

Spirit Matters Newsletter

Inner Re-connection for Self Empowerment

May 2005

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-- Mother Earth and the Body Cleanse

Hi All,

After consulting with my guidance about current earth changes and receiving the following information, I thought it prudent to place in this introduction a little bit of a warning. Although we are having particularly cold and cloudy days, the effects of the Sun, as guidance discusses are still very strong. It is possible to overdose on the amount we're getting right now even though we are only seeing gray above us. So be careful my friends and good luck to all those with a...uh hum... lower chakra issues!

Love and Light

Vivienne

Mother Earth and the Body Cleanse

May 17, 2005

We, in love, Child are very much here. We are glad your heart is lighter and that you are moving along your path and can see your way and the benefit that your energy has for others. Proceed with caution to fully take in the benefit of God's love for you and to understanding that what has been created for you on your path is profound indeed. We caution you to go slowly into your newly found energy and to conserve it for things vital and necessary for you and the advancement of God's Spiritual Plan for Planet Earth.

The energy is moving tremendously fast now and could have an out-of-control affect on your system. Note that you are being prepared for the next level of your development necessary to move all into phase with opening up the hearts of men to receive God's love.

There is currently an energy cascading into Mother Earth for her to use to revitalize areas of stagnation; areas of great density that are fueled by negativity and inertia. These pockets of energy are purposefully being broken into manageable pieces for the extradition of decayed, poisoned and contaminated pockets of polluted thinking and matter.

Seismically, these areas are under a lot of strain causing rhythms to manifest that are like ocean waves flooding over you tumbling you head over heels with energy disbursement. You experience this as things appearing calm and 'normal' and then 'all hell breaking loose', for literally in an energetic sense, the thoughts and circumstances that ally themselves with hellish worlds is what is being released.

This is the consequence of matter holding in those thought forms of despair, desperation, domination, persecution until the only thing that can release the hold is a blast of light. Thank the wisdom of the Solar Flares for the energy they are lending temporarily to Earth for the massive cleaning that is taking effect. Yes, Child, you are right. It is the light shining on the dark areas. Again, you are correct. YOU HAVE BEEN THE ONES TO GIVE PERMISSION for this laser energy of light to clean out your dirty closets, yes, where all the demons love to hide.

There is much closet cleaning taking effect; many areas that people have forgotten about that are energetically attached to them, like Marley's ghost's chains and locked boxes proceeding before you and hindering your way. Can you imagine the energy of dirty closets proceeding your every which way as you move physically about? Yes Child. Hindered you are, but blessed that you are being 'forced' to do so. (Cleanse) No time, like now has ever seemed so appropriate to the words 'Spring Cleaning' in your hemisphere.

A word of caution. The Sun is VERY STRONG right now, like a caustic cleaner that can harm tender skin. So wrap-up well when you go outdoors. No chemical protection. Lightweight clothing is all that is required. Guard yourself against too many chemicals going into the skin as this cleansing is also personal and you want to drop density, not take more in to cleanse Yes, drink fluids, but only as you need them. Too much drinking water and flooding of cells decreases their ability to filter out toxins. You do not want to 'float' your cells you want to refresh them.

So gently balance this with a little exercise to raise the internal organs functions to burn off toxins, but exercise with caution, especially outdoors. You are already doing a tremendous amount of releasing. It behooves you to be extra gentle with yourselves.

Note, however, that not all folks are capable of exercising. Some are so physically depleted that exercise only taxes the system further. If you do not feel like exercising take the opportunity to find out if you're a being lazy or simply heeding your internal warning system to understand what is needed. Those of you who are sensitive will know. Those with greater density and little awareness of how Spirit and Matter are now coexisting for optimal and enlightened living will have greater difficulty understanding when to exercise and when not to. The key here is, lay down on the ground or bed. If you don't want to get up, DON'T. You need to rest. If you lay down and your brains firing actively and your muscles are twitching, go do some light walking or indoor stretching. Allow your muscles to release the tightness along with the stretch and you are assisting your body to detoxify.

Not all folks at the same. All need to be responsible for monitoring their own needs. Therefore, eliminate the need to 'be like others'. Do not compare. Judge only yourself and what you need. If you compare yourself you will be out of your body and truly out of touch with what it needs.

Prepare yourselves light meals of mostly fruits, vegetables and proteins, but stay away from consuming any caffeine, chocolate or heavy sauces containing chemicals. Meats are OK in proportion to your needs but to consume large amounts of anything during this cleansing will only add to the sluggish and interminable foggy thinking that many are experiencing. Yes, foggy thinking has much to do with your diet. Fruits and vegetables are the best source for your brains optimal functioning. Sugars and diluted chemicals that pass for foods and drinks will only prolong the difficult cleansing state.

Be prepared to hear music of a different kind attaching itself to your antennas. Be prepared to hear a cleansing toning and vibrational twanging, like a guitar string going up and down a scale. This is the sound of light moving through as it cleanses. Most of you will hear the music as a distance sound, coming from afar off direction as if someone is playing a haunting instrument. This is confirmation that cleansing is taking place. The sound will be picked up by those eloquent with musical notation and begin to be brought into your mainstream arena for all to feel a 'calming', because you are being 'confirmed' with, aligned with, the deeper understanding and knowledge that you are being heard and responded to Spiritually. The music you hear will be clear and precise, opening your bowels to release toxic energy from your internal organs. Yes, that's right. In through not only the ears but skin too, and out through your lower bowel region or chakras as some may be aware. Do not be surprised then if many of you begin to 'suffer' from diarrhea on a consistent basis. All is well. You are indeed, detoxifying! It's a good thing. Embrace your bodies' miraculous powers to transform themselves with partnership from Spirit.

Here in ends this first statement on the current the Earth changes.

Thank you, Guides.

Yes Child, please type up and send.

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