

# SOUL POWER Unlimited, September 2011



## Are you changing as the earth's rhythms shift? *Some reminders...*

*"There is much energy which is on schedule to change now. The challenge for you is the change".*

This quote from "Beacons of Light" August 2011 channel ([www.lightworker.com](http://www.lightworker.com)) is repeated by others who report on the Earth's ongoing changing rhythms which we are witnessing and feeling deeply.

*"The frequency within the inner earth is to double in the next year...This will be felt subtly yet will effect the mind powerfully. ...more people experiencing inner difficulty with their mind/emotions at this time."*

[www.qalasriama.com](http://www.qalasriama.com)

### Is this as a call to action for each one of us?

We are each a vehicle for the anchoring of more love, peace and harmony on the planet. Each day we are offered opportunities to do this as the Earth shifts bring us closer to a new level of consciousness.

I've found that developing practises that become automatic in my daily life, is essential to maintaining a state of love, peace and balance. I offer the following practises as reminders, intended to assist you so all can flow in your life, as we experience the Earth's shifts.

1. Open your heart to more love. Love and fear cannot co-exist.
2. Consider completing all situations of the past and present, needing resolution through forgiveness of self and others. Forgiveness is love offered without expectation and judgment. It arises from the open heart, not the mind.
3. Adopt an attitude of gratitude. Gratitude, joy, love and abundance carry the same vibration energetically. Gratitude is the easiest energy to access at any time. Find many things, many times each day to feel gratitude for, and you'll raise your energetic vibration. The Law of Attraction will attract those things that match your vibration.
4. Pay attention to the wisdom of your body - experienced as thoughts, self talk, emotions, reactions, beliefs and physical discomfort, and act to heal those that no longer serve you.
5. Monitor your thoughts. You are a powerful manifestor of all that you think about and dwell on.
6. Be clear on what you really want and align your thoughts to your desires to ensure they manifest
7. Re-train the brain to be guided by your heart. Use meditation practises to align heart and mind
8. **Practise kindness and compassion to yourself.** Acknowledge, accept and release those parts of you that arise for healing. Release them with unconditional love. Seek help if you need assistance to uncover deeply held programs
9. **Seek support** to understand, accept, and embrace the changes. Know you deserve this support. Your angels and guidance teams are here to serve you. They await your asking. There is also much support here on the physical plane from healers /practitioners.
10. **Give yourself permission** to RECEIVE the support.
11. **Ground yourself** often, connecting to Mother Earth

**I realise these are simple reminders. .. and**

I also acknowledge the challenges encountered in these practises in my personal life, my work experiences of coaching and energy balancing, healing, meditation groups and workshops. We hold deep patterns beyond our conscious knowing that challenge us to love ourselves unconditionally, to be willing to seek support and to open to be worthy to receive.

*May September flow with the grace and ease – like a refreshing breeze on a spring day.*

*Enjoy the blossoming!*

*Carolyn*

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