

OAK MOON MAGAZINE

JUNE 2010

SACRED EARTH RETREATS©

Before printing this, please consider the environment!

Note: This magazine is intended for the sharing of information about the Earth, so please feel free to pass it on, or if you want to be removed from the circulation list, just send an email reply to info@arthurianschool.com with the word "unsubscribe" in the heading. Thank you.

EARTH teach me stillness
 as the grasses are stilled with light.
 EARTH teach me suffering
 as old stones suffer with memory.
 EARTH teach me humility
 as blossoms are humble with beginning.
 EARTH teach me caring
 as the mother who secures her young.
 EARTH teach me courage
 as the tree which stands all alone.
 EARTH teach me limitation
 as the ant which crawls on the ground.
 EARTH teach me freedom
 as the eagle which soars in the sky.
 EARTH teach me resignation
 as the leaves which die in the fall.
 EARTH teach me regeneration
 as the seed which rises in the spring.
 EARTH teach me to forget myself
 as melted snow forgets its life.
 EARTH teach me to remember kindness
 as dry fields weep with rain.
Ute Prayer

Hi everyone!

Growing with the Earth:

Recently visiting the incredible Mayan Pyramids of TIKAL in Guatemala, I became aware of how important it is at the moment to tune in and "grow" alongside **with** the Earth in her process of change. Because this process is also bringing incredible opportunities for growth and evolution to us as a humanity.

And so, while meditating on top of Pyramid IV – high above the jungle - I saw how an ancient chakra of the Earth is awakening at the moment that will enable the Earth to raise her vibration and become more authentic – to be more of the loving, giving mother that is uniquely herself.

And I realised that this awakening process of the Earth is also giving **us** the opportunity to awaken more fully our own AUTHENTIC SELVES.

What is our AUTHENTIC SELF?

The Authentic Self is one's true self, the self that is not being influenced by what others think, or trying to conform to the norm. It means being who we really are, not what we think we should be, or what we have been made to believe we are. It is letting go of all compromise and living a life that is fully and **uniquely ourselves**.

And we are all different and unique! - we are meant to be that way.

From that place only comes wisdom, peace and true creativity. Then we can start living fully in accordance with our soul plan and what we have come to do in this lifetime, because we are contributing to life our true gifts and energy. Being authentic is the only place where we can be truly happy and stop searching for what is missing in our lives.

BUT OUR AUTHENTIC SELF requires us to release old limiting ideas and structures:

Some of you may have read a recent channelling by Patricia Diane Cota-Robles (<http://eraofpeace.org> - see an extract from it later on in the magazine). What struck me particularly is the idea that all old structures that have created suffering and pain are breaking down and that there are already blueprints in place for a world where we live in peace, happiness and spiritual abundance- but that means that many of us will have to let go of our conventional jobs and involvements created by these old structures- a very uncomfortable thing to do!

I sometimes find myself wondering how I could cope without a financial system where there are no banks! Recently a British economist said that he realised most people can more easily imagine the end of the world, than the end of our capitalist system!! How this reminds me of the time of slavery when everybody said it was impossible to abolish slavery because of everyone being in one way or other connected and dependent on it- whether it was the church holding huge property investments in the slave farms, or an everyday person eating sugar from the slave plantations without any thought of how many people had died in the process of production.

Yet that old system was abolished and in fact everyone benefited from it- and here we are today!

Being AUTHENTIC means that we are being asked to let go of compromise in the kind of work we do. Many have experienced this already: whether because of bad health forcing some radical work changes, being retrenched, or just simply deciding to change direction because what we are doing, simply just does not make us happy and goes against the ethics of what we now have come to value.

I read something recently by someone who is still into “hard selling” of her services. It made me feel so uncomfortable although she really was just doing it the old way. As someone said to me - this way of doing business is just not going to be sustainable for the future. We need to bring in a different awareness of caring and balance. Rather a thought of what we can contribute instead of always just what we can get from it.

And that is hard for each one of us in the Western world who have been so conditioned that we will not survive unless we compete and do “better” than the next person. A world that has taught us that we can never live our dream unless we starve!

Well the Earth is supporting us now to make these changes- anything that we do that is part of our Authentic Self is being supported to flourish and grow, just like beautiful flowers that inevitably will unfold in the spring.

All we need to do, is hold that intention to be authentic and start bringing it into our thought processes and decisions (whether big or small!).

2010 is a year of many Earth changes- make this also a part of the inner change of you!

With special blessings for the important time of SOLSTICE on 21st June – and may you grow as the EARTH prospers and grows - she has many blessings and lessons of growth and she is doing it right here - beside us!

Lets grow with the EARTH.

With Love

Elizabeth

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“Revitalise and Enlighten your Life with the Moon”

THE MOON CYCLE OF JUNE

We are in a new cycle of the Moon that is traditionally called the OAK MOON in Celtic lore. The full moon falls on Saturday, the 26th June in the sign of Capricorn, an earth sign that teaches us lessons of responsibility.

On the 14th June it was the Egyptian “night of the teardrop” where according to Egyptian legend, Isis’ tears for the death of her husband Osiris begin the flooding of

the Nile – a very important time in Egypt so that there are good harvests and fertility from the Nile waters.

Very importantly, Pagan Solstice day is celebrated on Monday, 21st June when the sun is at it highest point and starts to turn again.

For those lucky ones of you in the Northern Hemisphere, it will be your Summer solstice with the longest day of the year. It is celebrated traditionally as the triumph of light and the ecstatic culmination of the sun when bonfires are made on hill tops, with singing, dancing and celebration! Wait for the dawn and greet the sun when it rises.

And where better than to do so at a sacred stone circle! The energies during solstice are always powerful, so tune into the Sun with your heart and use your intention to create the changes we need for our planet. It is time for us to remember who we are, because in that memory it is said that we can bring through abilities that we have not used or accessed since the times of Lemuria and Atlantis.

Here in the southern Hemisphere it will be our winter solstice with the promise of the sun returning – and after the positive energies of the World Cup for South Africa, we need to make sure they stay anchored here also for Africa, the continent and its future.

WHAT ARE THE PLANETS UP TO THIS MONTH?

Magnificent evening planets and important Pacific eclipses

The planets Venus, Mars and Saturn are at the moment moving gradually closer in the evening sky and at the end of this lunar month they will look magnificently together after sunset.

Venus is becoming brighter and brighter and on 10th July, it is just north of Regulus, the bright star of Leo.

Jupiter rises around midnight and is prominent in the morning sky. The moon is nearby on 3 & 4 July.

On 26th June there is a partial eclipse of the moon that is visible for those of you in Australia and over the Pacific. On the 11th July there is a total eclipse of the sun that is visible from the South Pacific, especially Easter Island (for those of you who have not seen the amazing sculptures and figures of this very mysterious Island google it!) and a partial eclipse being seen as far north as the Galapagos Islands as well as western parts of South America. Totality is seen in the Cook Islands and French Polynesia. Those of you in Argentina and the south of Chile will be able to see it too at sunset.

The solar eclipse feels very special for awakening a lot of wonderful ancient Lemurian earth energies. Try to tune in on the 11th July with meditation- even if you

cannot see the eclipse, you can feel it energetically and become connected with what is happening elsewhere on the planet.

ENVIRONMENTAL CONCERNS

Mexico Gulf:

Having just returned from a trip to the amazing nature of Mexico & Guatemala with coastlines bordering on the Gulf, the impact of this crises is just beyond imagination, although I do and always will - believe that if we humans take responsibility for what we have created and work alongside with the Earth, the Earth has an amazing ability to heal and restore herself. I have seen this so many times in the area where I live where there are often devastating wild fires. BUT THE QUESTION IS: DO WE LEARN ANYTHING FROM THESE DISASTERS TO CHANGE - OR IS IT JUST BUSINESS AS USUAL?

Every intention matters, so when you are near the sea or even just think of it, send your love to the water and the animals and all of the sea life that are under great threat at this time. And remember that the oceans are all inter connected- so it is not just THEIR problem, it is all of us that will ultimately be affected!

For those of you who work with crystals, I am also including a meditation with a crystal grid that has been made available by LAZARIS in the USA (some of you may be familiar with his work in the States) - here is the link (see the amazing crystals!):

<http://www.lazaris.com/gulfgrid.html>

Protect the whales

I am aware of the argument that by legalising the hunting of the whales, we in fact are better able to control it, but it still feels to me against the grain not to make a stand about their killing.

Here is the link if you want to sign a final petition against the hunting of whales- but do it soon- there is a timing limit on it:

https://secure.avaaz.org/en/whales_last_push/?v

EARTH CHANSELLINGS

Here is the extract of the recent channelling by Patricia Diane Cota-Robles referred to above that I feel sums up so much of what is happening at the moment with the Earth (my underlining):

THIS IS A VERY IMPORTANT TIME

by Patricia Diane Cota-Robles

June 7, 2010

<http://eraofpeace.org>

All we have to do is turn on the news to see that we are in the midst of a very tumultuous time on this planet. Challenging and even catastrophic things are taking place in every facet of people's lives. It is very easy to feel overwhelmed and fearful about the future and what is going to happen to us and our families. Unfortunately, our fear just compounds the problem and motivates us to cling to the old paradigms that are surfacing to be healed and transmuted into Light. Even if our old behaviour patterns and our previous ways of thinking and acting have made us miserable, at least they are familiar to us and we know what to expect. As the expression goes, "Better the devil you know than the devil you do not know." This attitude is common, but nothing could be more counterproductive during this time of transformation.

Contrary to outer appearances, the things that are occurring all over the world are not going to destroy Humanity or the Earth. These horrific things are coming up to get our attention and to motivate us to find a better way of interacting with each other and the Earth. We have been buried in our own self-inflicted pain and suffering for so long that we are numb. We have fallen into the destructive habit of using extreme pain as our motivator. Unless something catastrophic happens in our lives, we just muddle through each day without paying much attention to what we might do to make things better. However, when something disastrous happens in our personal lives or on the planet, we start scrambling around to see what we can do to correct the situation.

The devastating environmental disaster occurring in the Gulf of Mexico at this time is a prime example of this Truth. We have known for decades that oil and coal are polluting the planet and wreaking havoc in the lives of people everywhere. Time and again, awakening souls have tapped into the Realms of Illumined Truth and come up with clean energy sources and technologies that would eliminate our use of oil and coal. Because of the power and money associated with the oil and coal industries, these new methods of energy have always been suppressed and hidden from the mass consciousness of Humanity. People have come to the erroneous conclusion that we must have oil and coal in order to survive and maintain our livelihoods. Even now, with oil destroying the precious wetlands and ecosystems in the Gulf of Mexico, many people there are upset that President Obama has called for a moratorium on deep-water drilling. This is a graphic demonstration of Humanity's distorted perception at this time.

Our lives are so interwoven with the very things that are causing the problems on Earth that we feel we must perpetuate them in order to survive. This illusion is the direct manipulation of our fear-based, fragmented human egos. Our lower human egos believe that the physical plane is all that exists and that our purpose and reason for being is to gratify our physical senses. Our human egos are aware that we are awakening and that our God Selves are beginning to reclaim dominion of our lives. Our egos are fighting tooth and nail to prevent our God Selves from taking back the power this wayward aspect of our personality usurped after our fall from Grace aeons ago. Breaking the bonds of the paralyzing grip our human egos have had over us for lifetimes is the next critical step in the unfolding Divine Plan. An activity of Light that involves the God Selves of all Humanity and the entire Company of Heaven is now underway. Please step back, take a deep breath, and release any fear your human ego may be using to try to manipulate you. Allow the Divinity within your heart to expand and expand as you read these words with an open heart and an open mind. Miracles are happening and we are receiving more assistance from the Company of Heaven than ever before.

For some time, the Company of Heaven has been telling us that one of the greatest needs of the hour is for awakening Humanity to attain our financial freedom. This is a vital and necessary facet of the Divine Plan. The viable solutions for all of the maladies existing on Earth are beginning to flow from the Realms of Illumined Truth into the hearts and minds of Humanity. In order to bring these powerful solutions into physical manifestation, awakened people with a higher consciousness need to have the financial support to bypass the old paradigms of greed and corruption. It is the abuse of money and the compulsive greed of our human egos that have

caused the appalling poverty and the inequitable distribution of wealth on this planet in the first place.

The Beings of Light have confirmed that at this very moment there are patterns of perfection in the Causal Body of God that contain practical solutions for every negative situation manifesting on Earth. These include solutions to our energy crisis, pollution, global warming, disease, poverty, crime, aging, hunger, homelessness, war, and every other human miscreation. Amazingly, there are people who have been manipulated by their human egos into suppressing the knowledge and the technologies that are available to solve these problems. Through their limited, fear-based consciousness, all these people can see is what will happen to their present financial situations if these problems are solved.

For instance, what would happen if all of a sudden disease and the degenerative process of aging were eliminated from the planet? Imagine the number of people who would be out of work: doctors, nurses, hospitals, nursing homes, rehabilitation centres, pharmacies, drug companies, medical insurance companies, and all of the workers who support these industries. Millions of people have a vested interest in keeping us sick.

What would happen if war was eliminated? If you will remember, just before September 11, 2001, and the manifestation of the Afghanistan and Iraq wars, there was a lot of talk about having to close some of the military bases in the USA for financial reasons. This was causing a great deal of concern for military personnel. Look at the millions of people who would be out of work if our military complex and the war machine were no longer needed. There are millions of people who have a vested interest in perpetuating war.

What if Humanity remembers the Oneness of Life? What if we all recognize the Divinity within each other, and we truly develop a reverence for all Life? Crime, corruption, violence, greed, and everything associated with the criminal aspects of our present existence would be eliminated.

Think of the number of people who would be out of work if we no longer needed the criminal justice system, police, security officers, prisons, prison guards, criminal lawyers, et cetera.

What in the world would we watch on television or in the movies? It is interesting to observe that since many of the prisons in the USA have been privatized, the population of the prisons in this country has more than doubled. Prisons cannot succeed as a private business without lots of prisoners. There are millions of people who are vested in keeping crime alive and well.

When we ask people if they want to see disease, war, and crime eliminated, they usually say "of course." But when their livelihoods depend on these things, they are afraid of what will happen to their financial security if these conditions cease to exist. That fear creates an underlying need that perpetuates the painful things people say they would like to eliminate.

We are so accustomed to living with disease, war, and crime that we think they are normal. We cannot even imagine living without them. The concept of a world without these maladies seems unrealistic and far too good to be true. Our Father-Mother God and the Company of Heaven are striving to remind us of the fact that these terrible things were never part of our Divine Plan. We created them through the misuse of our thoughts, words, feelings, and actions and they are being perpetuated and sustained by our fear-based human egos. It is time for us to stop this insanity. It is time to turn things around. We must free ourselves from the paralyzing grip of our human egos and raise our consciousness. Instead of looking at the outer world and coming to the erroneous conclusion that this is all there is, we need to see the bigger picture. WE ARE COCREATING THIS REALITY!!! Everything existing on Earth at this time is the result of Humanity's collective consciousness. If we do not like what is happening in our individual lives or on the planet, we can join together and co-create a new reality. Our task is to have enough of us focusing our attention on the patterns of perfection for the New Earth to reach a critical mass. When we lift our consciousness, we realize that we can tap into the patterns of perfection in the Causal Body of God. We have the ability to co-create wonderful new ventures and avenues

of employment that will secure our financial freedom while blessing and enhancing all Life. We do not have to limit ourselves to the parameters of what currently exists on Earth. We do not have to perpetuate pain and suffering just so we will have enough money to survive. This distorted belief is a trap that our human egos created in order to control us.”

And a channelling from ALUNA JOY <http://www.kachina.net> (my underlining):

Within the next three months (this summer), we will see unstable accelerations in our physical and spiritual worlds. Humanity needs to release a deep heart awareness that has been stored for eons. This could be activated by the upcoming planetary alignments and global celebrations that are planned for this summer. The volatile energies will be lessened when we use our light and energy for service and raising the collective consciousness regarding the unity and oneness of all life.

All life in this dimension is under a tremendous burden to change and transform. We can see shifts in ecological, economic and social predicaments occurring already. We all feel this pressure. We are receiving strong messages now to where we need to be or not be. Mother Earth is speaking and encouraging us to listen. It is important that we do not cling to old plans or habits out of fear. It is our time to lead with our hearts.

Maya calendar dates that fall from July 23rd through August 26th are also going to prove to be very powerful, especially August 17th through August 26th. The Solstices (and equinoxes) are four of the most powerful days of the year to work with collectively. The ancients have known that these days hold powerful healing energy, and these days were used to bring deep healing and awakening to humanity. By participating in ceremony within the power of the solstice, you have a chance to gather this energy, manifest our dreams, and heal our world.

What will begin with this coming solstice (June 21st) will be felt for years to come. We will be compelled to be of service and begin to manifest our dreams. The days ahead are laced with great potential and wisdom necessary to awaken and shift human consciousness and manifest a new world. We must find crucial and indispensable courage laced with humbleness that will enable us to walk forward and create a new world that is based in love, compassion and oneness

The Full Moon and Partial Lunar Eclipse on June 26, there is a grand cross alignment that occurs. This grand cross can be a very optimistic sign, and many call it a birth of a new Spirit that will uplift our energy, and open our hearts. If we look back, we can remember the grand cross of 1999, and it was life changing for me in a positive way.

This summer (mid-June through mid-August) is going to be an intense time of worldwide dramatic change laced with endings of things no longer needed, and the birth of new beginnings. As an old teacher once said to me . . . The only way out is through. The Star Elders say that the way through will be made easier if we cooperate with one another, let go of our attachments to who is right or wrong, and allow the days to simply unfold.”

EARTH MEDITATION TO CONNECT TO YOUR AUTHENTIC SELF

Special Earth crystal to assist with this meditation:

A crystal from the Earth that can help you with healing and bringing you closer to your Authentic Self is OKENITE. For those of you who are not familiar with this crystal, it is truly beautiful- a bit like the energy of the moon- white, soft and incredibly delicate and pure. Its qualities to heal are as follows:

Okenite helps you to understand how your past is influencing your present, so that obstacles are cleared from your path. It links you to your Higher Self enabling you to consciously manifest your purpose and helping you to fulfil it. In doing so, it enables you to complete your karmic cycles, and this in turn accelerates your spiritual growth.

(Generally, you may also see the wonderful books of Judy Hall on crystals and how to work with them.)

Meditation:

Settle yourself in a comfortable place – where you will not be disturbed.

Now in your mind, set the highest intention for the meditation- to work only from the heart and not the ego and for it to be for the highest good of all.

Imagine that in your right hand you are holding a beautiful Okenite- it is small, fitting just into the palm of your hand, it has a round shape and is coloured white. Take a while to imagine the sensation and feeling of it in your hand - you may imagine a tingling feeling, or a slight sensation of warmth, or just the slight weight of the crystal resting on your palm.

Feel the energy of the crystal building and it getting stronger and stronger. Imagine it to be like a really good friend- there to support and help you and to be with you with kindness and love. Thank the crystal's energy for being with you and helping you to raise your vibration.

Now take your awareness to your physical Heart and slowly move up into the higher heart chakra located just above it (the Cosmic Heart). Imagine that the higher heart chakra is opening its delicate petals like a beautiful flower. Feel your higher heart chakra also making a connection to the Okenite crystal that you are imagining holding in your hand. Feel your deep connection to Mother Earth through holding the crystal.

Take your attention to the crown chakra or energy centre on top of your head. Allow this chakra to fully open and you may feel it like a string that is pulling you up. Consciously allow your vibration to rise, to reach the highest possible level.

Now invite your AUTHENTIC SELF to move down and more fully enter your body through your crown chakra. Feel your AUTHENTIC SELF moving slowly down through the chakras and starting to enfold your whole body. Experience the love your AUTHENTIC SELF has for you and the wisdom it carries.

Draw that love deep into your being.

Invite your AUTHENTIC SELF to also move into your heart and for it to manifest more fully in your life through your heart.

Feel how your vibration has been raised and how more connected you feel to yourself. You feel more solid and grounded in your heart.

When you are ready to end your meditation, ask your AUTHENTIC SELF to remain with you, safely in your heart but continuing to expand your higher awareness.

Slowly imagine closing all your chakras (including the ones above your head) like flowers close for the night. Bring your attention back to your feet and imagine that there are roots growing from your feet into the Earth, as if you are inside a beautiful tree.

Now thank the energies of the Okenite and the Earth that have been with you in the meditation – thank them for helping and that you are able to grow and accelerate your spiritual growth with them.

When you are ready, open your eyes. Drink some water and you may need to rest for a while, allowing the energy changes in your physical body to stabilise.

UPCOMING SACRED EARTH RETREATS

Please see the attached document called MOON MAGAZINE JUNE 2010 RETREATS INFORMATION.

There is a very interesting ISIS HEALING TRIP TO EGYPT that is happening in October. Be wonderful if you could join us!

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"Revitalise and Enlighten your Life with the Moon"
