



22/4

*Magic-4-Life LLC*

Presents

*The Quarterly Preview*

March 27, 2020

# *Tension is who you think you should be...*

## *Peace is who you are*

**2019** was the third year in the first cycle of 9 years in this millennium of limitlessness\*. The year is a **3/12** year.



This was the year of Creativity and Devotion to Your Soul.\*

It was the time to find new ways of doing that work for you. Find ways to have joy in all you do.



**2020** is the fourth year in the first cycle of 9 years in this millennium of limitlessness\*. The year is a **22/4** year.

The **4** year takes the unbridled creativity of last year's **3** and brings the skills of self-control and stability.

Your creative visions from 2019 can be manifested fully in 2020. The stability of the 4, this year, is expanded by the alchemical energy of the transformative **22** making 2020 a year to express the real you, the you that has been withheld from the world. Bring your Real You forward!

Do you want more tension, or more peace in your life?

## **The Year of the White Metal Rat**

**Chinese New Year in 2020** started on **Saturday, January 25<sup>th</sup>** and ends on February 11th, 2021. This is the **Year of the Metal Rat**.



The Year of the Metal Rat is all about new beginnings! New opportunities, new love, and new money. 2020 is going to be successful!

The Rat is the first sign in the 12 animal cycle of the Chinese Zodiac. As the first sign in the Chinese zodiac, this year brings a renewed sense of excitement and possibility. A year of dreaming and doing, **new beginnings and renewals**. The hardest part is getting started, so get moving now!

Lucky colors are green, red, yellow, white, blue and black. The lucky gemstone is Jade.

# Introduction on Overcoming Fear

shared by Heather Green

Intuitive, Channel, Animal Communicator & Energy Healer

[greenbluehealing@gmail.com](mailto:greenbluehealing@gmail.com), <https://tealhealing.com>



The Coronavirus Pandemic represents fear and our history of being controlled and enslaved through fear. The solution is love. Unconditional love is a complete acceptance of what is, exactly as it is. As more and more of us move into and maintain a deeper state of unconditional love, we're able to shift the physical reality and experience of the virus, diminishing or eradicating it quickly in our world.

## How to deal with feelings of fear, anxiety, sadness or isolation:

- ✚ Feel the feelings as they arise and then begin to focus on how you want to feel.

To shift fear and anxiety, imagine what it's like to feel calm, at peace, and safe.

- ✚ Visualize this and go deeper in your internal experience of it.

To shift feelings of sadness or isolation, imagine what it would feel like to be deeply connected and fulfilled within.

- ✚ Go deeply into this; visualize and amplify the experience inwardly.

Do this for about 1-2 minutes each day.

- ✚ As you feel into these qualities through your imagination, your energy shifts into these higher frequencies.

🌈 You then begin to experience more peace, calm and connection inside yourself and in your own personal reality.

## How to promote health and wellness:

- ✚ Use your imagination once again to feel what it would be like to experience a greater level of health and wellness both on physical and emotional levels.
- ✚ Go very deep and expand this feeling of health inside of you.
- ✚ Visualize what it would look like for you and how you'd move about your day-to-day life in a vigorous state of health.
- ✚ Do this for about 1-2 minutes each day.



“Our Merbeings work with you from afar. Many of you feel this energy as you walk along the beach edges, or any areas of any bodies of water on your earth. This energy is of trust and faith, not knowing exactly how things will look or how they will go, and yet knowing that all is well for you and in your world. All that unfolds, it is unfolding for a greater purpose, no matter how that is viewed from your perspective.

It is bringing about your evolution  
and a process that is perfect  
for your collective.

And we are part of this as well.”

~Mother Ocean & the Cetaceans~  
from the whale gathering, March 7th, 2020

## Solarzar, Magic-4-Life, LLC

- ✚ Owner Radio Monterey  
([www.RadioMonterey.com](http://www.RadioMonterey.com))
- ✚ Producer/Promoter, ROTA Psychic Fair  
([www.ROTAPsychicFair.com](http://www.ROTAPsychicFair.com))
- ✚ Corporate Entertainer  
([www.MentalConnection.com](http://www.MentalConnection.com))



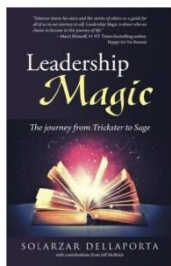
**Solarzar** is a full time mystery performer, based in California, USA, who has explored the mystery arts since the age of 8.

Along with his mind reading and hypnosis demonstrations he provides personal readings using palmistry, numerology, astrology and tarot online, over the phone and in person.

Solarzar is the promoter/producer of the annual ROTA Psychic Fair.

As a Master Trainer and award winning Speaker **Solarzar** provides corporate presentations on Leadership and Customer Service, incorporating mind reading, magic and his training in metaphysics to provide one of kind events.

**Solarzar** is an ordained minister with the title Doctor of Divinity.



He is the author of “**Leadership Magic, the Journey from Trickster to Sage**” available at Amazon, Barnes and Noble and other booksellers.

With his background and training **Solarzar** always provides one of a kind readings and event.

To contact Solarzar for private consultations visit [www.Solarzar.com](http://www.Solarzar.com)



## Tarot Card for 2020\*

### 4 of Rainbows, The Miser



The woman has created a fortress around herself.

She is clinging to all the possessions she thinks are her treasures.

She collected so many things to adorn herself that she made herself ugly.

This card challenges us to look at what we are clinging to.

- What do you hide behind to keep from sharing your gifts with the world.

## March 2020

### 7 of Rainbows, Patience

There are times when the only thing to do is wait.

The seed has been planted, the child is growing.

Now is the time to wait and be patient.

The woman is contented, to wait, patiently, through the moon letting nature take its course.

This is the time of mystery, the time to stand up as the full expression of who you are. The time when the only thing to do is wait



# Wisdom of the Tarot\* presented by Solarzar

Transition to April 2020



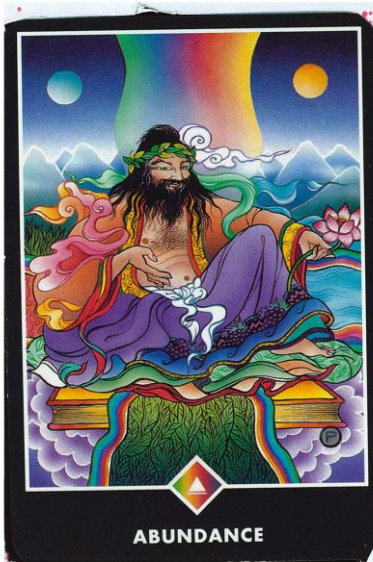
## Queen of Rainbows - Flowering

This Queen of Rainbows is sexy, sensual, alive and full of possibilities. She represents a flowering plant that has reached the apex of its flowering. This is the time to see yourself like a garden of flowers showered with blessings. The Queen spreads seeds from her sleeves as she floats on her along the water of possibilities beneath the flower as she floats on her along the water of possibilities beneath the flower on which she sits. As she spreads her seeds flowers rain down on her from above. Spread your bliss, spread your flowers, spread your enthusiasm. The Queen wears her Venus necklace over her heart to spread her love, compassion and enlightenment. Your life is meant to reach out others.

## Wisdom of the Tarot\* presented by Solarzar

April 2020

### King of Rainbows – Abundance



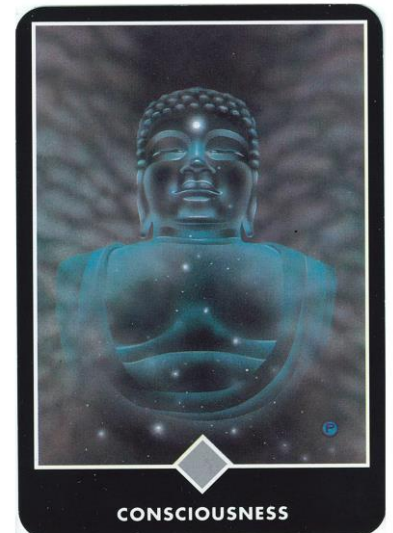
The figure in this card represents someone who can drink wine, dance on the beach, sing in the rain, and and at the same time enjoy the depths of understanding and wisdom that belongs to the sage. He holds the lotus of enlightenment that shows his reverence of wisdom and his integration of the feminine. This card represents the integration of the male/female energies

breaking the stereotypes and allowing the whole person through.

May 2020

### Ace of Clouds – Consciousness

We come from the unknown and return to the unknown. This vast Buddha has gone beyond the stars. Above his head is emptiness. This card represents the crystal clarity that comes from the core of your being and needs to be brought to light. Once this understanding is brought out life can never return to what it was before. This understanding brings the mind, body and spirit into harmony.



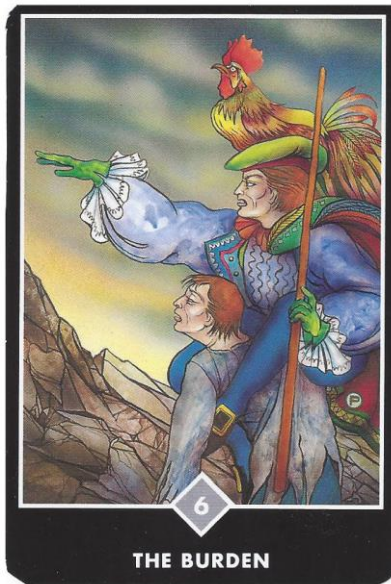
This is the time to release fears, judgments & uncertainty. Be at one with yourself.



## Wisdom of the Tarot\* presented by Solarzar

June 2020

### 6 of Clouds – The Burden

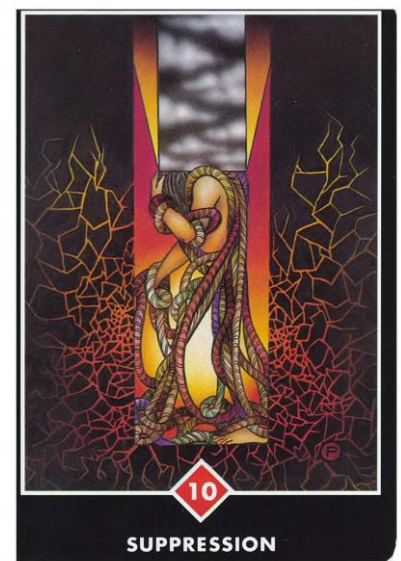


When we carry a load of should and shouldn'ts we are like the figure in the card carrying the tyrannical popinjay and the imperious rooster. If life seems like a struggle lately, then shrug your shoulders and see what life is like without carrying those burdens on your shoulders, but first you have to release the expectations you've collected from others but now think are your own. It's time to lighten up and send those expect-

### Transition to June

### 10 of Fire – Suppression

You've attempted to meet so many demands and expectations that is has tied you up in knots. Do not give up your power and vision for the sake of being accepted by others. Engage in healthy self-care. Engage in healthy releases of the tension and stress that builds from dealing with others. Release the stresses and re-engage in the life that you are avoiding and leaving behind. It is time to live.



## Lilyana Bethanee, Seventh Awakening

Creator of the Sacred Passages Calendar, Transmutive Acceleration,  
Essences and Talisman of the Lotus Blue and the  
Master Matrix.



Lilyana has been serving in the "Awakening of Mankind" for nearly three decades. As a result of her experiences beyond the veil of death in 1991, she accepted a rare opportunity to transmit profound insights from an illustrious group of Ascended Masters, Elementals, and Angelic Beings known as The Councils of the Seventh Awakening of Man.

Her combined skills in Numerology, Vibratology, Astrology, Channeling, Aromatherapy, and Energy Healing have enabled her to attain a high level of proficiency as a respected Alchemist.

Along with her husband of 38 years, Nohlan Matthew, Lilyana conducts Gong Activations (Harmonic Sound Healing / Spiritual Awakening experiences) in Arizona, Hawaii and at points of planetary power throughout California.

She and Nohlan operate Vryshana, a private spiritual center in Monterey County, where they conduct weekend workshops and ceremonial Solstice and Equinox events.

You can learn more about Lily and her work at:

<https://www.facebook.com/SeventhAwakening/>

<https://www.facebook.com/CIRCLE-of-LIGHT-655599521215574/>

SeventhAwakening.net (under revision)

or by calling Seventh Awakening at **(831) 484-1923**.

# Spring Equinox to Summer Solstice

presented by Lilyana Bethanee

## Preview for 2020

from Lilyana Bethanee at Seventh Awakening

### *Spring Equinox to Summer Solstice*

This pivotal passage is the *next stage* of the 2012 Winter Solstice Shift, (leading up to the full completion of a 9-year cycle in December of next year - 2021. That initial Shift from Limitations into Limitlessness occurred on the darkest day of the year - December 21st, 2012. On Summer Solstice this year, 2020, there will be another Shift, this time taking place on the day of the greatest Light (this event will also coincide with a Solar Eclipse in Cancer).

This is a topic that we could spend hours discussing, but if you go to <https://grahamhancock.com/harpert1/> you can find out all about it. Today I am going to give you the important dates that will be available to us as tools to assist in preparing for Summer Solstice and the Great Awakening at our highest level of consciousness. Remember, you have to make time to invest in yourself, especially on these pivotal days if you are to make the best use of these energy infusions.

### TIME-LINE

DAY	ENERGY	IMPORTANCE
March 19th	"12" - Dedication & Devotion (Same energy as 2019)	Spring Equinox - the beginning of the 94-day Passage to Summer Solstice ("13")
March 26th	"55" - Heaven on Earth	There are "55" energy Portals throughout 2020. Think of them as stair steps. This one is the beginning prep for Ground Zero
April 8th	"5" - Expansion - Change	<b>Lotus Moon in Libra.</b> Time to increase your ability to see both sides while staying in Balance. Be the Observer.
April 11th	"44" - New Seed 4th Dimension	"Ground Zero" - 2nd Wave of the 7th RR comes in. Day of Illumination.
April 13th	"55" - Heaven on Earth	Day 2 of Ground Zero - "Day of the Avatars". Avatar definition, "the descent of a Deity to the earth in an incarnate form or some manifest shape."
April 22nd	"55" - Heaven on Earth	Day 3 of Ground Zero



# Spring Equinox to Summer Solstice

presented by Lilyana Bethanee

## TIME LINE

DAY	ENERGY	IMPORTANCE
April 29th	"44" - New Seed 4th Dimension	Day 4 of Ground Zero
May 3rd	"55" - Heaven on Earth	Day 5 of Ground Zero
May 7th	"5" - Expansion - Change	<b>Buddha Moon of Enlightenment</b> in Scorpio. Open to see what needs to be Uplifted within you.
May 8th	"33" - Clarity & Wisdom	Use this day to anchor what was revealed to you on the Moon into your Left Brain. Ask for Clarification.
May 12th	"55" - Heaven on Earth	Day 6 of Ground Zero - "Day of the Avatars". Avatar definition, the descent of a deity to the earth in an incarnate form or some manifest shape.
May 21st	"55" - Heaven on Earth	Day 7 of Ground Zero - Upliftment of the Seventh Root Race. Crown Chakra
May 30th	"55" - Heaven on Earth	Day 8 of Ground Zero
June 5th	"77" - Truth & Liberation	<b>Lunar Eclipse in Sagittarius</b>
June 9th	"99" - Completion	One of the endings of a Cycle of Awakening. Graduating to another plane of awareness
June 20th	"11" - Cosmic Awareness	<b>SUMMER SOLSTICE - Solar Eclipse in Cancer</b> on the Transformational Moon in the first Transformation year "22" in the Age of Aquarius. Notice that Spring Equinox also occurred on a "12" day.
June 28th	"55" - Heaven on Earth	Day 9 of Ground Zero *

\* There are more days designated as Ground Zero's in the next quarter, but their energy Portals increase in power, bringing in a whole new level of higher consciousness.

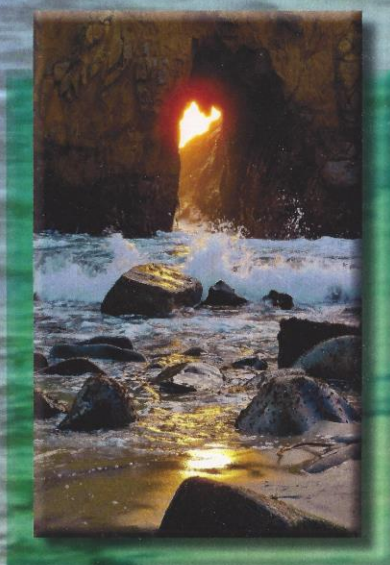
To find out more about the anchoring of the Second Sub-Race of the Seventh Root Race that began to incarnate in 1930, check out our *Sacred Passages Calendar* for 2024 (2020-2021 Gregorian Year).

Seventh Awakening at Facebook.com - (831) 484-1923 - Copyright Seventh Awakening 2020

# Spring Equinox to Summer Solstice

presented by Lilyana Bethanee

## *Sacred Passages*



*Spiritual Year 2024-2025 Calendar  
& Transformational Journal*

*Gateway to the  
Aquarian Age . . .*



A Companion Guide for 2020/2021 Gregorian Calendar

Seventh Awakening provides opportunities for individuals to expand their intuitive capacity to awaken to their own unique spiritual process in alignment with their soul's direct connection to the Divine Source. We work with the healing effects of Sound through the use of Bowls and Gongs, providing Harmonic Vibrational Activations that promote Balance and Enlightenment. The Awakening process is characterized by the Activation of the Seventh Chakra (the Crown Center) and the subsequent Spiritual Illumination of the Mind, the Biological Transformation of the Physical Body, and the Expression of Grace and Compassion through the Opening of the Heart. Based in the Monterey Bay Area of California, Seventh Awakening produces the Sacred Passages Calendar (a 13-cycle Journal of "Spiritual" Time). Contact Lily to find out more and to order your copy.



# Spring Equinox to Summer Solstice

presented by Lilyana Bethanee



## Joyce Meuse, Pacific Astrology

**Joyce Day Meuse** was born and raised in the Washington, D.C. area.

Early in life she began an interest in Astrology. She learned all she could from books and observing the qualities of the signs in her friends and family.



Upon moving to the Central Coast of California she met a practicing astrologer, who generously shared his knowledge with her.

She also met an aura reader who taught classes based on the curriculum of the Berkeley Psychic Center.

**Joyce** was ordained in 1980 as a metaphysical minister, offering readings, healings and consultations. She continued her studies as she did her work.

Thirty-eight years later, **Joyce** has done thousands of readings; taught metaphysical and astrology classes to hundreds of people; and hosted many radio shows. She specializes in quick, on the spot readings as well as longer, in-depth consultations.

Over the last quarter of a century performing weddings **Joyce** has brought her expertise in relationships and compatibility to her ministerial duties.

**Joyce** is a fixture at the local psychic fairs. She is well known for sharing her knowledge with the local community as well as clients from around the world by phone or skype sessions. **Joyce** plans to continue giving readings and to be of service for those who need clarity, guidance, encouragement and support for as long as she is able.

Contact **Joyce** on Facebook at **Pacific Astrology**  
(<https://www.facebook.com/JoyceMeusePacificAstrology/>)

# Celestial Activity for 2nd Quarter 2020

Compiled by Joyce Meuse (831) 236-6572

## March 2020

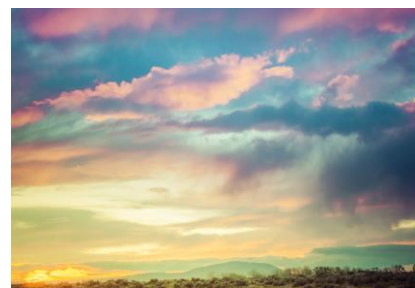
- Mar 4** Mercury into **Aquarius**, **Venus** into **Taurus**  
**Mar 8** Daylight Standard Time begins, **Sun** conjunct **Taurus**  
**Mar 9** Super Moon, Full Moon in **Virgo**  
**Mar 16** Mercury enters **Pisces**  
**Mar 19** Vernal Equinox, **Sun** enters **Aries**  
**Mar 24** New Moon in **Aries**  
**Mar 27** Quarterly Preview, Second Quarter 2020



# Spring

## April 2020

- Saturday, April 4th** Jupiter Conjunct Pluto  
**Tuesday, April 7th** Full Moon in Libra  
**Tuesday, April 14th** Sun Square Pluto  
**Sunday, April 19th** Sun Enters Taurus  
**Tuesday, April 21st** Sun Square Saturn  
**Wednesday, April 22nd** New Moon in Taurus  
**Saturday, April 25th** Mercury Square Pluto, Pluto Stations Retrograde  
**Sunday, April 26th** Sun Conjunct Uranus





## May 2020

Friday, May 1st

Thursday, May 7th

Sunday, May 10th

Wednesday, May 20th

Friday, May 22nd

Beltane, May Day

Full Moon in Scorpio,  
3:45 AM PDT

Saturn Stations

Retrograde

Sun Enters Gemini

New Moon in Gemini  
10:39 AM PDT



## June 2020

Friday, June 5th

Wednesday, June 17th

Saturday, June 20th

Full Moon in Sagittarius,

12:12 PM, Lunar Eclipse

Mercury Stations Retrograde

New Moon in Cancer, Solar

Eclipse, 11:41 PM, Summer

Solstice 2:44 PM,





# Glossary of Common Astrological Terms

**Air signs** these are the signs of Gemini, Libra, and Aquarius.

**Angles** these are the Ascendant (ASC), Descendant (DSC), Midheaven (MC), and Immum Coeli (IC), referring to the cusps of the first, seventh, tenth, and fourth houses, respectively.

**Ascendant** also known as the rising sign. This is the sign on the cusp of the first house of the natal chart.

**Aspects:** aspects are an important part of modern astrology. As the planets move in their elongated orbits around the Sun, they form various angular relationships with one another

**Cardinal signs** these are the signs of Aries, Cancer, Libra, and Capricorn.

**Cusp** the beginning of a house in the chart.

**Descendant** the cusp of the seventh house of the astrology chart.

**Earth signs** these are the signs of Taurus, Virgo, and Capricorn.

**Elements** the signs are divided into 4 elements: Fire, Earth, Air, and Water.

**Fire signs** these are the signs of Aries, Leo, and Sagittarius.

**Fixed signs** these are the signs of Taurus, Leo, Scorpio, and Aquarius.

**Glyphs** these are the symbols used for the astrological signs, planets and luminaries, and aspects.

**Houses** the horoscope divides the heavens into 12 houses. Each house has rulership over specific areas of life.

**Luminaries** the Sun and the Moon.



**Midheaven** this is the sign, and degree of that sign, on the cusp of the tenth house of the natal chart.

**Mutable signs** these are the signs of Gemini, Virgo, Sagittarius, and Pisces.

**Personal planets** these inner planets and luminaries include Sun, Moon, Mercury, Venus, and Mars. They have a personal and direct effect on the native's personality.

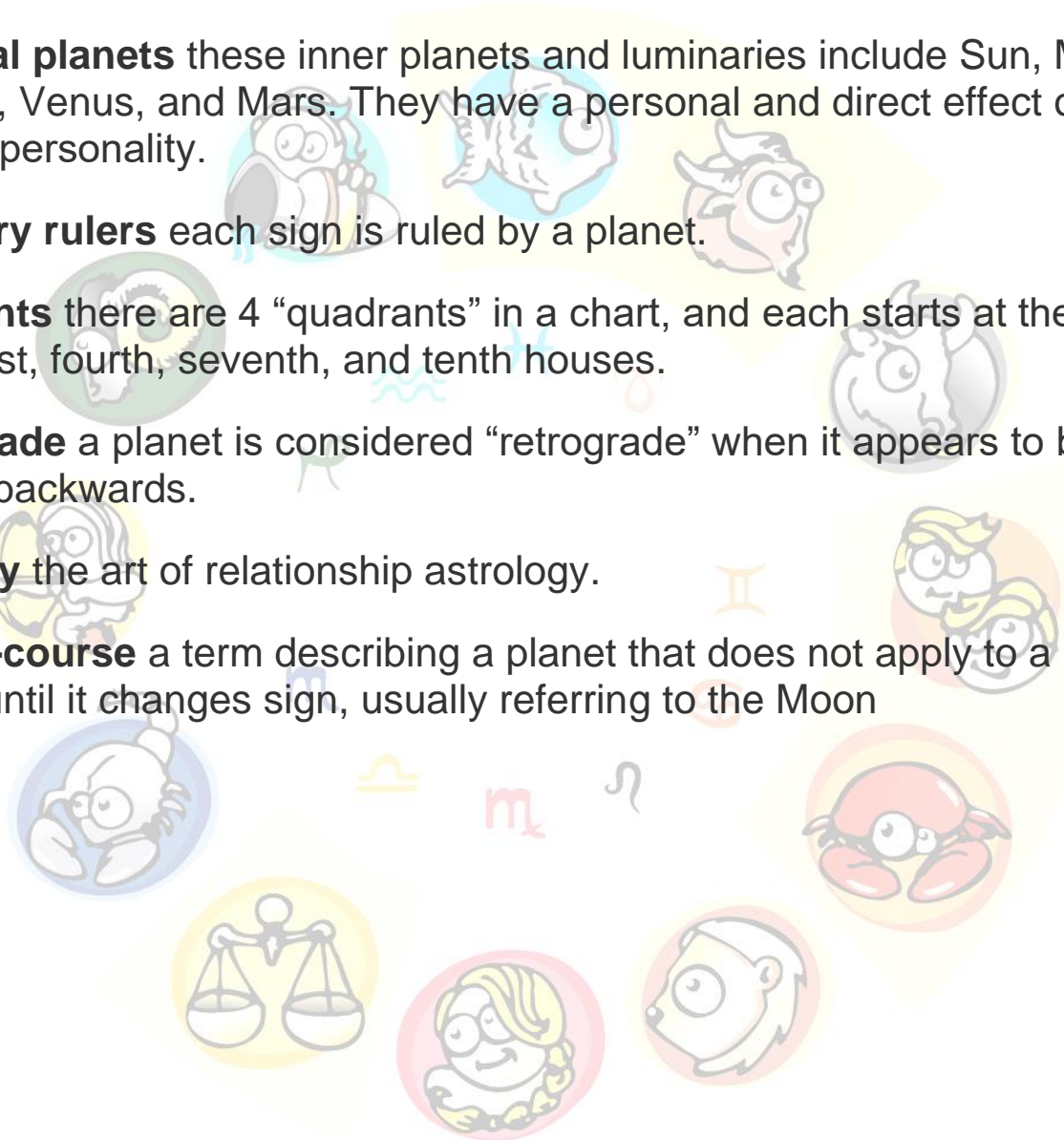
**Planetary rulers** each sign is ruled by a planet.

**Quadrants** there are 4 "quadrants" in a chart, and each starts at the cusp of the first, fourth, seventh, and tenth houses.

**Retrograde** a planet is considered "retrograde" when it appears to be moving backwards.

**Synastry** the art of relationship astrology.

**Void-of-course** a term describing a planet that does not apply to a major aspect until it changes sign, usually referring to the Moon





## ***Kyralani*** ***A Bridge of Light***

*Guided by Light ~ Infused with Love*

**Kyralani** is ...

- an energetic healer and expert in ...
- Vibrational Numerology
- Palmistry and Tarot

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or her hand- dyed silk scarves - to empower your personal vibrations.

**Kyralani** offers one of a kind events and readings. She offers monthly classes, vibrational infusions, and private consultations and can be found at local psychic fairs.

To learn more about readings and obtain pure certified therapeutic grade essential oils contact Kyralani at:

**(831) 998-8629** or visit [www.mydoterra.com/kyra](http://www.mydoterra.com/kyra)

# 2020



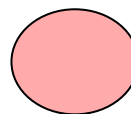
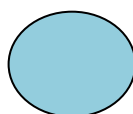
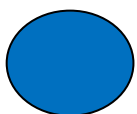
## Be the Architect of Your Life

- 2 - 4 - 13 - 22 -

2020 brings the journey of transformation. Architect the life you never dared dream of in December and January. Then transform your life from wherever you are to wherever your soul and you align with your dreams and desires. Your heart is your compass. Direction provides your focus. Desire is your fuel. Dedication gets you there. It is a year of alchemy. It is a year of MAGIC! It is the year to EVOLVE into the light beings we came here to be!

### Vibrational Tools - 2020

Aromatherapy	Colors
Cedar*	Cream
Melissa*	Blue
Douglas Fir*	Green
Lemon Eucalyptus*	Aqua
Grapefruit *	Coral



\*Certified Therapeutic Grade Essential Oils available at [www.mydoterra.com/kyra](http://www.mydoterra.com/kyra)  
For more info call 831-760-6168; [kyralani@prodigy.net](mailto:kyralani@prodigy.net)

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# April 2020

## Cosmic Transformation

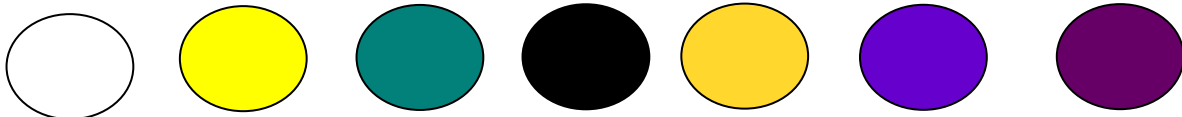
At this time of global reboot, the entire month of April is a sacred dance of creation born of light, love, inspiration, truth, and service. The whole month provides a potent period of transformation of any aspect of self that is still playing the victim, martyr, or scapegoat into our divine selves. Each day we are transforming any need to suffer, sacrifice, and struggle. As we do, we elevate and redefine Christ Consciousness to Cosmic Consciousness where we are in union with all of creation; where we remember that we are divine and there is no need for separation between ourselves and our soul and the divine. April calls each of us to express and put into action the highest light and love of who we are. It invites us to inspire and be inspired. This month brings a new level of clarity and wisdom.

### Vibration Highlights: Power Days, periods, and portals:

Date	Vibration	Insight
April 3	333	Portal of Co-Creation as the hand of the divine touches our physical world
April 11	44	We are seeds of the divine born of love to bridge heaven and earth
April 12	333	Portal of Co-Creation as the hand of the divine embraces our hearts
April 20	44	We are seeds of the divine aligned with truth to bridge heaven and earth
April 21	333	Portal of Co-Creation as the hand of the divine sweeps through our minds
April 22	55	EARTH DAY! We are here to co-create heaven on earth as heaven is earth and earth is heaven
April 29	44	We are seeds of the divine encoded with light to bridge heaven and earth
April 30	333	Portal of Co-Creation as the hand of the divine unifies cosmically

### Vibrational Tools April - 11

Aromatherapy	Colors
Frankincense(83)	White
Cinnamon(47)	Yellow
Fennel(38)	Teal
Vetiver(74)	Black
Petitgrain(65)	Gold
Cilantro(47)	Violet
Copaiba(38)	Grape
Celery Seed	
Red Mandarin	



# May

## Transformative Co-Creation

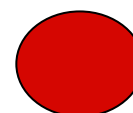
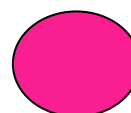
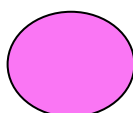
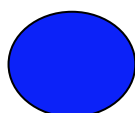
May provides 31 days to expand the creative life force of becoming that is coursing through us and asking “Who will we be?” It is taking limitless potential and molding the clay of who we are becoming; expanding beyond who we have ever been. We co-create with our focus, our feelings, our thoughts, and our actions. May we be conscious to infuse our creations with love, compassion, and illumination and align them with truth and liberation. May we consciously plant with our focus and nourish with desire and passion each dream as our seeds for this world. Let go of the banks of the river and create a new world.

### Vibration Highlights: Power Days, periods, and portals:

Date	Vibration	Insight
May 1	44	May Day – Celebrate Fertility - invoke spiritual discipline and adoration
May 3	55	Heaven on Earth through the transformation of wisdom
May 10	44	Bridge Heaven and Earth as a Seed of GOD/GODDESS
May 11	333	Portal of Co-Creation as the hand of the divine stokes our compassion
May 12	55	Heaven on Earth through the transformational power of devotion to our soul
May 19	44	Plant yourself as a seed of divine light, love, and truth.
May 21	55	Heaven on Earth based on transforming with clarity
May 28	44	Plant yourself as a seed of divine light, love, and truth.
May 29	333	Portal of Co-Creation as the hand of the divine unifies all bodies
May 30	55	Heaven on Earth through the transformational power of devotion to our soul

### Vibrational Tools

Aromatherapy	Colors	Stones
Lime *	Royal Blue	Ruby
Rose *	Navy Blue	Amethyst
Clove *	Rose	Lapis Lazuli
Oregano *	Hot Pink	Sugilite
Tangerine *	Vermillion	
Black Spruce *		





# June

## Transformative Change

June accelerated transformation, change, and growth to all 5 bodies. There is a great expansion of energy empowering whatever seeds we have planted in the creative cycle. It is a month that urges graduation, completion, and a leaping point.

Let the winds of change blow through you and clear anything belief that you are anything but a beautiful realization of your soul. Let the waters of change flow through bringing the elixir of life. PLAY with the 5 elements (earth, fire, air, water, ethers) and your 5 senses (taste, touch, smell, sight, sound). Free your five bodies from any separation. Bring all bodies and elements into the dance of creation.

Know you are meant to be here now to express our light and love in the world. June combined with the year asks us to graduate and use our talents, gifts, and abilities to create the world in a new image. June and July bring 61 days of Heaven on Earth each year. June & July call for action demonstrating all the building blocks of creation.

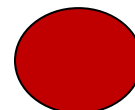
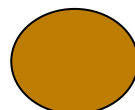
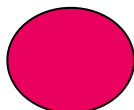
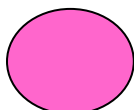
**Vibration Highlights: Power Days, periods, and portals:**

Date	Vibration	Insight
June 5	77	Awaken as we allow the 5 <sup>th</sup> dimensional energy to transform our physical bodies on the Lunar Eclipse in Sag
June 14	77	Awaken as our hearts expand and transform with 5 <sup>th</sup> dimensional energy
June 17	44	We are seeds of the divine; bridges between heaven and earth
June 23	77	Awaken to the song of our spirit and let it guide us through change
June 28	55	We are heaven and earth

### Vibrational Tools - June



Aromatherapy	Colors
Lemon *	Pink
Cardamom *	Raspberry
Plumeria	Sepia
Gardenia	Cherry Red
Kumquat *	
Sage	



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## **Suggested Oils to Support the Immune System:**

- **On Guard**

It contains a mix of sweet orange, rosemary, clove, cinnamon, and eucalyptus essential oils.

- **Breathe**

doTERRA Breathe is a remarkable blend of essential oils including Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon, Cardamom, Ravintsara, and Ravensara.

- **Copaiba (soft gels)**

- **Frankincense**

## **Transformative Activities at this time:**

It takes 22 days to transform a pattern, break a habit, and create a new positive way of being.

1. **Plant a Garden**
2. **Earthing – 15 minutes a day to balance with the earth**
3. **Get Sunlight**
4. **Use your senses to balance**
5. **Breathe**
6. **Focus on your heart**
7. **Listen to music**
8. **Sing**
9. **Dance**
10. **Create a new food combination**
11. **Write a letter of encouragement to someone you love**
12. **Help someone**
13. **Meditate**
14. **Go for a walk**
15. **Write a story**
16. **Learn something new**
17. **Laugh**
18. **Forgive**
19. **Be grateful**
20. **Praise others**
21. **Smile**
22. **Visualize this world as you dream it to be!**

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# Heather Green

Intuitive, Channel, Energy Healer and Animal Communicator



Heather Green of Teal Healing is an intuitive, channel, animal communicator and energy healer for humans and animals. She brings through messages from the Pleiadian High Council, Angels of the Elohim, and animal collectives to assist others with navigating their lives during these times of accelerated change.

Heather has provided her intuitive and healing services worldwide since 2009. She authored, *"For the Love of Horses: An Animal Communicator's Guide to Helping Our Horses and Healing Our Lives,"* which details her personal healing journey and the opening of her psychic gifts. It was released in 2013.

Heather lives in Monterey, California where she offers private sessions, classes, and channeling events over the phone, online, and in person.

You can contact her at: [greenbluehealing@gmail.com](mailto:greenbluehealing@gmail.com)

For more information about Heather and her work, visit Facebook at:  
<https://www.facebook.com/greenlady34>

or her website at <https://tealhealing.com/>

# Energy Forecast for April through June 2020

shared by Heather Green

Intuitive, Channel, Animal Communicator & Energy Healer  
greenbluehealing@gmail.com, <https://tealhealing.com>

## APRIL 2020



As a collective, we moved onto a higher, fast track timeline around the Winter Solstice.

Now, with the activation of the Spring Equinox energies, we can align with physical realities that are either more fear or love-based.

These are the timeline splits that are happening this year. As we prepare, we're being adjusted and recalibrated physically and energetically.

Major DNA upgrades are occurring and the body is becoming more crystalline. If you feel tired, depleted or unwell, get rest so this process can unfold for you more quickly and easily.

This is the time to give your body extra care, and make changes in diet and lifestyle choices.

The virus quarantine is giving earth and all of us a chance to reset on a body, mind and spirit level, as we're ushered into this next phase. Get quiet and still to receive new insights, ideas and inspiration for what is next.



## MAY 2020

This is a time when more freedom will be experienced for greater numbers in many life areas. Brand new creations and the implementation of soul-resonant dreams, and collaborations with others will be happening. Building from the basics, we'll see budding foundations for reform in education, career, service, money and resource distribution and other social arenas that will take us through the rest of the year. Small groups, networks or communities will form and begin their own versions of change. They have the potential to create their own unique realities and ways of living separate from what's playing out in the larger collective world.



- ✚ “Many of you will begin to have an intuitive awareness about what is coming before it does.
- ✚ And if you have that information, that is for you to know and act upon.
- ✚ Some of you may move to a different location, or feel drawn to be in a particular location at a particular time.
- ✚ You may feel a desire to work with an energy of earth or an animal, or to serve a humanitarian cause that is most in alignment with your soul and the gifts you wish to express at this time.
- ✚ Encourage you, we do, to follow this.”

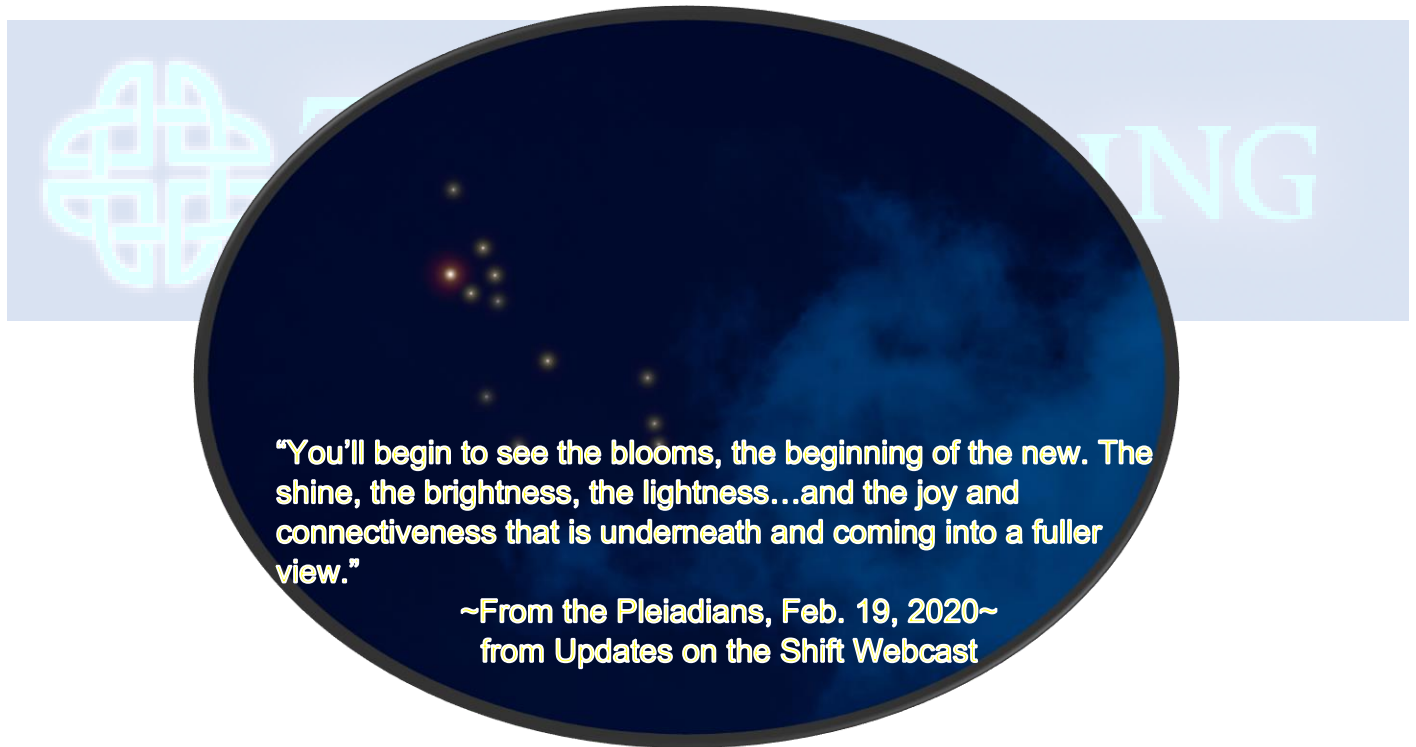
~Mother Ocean & the Cetaceans, from the whale gathering, March 7th, 2020~



## JUNE 2020



There is a nurturing, rich energy coming from the heart of earth for activating a deeper creativity and quickening embodiment processes. For those ready and responsible, this is a time of culmination in integration and full power of creatorship. It will be like having a blank canvas to use for our unique and authentic expressions and service. If we could manifest anything we desire, what would it be? As more people work in the higher realms through meditation and imagination processes, it becomes easier to heal, transform, and/or create any aspect of our external realities, including our physical bodies.

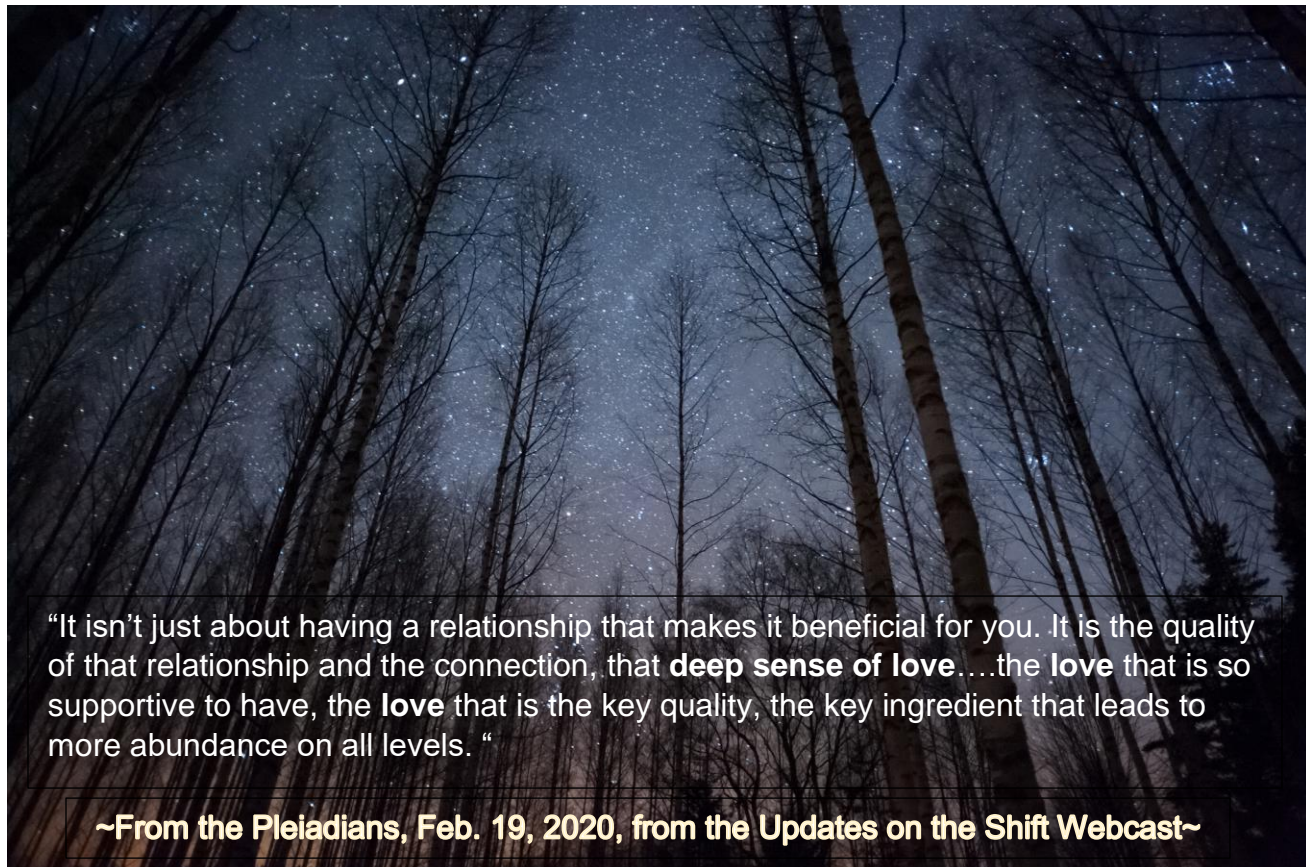


**"You'll begin to see the blooms, the beginning of the new. The shine, the brightness, the lightness...and the joy and connectiveness that is underneath and coming into a fuller view."**

**~From the Pleiadians, Feb. 19, 2020~  
from Updates on the Shift Webcast**

## continuation of JUNE 2020:

- ✚ In co-creations with other beings in the world, feminine leadership will be more embraced and valued.
- ✚ These partnerships will reflect a sense of unity and oneness that will allow for a deeper experience of joy, love and fulfillment.
- ✚ As we meet our own needs, more relationships will be based on unconditional love and compassion and less on attachment and other agendas.
- ✚ As they become more complementary, all parties involved are strengthened and empowered in these connections.



“It isn’t just about having a relationship that makes it beneficial for you. It is the quality of that relationship and the connection, that **deep sense of love**....the **love** that is so supportive to have, the **love** that is the key quality, the key ingredient that leads to more abundance on all levels. “

~From the Pleiadians, Feb. 19, 2020, from the Updates on the Shift Webcast~

## **Anonymous Poem from Empower Astrology**

*"In the midst of hate, I found there was, within me, an invincible love.*

*"In the midst of tears, I found there was, within me, an invincible smile.*

*"In the midst of chaos, I found there was, within me, an invincible calm.*

*"I realize through it all, that...*

*"In the midst of winter, I found there was, within me, an invincible summer.*

*"No matter how hard the world pushes against me, within me, there's something stronger – something better, pushing right back.*

*"Whatever I give, I do so from my heart."*

### **Special Closing Section**

Here is the Forgiveness prayer shared by **Lisa Barnett** in her book, *"Infinite Wisdom of the Akashic Records"*.

*Divine Spirit/Source/God, please move me into a state of forgiveness toward anyone or anything that has hurt me, consciously or unconsciously, from the beginning of time until the present moment, I now forgive them as I release the energy of the past.*

*Divine Spirit/Source/God, please move me into a state of forgiveness for myself for any hurt that I have caused others, consciously or unconsciously, from the beginning of time until the present moment. I now forgive myself as I release the energy of the past.*

*Divine Spirit/Source/God, please move me into a state of forgiveness for myself for any hurt that I have caused myself, consciously or unconsciously, from the beginning of time until the present moment. I now forgive myself as I release the energy of the past.*

*I invoke the power of Grace and Forgiveness to transform my body, mind, and heart, as I return to my divine innocence. And so it is.*



Daily Practice of Gratitude:

*"Thank you for everything.*

*I have no complaints whatsoever."*

(shared by Kwan Yin channeled by Rev. Charlotte Tinker)

Express yourself from love in all encounters:

*"I live and practice loving kindness in all situations."*

Accept yourself fully:

*"I accept and Love myself unconditionally."*

Open yourself to love:

*"I surrender all to Love."*

Express and heal your self-love by doing Ho'Oponopono:

*"I Love You; I'm Sorry; Please Forgive Me; Thank You".*

*I am independent of the good and bad opinions of others.*

*I am beneath no one.*

*I am fearless in the face of any and all challenges.*

You are not the victim, you have a choice.

Eric Whitacre's Virtual Choir 2.0, 'Sleep'

[https://www.youtube.com/watch?v=6WhWDCw3Mng&feature=emb\\_logo](https://www.youtube.com/watch?v=6WhWDCw3Mng&feature=emb_logo)

GLOBAL MEDITATION FOR PLANETARY HEALING AND  
ASCENSION ON APRIL 4TH/5TH 2020

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