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**Spiritual Journey ~ Caribbean Cruise**

Join us in fun, laughter, healing, learning & spiritual growth, as we sail the waters of the Caribbean, anchoring the new 10-10-10 energies.

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We anticipate a very special group, and encourage you to book early to ensure your space.

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**Sailing date Oct 9, 2010**

## Moving Towards The New Energies



These last several weeks, as the new energies continue to seep into our bodies at all levels and into the Earth, I have had surprising experiences. In my meditation/channelling, the messages have been about the new energies, about the transition, and about patience, as well as the importance of keeping my heart open.

I know these energies have not been anchored on planet Earth for thousands of years. I know this is a new time, a new dawn. I know the shift for all humanity's consciousness is beginning to unfold at a rate we have never seen before. I know that all of you reading this have been a part of this creation, as all other love & light workers have been. **I, and many others, are optimistic and hopeful for our future, and for the planet.** It is an exciting time to be incarnate on planet Earth, with Mother Gaia!

So as all the new is birthing, why do I feel so physically tired and drained? Why do I feel in limbo, without purpose or direction? Why is so much chaos happening around me and with me when it normally never does? Why do I feel so stuck? Why do so many others feel the same way? Where is the grace and ease?

Up until now, many of the energetic changes that have occurred have made me feel lighter. They have given me a greater expanse of love in my heart, made my eyes brighter and filled me with joy and excitement. Others around me, those grounded in the current 3D reality, have seen me change and often commented on it. But this time, this energy, this experience is what is so surprising. It is not the joyful experience I have previously had.

After more meditation clarity has come through. **This is the grace and ease.** Even the blimps we are experiencing have been altered and softened. This is the time of transition, and the releasing of the old patterns and old energies causes some of the chaos, which then makes way for light and love and new frequencies. We are asked to be patient and realize that this will continue for several more weeks. We are protected. We are held in the love and light, the grace and ease. We are being prepared, on levels so deep that our cells are changing: to live this new energy, live life on planet Earth in a new way, with new eyes, new perceptions, and new realities.

So, as you observe your life, and all that is happening, hold on, and remember we are wrapped in grace and ease. **Be patient, hold your heart open, give love and light to others. We are almost there!**

*Ana La Rai is guided to be in your service. Call her at 250-240-3898 for info on workshops and events or personal consultations. See her ad on this page.*