

MARCH 2018 4CAST OVERVIEW

A LOT going on this MONTH: you will be called to take ACTION, you will be moving into the SECOND INTERSOULULAR DNA SHIFT—it deals with the GUT, we are moving into a new download phase, and we are moving into increased SOULULAR RESONANCE.

WORDS (made up ones but still words) that have come to me as support for this time are:

SUREMBER—this means let me surrender until I REMEMBER

REMENDER-let me REMEMBER my way into SURRENDERING

So this month the THEME is DOORWAYS TO LIGHT, CONSIDER each page to be a DOORWAY into GREATER REMEMBERING, and WAY into GREATER SURRENDERING. I am suggesting BREATHING into each page before you read it. I have put in frontal PORTALS in this FORCAST. (I wanted to do pages that were cute and had fun ICONS, I was not able to consider this AS YOU APPROACH THIS MONTH). BELOW this EMERALD Speaks has put in her EXPERIENCE of FRONTAL PORTALS.

I feel the pages as a CORRIDOR of energy that pulled me iNto a greater experience of it. I was immediately downloaded with I don't know what - but I experienced it. I feel it createS a knew stable base from which I can move from now on.

THANK YOU AND HUGS! from E.S and M.E.

MARCH 2018 4CAST DOORWAYS TO LIGHT

MARCH 2018 4CAST page 1

THE KEY THING THIS MONTH WILL BE TAKING ACTION. THE PHRASE THAT COMES TO ME IS "I HAVE HAD IT". AS PART OF REACHING THAT POINT THERE WILL A STRONG INTERNAL FOCUS. I ESPECIALLY SEE THAT INTERNAL FOCUS SHARPENING THE THIRD WEEK OF THE MONTH.

"I HAVE HAD IT" FORESHADOWS FOR ME A TIME OF IRREVOCABLE CHANGE. WE ARE BEING SWEEPED ALONG BY LOVE'S WIND, IT IS BEST THAT WE FOLLOW.

VARIOUS ASPECTS OF ILLUSION HAVE GONE: DENIAL, DISTRACTION, CONTROL AND NEXT GONE IS JUDGEMENT. YOU WILL NOT JUDGE YOURSELF FOR THAT CHANGE IT IS TIME FOR.

THIS MONTH IS GOING TO PUT ESSENTIAL PEACE IN THE FOREFRONT. WHATEVER DOES NOT SERVE THAT ESSENTIAL PEACE WILL BE PURGED FROM OUR LIVES AND OUR CELLS. THERE WILL BE A STRONG DETOXING THAT WILL BEGIN THE 2ND WEEK OF THE MONTH.

THERE WILL BE: A BRINGING OF THINGS TO A HEAD, A NEVER BEFORE SEEN UNBURDENING OF THE HEART, A RISING OF GUT KNOWLEDGE

IT WOULD BE BETTER TO TAKE THE ACTION THAT IS REQUIRED, RATHER THAN HAVE THE ACTION TAKE YOU

BE TRUE TO YOUR HEART AND GUT

MARCH 2018 4CAST DOORWAYS TO LIGHT

MARCH 2018 4CAST TIPS page 2

OVERALL I AM RECOMMENDING THAT THIS WHOLE MONTH YOU USE SAGE IN EITHER COOKING, A CANDLE SCENT, AN ESSENTIAL OIL, OR BURNING SAGE. HAVING THIS AROUND YOU WILL SUPPORT YOU IN MOVING INTO THE PURIFICATION THAT ESSENTIAL PEACE REQUIRES

FOR FOOD: BROCOLLI, LEMONS, PORK AND APPLES WILL SUPPORT THE DETOX OF WEEK 2 (3-8 TO 3-15) AS ALWAYS IF YOU DON'T EAT IT TOUCHING IT OR HAVING A PHOTO WILL HELP.

FOR BEVERAGES: JUICE, JUICE, JUICE ANY KIND DRINKING AS MANY OF THE COLORS AS YOU CAN WILL HELP BOTH THE DETOX AND THE INTENSIFYING INTERNAL FOCUS OF WEEK 3 (3-22 to 3-28)

FOR FOOD I AM ALSO RECOMMENDING TOSSED SALAD, MORE THAN LIKELY YOU WILL FEEL TOSSED ABOUT, SO MAKE FRIENDS WITH BEING TOSSED.

VISUALIZING YOURSELF JUMPING ON A TRAMPOLINE WILL ALSO HELP YOU MOVE WITH THE FREQUENT ENERGY SHIFTS

I WILL HAVE MORE SUGGESTIONS ON THE TO BE AWARE OF PAGE

HARBINGER SOUL MESSAGE

SOULFUL DELIGHT
SONG OF MY HEART

BREATHE INTO ME
A NEW BLISS

FREE ME TO LIVE
IMMERSE ME IN FAITH

CARRY ME ALONG
GIFT ME WITH PATIENCE

I NOW SEE HERE CLEARLY

I SEE ALL BRIGHTLY

I KNOW I CAN ONLY RISE

RISING FREE

RISING

RISING

RISING

MARCH 2018 4CAST page 4 A
BE AWARE of THESE DATES

There is a LOT going on just prior to this month and this month :

3-1-18 the change in the water will begin to impact drinking water, I see this STRONGLY impacting the gut—take time on 3-1-18 to hold some drinking water up to your body and let your body FIRST experience it from the outside for a couple of minutes and then SLOWLY drink it—also be sure and do the spine rubbing exercise (page 5) the first couple of times you drink water. ALSO, bring the color TURQUOISE into your belly button for 2 minutes (I am suggesting this especially the first day but you can continue it 5 days)

3-5-18 the download energy shifts from ATLANTIAN times to EARTH TIMES (this download is supported by URSA MINOR). FIRST in this download will come the ENERGY of the Cenozoic ERA (MAMMAL based and the START of THE ALPS, HIMALAYAS). This ENERGY will strongly impact the spine. AGAIN, that spinal massage EXERCISE is a good IDEA. It would also be good to massage the ankles, this will support integrating the HIGHS and LOWS that bringing in the MOUNTAIN BIRTHS will bring. I see this Cenozoic ERA ENERGY being DOMINANT for two weeks, then the ENERGY will start to weave together LEMURIA'S, ATLANTIS, and OUR EARTH timeline. This weaving together of times will pull in LOTS of ENERGY and PROBABLY have some impact on things playing out in the world. This download will go 'til 4-5-18.

On 3-5-18 there will also be an increase in SOULULAR DNA RESONANCE —breathe black for support

MARCH 2018 4CAST DOORWAYS TO LIGHT

MARCH 2018 4CAST page 4 B
BE AWARE of THESE DATES

3-8-18 NEW ZEALAND rises! Support yourself by following the DAY BY DAY for this date

3-17-18 CRYSTALIZING ENERGY will AMPLIFY on this day, that will push US all to be more able to adapt when JUDGEMENT leaves 3-18-18. Going with the DAY BY DAY for both of these days, and also doing ANYTHING I suggested in THE NEXT LEVEL for this TIME FRAME is STRONGLY suggested.

3-25-18 the 2nd INTERSOULULAR DNA SHIFT starts. GUT LEVEL KNOWING is rising—for the first 4 days be sure to massage your belly in the am. If you consume dairy do so, otherwise carrying and touching an image will work. Until 4-3-18 it also would be good to breathe this background color for 5 or so minutes in the evening.

3-28-28 MEXICO RISES! If you REMEMBER MEXICO is connected HEART—I expect there will be some HEART RISING that will join a STRONGER GUT KNOWING. AGAIN, on this day FOLLOW the DAY BY DAY

OVERALL, the DAY BY DAY suggestions for this month will be more detailed and I will suggest carrying some actions over for a couple of days.

MY sense is that from this month on things will be moving pretty quickly, consider subscribing to THE NEXT LEVEL as that will support you moving even more easily with the CHANGING ENERGIES of this TIME.

MARCH 2018 4CAST DOORWAYS TO LIGHT

MARCH 2018 4CAST EXERCISES page 5

THERE WILL BE MANY AND FREQUENT ENERGY SHIFTS THIS MONTH

PHYSICAL ENERGY SHIFTERS—1-3 minutes

1) with a fist right hand make circles at the base of your spine—skin to skin contact is best use this if you feel depleted/tired

2) STAND-elbows bent-palms down-maintaining different heights for each palm, slowly raise and lower both palms (both palms stay facing ground (do this when you feel off balance)

3) arms straight in front-rub top of wrists together use this to clarify and intensify your focus

EMOTIONAL AGILITY - 3-4 minutes

POSITION of body irrelevant-take 3 deep breaths
SAY: NOW I AM (breathe between repetitions)
this is good to do if you are facing a decision

SPIRITUAL WARMTH - 2-4 MINUTES

using the fingertips of both hands, gently rub where your hairline and forehead meet
have your internal focus be: ALL
(this is helpful if you are feeling sort of lost)

ESSENTIAL ACCELERATION - 4 + MINUTES

SIT in a chair, eyes closed, have your heels up in the air, gently shift your hips from side to side, breathe regularly and deeply, and periodically straighten your spine

this is very aligning to do especially in AM

FOR THE INCREASING INTERNAL FOCUS IN THE 3RD WEEK: JOURNAL, WATCH Move EASE In 2 U, daily CHANT: IN me OF Me 3 minutes

MARCH 2018 4CAST DOORWAYS TO LIGHT

CROSSROADS - MARCH DOWNLOAD

The DEEP MOVEMENT within ME
The ALWAYS CHANGE AROUND ME

INFINITE GRACE ENFOLD ME
BEAUTY BRING ME HOME

TRUTH EVERLASTING FILL ME
LOVE UNLIMITED LIFT ME

I SURRENDER TO The BECOMING
ALL THAT I AM I BIRTH NOW

BENEATH THE EVER OF NOW
IS The ALL of ME

MARCH 4CAST 2018 DAY BY DAY page 1
ALL DATES IN BLACK ARE UPDATES

IN SOME CASES I HAVE BROKEN THE DAY INTO PHYSICAL, EMOTIONAL, AND SOUL SUGGESTIONS. THERE IS LOTS OF ENERGY THIS MONTH SO ALONG WITH ANYTHING MENTIONED HERE I RECOMMEND THAT YOU ALSO CHECK ANY TIME OR DATE TIED SUGGESTIONS ON PAGES 2, 4A AND 4B AND 5:

3-1-18 For EMOTIONAL support SAY: I HONOR and FLOW with EMOTION
PHYSICAL AND SOUL: BREATHE TURQUOISE AND MESSAGE
TURQUOISE INTO YOUR THIRD EYE

*I STRONGLY SUGGEST READING PAGE 4A, ALSO SUGGESTED **THE SPINE RUBBING MENTIONED ON PAGE 5**, THE PREFRONTAL CORTEX IS IMPACTED STARTING TODAY
CONNECT WITH TERETUS TO OFFSET THE POSSIBLE FUZZINESS FROM THIS RESET STARTING)

3-2-18 EMOTIONAL SAY: I ACCEPT (I get to do it 3 mins but whatever is there for YOU)
PHYSICAL: SLOWLY TURN TO SIDE AND BACK TO
CENTER (I get to do this 5 times per side and then switch sides)

SOUL: BREATHE LIME GREEN
*EXTRA BOOST DO ALL THREE AT ONCE
***THINGS COULD TURN QUICKLY TODAY

3-3-18 PHYSICAL: FACE EAST and bring SUNSHINE into the SOLES of your feet
EMOTIONAL AND SOUL: PUSH BLUE THROUGH Your SPINE
move from TOP TO BOTTOM INTERNAL FOCUS: I COME BACK

3-4-18 EAT BANANAS TODAY—FOCUS ON EXPERIENCING TODAY AS APPEALING!
SOUL AND EMOTIONAL: BREATHE DEEPLY SAY: I ADAPT (the time for this that comes to me is 3 minutes)
PHYSICAL: lightly RUB your RIGHT EYEBROW



MARCH 4CAST 2018 DAY BY DAY page 2

3-5-18 THIS IS A BIG DAY: **SO BE SURE AND GROUND AND EAT PROTEIN: TRIPLE TIME IS LANDING** (THERE WILL BE MORE ABOUT THIS IN THE NEXT LEVEL) THE DOWN LOAD CHANGES I STRONGLY RECOMMEND THAT YOU SEE PAGE 4A FOR MORE DETAILS. I RECOMMEND THAT YOU START THIS AM BY:

- 1) **SPINE RUBBING EXERCISE (PAGE 5)**
- 2) **ESSENCE ACCELERATION (PAGE 5)**
- 3) PRINT: THIS ASCENSION ALL TIME
I OPEN TO AND ACCEPT (PRINT 2 OR MORE TIMES)
- 4) MASSAGE YOUR ANKLES
- 5) *IMAGINE BLACK KNEES TO ANKLES

DURING THE DAY:CONNECT WITH URSA MINOR, EAT PROTEIN, GROUND, "REFRESH" *, MASSAGE YOUR OCCIPIT# (BRAIN STEM RESET BEGINS)
#PUT MIDNIGHT BLUE THERE WHEN YOU FEEL BLURRY

3-6-18 PHYSICAL: SPINE RUBBING (PAGE 5)

SOUL: BREATHE **DARK GREEN**

EMOTIONAL: SAY UP OR DOWN I GO TO TOWN.

*MOST BOOST ALL THREE TOGETHER FOR 3 MINUTES

3-7-18 IF POSSIBLE SAY WHEN TOUCHING YOUR ANKLES:
WITH LOVE I CAN (FOR 2 MINUTES IS GOOD)

3-8-18 SAY: I SOLIDIFY MY COMMITMENT TO THE ONE DREAM,
ASCENSION IS FRONT AND CENTER TO ME

NEW ZEALAND RISES SUPPORT YOURSELF BY:

- 1) GENTLY RUB BELLY COUNTER-CLOCKWISE
INTERNAL FOCUS: **NEW ZEAL**
- 2) MOVE HANDS TO HIGH HEART (2 MINUTES)
INTERNAL FOCUS: **AND OPENNESS**

*DETOX STARTS TODAY SEE PAGE 2 FOR TIPS

3-9-18 TIME WILL FEEL HEAVY TODAY SAY: TIME DOESN'T
WEIGH ON ME I AM FREE

ESSENCE ACCELARATION RECOMMENDED FOR MORNING

MARCH 2018 4CAST DAY BY page 3

3-10-18 DO THE TRAKA! EAT APPLES—STRONG CORE MOVEMENT TODAY
FOR AM MOVE ANKLE THEN MASSAGE
INTERNAL FOCUS: I TAKE ACTION ACTION DOESN'T TAKE ME

3-11-18 **BREATHE CORAL** IN AM (YOU CAN ALSO WEAR IT) IT IS **CORE ALL TIME**

3-12-18 holding your left thumb on right pulse point
SAY: I MOVE TO THE BEAT OF TIME

3-13-18 **TOUCH 3RD EYE GENTLY 3 XS INTERNAL FOCUS: AWAKE**

3-14-18 LINKED IN LIGHT MOVES TO ANTARCTICA: **BREATHE ANTARCTICA**
RECOMMENDED: SOUL ANCHOR EXERCISE (PAGE 6 FEBRUARY 4CAST)

3-15-18 GOOD TO END THE PHYSICAL DETOX BY DRINKING, EATING OR TOUCHING
GINGER (I AM RECOMMENDING GINGER TEA FOR THIS DAY)

3-16-18 **BREATHE, WEAR, OR EAT SALMON COLOR, wrist exercise physical shifters (p.5)**

3-17-18 TO SUPPORT THE OVERALL BRAIN SHIFTING TO ASCENSION BRAIN
FOR 2 MINS PLACE MINT AND AQUA INTO YOUR CROWN INTERNAL FOCUS: WHOLE

3-18-18 JUDGEMENT DIES TODAY!
BREATHE INTO "WILLOW" AND BRING IT INTO THE BASE OF YOUR SPINE

3-19-18 TRAKA BREATHE BRIGHT ORANGE

3-20-18 **EQUINOIX LIGHT A CANDLE SAY: MY LIGHT IS EVEN AND BALANCED**

3-21-18 MOVING INTO SWIRLING/MERGING OF ALL TIME

WEAR OR BREATHE LIME GREEN, EAT MEAT/TOFU, DO SPIRITUAL WARMTH EXER
CISE (PAGE 5)



MARCH 2018 4CAST DAY BY PAGE 4

3-22-18 INCREASING INTERNAL FOCUS (see bottom of PAGE 5 FOR TIPS), ESSENCE EXERCISE RECOMMENDED

3-23-18 APPLY FLORESCENT COLORS ALL OVER BODY

3-24-18 COMMIT TO PEACE TODAY

**3-25-18 2ND INTERSOULULAR SHIFT KICKS IN, DANCE TODAY
SEND HONEY ENERGY INTO YOUR GUT
GUT AND HEART ARE CONNECTING (BREATHE BLUE)
CHECK PAGE 4 B FOR MORE SUGGESTIONS**

3-26-18 BREATHE SAND DOLLAR ENERGY INTO YOUR WRISTS

**3-27-18 EMOTIONAL AGILITY EXERCISE (PAGE 5)
TRUTH IS COMING TO CALL
THERE WILL BE SOMETHING BIG TO FACE TODAY**

**3-28-18 MEXICO RISES TODAY
SEND MINT ENERGY INTO YOUR HEART; RISE TO MEANT TO BE
SAY: I COMMIT TO MY HEART, ALL OF ME IS REMEMBERING**

**3-29-18 CAMEL DAY: THERE WILL BE A POINT OF THE LAST STRAW
BREATHE RED ORANGE, CARRY SAGE OIL, GROUND IN AM**

**3-30-18 TAKE TIME IN THE AM TO FOCUS ON THIS COLOR, AS
YOUR DAY GOES, PULL UP THIS COLOR TO STABILIZE YOUR CORE**

**3-31-18 TEND TO YOUR SOLAR PLEXUS IN AM, MASSAGE AND
SEND THE COLOR BLUE INTO IT, SAY: SWIRLED OR TWIRLED I AM
IN THIS WORLD**

**THERE WILL BE MUCH MOVING TODAY.
MAYAN CODE IS UPLOADED IN TO OUR
SOUL, BE SURE AND CENTER
ONE WAY OR ANOTHER THIS MONTH WILL OPEN YOU**