

Ease and Flow - Three Signs to Lighten Up

The Importance of Laughter

Creating Flow

When I asked for guidance on the subtext of my two February workshops they were *Ease and Flow* and *Lighten up*. At the time I felt far from resonant with those themes but in recent preparation I've been asked to let go as Controller of the Universe (I hope nobody's alarmed at the thought that I may not be gripping the Wheel of Life with both hands - ah, just me then!) and I realised how exhausting it is to push against the flow.



The First Wake Up Call

The first wake-up was a quote from Abraham: *We would like you to release the word 'achieve' or 'earn' from your vocabulary and from your understanding, altogether, and we would like you to replace those words with the word 'allow'. You're wanting to allow your Well-being, not achieve it. It's not something that you need to earn. All you have to do is decide what it is you would like to experience, and then allow it in order to achieve it. It isn't something you have to struggle for or try for. You are all worthy beings. You are deserving of this Well-being.*

Laughter Meditation

The second wake-up was this channelling from Kuthumi on the Lightweaver website:

Most people have immense difficulty meditating. For those of you who have this particular challenge we suggest that you try the one and only feminine way of meditating and that is by indulging in something creative. Now I hear you say "but I cannot draw, I cannot paint, I cannot sculpt" - creativity is not limited to those three areas, creativity is infinite, unlimited and never contained in anything that carries a label. So then, what creative activities should you indulge in? Again I repeat, anything that gives you pleasure.

I can hear many of you already worrying that perhaps that you don't know what it is that gives you pleasure, so let us suggest something very simple - most people enjoy laughing so why don't you hire yourself a comedy movie....

Life - a Box of Chocolates or a Fruit Salad?

Guidance often come in threes and Kuthumi mentions in another transcript the ability of blueberry and strawberry to eliminate self-sabotaging patterns. This intrigued me, as many of the lightening up essences I've been guided to this month have made me sound less like a flower essence practitioner and more like a celebrity chef! They can all be viewed on the Spirit of Transformation Essence Directory and include:

- Tangerine
- Strawberry
- Blueberry – Sunshine Blue
- Apricot
- Apple
- Purple Raspberry
- Grape
- Blueberry
- Pineapple
- Pear
- Watermelon
- Golden Raspberry

So if you've resolved to eat a healthier diet, include plenty of fruit which take in a lot of light to ripen and can therefore pass a lot of light to us when we eat it and, if you're feeling in need of a lift, just pick up the phone and we'll find the right combination to get you smiling again!

I love helping people with soul issues. If you'd like to discuss a consultation or any other kind of soul support, just call 01273 77 33 24 on Mondays, Tuesdays or Thursdays.

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