



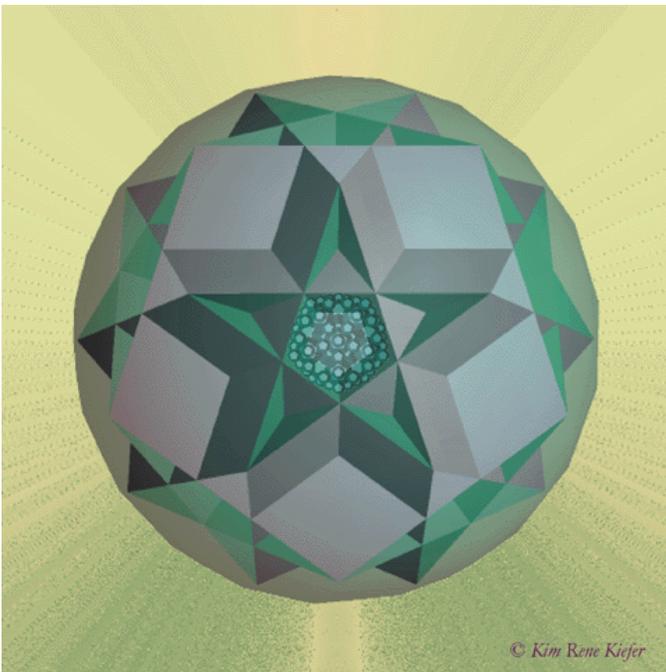
# Soulestial Musings™

~October 2011~

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## Paradigm Shift



We truly are in the midst of a paradigm shift. Changes are rapidly taking place at many levels. Old structures that no longer serve us are dissolving and evolving into something bigger and better. Former ways of living no longer work, so it is time to foster new ways of being. Now we must step into new realms, tread alternate paths, and forge a different future. As we expand our consciousness, we shift the world around us. What shifts are taking place for you? We truly are in this together. That includes all creatures, as well as Mother Earth. Step up your light and make a shift.

## My Little Chickadee

The “bird of truth” has landed. A sure sign of spring, this little winged creature bursts out in cheery song. It reminds us to speak our truth with great joy. We can seek a higher truth in the midst of whatever may be happening in life. What is your highest truth? Find it, speak it, and live it.

## Poet's Corner

### Milonga

No beginning, no end	As if they were
Where ocean meets sky	Made for each other
Is vaguely indistinct	This milonga will last
White caps sparkle	Until dawn breaks
Atop cerulean waves	To be continued
Stars twinkle	At sunset when
Amidst midnight sky	Their rendezvous
Blue meets black	Is renewed
To dance together	~ Kim Rene Kiefer

## Balancing the Elements

There are five elements in all — earth, air, fire, water, and ether. Each element represents a specific aspect.

- Earth** – Grounded, Density
- Air** – Movement, Light
- Fire** – Passion, Heat
- Water** – Expression, Flow
- Ether** – Connection, Spirit

It is important to maintain a balance of the elements within yourself. If there is a deficient element, there will be signs of imbalance. Consider the following:

- Earth** – Ungrounded, instability (like shifting sand)
- Air** – Lack of clarity, little movement (claustrophobic)
- Fire** – Lack of motivation, dispassionate (bump on a log)
- Water** – Stagnation, low flow, frozen (blocked by a dam)
- Ether** – Separation, disconnection (not plugged in)

You know that too much of a good thing can also cause imbalance. The same is true of the elements.

- Earth** – Quicksand, inability to move (stuck in a rut)
- Air** – Too mental, airhead (head in the clouds)
- Fire** – Overly emotional, overzealous (going in circles)
- Water** – Loose, wishy-washy (limp like a dishrag)
- Ether** – Righteousness, judgment (judge and jury)

How do you balance the elements? Look at your life and feel into where you might be out of balance. Is there some reason for the imbalance? Acknowledge your imbalance and seek guidance within. Have you spent time outdoors? Do you move around and seek active pursuits? Are you feeding your creative fires? Is your life flowing smoothly? Is your connection with Source online and intact?

Find ways to bring the balance back into your life.

- Spend time in nature. Go for a walk on a beach.
- Go dancing. Do yoga. Engage in movement.
- Spark your creativity. Paint a picture. Play music.
- Go with the flow. Take a swim. Watch a dolphin.
- Meditate in a garden. Visit a spiritual community.

Ask the Masters of the Elements (Earth, Air, Fire, Water, and Ether) to bring you appropriate balance in each area. They are happy to serve you.

### ***Change Is In the Air***

Fall has finally come to Central Texas. Cooler days refresh us and lighter winds freshen things up. Yes, change is in the air. It's so palpable, you can feel it, see it, hear it, smell it, and taste it. Change colors our world everywhere.

Around the world, things are changing in their own way. Demonstrations speak to the challenges we face in our environment, economics, education. Temperatures soared, floods came, and fires roared, surely signs of something bigger than us. Global warming? We've watched financial struggles and bids for freedom play out across the nations. Global warning? Earthquakes shook things up. Tsunamis wiped slates clean. Global calamity?

Many traditions have spoken of and prophesied about the so-called end times. Yet, endings are beginnings. Besides, some would argue that time is a purely human construct. Regardless of time-keeping mechanisms, there is a cyclic quality to the passage of time. It is these cycles of change that are upon us now.

Changes have come and gone throughout eons. 2012 is now before us, full of promise and ripe with potential. We stand poised on a precipice, a deep chasm at our feet. Will we take a leap of faith with a fool's heart of love and trust? It may very well be the end of the world as you know it. Mayan Elders put it very simply — choose love over fear. Which shall prevail in your life?

### ***Ways to Embrace Change***

Changes in life present challenges and opportunities — they both mean the same thing. You may feel flustered or frustrated. Perhaps things are moving too fast or going very slow. You may be feeling overwhelmed and low on energy. On the flip side, you may feel as if you are on top of the world. Everything is coming up roses. Regardless of what's happening in your world, here are a few tips.

- Stay in your body.
- Breathe deeply.
- Ground with Earth.
- Connect to Source.
- Center yourself within.
- Heal your heart.
- Play with abandon.
- Laugh freely.
- Dream big.
- Relax and trust.
- Have faith.

Change is the only constant, so they say. Ultimately all change comes from within.

### ***Newsflash!***

Listen to Reshape Your Aura, Shape Up Your Life on Awakening in Austin radio interview (on our News page).

### ***Upcoming Events***

#### **A.L.I.G.N. Conference Austin**

**Authentic Leadership Integrating Growing Networks**  
October 14-16, 2011 at Casa de Luz \* [alignconference.com](http://alignconference.com)

#### **Unity Church of the Hills Healing Fair**

October 22, 2011 from 9:30 a.m. to 5:00 p.m.

The Magic of Mo-Town: At 10:30 a.m., experience a fun-filled presentation with sacred images, quotes, and music. Visit our booth for aura attunements and energy healing. NOTE: All proceeds benefit the Love is Building project.

#### **Beginning Light Language ~**

#### **Mayan-Aztec Sacred Geometry**

October 23, 2011 from 1:00-5:00 p.m. Potluck at Noon. Learn to read and write in light. Maximize your strengths. Attract positive energies. Tune auric broadcasting system.

#### **Divine Intervention Spontaneous Remission**

A Two-Week Intensive in Healing Mastery ~ October 30 – November 12, 2011 in Hot Springs, Arkansas.

NOTE: Includes a two-day Time Travel workshop on 11/11/11 and 11/12/11 with Master Starr Fuentes.

#### **Mandala Making**

November 29, 2011 at 7:00 p.m. Potluck at 5:30 p.m. Join us at Suzanne Camin's for an evening of great fun! We'll be making our own mandalas for manifestation. Come prepared to put your dreams down on paper.

#### **Healing Circle for Healers, Light Workers, Etc.**

December 11, 2011 from 2:00-6:00 p.m.

Come together for community and service. Share your heart, your gifts, and your healing energies. Bring a snack!

### ***Contact***

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