



In Gratitude: March 2024

Affirmation: "I choose to make all my experiences to be joyous and loving."

I am not gonna lie- these past weeks have been hard for me. Lots of lessons re-surfacing and feelings of fear and vulnerability. That is not typical for me. So as a crab (my Sun sign is Cancer) might, I retreated again. I also took a fall that gave me physical damage on my left side. The left side of the body represents the feminine in both men and women. It typically indicates the ability to ask for help, to receive or to surrender. The left side of the aura also represents what is coming into our lives. I have been a bit stubborn lately. When we are stubborn, the universe steps in (the fall) and reminds us to listen and learn the lesson.

So, I began the work of releasing that stubbornness of needing to control everything. The muscular damage was easier to fix with some tender loving care and my alignment was an easy fix with my chiropractor. That emotional stuff likes to dig itself in. Interestingly enough, after my left side healed, for no particular reason – meaning no noted injury took place, my right shoulder was aching significantly, and I had lost mobility. I could not raise my arm above my shoulder. I am right-handed so this was an interesting challenge. The right side of the body harnesses your masculine energy. The right side of the aura is what we project or what is leaving our lives. My pain or ache was stuck in my right shoulder. Our shoulders represent our ability to carry our experiences in life joyously. We can make life a burden with our attitude. (Louis Hay: Heal your body)

My attitude had not been great. But I knew how to change it! It resides within me. I upped my gratitude time and I created an affirmation: *I choose to allow all my experiences to be joyous and loving.* I spoke this multiple times a day. Clearly my body was getting itself ready and signally me to play along or else! The underlying messages coming through were release and get ready for a completely new beginning. My body and it's symptoms were forcing me to work through some issues and until I did that, I would not be balanced or in alignment for my next season/chapter. It is a process to clear and make space physically and emotionally.

I also took some time to study the March Full Moon Lunar Eclipse and the upcoming April 8th Solar Eclipse. In my last newsletter, I spoke of Quantum Human Design. I have a book called Quantum Human Design Evolution Guide: 2024 Using Solar Transits to Design Your Year by Karen Curry Parker. WOWSA – that awareness of what is happening totally made sense to how I was feeling and how my body was participating!

January 1 – May 11th: We began the year with a cycle of disruption, shock, and initiation that inspires us to deepen our connection to our purpose. New ideas are sparked by massive change, and we begin the process of building something new- something better- that leads us into the future. With this energy, we run the risk of being afraid of the future. The antidote is to stay connected to our faith and a vision of what we're building towards.

I will continue my story, but *HOW HAVE YOU BEEN FEELING?* I am here for you. I am here to talk through the junk. I have access to tools and practitioners that can help you through the seasons! Please reach out if you have any questions.

At Calming Waters, we believe you matter. I believe YOU matter.

Let's remind ourselves of what Eclipses mean:

2024 ECLIPSE SEASON

- Eclipses serve as celestial checkpoints. An eclipse is a high –octane celestial event that helps illuminate our karmic path. Astrologically speaking, they speed up time. They open new doors by slamming others shut, so we often find abrupt and sudden shifts occurring during eclipses.
- Understanding transits helps you consciously harness the power of the transit and use it to your advantage. You cannot always control what happens in your life, but you always have control over what you do with these events.
- **SOLAR ECLIPSE:** During a Solar Eclipses, the MOON is directly between the Earth and the Sun, where the Sun and the Moon are said to be in conjunction. Solar eclipses are said to take away fixed patterns and push us into unknown realms. They are excellent growth promoters and powerful catalysts.
- **LUNAR ECLIPSE:** A Lunar eclipse is an astronomical event that occurs when the Moon moves into the Earth's shadow, causing the Moon to be darkened. Astrologically, a Lunar eclipse intensifies what needs to be brought to light in order for us to release, heal, align or become aware of limits that block us from fulfilling our goals and dreams. Again, a powerful opening to growth by helping us explore what needs to be seen and revealed in order for us to create with greater integrity.

Source: Karen Curry Parker

I turned to my book and Karen Curry Parker and here is what she shared regarding the March 25th Full Moon and Lunar Eclipse: (I FELT LIKE SHE WAS DIRECTLY TALKING TO ME AND MY CURRENT AILMENTS)

“Full Moon energy invites us to explore what we need to release and let go of in order to stay in alignment with our intentions. Eclipse energy amplifies the intensity of the full Moon. We are continuing our theme of being at the *crossroads between something new and something old*. When old systems outgrow their capacity, new systems emerge. There is a point in the growth process where we are standing with one foot in the midst of the old system and dealing with the breakdown of what no longer works, while at the same time standing with one foot in the midst of the new system and building towards the future. This is a theme we've been playing with since the end of 2023. We are letting go, making room and building all at the same time.

This cosmic design process can be messy. There's a lot of potential for tweaking, realigning, adjusting, and repairing as we build. Don't let the temporary adjustments to what you're building leave you *feeling afraid that you'll never get it right or perfect*. Make sure you stay *connected to your joy* as you build forward. It will drive you forward, even when it feels hard. In the shadow of this energy, it might feel like everyone has opinions and criticisms. Trust yourself and your intuition. It's easy to quit when you hit a bump in the road. Stay the course, keep adjusting and keep moving forward. Think lean and release anything that might be blocking your path towards self-actualization.

Challenge: To learn to wait for right timing and right circumstances to offer your intuitive insights on how to fix or correct a pattern. To wait for right timing and the right reason to share your critique. To understand the purpose of realignment is to *create more joy, not to be right*.

Optimal Expression: To see a pattern that needs correcting and to wait for the right timing and circumstances to correct and align it. *To serve joy*.

Unbalanced Expression: To be critical. To share criticism without respect to the impact. To be more concerned with your own “rightness” than to *assess whether your insight is actually adding more joy to the world.*”

There IT IS- that JOY word. Remember, my right shoulder lock... and my Affirmation: *I choose to allow all my experiences to be joyous and loving.* Many times I look up and all around and simply say thank you. The Universe always provides.

The energy has started to shift. I am a manifesting generator and I have big dreams for my next season/chapter. I decided to take the next step and meet with an Energy practitioner. I wanted to make sure the “junk” was clearing. That my energy was flowing as it should throughout my body. My timing was great as I was able to have a session on the Full Moon & Lunar Eclipse. My session was beautiful, and we were able to clear blockages and release energy and more importantly do a complete energy reset. I am ready and I am pain free. I am JOYOUSLY looking forward.

Sacred Collaborations: Orchid Bodyworks

I would like to introduce you to Krish Kiefer. Krish is a friend with immense talent. Krish is located in the southwestern suburbs of Minnesota and provides professional photography services to many. Krish is also very well studied in restorative healing practices. I have been a client and have had profound healing through each of the services she offers. Krish has done an amazing job incorporating several tools to provide mind, body and spirit sessions that restore balance to your life. You can learn more about Orchid Bodyworks and Krish at <https://www.orchid-bodyworks.com/>.

Krish was instrumental in helping me work through my left-side injuries and my right-side blocks that I spoke of above. I highly recommend everything she offers. You are worth it!



Energy Sessions

Energy sessions are a way to support the return of the energy field to a strong and balanced state, thereby helping to restore and maintain health in the body, emotions, mind, and spirit.



Lomi-Lomi Nui

Lomi-Lomi Nui is a massage technique that integrates the physical, emotional, and energetic bodies to support realignment into a state of balance. The flowing, wave-like movements of this massage nurture and support clearing out old patterns, beliefs, and stagnations.



Microcurrent Point Stimulation

Microcurrent point stimulation (MPS) is a therapy designed to expel chronic pain and soothe the nervous system. It works by releasing small, painless microcurrents at designated acupuncture points on the body without the use of needles.

As I always say, awareness is key. Clear space so that you can listen. Release what is no longer yours to carry. Work with the Universal energies to propel you forward and live the life you are destined to live.

Affirmation: I am a powerful force that realigns patterns. My insights and awareness give people the information they need to deepen their self-actualization and to experience greater JOY.

I serve JOY and I align the patterns of the world to increase the world's potential for living in the flow of JOY.

Thank you again for your continued interest in Calming Waters. If you have questions on any of the content shared, please do not hesitate to call.

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