are affecting our hearts and our bodies so much.*

We need to do what we can to stay in balance and not worry that we ARE up and down and all around and believe we are powerless against this energy. No, we are not powerless.....we can and ARE learning to ride the crest of the waves as the energy swells....and to lay down on our surfboards and rest until the next wave comes. We're learning to be in balance with the energy of these times, whether or not we have the luxury of Dixie's calendar available to us.....and the more we help our bodies BY giving them live food, lots of water, time with Spirit, and equal amounts of work/rest/play, the faster we can master these energetic waves coming at us. It's one of the reasons that these days, when I make plans with friends, I do so on a tentative basis because what feels like fun in the moment I schedule something can feel like a huge weight of "have to" when the time actually arrives. Fortunately, my friends have no problem making tentative plans as well, because most of them are also aware that this is all just part of learning to "accommodate the waves" until we do master them....

We're all becoming great little surfers, aren't we?

Hold On To Your Spirit!!

Marty

