

FEBRUARY 2018 4CAST PAGE 1
BEAUTY BLOSSOMS AS CLARITY RISES



THE KEY POINT this month is **CLARITY**. **EVERY** ion and **EVERY** EON will be bringing it to you.

HEART CLARITY is the **PRIME DIRECTIVE** and it is **ESSENTIALLY DRIVEN**.

The way to **HEART CLARITY** is **EMOTION**

I see this month bringing up **LOTS** of **EMOTION**
ESSENCE'S WAY of bringing UP **EMOTION** is to
PLACE TRUTH IN OUR **FACES**

(**REMEMBER** that **DISTRACTION** **DIED** 1-8-18 so this is the **FIRST FULL** month where **DISTRACTION** won't work)

TRUTH will be **PROMINENT** in your **LIFE**
TRUTH about what you are doing
TRUTH about what someone else is doing

DENIAL and **DISTRACTION** are **DEAD** - there is no way around **TRUTH**
STARTING every **AM** by saying: **THE CORE 4 show me MORE** is a great way to
GO THROUGH This **MONTH**

FREEDOM is being **ABLE** to face **ANYTHING**
FACING + **FEELING** =s **FREE**

You have **REMEMBERED MUCH** and **THERE IS MORE**

MAKE ROOM for **CLARITY** - **HONOR THE CORE 4**
From last month our organs will no longer process any **EMOTIONS** for us. It is up to us to **DEAL** **DEALING IS HEALING**

I see this as a **TIME** when **BEAUTY BLOSSOMS** as **CLARITY RISES**

Making room for **EMOTIONAL CLARITY**—makes **ROOM** for more **BEAUTY**



AREN'T you **READY** for **THAT?**

FEBRUARY 2018 4CAST - BEAUTY BLOSSOMS AS CLARITY RISES PAGE 2 TIPS AND SUGGESTIONS

More internal changing will go on this month—consider it to be a month that will emphasize CLARITY of:
HEART BODY SPIRIT - IT IS VERY IMPORTANT TO GROUND REGULARLY

THERE WILL BE IMPACT TO INTERNAL ORGANS SO REGULAR DETOXING IS SUGGESTED:
USE TEAS, BATHS, CREAMS AND SAUNAS

BATHING ORGANS IN MINT GREEN IS SOMETHING THAT WILL HELP YOU MAINTAIN A MORE
CONSISTENT ENERGY LEVEL

PERIODICALLY THROUGHOUT THE DAY PUT YOUR HANDS ON YOUR HIPS FOR GROUNDING
TO STABILIZE YOURSELF EVEN MORE DIG YOUR FINGERNAILS IN ESPECIALLY ON SKIN

FOR FOOD I AM RECOMMENDING: ASPARGUS BROCCOLI GREEN BEANS BRUSSEL SPROUTS

I AM STRONGLY GETTING THAT ALCOHOL DURING THIS MONTH WILL BE VERY UNGROUNDING
ANIMAL BASED PROTEINS ESPECIALLY CHICKEN AND EGGS WILL BE VERY HELPFUL
IF YOU DON'T CONSUME ANIMAL PROTEINS CARRY A PICTURE WITH YOU AND PUT ONE UNDER
YOUR BED

TAKING TIME TO JOURNAL IS ESSENTIAL - WRITING ABOUT HOW YOU FEEL AND FACING
TRUTH IS EMPOWERING (OFTEN WRITE A PARTICULAR TRUTH I AM FACING—I WRITE IT
OVER AND OVER UNTIL IT NO LONGER ELICITS EMOTION)

LAVENDAR WILL BE GREAT TO USE THIS MONTH: APPLY THE OIL (LEFT ARCH BEST SPOT),
BATHE IN IT, APPLY THE COLOR (INNER RIGHT WRIST), BURN CANDLES, DIFFUSE THE OIL,
WRAP YOUR AURA (IN ITS ENTIRETY) IN LAVENDAR

SOUL MESSAGE

**MOVE we more
Letting go of BEFORE**

**It is CLARITY we FOLLOW
TRUSTING in TOMORROW**

**FEELING ASCENSION GAIN
NOTICING LOVE DOES REIGN**

**MOVE WE DEEP
Every DAY more KNOWING WE KEEP**

**SEEING The LIGHT
DARK ECLIPSED BY BRIGHT**

**KNOWING All of you
more and more confusion is THROUGH**

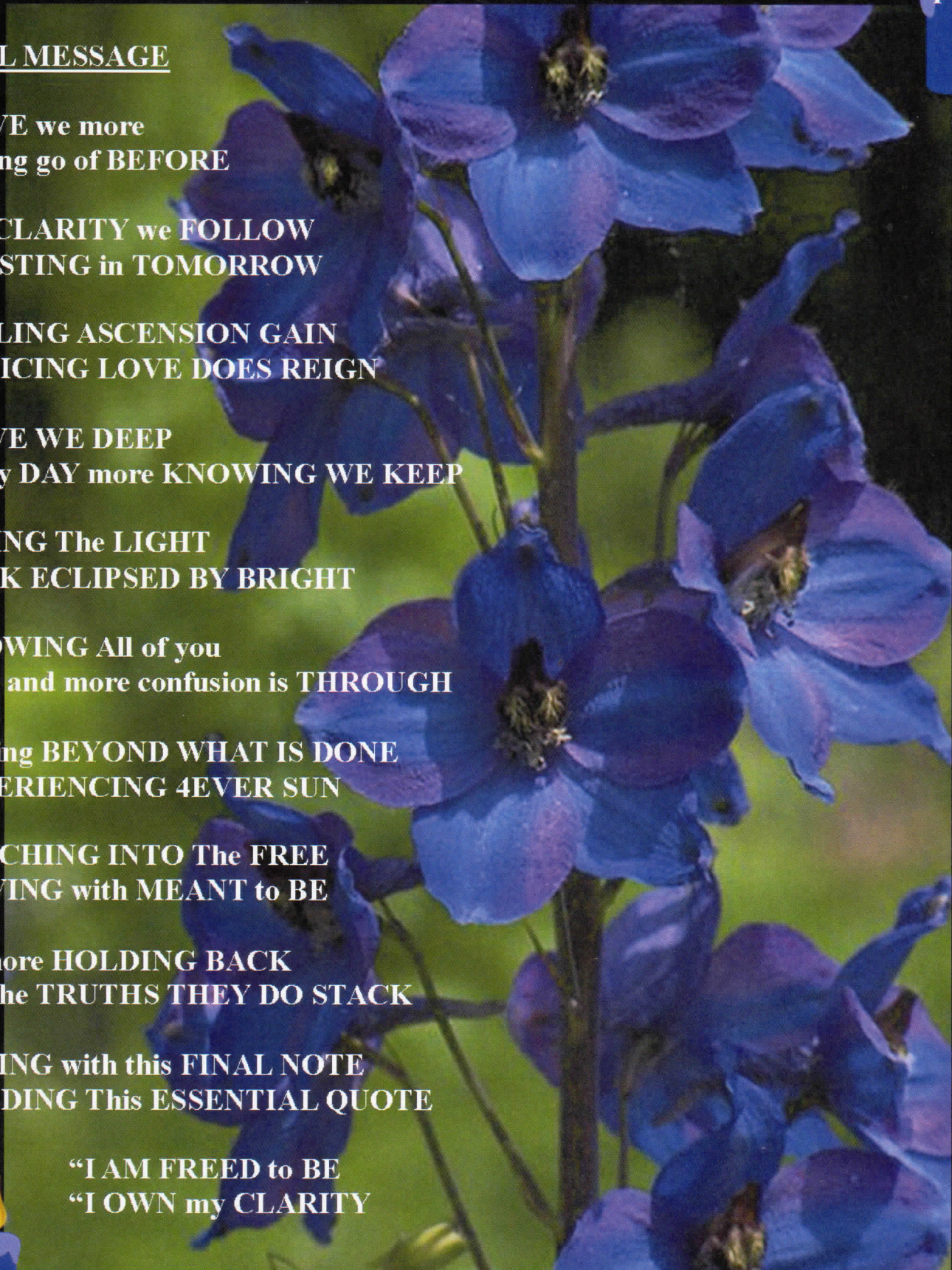
**Moving BEYOND WHAT IS DONE
EXPERIENCING 4EVER SUN**

**TOUCHING INTO The FREE
MOVING with MEANT to BE**

**No more HOLDING BACK
AS The TRUTHS THEY DO STACK**

**ENDING with this FINAL NOTE
HOLDING This ESSENTIAL QUOTE**

**“I AM FREED to BE
“I OWN my CLARITY**



FEBRUARY 2018 4CAST - BEAUTY BLOSSOMS AS CLARITY RISES PAGE 4
TIMELINE OVERVIEW

I see this month as moving THROUGH us in 3 PUSHES OF ENERGY

EACH BURST has A PURPOSE - I feel The FIRST 2 days & the LAST 2 days of a CYCLE will be A LOT

2-4-18 to 2-11-18 PURPOSE: EMOTIONAL FOCUS

THE 4TH SIGNALS THE START OF A NEW DOWN LOAD FROM ATLANTIS

ATLANTIS WILL BE FOCUSING ON GETTING US UP TO EMOTIONAL SPEED

ESPECIALLY IN THE BEGINNING OF THIS DOWNLOAD I CAN SEE EMOTIONS BEING QUITE CLOSE TO THE SURFACE

-PLAN TO DEAL WITH EMOTIONS AS THEY ARISE-YOU DO NOT WANT A BACKLOG

-IT WOULD BE GOOD TO CARRY OR WEAR LAVENDER

-FOR THIS TIME FRAME TONING AND SINGING WILL BE VERY HELPFUL

-ALSO EXTRA TIME SPENT ON FOOT CARE WILL HELP YOUR SOUL TO EXPAND TO RECEIVE THE DOWNLOADS-AGAIN LAVENDER IS A GOOD IDEA

2-12-18 to 12-19-18 PURPOSE: PHYSICAL READINESS

-DAILY STRETCHING WILL BE A GREAT WAY TO MOVE WITH THIS ENERGY

-FOR THIS TIME FRAME I ESPECIALLY RECOMMEND FOLLOWING ALL THE TIPS AND SUGGESTIONS GIVEN ON PAGE 2

-IN ADDITION, START EACH DAY BY ENCASING YOUR FEET IN BLACK

2-21-18 to 2-28-18 PURPOSE: ESSENTIAL SHIFTING

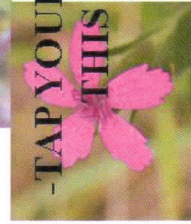
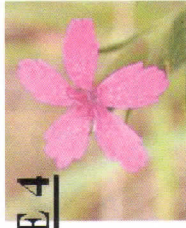
-I RECOMMEND SPENDING SOME TIME STANDING WITH YOUR BACK AGAINST THE WALL IF YOU DO THIS SAY: **EVEN IF IT SEEMS MY BACK IS AGAINST THE WALL**

I ALWAYS KNOW MY WAY THROUGH (I SUGGEST DAILY 3 MINUTES)

-TAP YOUR HIGH HEART AND SAY: **THROUGH DO THIS FOR 5 OR SO MINUTES (DAILY AM BEST)**

THIS WILL SUPPORT YOU FOLLOWING THE HEART WAY

THE HIGH HEART IS ESSENTIALLY SHIFTING INTO HIGHER GEAR



****HEART CHORD EXERCISE - supports HEART CLARITY**

STAND-EYES CLOSED-CHIN LEVEL-FEET APART

Breathe in nose out MOUTH 3-4 Xs

Feel a nice solid CORD of ENERGY going from your CORE to EARTH'S CORE

***you are PLUCKING your HEART CHORD during this EXERCISE**



Place your ARMS AROUND you in a HUG SAY:

This is my HEART I KNOW

This is my HEART I SHOW

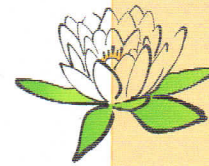
Breathe between REPETITIONS follow a pace that is comfortable for you

***if you want an EXTRA BOOST you can relax ARMS to our sides between REPE- TITIONS and then HUG your self each time you say the PHRASE**

REPEAT FOR 2-4 MINUTES

After you are done place FLAT palms under your BELLY button, BREATHE and shower your SELF with GRATITUDE

***my friend "B" who you might KNOW says this is like operating a wind shield wiper over your HEART**



PHYSICAL CLEARING EXERCISE

Use a whole page of paper each time you do this EXERCISE

**-PRINT one time per line: The CLARITY that is ME is Known to me
I AM Free and CLEAR**

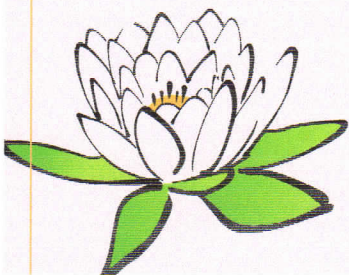
**-Store these pages UNFOLDED and word side up in a book that is sacred to you
*EXCEPTIONAL SHIFT if you say it as you are writing it**

CLEARING ENERGY EXERCISE

-Sit in a chair—place palms on upper thighs, with fingers curving toward outer thighs

-repeatedly shift your hips from left to and SAY: I MOVE

-do this for 3 minutes and it will support you moving with the ENERGY in the best way



ANCHOR YOUR SOUL EXERCISE—DEEPENS SPIRITUAL CLARITY

-Sit in a chair—EYES CLOSED—Feet FLAT on the GROUND

-Imagine the NORTH POLE RIGHT ABOVE you connected to the moon
see the SOUTH POLE below you connected to the EPICENTER OF EARTH

-BREATHE into this for 3-6 minutes

-then take the color RED and bring it from your toes to your left shoulder
imagine it to be in a triangle shape



-NEXT bring the color BLUE from
the top of your right shoulder to
your toes



-After hold this IMAGE and for 2 minutes repeatedly SAY:

**UP and DOWN and ALL AROUND I AM I AM I AM
Magic BIRTH EN ME**

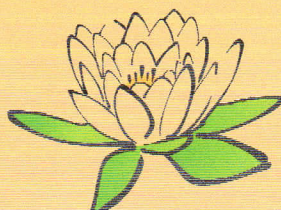


to close hug your self and focus on: I



Overall I am recommending this EXERCISE at least ONCE A WEEK
4 TIMES a WEEK would really help you navigate SHIFTING

ADDITIONAL SPIRITUAL CLEANSING— keeping the fingers of each hand
straight and together—repeatedly tap fingertips of right and left together while
keeping the heels of your palms touching—be sure and breathe in nose out mouth—
breathe slowly - this is very GROUNDING STABILIZING and CLEARING
you can do this in any position— even when you are moving— my experience is that as
soon as you start it is calming and focusing—I would suggest doing it if you are feel-
ing the fuzziness I mention on page 8—I am not suggesting any particular amount of
time, do it until it feels complete and you experience DEEP CALM





**Oh LET LOVE COVER ME
I AM RETURNING to my ALL**

**FOR the ALL of ME is BEAUTYFULL
I KNOW
I
AM
BEAUTYFULL**



**I FEEL the ALL of ME RISING!
I SEE more BEAUTY AROUND
I FEEL my ALL BRIGHT
I SEE my ALL FREE!**

**THERE IS only LIGHT
I AM The LOVE I was always Looking FOR**

**THERE RISES in ME
THIS ABSOULUTENESS**

I FEEL SOLID IN

**I HAVE GREATER FAITH
THERE IS ONLY UP
I RISE TO MEET ALL OF ME**

**I AM READY TO BE ALL OF ME
THIS TIME I HAVE PLANNED FOR
THIS TIME I REMEMBER WAS TO BE**



I see many things up in the AIR this month, many things will be changing in EARTH and probably around the WORLD. Maintain a focus on LOVE-commit to Living Our Very Essence

REMEMBER 2-4-18 is the CHANGE OVER from LEMURIAN DOWNLOAD to ATLANTEAN DOWNLOAD. The ATLANTEAN DOWNLOAD will continue until 3-4-18. TAKE TIME to PREPARE. Follow the suggestions given for that time frame, and HONOR your KNOWING as well. ESPECIALLY for the first two days I suggest that you GROUND STRONG and DEEP each morning.

ATLANTEAN ENERGY is more SKY BASED and will contribute to FUZZINESS. FREQUENT GROUNDING and/or doing the ANCHOR YOUR SOUL EXERCISE is strongly recommended from 2-4-18 on.

ATLANTEAN ENERGY is MUSIC BASED so it will REALLY pluck CHORDS of REMEMBERING. The HEART CHORD EXERCISE will be good to do at least 2 times a week, and more is better.

ANIMAL BASED protein is the best way to adapt to LEMURIAN and ATLANTEAN DOWNLOADS. If you eat ANIMAL PROTEIN consume LOTS, (see page 2 for recommended types and vegetables suggestions).

If you don't consume ANIMAL protein, you can carry a picture (see page 2) and/or send a LOVE of ANIMALS into your food before you EAT IT.

Focusing on the WORDS CLARITY and THROUGH will help you keep moving without getting overwhelmed by all The CHANGES that are called for and being CALLED DOWN at this TIME.

SUGGESTED VIEWING: Move EASE In 2 U HEART Way not Hard Way and LOVE is TRUTH.

Aside from the dates mentioned on page 4, 2-8-18 and 2-18-18 will bring a new ENERGY into play, follow the tips given on the DAY BY DAY, and notice any suggestions in other documents, including our new offering THE NEXT LEVEL.

UPDATES are in BLACK

- 2-1-18 AM SAY: I REMEMBER LEMURIA THE COLOR THE TIME**
good to do this for 2-5 minutes—TERETUS is bringing in heavy duty ENERGY today
so BE SURE you GROUND throughout the DAY
- 2-2-18 in am repeatedly write 11 on upper right thigh—this will help you pull into your**
CORE any ENERGY still lingering from the say before
- 2-3-18 Gearing up for the shift from LEMURIAN ENERGY to ATLANTEAN in AM**
focus on EMERALD GREEN and SAY: I SURRENDER THAT I MAY REMEMBER
say this for 3+ minutes and then run your palms over upper thighs for 2 minutes
- 2-4-18 ATLANTEAN DOWNLOAD BEGINS (see tips on page 4) also GROUND for 10**
minutes or longer in the AM, finish that up by breathing BLUE for 2 minutes
- 2-5-18 eating TOMATOES will be helpful— if you don't eat them carry a photo**
WE ARE MOVING IS to the NEXT LEVEL of FREEDOM
the first SOULULAR DNA shift begins in the HEART
- 2-6-18 hold the ENERGY of SCOTLAND close to your HEART today**
- 2-7-18 SAY: I TOTALLY OWN MY POWER do this for 3 minutes in AM**
- 2-8-18 feel the color AQUA wash over you in waves do this 3 minutes in AM**
then SAY: I connect to the LIGHT that is INDIA do this for 3 minutes
INDIA RISES TODAY
- 2-9-18 breathing PEPPERMINT oil, or eating or drinking PEPPERMINT will ease and**
ACCELERATE your ACCEPTANCE of MEANT TO BE
- 2-10-18 breathe the word ALWAYS into your solar PLEXUS for 2 minutes AM this will**
support the EMOTIONAL CLARITY that will be DEMANDED today
- 2-11-18 the ATLANTEAN DOWNLOAD moves into HIGHER GEAR**
hold the ENERGY of ATLANTIS in your RIGHT hand and move it over your BODY
do this for at least 5 minutes in the AM and PM
- 2-12-18 the NEXT ENERGY BURST starts (see page 4 for TIPS) in addition to those**
spread the color PURPLE THICKLY over your shoulders
- 2-13-18 feel HONEY moving through and touching each and every CELL 3 minutes**
INTERNAL FOCUS: GLORY BE TO THE ONENESS
- 2-14-18 take one minute in the AM to CHANT: GREEN**
- 2-15-18 touch your Left shoulder and PUSH NOW into it do 4-8 Xs AM**
- 2-16-18 focus on AUSTRALIA especially the SYDNEY OPERA HOUSE do for 3 mins**
ATLANTEAN DOWNLOADS going up a notch, protein and GROUND



2-17-18 for 2 minutes touch your lips lightly and repeatedly with right index finger
no more LIP SERVICE to TRUTH

2-18-18 AM FEEL an ANGEL COME and ENERGIZE your CROWN you can say
THANK YOU ZADKIEL if you want

today BREATHE into the WORDS ORIGINAL TRUST for 2 minutes PM
IRELAND is RISING TODAY

2-19-18 EAT or WEAR or TOUCH STRAWBERRIES—time to bury something
also AN ENERGY BURST is ending best to follow page 4 tips

2-20-18 take this color into your third eye for 3 minutes AM

2-21-18 new ENERGY SURGE starts and DOWNLOADS go into a HIGHER GEAR
in addition to suggestion on page 4, bring the WORD THROUGH THROUGH
your WHOLE BODY do this for 6 minutes AM, after breathe this BLUE into your
soles 2 minutes— lots of ENERGY MOVEMENT today eat PROTEIN!!!

2-22-18 FEEL the COLOR YELLOW wash over you for 3 or so minutes AM

2-23-18 for 3 or so minutes smooth the color LIME GREEN into your physical heart

2-24-18 EAT BREAD today gluten free is fine JUST RISE TO THE OCCASION
strong jolt of ENERGY coming into your HEART at your NOON cradle your heart

2-25-18 drink PEPPERMINT TEA/wear PEPPERMINT OIL or diffuse it

2-26-18 BRING the ENERGY of AFRICA into your throat for 9 minutes AM
own your VOICE

2-27-18 THIS IS THE LARGEST UPDATE THAT HAS
EVER BEEN IN THIS WORLD—BREATHE INTO THAT
ON THIS DATE AERATE YOURSELF IN BLACK AM,
AND DO ALL THE TIPS ON PAGES 2, 4, AND 8—IT
WOULD BE GOOD TO BEGIN PREPARING THE DAY BE-
FORE—THIS DAY WILL SWIRL LEMURIAN AND
ATLANTEAN TIME WITH EARTH TIME

(THIS JUST CAME IN WHEN I WAS WRITING THIS THAT IS WHY IT ISN'T
MENTIONED UNTIL NOW)

2-28-18 I recommend doing the ESSENCE EXERCISE in the AM to INTEGRATE
anything that might still be hanging from THE DAY BEFORE, good to
breathe into these VIOLETS to CLOSE your DAY

