

Kia ora,

I wonder how you are riding the waves of change.

This long foretold SHIFT is an invitation to shift in consciousness. It's very much more than Covid. It's a SHIFT from outer authority to inner authority. Inner authority is developed by regular attunement to the Source. Thus you may steadily embody your True Self. Ultimately True Self is at one with Cosmic evolution. A conscious co-creator.

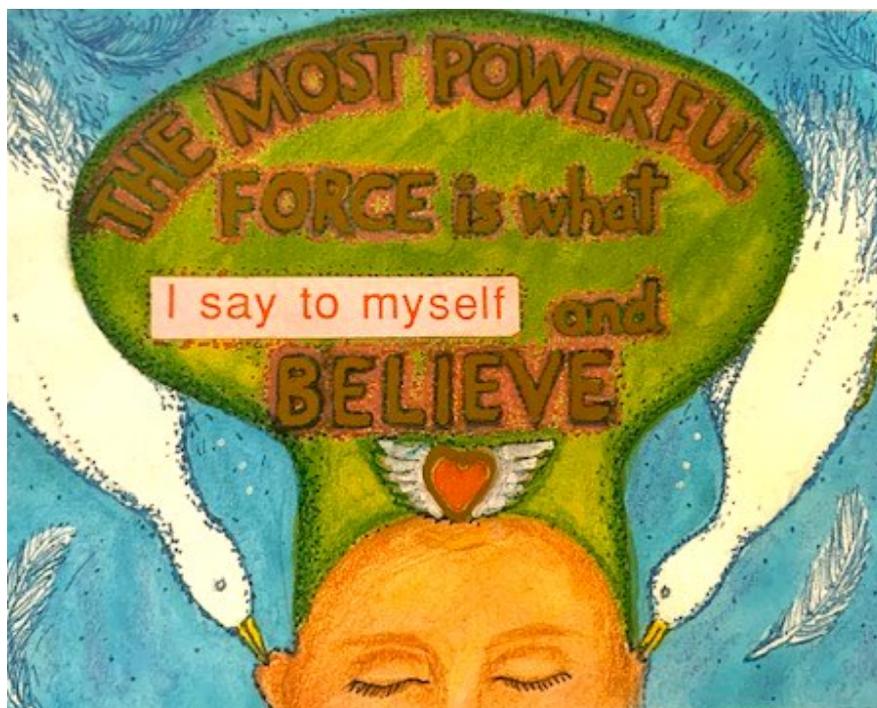
Deep within each one of us is the essence of Creation. It got covered with distractions and distortions as we grew and experienced life. Meditation, gratitude, creative work, inner listening are some of the ways we can peel off the layers of conditioning and reveal our INNOCENCE. Inner sense.

Decades ago I made a flip chart booklet as an aide memoir for a workshop on clarifying our understanding as to who we really are, why we are here and what works. I use images and ideas from this flip book. This series is titled SHIFT. We start with considering BELIEFS.

This week I invite you to be still and silent for at least 10 minutes morning and evening in order to breathe, relax and listen deeply from the inside-out. Journal any insights.

With love and encouragement.

Skye



The most powerful force in the world is what you say to yourself and believe.

How can that be?

Words and emotions have varying vibrational frequencies which vitalise life or diminish vitality. I invite you to take time to feel the difference in your body energy when you consider these words: Fear. Trust. Courage. Love. Hate. Water. Peace. Vibrations resonate with one another. Like attracts like.

Most people that I have met think they are not good enough in some way. Yet you did not make you. Your parents did not made you. You are a GIFT from the Creator to yourself to love and make the most of.

Redo your unconscious programs if you need to. Some useful thoughts and beliefs maybe. I AM good enough just as I AM. I Can do it. I Love. I AM Loved. I AM glad to be alive. I AM grateful for

Recall a feeling that you enjoy. Practice calling up that feeling throughout your day. I invite you to give yourself a hug every time you Master an enlivening Belief or feeling.

I believe in you.