

Energy Report for November, 2017

From November 3rd



I'm sitting on a bench in a park, and am asking for the theme of this month's energy report. I receive the knowing that the theme is ease and breathe; Breathe Easy.

If you don't feel you have time to read through the entire report, allow your intuition to guide you. Select the beings from the list below that speak to you and read those sections. You can choose one or many

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SYCAMORE

I am here in the forest standing in front of a pair of Sycamore trees. If you look up, you can see that the bark turns white; the younger parts of the tree have a very light colored bark and as you move down the trunk, it is more nondescript, more like other trees. There's a young one that's got very, very light colored bark. Their leaves can be maybe mistaken for maple. It's getting on towards full moon and I was guided to come here. What came to me initially was,

“Dare to be different. We are past the times of sameness, past the time when it served humanity to blend. We dare to stand out in our habitat, you must dare to stand out in yours. It is those of you who stand out, who shine a light, who are a beacon for others to see that it's okay to be unique, to be your true self, to be your authentic self, and that means that you will be different because every one of you is created different just like every one of us is created different.

“It's just that you have even more variety in your way because you have free will choice; and many of you who desire a new world, who desire heaven on earth will begin manifesting this if you come into your own and dare to stand out, and dare to be who you were meant to be. This is the time of shining jewels; of people shining very brightly, of creating, of no longer being restricted to three dimensions, to expanding outward in time and space, other dimensions, other timeframes; bringing them all together, making time fluid and formless; adding a new component that allows much greater flexibility for repairing yourselves, repairing your bodies, repairing the earth, repairing relationships, repairing everything. The time is coming when death is not necessary; it is a choice for all and we rejoice in its coming. We feel it. The earth feels it. It's a time for being, as being - true being - requires much less action. An economy of action with the correct intent and energy - being an energetic match to desires - garners results that are proportionately large in relationship to the effort expended to achieve them. It can all be very simple. We feel it in the earth, we feel it in the sky. It is here now. Learn to use it. We are Sycamore. Thank you.”

Thank you Sycamore.

Connecting with Wild Onion

The first thing I get is, “Look at my hair – isn’t it cool?” along with a sense of joyous playfulness.

Dear wild onion, do you have anything for the energy report?

I’m getting a little bit of confusion. There’s, “Be yourself. Have fun”. She’s dancing; happy. Happy go lucky. I’m getting something about responsibility. Responsibility can be a joy. I’m just getting more visuals of her just kind of shaking her ‘hair’ around, expressing joy in movement.

Me: Can you have fun and be responsible too?

Wild Onion: Let your hair down. Be joyous.

I’m seeing a being with green hair dancing like in a Charlie Brown cartoon – just bouncing and flipping the hair back and forth. But it’s joyous work, a joyous job; the privilege of business; the privilege of sharing your gifts. There is joy in giving and receiving – it is the same. Joy in all that you do. Joy in being. I’m getting just an incredible happiness. These are perfect conditions for her to grow; this is what she loves. The weather has cooled down and the soil s cooling. It is somewhat Spring-like in that regard. But she loves it best from this time of year into the winter. That’s when she thrives. It’s just about joy in being. We are here to be joyous.

Thank you Wild Onion.



Little Bug

Somebody is tickling my foot and going through every single toe. It’s dark so I can’t see it.

I asked that little being, “Do you have anything for the energy report?”

“See everything as humorous. See everything as a gift. See everything as an experiment. So much will be new and different; get used to it. That’s how it is from now on, and when you are experiencing something that is outside of your zone of familiarity, something that maybe used to scare you, there’s no need. There’s no need for fear. The time for that is kind of done. Breathe into it, lean into it. Look at it differently, see the humor in it. It is possible to find joy in every experience if you look at it from the right perspective. Your toes were new to me so I explored every nook and cranny of every single one.

Curiosity is very much the name of the game, so just allow. Let it be, have fun with everything that comes up. Be playful and don't worry about where something came from.

It's just, this is where you are, this is what it is, love it, accept it, process it, release it if you want to, integrate it if you want to, and just go on. It's kind of like a speed bump, you know? Hit the speed bump and just keep on going and just kind of go, "Oh, look, a speed bump." We who crawl on the ground hit that all the time. We're always having to go over things, around things, under things. You do whatever is easiest, you take the path of least resistance to get yourself on your way. Or the path of curiosity. If you come up against a hurdle, what makes you curious? What interests you? What sparks thoughts and curiosity in your brain, in your mind, in your heart? Just look at that. Life can be joyous. And thank you for allowing me my travels."

I thank you little being, whatever you are. I couldn't see it well; I just saw something dark and felt it crawling around on my toes.

TREE

This tree called to me. It's dark so I'm not quite sure what kind it is, but the leaves are almost all gone



and there is mulch around the base of the trunk. She's fairly young, planted in a row with the other trees. It looks like they are the same variety. She says they are sisters.

So, beautiful tree, what do you have for me?

I'm getting a visual of a flowing gown, as if somebody had a long, very light silky shawl that's blowing in the wind, flying off the tree, being left somewhere; dropping off. There is a letting go, but all in a good way. This is a very, very natural process of letting go. There's nothing forced, it is very gentle. I am sensing the being in this tree, the Dryad; and that silky shawl came from her. It is unwrapping the energies from the summer; releasing and preparing for newness but that at the same time going within - but expansion. This is very confusing. It feels good; it's very difficult to explain.

It is almost like the caterpillar that sheds its skin and becomes a chrysalis or a cocoon in a very natural, flowing, allowing manner. This is a shifting of the energies into the winter, and this shifting pushes the energy of creation down through the root systems, through the earth and out to the southern hemisphere where the creation and the growth is beginning. It is like releasing but it's not a releasing and letting go so much as it is an exchange. It is a releasing and offering to the other side of the planet, so it's like another part of mother earth and there's nothing lost, there's nothing given away, it's simply shared because it's all one. The planet is all one. Every being on this planet, everything is one. It's connected. But this is necessary; it's a necessary exchange, it's a necessary releasing, almost like

Persephone going into the underworld and coming out on the other side into Springtime. There's really no underworld as such; there's a going down and crossing over and coming back out.

So depending on what side you're on, there is a quiet going within or there is an outward bursting forth and it's simply an exchange. And this is the flow, like our life cycle or the tides. It's the same basic energy of just the going within, without losing embodiment, the going within, the releasing and giving new life elsewhere. I'm not explaining it very well, but it feels very relaxing, expansive, loving. It's like there's not even a question of whether or not. There's no question of giving and deprivation on this side. There is simply a knowing of what it's time for, and it's the inherent knowledge, the inherent wisdom that nature carries within her, that all of nature knows, and all of nature shares. Just very gentle and loving; kind of like as things fall asleep here, they wake up there. As our bodies die here, we wake up on the other side. As a caterpillar becomes a chrysalis, there's the gradual awakening to the other level of existence. It's almost like the insects, especially those that do a full metamorphosis, are showing us the birth, death and rebirth life cycle and these trees do the same thing. They die back and the energy that they were using within the soil and within the earth during their growth season leaves this hemisphere and passes through the earth to the other side, where they then experience their growth cycle. It's very peaceful, it's very loving, and it's sharing.

You can't even say generosity because it just is. It is the love of source that gives and receives at the same time. As the trees give their energy, they know they are receiving and simply have all that they need for this cycle of their lives and we would do well to recognize the same in our lives. Even as some may go through a period of great deprivation physically, it does not have to be a deprivation of spirit. A deprivation physically can generate immense growth spiritually. It is all in how we perceive it and how we handle the situation.

So anything that is falling away from you now, in whatever manner, allow that; love that, accept that, rejoice in that; and if it is something that you've been clinging to, that you find necessary for your wellbeing and it is being taken from you, there is a reason for that; in some way its leaving serves you, for it is for your highest good; and sometimes it is necessary to purify, to release, so that new can come in; so that the best possible future, your best possible self can be reconstructed in this manner. You may want to sit with this. We have nothing but love for you. Thank you for allowing us this communication.”

I thank you, Tree.

Daddy Longlegs

I had a couple little guys crawling around on my foot and climbing my leg. I finally got them to leave so that I could walk away from the tree. What I did not recognize until I had taken a few steps was that they may have some wisdom for me.

“I am so sorry that I was going to disregard you and I thank you bringing yourselves to my attention. Beautiful daddy long legs, do you have something for me, for this energy report?”

“Breathe easy. Don't sweat anything. Doesn't matter what's up, doesn't matter what it seems like. There are people who will be going crazy, who will be fearful. You don't have to be, there's no need, there's no purpose in that. It's all illusion, it's all illusion. What is real for us is being in physical, and most of us don't stay too long. There's no point. We are luscious food for so many, and again, we convert plant matter to protein; but notice our long legs. Are they not beautiful? Does it not allow us to move gracefully and quickly over the ground? You can incorporate this in moving gracefully and quickly through any processes that come up, any thoughts that come through your mind; attach our legs to them and allow them to just scuttle off. Clouds move slowly, we move faster. Our energy shifts rapidly, so you can connect with us when you want a quick release of anything. Call on us, the daddy longlegs, to just transport those errant thoughts - whatever it is that you don't want - let us pick it up and run it out of your life.

“You may want to sit and watch us and see how we move, how we can be invisible when we stop moving, and take that on. It is sometimes fears that are stuck in your body that are not moving that are the hardest to locate and find because where there is movement - it is like any hunter; they are looking for motion. That is why so many animals freeze when there is danger, because they become part of the landscape, they become invisible. I can sit next to a spider web, and the spider will not see me, the spider will not come after me. But if I move - if I touch any of the web - I become food, as you become food for negative thoughts, negative beliefs, limiting beliefs. These things that come into your life, if you allow them to come in and move on, you remain clear. If you allow them to come in and you build a story around them and they take up residence in your body, they can hide; and that is what has happened for millennia. So all that your parents, and grandparents, and great-grandparents and so on, did not process that was held in their body, they share that with you going forward; and when it's held in your body, you may add to it, a little here, a little there.



“It is not until you notice a movement, until you are looking to evolve until you have a willingness to evolve, until you start moving energy within your physical being, that these energies become visible to you in some way. And once they are visible, they feel uncomfortable; they feel discordant; and you can begin to clear them.

“Because now is the great harvest; it is the beginning of the great harvest. So many believe that the great harvest is about people dying. The great harvest is about the death of fear. It is about the removal of all that does not serve us. The great harvest is the harvesting and releasing of all of those thousands of years of beliefs, of events, of illusion; the illusion of hate, the illusion of doing unto others, the illusion of annihilation; the illusion of all that really cannot be, that does not exist when we are in alignment with ourselves, in alignment with the universe. That is the harvest.



“And sometimes if these beliefs are so stuck in your body that you do not know how to release them, then the way for release is for the body to die because that releases you.

“In this time of great release, there may be humans that need to leave; and in this harvesting, they know that when they come back in, they will reincarnate in a body that no

longer carries all of these old structures and beliefs,

so that they come in as part of the new world. And there are others who do not choose to release these things and they want another lifetime with all of these fears and other things intact because that is their journey; and that is perfect. That is wonderful. So they may not need to drop the body here because they know that this is their continuing journey and lesson and purpose, but it does not mean that those who choose suffering, if you will, are required to interact with those who choose to release anything that is illusion that causes suffering. The two can coexist simultaneously. It is not a problem; there's no difficulty here. So breathe easy knowing that you are in the perfect space for you, wherever you are in your process at this time. We thank you so much for seeing us, for being willing to listen to us and for sharing our message.”

Thank you Daddy Longlegs.

I just have to add this bit. The area where I received most of the messages is a few miles from home. When I went back to my car after receiving the messages, I realized that Daddy Longlegs is also called Harvestman, and for them to be talking about the Harvest is just too hysterical. Nature has such a wicked sense of humor!

Crickets

The crickets all around would like to speak with me. I hear them all around me, always at a bit of a distance. Crickets what do you have for me?

“You can indeed breathe easy at this time. Everything is as light as you make it. Everything that you desire can come to you. You are so supported in all of your endeavors. Hear our song, notice how it endures, notice how diversified it is.

Because every one of us is unique, every one of us has a unique purpose, although we may all have the same general purpose. We are all part of a huge chorus that sings the winds into being; that sings the trees to sleep; that sings to the earth and brings her joy. Listen closely to our song. Every one of you will hear something different. Every one of you will experience something different in this life and it can't all be ease and grace.



“We have so much love for you. Notice how we are so close to the ground, always. We do not climb trees much. We love the earth, we love being hidden under the leaf litter, under anything that you may place in your yard, and we come out to serenade with the moon. We sing to each other; the moon sings to us. Her light feeds us and we thank her with song. Our song can feed you if you listen and tune in and allow. When's the last time that you just sat and listened to our chorus? We are pretty much everywhere. Unless you have covered the earth with concrete, we are everywhere, and we find our way into those jungles. We find a way to live and survive, and we do our best to serenade you. Listen to us, hear our song. Feel what it does to you energetically. Where do you feel us in your body? How do you feel when you tune into us? Try it for ten minutes and you will see how effortless life can be. We are there for you always, we connect with you always when you desire it; and because we are so connected with others, we help you connect. Much love. “

Thank you, crickets.

WATER

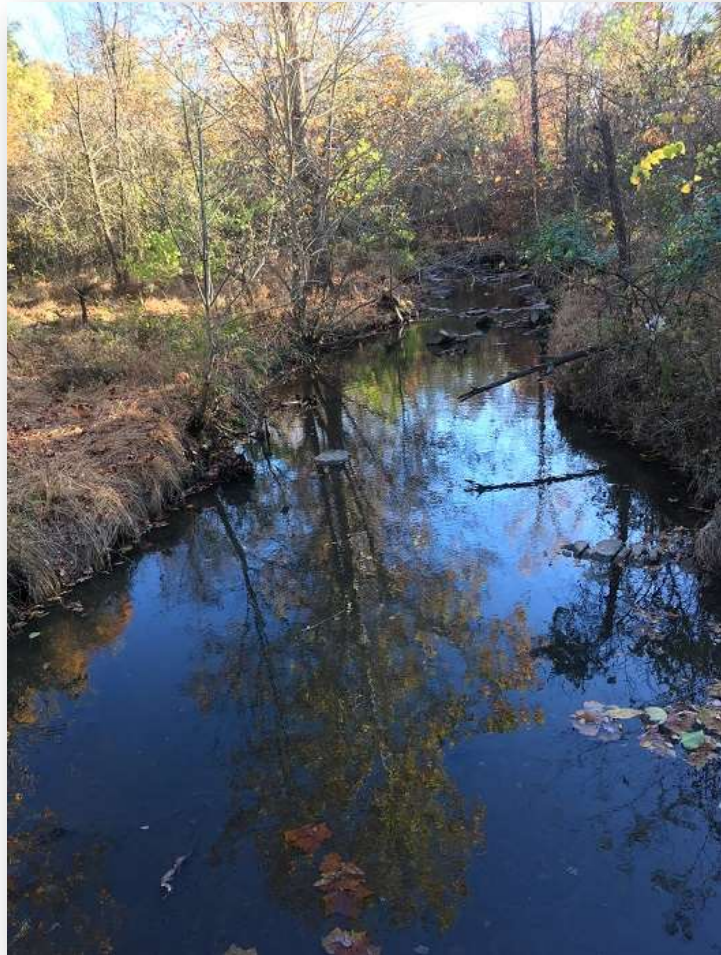
I am here staring at the river. It's raining - sprinkling - so the water is flowing beautifully and I received guidance to come here and speak with water. It is full moon, which is invisible due to cloud cover but the sky is still lighter than it normally would be. It's a little after 7 pm so just getting dark. Water, what wisdom do you have for me this evening?

“You hide from us. We are the water. We give you life. We *are* life and you hide from us when we come from the heavens and feed the earth, and nurture the plants, and nurture everything that feeds you. You hide from us. Why do you not come out and rejoice with us in our replenishment of the earth? In our completion of a cycle? You don't want to get wet. *You don't want to get wet.* What does that say - that you're hiding from life itself? There are those who dance joyously in the rain

and they take from us the very best - our energy as we become, but right before we become one with the earth. You say we bring toxins. We don't *bring* toxins. We circulate what you feed the earth. It's one big cycle. We are all one and we come again and again and again. We flow into the rivers. We flow into the oceans. The water rises from the oceans, it rises from the land, it rises wherever there is an excess, or warmth, or need. We rise up into the sky, and become clouds. And we feed you, we nurture you, we nurture every being on this earth. Without water there is nothing. With water there is ease. Water is one of the most powerful beings on this planet. Water can move mountains.”

“Water takes the path of least resistance. Do you do that? It is always the right path for water. Is it the right path for you? Only you can know that.

“Water is love. Poisoning water comes from your poisoned self. It is only a lack of love that allows this to happen. It is unnecessary ... And so many of you say, "How can we fix this?" Fix your heart. Fixing your heart fixes everything. Fixing your heart fixes all that needs fixing.



“Water is life. Life is love. Anything that is not love is death whether your body is moving or not. Physical death is ecstasy. We are water. We flow with the tides, we flow with the moon. The moon is our mother, the moon is our guide. As she cycles, we cycle. As she cycles, you cycle. As she cycles, all life cycles. Whether you feel it or not is of no consequence. When we fall down on your face as rain, it is not just the chemical composition as you seem to think; it is the energetic composition that matters. Some of you call to us when we are elsewhere and say, "Rain, where are you? Please come, please come." And yet you stand there expecting nothing. And then there are those of you who say, "Thank you rain, for blessing us with your presence, with your life giving properties." We come to you because of your love and gratitude.

“We are not here to meet anyone's expectations. We are not here to be sold and bartered and bottled and caged. We are here to flow free; to be of service to all who need us. We are the lifeblood of the mother and when you corral us with huge constructs of concrete, when you use the words, "Flood control," because you do not understand the natural cycles; when you blow up mountains under which we have lived for millennia and destroy our home so that we cannot remain; then we act in the only way we can act; we go elsewhere. We seek balance; we flow, we descend, seeking always to create balance. We cleanse you. You can cleanse yourself through us with a shower; you can stand in the rain to be cleansed. You can stand in water to be cleansed. Ask us for cleansing and we will grant it. We take on your energy, we have no form. We are the form of what contains us. We show you what formlessness means. You can learn so much from us. Formlessness is your true nature once you remove the body, and without water you have no body. Formlessness includes flow.

“There is always movement, whether physical or nonphysical. Energy does not sit, it moves; and that is all we are, is energy embodied, just as you are energy embodied. You can flow with ease and grace. We cannot *not* flow. Always there is movement within us, in some way; down into the earth, up into the air, forwards, sideways. There is always movement, always flow. There is always change. When you desire things to remain as they are, when you think that ‘this is good, now is good, I want everything to be like now,’ you stop your flow. You stop your growth. You cannot remain in joy. Joy and bliss require flow and change. Do not fear change. We do not fear falling off of cliffs, we do not fear mixing with the waters of the sea that are saline while the rivers are sweet. As the rain comes down it cares not upon which it lands. It has no concerns. It knows that it will land in the perfect place and go where it is needed. It is always thus. When your life flows, you will go where you are needed. And if you fall, it is because it serves you to fall and where you land is where you can be verdant, and abundant and grow. It doesn't matter where that is. Take our flow with you, take our movement; our joy in being; our bubbly laughter.

“Take that all with you as you go through this month and know that there will be ups and downs as the tides rise, and recede. As they come in closer to the shores or as they recede outwards to the oceans, it is all a cycle. Your life is a cycle. Enjoy this phase of that cycle. There is nothing like it, there never has been, and there never will be again. Love it, embrace it.

“We will never be in the same place twice in the same way. Every drop of water has its own journey but we join together as one, and it is so important to do that. If every raindrop wanted to stay separate as you seem to want to stay separate, there would be no rivers. There would be no oceans. There would be no water for you to drink; you would be trying to get drops and gather them together drinking them individually. It does not make sense. You as humans are one. There is only one race of humans and it is the human race, and you are all intertwined and interconnected in your history, in your genetics, in your energetic beings. You all come from the same place; you all go to the same place.

“It does not matter what you believe, it does not matter; and yet you would look at somebody and say, ‘You are other.’ They are not any other than you and when you look at someone and dislike them, it is like you are the oil in the water in life, keeping things separate that belong together. There is love and there is fear. We are love and we come to you in love and we speak to you with love and we ask you to embody love at this time. Everything else is illusion. Everything else is just propping up a system that is already dead. It has no life save that which resistance gives it. The earth is meant to be heaven, and your thoughts and actions that match that, create heaven for you and for those around you. Look in the mirror and love what you see. Look at us in the morning when we are still and you see yourself. You are a mirror. We are a mirror. We reflect back to you what you are and there is only beauty. There is only beauty. There is nothing else. Be happy in that knowledge.

“Be gentle with yourself. Be gentle with others. As we flow along, it matters not what you put into us; the toxins, the poisons, they just come back to you. We know how to purify and we will. We continue to. And all that is impure comes back to you. Yes you may poison others along the way. The fish that live within us, the animals that drink from us, the trees, the plants. Everything on the earth that we give to, that takes so willingly from what we give, it matters not. For when your hearts are right, all will be well with the world. We just reflect your thoughts and your beliefs. When you change that, you change everything. So flow with us, downstream, ever further, loving life, loving yourself, loving everything and everybody you encounter as reflections of yourself, and smile at what has been given to you. We are water, we are life. We give that life so willingly to you. Use it well. Much love to you.”

Thank you, Water.

SPIDER

I was guided to walk down the path a ways and I don't see her, but I see part of her web; Spider is here.
Spider, what do you have for me?



“Breathe easy. There is nothing to fear. Life holds you so gently. Life loves you. What we are sensing now is a growing fear of annihilation. A growing fear of change, not for the better. There are so many fears raining down, none of which are true. Nothing is as it seems. The earth holds everything. The earth loves everything upon her. There is no wrath or revenge in nature. There is simple return to balance. There is always the - striving - is the wrong word. There is always the push/pull. Always the flowing. Balance is not stasis; balance is something that we always and forever work towards. As you breathe easier within yourself, as you look for your true nature that consists only of love, you bring that to the world.

It does not matter what others do - politicians, police, countries. What matters is what you do, how you breathe, how you live, what you emanate. When you emanate love, you shine so brightly out into the world. When you emanate anger or fear, you block your light. It's your choice. We are love, we know only love. Love can take many forms in the physical world. There is love that you would not see as love from your limited perspective. Breathe deeply. The air is there for you always. She is always there and you partake of her, is that not abundance? Is that not ease? Breathe easy knowing that you have all that you need. There is so much love here for you. We are spider.”

Thank you, spider.

AIR

The air wants to chime in.

“We are always there. We move heaven and earth, literally. Without us there is no movement. We are the wind, we are your breath. Without air, there is no life. Without us, you are dead in minutes. Without water, you are dead in days. Breathe easy. Know that we are always there. It doesn't matter what is occurring on the earth. We are always there for you. When you have experienced

shortness of breath, it is not because we are not there. It is because you cannot receive us. It is not because we are not there. Without the air, there is no life as we know it. We give so willingly and we so willingly accept all that you spew into us. We purify it, we work with the waters and the earth to purify it and we give it back to you. Everything that you give us, we give back to you. There is no judgment.

Look into your heart. Look at yourself as the love that you were always meant to be - embodied in physical form - and rejoice in that. Feel us all around you. Breathe deep, take us in. Breathe us back out. The air is the life, as is the water, as is the soil; surrounding you, nurturing you, feeding you. As you understand this, you cannot but be grateful for the bodies you are given, for the life you have been given, for this physical experience. Otherwise you could not feel us caressing your cheek, blowing your hat off. Honor us, love us; honor yourself, love yourself. It is all the same. We are air. We are always there for you. We love you so much. Goodbye.”

Thank you, air.

