

Feb 18, 2012

Jesse Sia "Riding the Waves of 2012 (and Beyond)"

Jesse Sia has been a student of consciousness for almost thirty years. She has spent many years with her first Teacher, learning to ground, to navigate and clear the subconscious and unconscious worlds in order to heal herself and others, and to open and balance the energy centers of the emotional body. During this time she also traveled with a group to various parts of the world, with the intention of assisting the Earth with its healing process and retrieving ancient wisdom. Between 2005 and 2009 she studied intensively with Master Chunyi Lin, and she remains deeply grateful for all that she learned from him about forgiveness and compassion. In 2009 she attended the Gateway Program at the Monroe Institute. This training opened new doors into non-physical reality, and has allowed her to work more directly with her guides and other teachers. Jesse is deeply grateful to her many teachers, physical and non-physical, for their patience and wisdom, and for the grace that shapes her life and allows her to continue to evolve into all that is possible.

Know what keeps you stable (and let go of the rest of it)
Honor the body
Good food, enough water, rest
Lighten the load
Let go of what you no longer need (Feng Shui: "Clear the Clutter")
If something is weighing on you, take care of it
Stay connected to the Earth
Spend as much time as possible outside, connecting to the earth
Ground, ground, ground
Strengthen your connection to unseen worlds
Practice letting your intuition guide you (finger growing game)
Use meditation as a tool to assist you
Listen
Trust
Stay calm
Work with the energies coming onto the Earth,
They are neutral -- they can be directed in any way we choose.
Recognize that you're part of the group mind
Stay in present time
Practice spiritual maturity (seniority around the idea of 2012)
Use meditation to clear your space, to help you ground, and to
keep you in present time
Walk or lay on the Earth to help you ground
Recognize that nothing is secret any longer
The nonphysical (thoughts, emotions) is manifesting into the
physical faster as the vibratory rate rises
Let go of fear

Let go of negativity (ex., political arena)
Let go of judgment
Focus on what you really want
Know your passion -- go for it!
Peace, Joy, Community: Thrive
Acceptance allows expansion
Align your thoughts, words, and deeds

Most of the changes this year are meant to be internal
We're moving mountains inside, not outside
The changes we make internally will manifest in the outer world a little later