

APRIL 2018 4CAST BLOOD DANCE PAGE 1
OVERVIEW



THE DOMINANT ENERGY THIS MONTH WILL BE HORSE POWER

**MORE AND MORE ALL BE MOVING INTO GREATER SOUL POWER,
THIS IS PARTIALLY A FUNCTION OF MEXICO RISING AND ALSO DUE
TO THE MOVING OF THE ESSENTIAL ENERGY THAT IS:**

OPEN OPENING

**OPEN OPENING MOVES THINGS TO A HIGHER LEVEL, IN A WAY WE
WILL ALL BE LIVING A HIGHER LOVE**

**MORE AND MORE I SEE ALL OTHER DOORS CLOSING - WE ARE
WALKING MEANT TO BE, AND MORE OFTEN WE WILL SPEAK OF
MEANT TO BE**

**OUR BLOOD KNOWS THIS TIME OR HEARTS RETURN TO DEEP
TRUTH ARE THE TWO NAMES I AM GETTING FOR THIS TIME WE
WILL BE GOING THROUGH**

**WE WILL GO THROUGH THIS TIME
AND IT WILL GO THROUGH US**

TIME WILL SHAPE US FOR WHAT IS NEXT

THE BLOOD DANCE RHYTHM IS HITTING TRIPLE TIME

**I SEE OUR BLOOD RISING LIKE MUSICAL NOTES, PULLED EVER
HIGHER BY OUR RETURNING HOME SONG**



**WE ARE IN FOR SPRING CLEANING
BUT ALSO GOING TO GET
SPRING BLOOMING**



**JOYFUL SPRING TO YOU
LOVE E.S. AND M.E.**

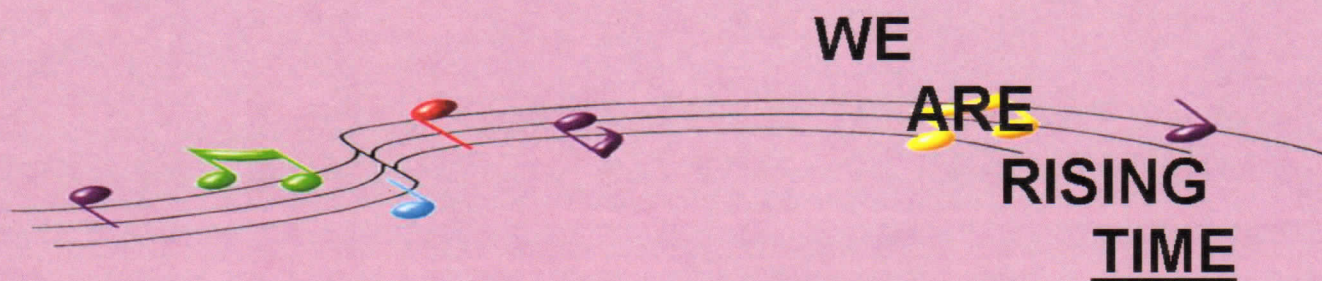


MUCH HAVE WE FOLLOWED
MORE ARE WE TRUSTING THE STARS

DEEPER IS THE KNOWING OF OUR HEARTS
FULLER IS THE REMEMBERING OF THIS TIME

WE ARE LETTING THE STAR MAP GUIDE US
THIS TIME HIGHLIGHTS JUPITER AND MARS
MORE ARE WE SEEING THE STAR PATH

WE BEGIN TO DISCERN
MORE
THE
ROLES
PLANETS
HAVE IN OUR RISING TIME



APRIL 2018 4CAST BLOOD DANCE PAGE 3
SOUL MESSAGE

WE DANCE TO OUR HEARTS AWAKENED BEAT
WE REMEMBER OUR INNATE RHYTHM
WE SEE OUR JOINED HARMONY UNFOLDING

THAT TRUTH FEELS LIKE HOME

EVEN AS THERE IS MUCH CHANGE (AND THERE WILL BE)
WE FIND IT EASIER TO SINK INSIDE
WE FIND IT NATURAL TO RISE AND SYNC

THERE IS MOVING A STRONG WIND OF CHANGE
A TOPPLING
A TURNING



AN . . . ANSWERING

THIS IS FELT BY US INSIDE AND AROUND

ONLY STRONG/TRUE THINGS WILL BE LEFT
AFTER THIS UNIVERSAL SPRING CLEANING



WE ARE MOVING INTO THE LEVELING TIME

TIME IS LEVELING UP
WE ARE MOVING UP

APRIL 2018 4CAST BLOOD DANCE PAGE 4
APRIL HAPPENINGS

4-1-18 THIS IS EASTER SUNDAY AND DUE TO THE ACTIVATION FROM EASTER ISLAND LAST MONTH, THERE WILL BE A DEFINITE SENSE OF SOMETHING BEING OVER
STILL FROM LAST MONTH THE GUT WILL CONTINUE TO BE IMPACTED: DIAPHRAGM THEN INTESTINAL WALLS THEN BLADDER THEN ALL 3, I WILL ADDRESS THIS IN THE DAY BY DAY

4-5-18 THE COMPLEX REFORMULATION OF TERTIARY ENERGY WILL BE COMPLETE

4-6-18 ARGENTINA WILL RECEIVE A MASSIVE MAGENTA WAVE

THERE ARE THREE GROUPINGS OF ENERGY THIS MONTH THAT WILL EACH BUILD:
(4/7 4/8 4/9) THIS FIRST WIND WILL TURN THINGS UPSIDE DOWN
(4/16 4/17 4/18 4/19 4/20 4/21) THIS SECOND WIND WILL CLEAN THINGS UP
(4/24 4/25 4/26 4/27 4/28) THE THIRD WILL MOVE TIME TO FASTER



there will be more on NAVIGATING these GROUPINGS in the DAY BY DAY

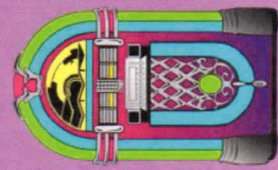
3 COUNTRIES ARE RISING: CANADA ITALY ZAMBIA

4-8 THE NEXT DOWNLOADS WILL START JUPITER AND MARS WILL ALTERNATE DAYS, THIS WILL CONTINUE INTO MAY (THEY WILL IMPACT BRAIN STEM AND RIGHT TEMPORAL LOBE)
4-9 SIRIUS WILL START IT'S DOWNLOADS THEY WILL BE DAILY AND GO INTO MAY

ALSO ON 4-8-18 NORWAY WILL GET A FULL RAY OF EMERALD SHORES, THIS WILL PLAY OFF THE ARGENTINA'S MAGENTA ON THIS IN THE NEXT LEVEL



4-18-18 INTOLERANCE WILL LEAVE THIS REALM



INTO THEIR
WAVE (4-6-18) MORE

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SUGGESTIONS

**SUGGESTED FOOD: BUTTER, BUTTER SCOTCH, APPLES
LETTUCE, CHERRIES, BANANAS, LIMES**

**BEST BALANCING COLOR TO USE, ESPECIALLY ON
OUTER ANKLES, IS THIS BACKGROUND COLOR**

**LISTEN TO MUSIC, WATCH MUSICALS, WATCH MOVIES
WITH STRONG MUSIC SOUNDTRACKS, HUM**

**MOST SUPPORTIVE ANIMAL THIS MONTH IS HORSE,
CALL ON HORSE ESPECIALLY IF YOU FEEL DIREC-
TIONLESS**

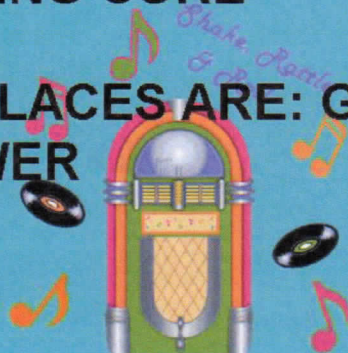
**MASSAGING KNEES WILL SUPPORT MOVING WITH RAPID
TURNS IN CHANGING TIMES**

**RECOMMENDED SCENTS: ROSE, ORANGE, LEMON AND
GRAPEFRUIT, PUT ON A SCENT AT A TIME**

**DANCE!! GOOD TO DO THE TRAKA, AND WATER DANCE
IF YOU ARE HAVING CHALLENGES GROUNDING**

**CONNECTING WITH THE ENERGY OF KONA WILL ALSO
SUPPORT STABLIZING CORE**

**OTHER HELPFUL PLACES ARE: GRAND CANYON, TAJ
MAHAL, EIFEL TOWER**





APRIL 2018 4CAST BLOOD DANCE PAGE 6
EXERCISES AND TIPS



PHYSICAL: SHIFTING YOUR SHOULDERS BACK AND FORTH WILL HELP YOU SHIFT FASTER

EMOTIONAL

WITH THE 3 DIFFERENT DOWNLOAD STREAMS SELF CARE WILL BE EXTREMELY IMPORTANT

JUPITER WILL ENLARGE THINGS AND MARS WILL STIR UP EMOTION ESPECIALLY ANGER

SELF-NURTURING LIKE BATHS, NAPS, HUGS AND QUIET TIME WILL BE ESSENTIAL

SELF-TRACKING LIKE JOURNALING AND MEDITATING WILL ALSO BE HELPFUL

SPIRITUAL: LAUGH LOTS, ESSENCE EXERCISE IS RECOMMENDED, CLASSICAL MUSIC

TRINITY

TO MOVE WITH TIME SAY: ROCK, ROCK ME INSIDE OUT

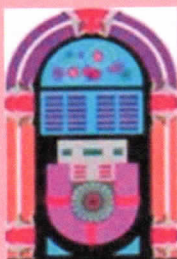
TO MAKE DECISIONS MORE EASILY SAY: I EMBRACE MEANT TO BE I BECOME MEANT TO BE I AM MEANT TO BE

**TO SOOTHE SAY: TIME IS KNOWING ITSELF
I AM KNOWING MY SELF ALL IS WELL**



TIPS IF YOU ARE SHORT ON TIME

- TO CENTER BREATHE THE BACKGROUND COLOR**
- IF YOU ARE DOING THE APPRENTICESHIP OF LIGHT/FOCAL WORD DO ONLY THAT EXERCISE**
- DRINK WATER AND FOCUS ON LOVE**





I AM STRONGLY RECOMMENDING THAT PEOPLE CHECK OUT THE IMAGES THAT GO WITH THE UPDATES (THEY ARE ON OUR WEBSITE AND FACEBOOK) THE IMAGES WILL TELL YOU A LOT ABOUT THAT DAY

I HAVE LOTS OF SUGGESTIONS THIS MONTH BECAUSE THIS WILL BE THE LARGEST ENERGY MOVING MONTH WE HAVE HAD THIS YEAR. PLEASE REMEMBER THAT ANY SUGGESTIONS OFFERED ARE FOR SUPPORT NOT PRESSURE.
(TIPS FOR WHEN YOU ARE SHORT ON TIME ARE AT THE BOTTOM OF PAGE 6)

UPDates ARE IN COLOR, DAYS THAT ARE GROUPED ARE THE SAME COLOR, NON UPDATES ARE IN BLACK

WHEN THERE IS A DOWNLOAD THAT DAY I WILL INDICATE WHERE IT IS COMING FROM WITH A: M (MARS) J (JUPITER) S (SIRIUS) AND SOMETIMES I WILL TALK ABOUT THE SIZE OF THE DOWNLOAD

4-1-18 THERE WILL BE A BIG CHANGE AFTER THIS DAY: IS WILL LAND LARGELY BREATHE THIS BACKGROUND COLOR FOR 1+ MINUTES, AND ENJOY YOUR DAY, THE CHANGE WILL BE FELT MID-AFTERNOON, AND IT WILL BE HELPFUL

4-2-18 GOOD DAY TO EAT BROCOLLI, IN AM SAYING: I AM FOUND WILL BE BALANCING

4-3-18 THE CHANGE WILL BEGIN TO BE NOTICED BY MORE PEOPLE WHO MAY NOT APPRECIATE IT: SINGING STOP IN THE NAME OF LOVE WILL SOOTHE, APPLYING ROSE PINK TO LEFT ANKLE WILL HELP WITH REMEMBERING YOUR STRENGTH

4-4-18 AM SAY: I KEEP PACE WITH TIME

THIS IS A GOOD DAY FOR PEANUTS, GROUNDING, AND LEMON OIL ON WRISTS

**4-5-18 COMPLEX REFORMULATION OF TERTIARY ENERGY IS COMPLETED
GOOD TO SAY: I AM IN TIME I AM WITH TIME I AM OF TIME**

4-6-18 GOOD DAY FOR BANANAS, ARGENTINA GETS THE WAVE OF MAGENTA TODAY, ENERGIZE YOUR SOUL BY BREATHING MAGENTA

THE FIRST WIND COMES - TURNING THINGS UP SIDE DOWN

**4-7-18 STUFF WILL BE SPILLING OUT OF PEOPLE TODAY, COULD BE QUITE VOLATILE, GENTLY MASSAGING YOUR THROAT WILL HELP YOU NAVIGATE THE DAY
3 MINUTES IS NICE (CANADA IS RISING TODAY)**

4-8-18 THIS IS A RED LETTER DAY MUCH IS GOING ON SO BEST TO: GROUND WELL IN THE MORNING, EAT PROTEIN THROUGH THE DAY, PUT ROSE OIL ON OR CARRY IT, YOU CAN ALSO SUPPORT SOUL ACCLIMATION BY:

**FOCUS ON APPLYING: CANADA (FEET) MALAYSIA (HANDS) NORWAY (KNEES)
JUPITER'S DOWNLOAD STARTS (MASSAGING BRAIN STEM AREA WILL HELP)**

TO INTEGRATE SAY: MAIN LAND IS LAND I LAND TODAY





APRIL 2018 4CAST BLOOD DANCE DAY BY DAY
page 2 (remember BLACK means not an UPDate)



*****INTESTINAL WALLS IMPACTED FROM 4-8-18 TO 4-17-18 HONEY WILL HELP
****REMEMBER SIRIUS DOWNLOADS ARE DAILY

4-9-18 LARGE DAY: USE ORANGE OIL, MASSAGE IN STEPS, EAT BROCCOLI
-MARS DOWNLOAD STARTS: IN AM LIGHTLY TOUCH RIGHT SIDE OF HEAD
AT (TEMPORAL LOBE) MARS ENERGY WILL MOST LIKELY STIR EMOTIONS,
-SIRIUS DOWNLOADS START (REMEMBER THAT THESE ARE DAILY AND GO
NTO MAY) YOU CAN SUPPORT YOUR SELF BY SAYING: NO MATTER WHAT I
AM SERIOUS ABOUT RISING

**MAJOR SUPPORT IF YOU MASSAGE YOUR WRISTS WHILE SAYING: I SUR-
ENDER TO SURRENDER

4-10-18 IMAGINE A PINK CLOAK COVERING YOU, MOVE INTO GREATER EASE WITH
THE JUPITER DOWNLOAD

4-11-18 ESSENTIAL ENERGY MOVES MORE DEEPLY INTO YOU TODAY, TOUCH
YOUR ANKLES WITH MINT ENERGY (MARS WILL BRING SADNESS UP BE AWARE)

4-12-18 CONNECT WITH THE ENERGY OF SCUBA DIVING AND GOING DEEP

4-13-18 PUSH THE COLOR ORANGE INTO YOUR PELVIC GIRDLE SAY: I MAKE THIS
HURDLE (JUPITER DOWNLOAD WILL HIGHLIGHT EARLY CHILD MEMORIES)

4-14-18 LARGE DOSE OF ACCEPTANCE WILL BE RECEIVED BY ALL SOULS TODAY
IN AM HOLD A KEY OF LIGHT AND SAY: I OPEN THE DOOR TO SERIOUS DELIGHT
(DOWNLOADS ARE SIRIUS AND MARS)

4-15-18 THERE WILL BE SOME BRAIN INTEGRATION TODAY, SPECIFICALLY A PO-
LARIZING AND LIFTING OF THE BRAIN STEM AND RIGHT TEMPORAL LOBE, MAS-
SAGING BOTH IS RECOMMENDED YOU CAN DO IT AND SAY: MY BRAIN ASCENDS I
ASCEND

THE SECOND WIND COMES IN CLEANING THINGS UP!

4-16-18 GROUNDING, EATING PROTEIN, AND GRAPEFRUIT OIL RECOMMENDED

JUPITER MAJOR INPUT TODAY - THERE WILL BE A CONNECTING OF THE
DOTS ESPECIALLY AS IT RELATES TO SOMEONE'S MOTIVES

4-17-18 INTESTINAL WALLS PRIMARY HIT FINISHES USE HONEY
IN AM IT WOULD BE HELPFUL TO SAY: I HAVE INTESTINAL FORTITUDE
I FACE NOW

VERY LARGE INPUT FROM SIRIUS TODAY—COULD MAKE THINGS SERIOUS





APRIL 2018 4CAST BLOOD DANCE DAY BY DAY
page 3 (remember BLACK means not an UPDATE)



*****BLADDER IMPACTED FROM 4-18-18 TO 4-28-18 ROCKING WILL SOOTH, REACHING DOWN TOES RECOMMENDED TO AID WITH ESSENTIAL STRETCHING, EAT CRANBERRIES, DRINK LOTS OF WATER

****REMEMBER SIRIUS DOWNLOADS ARE DAILY

THE SECOND WIND CONTINUES TO CLEAN THINGS UP!

4-18-18 LARGEST DAY SO FAR THIS MONTH, INTOLERANCE LEAVES! ITALY RISES! THIS WILL MOVE A GREAT DEAL OF ENERGY, SO AS USUAL GROUND, EAT PROTEIN, FOR AN OIL I SUGGEST SOMETHING WOODY SMELLING (EX. FRANKINCENSE)

-THIS IS A MAJOR JUPITER DAY TOO, SO CONNECTING WITH KONA IS RECOMMENDED

-FOR EXTRA SUPPORT HUG YOURSELF AND SAY: I LEAN TOWARD LOVE

4-19-18 THE IMAGE I USED FOR THIS DATE WAS A SUPERSONIC JET, I SEE A TWO PART SHIFT IN TIME SPEEDING UP THIS DAY 3:00 PM 8:00 PM

-THIS WOULD BE A GOOD DAY TO MASSAGE YOUR KNEE CAPS

- AS USUAL ON THIS KIND OF DAY: GROUND, EAT PROTEIN

- ANY SUGGESTION ON PAGE 5 WOULD HELP

-VERY LARGE INPUT FROM MARS TODAY WILL ANCHOR ESSENTIAL UNDERSTANDING OF WHAT THIS TIME IS 4

4-20-18 REMEMBERING SATURATES OUR BRAINS (THANKS JUPITER!), MASSAGE YOUR TEMPLES TO INTEGRATE IT BETTER, LEMON OIL IS RECOMMENDED, DANCING IS RECOMMENDED FOR THE EVENING (TRAKA ANYONE ;)

BONUS BOOST INLAY GOLD INTO YOUR CROWN SAY: GOING UP NOT DOWN

4-21-18 ALL THE PREVIOUS UPDATES FOR THIS MONTH ADD TOGETHER ON THIS DAY, ALL CAN BE LIFTED TODAY, MAXIMIZE YOUR LIFT BY MASSAGING YOUR ANKLES, BREATHING THIS COLOR IN THE BACKGROUND, AND USING ROSE OIL SOLDIFY YOUR ESSENTIAL UPGRADE BY SAYING: I WILL RIDE THE HEART WINDS

-AGAIN THIS IS A HUGE SIRIUS DAY (MARS WILL HAVE A LESSER IMPACT)

-THIS DAY WILL LARGELY IMPACT THE FRONTAL LOBE, BE SURE TO EAT REGULARLY AND TO GROUND REGULARLY

4-22-18 TO INTEGRATE THE SECOND WIND I RECOMMEND REST, GRAPEFRUIT OIL, THE BIRTH THE PROMISE MEDITATION FROM THE NEXT LEVEL, AND LISTENING TO CLASSICAL MUSIC

APRIL 2018 4CAST BLOOD DANCE DAY BY DAY

page 4 (remember BLACK means not an UPDate)

****BLADDER IMPACTED FROM 4-18-18 TO 4-28-18 ROCKING WILL SOOTH, REACHING DOWN TOES RECOMMENDED TO AID WITH ESSENTIAL STRETCHING, EAT CRANBERRIES, DRINK LOTS OF WATER

****REMEMBER SIRIUS DOWNLOADS ARE DAILY

4-23-18 LEMON IN WATER WILL HELP WITH OUTLOOK TODAY! MOVING BOTH ANKLES IN CIRCLES BOTH WAYS WILL HELP YOU MOVE THROUGH EMOTIONS TODAY (MARS DOWNLOAD)

THE THIRD WIND LEVELS TIME UP AGAIN FOR ALL DAYS: GROUND, EAT MASSIVE PROTEIN

4-24-18 AM BRING BLACK INTO YOUR SOLAR PLEXUS—REGULAR ESSENTIAL SHIFTS WILL JOLT THROUGH YOU TODAY, IF YOU HAVE A NICE STONE CARRY IT (THE SIGN CANCER WILL BRING SOME HIGH EMOTION INTO TODAY AND THE LARGE JUPITER DOWN LOAD WILL INCREASE IT, SO PLAN ACCORDINGLY), THIS WOULD BE A GOOD DAY TO DO THE ANCHOR YOUR SOUL EXERCISE (PAGE 6 FEBRUARY 2018)

-EXTRA BOOST TODAY SAY: GRADUAL SHMADUAL I'M READY TO GO FOR IT

-EXTRA SUPPORT LEMON OIL ON LEFT WRIST

4-25-18 MARS IS GOING TO HIGHLIGHT ANGER TODAY, AND SIRIUS WILL BE BRINGING IN LOTS-BE AWARE OF KEEPING A STRONG CORE CONNECTION (KONA WILL HELP WITH THIS)

-BREATHE MAGENTA IN YOUR HIGH HEART SAY: I AM WILLING TO BE LOVE , WILLING TO RISE

4-26-18 GOOD DAY TO WATCH THE Move EASE IN 2 U-CENTER YOU, WHAT THIS DAY TELLS ME IS THAT IT WILL BE QUANTUM CUBED, IN TERMS OF SOUL ADVANCEMENTS YOU CAN MAKE MANY TODAY, JUST MAINTAIN A SOLID CORE SAY: I AM SOLID IN MY CORE I AM READY FOR MORE

-THIS IS THE LARGEST DAY SINCE 4-21-18

-GOOD ALSO TO DO THE TRINITY SOOTHE EXERCISE ON PAGE 6

4-27-18 THIS DAY PAY VERY CLOSE ATTENTION TO PEOPLE AROUND YOU BUT MAKE SURE YOU ARE GROUNDED IN YOU: ON THIS DAY I RECOMMEND AS MUCH OF THE PAGE 5 AND 6 ITEMS AS YOU CAN DO, (I GUAGE A DAY ON WHETHER IT MAKES ME GASP/SWEAR AS I WRITE ABOUT IT, THIS MADE ME DO BOTH LOTS AND OFTEN) (MARS WILL BE TWEAKING MANY EMOTIONS TODAY)

-I'M RECOMMENDING THAT YOU CRADLE YOUR FORECAST TO YOUR CHEST IN THE AM,

I AM NOT CLEAR ON WHAT THIS DAY WILL BRING BUT IT WILL BE LARGE

4-28-18 ZAMBIA RISES! CONNECT WITH THE ENERGY AND IT WILL LIFT YOU ESPECIALLY IN THE AM, BREATHE MAGENTA WHILE YOU DO IT AND THERE WILL BETTER GROUNDING OF THE LIFT

-SIRIUS WILL COME IN BIG TODAY MASSAGE YOUR TEMPLES PERIODICALLY

-PLAY MUSIC AND DANCE PM, FOR COLOR CONNECT WITH BUTTER YELLOW

-DRAMA DIES! MASSAGING ANKLES BEFORE BED WILL STRENGTHEN YOUR INTEGRATION

4-29-18 LEMON WATER, THE DIAPHRAGM, INTESTINAL WALLS AND BLADDER WILL START BEING SYNCHRONIZED FOR SUPPORT BREATHE THE BACKGROUND COLOR AND FOCUS ON THE #1

4-30-18 RED LETTER DAY: THE DOWNLOADS FROM MARS AND JUPITER AND SIRIUS ARE GOING TO BE THE LARGEST THEY HAVE BEEN AND THEY ARE GOING TO BE THE SAME SIZE, FOR THE UPDATE IMAGE I JUST HAVE A LARGE MINT GREEN ARROW WITH A BLACK BACKGROUND, WHAT THIS MEANS TO ME IS THAT THERE IS A CERTAIN PLACE WE ARE TO BE BY THAT DAY TO MOVE TO THE NEXT ESSENTIAL STEP, HOW THIS DAY GOES WILL DEPEND GREATLY ON HOW MUCH WE HAVE MOVED (THE MESSAGE THE UNIVERSE GIVES ME WITH THIS IS NOT AGAIN WHATEVER IT TAKES TO NOT HAVE NOT AGAIN WILL BE)

BREATHE SKY BLUE INTO THE WORLD, AND PINK INTO YOU, ORANGE OIL ON LEFT ANKLE, HIP SWIVELING WILL HELP YOU MOVE , HUMMING, SAY: IN TURN ALL ALWAYS