“If your heart is pulling you in a direction that has mystery and wonder, trust it & follow it!”
-David Wilcox

Editor's Message

Welcome to the March issue of Sacred Times – Journal of Transformation and with it, the sweet anticipation of Spring! I don’t know about you, but the thought of daffodils, hyacinths, crocuses, and tulips popping out of the ground is enough “joy fuel” to get me through an entire day!

I have the pleasure in this Editor's Message, to share a message from another gifted natural healer and psychic, Amorah Quan Yin, who’s words so mirror what I have been feeling all the month of February, and now I understand why. The following is excerpted from her January newsletter, and I share it with you in the hopes that it will help and or accelerate those of you who are ready to live the life of your dreams!

“Are you working in a place that you love or just doing the drudge routine to earn money? Are you in a relationship with someone you totally trust and can freely show adoration to and receive adoration from? Or do you want a relationship and have not found one and feel either positive anticipation or hopelessness? Do you have confidence in your ability to create what you really want in life or not? Are you following the spiritual disciplines you want, to help you manifest Christ consciousness on Earth? The time for Divine Alignment and Divine flow is here and is less an option than it has ever been. Basically, what you identify with as truth (your beliefs) YOU WILL MANIFEST, positive or negative.

As of the March Equinox, (March 20th) the path will be set. Cease all empowerment you have ever given to self-distrust and self-doubt. What you want to be and do, you must be in the sincere process of actualizing by the March Equinox in order to receive maximum support, grace, and ease. If you are NOT in this alignment by the March Equinox, you will be aligning with a future that is NOT what you want. There are no victims here, only choosers, and if we do not choose consciously, that is our choice! And how do we know what to consciously choose? We choose what opens our hearts and fills us with joy and hope. We live where we love. We intimately interact with those whom we love and trust and who love and trust us. We work where we believe in what we do, and it inspires us and we bring spirits’ love to our work. We practice daily meditation, prayer, self-help tools that work and that we love to do. We understand that spiritual mastery is not about self-sacrifice as we have long been taught. It is about self-fulfillment on a deep soul level. Our souls cannot help but love and trust and be open to receiving all that is good, if we are truly in alignment with our spirit and essence nature.”

May your next 2 weeks be filled with conscious intention setting!
Balancing the Divine Masculine & Feminine

“Joy is the side effect of being in balance.” - Almine

With the re-emergence of the Goddess energy upon the planet, there has been much confusion in the lives of both men and women in terms of our new roles and ways of “being” as conscious co-creators. These imbalances and difficulties come about as a result of our internal beliefs and conditionings passed down to us generation after generation, and yet, our deeper, higher self knows a great re-awakening is occurring.

For too long, the feminine aspect has been held in submission, disregarded and unseen, causing an imbalance in favour of the masculine energies. It has been this way for so long now that it has become a “known” part of the world’s consciousness. Thankfully, this is beginning to change. This is a time of celebration, for both the male and the female as a new balance of energies is now possible merging the male/female aspects within ourselves.

Through both men and women becoming whole within themselves, so the planet becomes whole as well. This is both the inner and outer balance.

The Goddess energy is about inner flow. It is about receptiveness and allowance. It is about trust and intuition. It is about believing in our inner worth as beingness and not basing it on the masculine equivalent of “doingness.” It is about balancing the stillness and action. Of joining in a truer way with others. Of becoming whole. And through our wholeness, meeting our counterpart, that is you fully reflected as your other.

The Goddess energy brings about a new honouring of the female spirit. It is about empowerment and reclaiming our divinity as women. Yet at the same time, it gives back to men a balance. As women, we must begin to honour ourselves. And men must begin to honour their feminine aspects more than ever before, and begin to observe the female aspect with greater awareness and appreciation. This will bring about a healing balance of peace, harmony and love for all like never experienced before on planet earth.

Internally, masculine and feminine energies need to be working as a team. The feminine needs to overcome its victim and savourship patterns, and the masculine, its perpetrating, aggressive desire to control the feminine.

Men have the potential to honour the gift of woman’s raw power through giving and providing for her needs and her vision. In doing so, he will learn to master and guide her energy to full manifestation to meet both of their needs and the greatest good of the greater whole. When he gives to her, which is the natural gift of his masculinity, she will return far more than what was given, and the cycle of infinite abundance will be granted.

As men learn to surrender internally to their feminine partners, which represents beingness and connection to Source, this will provide infinite support and resources, and will expand the masculine powers and manifestation skills.

The following tale is a wonderful, literal depiction of the balanced male/female energies made manifest in the real world.

References:
- Emerald Star Healing: channeling from Mother Mary
- Karen Kimura, Source Counseling
The Mare and Her Rider

This metaphor describes the organic relationship between man and woman, expressing its potential through Lakota Sioux folklore. The image was received via Lakota Sioux Henry Houston.

The vision is one of the beautiful, wild mare taking flight freely through the open plain, her mane whipping in the wind. The strength of her powerfully sculptured legs merge with the earth, majestically creating its own drumbeat in tribute to Source. She is pure and primal expression of creative power.

What is possible for her becomes totally transformed when her beloved is riding her, the masculine strength who knows and honors her power. It is through his surrender to her that he is able to become one with her. His masterful leadership and understanding of her raw power, her desires and her vision guides and directs the powerful energies in a manner that manifests the greatest good for the unified collaboration. He harnesses the energy into a purposeful end for both.

He does not fear or compete with her magnificent power. Through surrender and union, he experiences his True Nature beyond the world of form and this unleashes his own spiritual power. He is free! She gratefully surrenders to his leadership, for it grounds her, stabilizes her energy, and allows for its manifestation on the physical plane. Both are empowered by the union. Still each of them stands sovereign in his and her own power. Out of the balanced unity is created a third force, a natural flow of synergistic energy between them that combines their individual wholeness into an infinitely expanded wholeness together. All of creation joins in the celebration of this Divine Union.
**Conditioned Life vs Unconditioned Life**

Living a “conditioned” life brings about feelings of entrapment, enslavement, and imprisonment. It fosters a deep belief in “victimhood” and “no choice.” Living an “unconditioned” life brings about feelings of empowerment, mystery, spontaneity, and a deep belief in “choice”, “mastery”, and “divine love.”

### Conditioned Life

- Has fixed expectations as to what life should be.
- Anticipates and attempts to determine the future.
- Is trapped by defending their world view’s validity.
- Believes their path is determined by social conditioning. They pretend to search for truth when in actuality they are searching for that which reinforces their existing beliefs.
- Depends on predetermined causes and results.
- Has a fossilized consciousness that doesn’t flow. Rigid consciousness blocks energy.
- Takes a great deal of energy to sustain because it is based on illusion.
- Accesses reality through world views and social conditioning, so life is full of ruts and habits.

### Unconditioned Life

- Accepts life moment by moment as it comes, without expectations.
- Allows the future to come to them, realizing that a planned future is a closed one.
- Accepts the validity of all paths.
- Realizes their life path is determined by working together with the Higher Self. God’s will becomes their will.
- Is spontaneous and innovative.
- Possesses a fluid consciousness that draws energy to sustain, therefore, people stay young and rejuvenated.
- Accesses reality through insights gained from experiences, so life reveals itself anew in every moment.

**References:** A Life of Miracles – Mystical Keys to Ascension by Almine

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As I listen to the part of me that wants to paint rainbows all over the house and dig up the lawn to plant wildflowers, I realize I am not listening to me, but to the Creator. That part of me inside myself that makes the sun come up and the birds sing in the rain. I can’t see it, but I can feel it and hear it. Listen, listen….Softly it comes…It speaks of every living thing. Nature hears it loud and clear. There is no greater teacher. It is perfect and so am I, if only I listen….

-Heather Fraser, excerpted from “When Angels Fingerpaint” 1997
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Info to Share

  I had a session with this woman a few weeks ago and she was tremendous! Highly recommended!
- In keeping with the topic of the Divine Feminine, go and get a copy of The DaVinci Code by Dan Brown and read it with relish!
- The Passion of Christ – this movie will humble you to your knees.