

Let go.

Just let go of what you thought was real or important.

Take time for yourself..make it all be about you now and what you want to do... to bask, self nurture, and play.

Exhale, be in the moment, let go of responsibilities, and just stay in your own sanctuary and bask.

Find ways to re-charge your battery, rejuvenate, and allow time for you.

Say yes to you and no to commitments, gatherings, appointments and have-to's as much as it feels good to do so. Say yes to those things that only feel really good.

Allow yourself time for you, have a willingness to no longer make anything happen, and you will find that everything will simply happen on its own without you needing to be at the helm. Letting go of what no longer feels good or right will allow the new to arrive and place you in a very new space at the same time. Trust. Allow. You are worth it.

WE ARE THE ONES.

You have been telling the people that this is the Eleventh Hour,
Now you must go back and tell the people that this is the Hour.
And there are things to be considered...

Where are you living?

What are your relationships?

Are you in right relation?

Where is your water?

Know your garden.

It is time to speak your Truth.

Create your community.

Be good to each other.

And do not look outside yourself for the leader.

This could be a good time! There is a river flowing now, very fast.

It is so great and swift that there are those who will be afraid.

They will feel they are being torn apart and will suffer greatly.

Know the river has its destination.

The elders say we must let go of the shore, push off into the middle of the river,

Keep our eyes open, and our heads above water.

And I say, see who is in there with you and celebrate.

At this time in history, we are to take nothing personally, least of all, ourselves.

For the moment that we do, our spiritual growth and journey comes to a halt.

The time of the lone wolf is over.

Gather yourselves!

Banish the word struggle from your attitude and your vocabulary.

All that we do now must be done in a sacred manner and in celebration.

We are the ones we've been waiting for.

An elder of the Hopi nation
at the Oraibi Pueblo, Arizona