



Pegasus Healing

Passage Twenty Four **The Alliance With Gaia**

Onwards..things are not always as they seem eh?



What type of animal is in the photo above a lamb or a deer?

Or neither?

As we journey through the Earth plane we need to align to our own truth that is to become authentic.

There is peace in that, because then we don't have to engage in the lengthy arguments about who is right or wrong. As you quieten your mind through the discipline of meditation, work on your shadow and align to nature the jagged edges of competition become irrelevant. Set your own internal pace and standards aligned to the Three Graces, Tenderness Generosity and Respect.

It helps us to follow this our compass in everyday life. .As we see more and more “fat” control in it's guises the quiet road is best it preserves one but that does not mean one would not peacefully object to oppression. It's about balance the quiet road will lead you away.

Armageddon the battle between the forces of light and the forces of dark is within a person seeking to evolve.

The spiritual path is full of traps..Caring for other beings means wanting nothing in return, helping out even when it is not convenient. It does not mean being co-dependent look after yourself in every way. Don't try to rescue and fix everything, use your intuition and serve where you can.

Service is the ordinary everyday humble acts of kindness it does not mean necessarily anything special.

The New Age is full of noise “and pretensions, the path is towards humility simplicity and service.

There is a time to seek esoteric knowledge and awareness of the multidimensional and there is a time to mature and integrate the awareness in your everyday life for service, not for self aggrandisement.

You may have noticed.., the New age spiritual movements are mostly

steeped in being “special /chosen” with the word “shaman” and shamanistic used loosely by some particularly in the west to feign worthiness, ability and sacredness. Whilst authentic persons in various communities roll up their sleeves and help others, other humans animals ,the environment they give service in much needed everyday life without pretension.

Trust in yourself your own inner wisdom to guide you. Yes learn from others but do not give deferential homage.

Of course we know there are wise ones, those steeped in the ancient wisdoms and traditions who help humanity. Ultimately it is not the word or title ,which give reverence it is the person.

A clear stream, a muddy puddle what energy would you prefer? Both are water.

Being gullible is perhaps an experience we all go through, affording respect and trust upon a well disguised predator, or deluded one.

Judgement based on observation and facts can keep one safe it simply depends.

Stuart Wilde warned about the “false prophets” it is not only the false prophets it those who hang around them the “helpers”“brothers and sisters” in various guises. If people chose to follow then that is their destiny.

The winds of Grace help people in their everyday life , those with a pure and humble heart, so nothing is missing .

Linked with the gushing sirens the many words and tones of the New Age is the seriousness “follow me I will tell you all you need to know and do” but do they know this esoteric wisdom both words and movement.

Have a look

<https://www.youtube.com/watch?v=aPrtFxd9u9Y>

Tee !Hee! Hope you enjoyed that! Remember over seriousness is a disease of the ego. Remember the lightness of being.

Observe ,witness and trust your assessment of information, that.. is common-sense.

It does not matter if we make mistakes, though we need to recover from them as best we can We are here to learn and grow that is why we are here..

There are many forces to derail one, but that is part of the journey develop your own softness and strength .

As control gets stronger and many things begin to implode your faith in goodness and warmth is tested. Value each day your relationships and connections with nature , the animals and humans you care for.

An internal stance of not latching on to all the distractions around is required.

Embrace nature and the animals, guard your health as much as you can. Our physical body does not define us but it is an amazing vehicle to travel in whilst we are here.

So we focus on well being, nature and the animals.

Metaphysical Maturity-TheTurning Of The Circle

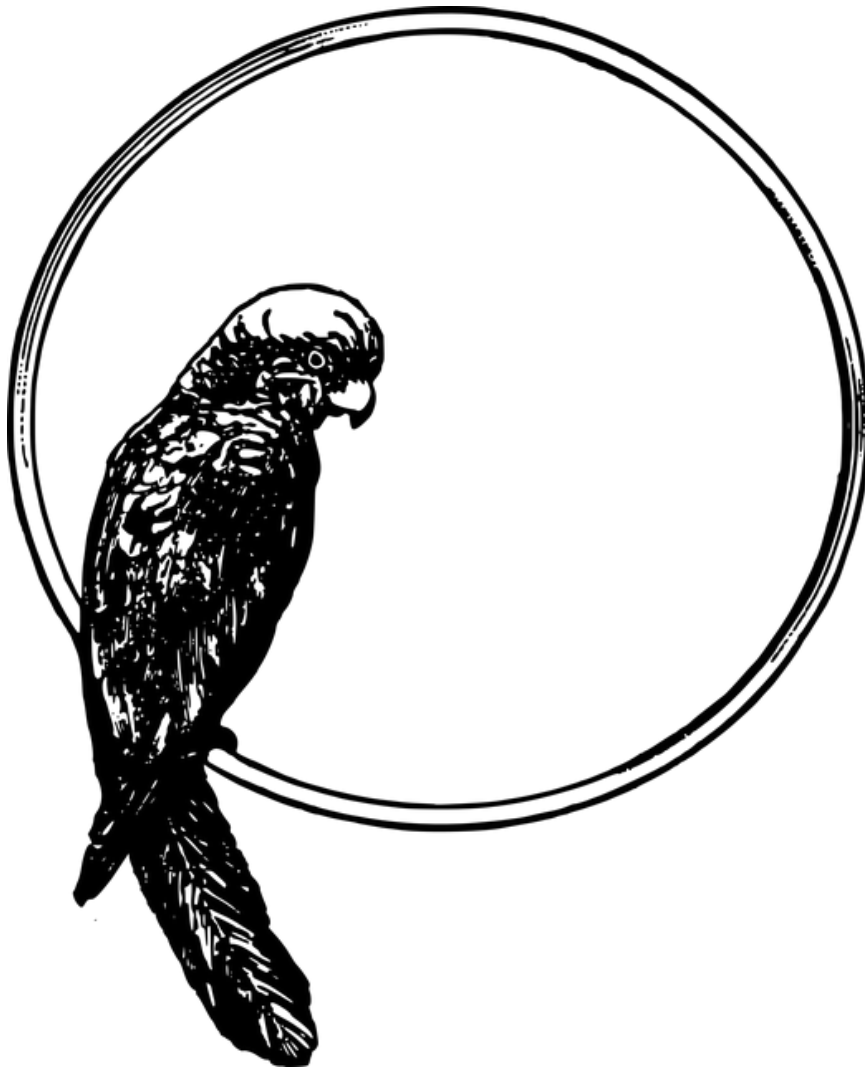
To be truly kind you must be strong, if you are towed around by your emotions and shadow traits you will not meet your own needs let alone serve , because you would be swamped in your own weakness. This is a momentous time to be alive we all seem to have signed up for it.

The Buddha was an enlightened Being steeped in compassion , wisdom humility, yet we see much intellectualism and specialism linked with Buddhism these are distractions ego fodder .

Legend says that the Buddha was asked “What did you do before you achieved enlightenment” he answered “I chopped wood and carried water. Then he was asked “and now you have achieved enlightenment”? Buddha replied “I chop wood and carry water”.

Do you follow? The journey the knowledge and experience of things enables one to shift perspective when looking at the same things, when doing the same things on a day to day level. Nothing has changed but yet it is different- just like the turning of a circle.

Some call it the “witness self” the ability to witness ones actions and motivations to be able to learn and adjust instead of just.. reacting all the time.



It confers more freedom and fluidity. It is not about wanting to “be” anything. It is about perception and self-development, humble silent things.

Now let's look at a Project:

Self-Nurture (1st
Year Project) by
Jasper.



“Something I've found, and feel blessed to be able to do and benefit from is the eating, blending, juicing and brewing of the wild plants that grow in my environment (London). I can significantly feel the upgrade in my energy and consciousness as a result of this.

I did some research and found out many of the wild plants that are edible. The ones I know of and go for are: Dandelion leaves, Chickweed, Stinging Nettle (the most nutritious plant that grows on land, so I've heard, only the top few leaves should be picked, carefully so as not to break the top of the plant, and only before they start to

flower; seeds can be picked in late summer), White and Purple dead-nettle, Burdock, Plantain, Thistle, Mugwort (can also be used as a smudge and smoked), Wild Grass (I tend to juice this as the fibre is very tough, but will soon be experimenting with drying and powdering), Lavender, Rosemary, Rose Petals, Wild Garlic, 3 Corner garlic, 'Garlic-Mustard', Sea Kale, Cherry blossoms, Elder flowers and berries, Birch tree ends (chewing into a cud then spitting out once most of the juice has been drawn out, can also make into a tea), pine needles (made into a tea – very high in vitamin C and MSM) young oak leaves and pine shoots, wild berries and plums when they're around. This Autumn I intend to be able to identify edible fungi and have a go at that. Also drying and powdering a good stash for the winter season. Picking reverent and respectfully, just taking a modest amount from each plant / tree, giving thanks.

Most powerful energy download comes from eating as soon as it's picked. If you use rubber gloves, rolling a nettle leaf into a ball and crushing it breaks the sting mechanism so it can be eaten straight away.

Leaving flowers / leaves in a jug of drinking water helps to give the water a good structure / energy.

For dense nutrition assimilation and digestibility, I whiz larger quantities in my high power vitamix blender with water, coconut oil and optional natural sweetener to break open the cell walls of the plants (many nutrients are fat soluble, and the

saturated fat in coconut oil is ideal, so I've heard). The other option would be to make a tea / decoction by boil / simmering for 20ish minutes.

Making a beer is actually very simple, it just involves brewing whatever herbs of choice into a big batch of tea, using about 1lb / 500g of ideally natural sugar for about 3.8L liquid. Leaving in a clean demijohn with brewing yeast, with an airlock for a week or so, until the bubbling dies down, and there you have it.

It's prudent to do a bit of research yourself about each plants before picking, using and consuming them.

I hope this inspires you to go out there and try some of this stuff, and see if you feel a difference from it.”

Jasper

Why Grounding Is Important.

Please look at this trailer I title “Keeping Healthy” it tells us a lot , the main video is available, though personally just limiting your use of smart phones , Wi-Fi- cordless phones and ipads will help you. Plus grounding each day will also help.

Click below

[Keeping Healthy](#)

Have a look at the animal and nature video below. It gives much information, what does it tell you about animal family life and the bonds and communication between them?

[Family Life: The Freedom Of The Lambs](#)

What does it show about their play?

See how it contrasts with the conventional view animals are lowly with a few base instincts.

We know that there is far more, the Three Graces apply to the animals too.

Questions

1. Why is grounding helpful?

2. How did you feel as you were watching the animal and nature video- how did it affect your heart for example?

3. Can you draft a script of the animals and nature video, "Family Life: The Freedom Of The Lambs" describing what can be seen observed and learned?

4. What positive piece of news do we have about the bulls in Spain this year?

5. Did you know why the "Bird Is The Word" video clip was included in this Passage?

6. What did you learn from Jasper's project?

7. How can you increase and develop your own self-nurture?

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