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GLOBAL WARMING OF THE SPIRITUAL KIND

Aluna Joy



This past April and May has been a rollercoaster ride of energy. The waves of energy have risen up to an entirely new level. How long can you tread the wave without drowning? We are now having global warming of the Spirit, and it's getting HOT! We have finally gone from feeling stuck on the edge the abyss (2004-2005), to feeling pushed off (2006), to full on jumping into the next reality (2007!). Even if we don't feel ready for the journey, we are on our way. It has been a high

and powerful time for us all. It is almost too much for a body to come to terms with.

All around us the signs are getting clearer. The heightened energy is bringing up anything and everything we have hidden inside. The ugly monsters are coming out of the closet, and they are not happy about it. If you have done your spiritual homework, you might be simply feeling wound up, scattered, dizzy, lightheaded, overwhelmed, and life seems to be skipping around a bit. If you have not done your homework, then you are most likely not reading this, and are busy sharpening pointed objects because you feel so agitated that you want to hurt someone. This is just as the Star Elders predicted some time ago.

I was in Mt. Shasta the first week of May for the WESAK full moon Celebrations. I was feeling like I was going



to spontaneously combust on the energy in the weeks leading up to this event. At this point on my path, I have learned to not take these things personally, as I seem to be a barometer for the planet. Oh it is great fun :) Just as full moon peaked, it shifted into a deep feeling of sadness that felt similar to a day when you have to attend the funeral of a loved one. The sadness came from very deep place inside. At the conference, I spoke about this and many in the group were feeling this also. It was a relief because so many people just wanted to feel good, and they didn't want to admit that there was something going on. You know . . . the old "it's all love and light" program (also known as New Age denial).

By the evening of May 5th, it ALL suddenly shifted! I was so high and full of LOVE, and I felt like I was glowing from the inside out :) That evening when I turned out the light to go to sleep, I could see a white-purple light coming from behind me . . . it was ME! I could see this glow around my peripheral vision.

It had been a day of extreme duality going from death to resurrection in one day. I know if this happened to me, many of you felt this also. I think we got a week or so of vacation after that blast.

FYI . . . you and I are not going crazy, but this was the greatest abyss we have jumped thus far. The Star Elders said we took a GIANT LEAP into unknown worlds, and the door quickly slammed behind us. In dimensional travel, there are three steps to shifting. I think we just went through the first door.

If planetary ascension is similar to a person shifting dimensions, then the next step could be quite scary. Step One . . . you get shoved out of your comfort zone (things feel uncomfortable). Second Step . . . you forget this world; it just disappears (this is the scary part). Third Step . . . you watch the new world emerge in front of you (This is the amazing part). I have gone through these three steps a couple of times . . . only briefly, that is why I know a little bit about this. But . . . I could be completely wrong about what we go through as the planet ascends. We have never done this before. I am just paying attention to the clues. So . . . there is no going back now. If you are still wishing for the good ol' days . . . give them up. They are not coming back. But the Star Elders say we can create something even better. Are you game?

Well, I am happy to say that I survived these last 2 months, and if you are reading this, you survived too! So the question is . . . "Who or what died?" Did more of our old programs die? Could it be that we have to die to this world in order to enter into the next one? My Peruvian guide, Willaru Huayta, says that attachments to this world keep us from moving into other dimensions. One of Jeshua's disciples, Paul, said "I die daily". So . . . are we finally giving up, letting go and going all the way with total surrender? Are we beginning to build a new life, a new reality, and a new world? Oh yes we are, and this is how I arrived at this conclusion.

The Ascended Masters and the Star Elders say this most clearly now. It is time to finish up the hard work that we started. It is time to begin to materialize, manifest, create, etc... the next world. This will take building bridges between this one and the next. They don't mean energy connections mind you. They are talking about building real, physical, tangible bridges between this one and the next one so we can cross over... ascend... anchor heaven on earth... what ever you what to call it. This is the time WE

are going to attract the new world into this reality! So how do we do this? I will share a few clues I have been collecting. I know this is just the beginning of something GRANDER and BIGGER than I can conceive. If you think you know what is going on . . . well, you probably don't.

EXPECT THE UNEXPECTED . . .

By remembering that what is ahead of us is huge and bigger than we are in this moment, it helps us to stay open so we will be able to see the new world emerging in front of us. Be open . . . expect the unexpected. Assume that you are going to come to a place that you have not been to before. It is like if I tried to explain to you what chocolate tasted like, but you had never tasted it before. It is hard to explain yes? This new place is something you have not tasted yet.

I recently had a dream where all night the Star Elders and I tried out different ways to connect in the physical world. We worked on different ideas all night long. I know they are getting ready to open the door to that bridge. Maybe I will get a letter, a phone call or a visit at my front door. Now that would be unexpected.

BE A CHILD . . .

In Copan this year, we visited a ball court and had a blast just being children and acting out a message that the Star Elders gave me. In the middle of this ball court was a very apparent energy line and the Star Elders said to "RUN" . . . down the ball court and lift off - JUMP - into the next world. I know we looked a bit silly but we all ran like crazy. Well, we are still here, but I feel that somewhere deep inside our cells, the memory of stepping into the next world was encoded in us that day. It was a reminder to always be a child and to not be afraid to look silly when you are called to try something you are feeling strongly about.

BE CAREFUL WHAT YOU TAKE WITH YOU . . .

Our first sacred site in Guatemala was a site called YAXHA . . . meaning New Water. It is a wonderful jungle site with temples and vast views to the lake below. We nearly had the place to ourselves as it is out of the usual tourist loop. When we sat in one of the plazas, the Star Elders gave a message. Unfortunately, I don't remember my messages (and sessions too) but what I do remember is the most important thing to remember. It was Easter Week in Guatemala, and the Star Elders knew this. They wanted me to come with a great big, stuffed Easter bunny as a group mascot. But I didn't, as I thought it would diminish my credibility as a guide and teacher. Yep . . . a blond with bunny in a sacred site . . . what would you think? You would think she dropped the basket for sure. But "baskets" were the center of this message.

As we sat under the jungle canopy, the Star Elders spoke about letting go of our history and our past and even what we think we know. We each were given a basket that was placed in our heart center. This basket is ours to fill with the things that we will take with us into the future. They suggested that we collect all the little clues that we are getting now, and place them in the basket. They said that when we get enough clues in the basket we will be able to understand the new energy that we have just entered. They also suggested that we be really sure about what we store in the basket. Make sure that it really feels right to take it in. It may not make sense at the time you gather it, and you may not know why it feels right to you, but it does. So trust that feeling. TRUST YOURSELF. Remember we can't take history with us.

I have to tell you that the Star Elder were dressed up in bunny suits and were hiding Easter eggs (our clues) while I was getting this message. Yes . . . they have a sense of humor that is a bit over the top, but I know that multi-dimensional beings speak on many levels at once. They were acting like children weren't they?

REMEMBER TO BREATHE!!!

Near the site of TIKAL is a smaller site called Uaxchactun. The site is split in half by a small Mayan village. We visited the east side first where some Stele were. This trip was focused on listening to the messages of the living stones. So we were listening. I was called to sit with one of the stones that had fallen. I felt like I couldn't breathe. I thought I was going to embarrass myself and pass out cold right there on the spot. The lack of oxygen felt very real to me . . . then I heard the stone stele say . . . "I can't breathe". I said "OK . . . what do you expect me to do about it?" Sometimes when an advanced soul anchors their soul in a stone to preserve wisdom for a later date, it can feel like you are suffocating for awhile. I just wrote it off as something I could do nothing about and moved on. Also I wanted to get away from it so I could breathe. After all . . . I had a group to watch over.

We then bussed over to the west side of the site. As we walked into the site, I kept on going. I had to keep walking. I walked through the first plaza . . . and then the second temple complex . . . and I still kept walking. I was beginning to think I was being rude to my group, as they were quite a ways behind me at this point, and I was rushing them. I just had to go on. Then behind the last temple was a little trail going down into the jungle marked by a sign that none of us understood. We walked down a ways and hit a spot where we had to stop. There in the jungle was a little fern that was waving wildly at me. I knew this was IT . . . although I didn't know why. When we got close, we discovered that it was a rare place where the Earth breathes.

The hole was choked with fallen stone and debris hampering the rush of cool air coming from the Earth. We got inspired and cleared the opening so the Earth could breathe better. It was at this point that the whole day came clear to me. The Stele on the other side of the ruins was telling me it could not breathe. Now I was getting a huge thank you from the stele. It had been telling us to open the Earth's breath. So we did . . . just like that. We felt like children while clearing the opening. It reminded me that we all need to breath through these intense times. Even the sites, the stele, and the Earth need to breathe. We need to let go, and die to history in every moment. Maybe when we let go, and do what our heart calls us to do, we feel like children again. Do you want to play today?

The only other place I know that the Earth breathes is just north of Sedona at an ancient native site called Wapaki where they call it the Dragon's Breath. Oddly enough, it has Mayan ties as it has a rare ball court. Hmmm . . . very interesting.

You have everything you need to make the shift RIGHT NOW!

When we were in the sacred site of Tikal in Guatemala, in the plaza of the 7 temples, (a.k.a the Pleiades - one of my favorite places), the Star Elders gave me more clues for our baskets. I began to see a complex grid of energy coming from each temple and going into the center of the little plaza that we were sitting in. Then they showed me that the energy collected from these, and other temples that are solar aligned, were

charging up HUGE batteries inside the Earth. I never got clear if the batteries were real or etheric batteries, but they were fully charged. This message was not just about Tikal and other Maya sites, but they showed me that all solar sites around the world had fully charged up Mother Earth, and she was ready to go.

I am embarrassed to say that the Star Elders were dressed like energizer bunnies . . . beating the drum and all. So you see, not only is the Earth ready to blast into the new reality that we will decide to create, but WE are also ready to ride the biggest wave this side of SUN! We have learned what we need to learn. We have done our work. Now it is time to beat our drums. In other words . . . What are you waiting for kids? . . . Let's get going! As Faith Rivera says in her CD "WONDER" . . . "The world is waiting for you . . . you trail blazin' wonder that you are!"

After one of my presentations at Wesak this May, a man came up to me to thank me and said something that took me back a little. He said he liked my romantic, idealistic stance toward creating and universal justice. I know he must have said it as a compliment, but I could see he didn't get it. Why would I waste my time creating a "so-so" world, when I know we can create a perfect world. The only thing that is holding us back from having all that we want in life, to be totally abundant, peaceful and harmonious right now . . . is our lack of knowing the TRUTH that what we think, feel, and do creates our world, and our hesitation of taking action from the heart! The world is the way it is because we created it that way. So we can turn it around. Why not? It is our choice isn't it? So put that in your basket!

In 1990, I snuck into the sacred site of Palenque for an overnigher. It is a long story that is posted on my web site (A Palenque Story). What I learned there that night is the foundation for everything else I do now. I received a download. What I saw was the history of the universe. But the best part was getting to see an energy that the Star Elders said was "coming soon to a planet near you" :) In other words, EARTH! Once this energy is fully uploaded into Mother Earth, from the center of all that is, two things will happen: We will be one unified human race, and we will be able to manifest totally and instantly everything that is in our minds, hearts, and belief systems. Sounds great doesn't it?

Each day we enter into this energy more and more. It is because of the love of the universe that this energy doesn't hit us all at once. Thank the Maker for this gentleness. Step by step and day by day we learn to control and clear our minds and keep positive so we will manifest positive things. Step by step we are being groomed to become masters in this revolution of the heart. Each day we are becoming more aware that we are all connected. In fact . . . unity with all beings and all life is already a reality. Remember Jeshua said "When two or more are gathered in my name (GOD), I am there". We need each other now more than ever. Do you see why?

If you don't want the spiritual upgrade to mastery status, then you might be living out your fears and hate and end up going back to sharpening your weapons and acting out your monsters. The good, the bad, and the ugly . . . it is all connected to us. The closer we get to the full on energy upload, the more we will feel the collective consciousness. I know from painful, personal experience that what happens on this planet affects us ALL deeply and more profoundly each and every day. Just as the Maya say "In Lak'ech Ala K'in" which means . . . "I am you are you are me" . . . "What I do to you, I

do to myself" . . . and "What you do to yourself, you do to me." This is the beginning of the manifestation of the One People. But thank the Maker again! This new energy is self balancing and self healing. All we have to do is focus on adding to the positive, and the negative will clean itself up. The universe will make sure of this!

The Star Elders also showed me that all the lies and illusions of the world will become quite apparent and begin to dissolve away. All you have to do is turn on CNN for two minutes, and you can see this happening right now. Lies, illusion and negatives cannot survive in this new energy. In fact, anything out of balance with natural law will self implode, and dissolve away. The Star Elders say this could get messy for a bit.

LOVE and TRUTH can go with us to the next world! The positives will grow ever brighter. Since we are at the point where lies and illusions are being flushed out into the open, it will be very difficult to find anything outside of ourselves to hang onto as truth or for basic comfort. This is perfect, as it will push us into a place where we will be forced to trust our own hearts, the very core of our being, for truth and direction. If you want to know where a safe place is to be during the shift, the center of YOU is it! Can you trust it? Can you trust the light of GOD within you? Hey, if you can't trust the GOD in YOU . . . where in the universe can you go? There is no higher power than the God in you! Now . . . put that in your basket!

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Hi Aluna! I want to let you know how much I enjoyed your newsletter this month! Fantastic! As we have been going along in our journeys, becoming more real, holding more Light, we pass thru so many doorways. This one was a doozy! I have experienced all the things you related, and was sharing with a friend how much is going on. I got to tell you how much you shine now; more real than ever! It is amazing the difference in energy you are expressing and mirroring back to me! We all must have gone far indeed to have busted out of so much illusion, as you are sharing with us...thank you for being so clear and honest. Love the Bunny images! LOL! Namaste~~Miriam

*"If the mind be fixed on the acquirement of any object, that object will be attained."
~ Buddha*

*"The thing you set your mind on is the thing you ultimately become."
~ N. Hawthorne*

*"If a man's mind becomes pure, his surroundings will also become pure."
~ Buddha*

*"The water a cow laps turns into milk; the water a snake licks changes into poison."
~ Zen saying*

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