

WORDS FOR THE NEW DAWN – MARCH 2010

I haven't written to you for quite some time. It's good to be back in contact. Also, I want to welcome the new people who have joined the New Dawn community. It has been almost half a year since I last wrote. I have needed to go inward on my own personal journey. Now, on the other side of that journey, I am excited to share with you some of my insights about what is going on as we enter this powerful new phase. Amazing changes continue to occur. It's difficult to keep up with them. With the earth energy changes, we are all experiencing personal transitions, growth, and challenges. For me personally, moving to a new city and building new relationships has been extremely challenging and rewarding at the same time.

One of the things that became clear to me over the past six months is that whatever changes one is going through, no matter how difficult, we must stay committed to the process in the moment, while simultaneously remaining focused on the prize at the end of the tunnel. This not only gets us through the dark times, but allows us to recognize and take in the joyous moments, no matter how fleeting, along the way.

As I sit here writing to you, the clouds suddenly lifted and the bright New Mexico sun has come streaming through my windows, illuminating that very thought. I can feel its warmth, experience the glow within my heart and the reflection of my own inner light. My dogs are curled up at my feet. How they love to bask in the warmth of the sunshine.

Yes, transitions are challenging, but there is so much around us every moment to be grateful for. Right this moment I am grateful for the sunshine and for my happy, peace-filled dogs. And as I breathe out, I allow tension to slip out of my body, mind, and heart, and let love and peace flow in along with the sun. I am so happy to be writing to you today to share this feeling.

Bless you.

Barbara

TRANSITIONS! BIG TIME!

There have been a couple of very significant events on the planetary level in the past couple of months that have created huge shifts in our consciousness - the earthquakes in Haiti and Chile, as well as Turkey and lesser quakes around the world. As you are aware, we humans don't just live on the Earth, we are integral parts of the Earth. The Earth is a vibrant alive and sentient being, and we are alive and sentient parts of her. Everything in the universe has consciousness. Every cell, molecule, atom and sub-atom in our own bodies has consciousness. So, we can perhaps imagine ourselves as conscious cells of the body of the Earth. In addition we are all conscious parts of one of Earth's great organisms, the Human Family. As members of this Human Family organism we are all interconnected. The awareness of this interconnectedness is being awakened in us now at very deep levels in our hearts and in our nervous systems.

The first of the quakes in Haiti affected our hearts and our emotional systems, as we

experienced the immense human suffering there. This suffering is helping each of us to become more focused in our hearts and more deeply connected to our compassion. And as the suffering is continuing in Haiti it helps us to open our hearts more and more and feel our connection with our Human family. And even though the news media coverage has lessened the suffering has not, our family members still need our financial as well as our loving support.

Sending *money as love* will also help the healing, and the heart opening multi-dimensionally as the Earth shifts into the higher vibration of love and abundance for us all.

The second major quake in Chile affected us in the root chakra at the tip of the spine and the solar plexus chakra. This quake that measured 8.8 is one of the most powerful quakes on record. Yet the human devastation was much less than in the Haitian quake. The jolt that, according to NASA scientists, knocked the Earth off her axis and caused the loss of actual time - we lost one millionth of a second - affected us and is still affecting us. It was like a giant kick in the tush, actually. Our root chakras were uprooted. This has knocked us off many of our old positions (beliefs, ideas, judgments, etc) which can be a very uncomfortable sensation, causing many to experience being out of sorts with mild to high levels of anxiety. What is actually happening is we are in the process of re-rooting into the Earth at the higher vibration and this is recalibrating our nervous system to the higher level, which will help us experience the new vibration of compassion in our hearts. Soon, as our hearts match the vibration of compassion, our nervous systems will be relieved of anxiety and begin to experience the excitement of being alive.

My personal experience the first day after the Chilean quake happened while I was shopping at a favorite store. Instead of enjoying looking at the lovely things, I found myself going around in circles, and nothing I saw seemed to make sense. I couldn't focus on anything, and I had an underlying feeling of despair. I finally just gave up, went home, curled up with a good movie. After the movie, I meditated and began to understand that this was a direct result of the earthquake.

Next is a meditation that may be of help in finding your new center as you re-root. What you can expect to happen as you bring light into and throughout your nervous system and open to the alignment is a gentle softening and joyous acceptance of whatever this new shift is bringing into your life. You may experience it as finally coming to your senses. So, allow it, welcome it, and enjoy it.

And when in doubt always choose love.

THE 8.8 MEDITATION

Close your eyes. Take a few deep breaths. And feel yourself held and supported by the chair and by the floor beneath your feet. Relax a little deeper and let yourself become aware that you are being held, not only by the chair, but in the arms of the Divine Mother. Let yourself relax into her great embrace. Feel Her loving you, caring for you, supporting you, and honoring you. Open your heart and let in this immense love. Now, experience that you are surrounded by the Divine Father. Feel Him protecting you, believing in you, championing you, and loving you. Open your heart and experience this immense love. Become aware as the Divine Mother (Earth) and the Divine Father (Heaven) come together within you in Sacred Marriage. Experience being embraced in this perfect love.

Now focus your awareness in your solar plexus

chakra and think of lighting a golden sun here. Think of sending the golden light out through all of the nerves in your body and up into and through the neurons of your brain. Sit for a few moments and allow the golden light to transmute the anxiety within your nervous system into healing and peace.

Next feel yourself harmonizing with the Great Mother Earth and her nervous system and think of allowing your inner awareness to align with the new higher vibration. Sit with this for a few minutes.

You can end the meditation by chanting the following mantra.

MANTRA

I am the love. I am the light. I am the love. I am the light.