



PAWSitively Yours from the Sceptre King

Well it's no secret that I AM getting older. But I'm pleased to report that I expect I still have enough of my 9 lives to keep me going for some time yet. So you can imagine my shock when I was cat-napping recently, with one ear open of course, and overheard some two-leggeds discussing my health.

'Well,' one of them said - 'he IS getting older, that would explain why he is sleeping so much lately'. "WHAT," I hollered! "WHAT did you say! Have you gone mad!" Well of course they didn't understand my message and carried on about their business...or someone else's...since that previous conversation was all about mine.

So it is time for me to take matters into my own furry paws and write you this note in a way you can see for yourself. Fact is, YES I am sleeping more but it is not because I am old (well not totally) the young twerps are sleeping more too. Rather it has everything to do with all these new vibrations blasting their way to Mother Earth. In fact, if you consider just how much the felines contribute to the dispersion of those high frequencies for the good of all...Well wouldn't it just make sense we were more tired than usual? Actually if you want to think of it from another vantage point...just like you, sometimes we are better equipped to monitor energetic realms from an altered state

of consciousness - which napping provides. In that state we are less distracted, our physical bodies are in a quiet place of manifestation and we are quickly able to help make good things happen. PLUS we are more aware if anyone is trying to alter the new codes and thus we can counteract that in an appropriate manner. Guardians of the Gateways - that's us in these times of transformation.

The point is, sleeping is good for us and also for you right now. You would likely find life a little less stressful yourself if you took a little extra down-time to integrate all the changes you are presented with.

And boy oh boy, bless my fancy whiskers and white heart, there are plenty of challenges being dished out these days and they don't arrive on an oyster shell. I mean this year of 2011 was projected to be a year when THE TRUTH would be revealed and that which was not true would filter away. You know, 'bye bye' to the illusions and make way for the positive transformations. It's a special time that demands special attention. The fact is, some things have pretty amazing long term ramifications, but uncomfortable short term ones. Like 'ya know', say your favourite little alley cat runs off with some 5-toed big guy, cause she thinks he's so unique compared to you. In case you haven't figured it out, when you are in a 'frump' you don't usually attract the best of experiences...so THEN, one day after you stopped feeling sorry for yourself, you spot a blue-eyed beauty sitting on the new neighbour's fence post looking at you with great adoration! Whoo hoo...Suddenly in that moment you realize you are as free as a bird and blessing the alley

cat for giving you some space! My point is, sure it took awhile but it was worth it!

Well maybe it's not quite like that for you, and likely you would not be too wise to start hanging around dark alleys at night...but you know what I mean. I hear people fretting about jobs and other people and health and heaven knows what...all the while forgetting that we really need to relax and slow down for a moment. Pause and breathe - and trust that every thing is in the good hands of the 'big cat' in the heavens. Just let everything settle down before you react out of fear. I heard the neighbour talking about how when he was afraid everything was worse and when he forced himself to focus on some good thoughts, his life turned around for the better. It is a powerful time of making things happen but whatever you choose - it is going to be BIG. I think we should help each other think MORE GOOD STUFF. It can happen with practice!

So I've been making it a habit of using my extra nap time to tune into all the LOVE intensifying in the air, and trying to keep it stable until you all get used to it. Extra love is a good thing to have to get used to, though I admit, sometimes you have to be a little braver. So I'm going to send you a special big hug when I'm napping. From my heart to yours, via the new vibrations and then perhaps you'll feel better when you are upset for a moment.

Do I know if it will work? Nope! But I know it can't hurt - and you can do the same thing for others too. I can tell you this though, as sure as the leaves change colours...that LOVE makes things better! /SK

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