

Growth & Growth Periods

As you begin to use your tools , ie. 'work your space', you begin to clear-away all the energy in your space which is not you... & correspondingly start to call-back more of what's really you into your body/being continuum. And as you might imagine, this can 'shake things up' a little, physically, mentally, & spiritually. ...And sometimes that profound spiritual change, creates a corresponding 'growth period' in the body. If so, why not take a minute & read about growth periods here, & try-out a few of those 'next steps'. The whole point of this Work is to come into equanimity both with Ourselves-as-we-Are, as well as with Ourselves-whom-we-are-evolving-Into. Bonus points if you can keep your Amusement along the way. Have fun! And if you're interested in further communication, I invite you to sign-up for a reading .