

## MAY 2018 4CAST OVERVIEW

THE TIDE IS RETURNING  
WE ARE GOING TO BE EBBING AND FLOWING EPICALLY

FROM LAST MAY TO NOW  
THERE WILL BE A RETURNING TIDE

THIS TIDE WILL TIE THINGS UP  
THIS RETURNING TIDE WILL BE REACHING SHORE 5-1-18  
AND MEET OUR SOUL ENMESHMENT 5-31-18

THIS IS A LARGE MONTH MAKE NO MISTAKE  
EPIC ESSENTIAL SHIFTING WILL BEGIN

WALLS AROUND SECRETS WILL START TO COME DOWN 5-18-18. THIS WILL ACCELERATE UNTIL 9-18-18 AND LEVEL OUT FOR THE REST OF THE YEAR

THE TURN AROUND 4 SOMETHING HAPPENING TO BEING REVEALED WILL BE MINIMAL

BE AWARE OF THIS - WHAT YOU DO WILL COME BACK ALMOST IMMEDIATELY

MANY FORCES ARE AT WORK THIS MONTH

I WILL BE DETAILING THIS ON THE MAY HAPPENINGS SHEET, AND ESPECIALLY IN THE DAY BY DAY

THE THEME THIS MONTH IS CONSCIOUSNESS FLOWERING



**MAY 2018 4CAST SOUL MESSAGE—WALK IN FAITH**

**GREETINGS FROM THE SOUTHERN CROSS:  
THE RETURNING TIDE REACHING SHORE  
SHORING UP MEANT TO BE**

**MEANT TO BE  
BE ALL THAT I SEE**

**TOUCH ME WITH GRACE EVERLASTING  
THAT I MAY BE LIFE SURPASSING**

**FREE ME OF TROUBLESOME DOUBT  
MAKE ME LOVE INSIDE AND OUT**

**TRULY THE BELOVED TRAVELERS MUST REST IN LOVE  
AND MEET THE CROSSROADS IN FAITH**

**I THE VAGUS POINT OF REMEMBERING SHARE THIS WITH YOU  
TO IN COURAGE YOU**



MAY 2018 4CAST SOUL CODE DOWNLOAD-ADVANCE STRONGLY

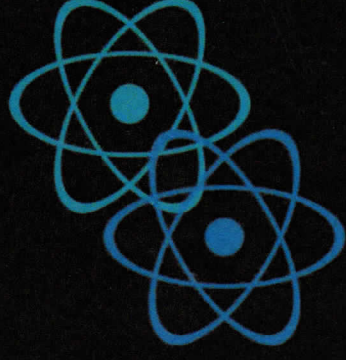
DOWN COMES THE SONG  
TOUCHING THE SOUL NIGHT  
BRINGING THE GREAT LIGHT

FACING PAST FACING PAST FACING PAST  
TRUSTING AT LAST

FEEL THE FLOWERING OF 4EVER IN YOU  
FEEL THE FADING OF TRASTAY (BREATHE INTO THIS LEMURIAN WORD)

TOUCH YOUR HEART

TRUST PACE OF LOVE  
FEEL YOUR BELOW MEET YOUR ABOVE





## MAY 2018 4CAST TIPS AND SUGGESTIONS

**BREATHING INTO THIS BACKGROUND COLOR WILL BE REALLY SUPPORTIVE IN THE MORNING**

**IMAGINE STANDING IN OR ON SAND IN  
MEXICO (VERY STABILIZING)  
AUSTRALIA (VERY EXPANSIVE)  
HAWAIIA (VERY SOOTHING)  
RIO (VERY ENERGIZING)**

**CONSIDER USING THE BACH FLOWER ESSENCE THAT MOST SPEAKS TO YOU  
FOR FOOD: POTATOES, GREENS, EGGS, SEAFOOD (ESPECIALLY SALMON)  
STRETCHING WHILE FACING WEST WILL GREATLY SUPPORT SURRENDER-  
ING**

**BEVERAGES: LEMON IN WATER, LEMONADE, ICED ECHINECEA TEA**

**READ BOOKS ON OR SET IN IRELAND**



MAY 2018 4CAST EXERCISES

HEART STRETCH AND FAITH LIFT  
WHILE SITTING BRING THE ENERGY OF MOUNTAIN LAUREL  
INTO YOUR CROWN - GRADUALLY BRING IT THROUGHOUT  
YOUR WHOLE BODY - AS YOU GET TO YOUR FEET SAY:  
**CROWN TO ROOT      I REMEMBER WHAT IS AFOOT**



SOUL GROUNDING ESSENCE EXPANDING  
**LAY FLAT - EYES OPEN - PALMS FACING UP - FEET TOGETHER**  
**TAKE 4 DEEP BREATHS - OPEN YOUR EYES AND SAY**  
**I REST IN FAITH**  
**LOVE CAN GET THROUGH ANYTHING**  
**I AM LOVE**  
**I CAN GET THROUGH ANYTHING**



## MAY 2018 4CAST - MAY HAPPENINGS

**5-1-18 WATER IS THE NEXT ELEMENT UP FOR THE ELEMENTAL CLOCK (MORE ON THE DAY BY DAY)**

**4 SURGES OF ENERGY WILL BE COMING IN**  
**1ST LENS CORRECTION**  
**2ND LENS DARKLY**  
**3RD SOLE AUTHORITY**  
**4TH MITIGATING ESSENTIAL CIRCUMSTANCES**  
**(MORE ON THE DAY BY DAY)**

**DOWNLOADS WILL BE COMING IN FROM NEPTUNE  
THE MOON, ARCTURUS, AND FROM EARTH ARISING FROM  
MANTLE MAGMA CORE (MORE IN DAY BY DAY)**

**5-8-18 3RD INTERSOULAR DNA SHIFT BEGINS IT IMPACTS  
THE KIDNEYS AND APPENDIX (THIS WILL BRING IN THE  
AKASHIC RECORDS AND ALSO BRING A DOWNLOAD FROM  
THE LIBRARY OF ALEXANDRIA)**

**RISING COUNTRIES: 5-8-18 AUSTRALIA  
5-28-18 PERU**

**ILLUSION LEAVING: 5-8-18 AVOIDANCE  
5-28-18 AN ASPECT OF SUPERIORITY  
5-31-18 PREJUDICE LEAVES**



**BETWEEN 5-8 AND 5-24 FRENZY LEAVES  
BETWEEN 5-28 AND 5-31 ABSENT LEAVES**





**MAY IS MONTH 5 THIS =S POWER X POWER X POWER  
OLD WAYS WILL NOT WORK THE EMPHASIS WILL BE ON MOVING  
INTO FAITH REMEMBERED**

**THERE ARE ONLY TWO DAYS THAT ARE NOT UPDATES  
THEY WILL BE IN BLACK, I AM COLOR CODING THE OTHER DAYS.  
THIS IS SIMILAR TO LAST MONTH BUT MORE DETAILED, AS WILL BE  
EACH ENTRY.**

**LENS CORRECTION WILL BE 5-1 TO 5-9 THE FOCUS DURING THIS  
TIME WILL BE REMOVING THE MIND LENS AND INSERTING THE  
HEART LENS**

**5-1-18 THE ELEMENTAL CLOCK MOVES TO WATER  
"LESSONS" WILL SHOW UP LARGE TODAY BREATHING **BLUE** WILL  
HELP**

**-MARS AND SIRIUS ARE STILL COMING IN BUT THE ENERGY IS  
SMOOTHING OUT  
-FOR GROUNDING AND MOVING INTO 5 SAY:  
CARRIED BY LOVE SO MUCH I CAN SEE  
SURRENDERING TO LOVE I EASILY BE**

**5-2-18 TO SUPPORT THE STRONG HEART EXPANSION THAT IS COM-  
ING IN TODAY DRINK LEMON WATER, MASSAGING ANKLES IN AM  
WILL HELP YOU MOVE MORE INTO THE ESSENTIAL HEART**

**5-3-18 THE HEART WILL MERGE WITH THE SOLAR PLEXUS  
BREATHING **APRICOT** IN AM WILL ENERGIZE THE SOLAR PLEXUS TO  
RECEIVE THE HEART THIS MERGING WILL TAKE PLACE 3:00 PM  
YOUR TIME**

**5-4-18 THE SOLIDIFYING OF THE POWER OF THE HEART CONTINUES,  
THIS WOULD BE A GOOD DAY TO FACE WEST AND STRETCH WHILE  
SAYING: I AM ASSURED IN MY POWER WOULD BE A BIGGER BOOST**





**REMEMBER LENS CORRECTION WILL BE 5-1 TO 5-9 THE FOCUS DURING THIS TIME WILL BE REMOVING THE MIND LENS AND INSERTING THE HEART LENS**

**5-5-18 TWO 5s ARE IN THIS DAY, LOTS OF POWER WILL MOVE INTO YOUR HEART TODAY, BREATHE A BRICK RED IN THE AM TO SUPPORT THIS ALL DAY SHIFT**

**THIS IS A BIG DAY WITH ESSENTIAL HEART FOUNDATION DOWNLOADS COMING IN FROM NEPTUNE, THE MOON, AND ARCTURUS, THIS WILL MOVE LOTS OF ENERGY BE SURE TO EAT NUTS AND GROUND REGULARLY, PAYING ATTENTION THIS DAY IS IMPORTANT BECAUSE IT WILL SET THE STANDARD FOR HOW YOU RECEIVE AND ASSIMILATE LATER DOWNLOADS THIS MONTH, ADDITIONAL PM SUPPORT CAN BE HAD BY DOING THE HEART STRETCH EXERCISE (ON EXERCISE PAGE)**

**5-6-18 ENERGY CONTINUES BE DOWNLOADED TO SET THE ESSENTIAL HEART FOUNDATION, ON THIS DAY IT WOULD BE GOOD TO BREATHE BLACK AND FOCUS ON NUMBER 5 IN THE AM, BRING THE NUMBER FIVE INTO YOUR AWARENESS REGULARLY THIS DAY**

**5-7-18 EXTREMELY LARGE DAY IN AM COULD SAY: OMEGA MEETS ALPHA AND I MEET MY HEART  
EATING GREENS WILL BE ESPECIALLY ENERGIZING AND STABILIZING TODAY**

**- FIRST DOWN LOAD FROM NEPTUNE THIS WILL BE FURTHER BOLSTERED BY ARCTURUS (THE ENERGY FROM ARCTURUS WILL COME IN BOTH WITH NEPTUNE AND THE MOON—THE MESSAGE I GET ABOUT THIS IS THAT ARCTURUS IS SUPPORTING US MOVING FROM FRACTAL ESSENTIAL HEART TO ACTUAL ESSENTIAL HEART, THE FRACTAL ESSENTIAL HEART WAS STARTED LAST YEAR (REMEMBER ALL THE FRACTALS IN MAY 2017 4CAST). THIS IS PART OF THE RETURNING TIDE.**

**PROTEIN, AND A WOODY ESSENTIAL OIL IS RECOMMENDED (LIKE SPRUCE, BIRCH, PINE, EUCALYPTUS)**





**REMEMBER LENS CORRECTION WILL BE 5-1 TO 5-9 THE FOCUS DURING THIS TIME WILL BE REMOVING THE MIND LENS AND INSERTING THE HEART LENS**

**5-8-18**

**LARGEST DAY YET THIS YEAR, SO MUCH GOING ON!  
AVOIDANCE LEAVES, AUSTRALIA RISES (THE ALPHA AND OMEGA MERGE)  
THIS WILL MOVE LOTS OF ENERGY BUT WE WILL BE HELPED BY AN UPLOAD FROM EARTH'S MANTLE AND A DOWNLOAD FROM NEPTUNE**

**AM BEST TO CONNECT DEEPLY WITH EARTH'S MANTLE (RECOMMENDED SAND IS HAWAII) SAY: MAYAN DEPTHS TURN THE WE'LL HIGHER**

**THE THIRD INTERSOULULAR DNA SHIFT BEGINS, BOTH KIDNEYS AND APPENDIX ARE IMPACTED BUT ESPECIALLY THE KIDNEYS ARE IMPACTED TODAY SO DRINK LOTS OF WATER, DOWNLOAD OF ALEXANDRIA STARTS THIS DAY AND WILL BE SUPPORTED BY THE BRAIN STEM SHIFT OF LAST MONTH**

**BLACK ON KNEES WOULD BE GOOD TODAY**

**5-9-18 THIS IS THE CLOSE OF THE LENS CORRECTION SURGE—THIS DAY WILL HAVE A STRONG DOWN KIND OF ENERGY BECAUSE IT IS IMPORTANT TO GROUND THE LENS CORRECTION, ON THIS DAY IT WOULD BE GOOD TO SAY: EVEN THOUGH THIS IS GOING DOWN I AM GOING UP**

**THIS IS THE FIRST MOON DOWNLOAD SO I ALSO RECOMMEND SAYING: I KEEP UP (THIS WILL SUPPORT INTEGRATING THE AKASHIC DOWNLOAD BEGINNING TODAY)**

**THE SURGE FOR LENS DARKLY WILL BE FROM 5-10-18 TO 5-13-18 THIS WILL BRING UP DARK THINGS FROM YOUR PAST, DOING YOUR ESSENCE EXERCISE DURING THIS TIME WILL BE VERY HELPFUL**

**5-10-18 THE PERSONAL EXCAVATING BEGINS, IT WOULD BE SUPPORTIVE TO SAY: AFTER ALL THIS DOESN'T MAKE ME FALL**

**MOON DOWNLOAD WILL LIKELY AMPLIFY EMOTION AND AGGRAVATE IT TOO, AZTEC HEIGHTS KICKS IN SAY: I RIDE THE CALENDAR OF ALL TIME**



REMEMBER THE SURGE FOR LENS DARKLY WILL BE FROM 5-10-18 TO 5-13-18 THIS WILL BRING UP DARK THINGS FROM YOUR PAST, DOING YOUR ESSENCE EXERCISE DURING THIS TIME WILL BE VERY HELPFUL

5-11-18 DIGGING IN DEEPER SAY: THIS ISN'T HERE TO STAY BUT I AM

NEPTUNE DOWNLOAD WILL OFFSET SOME OF THE EMOTION BUT THE ENERGY OF THE MAYAN DEPTHS WILL KICK IN STRONGLY, BE AWARE OF THIS

IN AM "STANDING" IN SAND FROM MEXICO WILL HELP SAY: STABILTY IS WITH, IN AND THROUGH ME IN EVERY WAY

MAGMA ENERGY FROM THE EARTH IS UPLOADED TODAY- IF IT FEELS UNSETTLING MASSAGE ABOVE YOUR BELLY BUTTON

5-12-18 REVELATIONS ABOUT THE PAST BEGIN TO RISE, BREATHE INTO THIS COLOR TO MOVE MORE DEEPLY INTO THAT WHICH IS TO BE NOW SAY: THIS TO BE REVEALED TO ME WASN'T FORGOTTEN, JUST DELAYED

THE UPLOAD TODAY IS FROM EARTH'S CORE AND IS WHAT SUPPORTS THINGS RISING FROM YOUR CORE, THE DOWNLOAD FROM NEPTUNE WILL BRING THINGS INTO GREATER PERSPECTIVE, BUT THE MAYAN DEPTHS WILL PULL THIS UP FROM DEEP STRONG EMOTION LIKELY TODAY

THIS IS ALSO A LIBRARY OF ALEXANDRIA DAY WHICH WILL SUPPORT YOU MOVING FORWARD, KIDNEY DAY SO LOTS OF WATER

5-13-18 THIS IS THE LARGEST DAY YET THIS YEAR, COULD BE VERY EARTH SHAKING UPLOADS ARE COMING IN FROM EARTH'S MANTLE, MAGMA AND CORE, THE MESSAGE THAT COMES TO ME IS THAT YOU COULD FEEL QUITE TURNED INSIDE AND OUT (THERE WILL BE SOME LEAVENING BECAUSE THIS IS AN AZTEC HEIGHTS DAY)

MOON ENERGY IS DOMINANT SAY: THIS MOVES IN ME, THIS MOVES THROUGH ME, THIS IS NOT ME, I EXPERIENCE THIS AND LET IT GO

SUGGESTIONS: DRINK AN ICED HERBAL TEA (PERHAPS PEPPERMINT), STRETCH, EAT BREAD, WEAR RED, CARRY A FAVORITE STONE, THIS IS A LIBRARY OF ALEXANDRIA DAY SO READ A FAVORITE BOOK, ESSENCE EXERCISE



**5-14-18 THIS DAY STANDS BY ITSELF, SUPPORTIVE DOWNLOAD FROM NEPTUNE TO ASSIMILATE THE ENERGY FROM THE LAST SURGE, I RECOMMEND NAPPING**

**HELPFUL TO PRINT: THE TRUTHS REVEALED STRENGTHEN ME (5+ TIMES WOULD BE GOOD)**

**5-15-18 THIS IS ANOTHER ARCTURUS DOWNLOAD DAY SO BE SURE TO GROUND IN THE AM, IT WOULD BE GOOD TO WEAR BLACK TODAY, USE AN ESSENTIAL OIL THAT YOU FIND COMFORTING-- EMOTIONS WILL BE CLOSE TO THE SURFACE TODAY**

**THE HEART STRETCH EXERCISE WOULD BE GOOD TO DO TODAY  
POTATOES EAT OR PICTURE WILL HELP YOU STABILIZE THE ENERGY TODAY**

**5-16-18 THIS IS NOT AN UPDATE! TAKE TIME TO CATCH YOUR BREATH TODAY, IT WOULD BE GOOD TO GO OUTSIDE AND ESPECIALLY CONNECT WITH WATER, LET YOUR WILLINGNESS TO MAKE THE CHANGES THAT ARE TO BE FLOW THROUGH YOU**

**SOLE AUTHORITY IS THE SURGE THAT WILL BE GOING THROUGH US 5-17-18 TO 5-21-18, THIS SURGE WILL BRING US TO GREATER SOUL CONSENSUS ON WHAT IS TO BE, THIS CAN BE A TIME OF TURMOIL BECAUSE IT WILL MOVE US AS INDIVIDUALS AND AS A GROUP TOWARD CONSENSUS**

**5-17-18 THE UPLOAD IS FROM THE MANTLE OF THE EARTH SAY: I SURRENDER TO REBIRTH MOON IMPACT IS FELT AS EMOTIONS FLOW MORE FREELY, (AKASHIC RECORD INFO ABOUT PAST LIVES MAY SPONTANEOUSLY COME IN) APPENDIX**

**STARTING THE CONSENSUS PROCESS WILL MOVE LOTS OF ENERGY SO BE SURE TO EAT PROTEIN AND GROUND TODAY, ALSO SEE WHICH OF THE TWO EXERCISES (ON THE EXERCISE PAGE) CALLS TO YOU**



SOLE AUTHORITY IS THE SURGE THAT WILL BE GOING THROUGH US 5-17-18 TO 5-21-18, THIS SURGE WILL BRING US TO GREATER SOUL CONSENSUS ON WHAT IS TO BE, THIS CAN BE A TIME OF TURMOIL BECAUSE IT WILL MOVE US AS INDIVIDUALS AND AS A GROUP TOWARD CONSENSUS

5-18-18 THERE WILL BE A PARTICULAR ALCHEMY TO THIS DAY, IT WILL START BY MOVING THINGS ALL AROUND, THEN HAVE THINGS UP IN THE AIR AND BY THE END OF THE DAY THINGS WILL BE CONTAINED, BUT A BUMPY RIDE TO GET THERE,

THIS WOULD BE A GOOD DAY TO DO THE ESSENCE EXERCISE IN AM, AND PERIODICALLY GROUND THROUGHOUT THE DAY, AND AS ALWAYS ON A "BIGGER" DAY PROTEIN IS GOOD- I SUGGEST EGGS BREATHING THIS COLOR PERIODICALLY THROUGH THE DAY WILL BE CALMING IN A DAY THAT WILL BRING LOTS OF UPS AND DOWNS (MOON ENERGY DOMINANT)

CONSIDER THIS TO BE A DAY THAT WILL BUILD AND CLARIFY ESSENTIAL CONSENSUS SAYING: I AM OPEN TO ESSENTIAL CONSENSUS WILL PROVIDE A BUFFER FOR TODAY

5-19-18 THIS WILL BE AN INTERESTING DAY IN THAT IT WILL PULL IN SOME ENERGY FROM NEXT YEAR, AGAIN REMEMBER THAT THIS IS ABOUT BUILDING THAT CONSENSUS. ON THIS DAY THE CONSENSUS ENERGY/PUSH BEGINS TO BE APPLIED TO THE WORLD AS A COLLECTIVE

SAYING: I AM IN CONSENSUS FOR NOW AND ALWAYS WILL HELP YOU STAY MORE LEVEL

RECOMMENDED FOOD/IMAGE: SALMON

5-20 AND 5-21 AGAIN MUCH ENERGY ON THESE DAYS AS ALL THE ESSENTIAL FORCES BAND TOGETHER TO BRING THAT GROUP CONSENSUS, THIS COULD LOOK VERY INTERESTING DEPENDING ON WHERE EVERYONE IS WITH THE GROUP CONSENSUS, THE MAYAN DEPTHS ENERGY WILL TURN WE'LL AGREE

RECOMMENDING: EGGS, STRETCHING, ESSENCE EXERCISE, LEMON WATER, "STAND" IN RIO SAND



**MITIGATING ESSENTIAL CIRCUMSTANCES IS THE SURGE THAT WILL BE GOING THROUGH US 5-22-18 TO 5-31-18. THIS SURGE WILL BE EXTREMELY POWERFUL AND IT'S FOCUS WILL BE ON BRINGING UP AS MANY AS POSSIBLE IN THE SHORTEST TIME.**

**5-22-18 THERE WILL BE STRONG ENERGY OF TIME TODAY SAY: TIME IS ON MY SIDE I HAVE NOTHING TO HIDE**

**THERE IS A MAGMA UPLOAD TODAY, THIS WILL ADD TO MOON ENERGY AND MIGHT BRING PEOPLE TO THE BOILING POINT EASILY, HUGGING YOUR SELF WILL HELP YOU NAVIGATE OTHERS' ENERGY, DOING SOUL GROUNDING EXERCISE IN THE AM WILL HELP YOU MAINTAIN AN EVEN KEEL**

**5-23-18 SAY: CENTERED IN ME I AM ALL I CAN BE  
GOOD DAY TO EAT GREENS TO SOLIDIFY YOUR INNER UNITY**

**5-24-18 ESSENCE EXERCISE WILL SUPPORT YOU AS ENERGY MOVES ALL OVER THE PLACE TODAY, THIS IS AN ATTEMPT TO JOLT PEOPLE OUT OF FORGETTING AND INTO AWAKENING**

**5-25-18 MOVE YOUR HIPS TODAY SAY: NO MATTER THE DIPS I AM GOING UP  
GOOD SAYING THAT WHILE FACING EAST  
FOOD: GREENS AND SEAFOOD**

**5-26-18 THIS IS A NON UPDATE BE SURE TO DO SOME GROUNDING AND INTEGRATION TODAY, THIS WOULD BE A GOOD DAY TO JOURNAL**

**5-27-18 UPLOAD FROM THE CORE TODAY (YOURS AND EARTHS), THERE WILL A STRONG ENERGY OF THE PERPETUAL CALENDAR TODAY, BREATHE MOON ENERGY INTO YOUR CORE TO SUPPORT ASSIMILATING IT IN THE BEST WAY**

**THIS IS THE BEGINNING OF PROGRESSIVELY STRONGER DAYS**

**SAY: I MOVE WITH EASE NO MATTER WHAT IT DOES PLEASE**

**5-28-18 THIS IS THE BIGGEST DAY OF THE YEAR SO FAR, LOTS IS UP IN THE AIR, PERU IS RISING (THIS WILL RELEASE MASSIVE ENERGY INTO YOUR ATMOSPHERE AND RELEASE A TIME DELAYED CODE FROM MACHU PICCHU, ALSO AN ASPECT OF SUPERIORITY WILL LEAVE**

**HEAVY DUTY: GROUND, PROTEIN, STRETCH, ESSENCE EXERCISE, WEAR PINK**



**MITIGATING ESSENTIAL CIRCUMSTANCES IS THE SURGE THAT WILL BE GOING THROUGH US 5-22-18 TO 5-31-18. THIS SURGE WILL BE EXTREMELY POWERFUL AND IT'S FOCUS WILL BE ON BRINGING UP AS MANY AS POSSIBLE IN THE SHORTEST TIME.**

**5-29-18 ARCTURUS IS COMING IN AGAIN, HAVING SET THE ESSENTIAL HEART FOUNDATION, NOW THE STRETCHING BEGINS, THE ENERGY WILL BUILD THROUGH OUT THE DAY AND INTENSITY AND DURATION OF THE HEART STRETCH WILL INCREASE**

**SAY: I CAN ACCOMMODATE THIS, I CAN STRETCH**

**IF YOU FEEL UNCOMFORTABLE PULL THIS COLOR INTO YOUR ROOT**

**AGAIN DUE TO THE AMOUNT OF ENERGY: PROTEIN, GROUNDING, LEMON WATER, HEART STRETCH EXERCISE**

**5-30-18 ARCTURUS STILL, AM WILL CONTINUE WITH THE STRETCHING AND AFTER NOON ARCTURUS WILL MOVE INTO THE DEEPENING OF THE ESSENTIAL HEART**

**SAY: I CAN GO DEEPER I AM LOVE'S KEEPER**

**AGAIN DUE TO THE AMOUNT OF ENERGY: PROTEIN, GROUNDING, LEMON WATER, SOUL GROUNDING EXERCISE, BREATHE THIS COLOR IF YOU FEEL WEIRD**

**5-31-18 ON THIS DAY ARCTURUS WILL BE FOCUSED ON LIFTING THE HEART, THE LIFTING WILL START AT 12 NOON YOUR TIME, REPEAT AT 4 PM, COME BACK AT 7 PM AND STABILIZE AT 11 PM**

**SAY: MY HEART LIFTING IS SOUL GIFTING**

**"STAND" IN AUSTRALIA'S SAND FOR 2 MINUTES IN THE AM THAT WILL SUPPORT YOU BEST ADAPTING TO THE HEART LIFTING**

**FOOD: EGGS, BERRIES, JUICE  
MOVEMENT IN AM: HIP SHIFTING**

