

Align With Energy

July 22, 2010

Hello, this is Todd and we're about to start the AWE Group session for this week.

And right out of the gate, which didn't take long, it's going to be the five elements under the Chinese five elements, which are the elements of fire, earth, metal, water and wood. And the theme here is having to do with two elements: fire and earth and how it relates to the season that we're in right now. The summer season lumps into two elements, fire and earth. Fire is like the beginning of the summer; the earth element is like the end of the summer kind of transitioning into the beginning of fall.

For whatever reason it's like its coming up where everybody needs a little bit of an energetic tune-up of what's been going on in the environment as it relates to these two elements.

All right, the movement of the elements, you know, goes like wood, fire, earth, metal and water. And it should go in a, if you want to think of it this way, in a clockwise motion. Fire, earth, metal, water and wood - over and over again. Sometimes when we get out of balance or get stuck, the energy doesn't want to flow from one element to the other or the energy gets thrown in reverse. Okay? So I guess how this is playing out is, if whoever is listening or reading this for this week, if you've felt stuck in some way or felt like you've had to take a few steps back in some way, how this is setting up is hopefully going to help shift that perspective of how you're perceiving what's going on in the environment. It may be a shift in a perspective of how many synchronicities are really going on in the moment and that we're actually moving forward instead of this perception of like things are coming to a halt.

I don't know if you have picked up on this or tuned into this for the last couple of weeks of July, this week and the week before, of things just being slowed down or a lot of explosions as far as relationships go or conflict coming up in your face - how it's in the family, with at work or with people, you know, in the store - doesn't matter.... or just thinking about it on the news and kind of getting you triggered.

This is where the fire element comes in because the fire element has to do with relationships, has a lot to do with the heart energy and has to do with expansion. So it's about expansion and maximum growth. BUT, when this little element gets out of whack, it can create an explosive expansion - and that's where relationships explode or people's emotions explode. So this is where the fire element is being brought in to keep that aspect of our lives balanced.

And it's also doing a link to the water element. The water element is like the check and balances for the fire element, okay? A lot of time when the fire element gets out of whack, we get up in our head too much. So think of this water element as like the

coolant in our car. It keeps the car from over-heating; it can still run at a lot of RPM's without overheating.

The earth element is coming in and sometimes it does this with the AWE Group; it's like a theme that happens, but like a month or two before the season changes, there are links that come in to like helps keep our bodies ahead of the curve for the environmental change, the change in consciousness that different seasons bring with it. And so, the earth element is like the late summer, early fall. It's like that August...you know, in some parts of the country the summer never ends, but it's like that August/mid-September time period. So it's like creating these links now to help us just move right into that and stay ahead of the curve.

Okay, so let's see; let's see what aspect of the element it's going to work with. It's coming up...all right, it's having to do with change. It's the balance between change and peace, so having or experiencing peace within the midst of change. It also has this aspect to it of giving us the ability to enjoy the sweetness of life.

The way this is setting up...this may make sense to you (hopefully) is like change is about to happen -and we have a choice to go through that peacefully or go through it fighting and screaming. But this earth element is coming in to help balance things now to create peace and harmony as we change, and as we're going through this change, which may be perceived as conflict, or have the ability to have a stillness or a quietness about us that can still look around and enjoy the sweetness of life. _____people, gratitude for our own health, our children, the abundance that we enjoy, our pets, everything.

Okay, there's nothing else that wants to link to that so we're going to tap that out. And you can just put two fingers on the stomach - that will represent fire and earth element. We're tapping head to heart. I guess if I had to sum it up in a couple of sentences, this is about shifting our perspective on conflict and viewing it as change, but being able to look around and enjoy the sweetness and synchronicity of life as that happens.

Okay, so I'm through tapping on that, but if you want to tap longer, you can. Let's see what else comes up. Okay, that's it; nothing else on that. Okay. Hopefully that wasn't too random for you, but it may make sense. We'll just let that happen and not spend a whole lot of time thinking about it and just go through this week and see what the journey brings us.

All right, we'll talk to you next week.

Bye!