

Glenda The Good
Witch Shares Mercury
Retrograde Survival

Wisdom From A Crone:
Teresa Wilson Explains The Wisdom
Of the Night.

Harnessing Your Divine Feminine

Meet Rotunda Gorman
Entrepreneur, Master Addiction
Counselor, Goddess. Ro Explains
Chi, Spirituality, & Addiction

Packed with
Content for The
Metaphysical
Woman!!

A Publication By
Women for Women
6th Edition July
2021



Metaphysics &
Millennial's.
Kathy Higgs Breaks
Down How Duality is
Done In The 5th
Dimension

ShutUp! and Eat Your Kale
A Humerous Look At
Metaphysics and Wellness



Shine Your Light!!
Guidance form Anna
McCague. Artist, Healer,
Mom, Yogi.

www.hydf.online

Cover Art: By Anna McCague



HARNESSING
YOUR DIVINE
FEMININE

What are we? A women's organization that promotes entrepreneurship, elegance and empowerment for all women.

What do we do? Retreats, workshops, classes, programs, products, and curriculum.

Culture? We are metaphysically and practically grounded. Offering tools and resources to teach women how to create safe space for themselves and others. We stand by the concept of "When you give a woman of opportunity you are giving her the world" We are proudly radically inclusive.

Where are we? Our headquarters are in Atlanta, GA. We do have women involved throughout the galaxy.

How can you be involved? Go to the website and subscribe. You will receive weekly newsletters of our events and projects.

www.hydf.online



HARNESSING
YOUR DIVINE
FEMININE



Programs, Products, & Curriculum designed
by women for women.

www.HYDF.online

Dates To Remember



**November 12-14th
Fierce Fall Retreat
March 12th, 2022
Goddess Gala**



Find out more about our events online and in person

Facebook@Andrea Lynn

Instagram@shutupandeatyourkale

Email hydflove@outlook.com

Call The Inner Space 404 252 4540

Online www.hydf.online

YouTube Harnessing Your Divine Feminine Andrea

Managing Friendships

Andrea Bagby

What actually defines a friend? I love all my friends like family. I really do. I personally believe that friendships are way more important with family. That is my truth. Family that are friends as well are unicorns. Celebrate those people and set the intention that you are one.

I have friends that I never see, some I see, some I talk to to daily, some rarely. I have friends that are business based, party based, and spiritually based. Each one offers a important energy exchange for me.

So what happens when all of the sudden a friend falls off my vibrational alignment? I look at myself. I look at vibrationally did I fall out of their lives or did they fall out of mine?

One thing I always do is keep the door open for them to come back. Be open to apologies, be open and know that no one has this human being gig down. We all are navigating uncharted seas the best we can. I always hold space. I have had people I never expected walk away and walk back in. Keeping doors open leaves room for miracle.

Reach out and check on your friends. Make friends that are different than you. Make friendships a priority. Dance with them, laugh with them, exchange silly gifts.

Here is the advice for all relationships. Listen up. Stop focusing on flaws. Sure we all have of stuff we are in progress with. That is called being human. Focus on the beauty of life.



FEMININE
HARNESSING
YOUR DIVINE
FEMININE

About the Creator of the Publication

Andrea Bagby is a creative visionary, yoga instructor, renowned intuitive coach, public speaker, published author, and the founder and director of Harnessing Your Divine Feminine. Andrea shares her stories, advice, and predictions with a humorous look at lifestyle, metaphysics, and spirituality. She has been instrumental in assisting women in becoming the best expression of their highest self. Andrea continues to empower women in all walks of life: housewives, mothers, businesswomen, philanthropists, and spiritual leaders in every major religion. Andrea is available for private readings, coaching sessions, and workshops. Call (404) 252-4540

Peer Network Support Groups



HARNESSING
YOUR DIVINE
FEMININE

I am so excited to announce the latest HYDF initiative. We are in the process of launching a new innovative way of uplifting and supporting women around the world. These groups are digitally based and peer driven. These groups are complementary and available to all women.

Benefits of membership

***Weekly inspiration**

***Confidential**

***Sisterhood**

***Advance notice of HYDF events**

***Access to other metaphysicians and opportunities**

How do I sign up? To sign up to be a part of this complementary program by women for women visit our website at www.hydf.online. Or reach out to hydflove@outlook.com You will hear from your group lead in 24 hours via email. hydflove@outlook.com As always ladies; I adore each of you.

**"The Power of Women Gathering (even online) is
immeasurable"**





Period Positive Positive Periods

Receive a box of feminine products. Donation based. No requirements or questions asked. Could be for one month or a year. No woman should feel shame or have to choose between these products or food or gas. Please fill out the registration form on the website below include your bra size and preference of pads or tampons in the comments.

This program is open to all women.



Harnessing Your Divine Feminine Andea



www.hydf.online



hydflove@outlook.com



[@shutupandeatyourkale](https://www.instagram.com/shutupandeatyourkale)



[@Harnessing Your Divine Feminine](https://www.facebook.com/HarnessingYourDivineFeminine) and [@Andrea Lynn](https://www.facebook.com/AndreaLynn)

Diversified 200 Hour Yoga Teacher Training

Imagine opening yourself physically, mentally, emotionally and spiritually while becoming certified to share that gift with others. Yoga Teacher Certification will expand your own abilities while giving you necessary information and skills to teach others while opening up a potential new career. Andrea is a healer of the mind, body & spirit. She combines intuition, reiki, and yoga as she teaches Yoga Teachers to explore and embrace their own spirituality by incorporating all the branches of Yoga. Andrea is an expert in activating intuition, teaching teachers, building spiritual businesses, coaching future teachers, leaders and entrepreneurs to embrace their dreams and life purposes. This 200 hour Yoga teacher training covers all the branches of yoga, anatomy & physiology of Asanas, Ayurvedic practices, the business of yoga by incorporating ancient wisdom with the tools and knowledge of how to make this practical for the modern mystic. We stretch beyond the asanas diving deep into the practical practice of meditation, learning the correlation of chakras, anatomy and asanas with the objective of obtaining a whole practice of wellness and how to guide students through this practice. Call Andrea for specific dates, payment plans and other questions. Investment is \$2500 Call 404 252 4540 to register.



HARNESSING
YOUR DIVINE
FEMININE



Rotunda Gorman
Counselor, Healer, Goddess
www.completecircle.org



What are your credentials? What do you do?

My credentials are Master Social worker, Master in Human Services, Master Addiction Counselor, Clinical Evaluator, and Mental Wellness Spiritual Coach. I counsel individuals who are substance abusers and link them to community resources and services (i.e. housing, inpatient treatment for substance abuse facilities). As a clinical evaluator, I assess the treatment needs of court ordered individuals that have been charged with DUI, Reckless Driving and Drug possession.

As a spiritual coach, I use a holistic approach to assist people with connecting to who they are. I work to change/redirect/navigate their lives and uncover their desires. I work to help them take the steps needed to reach their goals and remove the hurdles.

What is the best advice to give a spiritual seeker who battles mental illness? Check with a doctor for a physical exam to rule out any health and/or mental concerns. This will ensure you are able to focus on the holistic method of spiritual balance of becoming center.

A simpler breakdown:

Homeostasis is the state of steady internal chemical and physical conditions maintained by living systems.

Everything in your body is working towards achieving optimal performance as one system. All of this is achieved independent of thought, your body does this automatically.



Complete Circle, LLC

A Personal Analogy of Homeostasis:

My liver enzyme has been showing unusually high levels for over a decade and a half. So much so that my primary doctor called for a sonogram, and a biopsy after blood testing came up inconclusive.

Everything showed fine on the sonogram and the biopsy. After professional and expert medical science provided no answers, I was forced to find alternative solutions. I was able to locate a holistic center that practices different methods of detecting what's wrong with your body. After one visit, it was ascertained that I was suffering from parasites and that my liver was going into overdrive to combat the infection. For over a decade, I've been feeling sluggish, battling weight gain and loss, and a litany of ailments that I generally don't suffer from.

My body was internally pulling from different areas to combat this infection, in order to return itself to homeostasis, but nothing in my body's systems were in alignment and acting as it should because my liver has been on overdrive for so long. The body seeks to heal itself when it has been observed that something is not in alignment.



HARNESSING
YOUR DIVINE
FEMININE



Chi in Relation to the Chakras:

Chi or Qi is the life force. Chi has been determined to be the underlying energy beneath the body, or as transcribed in various cultures as the energy that is all encompassing. Your chakras are the conduits for your chi.

A personal opinion of mine is that if your stomach region is not where it should be, the center mass of your physical being is not in alignment. Chakras and Chi are not operating at optimum levels, so your body can achieve and maintain homeostasis.

It's been said by many who practice spiritual beliefs that eating heavy right before you go to bed is a no, no. The body when at rest take that time to heal itself, if your sacral region is already undergoing great duress, such as battling bloating, stomach pains and other ailments, your chakra (sacral) cannot efficiently conduct the Chi (life force energy) properly.

Share your best advice on addiction. Always be consciously aware of your drink intake and know your limits with your mental and physical health. Otherwise, the problem will spiral out of control meaning your thoughts, memories, feeling, sensations and environment.

What is the best way to mix spirituality with traditional psychology? The best way to mix spirituality and traditional psychology is to identify the individual who is open-minded to learning a new way of channeling their energy and becoming healthy and balanced through meditation and the cause-and-effect methods used by traditional psychology.

Tell us about your baking. How does this assist your mental health? My baking is honor of my mother and it is my "good feel" hobby. Baking takes me to my place of comfort and solace. I enjoy the compliments and positive responses of hearing how "good" they have enjoyed one or more of my desserts.

What's the best advice you can give female entrepreneurs? Don't give up on your dream. Always keep it alive. If it is within you, fight for it and continue to pursue and persevere.



Rotunda Gorman
Addiction Specialist
www.completecircle.org



HARNESSING
YOUR DIVINE
FEMININE™

Programs, Products, & Curriculum designed
by women for women.
www.HYDF.online



Andrea Bagby
Retreat Director
www.hydf.onlnine

METAPHYSICAL LADIES INVITED!

LADIES FIERCE FALL RETREAT REGISTRATION NOW OPEN

HURRY! LIMITED SLOTS ONLY!

**NOVEMBER 12TH-14TH
CAVE SPRINGS GEORGIA**

*For Details go to the website
www.hydf.online*

*Save your spot with a deposit. Call The Inner Space @ 404 252 4540
They handle the registration process. \$350.00 includes lodging, food
and workshops.*



Glenda Emory
Energy Specialist,
Intuitive Healer
www.glendaemory.com



Anna McCague
Yoga Teacher, Healer,
Artist, Intuitive
www.circleofwellness.com



Teresa Wilson
Author, Intuitive, Public
Speaker
www.kudzucenter.com



What is Wellness? Andrea Bagby

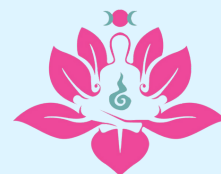
What is wellness anyway? Self Care? Boundaries? Healthy Eating? Yes all of that. This is what spirit tells me about wellness; and my wish is that you are inspired to allow wellness within yourself and to spread wellness to all those around you. Wellness; is in fact, our greatest legacy. Wellness is your legacy. That's it. Legacy.

What energetic footprint will you leave on this earth? What memories will you leave your family, friends, and community? Are you identifying with dis-ease? Or joy, peace, and happiness?

There are sooo many tools you can use to enhance your wellness. Literally everything matters; everything you say, eat, do, or hear will either enhance your wellness or enhance your dis-ease. The greatest asset of 2021 is there is so many resources available for everyone just by clicking. Keep enhancing your wellness a tiny bit at a time and the legacy of your life will start looking better and better. Do you want the next 7 generations to connect your legacy with wild abandonment of joy and empowerment? Or do you want the next 7 generations to connect your legacy with illness? Find a healer of any sort and begin building a legacy of wellness.

Everything we do today sets in momentum the next 7 years of your life. Think about how you want your life to look 7 years from now. Think about how you want the kids, grandkids, nieces and nephews to remember you. 14 You want to leave a legacy of money? Start with your own wellness. You want to leave a legacy of children? Start with your own wellness. You want to leave a legacy of love? Start with your own wellness.

Wellness is your legacy and your legacy starts with you.





Wisdom Of The Night
Teresa Wilson
Intuitive, Public Speaker, Healer

In a dream, in a vision of the night, when deep sleep falleth upon men, in slumberings upon the bed; Then he openeth the ears of men, and sealet their instruction. Job 33:15-

16

There is a French idiom, la nuit porte conseil, which translates to “the night bears advice.” The same phrase exists in languages as diverse as Italian and Romanian. In the Eastern European countries, there is a similar saying, “the morning is wiser than the evening.” The English language idiom is not quite as elegant: “Sleep on it.” But, there is such wisdom in these sayings.

But how does the night bring advice and wisdom?

Sara Mednick, PhD, a professor of psychiatry at UC San Diego, found that deep sleep when you display rapid eye movement (REM) enhances creative mental processing. REM sleep allows the brain to make new and useful associations between unrelated ideas by as much as 40%. The chemical, acetylcholine, floods the brain during REM sleep and during wakefulness. And, it is during REM sleep that we dream. REM sleep is healthy sleep. And, a healthy amount of REM sleep is five cycle totaling 90 minutes per night.

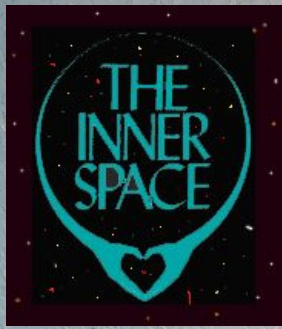
Those of us with a metaphysical background might attribute this to out of body experiences, multi-dimensional activity, Akashic teaching, and more. The point is, our brains are particularly active and creative while we are in REM sleep.

How can you use REM sleep to solve problems or have la nuit porte conseil? You can train yourself to use that twilight state between wakefulness and sleep to “program” your dreams to solve problems. That feeling of being half awake, half asleep is called hypnagogia. Diverse authors from Aristotle, Charles Dickens, Edgar Allan Poe, and many lesser known people have written about this twilight portal to sleep. And you can use that twilight feeling to solve problems.

Here is how to use hypnagogia to become infinitely wiser. Each night, before you go to bed, think of one issue that is troubling you. Write it down. A way to write it down might be, “As I sleep tonight, I want to learn new and creative ways to solve this problem [name the issue].” Then, as you enter the hypnagogic state, think about that matter and all the ways that you have tried to solve it. Drift to sleep knowing that you will have the answer in the morning. As you wake, you enter a second hypnagogic state, half asleep and half awake. Stay quiet and listen to your inner voice for dreams, messages, eureka moments. I find it helpful to record those thought immediately upon rising. Some won’t make sense at first. Write or record them anyway. Most of the time, you will have the answer to your question from the night before.

Teresa Wilson

Teresa is a lifelong student of traditional and alternative spirituality, mysticism, and esoterica. She is the founder of Kudzu Center, www.kudzucenter.com and a HYDF instructor.

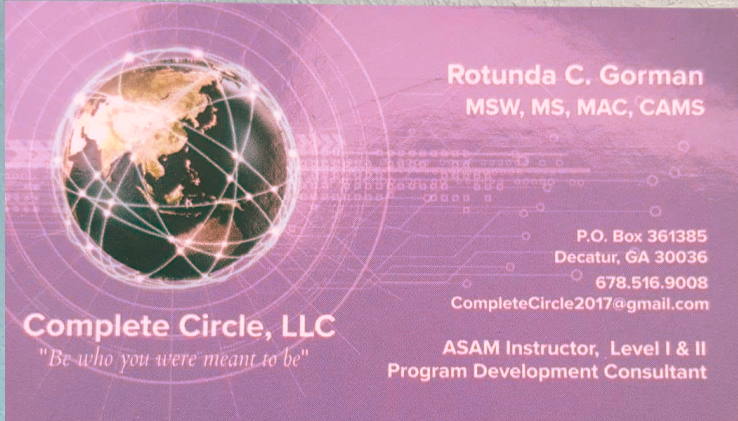


Place an ad with HYDF Publications
 Ads Start \$40
 Send your ad to
hydflove@outlook.com



Programs, Products, & Curriculum designed
 by women for women,
www.HYDFonline.com

Complete Circle, LLC



Rotunda C. Gorman
 MSW, MS, MAC, CAMS

P.O. Box 361385
 Decatur, GA 30036
 678.516.9008
CompleteCircle2017@gmail.com

Complete Circle, LLC
"Be who you were meant to be"

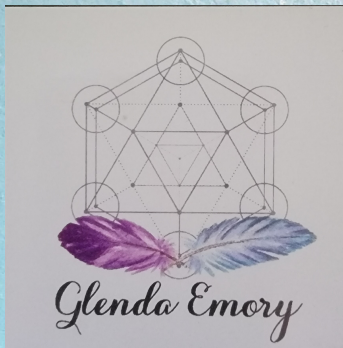
ASAM Instructor, Level I & II
 Program Development Consultant

NO LONGER BOUND

THRIFT STORE

Woodstock 1910 Eagle Drive Woodstock, GA 30189 678.335.4940	Cumming 315 Dahlonega Street Cumming, GA 30040 678.208.6241	Dawsonville 78 Dawson Village Way, Ste. 105 Dawsonville, GA 30534 678.679.1181
---	---	--

NLB Thrift stores are an extension of the regeneration program at No Longer Bound. When you donate or shop at one of our stores, you are giving back to our mission to rescue addicts, regenerate men, and reconcile families.

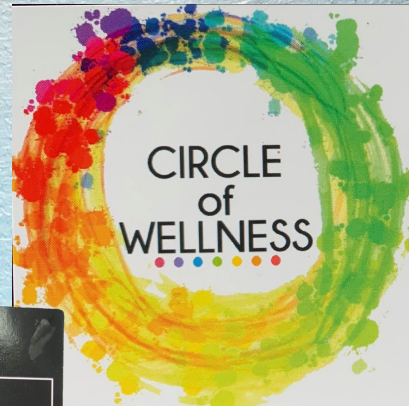


Glenda Emory

Got Ghosts?
 Demons?
 Weird Stuff?
 Addiction or Trauma?

When therapy sage and prayer don't work call me. I get results where others don't. You are not alone and you are not crazy.

404-939-1137
www.GlendaEmory.com



CIRCLE of WELLNESS

Sacred Self Care

Yoga • Reiki • Reflexology
 Soul Art • Coaching

**Step Out of Your Box
 Join the Circle**

ANNA MCCAGUE
 678-357-0024
www.aCircleofWellness.com




Ro's Ravishing Sweets

Rotunda Gorman

Completecircle2017@gmail.com

678-516-9008

2 Feather Sage

Nature Supplies & Spiritual Resources

www.2feathersage.com
www.2feathersage@gmail.com

 @2feathersage

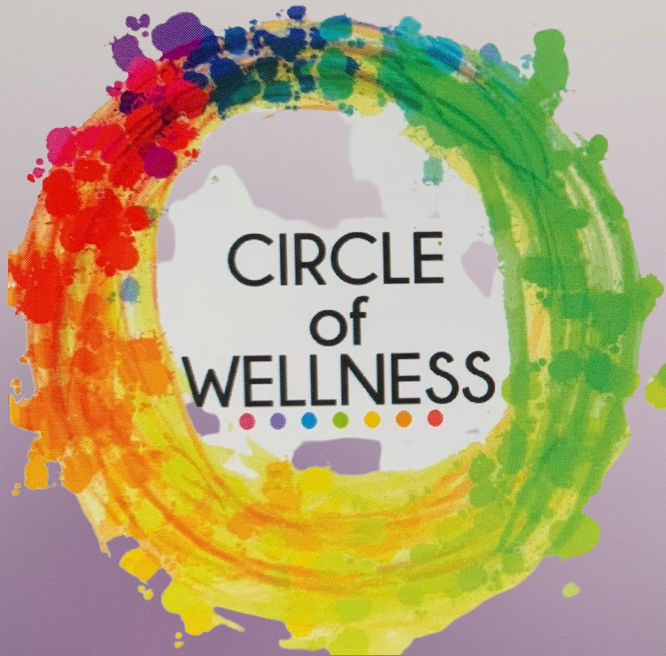
TERESA WILSON

KUDZU CENTER

METAPHYSICS & ENERGY HEALING



teresa@kudzucenter.com
www.kudzucenter.com
 678-895-6486



Yoga for Curvy Women
Art for Meditation
Cooking and Catering For Wellbeing
Life Coaching
Intuitive Sessions

- *Gentle**
- *Approachable**
- *Real**
- *Affordable**
- *Realistic**
- *Solutions Based**
- *Healing**
- *Confidential**

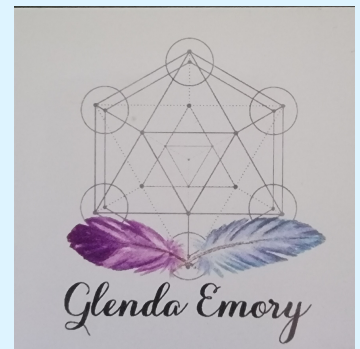
www.acircleofwellness.com
678-357-0024 for appointments





Mercury Retrograde Survival

By: Glenda Emory



The planet Mercury goes retrograde (looks like it spins backwards) 3 times a year bringing with it a lot of chaotic energy and experiences.

Mercury retrograde is often blamed for many different things going wrong during the time that the planet Mercury is in its retrograde phase. In actuality, while yes some things do go wrong during Mercury retrograde, it is actually a chance to redo, revisit, and basically reevaluate what is been going on in your life. This is a time when people from the past can pop back up to say hello or to give you a chance to re-evaluate how things ended and why you don't have them in your life anymore.

There can be a lot of stress and anxiety around Mercury retrograde. There definitely can be electronic malfunctions and communication issues during this period. Here are some ways that you can survive Mercury retrograde and come out the other side feeling better instead of feeling like you've just been through the grinder. Take time to meditate. Slow down a little. Be aware of what's going on around you. Be mindful.

Self-care is incredibly important. Whatever that means for you do it. If that means spending more time alone do it. If that means going and seeing a healer to have more balance in your energy then do it. Do what feels best for you. Plan on getting more rest. Don't over schedule yourself. Give yourself extra time to get anywhere. Delays and distraction is very common.

Ground like you have never grounded before. Ground from your root chakra which is between your legs. Grounding should be as wide as your hips or wider and drive the grounding roots to the center of the Earth to anchor yourself. If you have a hard time grounding go outside barefoot or sit in the grass for 5 to 20 minutes. Eat clean and drink a lot of water. Avoid alcohol and recreational drugs. I do not count CBD in this as it is incredibly beneficial to the brain and body. I also do not count medicinal marijuana use. Typically with medicinal use the intent is not to get high and escaped, but to have less pain. The point of avoiding substances that allow us to escape is so that we are present in the moment and aware of what is going on around us.

Clear your energy every single day. Salt baths are incredibly useful for this as well as being very relaxing. A half a cup of sea salt and a pound of Epsom salt will do wonders for your body. Do what you can to raise your vibration. Sing, dance, laugh, do things that bring you Joy. Listen to frequency music, especially the 432 Hertz frequency.

Stay away from people who drain your energy and you know are incredibly negative in their thinking and behavior. Having a hard time? Schedule a session with me. Contact my assistant Chris at 404-939-1137 or go on my website GlendaEmory.com.

*Who am I? Why am I here?
What is the meaning of (my) life?
Where did I come from? Where am I going?
What is my purpose?*

Mystery schools exist because life itself is filled with mysteries, such as the cycle of life and death, love, birth, who and what is GOD and the workings of the universe.

One of the deepest mysteries is the human psyche. The Greek maxim "Know Thyself" was inscribed in the pronaos of the Temple of Apollo at Delphi.

Classes, Workshops and Study Groups are held on a weekly - drop-in and ongoing basis. Registration is open to everyone regardless of your educational background or previous experience.

**★ Astrology ★ Kabbalah ★ Mediumship ★ Psychic Development ★ Reiki
★ Shamanism ★ Sound Healing ★ Tarot ★ Yoga ★ More
Career Level Training is Available**

Don't Wait Another Minute - Begin your journey TODAY!

**The Dr. Raymond
Moody School of the
Mysticism:
Exploring the Eleusinian
Mysteries & Applying
Ancient Knowledge to
Modern Psychology**

**National Guild of
Hypnotists
Certification Training:
Training for a Career as
a Hypnotherapist - Tapping
Into the Secrets of the
Subconscious Mind**

Atlantian Mystery Schools

Unlocking the Pathway to Higher Knowledge

www.AtlantianMysterySchool.com 404-252-4540

The Educational Branch of The Inner Space





TV SHOWS ON MYSTICISM, METAPHYSICS AND SELF IMPROVEMENT

WAYS TO WATCH



ROKU

MYSTICCIRCLETV.COM

MOBILE APP



AVAILABLE IN OVER 62 COUNTRIES!

NOW STREAMING:

MysticShot
YOU GOTTA HAVE

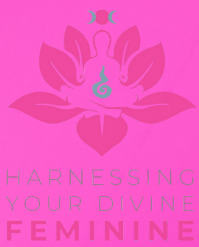
Medicine Man's Mirror
with Yawasoe

**CONFESION
BOX**

SOUNDS
that HEAL

INNERSTAND
— SERIES —





Shining Your Light

Anna McCague 200 CYT, Life Coach, Artist
www.acircleofwellness.com



Each of our physical bodies is a container that surrounds our inner light. Our outer shell if you will, is a culmination of everything that has happened to us in our present and past lives. We carry that story as our physical being. Our inner light is not visible, it can't be seen or touched, it can only be experienced. The inner light is permanent while the outer physical is ever changing.

Each one of us has an inner light, humans, animals we all have it. It's the consciousness that connects us all in the universe. The more time we spend experiencing our inner light the more kind and compassionate we become. The more we meditate the more we experience our inner light and bring it with us into the physical world. It's like building a muscle, your kindness and compassion muscle.

Mediation doesn't have to be sitting in silence or chanting for an hour, although that works great for some. You can mediate in any way that works for you. Here are a few unexpected ways you can meditate, try a few and let me know how it goes. Remember no need for it to be a marathon if you're not there yet, 5 minutes is a great place to start and build from there.

Standing Meditation: Stand in a comfortable position, with your feet forward, about shoulder width apart. Take a few deep breaths and do a quick body scan, releasing tension and bringing awareness to every part of the body.

Walking Meditation: Take a walk around your neighborhood or local park. While you walk slowly and continuously take deep breaths, stay aware of your body and mind, while experiencing each movement of the body.

Dance Meditation: Yes, you can boogie down and meditate at the same time! Play your favorite tunes fast or slow doesn't matter, whatever you connect to. The important thing is to let go of the ego and surrender to the rhythms and bliss of your movements.

Hand Movement Meditation: This is as simple as focusing on moving the hands slowly and mindfully.

Gazing Meditation: This encourages you to focus inward by staring at a fixed object while sitting or standing. You can use a photo or a candle.

Practicing Daily Life Meditation: Simply slow down daily activities to half-speed and be mindful of your thoughts and actions while washing the dishes, taking a shower, gardening.

Remember no matter what type of meditation you choose use your breath to guide the movement. And use the movement to bring your mind into the present.

Fierce Fall Retreat Schedule of Events

Friday Evening

Check In 3pm

Relax, Get Acclimated to your space.

5pm Stress Release

Art Table Available

7pm Dinner

Followed by Small Group Breakouts

Saturday

8am Restorative Yoga for All Bodies- Chairs Welcome

9am- Breakfast

10am-Creating Your Wellness Umbrella

11am-12:30pm

**Creating and Maintaining Healthy Relationships with
Yourselves & Others.**

12:30 - Lunch

1:30pm -3pm Empaths & Manifestations

3pm- Maintaining Sanity in Chaos

4pm- Intuitive Panel. Ask Us Anything

6pm- Dinner

8pm Fire Pit Ceremony

Sunday Am

Mediation, Movement, Breakfast & Hugs



HARNESSING
YOUR DIVINE
FEMININE

Duality is Done in the 5th Dimension

By Kathy Higgs

There is a balance in everything. It may not be a perfect, 50%/50% balance, like the artistic rendering of light and dark in a Yin Yang, but a balance nonetheless. For the Divine Feminine, there is the Divine Masculine. An opposite; a dialectic; a binary.

Most people recognize the term, "Gender Binary" to recognize male and female. It is a gender binary that nature often reflects back to us. Yet, male and female are not the only genders found in nature; this fact may surprise you. You also may not remember learning in biology about asexual microbes and asexual plants, but those, too, exist. And if you remember those tidbits of information? Kudos, the current landscapes of gender identity and of sexual orientation may not surprise you too much.

The lightworkers of today have come to Earth because they volunteered to help in the ascension process. The newest crop of kids - often referred to as the "third wave" or "crystal starseeds" - have come in with some built-in awareness into their unity consciousness. They also often have a different mindset when it comes to gender and sexuality than the previous generations, amongst other things. Yes, this is partially a product of the Internet Age, but this is also in alignment with societal misunderstandings of so many other things we've seen a surge in over the past few decades. Our society is changing, and lightworkers are here to change it.

Tapping into the oneness of unity consciousness, labels begin to disappear, as you begin to see in yourself everyone else. The real namaste. "I am he as you are he as you are me and we are all together." sort of "I Am the Walrus" Beatles nonsense making sense? We are all one. And to give it a biblical spin, we are all made in the likeness of the creator... mirror reflections of God... perfectly made.

That's not to say that you can't be super in the collective conscious flow and still identify yourself with labels for the sake of explanation. That, my friends, has everything to do with the attachment to the label. And releasing our attachments is a big part of the ascension process. Understanding ourselves and having compassion for others, letting go of fear and worry and anger... that's what's important right now as we prepare for the shift. But I digress a bit.

"Splitting" is black-and-white thinking. Many people see things as this or the other, and nothing in between. But there has always been and always will be a space in between - it is the gray area. It is the gray area where we all exist! The world has been telling us that we only exist on the ends of a spectrum, but we are everywhere between the two points at the end, and beyond, like a cloud engulfing the line and blurring it out of view.

This is the final call: will you put an end to your dualistic thinking? Will you choose to see the person most opposite you and what you believe in as your neighbor, and in love? Send them love. Release the judgement you may have against this person in your imagination, and let it all go. In doing so, you release judgement within yourself and foster self-love. That is the greatest gift you can give to yourself.



HARNESSING
YOUR DIVINE
FEMININE

Profound Thoughts and Notes Go Here

