

To The Sun



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Greetings, dear friends. I am so pleased to have the opportunity to share with you some of my thoughts, experiences and reflections during these amazing and often mind-boggling times.

I am the recipient of a steady flow of channelled information, regarding everything from solar magnetism and resulting Metatronic frequencies, solar magnetic field fluctuations and their effect on ionic fields, critical mass and related group consciousness, and connecting with our own prism heart radiance with intention and sharing that energy with the universe. I have no doubt this abundance of material is divinely inspired and I am truly grateful to receive it; however I must confess that I often find the language and content of these masterpieces bordering on overwhelming! Perhaps just like you do, as you become more connected to your own higher self. I also had the opportunity to spend time with Grandma Chandra during her visit to Vancouver Island and several times I found myself in the company of people who were in full telepathic communication with her, regardless of her physical proximity, while I was completely unaware of any such exchange! This was reminiscent of a Star Trek episode; a very surreal experience, and a definite indication of a New Age on Planet Earth! In these high energetic times, as we are given the opportunity to align ourselves with our own source of light, it is important that we be content to be ourselves, knowing our paths are sometimes different than others - no better, no worse - each of us simply unique in our own way.

There is so much new information coming through, offering guidance and direction as we and our beloved Gaia shift into higher frequencies as the vibration of the planet spirals upwards. **How does one sort through all this information and remain grounded?**

I have been reminded that a powerful tool available to each of us is light – sunlight, actually. A great deal of research was done in the 1930s regarding the use of light for physical and emotional healing, re-visiting the wisdom known to many cultures for thousands of years. Today’s scientists are reviewing this research as an alternative to current pharmaceutical practices and challenging the suspect research that resulted in

and Back Again

decades of fear-based responses to UV ray exposure.

Consider, dear ones, that when we believe ourselves to be one with Gaia, we then naturally presume ourselves to be in sync with her rhythms and seasons. There was a time when this was indeed true but, with the evolution of the artificial light and man's ability to extend daylight hours, we lost our connection with the natural passage of day into night. As we created increasingly stronger dwellings to withstand the elements, we further lost our connection with the seasons.

It is the simple process of receiving sunlight through our eyes that keeps us synchronized with Gaia and her seasonal changes, triggering our ancient knowing to prepare for winter as days become shorter. To put it briefly, the finding of many highly respected scientists and physicians indicates that **“the human body is truly a living photocell that is energized by the sun's light, the nutrient of humankind”**. We as human beings are nourished directly by the stimulation of sunlight!

Just think about this past Spring on Vancouver Island, with its record number of dreary, rainy and overcast days...we suffered from light deprivation, which effects our moods, energy levels, physical and mental health. **The sun's vibrational energy is the most potent life-sustaining force in our immediate solar system!** So be sure to enjoy those sunny days while you can!

Reflect for a moment on how you feel on a bright sunny day; do you feel more alive, more connected with your Self, more connected with Gaia? You are indeed more connected, more grounded, simply because you are receiving sunlight through your eyes. That light recharges your cells and harmonizes you with the ebb and flow of Gaia's being, chording you to her Golden Heart. A more stable source for grounding you would be hard-pressed to find. Simply open your eyes, and literally receive the Light of the Sun. How wonderfully easy and simple is that?

*I enthusiastically recommend reading “Light, Medicine of the Future” by Dr. Jacob Liberman.

Mikeoula works and plays on Mother Earth in service to Love and Light. She may be reached at 250-871-4882. See ad next page.



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