

# What's Up on Planet Earth?

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## CREATING OUR SANCTUARIES AND STAYING PUT

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### *Greetings!*

Our spiritual evolutionary process is progressing ever forward with many varied and diverse manifestations....and still a wild ride at times!

Present, past and continuous themes of how the energies might possibly affect us are (depending on where you are on your own particular journey):

Feeling boxed in with nowhere to go; not wanting or *able* to connect to much of the old and outside world; much chaos, movement and many challenges for our loved ones; desires in ourselves or our loved ones to relocate to areas of more support; a letting go of supporting others or holding up the old energies; a readiness to now move forward and create some of the new; feeling tired with the need to sleep often and a need for rest; lower back pain; feelings of panic; feeling a strange shift forward into a desire for a new and prepared space for nesting; and perhaps just feeling a swirling around us of moving energy which is trying to find its new home, whether here on earth or in a lower vibrating reality.

The energies are escalating now and this is creating much movement in many areas. The solstice and full moon resulted in a new anchor arriving...and this new anchor of higher vibrating energy has to do with the earth herself. The ascension process is really about ascending *through* the earth...so then, we will want to hold onto the earth and her newly vibrating energies as much as possible if we want to ensure a more stable and aligned journey.

More details on the continuous themes presenting themselves now and for the past several weeks and months:

The old and lower vibrating energies are rapidly falling away. If we continue to be in their space, if only by our presence alone, then we will only serve to keep them afloat awhile longer. This will hinder the

process and delay it as well as serve to make us very uncomfortable along with those we are trying to assist. Hitting rock bottom for many will be the only way up and out. This can be a very challenging situation for those bearing much light, as in the worlds where we originated; we only know ways of assistance, service, deep caring, support, and love for our brothers and sisters. Watching suffering can be a deep and uncomfortable challenge indeed, but it can also be about honoring and respecting the journey of another.

If we wait but a bit longer without going to the rescue of many, those suffering will find their own answers within, find their own connections to Source instead of to us, begin to make changes, ask for help, and begin to see that there is indeed another way. Those suffering need to come to a place where they are finally willing to let go. And when they let go, they will need to know that there is indeed a place for them to go to. And that place is where those bearing more light and those who have come far in their process are now residing.

As we evolve up the rungs of the evolutionary ladder of our spiritual expansion, it is vitally important to respect and listen to our elders, or those who have gone ahead. Arriving in a new space while embodying an arrogant posture of false knowingness without letting go of ego energy, will now only serve to support an arrival into a new space with a door securely shut.

The situation of spiritual and vibrational hierarchies can manifest as sudden feelings of not wanting to go anywhere outside of your immediate space (your soul is directing you to stay put, as your higher vibrating energy would lift up areas and individuals which need to fall or hit a rock bottom...even if you do absolutely nothing when you are visiting the old world...it is your higher vibrating presence alone). You may also find yourself being hindered from any attempts to move outside of your space. This also allows for others to step up to the plate, as you are no longer there or available. Roadblocks are being set into place to prohibit many of us from going back into the old dimensions. It is now time for us to focus on creating a new and higher vibrating space right where we are.

In times past, many bearing much light were encouraged to relocate or perhaps found themselves in new geographical areas or the like, in order to raise the vibration and open these areas to a higher way of being. Now it is just the opposite. We need to stay put so that the lower vibrating arenas are not sustained and held up.

Yes, we are now being encouraged to create our own sacred spaces and create our own small communities locally. Continuing to "go back" into the old will only serve to create failure for oneself, an inability to manifest, and a lot of roadblocks. We simply cannot go back now. And we must wait for others climbing up the ladder to ask for help, to be willing to accept a new and different way, and to be willing to be respectful of the new ways of being and living that will be available to them when they are indeed finally ready. They must ask first. They

must be willing. We must now stay where we are until they knock on our doors.

Some physical manifestations of late:

Lower back pain. Lower back pain has manifested in many as a result from feeling little or no support while still residing in the old world of having to do it all yourself. Financial concerns and fears as the old is rapidly falling away, wondering how one will survive, and the like, can manifest in the area of our lower backs, and many times may even result in nerve pinching down a leg.

If we can let go and trust that we are no longer in it alone, that we are not responsible for so much ourselves, and that we are simply in the process of settling into a very new space with new ways of manifesting, things can ease up a bit. You can even tell yourself that you do not need this physical manifestation as you understand what is going on without it telling you!

Panic, anxiety, and fear. Much is leaving and the old ways and old structures are dissolving quickly. When we connect more and more to the higher realms, and can trust that we will be OK, we can ease this fear. What we will always have to hold onto is the pure gold nugget of our true and authentic selves (or our gifts and talents), and of course our connection to Source. These two things will be ever present throughout our ascension process. And this is why it is so vitally important to know who we are and what we are here to contribute to the whole.

If our outside reality is not yet ready to support our very new endeavors, we can always continue on by ourselves until we hear that knock on the door. We can move into a space that feels right for us. We can create a new way which did not exist in the old world. We can stay vigilant in what we know is of a higher order, and not participate in anything less. It is when we become involved in the old and what no longer suits us that we begin to feel stress, discord, anxiety, turmoil, depression, and futility, as we are no longer in alignment with the old.

Turning our backs on the old is the way to go now, and if we can allow ourselves to do this, we will feel a renewed power within ourselves and much more in alignment with a better space. We need to trust that we know more than the masses, that we know more than those still holding the power (although they are not), that we need not listen to the ideas and ways of others, and that we indeed know best. We need then to trust in ourselves.

Leaving the old behind can create just this space for us now. And when others are ready, they will join us indeed. They will listen and join us because they have nowhere else to go. So then, preparing our new spaces and readying our store-fronts is where many are being guided to be at this particular time.

These energies will continue to snowball as they build momentum. Connecting with our brothers and sisters, having face to face conversations in the physical, loving and respecting our neighbors as we are all part of a whole, and especially being aware of what is occurring around us will finally become the norm. The crashing world is only serving to support our next step up the evolutionary ladder and it is unfolding in a perfect and beautiful way indeed.

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Wishing you heaven in your heart, starlight in your soul, and miracles in your life in these miraculous times...

Until next time,



*Karen* 

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