

Doing Intuitive Readings here on Feb. 16th and 22nd.

"The Goddess is alive again after 5,000 years and her magick is everywhere. Central to Women's Spirituality is the concept of women's self-empowerment, and this is central in women's Goddess rituals. Rituals in Women's Spirituality create a microcosm, a "little universe" within which women try out what they want the macrocosm, the "big universe," or the real world to be. Within the safety and protected space of the cast circle, women create their idea of what the world would be like to live under matriarchal/Goddess women's values."

*The Goddess Celebrates: An Anthology of Women's Rituals
Edited by Diane Stein (1991)*

Though I write this article at the time of Epiphany, the subject matter applies to all moments of awakening that are permeating our souls, society and world. This year, 2008, is about starting over. Yes, at a much higher spiritual level than ever before, but, now, those bearers of the light are beginning to get a handle on the behavior and power relinquished into their care in the past 9 years, and, we all see the enormity of the job that lays ahead. This is not a time of prima donas and boosted egos, rather, it is like the power we assume during adolescence, we proceed cautiously, try not to put our foot in our mouths and hope we are as smart as we think! What trying days we have ahead but, oh what laughter and light we can share.

Today, as we embark on a very perilous time internationally, we must all decide if we are "as one," globally or just a good old American. The Creator is purposefully blowing out borders and boundaries in a way not seen since the times of the Roman Empire. The world is re-shaping itself and in the process doling out power as it deems fit. The old notion of "right creating might," may not be as important in promoting earth changes, here and now. Those nations that resist being part of the whole may find themselves becoming more isolated, fiscally disadvantaged and spiritually bereft of new changes. Now, as in few other times in history, we have opportunities to bond with like nations and people, into families of man. Why, knowing this, do we continue to struggle with the BIG E? E stands for EGO.

It is very difficult to give up first place in the world when you have witnessed and experienced the great benefits of such a position. However, the world we all hope to live in must be molded like a family, for our Mother is the Earth. So, there will be Father and Mother nations as well as child-like nations in our new global community but, we will all soon understand that nations must rotate their positions in order to grow and change more peacefully. In my private practice, I have so many light-workers coming to me and asking how they can continue to grow in this ever-changing environment. They all understand about doing their reading and writing homework but, as soon as I talk about group-work, they all go stony-faced and I know their minds have kicked in to reject my advice. Why is it we comprehend the Mother's work in our daily lives but, cannot see how Her work can benefit the Earth in a more meaningful way? It probably is because many of us assume we understand the position of Mother but, really miss the point.

Now, I am not taking potshots at all you Moms out there but, can you accept that the role of Mother is one of pacifism, sometimes standing back and watching your children fall down while you still deeply care? The Mother on Earth is a force of moderation. She never fails to keep the lights on and the days rolling by but, she rarely interferes in the lives of her children. Many of us believe that the force of the Godhead is benign but, carries a big stick. Lately, I have noticed that the force of energy prevailing on Earth is one of a "pushing" nature. Now, being mammals with highly sensory bodies, this pressure is like the push and shove of giving birth. We can't decide if we are in actual pain or if the pressure is just driving us nuts! Mostly, our egos are trying to define this energy, as we have all celestial shoves from the past, by categorizing the power as Ours, not Theirs, in the world. And, we run the risk of making all the same mistakes as in the past if we do not see this birth process as it truly is meant to be. New life on Earth.

Ideas of change, resurrection and hope come to the forefront in 2008 and 2009 as we beckon nations to give birth to their higher selves, much as many light-workers have been doing since the '60's. This process is not going to be wrapped up in one election, one coup or several earthquakes. All transition from and with God's help takes many, many years...sometimes eons. The birth process for the Mother often starts a good 500 years before critical change can begin but, remember, we are not always in charge of our higher powers so, we must pay homage to the great Balancer and Comforter, frequently. A good rule of thumb in deciding what direction to follow might be, "If it is good for Our Mother, it is good for me." So, it would be wise of us to learn to stop our judgments before they cause harm. To come to all round tables of humanity with an open heart and a just mind. To ask that you become responsible not only for your own lives but, those around you in that you bring dignity to your surroundings and uphold righteousness.

As you feel the shove and push of change, try to step away from old responses. The old response to pushing and shoving is to hide your head in the sand, go into an isolationist position, feeling safer there or turn into John Wayne and cause a big showdown. The lessons come more quickly during these times of ascension and you have to be quick on your feet to pass all tests. This means you might want to get your "response" mode out of your ego/defense system and back into your heart where it belongs. Your neighbors response/idea is his own, not yours.

Defensiveness and lack of trust are marks of the immature among us. Leave behind trails of understanding and invest in your own balance, more. Remember, you cannot get into the minds and hearts of others, no matter how omnipotent you feel. But, you can, like all good Moms, accept those contrary individuals for the souls they are and not eat yourself alive over egotistical actions and remarks.

The above quote from Diane Stein opens the idea back up that our Divine Feminine is finally recognizable again, within all of us. Her value and supporting love has never been needed more on Her planet. But, this is where all light-bearers can pitch in and help their Mother to create lasting bonds between children of all cultures. To speak of races anymore is well...racist. We are all One. Get over others not being your favorite color, okay? The value of ceremony, inner meditation and the coming together of all children cannot be under-rated for its enormous effects on the planet and its future. Starting with this column, I will be including a ceremony every month that may be used in group or individual work. I strongly urge you to remember that when we join our minds and hearts together in larger settings, we send stronger messages of hope and love out to our world. We have many brothers and sisters that depend on us to urge them along this path of growth. The United States has enjoyed its stint as Father. Now, we have the opportunity to carry the role of the Mother. Let us hope we do not reject it because it seems softer and speaks more lovingly? No one could mistake the strength of Mom's Power as it stands behind true freedom and justice.

Ceremony for Balance:

Find a comfortable position for you to lay down on a bed or flat surface. This meditation requires five crystal points (an inch or more in length is fine), and, a receiver crystal of modest size. The points can be placed right below your feet, facing your heart as well as in your hands - points facing your heart and one point just above your crown chakra, facing your heart. The receiver crystal may be pink or clear quartz, malachite or even jade. The idea for the "receiver" is to hold all negative energies or serve as a colander, capturing those things in your life you must let go.

Start your meditation by breathing more easily and deeply until you find yourself slowing down and losing your annoying thought patterns to rest. Allow yourself to simply cleanse and rejuvenate by visualizing that the clean, vibrant energy of the Mother is shooting forth from all the crystal points into your physical-mental body and facilitating healing as the energy pervades the body, completely. The crystal over your heart will capture all negative energies or toxins you emit as the energy circulates throughout your body and exits to be cleansed by the Mother and returns again. Many see the healing light as bright, white swirling energy that cocoons the body. This is an effective visualization and can also help you increase your physical energy, enormously. To help you change your mind-set or get yourself unstuck, use amethyst or aventurine points, instead.

Clean all your crystal points between meditations by placing them in sea salt water or in the Earth or sunlight. Your inner self will tell you how much time they need for cleansing before utilizing them again.

All the best in 2008. Remember, as Janie Howard always says, "Hope stands for, H - Help, O - Open, P - People's, E - Eyes. That's a good New Year's plan for all of us!

May love and light swirl around you actively, making you more aware!

Dr. Gwen G. MacGregor
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