



## **ALLORAH'S INSIGHTS**

January 19, 2009

Just under a month into the solar calendar's new cycle and we are celebrating the Chinese Lunar New Year. Sun and moon symbolize the polar energies (yin and yang) within everything and between mates, so there is something special about the close proximity of these two New Year celebrations. It is my understanding that we are moving into the year of the Earth Ox. Ox energy can tend toward the conservative and traditional. It has been noted that Ox years bring in steady growth and stability. These energies are most welcome after the financial fallout of the past year. This Ox energy trend will be enhanced by Pluto's journey through Capricorn as both 'Pluto in Capricorn' and the 'Ox' honor our efforts by providing a harvest befitting the efforts we have made and continue to make.

Having said that, I must emphasize how important it is that we keep our focus on that which we are creating. The key is that we are going to reap from what we've sown so please tend to the garden of your life with patience and perseverance. This is one of the ways in which the conservative, traditional traits of Ox can serve to help us rectify the havoc that came from our time of "money as god" mentality. The return to fair and life affirming exchange for honest work will net some beautiful results and stimulate deep healing for all of us.

So, how do I recommend we tap into the energies I've talked about in my last three cyber monologues? Consciously! With all of your being, reflect upon the life you desire and on the changes you wish to make. To do this: feel, visualize, ponder, meditate, imagine, dream and you will tap into what your heart yearns for. Bring all your senses into play and you will know what it is you truly wish for. A friend suggested that I write out my life as I desire it to be in the form of a story written in the present tense. I offer that same exercise to you. What you are going for is intimate connection with the vibration(s) you desire. When you can "see, read, or imagine" the story, you automatically tap into the emotion that you are wanting to feel. As these emotions gain strength our vibrations come into alignment with what we are wanting.

I remember spending time with a friend and her six year old, he was making "bath-water milk-shakes" on which he would place "puffs of whipped cream" made from soap bubbles. He would then hand the "treat" to his mother who would eagerly pretend to drink it. He did not expect her to ingest the soap and water; the pretend factor was a large part of the fun of the game. When we are young, we are able to play and be completely enchanted while fully aware that part of what we are playing with is tangible and part is imaginary and therefore not tangible. It is this awareness that keeps us balanced. As adults we have been taught that this immersion into fantasy play is immature and as a result many of us shut that part of ourselves down, feel embarrassed or lie about it. That is unfortunate because in the state of childlike wonder, everything is possible. We are able to be rational and visionary at the same time.

Consider making it your practice to marry the inner world with the outer. Lunar and Solar, Earth Ox and 2009. Both are real and both contribute to your journey and experience.

Namaste,  
Allorah