

WACKY, WEIRD, AND WONDERFUL ON THE SPIRITUAL PATH!

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What sense does all of this make? At 9 AM you have solid energy, lose it by mid-afternoon, and find yourself still vacuuming at 10 PM. Nervous energy over the heart that feels like ambient anxiety for no reason whatsoever, transient pain in the ovaries, headaches that come and go during meditation, a feeling in the solar plexus like an augur boring into you—the list goes on and on. If this is you, you are one of us! Energies go awry and reset so quickly that it is stunning. But heaven help you if you have nowhere to go to do a strong reset when truly downed out. I personally don't know how you live with that! All of us rely heavily on our classes and retreats to re-enter the joy and bliss.

My best interpretation of these energy events, critically involving the etheric body which forms the physical, is similar to watching a light bulb that flickers off and on since it is not well-seated in its socket. The massive spiritual energy that we are bringing in is truly working—it is lighting up the light body. It is spiritual energy infusing the etheric body—but it is having difficulty stabilizing. It causes pain or disturbance of one sort or another when it strikes old obstructions, perhaps long carried, from this life or another, from personal being or psychic receptivity to mass consciousness, in the thought patterns and emotions. We are getting there! But don't all the great teachers and book writers ever have a moment of difficulty while they talk about living in joy? They don't mention it, but I am happy to, for it is surely real enough to be mentioned. It calls for advanced energy tools, many processes to bring yourself quickly out of difficulty and back into the happy manifestation of all the wonderful things that you are creating in your life. Whew! There is so much change going on from hour to hour, and particularly in the physical body now. We were already accustomed to releasing negative emotions and resetting negative thoughts; now the work is also heavily physical. Here we go!

We are now truly uniting heaven and earth, spirit and matter, bringing spiritual

energies into literal, three dimensional, physical reality and biology. This is utterly necessary as our planet enters the photon belt, time seems to speed up, and light frequencies become carried in flesh. The old days of “God is up there somewhere” are over. God, or spiritual energies vibrating at incredible frequencies, is now coming directly into us, and radiating into the biology of our world through our bodies and minds. In deep states of meditation in our classes and retreats, I continually perceive that everything is truly all right, and everything on earth is working out well, despite rational evidence to the contrary. If you believe it, this will be true of your personal life as well. But you must believe it with your entire being, and without refreshment of reaching such levels of intuitional knowledge, I frankly don't know how you will believe it while your body momentarily aches, your emotions fly off the wall, and your thoughts look like a cesspool of your worst frustrations visiting you again. Then, poof! Happy and well on earth again, IF, and only if, you have the necessary tools for manipulating consciousness back into unity, well-being, and joy. From the Seth material to the conversations with God and the Abraham-Hicks essence, we have been schooled in ways to help ourselves, but now, more than ever, the work of continuing the right vibrations to attract the future we desire is more critical than ever. In short, the times are intense! But didn't you commit somewhere to the notion that you absolutely refused a boring life?

For decades the Masters and Angels have been our strongest allies and help-mates in our spiritual development. Now, the Nature Spirits and the great Angels of Nature, or Devas, are equally involved and available to assist us. Equinox and solstice celebrations are supreme opportunities, as well as new and full moon occasions for meditation, working directly with nature's own cycles to fine tune ourselves spiritually. Our class meditation outside on March 29th, the vernal equinox, was breath-taking, cov-

ering nine dimensions of consciousness, from the core of the earth to the galactic center of the universe. Sirian light geometry and Pleiadian love came together in nature and spirit. We all heard bugs that weren't there, felt presences, saw spiritual beings, nature spirits, past lives, and futures too numerous to mention. But it surely left us high. May you quickly find such sources of joy and support on your path, for I do believe that you will need them from time to time!

If you need us, our strong work in healing, our joy of going into the future together, our processing out all the “negatives,” we are here. The classes are weekly, Tuesday through Sunday, from Hermitage to Columbia (\$20, come at will). The retreats occur on Saturdays periodically. New classes are forming. Please contact me at (615) 792-4790 or mallell@email.msn.com if you would like more information. In the meantime, get ready for the ride of your life (lives) on earth, for we have not entered the photon belt for 26,000 years. All your old negative memories and emotions must be released, and you must give up judging anyone and anything as negative or evil, or you will bring great difficulty on yourself. You must learn to see every step as positive, leading you patiently through the labyrinth of yourself to your grand intentional future, or at least quickly reset yourself. Pulse off, on—that is the rhythm of our lives for today. And if you attend the Cosmic Connections Expo at the fairgrounds on April 14 and 15th, come see me in booth 92, where I will be working with The Secret and offering free Spiritual Energy Activation. Our labyrinth retreats will resume in May. We will play in nature through this difficult transition time, loving earth and all its species as much as we love spirit and spiritual beings. That is wholeness, and we are finally ready for it. Light is information. Do you understand that? Are you ready for more? Given in endless love, Louise