



1. CLEAR THE VESSEL

YOU ARE A CONDUIT OF UNIVERSAL WISDOM AND TRUTH — a living bridge between the realms of seen and unseen, known and unknown, human and Divine. You have been called to be an emissary of love and a torchbearer of truth. You have the natural ability to transmit high vibratory energy that brings healing and wholeness to the world.

To best serve in this holy mission, you must keep your channel clear and your vessel clean. To do so, regularly purify your energy by releasing and clearing all forms of toxins — physical, emotional, and spiritual. When you release everything that clogs or clutters your mind, body, spirit, and environment, you will become like a fountain of light, through which divine brilliance and awakened truth will ceaselessly and abundantly flow.

Take a moment to assess your self-care practices. Ensure

that you are creating space for the highest and purest possible vibrations.

Your physical body is a channel for your spirit. Care for it meticulously by eating wholesome foods, drinking plenty of water, exercising, and getting a good night's sleep. Attend to your more subtle bodies (spiritual and emotional) through daily meditation and spending regular time in nature. Follow your intuition to discern when the time is right for additional purification practices such as salt baths, energy healing, yoga, deep breathing exercises, and dry skin brushing.

Above all, purify your mind. Toxic thoughts, limiting beliefs, and other negative mental patterns prohibit and delay your true purpose and ideal expression. Take a moment now to honestly assess the stories you are telling yourself about who you are, what you deserve, and how you should or shouldn't be. Question negative thoughts and stories that don't serve you, and then design new ones that empower you instead of tear you down.

Notice how you speak to yourself. Do you judge yourself frequently or say unkind things to or about yourself? These are simply habits, and you have the ability and authority to release these now. First, set a clear intention to do so. Then shift your inner monologue whenever you notice it has veered toward harshness and self-criticism. You are the thinker of your thoughts, so choose to think ones that nourish your soul.

Instantly enliven, cleanse, and balance your energy field with this purifying movement. Stand with your feet a little further than shoulder width apart, toes pointing out at 45 degrees. Bend your knees softly and hold your upper arms parallel to the floor with your forearms bent upward (perpendicular to the floor).

Touch your index and thumb tips together, fingers pointing inward. Begin 'breath of fire' — breathe in and out quickly (only through your nose), all the way down to your diaphragm, as if you are panting like a dog. Continue this rhythmic breathing pattern as you begin rotating your entire torso (arms and head moving left and right at a steady, rapid pace). Continue for one to two minutes.

Commit to caring for yourself. Develop the habit of regularly cleansing yourself of negative and stuck energies. Then ask the Universe to support you in firmly establishing these new self-loving patterns. This will bring significant benefits to the situation at hand and all aspects of your life.



2. SURRENDER AND TRUST

IT IS AS IF A STRONG CURRENT OF RUSHING WHITEWATER surrounds you, pushing you forward, while you cling desperately to a jutting rock along the river's edge. And yet, if you were to trust the Universe enough to let go, you would swirl and slide joyfully along your most ideal path. Even though you may not know precisely how this path will look, if you consult with your deepest inner knowing, you will realize this current cannot fail to propel you to where your heart wants to go — to the ocean, which is a metaphor for your alignment with your Divine source.

The planets, too, know this perfect dance of surrendered harmony. You are now being called to open your heart to the music of the heavenly realm, release resistance and tension, and let the Divine be your dance partner and take the lead.

Even though the unknown can be frightening, and aspects

of this situation may feel unsafe, know that you are being invited to embody your truest and highest potential. Indeed, this life experience is a wild mystery. But when we surrender to the mystery and trust in the divine unfolding of the spiral dance, it feels wonderful. Breathe into the sacred mystery now.

The more you relax and allow, the more space you create in your energy field for infinite wisdom and guidance to come rushing in. It's much like shifting your focus from dancing impressively to fully appreciating and hearing the music. It is a shift from fighting the mystery, to letting it seep into every pore, and dancing along with it. Only then can you allow the rhythm of the cosmos into your body, so that it can move and propel you toward a most enchanting dance.

Breathe deeply, release all tension, and hand your worries about how, what, and when to your divine helpers. Let them provide the perfect answers and outcomes you seek. Remember, you are a divine child, with friends in high places. Cast the burden of worry on the Divine within, and be free.

To anchor this message in your physical body, relax in the yoga pose known as Balasana or child's pose. Kneel and sit back on your heels. Then place your chest on your thighs and rest your forehead on the floor as you stretch your arms out straight in front of you, palms down. Feel yourself letting go and bowing to the wisdom of the Infinite.

Remember to let your dance practice be characterized by the feeling of surrender. Flow to the music with abandon, and allow the Divine to flow through everything you do.