

Hi everyone. This is the first newsletter that I mentioned I'd be doing. As most of you know, starting in September I am cutting back to half-time in my practice to work on the Doing Your Work books and products with greater commitment and focus—a very exciting change. So to kick off this change, I am starting the newsletter as an expression of this new commitment to sharing information and building a network of people Doing Their Work. This first version is very simple—look forward to more interesting layouts coming up with graphics, cool web links, and more.

The Current Mercury Retrograde — August 9 to September 2

This is an unusual and very auspicious retrograde if we work with what it is offering us. The key soul shift being energized this month is one of shedding our old self — the wounded shell of family-imprinted self that we have all been called to work on so deeply. This retrograde is energizing the ability to deeply—and finally—let go of the Wounded Identity we chose to take on at birth.

The greater call to really do our work with finality came in November of '97, when a new cycle of soul evolution began with what has been called The Aquarian Convergence:

“Neptune enters Aquarius, conjoining Uranus in November of 1997. This may be a time of breakthroughs in medicine, with alternative healing methods, including use of sound, becoming less the exception and more the rule. Sakoian and Acker see this conjunction as the onset of the Aquarian Age; a new civilization will be born, based on enlightened humanitarianism and on a science using new technology and new forms of energy. Others are not so optimistic. Astrologer John Townley, for example, notes that Neptune in Aquarius has consistently been associated with great plagues, even dating back to Roman times.”

Kathy Garcia, atlantisrising.com 7/96

For some, it was a dramatic shift into a very conscious commitment to make big inner and outer changes, while for others the response to the call has happened gradually over the last 6+ years. Since 11/97, we have been called to do our deepest emotional work in preparation for receiving new patterns of Light—the first big insertion event being the Harmonic Concordance of last fall. This is part of a greater collective soul shift on the planet into actually working with Light consciously in ways that have been missing for quite some time.

How this ties into the current Mercury Retrograde (MR) is that a new level of emotion is being energized in this MR—core Soul Emotions are being stimulated and the opportunity here is to commit into new vision from these emotions, while also wrapping up the last 6+ years of inner work and being able to truly let go of large parts of our old selves.

Core Soul Emotions are what you might consider pure, unwounded emotion that has all of its creative potential intact. When we incarnate, these core Emotions are usually wounded, fragmented, perverted—essentially diluted. In doing our inner work, one of the key goals is to be able to heal our emotional bodies enough to make ourselves available for our greater soul to resonate a new core Soul Emotion into us.

Core Soul Emotions are very similar to what we know as archetypes. There are Soul Emotions such as Authority, Vision, and Reverence—as you can see these are different from what we normally think of as emotion. And yet they empower the full spectrum of what we feel throughout our life, are the driving emotional energy within our soul's evolution in a given lifetime, and have been driving our healing processes since November of 1997. It is time to really look at letting go of what isn't authentic in our lives in the sense of a major recommitment to our soul's journey this time around. For most of us having been so involved in doing our work these last 6+ years, this will happen pretty much as a matter of course, though with a great deal of variation. Many of you know that I am not a fan of simple-minded spiritual approaches that ignore emotions and teach shallow 'letting go' strategies. The core of doing your work as I teach it is to not minimize any part of your emotions, especially through mental will/attitude techniques of 'letting go'. So when I am talking about a significant milestone time of letting go, I deeply feel it, see it and mean it.

This may come up in you as a crystal clear life change, such as my going to half-time to work on the books and products. It may be something less all-encompassing but equally as significant such as letting go of certain types of people that were part of a co-dependent mothering pattern. This is a type of letting go that is based on being truly complete with a process, so that we are free to commit to a new life stage, new relationship self, new depth creativity. So look and see what obstacles or interruptions have come up in this last month through the MR, because they are trying to show you what you can really look at letting go of now. And there will be a clear opportunity to commit to something new in yourself and your life that is an expression of the core Soul Emotion that drives you.

I am working on bringing through what all the Soul Emotions are, so I will get that out in the near future.