

Moving with the Emotional Tide

Now is not the time, to control and limit your emotional expression
Now is the time to be free
Free to move with the tide

We live in a society that demands that we swallow our emotions, whether those emotions are positive or negative. We are conditioned to control and restrict an aspect of ourselves, which should be free flowing and un-tethered . We are taught from an early age that our emotions are somehow wrong, that they should be kept under wraps and not revealed in their true expression. As children we are taught to be quiet when we want to shout, even when it is with joy. We are told big boys don't cry, little girls should be always be prim and proper. And now as a result of this as adults, we have lost out ability to respond to life, in a free un-edited fashion. We are taught how to not feel.

Angry is seen to be wrong, fear nothing more than cowardice (especially for men); sadness is just another word for depression and in the need of medication. We are given pills from our doctors to stop a process, which is natural; an important part of the healing of the emotional body is stopped in its tracks. We live in a world where our unrealised desires have become addictions; we are caught in the game of swinging backwards and forwards from denial to over indulgence. The restricted emotions within us fester and decay, and when the walls of our conditioning cannot contain them any longer, then they burst forth in violence and destruction. Only reinforcing the belief that the emotions are wrong, evil and should be repressed. We are blind to see that it is the repression and the restriction of these emotions, which creates the chaos and destruction, in the first place.

We have learnt to live a strange half-life by pushing away our emotional expression. We have learnt to be rational robots, living only in our heads. The rational mind and its many laws, rules, and restrictions on the expression of our being, has in our modern times become god. There are some who cannot feel their emotions at all. I have been working with other people and their emotional healing for many years now; I have been shocked to see how many people do not even know how they feel, from one moment to the next. They are so cut off from their emotions, they unaware of the state of their emotional self. They are half dead, living only in their heads.

Emotions are the waters of life, without them we are all dried up.
We have no life force, we have no energy,
We are nothing more than organic robots waiting to die.

Emotions are like water, they will always find a path of least resistance, in order to flow. They will find the cracks in the psyche, the holes in the personality and the weaknesses in the defences. Somehow and someday, they will always find a way to burst forth. It does not matter how in control you think you are of your emotions, they will always find ways of release. If they cannot be expressed in their original pure form, then they will simply manifest as disease, illness, mental breakdown and severe depression. The dam must burst in one way or another.

We move through our daily lives in a state of emotional imprisonment. How often do we bite our tongues, offended inside by other people's harsh words, yet fearful to speak out. How often do we speak out and demand that we be treated differently? We have hardened our outer shells, so that others cannot see that we hurt at all. We have learnt this as a form of protection, because to allow others to see that we are hurting, is a dangerous thing to do. There are those out there, who would take advantage of a chink in the armour. So therefore we swallow our tears, our fears, our reactions to other

people's negativity, aggression and selfishness. Through ignoring that which is unjust and unfair, we are agreeing with the consensus that says that this kind of treatment of each other is ok. And therefore nothing changes.

What a mad world we live in.

Viewing our present condition as it is, it is easy to fall into despair and depression at our plight. Yet there is no need for this, for we are on the verge of a great transformation, mentally, physically and above all emotionally.

For many years now the Great Central Sun has been sending us waves of energy, these waves are designed to instigate a great dimensional shift in consciousness. The times, they are a changing; soon it will be impossible to control the flood of emotion. In order for us to shift and transform we must learn to move with the emotional wave, which is sweeping this planet.

Many of us are starting to have what are called "ascension symptoms"; these are strange body feelings, (of which there are many varieties) and shifts in mental states and consciousness. Now we are moving into the stage of the clearing of the emotional body. It is the time for the emotional body to transform. This is yet to be our greatest challenge!

When a high energy comes into contact with a low energy, it is impossible for these two energies to exist in the same space at the same time. The high energy cancels out the low energy. The Great Central Sun is radiating intense waves of high energy into the universe, these energies are now beginning to hit the outer the edge of our planet's consciousness. As these waves hit they bring all that is not in truth to the surface to be healed and transformed. In truth we are amazing, beautiful, intelligent aspects of the Universal Dreamer. We are not limited and restricted in our expression in other places in the universe. It is only here in the confines of the third dimension on the planet earth, that we can experience ourselves as limited and imprisoned emotionally. This is about to change.

As the waves of energy hit the outer atmosphere of our planet, it causes a chain reaction within the emotional body of the earth itself. We are taught that this planet is only an inanimate form without a conscious intelligence of its own. This simply is not true. The earth just like us has a physical body (the sphere itself), a mental body and above all an emotional body. The emotional body's state is reflected in the weather patterns of the oceans, winds and storms. As we have seen of late, the emotional body of the planet itself is in the process of transformation. We are seeing record highs of earthquake activity, severe storms, hurricanes and plummets and rises of temperature.

Gaia (the earth) is shifting and healing her emotional body through these severe and unusual weather patterns. Just like us, she too has been limited in her expression. She too has emotions, temperaments and moods that need to be expressed. As more and more of these waves of energy hit our planet, we will see more earthquakes, storms and volcanoes erupting. Gaia needs this expression, she needs to let off steam, and she too needs to be free. Just like we do.

Our emotional body is not something, which is isolated from other people or the earth itself; it is part of a giant collective. We are not separate to the emotional body of the earth. We are all connected and a part of a huge emotional self. As Gaia activates her volcanoes, then we can experience the release of immense rage. This is the anger, which is unexpressed and therefore held in the cells of our body, this needs to be released. It is impossible for us to do this individually due to the restrictions and limitations that our societies place upon us, so therefore Gaia has to do it for us. Floods

and rising in sea levels, storms and hurricanes are a direct reflection of our in-ability to release the emotional pressure, which is building in the human family.

Over the next three years we will see more and more of this changes in global weather patterns unless we address our own repressed and festering emotional states. It is imperative that we find ways to release our emotions in a way that is healthy and above all free in expression. If we do not take the responsibility to heal ourselves, then the planet will do it for us. She is not promising that there will be many left, after this cleansing.

Over the next three years we will be given the opportunity to heal our emotional bodies. Especially during the time of the full moon, this is a time of high tides in our oceans and also high tides in our emotions. During the time of the full moon, it is possible to move into a space of communication with Gaia herself, through your emotional body. You can then move into synergy with Gaia herself.

Many of you will experience deep grief and sadness; this will come from what appears to be nowhere. One minute you are fine, feeling nothing, the next minute you will be overwhelmed with emotion. For those of you who are in contract with Gaia, you chose a long time ago to perform this emotional release for the rest of humanity and the planet itself. You see we knew this would happen on this planet at this time. This is one of the reasons we came here in the first place. We are great transducers of energy, that is to say, we can take the low energies that are trapped in the planet and move them through our bodies to be released.

The cells of our bodies are like the hard drives of a computer; they store information as emotional energies. All that has happened to you during this lifetime and past lifetimes is recorded and stored as emotion in the cells. Lower energies such as rage, fear, sadness and grief (if not healed during your lifetime), upon death will be absorbed by the body of the planet and will fester and decay inside the earth itself. Gaia has been storing these lower energies for us, as up until now we have been incapable of healing them out for ourselves. This is about to change. She is no longer willing or able to store this amount of negative frequency. Therefore she has no alternative than to release them for us, and the only way she knows how is through hurricanes, storms and earthquakes.

It is your responsibility to heal your own emotional body, as I said we are all interconnected on this level. Your healing will affect everyone on this planet and the planet itself. If you are successful in the release of your stored emotions, then your chances of surviving the coming changes will be greatly increased.

It is important to remember that the rational mind will not help you at this time. Do not analyse your emotional state. Do not run off to the doctors thinking you are having a break down, or are depressed; medication will only interfere with the process. Be kind to yourself and allow whatever emotions are coming up for you. There are lots of different methods out there for you to choose from, find the one that is right for you. Saying that though do not get bogged down with the rational explanations of your emotional states, for the rational mind knows nothing of the emotional self.

Learn to communicate with Gaia herself, through the medium of your emotional body. Look outside your window, is a sunny day or is it raining? Are you in the middle of a storm? Look outside at your local weather patterns to see reflected the state of your emotional self. Learn to read nature and Gaia and take your lessons from her, as she shifts and changes. Rainy days are good days to cry all those tears you have repressed over the years. Windy days and storms are good times to get in touch with your anger and rage. Be like the wind strong and furious. By flowing with the weather you will become more and more authentic with your emotional expression.

