



High Sierra Light



Vol. 1, #2 — October 2004

The newsletter for www.doingyourwork.com

The Expanding Newsletter

As this second newsletter begins to grow and reach people who aren't that familiar with who I am or my work, I thought this would be a good time to introduce myself, what this newsletter represents and where it is going.

The **Doing Your Work** program is the result of 18 years of working with clients as an Intuitive/Spiritual Consultant and Integrative Breathwork facilitator to bring acceptance, love and true healing to the emotional wounding that we acquire in our lives, and to rebirth our will to live and receive Light. My training in Integrative Breathwork is the foundation of this healing approach—learning to breathe into and bring love to our emotions. The Wisdom of the Four Ages in all of us is the innate structure of this work—learning to connect with and listen to the inner Child, Teenager, Young Adult and Mature Adult that lead us to wholeness. Finally, learning to honor our grief and rebuild our boundaries correctly is the heart of what it means to Do Your Work.



I created **Doing Your Work** from my own healing process as a deeply spiritual person who has experienced Higher Light in its tremendous healing power. While the **Doing Your Work** process can be a solid and successful adjunct to conventional therapy, the real goal of Doing Your Work is spiritual: to heal our emotional bodies, our hearts and our minds so that we can receive and hold Higher Light and Love within us, and experience the Earth Changes that are occurring as safely and peacefully as possible.

While highlighting different aspects of the **Doing Your Work** process, this newsletter will also be a running commentary on the Light Shifts that are occurring on Earth, and how we can work with them to stay in balance and gratitude. This information is a combination of basic astrological information combined with what I get in meditation and working with my guides. I hope this is of value to you. If you'd like to be added to or dropped off the mailing list, please contact me at gb@doingyourwork.com.

Sincerely,
Geoff Brandenburg

A Spiritual Watershed Awakens

Here in the Sierra Nevada Mountains, the turning of the aspens foretells the return of winter and snow, and we are again reminded that these beautiful mountains are also a vast watershed. As magical as the wildflowers and high granite are in summertime, the return of the huge snow packs in winter and the buildup and release of water in the spring is a powerful and ancient rhythm that is as sacred as it is primal.

As I sit in meditation each fall, I am always called to listen to the spiritual changes that will arrive with the storms. The natural death and rebirth of the plants, the cleansing power of the crystalline snow, and the deep wildness of the storms themselves are all primal forces that bring transformation into our souls if we are open to receive it.

For everyone living here in the Lake Tahoe area, it is obvious that a large spiritual and cultural transformation is underway as the Old Tahoe that began in the 30's and 40's goes through a major death and rebirth. The small resort communities that supported the seasonal ski industry are evolving into more of a full-time creative and professional community. As Tahoe has become an investment as well as a destination, real estate skyrockets and many people are displaced. Yet a quiet new community is taking deep root here—the spiritual and healing community.

Offsetting the aggressive material forces that have overtaken the area, a core group of healers and spiritual teachers has grown in response to the deeper needs of a community in dynamic change. Entrenched patterns of addiction and dysfunction that coexisted with the recreational industry for years are being challenged to evolve and heal as new families seek a healthier life in these mountains. And while Tahoe has become a fascinating microcosm of the larger material and spiritual changes taking place in the world around us, the area has a higher calling as well.



The Sierra Range is shaped like a human spine, and there are seven chakras within the range, as illustrated at left. Lake Tahoe is the heart chakra of the Sierra Mountains, and the heart of the Sierra Range is opening along with all the other chakras in response to large shifts in Higher Light taking place on Earth. The entire Sierra Range is expanding its spiritual energy as a counterbalance to both the dysfunction that arrived in these mountains from the westward expansion as well as current darkneses occurring on the planet. As it was foretold in the different lineages, the Buddhist Dharma has come to the West, and Lake Tahoe has a vital role to play in the evolution of the Western Dharma.

Since late 1997, when the Aquarian Convergence occurred, Sierra storms have been ushering in a new wave of spiritual change and evolution into and through these mountains. Storm systems are portals for realms of Higher Light to enter the Earth Plane and infuse new patterns for change and evolution of Karma and Dharma. Each winter as the snow-pack arrives, so too does new Light enter through the tremendous primal power of the storms and the abundant crystalline Light held in the snow. Since November of '97, Sierra storms have been anchoring distinct new patterns of Higher Light in preparation for the Lake Tahoe region to become a Spiritual Watershed and to gradually emerge as a source of new spiritual leadership and creativity.

It remains to be seen what form this will take. These mountains have been home to some dark chapters of human history, and in the last seven years many souls have been called to participate in the spiritual/emotional etheric "clean-up" efforts guided by the templates of Light that the cleansing storms have been invoking. Dormant earth energy all up and down the Sierra has been moving and awakening. The healing and spiritual community continues to grow and strengthen, and many have dreams of creating healing and spiritual retreat centers around this area.

This month's Light activity that I will discuss in the following pages has a particularly significant aspect here in the Sierra inasmuch as these mountains represent spiritual, emotional and physical freedom for many people, and freedom is emphasized dramatically in a very unique astrological event.

Take a moment to visualize the Sierra storms as Bringers of New Light. Imagine the etheric cleansing that each storm conveys to the human energy that has collected here from present souls as well as layers of karmic residue from the past. In this anchoring of new patterns of peaceful evolution, the Sierra Range is a magnificent ancient being that is awakening to a new role in serving humanity's spiritual freedom. Hold her in your heart in this way, and she will guide you.

October, 2004 — A Sacred Month of New Life Force

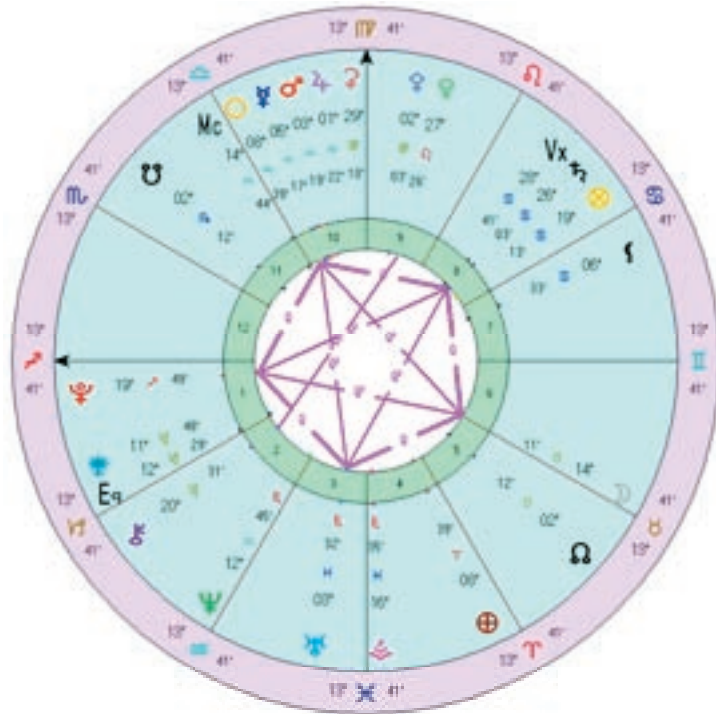
October is a huge month in the collective spiritual soul evolution of humanity, especially in the exercise of our own Free Will. In preparation for this month, there have been a number of significant Light events in the last year that have anchored real “turning-point” patterns into the Earth Plane. Many transformative energies that have been brewing over the last year are now coming into focus, and I’d like to explain the exciting and somewhat complex shifts that are happening now.

In the month of October, a relatively rare occurrence is taking place: on the 1st and the 28th, a Grand Quintile forms in the heavens. A Grand Quintile is composed of five planets placed at approximately equal distances from each other in a linked circle. They are the next step up in complexity from grand crosses in major aspect patterns. What is created is a five-pointed star bounded by a pentagon. There has not been a Grand Quintile since 1941 and there will not be another until 2024.

Not only are there two in one month, but there is a solar eclipse on the 13th, and a full moon lunar eclipse on the 27th that occurs in relative conjunction with the second Grand Quintile. What does all this mean as a spiritual and energetic event?

The Quintiles resonate to the number 5. As a spiritual quality, 5 represents freedom, change and adventure that emerges from the solid foundation energies of 4. In other words, as a progression in a growth cycle 5 ideally energizes a confident expansion of creative, sexual, and spiritual change based on the solid inner work of self-healing, self-discovery, healing in relationships and successful commitment to professional stability.

This very unique “5 Event”—the bracketing of this month in the beautiful pentagram formation—is energizing a profound turning-point opportunity to choose freedom for ourselves at last, ideally a freedom based on healthy inner balance and discipline. This month may be the launching time for something you’ve been preparing for that will set you free in some way. Or, it may trigger the need to commit to what will set you free in the future.



Within the area of personal healing, this month represents an energizing of the individual Will to assert a final freedom from the entrapping patterns of blame, shame, guilt, fear, denial, judgement and displacement. For those who have been committed to doing their inner work these last seven years, this month is a decisive turning point in establishing the true boundaries of honoring our personal vision in all areas of our lives. For those starting to commit to doing their inner work, this month provides a strong instinctual strength to go ahead and take the risk to plunge into the often scary areas of healing grief and confronting love dysfunctions from our families.

Additionally energized by the solar eclipse on the 14th and the lunar eclipse on the 28th, there is a strong impetus to find the real inner you in both your masculine and feminine energies, and create balance. This continues the powerful resonance of healing and forgiveness between the Divine Male and Female that was awakened in the Venus Transit of June 8th.

In the greater picture of Karma and Dharma, this month represents an awakening in the Will of Humanity to choose freedom from the unhealthy dominance of the Warrior Spirits that have plagued the Earth. This freedom is based on taking responsibility for our own evolution and emotional/spiritual healing. An ancient Goddess Matrix is being awakened again as the Earth herself asserts the intention to finally displace the Warrior Spirits and Denial Spirits that have for so long displaced the balance of love and freedom on Earth.

So overall, this month is a pivotal turning point in the expansive changes that have been arriving through big events. Over the last seven years, accelerated energy shifts have been calling us to do our inner work so that we’re ready to receive the new Light Patterns. These Light Patterns are meant to anchor a complete healing between our Light bodies and our Emotional bodies—between Spirit and Will—which will allow us to live in a Heart Balance that has been missing in humanity for some time.

These are four key events of the last year which have led up to and link into this month:

- The Harmonic Concordance of Nov. 8, 2003
- The Venus Transit of June 8, 2004
- The Galactic Light Wave of July 13, 2004
- The Mercury Retrograde of August, 2004

Last November, the Harmonic Concordance introduced a major rebalancing of the archetypes of the Ancient Male and Female energies of Creation into the Earth Plane—which opens up an entirely new heartspace for healing between men and women as a whole—as well as introducing new models for higher sexual/spiritual union and intelligence between Male and Female. This rebalancing will tend to precipitate a more peaceful and honoring dance between the sexes, though as with all processes like this, it can trigger deep healing crises and opportunities in relationships. The so-called ‘radical’ balance point of love that was explored in the 60’s and 70’s—Free Love evolving into Real Love—has returned once again to begin another larger cycle of healing and resolution between the sexes. A more evolved understanding of the role that emotions play in sex—and in anchoring Sacred Sex and shameless intimacy—is being energized through this event.

The Harmonic Concordance also held a huge space for the insertion of restructured Light Blueprints for Evolution that reawaken our Original Manifesting Agreements. I know that sounds heady—what it means is that when we first were born in Creation as Manifested Spirits, we emerged with Sacred Agreements in our souls to serve and expand the Light of Creation. These agreements are diverse and complex, and have been broken and wounded many, many times throughout our souls’ journeys. These broken agreements comprise a great deal of what is called Karma, and have created a very complex challenge for all souls trying to restore Higher Light into their bodies, emotions, hearts and minds. It also presents a great challenge in bringing peace onto the Earth.

In the last 33 years of intensified spiritual process on Earth, we have been given an unprecedented opportunity to experiment with Free Will in all aspects of love, consciousness and emotional expansion as well as just the opposite—to explore our ability to deny love, awareness and feelings—and to make our decision as to what kind of life we want. This was done to determine the best balance points on Earth to allow Free Will to continue to move on Earth.

In this time of deep Light Restructuring on Earth, it has been necessary to ‘recalculate’ what will allow us to realign with our Original Agreements to honor Creation while retaining our Free Will as efficiently as possible, for the greatest good of all—what healings, experiences, and new agreements need to be energized into Earth Karma so that this major shift can occur.



In the simplest terms, as these restructured agreements take hold, this process introduces the healing of the Lower Octave of Earth Light: the human matrix of “Original Sin” which is held together by denial and judgement—as well as the wounded emotions of blame, shame and guilt. The Lower Octave is going to respond to a call of Light and begin to move into the Higher Octave of Original Innocence, in which the Goddess Agreements reside.

What are the Goddess Agreements? Simply put, they form the Unconditional Emotional Love of the Earth for all humanity, or what has been called “Heaven on Earth”. She is returning now through these major events of the last year to anchor a space of loving acceptance of all of our wounding, and to provide a safe path of healing on the earth plane if we are willing to do our work completely.

Choosing of our own Free Will to do our work completely means bringing love and acceptance to ALL of our wounding, not just the parts that we feel comfortable with. Both Spirit Light and Earth Light can’t resonate and bring healing release into those places in us where we don’t love and accept ourselves—hence the intensified need to move through any mentalized and spiritualized defense mechanisms and really feel what needs to heal. As we heal, our new Agreements are energized into form.

The primal feeling that tells you that these Goddess Agreements are working with us is the instinctual desire for ‘nesting’. This feeling of nesting can take many forms, and in each form it represents a desire to honor ourselves and create safety, creative freedom, stability and loving relationships. The nesting instinct seeks to create order out of chaos, and to restructure our lives based on love. Whether you find yourself having made a cleaner nest for yourself, or you are aching to find one, that is a good place to observe this Light Shift at work in our personal lives.

The Harmonic Concordance essentially planted the seeds of a huge makeover into the primal forces that hold life together here on Earth, another great catalyst event that expands the possibilities of what we can choose to do with our Free Will. This resonated for seven months until the day of the Venus Transit, which exponentially accelerated these energies.



The Venus Transit — 6/8/04 — Transforming the Primal Matrix of Human Family

The Venus Transit energized a vast new presence of Higher Feminine Love into the Earth, which allows for a greater Heart-Centering to become a part of the human family's problem-solving experience. In the past, coming from the Heart has been seen as a weakness in many human affairs, especially in politics and business. The Venus Transit realigned the Earth Plane to allow the Heart to speak more freely in all matters and for the Heart to serve as a more trusted arbiter of what is good for humanity.

This represents a rather breathtaking shift in patriarchal assumptions of how to best govern a tribe, a culture or a world. While certainly very favorable for empowering women, this transit also speaks to the greater empowerment of all people to lead from the heart and begin to outgrow judgement and unhealthy dominance as a means of perception of other people and other nations. Throughout history, a Venus Transit has also been a catalyst for Women of Power to emerge and rededicate their lives to bringing the Goddess Wisdom into form.

The end of the Cold War, the tearing down of the Berlin Wall—these were primal, catalytic events that helped to prepare the way for the sophisticated shift in feeling awareness that this Venus Transit represents. The Higher Arts of Eros and Diplomacy live deeply in the heart of a Transit such as this, and nothing less than the potential for a complete transformation of the models of government is indicated by such an event. Historically, a Venus Transit has consistently been a catalyst for the evolution of human communication and relationship.

Of course, all of this is held in our Free Will matrix, and the Transit is not a benign dictator—simply a profound awakening of Ancient Feminine mastery of using the Heart to balance the mind, and to lead and govern from such a balance.

On a more universal level, the dysfunctional and destructive Father archetype which has been acting out in humanity for quite a while (from The Inquisitions to Adolf Hitler to Slobodan Milosevic) received a major forgiveness from the Mother through this Transit, and the heart of the Divine Male has been re-empowered to journey back to his primal roots and wounding and heal his own rage and grief.

In addition, the Love Deprivation and Heart Trauma in humanity have begun to receive a greater Angelic assistance as the displacement grief that drives all wars (think of the Palestinians and the Israelis fighting over their displacement from their sacred land) opened to receive this incoming Light. The events of 9/11 served to bring humanity's grief to a healthy focus for the first time in a very long time, and that awakening opened humanity's emotional body to receive the Venus Transit in a vulnerable way.

This Transit also energized an overall awakening shift in our physical/emotional/spiritual paradigms of health and well-being. The existing medical/clinical psychology model will be stimulated to evolve to a more spiritual love-centered psychology that can recognize the soul, and indicates that humanity is ready to heal its dependency on the patriarchal medical model that has served as the authority on what is real in our beings. Taking greater responsibility for our inner beings and realizing that health issues are a reflection of a lack of self-love are aspects of this paradigm shift that will gradually become more commonplace in humanity.

Overall, the Venus Transit re-energized the deep nurturing Goddess love that restores sanity and health to a world torn apart by the rage of the Warrior Spirits. The greater mind of humanity is being brought up to a new level of healing and clarity through the realisation that we are truly one human family.



The Galactic Light Wave — 7/13/04 — Bringing Order Out of Chaos

When we incarnate, we create agreements with other souls to meet and create experiences that will allow us to learn and evolve. When people break their agreements with us—especially if these people are deep karmic partners and soul mates—the setbacks can have a devastating impact on the agreements we made with ourselves for a given lifetime. Out of these broken agreements—and often, the intense experience of displacement that results—a deep and longlasting internal chaos can occur. This becomes an aspect of our personal Karma that must be completed.

The purpose of this powerful and unprecedented Light Wave was to reorganize and energize everyone into seeing and feeling what it will take to finally be 100% healed in your being, especially in regard to where broken agreements have impacted your life and your soul development. It came in to accelerate the healing Karma process.

The nature of this Light Wave was to go deep into our cellular experience of being, into our embodied Soul consciousness, so that our entire being is energized with the potential to get complete with our past issues. The goal is to become emotionally neutral so that we are truly living in the present moment. Being present in this way, we do not have painful residue from the past holding us back from letting Light awaken us to our highest potential and from keeping the agreements that we all set for ourselves in this lifetime.

So as the wave of Light came through on the physical level of experience, your overall sense of life purpose and intention was taken down to a deep level in the core of your being. Whether this was a conscious experience or not, the Light came in and went to the very core of what our soul agreements are in this lifetime and energized the next stage of successful completion.

When agreements are broken between souls, and things have to be pushed ahead to another lifetime, this creates a lot of additional karma in itself. That creates a certain chaos in one's soul. This Light Wave is bringing in a pattern of Soul Light that empowers our ability to manifest everything we need regardless of what our prior history is of broken agreements and manifesting chaos.

The more that we have done our work to heal our grief and resolve reactive emotional patterns, the more empowerment we can receive from this Light Wave. This Light Wave has taken root in the Earth Plane and is now available to be received whenever we invoke it.

Mercury Retrograde — 8/9 to 9/2/04 — Letting Go At Last

As I mentioned in the last newsletter, the key Soul Shift that was energized through the Mercury Retrograde of August 9 to September 2 was one of finally letting go of our 'old self' — the wounded personality-self that we took on in our families and have been called to work on so deeply in these last seven years. During the retrograde a wave of higher Heart Light emerged and held the space for us to begin reducing our stress levels as part of this new invitation to let go and move into higher Light Patterns of emotion and heart expression.

The essence of truly letting go of our wounded past means having a new commitment to our lives that honors who we really are, and this Retrograde really energized the need to define our Real Self and fully commit to that.

As with any process, this isn't an overnight experience, and the energetic change that the Retrograde introduced will continue at its greatest strength through the winter until the new moon of February 8th. This six-month period holds a Light Surge to discover the essence of Soul Freedom which comes from creating a commitment to the uncompromised expression of our unique gifts of love.

The path of this new commitment to your uncompromised love may not yet be clear to you. The Grand Quintiles of October 1st and 28th are a kind of "Love Sandwich" that is massaging our emotional bodies to feel and visualise the freedom our Souls most deeply desire. This is a good month to go inside and ask yourself what is the bottom-line freedom you must have to liberate all the love inside of you into expression.

I hope this information is valuable to you.

All of these articles want to expand into more information, and I am going to do that in the future and put them up on my website: www.doingyourwork.com

Please feel free to pass this newsletter on, and if you would like to either be added to the mailing list or be removed from it, please e-mail me at gb@doingyourwork.com.

Feel free to send me feedback as well. My deep and sincere thanks to all of you who have supported this effort—it is exciting to see all this coming together now.

All the best,
Geoff