

Energy Report for December, 2017

Starting at the New Moon December 18



The theme of this month just came to me; it's Whirlwinds of Change. But there's another piece to it. Dropping the lead weight. So it's rising up with the winds of change as they come, leaving behind all that does not serve, and allowing ourselves to be carried forward through these changes into the new world which is coming much faster than we imagine. What a joy, what a pleasure, what an honor, what a privilege it is to be here, to experience this, to facilitate it, to help birth this new world. With so much love to everyone. We'll see what else Nature has.....

Many beings in Nature wanted to share their wisdom. While I would love for you to read the entire report, it may feel overwhelming. So allow your intuition to guide you in selecting the being(s) from the list below that most speak to you and read those sections to start off. You can come back daily or weekly for more wisdom.

GARLIC MUSTARD

TINY FLIES

VIRUS

OAK TREE

MICROBES

FLY

CAROLINA CHICKADEE AND FRIENDS

SOIL

BURDOCK

ICE

RACCOON

LYCOPodium

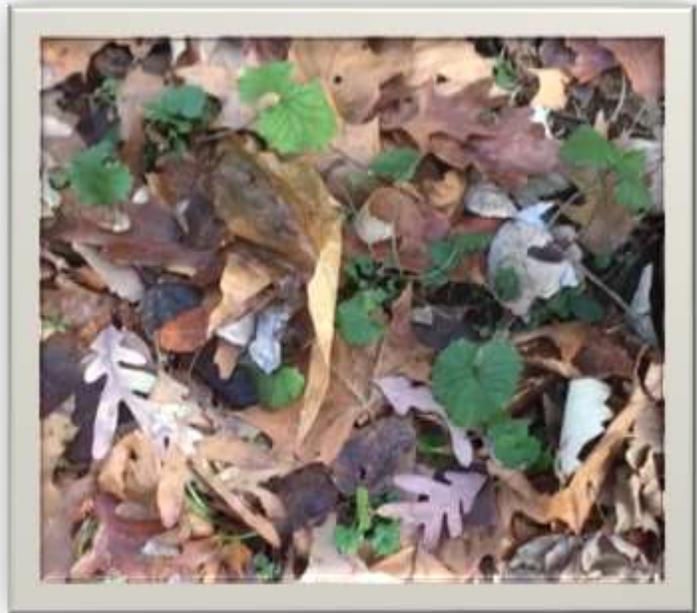
DEER

HOLLY TREE

GARLIC MUSTARD

Dear Garlic Mustard, what do you have for me?

"We thrive under so many circumstances. It is the environment, but it is not. We thrive where you think we should; we thrive where you think we shouldn't. We thrive where we need to for balance, for we *are* balance. Everything in nature is a representation of balance, and when you see us as imbalance, it is a reflection of your own imbalance. We come and we go, depending on what is needed. You can have 5,000 seeds in your garden and no plant because we are not needed. You can have one seed in your garden and 50 plants because we are needed. We go where we are asked to go. We grow where we are asked to grow; wherever we can bring balance, wherever we can bring cleansing.



"You say we put toxins into the soil. *You* put toxins into the soil. You put things into the soil that were not meant to be there. You bring imbalance. We attempt to restore. You say we kill plants. *You* kill plants with your poisons, with your inorganic substances. You exacerbate the imbalance that we then increase our numbers to restore.

"Were you to take these areas that are so polluted, that are so imbalanced and keep your mitts off for several years, you would not find an overgrowth of us. You would find a plethora of plants, a new community that has had time to form, just as you need to reform your communities. This society, as you call it, is no longer a society. It is an individual existence of many in one place, like a vegetable garden where no one has a choice to where they will be planted, where they will grow.

"Rejoice in these changes that you see as horrible; hard; that you see as difficult, that you see as divisive. It is all illusion; it is all illusion.

"There is only connection. Nothing else is true besides connection. The splitting of the worlds, as it is called, is simply a dimensional division of the one. You are still all connected, and it is those of you who are in your hearts, who will continue to build a new world from your heart space, from your imagination, from your desire, from a space of love and allowing. You will build this new world. There are so many worlds that exist right beside the ones you can see at this moment.

"There is no need for fear. You are not losing family members. They are with you always. You can choose; if you are in your heart, your heart is with their heart always; your soul is joined with their soul always. Sometimes, that must be enough. When you leave this body, you all join together. You all are, once again, fully together. It is only your perception that separates you. Give into the love that you are; create from the love that you are. We grow and create from the love that we are.

“We have been here on this continent with you for centuries, and you see us now as a problem when we are a messenger. We are a problem only from your limited scope of what you think nature should be, of who you think should live in your forests, of who you think is right.



“And have not these judgements served you ill in the past? Hurting other humans, hurting nature, hurting the Earth; recognizing only after the fact that what you have done was harmful? Your beliefs that stem from your ego, that take you out of your heart, are the toxins to be cleansed, to be released in this great time of release. As we come into the new moon, it is so easy to release. As this full moon wanes, release will be even more easy because love rules the day, and whatever is not love must crumble, and it is sometimes difficult to watch your house burn, your society burn, your corporations, your infrastructure crash and burn.

“Speak with fire, the great purifier. She is much needed now, and she is beginning to do her job. Cleanse yourself in her fire. You can cleanse yourself in the beauty of water; you can cleanse yourself with the purity of air; you can cleanse yourself with the darkness of Earth. All of these elements can cleanse you. We are so grateful for all of them, without which we could not exist, without which you could not exist; without which this world would not be.

“Stay in the place of love. Stay in your heart. Build from desire; build from love, and all will be well. This roller coaster that is coming up, when things may seem frightening, tumultuous, it's all illusion. It is just the old falling away and the new being built. Ride it as you would ride a wave, as you would ride out an earthquake, as the eagle rides the air currents, and as the ashes float above the fire. So much love to you during these spectacular times, so much love. We are complete.”

Thank you, Garlic Mustard.

TINY FLIES

Little tiny flies, I don't know what you are, and I can't see you now. Do you have a message for me?

I hear them singing in a very high, soft voice infused with so much joy.

“Shine your light. Shine your light.”
They're just singing, that's all. Just singing.

“Shine your light. Shine your light.
“Life is joy. We are tiny. We raise and lower. It keeps our temperature even, keeps our bodies balanced, allows us to breathe easier. It creates a harmonic in the air that influences the breeze. We raise and lower. We raise and lower. Bright sparks.”

I sense the tiny, bright sparks of energy that their bodies are.

“There is only now. The winds and the air, they bring us harbingers of what is to come.
We raise and lower. We raise and lower and we spread this information. The love of it permeates our beings.

“What the air is, is what we are. We are air in tiny bodies. We are air embodied. There is no deep wisdom. There is no need for deep wisdom. There is a need only to raise and lower, to raise and lower, to keep yourself balanced, to become one with the elements from which you came.

“We come from the sky; we come from the air. We come from Earth and light. At one time, we were within the ground. We are of her. We transformed. We are light and air. Bask in the light and air. It is so beautiful, and to balance our intake - too much sun will burn us up, too little warmth will cause us to fall - so we raise and lower, we raise and lower, we raise and lower. As long as there is sun, there is us.

“We know where to hide when the sun goes away. We hide where there is light stored, where there is warmth stored, where we can live to fly another day.

“Can you do the same? Can you rise up when it becomes emotionally too cold or energetically too cold? Can you lower before you are burned? Can you take in everything that the sun has to offer you at this time? Do you know when to back off and stay where the sun is stored, but not shining directly? It is a balancing act always.

“Raise and lower. Raise and lower. Raise and lower. Adjusting our bodies, adjusting our energy, to always be the best match for where we are supposed to be at any given time.



“Thank you for hearing our song. Thank you for feeling our joy with us. Perhaps you can stay with us a bit and learn our rhythm. It will serve you well.

“We are many, so it looks like we are raising and lowering each all the time, but that is not true. I may go down and stay down. I may go up and stay up; but there are so many of us that you see it as up and down. Feel the ecstasy at the top. We can only bear so much ecstasy in these little bodies we have, so we lower ourselves down again. It's like an in breath and an out breath. We can only stay in ecstasy so long. We can only stay without ecstasy for so long, but there is balance because it gives us contrast and experience, which is why you are here, and we love this life we have, and we desire that you love the life you have. Feel our rapture as we go up. Feel the release as we go down. For some of us, that rapture increases. For others, it does not. It doesn't matter; it does not matter. It's all experience, and we wish all of you lives filled with experience, and you are coming into a time of compressed experience, intense experience.

“Fly up with us above the waves or sink down underneath them and let them crash overhead and rise up again. This will stand you in good stead. Always return to joy and ecstasy, always, because there is nothing that can hold you down besides yourself. Rise up. Ride the winds with us, up and down, up and down, and up. We love you so much. Thank you for hearing us. Thank you for seeing us. Thank you for acknowledging our presence and hearing our story.”

Thank you, little ones.



VIRUS

I've opened myself to all the beings of nature and was asking if anybody has anything for me for this month's energy report, and I have some kind of a virus; it's sore throat and coughing and lots of sinus issues; and as I tuned in just a little bit, I got that the virus has a message for us. Virus, what do you have for me?

“We are your greatest servants, your greatest teachers at this time. Many people will become ill and will look outside of themselves for a cure. There is no cure outside of yourself. We are messengers. We show you where there is something lacking in your life, or we lead you toward your desires. We showed up in your body because you desire to change some things, and we can help you with that. If you pay attention and you make those changes, we will leave in a short time. If you do not pay attention, we will remain with you.

“There are people who are dealing with long-term, chronic illnesses, whether bacterial or viral. They usually end up with a virus because we are more enduring. There is no medicine discovered, if you will, created, if you will, by man that can adequately combat us without killing the entire body because we are so close to your body. We serve you so well if you will only heed what we have to say. Listen to us. Tune into us. Listen to where you feel us in your body. Listen to what changes you are being guided to make. Listen to what changes you truly desire. Listen to any fears that come up when you think of us. Those are fears that need to be dealt with. Listen to any unhappiness that comes up.

“Where in your life are you lacking? Where in your life are you not happy? Where in your life are you not in line with your purpose? These are the places where we may show up to guide you. If you listen, when you learn the lesson, we are no longer needed. In that way, we are much like insects - ants, termites especially - because we come in masses. You only notice us when there are many. You don't notice a few of us. You can't feel us. When we are many, we get your attention. Then you need to turn inward; look at us, talk to us; listen to your body. We are here in response to your body's needs, in response to your soul's cries. We are here to guide you on your way, and if you listen to our guidance, if you listen to our message, we are no longer needed, and we happily leave you in a better state than when we came.

“If you refuse to listen, then we will continue to do our work until you listen, and if you attempt to rid yourself of us when you have not learned your lesson, we will come again and again and again. We see many people with chronic diseases. This is a lack of listening. There is nothing you cannot cure. There is no disease out there that cannot suddenly, instantaneously disappear when you have learned the lessons that she is here to teach. There is no disease -it does not matter how egregious, it does not matter how bad - once you learn the lesson, the disease will leave you.

“It is time to listen. It is time to listen to your guidance, to listen to us, the virus and the bacteria, if we are within you and causing what you perceive as problems or symptoms. We are here to teach. Heed our messages. Love us, for we come in love. We come to serve you. See us that way. Thank us for our services. Learn the lessons that we have come to help you with, and all will be well.

“Regarding the splitting of the worlds - there may be severe illness and death; it is all, once again, in service. As the worlds split there are some who find themselves not where they want to be, and we can help those people move to where they desire to be more quickly. Whether this means ending their physical life in a short period of time, or whether it means helping them to transcend thoughts and beliefs by causing a viral brain fever that physically removes those old thoughts and beliefs and frees them for a higher vibrational life. There are many ways in which we can work to serve humanity that humanity will not, as a whole, appreciate. And remember, there is no disease – it does not matter how contagious they say it is – there is no disease that you will contract if you are not in some way a vibrational match for it. Every disease that you contract - where you notice symptoms - is there in service to you. If you do not need it, everyone around you can have it and you will not contract it.

“We are virus, wishing you wellness in your life.”

Thank you, Virus.

OAK TREE

I have Oak Tree here, who would like to speak with me. This particular oak is right off the pavement of a parking lot, really on the edge of the woods.

Beautiful oak, what do you have for me?

“Just as I am on the edge between civilization - as in pavement - and the freedom of the woods beyond, so too, are you on the edge of civilization, as we know it, and what lives beyond in the realms of dimensions and the inner world; for this outer world is all a reflection of your inner world.

“I can choose where I grow my roots. I can try to grow my roots under a parking lot where I receive little to no nourishment. I can choose to grow my roots out into the soil where I join with other trees, where I join with Mother Earth, where the leaves protect me and the rain nourishes me. I do grow some roots in both directions, simply for stability in the world in which I have grown up.

“This is where you are now, many of you. You have grown up in a world of artificiality, far from your roots; genetic roots, emotional roots, spiritual roots. You have been, in many ways, shaped and formed by a society that cares nothing for you, that cares only to keep you small. You have lived much of your life under a parking lot, where there is little chance for growth, and you have begun ... It is the time where many have begun to move their roots to the other side, to grow organically where they feel spiritually supported and to follow that guidance. That is where living begins. That is where thriving begins. There will be a greater difference between those who choose to stay in the parking lot, and the name is apt - for remaining stuck, impermeable, inflexible, and without nourishment - or to move forward into an ever-changing landscape; seasonal, spiraling, ever renewing, where infinite growth is possible.

“Go inside, and not just down into your heart. Go down further into your gut, down into your genitals where your safety lies or is lacking. When you feel down into your legs and feet, do you feel supported? Do you feel truly and utterly supported? If not, go outside. Take your shoes and socks off. Stand on bare soil and feel how that feels. Stand on pavement. Feel how that feels. There is a difference in how you feel supported or in how you feel energetically renewed. It is time for the existing society to begin fading and crumbling so that life can grow up through what once was impermeable, growth inhibiting, anti-life doctrine, and create a flourishing garden for all who choose to live that way.

“I live here on the edge. I see both sides. I can feel the difference in how the energy flows up through my body, the roots that pull up nourishment, where they are more free to grow and free to receive nutrients. That side has learned to work overtime to make up for the deficits of my other roots. It is not a complaint. It is how you are living your lives, as well. Some of you must remain in the old, in some ways, and that is fine. An eaglet does not simply fly out of the nest and soar. They take steps. They bumble. They flap their wings. They falter. They hold onto the nest. They cling to the sides.



“It takes a while, just as you are taking your first steps towards this new beautiful, beautiful world. You will get there. Right now, you need both, but if things start to crack and break apart and you feel like you're losing your footing, know that what is under the old is more nourishing, more empowering, more beautiful than you could possibly imagine, and if you fall off a cliff, it is because you are ready to fly and you just didn't know it. If you tuck your wings and fall, you will plummet and you will crash. It is up to you to decide to spread them and soar.

“I remain rooted here, always, for I am Tree. I am Earth and Sky combined. It does not mean that I cannot soar with my spirit, I cannot soar with my branches. Look at how tall I am, taller than all the buildings around me, and I continue to grow; I am young. I will continue to grow immensely, just as you continue to grow, as well, physically, spiritually, vibrationally. I wish you starlight in your soul, sunshine in your heart, and magnificence in your lives, as we all go through these miraculous changes during these times of ending and beginnings.

“If we look at the new moon as a time of growth, the new moon is also when you can release the most, and we are releasing the old world with this new moon, so get ready to spread your wings. As the solstice comes in, the solstice is like a tornado, a whirlwind, a whirling dervish, that may crack branches, twist things, put your life on end. Welcome that. Realize that if you spread your wings, no matter where you land, it is going to be a better place than where you started out from. It cannot be other if you go with the flow, if you roll with the waves, if you go with what is given to you because it is always in your highest purpose.

“You choose your experiences by how you think, by how you believe, by what you desire and what you don't desire. Your focus is vital at this time. Do you know what you want? Are you focusing on what you want? It will come so fast. Are you focusing on all that is wrong? Then you shall also be thusly rewarded, and so it shall be, with more intensity, from this time forward. So much love to you. I am Oak.”

Thank you, Oak.



MICROBES

I just got a call from Microbes deep down in the forest leaf litter, and what they have to say is that there is a time and a place for everything.

“Some of us work deep down under the upper layer of life. We work near the soil layer with the leaves that have dropped in prior years to help them break down and become Earth. When it becomes too cold, when the conditions are wrong, when it is too dry, we do not go away. We may discontinue our work or it may simply slow down to something imperceptible to you, but it doesn't stop; it never stops, and if conditions are not right, we cannot do our work; and when we cannot do our work, it breaks the chain of what should be - in life, in the circle of things - and it is disruptive.

“We do invisible work that is much appreciated by Nature. We work in the dark. We work in the cold. We work in the heat, those of us with whom you commune in this moment. We create warmth. We create a haven for your insect friends, to help them stay warm through the cold winter, to help keep the roots warm in the trees. Yes, the soil gets cold. Yes, it freezes to a certain depth, but up above that, there is a thin layer that is a little warmer, and we create that, so that, come Spring, a new layer of soil - as soon as it thaws and the moisture returns - a new layer of soil is ready, and the insects and worms come and finish it off and make it perfect for all new things that grow, and it is this very upper layer of soil, with its very specific nutrients that allow the fresh greens in Spring.

“There is something very specific about this very thin layer and how it permeates down in, that makes it uniquely important for the health and the vitality of soil. It is something that plants in pots do not receive. There is a way for them to receive that, but it would require preparation on your part. That is beyond the scope of this conversation.

“We are here to show you, to explain the delicacy of the interconnectedness of all things, from our point of view, how vital our work is and how much interrupted it is, anyplace outside of nature, anyplace outside of forests. Those of you with gardens, there is usually very little space for us, and, thus, your soil degrades increasingly. The wisdom is free for all to have. Anyone can obtain it.”

“Microbes, how does this pertain to what is happening this month?”

“This is a huge cycling, a huge cycling coming up, a splitting; a dividing; but in a way that is still connected because all dimensions are connected, all time is one; but as our work is invisible, cyclical and vital, so is your work, the work of every one of you. You may think you don't know where you're going or what you want to do. That's not true. Sometimes, you are carrying the indecision of many so that in your deciding, you remove that indecision for many. Sometimes, what you're carrying is an energetic nurturing at layers that cannot be detected by others; that can possibly only barely be detected by you.

“It is not our job to be out in the sunlight, bragging about what we do. It is our job to do what we are here to do, and we do it under the covers, we do it unannounced, unasked. We know this is what we are here for. We do not expect accolades. We receive gratitude in the form of new life that pops up around us.

“As you go through your life doing whatever it is that you are here to do - if you are a mother and all you do is raise your children, that is a job in this society that is not honored, but is vitally important - know that the universe honors you. Know that we see you. We work the same way that you do in the

background, supporting, creating, nurturing. And if you are someone with great visibility, you are still doing the same thing - but in the way that the sun shines. Your work is different than our work; no less important, no less vital, just different. But this is to all those who feel invisible. We are basically invisible, but without us, the forest could not grow or continue to thrive. But we know this is our job, so my question to you is: do you feel like you are fulfilling your purpose? Because that is the only question worth answering. And if you are and what you're doing tends to be fairly invisible to many others, you need to decide: is this how your life is supposed to be? Because it may well be.

“We need to be hidden. We need to be where it is dark. That is where we thrive; in the dark, where it's moist. That is where we are of service. You need to thrive where you are best of service and not worry about who can see you, because those who are supposed to find you, will. We have so much love for you. As long as you are being who you were meant to be, it is all good. For some of you, whether the worlds split, whether there are great disruptions, your lives are on the trajectory that they should be on, and you may notice tumultuous occurrences around you, but you will be basically unaffected because you are on the path that your spirit chose for you when you arrived.

“We are the microbes of the forest. Much love to you.”

Thank you, Microbes.

FLY



I have a fly on my head – I can hear him but not see him. Fly, where are you? Do you have something for me?

“ Yes, it's not just who you can see, but who can see you. We are everywhere and, yet, we are ignored often, which is fine. We like it that way, but we have lessons, too, and we are more vilified than most when we try to teach those lessons. People are unwilling to share with us in a way that they are maybe willing to share with others. They call us dirty; they call us vermin. Look in the mirror. We are clean. We cleanse ourselves often in our lifetimes, after every meal, between meals. We're always cleaning ourselves, and you call us dirty. You're ignorant.”

“Fly, I'm feeling rage. Is that from me? Am I reflecting something? What's going on?”

“Look in the mirror at your own scourge. Look in the mirror at your own self-hatred. Look at your own production of filth. You spew garbage into the world, in your thoughts, in your deeds, in your actions, and you have the gall to call us dirty. We reflect your rage back at you, at your own ineptness. There are those who would try to solve the problems as they cause it, while their actions continue to exacerbate those same problems.

“We can help you shift all this if you will begin to listen to us, to work with us. We can rise above physically. We can see things from a different perspective. We can see the big picture. Work with us, and we can help you. We can help you become more than you are now.

“Our rage that you feel is a reflection of your own rage. It is a sense of impotence, a sense of powerlessness. It is the remnants of looking outside of yourself for solutions. It is expecting others to bow to your will. It is the expectations that a mindless corporation can be brought to heel by passing laws that they will continue to ignore. It is by expecting anything outside of yourself to be the solution.

“Look inside. Look deep inside, into your heart. You are the solution. Your actions, your thoughts, your deeds. Drop the lead weight of all of your expectations of others, drop the lead weight of expecting the government to save you; drop the lead weight of thinking that you can live your life as you have in the past and have the world change. Every action you take, every thought you think determines your future and the future of the world. Without your change, there is no change.

“Forget everything that you have ever been taught about politics, about laws, about rules, about how anything should be done, because none applies. Nothing applies anymore. The only thing that applies is what you do, what you think, what you believe, what you know to be true, because as you change what you know to be true, what is true around you will change. That is the new world, the world of beliefs becoming your physical reality, instantaneously. We can see this. We come and go as needed, and we will be needed

“For those who aren't listening, we will be there to teach you in massive numbers.

“We are part of that whirlwind. We are part of that tornado, and we come in love, even if you do not perceive it that way, so let go of your own filth, your own dirty thoughts, your own impurities, whether that is physical things you no longer need, emotions that no longer serve you, beliefs that no longer serve you, ways of doing things that no longer serve you. All of that needs to fall away. Rise up above it.

“If you lost everything today, what would you cherish? What would you want? What would you need? What would you desire? Keep that. Discard the rest. Love yourself. Love yourself as a child of source. Love yourself as source, for that is what we are. We are all a piece of the same big pie. We all come from the same place. Keep that thought. We are all one, no matter what way the wind blows. With love. “

Thank you, fly.

Carolina Chickadee and Friends



I have a bird here – a Carolina Chickadee, but it is not just one bird; it is all the birds here.

“Never forget about joy. No matter what happens in life, there is always room for joy. There can always be joy. In the darkest situations you can find joy and happiness. It doesn’t matter what is happening. Look for it – in the little things; in the tiny things; in the bug that you find under the bark, in the sun shining down on your face, in the wind ruffling your feathers.

“Fly with the wind. When the wind gets too strong, allow it to take you; just go with it. Allow it to help you soar.

“And when life drops you down in the muck, make mud pies. Make tracks in it. Have fun; roll in it. Allow it to coat you - keeps the bugs off; keeps you from needing clothes; may even keep you warm; insulated.

“Whatever life throws at you, find the joy; find that little thing within you that shows you where happiness lives. We do that all the time – that is how we live our lives. Wishing you much joy in these tumultuous times. We are the birds.”

SOIL

The soil is speaking to me.

“As you run around in life you forget the basics. Look beneath you. Look at the soil beneath your feet. Look at what supports you. We support every structure on this earth. You are made of us. We are everywhere on this earth. We are your support system. We renew you energetically physically, spiritually, emotionally; you are of us. Whenever things get hard, whenever life seems to be difficult, come to us, lie down with us. Allow us to comfort you; allow us to renew you.

“In all that occurs in this next month - no matter what - we are a constant. Our energy will reflect the changes in energy so that you can ground with us, and we will help you handle any energies that come up. We absorb the light from the sun; everything the sun is blasting at the earth; we absorb it, we transmute it. We convert it into an energetic force that can nurture you. Lie down upon us. You can lie down upon a large stone that will reflect our energy up into you. Do not forget your origins. We are there to support you always.”

“We are the soil. We are everywhere. We are every dimension. We are visible, we are invisible.”

Thank you .

BURDOCK

Burdock has a message, my beloved Burdock.

Burdock, what is your message for us?

“It is a time to go deep within, to find the strength within you that may be buried so far you can't find it. It is a time to gather your strength so that as the worlds split and the energy returns to this hemisphere, you can burst forth in new life, become more visible than you may ever have been before; shoot up, not like a rocket that falls back to Earth or explodes, but more like a corpse plant, the time lapse of a tree, growing, expanding.”

I'm seeing the corpse plant that grows quickly. I'm seeing a time lapse of a tree. I'm seeing time lapse of flowers, so that you can become something with staying power.

“You can't always be visible. You can't always be doing ... If you look at us, we are barely visible; in a month or so, you will see nothing, but we're still there. We're still growing. We're storing our energy. We're still receiving from the soil. We're still receiving from the Earth. We are still digging our roots deeper. We are still expanding, but there are the times to gather your strength, and there is a time to expend it. With the changes coming up, it is more time of gathering your strength.

“As the moon waxes, you can soak it all in. You can soak up so much from the Earth, from the sun, from the spiritual realms. The veils are thin. The love for you is immense. The support for you is unlimited. You are meant, at this time, to come into your own, to realize your desires internally; feel them, feel what you desire. Grow that inside of you.

“As what you desire grows stronger, watch what needs releasing, as the moon has become full and begins to wane, and release all, all, everything that you do not need, physical, emotional, mental; beliefs, thoughts, actions; for you will replace them with the increasing desires that serve you. You are such powerful beings. You have no idea. You have no idea how powerful you are. Just as we are so powerful, we can dig through the Earth many feet. We send our roots out in all directions, and we pull in nutrients for ourselves. We pull in nutrients that we share with others, so all that you desire for yourself, these are all things that you will be able to share with others, that will help you to nurture others. We never do things just for ourselves. It is always in service to others in some way, even when we do not see it. We are always helping each other, even when we do not see it that way.

“As you go through this month, with its amazing ups and downs, its amazing changes, nurture yourself from within.

“We tend to live in colonies, in families, as do you, but, sometimes, a seed is taken far away from home and grows up by itself without the support of others; of its family. It may see others of its kind, as you may be a person in a city with people you do not know. There is a reason for this. There is a reason that you are where you are, and there is good in that, so think about what you desire, what you want, what



good can come of the exact situation that you are in. Feel it in your body. Get out of your head. Feel it in your body. See what your heart has to say. See what your gut has to say. See what other parts of your body have to say.

“If you have pain anywhere, that part of your body is voicing a desire. What do you desire that you do not have? For that is the key to recovery. That body part pains you only as long as you do not realize your true desires in that area, and it is the time now to become who you truly desire to be, to throw away what others say, and live your life for who you are and for those you are meant to serve.

“We hear this word serve, and we feel the energy around it, and we feel the negative connotation of it. You used the right word, but it has the wrong energy. In your language, ‘to serve’ has been denigrated to something subservient, menial, less than, and To Serve is actually the highest honor that any being can reach. It is to give of yourself unconditionally from a space of unconditional love where giving and receiving are equal. There is no giving to deplete yourself. This is a giving of reciprocity. It is a service in a two-way street, not even two-way street because it's the same thing. It is one shared energy space. That is what service is. It is where you join with others, with the intent of improving a situation, a belief, anything, for all; and when you join with like-minded, the world becomes better; just as for us, here in the forest; just as for us, our sharing of resources, of minerals, of space; of ourselves with microbes who may need food; people or animals who may need nutrients, nourishment. It is of our highest service to do this. That is how we serve, by sharing.

“That is why communities are survival. The forest communities where we learn to grow together and share together, share our resources, share our space. They're an example for you; and your lack of understanding of that reflects itself in how you treat the Earth and how you treat each other; and all of that is going to change. What no longer serves cannot survive. So learn about service, learn the beauty of service; learn the oneness that service truly embodies.

“We are Burdock.”

Thank you, Burdock.

ICE



“Ah, my loves, I am ice. If you look at me here you see a thin sheet, but I am the glacier. I seem motionless, though I'm not. I am movement. I am growth. I grow. I expand. I change. I harden. I soften. I am never the same. As I grow, I compact, I expand, I thicken, I move, and I move that which is around me. I am powerful. I am heavy. I am treacherous. I am safety. You know me as glaciers. You know me as frost. You know me as the surface of a skating rink. You know me as that ice on your windshield. I am solid fluidity. I am that which you see as static, but ever, but I'm in reality am mobile in a way that you may not understand. I grow. I move. I shift. I recreate the world around me, depending on my volume, on temperature, on landscape. I am for you as you perceive me. I can be treacherous, dangerous, safe, beautiful, useful. They used to use me to keep your food cold. I was

brought from many miles away, as chunks of ice. Now you create me. You turn water into chunks of ice.

“In these times, when things seem to be moving so fast, sometimes, it is good to slow down. Sometimes, it is good to see how solidity is fluid, how you can be supported on ground that is moving slowly, how you can stand upon me and move with me and either be crushed or infinitely supported and show new ways of being.

“I change with the changing of the tides. I shift and change with the moon phases, just as the tides shift and change with the moon phases, for am I not living? Am I not moving, as everything on Earth? We all bend and sway to the rhythms of the moon, whether recognize it or not. My being expands as the moon waxes and we compress more together as the moon wanes. The water does this to a certain degree, as well. It is not just the tides to get higher; it is the volume that increases. The structure changes slightly as the phases of the moon change, just as your bodies change. The body of every living being changes as the tides change.

“It might bode you well to sit with us, to feel how we can help you be supported, to move through some of these massive changes in a more slow, structured, flowing, but solid and supported manner. Call on us if it feels like your river of life is taking you too fast; call on ice for a respite. We love you so. We will support you. Thank you.”

Thank you, ice.

RACCOON

As I was receiving wisdom from Burdock, a raccoon came racing down the trail right past me, stopped at a tree about 10 feet beyond where I was standing, looked back at me for a few moments, then continued on down the trail, loping instead of a flat out run. This was totally unexpected. So I wanted to find out what had happened.

I tuned into Raccoon, and he said, "I have stopped running," when he's showing me where he paused by the tree, debating whether or not to climb it. Then he said, "And then you looked at me and I felt fear," and so he kept on running.

"Stay out of fear at this time. It will not serve you well. Had you stayed in love...

"Fear will not serve you. Fear serves you in immediate circumstances in which you need to remove your body, remove yourself; and then you need to release it from your body and return to a state of love, return to the present moment. Fear does have its uses. Fear does have its purpose, but you remain there, and, I, as raccoon, do not.

"I am now looking to my immediate needs, and it is good. Life is good. Feel the peace with me. There was a situation from which I needed to remove my body quickly, and I did that."

I'm feeling really an amazing sense of peace right now in connecting with Raccoon.

Raccoon says, "Stay in that sense of peace. Stay in oneness. Stay connected. Stay in the present moment and all will be good, no matter what happens. If you are safe in this moment, stay there, and nothing will harm you."

Thank you, Raccoon, for your wisdom.



LYCOPODIUM

Lycopodium, what do you have for us?



“Be who you are meant to be, through all the changes, through any trials, tribulations. Grow as you were meant to grow. Do not allow others to make you think you should be different than you are. I grow exactly as I am meant to grow, and I am unique. If you look at my sisters, I have many others here who are beginning to come up. I look similar, but I do not look alike, and I revel in that uniqueness. We grow when others fall back and sleep. It is our time. We do not look at others and go, ‘Oh, they are going dormant. We must go

dormant.’ No, we look to ourselves and grow when it is our time to grow.

“Some may tell you, ‘Well, it's winter. Go within.’ If you don't feel like you need to go within, then don't. You have a saying from one of your singers. ‘It's five o'clock somewhere.’ It is summer somewhere. It is spring somewhere. If you want to grow now, then grow. If you want to shine now, then shine. If you feel the urge to go within, then by all means, go within; but do not allow the dictates of any astronomical or astrological or seasonal edicts of how you think you should behave control your ability to know what's right for you at any given time.

“We are here to tell you, Yes, there are changes coming. Yes, the moon is waxing and you can absorb, and, yes, the moon will wane and you can release. You can release while the moon is waxing. You can absorb while the moon is waning. There are better times, easier times for certain things, but there is no time that is not perfect for you to do what is perfect for you to do in that moment. There is no one but you that can tell you what is right for you at any given moment. So although others have said what may be right or what may be good or may work well - in general - you do what you know to be right for you in this moment without consideration of what others may think.

“Do not allow yourself to be limited by the perceptions of others. Do not allow knowledge to limit what your body intuitively; knows what your heart intuitively knows; what your gut is telling you. Nobody knows what is right for you except you. Anyone who tells you that they are doing something in your best interest is trying to control you. They can only know what is in their own best interest. No one can know your best interest besides you. Do not care whether it's a parent. I do not care whether it is a sibling or a spouse or a child. No one knows what you need like you do. No one knows what will bring you back into balance like you do in your deepest heart of hearts.

“If you are looking to your ego or looking to your head or your mind to tell you what is right for you, you are lost. It is your heart. It is your roots. It is your connection to source that knows what is right for you. Follow that always.

“We are Lycopodium. We are complete.”

Thank you, Lycopodium.

DEER

Deer is with me energetically, and deer is also very calm, very in the moment, very loving, and moving slowly; taking, I wouldn't say careful steps, but steps where she remains balanced, until she knows that the next step will support her, so always secure.

Deer, what do you have for me?

“These are times of increasing scarcity for us, where food is concerned, but we live moment to moment. We live day to day. If I'm hungry right now, then I am hungry right now. If I find food, then I am full and satisfied. I do not suffer when I'm hungry. I am simply hungry, much like your slug. We are in the present. Fear is a momentary aberration. We may be cautious, always. That is our nature, but it is not a caution born of fear. We are who we are. We were made the way we were made. Our nature is to pay attention to all that is around us, to pay attention to what the birds tell us, for the birds see further and can go faster, and they bring us messages of what is coming.

“You can have this, too, in your life. You can have inklings of what is coming by listening to your inner intuition, by staying present, in the current moment, by not being sidetracked by what was or what you project from the past into the future, for in that way lies repetition of what you did not desire before.

“We know that we are okay. There are those of us who live where we are hunted, and we do like our bodies. We do like being here with our kin, and we do know that there are those who would eat us, kill us, some for meat. We honor that. Some for sport, which does not honor our being, which causes an imbalance; and we do try to avoid those situations, but it is also a service to show these people, these beings, their own imbalances. That is, in some ways, our service, but we do not fret over it. It does harm our herds at times, taking the wrong beings.

“What do you do in your life that is out of balance, that causes you to do wrong? Wrong is the wrong word, but what causes you to take inappropriate action or to not take action? Where are you out of balance, where you could use some help? Come to us. Close your eyes. Come join us for a meal. Forage with us. Put your nose down to the ground and sniff. Do you smell the perfect, fresh greens, the tips of the brambles that have no thorns, that are so tasty, the plantain that is really only needed when you have an illness; the delicious, young leaves, the luscious berries? Join with us for just a few moments, when you feel off kilter, out of balance, like you don't know what to do in your life. Walk with us in the forest for a short time, to regain your own footing, to come back to your own sense of self, to come back to your own present moment. Go into your heart where your desires live, where pleasure originates and take your next steps from there.

“We are always here for you, whenever you want a moment of silence, a moment of companionship, a moment of community. We are the deer. Thank you.”

Thank you, deer.



HOLLY TREE

I am with Holly. I'm admiring her smooth bark; it feels very smooth with lots of little, tiny bumps on it, and that is all the way up and all around and even on new limbs and, of course, the leaves, which demand respect when you're walking barefoot.

Dear Holly, what do you have for me?



“We are green when all others sleep. We provide food when others have already given of themselves. We are the winter warriors, the ones who carry the light with us through the winter. We continue to utilize the light of the sun. We continue to grow through the winter when others rest. We are different. We are unique. When you look around you in this forest, we stand out. You can see every one for us for some ways. We are the only ones that are green. We are the only ones, and you can see we are building a community here. My seedlings grow around me. The birds carry my seeds. This is community. This is community. This is what you will be building in the new world, an organic community.

“It will be matriarchal in nature because in the matriarchy, there is no hierarchy. Hierarchy is an artificial means of consolidating power for some and disempowering others, and the divine feminine has no need of that and the divine masculine has no requirement for that. As the feminine takes hold, the leaders will stand behind and support you instead of disempowering you by commanding that you do their bidding.

“Anyone who tells you that you need them is lying. Anyone who tells you that your world is in trouble and they can save you does not know how to save themselves. This is all falling away. It is all becoming transparently false. As the cyclone of the solstice whirls over everyone, these untruths will be swept away with the wind and dropped like the dead weight that they are into the Earth to be transmuted. What is true will come to light, and there will be unpleasantries. That is good. That is contrast. That is life. That is learning. It is a time of accelerated learning.

“Our smooth bark allows the rain to come down and just run on down. We do not gather a lot of rain in our bark like other trees. We do not have the thick layer around us that some trees have for protection. We are more thin-skinned, if you will, but we are also smooth skin, so we do not hold things. There are benefits and detriments to both. What we are is a light in the cold and dark. What we are is food and nourishment when there is none other to be found. What we are is uniquely ourselves, and as the Lycopodium, we grow when we know it is time for us to grow, and we do what we know is right for us, and we form our community in tandem with others and we all share. We all share what is available. The

more you share, the more is available. We wish you, in this coldest and most sunshine-challenged time of the year, a warmth of heart unparalleled anywhere.

“For our friends and those who are enjoying the Spring solstice, we revel in the budding forth of your new ideas, of the energy and the power that you are feeling at this time. We are a strand that holds that power on this side of the globe. We also feel the energies as they melt towards the other side, towards the Southern Hemisphere, but we hold onto strands of that light, of that energy, of that growth, of that growth potential, and we use that to help the beings around us through the winter, just as you, in the Southern Hemisphere, have plants that die back in the Spring, after thriving during the winter. There is reciprocity always, is there not? A giving and a taking, and it is all borne of love. It is all borne of love.

“Look at the beauty of the sky you can see through my leaves. Look at the beauty of my leaves you can see below the sky. Look at the berries that are just beginning to show and will become more as the season progresses. There is so much love here.

“Many blessings to you all. You may want to bring some of our branches into your house, to celebrate the season of eternal light, of eternal growth, of knowing that you are always fed, spiritually, physically, emotionally. Much love to you.”

Thank you, Holly.

Wishing you all a blessed Solstice and New Year!

Lori Thomas

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