

The Harmonising Times

*A regular indication created with the intention of providing you with clarity of what's going on energetically for every being on this planet. With the Universe's process of expansion continuing to ensure constant shifts, the intention is these indications provide you with foresight. So helping support and nourish you in your own evolution and helping you Create Harmony in Your Life. **Remember whilst the Universe creates the context, it does not decide our future - we do.** Each of us creates what we desire by our conscious actions.*

Everything is changing!

December 2015, Sit and Hear

Welcome to Creating Harmony's email of indication. Our intention is to provide our readers, friends and everyone else with foresight as to the influences impacting all our lives. So helping each to *Create their Life of Harmony* by assisting each of us to take full responsibility for our life - the **only** person that can.

To step into the role of co-creator each of us has to first accept responsibility for who we are, where we are, and desire to create in our world. Once that is in place the Universe can assist as we have

provided clarity as to our own desires. No longer do external events control us.

This last moon cycle has proved challenging for many. The stress level seeming to increase with each step taken to move closer to accepting complete self-responsibility. Why, because the mind usually fears change, as it **fears losing its role and identity**.

By peeling away each layer of the onion skin of old beliefs we are removing further remnants of our deepest long held beliefs and the truth of our relationships - most importantly with ourselves.

Allowing our **real values to emerge** from the cobweb covered dusty corners of our being. Preparing for the arrival of the new - just **being**.

Co-existence

The only desire of the mind is to be **loved, accepted, and nurtured**. Is this not what any small child, let alone we adults desire?

When the mind does not feel it is receiving these emotions, it often looks outside itself to fulfil these desires. Using the coping mechanisms of the core negative emotions such as anger, fear, judgement, blame, lack, hurt, guilt and shame to protect itself.

When we take a moment to **be at peace**, and ask our Full Potential self to give the mind the love, acceptance, and nourishment it desires, **a paradigm shift** can occur within the mind. At its own pace this shift allows our mind to move from the established pattern of living in separation from our Full Potential self into new ways of being that allow them to the alignment of joyful co-existence.

In relation to our mind, one of the major roles of our Full Potential is to grant it **the right to exist exactly as it is**. Including the stories it has created for itself, honouring the dignity of all its experiences.

With this new awareness, the mind might even no longer need to be so critical of itself!

Thereby allowing each of us to **love every aspect of ourselves**, even those our mind tries to convince us are unlovable, unworthy or not good enough. After all Source and our Full Potential do not judge - they simply love us unconditionally.

Why should we not follow their example?

Alignment

One simple process to achieve the alignment is to find a quiet place, connect with your Full Potential self and then ask her/him to give your mind the love, acceptance, and nourishment it desires. And, to bring harmony into creation between all of your four bodies, physical, emotional, mental and spiritual.

What you might care to include is an intent this is for All, not only yourself.

Achieving this alignment is one of the themes of the **Awaken Transform Live** events. The first one for 2016 will be in Portugal from 26/28th February 2016.

Then at the equally wonderful country location in Roskilde, outside Copenhagen on 8/10th and 15/17th April, followed by another in the autumn on 28/30th October.

For more details contact Arne at: altlysnu@hotmail.com.

Further dates and locations to be confirmed. For full details on further events visit: [Forthcoming Events](#).

Or, if you feel the need for deep intense one-on-one coaching why not visit Gregory at his home in Portugal? The retreat is for two people with four days of consecutive one-on-one coaching sessions, plus a further three days to allow for integration. If unable to visit Portugal, skype or similar is possible. The shift over four consecutive days of coaching is immensely visible. More details are to be found at [Transform and Create](#).

Did you feel the arrival of anything new in November? Or, was it more of starting out and then feeling as though nothing had changed? And, perhaps re-surfacing of intense emotions you thought had long gone? The effect being pain or dis-comfort, particularly in the pelvic area of the sacral?

This has a powerful influence in our lives as it is about discovering relationships and exercising control of our external environment. Any fear of being controlled by another or of losing control of others, your money, or your authority will create pain and discomfort in the area of the sacral.

If you wish to know more about the belief(s) being held onto by your sacral, then you can read the chapter on the second secret from Gregory's *The Seven Secrets to Living in Harmony* – for your free download click: [Secret #2 "What is pissing me off?"](#).

When the gap between the old Self and the new Self becomes too frustrating for some, it may turn into depression. This is because they are dealing with it from the mind rather than understanding the gateway is through the heart, through unconditional Love – even love of the frustration.

When this gap becomes really uncomfortable, is when the pure true lessons can emerge. In particular, the lessons of self-acceptance, self-confidence and self-realisation. The overall message of which is to simply be – **being** yourself, holding to your values.

The Sixth Law

The core of the sixth Universal Law - *the Law of Compensation*, is that it is right and just that each of us should be compensated for the efforts we make, the **value we provide**. And, we should compensate others in a similar manner. This balances nicely with the fourth Law, that of *Receiving and Giving*, outlined in October's edition.

The *Law of Compensation* is therefore about fair exchange and being compensated for the value you deliver, **not** for how hard or long you work!

Rather the more value you deliver, the more you will be compensated. In fact there is an inverse relationship with the hours worked, the value increasing as fewer hours are worked. For in this way more value can be delivered to more people through the ripple effect of our efforts.

So, the implication of this Law is that you should almost never charge for your time. Rather it is the value, the transformation you deliver.

As each of us takes more responsibility for our lives so we step further away from the entitlement culture of "everyone should be doing something for me" or, "the world owes me a living." "They" are no longer controlling our lives.

This is also the case in not accepting compensation – a very common issue amongst many people we meet. For what is not

acknowledged is that in *not* accepting compensation, they are undervaluing themselves. One of the most common limiting beliefs we come across at Creating Harmony.

This is particularly true with regard to money. Money is the easiest energy to replace, time is the hardest if not impossible, unless you can bend time - that is for another event! Do you spend money freely and willingly or do you spend it begrudgingly? To receive value it is about how you give, how you spend.

Portents

During the last part of November and the first days of December you may have felt focused on creating the new, losing it and then it re-appeared from the 6th on? The power struggle within each of us mirroring that on the world stage.

Once this internal struggle is resolved, we will become bolder in setting out our opinions on our direction. Communicating this in a way to involve others in our venture. Encouraging co-creation in that sense, rather than telling them what to do – the old paradigm of leadership.

The energy encouraging the new peaks on the 10th, followed immediately on **11th December by the new moon** - the moment to start something new! Ushering in a period to explore new opportunities, a theme for 2016.

A particular feature of which will be altering the mindset that to have a big impact it is necessary to invest substantial resources. Instead the concept will be one of having a big impact whilst using less! This moon will also provide a good opportunity for sales and marketing, when linked to **your purpose**.

For congruency is to the fore, as it will be throughout 2016. New values will be emerging for us all, though they will need to be congruent with who we are. Hence why the nature of partnerships and relationships will be ever present. And, will need solid foundations from which to communicate what these values are.

The day after the new moon is **the 12th day of the 12th month**. A moment to consciously acknowledge receipt of unconditional compassion and live from Source.

Throughout December and until 3rd January continues the period encouraging us all to stand for greater justice and trust in all aspects of our life, particularly our partnerships.

The first Mercury retrograde of 2016 begins on 6th January, though the shadow starts on 23rd December. Mercury encourages democratic communication and each of the four retrogrades in 2016 are in Earth, the energy of business. Meaning the 23rd on will be the first thrust into communication based on the values shared in our relationships.

If you would like help in being congruent with your purpose, then why not request a **[free strategy session](#)**? After sending us your completed questionnaire we will review it and confirm your booking.

Embrace the ending

A reminder from November's edition as to the meaning of some number sequences: - 1122 means being fully anchored in building/applied mastery; 22 - structuring our physical lives to match our divine truth - 11.

If 111 appears this indicates your thoughts are related to the start of a new cycle in your life. What you are thinking about doing or changing is correct for the new phase of your life?

222 - is a sign of confirmation that you are on the right path, doing the right thing and going in the right direction. Continue with this train of thought.

On the Solstice the sun lines up with the Galactic Centre and a lot of energy comes to Earth from that centre. Symbolically the sun starts to stand still and then on 4th January when the sun is at the closest point to Earth, the light is reborn every year.

Which is probably why some traditions view 6th January as more a moment to celebrate than 25th December. The full moon this December is early on the morning of the 25th.

Did you know that just before midnight on Christmas Eve the sign of Virgo, the Virgin, rises in the heavens? This honours the goddess energy, the feminine energy within us all.

December 2015 is a **2** month, made up of 1+1 – which just happens to be the date of the new moon!

As the most feminine among all numbers, the 2 is also the most underestimated - at least, when it comes to power and strength. After all, she is almost always gentle, tactful, diplomatic, forgiving and understanding. Certainly, she likes to keep the peace and will avoid confrontations as much as possible.

This is in contrast to the power and pride of November's mighty and masculine 1 - who will not bow for anyone at any price. However, when enough pressure is applied to the powerful warrior we see in the number 1, he will break and shatter and be gone.

The transition from **December to January is powerful**. We are tying up loose ends now, deciding what we want to take with us into 2016, and what has become too heavy to carry any further. New

beginnings have started, and we now have another chance to shed those beliefs that have been holding us back.

Forthcoming Events

The first [Shamanics in Portugal](#) event for 2016 will be [Discovering the Inner Realms...an Introduction to Shamanism](#) from 19th to 21st February. This will introduce the shamanic experience of ritual, creating sacred space, journeying, meeting your guides, power animals and much more on our experiential journey together.

There will be a half day [Introduction to Shamanic Journeying](#), on the morning of 17th March followed in the afternoon by the first Vision Quest of 2016 - 17th to 20th March.

If there is any aspect you would like to learn more about, then please email us at: support@creatingharmonyinyourlife.com.

In Summary

December's energies are encouraging us to show patience and listen to our inner guidance. This will help us all obtain clarity as to our new path, our direction, along with the components needed to bring it into creation.

It is therefore a moment to sit, be at peace and:

- recognise the arrival of the new;
- reflect on our vision of what is possible;
- observe the messages our body is seeking to pass into our conscious awareness;
- make conscious use of the Law of Compensation to review our values;

[The Harmonising Times](#) from Creating Harmony in Your Life

- be aware of new values arriving, embracing them rather than pushing them away; and
- be congruent in all our relationships and partnerships.

Until January ´s new moon on the 10th with its reminder of the need to be congruent in all aspects of your life.

May this holiday season bring you much joy and happiness, and so create the tone you desire for 2016.

Gregory Reece-Smith
and the Creating Harmony in your Life team

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