

The Spider Web - Change

This month feels more like the preface to a book. Not necessarily an action word, unless you are feeling ready to jumpstart something, but instead an awareness of something awaiting us. The whispers on the periphery. Change is coming. We can feel it. We aren't sure exactly what or how, but we can feel the static in the air. This month, the collective is being asked to simply become aware of this crackling. The electricity gathering. As we wait, we start to become aware of just how much 'space' we have for change in our lives. I believe that part of our fear of change as a concept is because our lives already feel full. Too many things. Too many pulls on our attention and time. And change means you need to adjust everything again. Shifting schedules. Shifting priorities. But, this is the ask this month.. since we're being 'warned' (for lack of a better term), the Universe is giving us a head's up. This is coming. What can you do in your life now to make more room? What tasks/people/situations are simply taking up too much space? If there is room.. maybe upcoming changes won't feel so challenging? You can more readily absorb them?

So, this month I want you to look at your world for waste. Wasted time. Wasteful relationships. Wasted worries. Where are you doing things that you dislike and could disregard but have simply become habit. Where can you streamline processes? This could be a clogged up closet .. time to purge and donate! This could be a friendship that just doesn't feel reciprocal or healthy anymore. Maybe a heart to heart is ready to be explored? Maybe your budget could use an overhaul? Even take a look at strange places.. what do you do when waiting in line? Do you occupy that space well or with junky/wasteful time fillers? The more we examine our lives with a little scrutiny with the goal of removing what no longer fills us with fun and joy.. we can become more discerning. And when we feel freer, lighter and more in control of the places we do things unconsciously; this can sometimes help us fold in new surprises!

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