

Welcome to The Angelic Shaman!

August, 2010- Honoring Precious Bubba and Your Pets, Too..

On April 28, 2010, I had my precious Bubba put to sleep in my arms at home, after an intimate ceremony with my other cat, Muggsy, the vet Amile, her assistant Jen, and various angels...

Bubba was 16 years old and lived a happy, long life. I adopted him from the Portland, Oregon, Humane Society when he was about three years old and it was so meant to be. We were kindred spirits immediately. Later, when I brought Muggsy home as a kitten, Bubba was very kind to him and they became instant life-long buddies, in spite of Muggsy's crabby ways.

We all adjusted to life in Lake Oswego, Oregon, Santa Rosa, California, and Eugene, Oregon, not to mention the sometimes frequent car rides for vet visits and/or relocation and the noisy, chaotic love of grandchildren that left Muggsy hiding in panic and Bubba being lovingly, but not often skillfully, dragged around the house by eager children.

Bubba was a wise old soul and we communicated often and still do, literally, about Muggsy and other things. Sometimes I feel his love around my shoulders and heart especially and I can hear his calm, wise counsel for me, if I but let go and listen. I have always found it easier to tune into pets that are not my own and yet, in our later days, I was able to do so and for that I am most grateful.

In his last days, he reminded me to keep my heart open to future love and to not shut down due to my intense grieving. Only pet lovers can know what such loss is like, for they give us pure unconditional love and bond with us in a way that defies description. I have had cats all of my life who have slept on my bed, at times disturbed my sleep, and yet brought great love and fun into my life.

Some connections are especially strong; my grief over Bubba was huge and it's taken months for me to be able to write about this. Yet, time really does heal and now I share Bubba's energy with you. Bubba wants you to know that your beloved pets in heaven are alright, are filled with light, and want you to be happy.

You are not alone if you have lost a beloved pet. Their love endures forever and is eternal. Pets are remarkable beings and some are truly ancient, masterful beings and special souls who come to look after us and teach us so much. Such was Bubba.

Know that our pets, truly family members, are in heaven now and are but a prayer or thought away. They really do hear us, look after us, and adore us still. They are comforted by our prayers and positive thoughts of them and want us to move on with love in our hearts, while staying connected to the great love shared.

Because they are on the "other side", does not mean they do not need our love and prayers, yet, that is without obligation or heartache. It's just a happy wish on their parts.

In my counseling sessions, I often tune into pets here and in heaven. I'd be happy to tap into the great love your pets have for you and to connect with them as well.

Muggsy is healing, too. We all do, with the grace and blessings of time.

Perhaps it's time for you to welcome a new pet into your life? Did you know that petting an animal lowers one's blood pressure? My M.A. in Gerontology thesis, was entitled, "The Healing Effects of Pet Therapy for the Elderly." This work was truly a labor of love.

Thinking of you,

Martha, Bubba, and Muggsy

July 31st, 2010

Summer Prayers for You

Dear Ones,

You may have noticed that I have not been blogging as much...

I have been most fortunate to be enjoying time this summer with my grandchildren, when I am not working. They grow so fast!

Astrologers and mystics alike, point to a very intense summer which we are in the midst of now. Best to be gentle with yourselves, stick to a routine, turn the other cheek, pray, get lots of sleep, drink lots of water, exercise, and have some fun along the way.

In no way, are things "business as usual", yet if you can find peace and joy in the ordinary, go for it. Remember that most of us are fighting some type of battle and that at any moment, we can put it all aside, breathe, surrender, and love ourselves and others in spite of perhaps evidence to the contrary.

The great and mighty power of the divine within you adores you and knows of your every whim, desire, pain, regret, hope, and dream.....

I find that this ancient Huna prayer brings comfort to myself and others. Try saying it inwardly anytime for added relief, no matter what the circumstance...

I AM SORRY

PLEASE FORGIVE ME

I LOVE YOU

I send you my deepest love and blessings during this accelerated time. The best really is yet to come!

With love,

Martha

May, 2010

Catching Up...

Earth's Changing Axis

Greetings,

It's been months since my last blog. Why? Oh, as the saying goes, that's water under the bridge. Speaking of water, according to certain sources, Oregon has had the rainiest, coolest May, EVER. Enough already!

I believe that the ever increasing harsh weather, erratic weather patterns, and increasing earthquakes, etc., are a sign of things to come as we approach 2012 and beyond. The earth is in a stage of deep cleansing on many levels. Many have addressed this issue with far more detail and depth than I will do here, but business is definitely not "business as usual" in any way, shape, or form- not for our mother earth, not for anyone or anything, contrary to certain appearances that seem usual. We are being shaken to the cores of our souls to transform into the full essence of who we really are, like never ever before.

Years ago, after I had my last NDE, I found myself in the days that followed receiving divine messages. One message I received spoke of the earth actually shifting her axis which indeed sounded quite like a radical idea in 1974. (This will be published in my book later on). I was reminded of this when I read the following article on the Huffington Post regarding the 8.8 Chili quake in February of this year:

"NEW YORK — Earth's days may have gotten a little bit shorter since the massive earthquake in Chile, but don't feel bad if you haven't noticed. The difference would be only about one-millionth of a second.

Richard Gross, a scientist at NASA's Jet Propulsion Laboratory in Pasadena, Calif., and colleagues calculated that Saturday's quake shortened the day by 1.26 microseconds. A microsecond is one-millionth of a second. The length of a day is the time it takes for the planet to complete one rotation – 86,400 seconds or 24 hours.

An earthquake can make Earth rotate faster by nudging some of its mass closer to the planet's axis, just as ice skaters can speed up their spins by pulling in their arms. Conversely, a quake can slow the rotation and lengthen the day if it redistributes mass away from that axis, Gross said Tuesday. Gross said the calculated changes in length of the day are permanent."

Okay, so it may sound tiny in the big scheme of things, but is it a sign of bigger things to come with greater impact? I think so.. We all need to pray for one another and for our planet. I feel led to share the following excellent article, which is long, but worth reading. You may want to copy and paste this for later reading or save the link at the end of the article also.

Spiritual Healing for Disasters by Joel Bruce Wallach

From January 15, 2010

Note: Although this was written in response to the recent quake in Haiti, this healing information is helpful for any difficult situation, anywhere, anytime.

Do large-scale disasters seem overwhelming to you?

You can learn to face your fears, and you can utilize your awareness to help make a healing difference in the situation.

Are you willing to learn how you can make a difference-- to go deeper than your fear, so that you can tap into a greater power that we all have access to?

Staying in fear is easy. Going beyond fear may take some work, but you can do it. Use the methods described here to understand how to cope, and learn how you can help make a difference in the world.

How could you make a difference in such a vast situation?

If you can hold a positive intention, you can make a difference. Everything in the world is a physical expression of an underlying grid, or network of energy. You can help this energy shift and heal.

How can your intentions possibly make a difference on the physical plane?

If you can imagine a new possibility, you can help shift the energy of a situation. At first, it may seem that you are only imagining the shift. You are shifting the underlying energy of the situation, along with the healing work of thousands of other people. Together, you are all making a difference in the energy. And this shifts the situation, gradually, by helping the situation re-align itself with the universe in the most helpful way.

How can you clear negative energy?

If you can massage the shoulders of a friend, you have the basic skill to help lift negative energy away.

If you can imagine an ice cube melting on a hot sidewalk, you have the basic imagination ability that can help shift negative energies.

A philosophical question that may have arisen in your mind. . .

Is it the karma of people in a troubled region to experience the difficulty that they are now experiencing? The answer is that yes, to some extent, it is their karma. Karma simply refers to repeated patterns. However, it is also your karma, as one who is aware of the situation, to help to the extent that you can. In other words, you can help change the pattern. And that is why you are exploring these healing methods now-- because you intuitively recognize that whatever led you to recognize a particular situation, you yourself recognize that you can be part of the solution. The assistance you give now makes the planet a more safe and positive place for you and your family, and for everyone else as well. If you like, consider your assistance as the creation of good karma. Or simply as something you choose to do to help make the planet a better place for everyone.

Here is how you can use these basic skills to make a difference for the planet. . .

These principles work, and they are effective for you whether you are working within a religious framework, or whether you are seeking understanding of fundamental laws of the universe. When you utilize these principles of basic energy healing, you are cooperating with the cosmic intelligence of this universe, whatever name you may give to this essential intelligence. Thank you for co-creating a better world for all.

1. Face your own personal fear:

- Notice your breathing, and notice where your breath is flowing in your body.

- Notice the tense spots. Gently breathe into these areas.

- The tense spots are the fear, trapped in your body. There is nothing wrong with having fear, because it is a natural response. So, there is nothing to judge.

- Just breathe into the tense spots in your body, and the fear will gradually melt and flow away. It may not release entirely, and that is fine. You do not need to be perfect to help heal a situation.

- Imagine that you are embracing and loving the parts of yourself that feel the fear. Tell yourself:
I love myself, even when I feel fear.
I forgive myself for feeling fear.
Even though some fear is present, I can still help heal this situation.

- Let the fear energy within you flow through your heart, and circulate through your body. Your heart actually has the power to transform your fear into a healthy energy. As it circulates through your body, it actually becomes positive energy. Prove this for yourself.

2. Recognize that you are protected:

- You exist amidst the infinite universal energy. It is all around you. And, it is within you. Whatever name you call it, recognize that it contains the energies for healing, balance, and protection.

- Imagine this universal energy in which you exist, however you would like to imagine this energy. You may feel it, see it, hear it, or you may just know that it is there.

- Breathe it in. Do this calmly and gently. Imagine that this moment expands, so that you have infinite time to breathe.

- Let the universal energy remind you that you are part of the universe. As you sense this connection, begin to get a sense of peace and hope. Sense that more is possible than you may have realized. Remember that you can use any name or concept you prefer to describe this universal energy.

3. Get perspective, or distance, from the situation you wish to heal:

- Imagine the situation located at a safe distance from you-- this keeps you from feeling overwhelmed or surrounded by the situation that you wish to heal.

- Imagine the situation as being small-- for example, imagine an earthquake site as a small map of the region. Place it about 10-20 feet, or 3-6 meters, in front of you. This keeps it manageable, and is much easier for you to work with.

- It is fine if you see the region in a symbolic way, such as a small map, or a small ball of energy. This frees you from unnecessary details, and lets you work with the essential matters of energy balancing.

- Get the universal perspective on the situation-- see the situation, however big it may seem to be, as a small dot amidst the infinite universe. This helps you bring universal healing energy to the situation, and frees you from becoming overwhelmed by the size of the situation.

4. Connect the situation with universal healing energy. Whether you call the energy God, Allah, Brahma, Sat Nam, Great Spirit, Chi, Divine Intelligence, or simply Universal Energy:

- What does the healing energy look like? The universal intelligence has no particular form, because it is the underlying consciousness that creates and vitalizes everything in the universe. So, keep it simple. Just imagine it as a sparkling energy that is everywhere.

- You are imagining the situation that needs healing in front of you, at a safe distance, surrounded by the universal intelligence of the entire universe. And so there is definitely enough healing energy for this situation. You do not have to use your own personal energy to heal this situation.

- Use your hands to massage the universal energy through the situation needing healing. Massage the universal energy directly through the situation, as if the situation were flexible enough to let the universal energy easily flow through. Remember-- you are working with the essential energy of the situation, and that is why it is flexible. You are not trying to force healing energy into the physical level of reality.

- Massage the universal energy towards the situation needing healing, and massage the stagnant energy away from the situation. Let the universal energy dissolve the stagnant energy.

5. Lift the heavy energies of the situation away:

- A challenged situation tends to have vast accumulations of heavy, stuck energy. It is much easier to confront if you see the situation as small, and at a safe distance from you.

- Imagine that your hands are made of energy, and that they are protected by universal energy. You might imagine your hands as protected by large energy gloves.

- Use your hands to lift the heavy stuck energies away from the situation.

- Imagine that the heavy energy becomes softer and lighter as you work with it.

- Move the stuck energies at a great distance from the planet, and massage the energies into the universe, so that the stuck energies disperse and dissolve in the universe. This is actually a form of recycling, because the energies will then be available to the universe as fresh new energy.

- Each time you help release energy, you reduce the pain and pressure in the region you are assisting.

- Work gradually-- release a little energy at a time. Do not try to release it all at once, because that is only going to create frustration. Each time you release and dissolve some negative energy, you are improving the situation safely and gradually.

- As you release the surface layers of stuck energy, you may notice deeper stuck energies. Be patient, and calmly help these deeper energies release and dissolve as well.

6. Expand the positive spiritual, or universal essence of the region:

- Everything in the universe has a core essence of universal energy. Whether you call it divine energy, or just universal intelligence, it is the basic vibration of which this universe is made.

- Imagine this universal essential energy as a universal spark of light, vibrating in the center of the region. You are imagining this universal spark as shining within every aspect of the region. Remember that you are seeing the region at a safe distance in front of you.

- With your hands-- protected, if you like, by energy gloves-- reach towards the spark, and help it expand. Massage the spark, so that it spreads throughout the region. Help the spark shine outwards, in all directions. This helps the universal essence in the region flow to every aspect there-- the people, the land, the houses, and everything else in the region.

- Massage the universal spark in the region outwards, so that it unites with the embracing presence of the universe. Then massage the surrounding universal energy directly into the region. And so you are massaging back and forth, from the region out to the surrounding universe, and from the surrounding universe back to the region. This weaves the region into alignment with the universe.

7. Assisting with specific needs in the region:

- Now that you have worked with the underlying energetic blocks in the situation, you have helped create more clarity, balance, and universal alignment in that area. You can now help with improving the specific needs of the region, such as:

need for food, need for shelter, need for healing, need for calmness, need for love, need for feeling connected to the universe, and much more.

- Do you remember seeing the region surrounded by the infinite universe? Within that universal energy are the specific energies of food, shelter, love, healing, and any other specific energy you can imagine.

- What does the energy of Food look like? Just imagine a sparkling energy surrounding the region. Let this sparkling energy represent Food. Why would this make a difference? Because when the underlying universal energy of something is present, it is easier for that substance to manifest in appropriate ways.

- Use your hands to help massage the energy of Food, from the surrounding universal energy, and weave this energy throughout the region. Massage the energy of Food directly into the energy fabric of the region.

- Use your hands to help massage the energy of Love, from the surrounding universal energy, and weave this love-energy throughout the region. Massage the Love directly into the energy fabric of the region.

- Remember that these gifts from the universe are flowing directly from the universe to the region. The gifts are not flowing from you. You are a catalyst. You are not the source.

8. You have helped heal the energy in a region. Now what?

- You have helped create an energy shift in a region. This shift affects everything else on the planet.

- Imagine the planet in front of you. Imagine it as being small, like a little globe. Put it at a safe distance from you.

- On that little planetary globe, see the region where you were helping with healing. See the region as a little spark on the planet.

- With your light-gloved energy hands, massage the energy between that region and the rest of the planet. This helps balance the energy between that region and the entire planet. Massage back and forth, between the region and the planet, and you will notice that the entire planet becomes smoother and more balanced.

- Now see the planet as a little globe, surrounded by the sparkling energy of the universe.

- Massage between the planet and the surrounding universe. This creates balance for the entire planet.

9. Release from the process, and set the positive flow in motion:

- Gently release the image of the planet, of the region, and of everything that you were working with. It is time to let the healing process function on its own.

- You can come back to the healing process anytime. However, you must not stay linked to the situation, because that would be draining to you, and would not help the region. If you wish to work with these methods later today or tomorrow, that is fine. Each time you participate in universal healing work, you bring the region to a new level.

- You may have high hopes, and you may be delighted to see that your participation is helping. However, it is just as likely that you will find that troubles continue on the physical plane. Be patient with yourself. You have helped create genuine good, and yet you are co-creating with a situation that may take time to heal.

- You may wonder, at times, if it is worthwhile to assist. It is. You are helping make a difference. The virtues of patience have been taught for thousands of years, and for a good reason. Your strong emotional reactions only create pain for you and for others. Patience is a challenging lesson, but a necessary one.

10. Stabilize your energy, and continue with your day:

- You started by noticing your breathing. Notice your breathing now.

- Notice where you are breathing in your body. Breathe into those areas that are still tense, and love and forgive yourself for any fear or tension.

- Use your energy hands to smooth your own energy. Massage all around yourself, as if smoothing and integrating your energy.

- Use your energy hands to lift any stuck or heavy energy off of your body and out of your energy field. Imagine that you are lifting the energy out of yourself, and releasing it to the universe so it can be recycled. You may have to do this several times, as energy often releases in layers, rather than all at once.

- Imagine a sparkling healing vibration all around you. Use your imagination, for imagination is the pathway to accessing subtle universal energy. This is your direct connection with the universal energy. Breathe it in, and feel that every pore in your skin is receiving this energy. Let the universal energy receive any stagnant energy releasing from you, so that the released energy can be recycled. Now you are ready to continue with your day.

Why does this method not utilize the words and concepts of name your favorite religion or teaching here?

I have specifically not mentioned many words and concepts that you may prefer to use. However, I do encourage you to substitute your preferred words and concepts when you practice these methods. These methods are a framework for you. Do use the methods in a way that is in alignment with your beliefs and understandings about reality.

Thank You for helping make a difference on the planet. Recognize that your work has helped make a shift in a good direction. Understand that you, and millions of others, each working in their own way, are co-creating a more positive

world. Thank you for helping manifest heaven on earth.

Many Blessings,

Joel Bruce Wallach

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Please share these spiritual healing methods.

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Joel Bruce Wallach

<http://www.soul-healing-now.com/spiritual-healing-for-disasters>

SENDING LOVE YOUR WAY,

Martha Cassandra

February, 2010

IANDS (International Association for Near-Death Studies) is an organization that has been near and dear to my heart, since I learned of its existence in approximately, 1994. <http://www.iands.org> I felt like I had found my true spiritual family when I discovered that there was actually an organization which was not only devoted to the study of near-death experiences, but also offered support and education in this vital arena.

It has been especially exciting for those of us who have been involved with IANDS as board members to welcome an exceptional and timely book, published in 2009, that was written by "our own." MY NDE RESEARCH IS DISCUSSED UNDER MY FORMER NAME OF CASSANDRA MUSGRAVE. (See inside book/index on Amazon).

http://www.amazon.com/s/ref=nb_sb_ss_i_1_16?url=search-alias%3Dstripbooks&field-keywords=handbook+of+near-

death+experiences+thirty+years+of+investigation&sprefix=handbook+of+near

The following info is from: http://www.iands.org/conferences/2006_houston_tx/handbook_of_near-death_studies.html

"Just Published--IANDS's Own! The Handbook of Near-Death Experiences: Thirty Years of Investigation, a careful overview of published studies about NDEs, is now available from your favorite book distributor.

Published by Praeger, the book is built around presentations from the first two days of the 2006 IANDS conference. That event at The University of Texas M. D. Anderson Cancer Center in Houston brought together NDE researchers from around the world to discuss the major findings of three decades of exploration into NDEs. The result is this scholarly Handbook of Near-Death Experiences, edited by Janice Miner Holden, EdD; Bruce Greyson, MD; and Debbie James, RN/MSN. Forward by Kenneth Ring, PhD.

The book is sure to find its way to college classes and the library of any serious student of NDEs. Publisher information is at <http://www.praeger.com/catalog/C35864.aspx>. It is also available in hardcover at Amazon.com and other distributors, ISBN number 978-0-313-35864-7, or as an e-book at full price at <http://www.abc-clio.com/products/overview.aspx?productid=111212> (Proceed all the way to Checkout to reach number for required phone call to complete the purchase). All proceeds from the book will go to IANDS.

UNTIL NEXT TIME,

Martha

January, 2010

Happy New Year!

May your inner compass and that true voice within lead you to the life of your dreams!

What new direction and fulfillment awaits you in 2010?

It is never too late to begin again. What, where, whom, calls to you now? If money or time or whatever, was not an issue, what would you love to be, do, have, create, share? There is no time like the present. Think BIG, dream BIG. And why not? You are so divinely loved and angels await your beckon call.. In the midst of your daily responsibilities, remember to cherish and nurture your most sacred inner dreams, your dreams of tomorrow, now. Great opportunity is at hand and your destiny awaits you, no matter what is on the outer, no matter what the outer world portrays. Let us go where angels tread, seeking our bountiful supply, overflowing with the essence of the most beloved within, to share with one and all.

With best wishes for a wonderful new year!

Martha

December 12, 2009

Holiday Greetings!

May the true spirit of this holy season bless you from deep within. As we approach the shortest day of the year and winter equinox, may the sacred light of the divine burn ever brightly within your soul, bringing you peace and hope, no matter what your faith may be. Great light comes now, comes now for us all.

While I love this sacred season, a crisp fire, and an occasional beautiful snow fall, I often find winter most challenging with it's shorter, darker days, and cold temperatures. It's been unusually cold these last few weeks in much of the USA and in the Pacific Northwest and my body says, enough already, as I dream of some tropical place! How about you? May we keep the inner sacred home fire burning and share it, too. The world needs, more than ever, our LIGHT!

I recently went to hear author Mike Dooley speak at the historic Bagdad Theater in Portland. Some of you may know of Mike through his current bestseller, *Infinite Possibilities* or from his free emails called "Notes from the Universe ", which always seem to be speaking just to me! (Amazingly, many say the same thing). It was a pleasure to meet Mike as he signed books and also to hear him lecture; he's wise, warm, and infinitely witty....

May you find joy in the simple things this season and make time for them- a good book by a cozy fire, time spent with a special loved one, looking into the eyes of a beloved pet.. Perhaps giving yourself the gift of a long-overdue, soothing massage or energetic healing may be most timely. Speaking of healing, I have received, via the phone, the most divinely inspired and magnificent energetic healings from Christina McEntire, a lovely and extremely gifted soul. We have been working together for many months and her amazing work has made a significant difference in my health and well-being on many levels. Her truly precious angelic gifts await you now! www.thejoyfulhealer.com

Know that the angels love you and are with you right now and that no matter what you may be experiencing, you are more loved and cared for than you likely know. We are never alone. You are so very, very loved and adored! Take heart, dear one, take heart..

With eternal love,

Martha

October 15th-17th, 2009

IANDS Conference- San Diego, CA

What a wonderful time we all had gathering together to see old friends and meet new ones, in balmy, beautiful San Diego. As usual, great speakers, great topics, and deep connections made for a wonderful conference, not to mention the really good food! Not all who attend these conferences have had near-death experiences, in fact many have not. Yet, we are bound by our curiosity and/or love for the subject, our often unspeakable deep feelings about it, and dare I say, the urge to merge, with others of like mind. I truly never tire of hearing about others' NDE (near-death experience) stories which move me deep within, remind me of my own NDEs, fascinate me, and call me home. I am happy to share with you, photos of special friends and connections from our time together. Scroll down....

Here I am (right side) with the dedicated Diane Corcoran, current IANDS president.

Here is my dear friend, Yolaine Stout, who worked for months to make it a great conference! You go girl!

Eric, Linda, and Stephen enjoy dinner together. Thank you for your great contributions in San Diego! Thanks Linda, for your awesome leadership!

Sharon Lund and Beverly Brodsky smile at the huge success of the conference... They worked night and day to make it so! Whew, I guess these angels needed little sleep!

See you all at the next conference! www.iands.org

September 22nd, 2009

Autumn Equinox- A Message from Archangel Michael

Greetings upon this sacred day. In the midst of your busy life, we beseech thee to take time for thy own self. We speak of the human self and also thy SACRED SELF. If not in action, then in thought. Whereby your thoughts and your intentions have impact, power and sacred magic, you can alter the course of your reality by trusting and knowing that is so. Do not look necessarily for evidence of this in your ordinary reality and space, although surely it may show there. Look within, to thy SACRED SELF, to the messages within thee and for thee, to that "still small voice" and to your hunches, indeed to that inner light and connection to Mother-Father God who loves you forever more. Look to that DIVINE inner presence, the SACRED I AM, indeed the I AM THAT I AM, as Jesus so sweetly spoke of- yet, many heard and did not understand the true meaning behind his majestic words. You have a guiding light, an inner compass, that truly can and will direct you, as surely as day follows night. Trust and know that you and thy Father/Mother are ONE. I am with thee forever more and my light shines brightly upon you this day. Feel my love & my radiant blue light protecting you & blessing you NOW dear one.

I walk with thee...You are so loved, so very, very loved.

September 7th, 2009

Visiting Sacred Puget Sound

Hello Friends,

Recently I traveled north for a special family event, spending time in Seattle, a place I've always enjoyed. There is something about the waters of Puget Sound and the beautiful surrounding land that feels very sacred to me. Sure, there is lots of traffic and great city life, and in addition, something more captures me.. (One of these days, I am going to visit San Juan and the other islands in the area. I hear them calling my name!). For now, back to Seattle- I had fun visiting the famed, thriving, and very (very) popular, Pike Place Market. Many funky shops, a farmer's market, a variety of ethic (and of course seafood) restaurants, cafes, yummy treats, naturally- great Seattle coffee, wine tasting, even a fortune teller, and so much more are to be found in this unique, historic, magical part of Seattle. If you love to people watch or take endless photos, this is the place, just pick a time when it's a bit less crowded. By the way, I did not intend my blog to turn into a travel log! So much moves my heart and soul these days. There is much I want to share.. Perhaps a little trip is in your future. I find that getting away, even for a night, can be refreshing and shift the energies, so to speak. We all need a change of scenery and to break up our routine a bit. It's the old, "What I Did on My Summer Vacation" thing.. No doubt about it, more than ever, transformation is the name of the game. Big time. Like a shooting star coming to a theater near you, only within you. Bless you dear ones. You are never alone. Never without help. Never without answers to your burning questions. You are loved and adored. Speak only of the life you want to live. Your words have magic. Your words have power. Your words are the creative genius giving voice to your soul. Hear what you say. Hear what you truly want. Hear and listen. Thy Divine Father, Thy Divine Mother love you in a place where there is no space and time, in the now and forever, in the sacred inner recesses of thy heart, in the beauty of thy being, apparent flaws and all. Reach, reach far and wide. Now is the time. Now is the call for YOU to come forth, to be all that you truly are, to be all that your soul is designed to be. It is safe to be free, to be happy, and whole. Sit with us, sit with us in joy and light. The angels love you so.....

With great love,

Martha

August 7th, 2009

Greetings, Dear Hearts!

Is the summer flying by, or is it just my perception? I've been in the midst of life's up's (seeing family, traveling, loving visits from grandchildren, and enjoying working with client friends), and down's- (surgery that is over and behind me now). I have let my busy schedule keep me from more detailed blogging, however I wanted to take the time to send you this lovely image of Archangel Michael, who provides us all with great, loving protection. Just call upon him and he'll be there! Sounds like a love song, yes? This incredible work of art was created by an amazing soul and sacred artist, Nanette Crist. View her truly divine, light-filled art and website at: <http://www.cristfoundation.org>

This has been an intense summer with one solar eclipse and two lunar eclipses. Life can move at warp speed. You are deeply loved by Spirit. Ask for help, drink of the divine healing waters... We need not "do" this earthly time alone. I send great love and light to you.

Until next time,

Martha Anne

June 21st, 2009

Summer Solstice

Dearest Ones,

May the sun shine in your life and may the light of the divine shine ever strongly within you...

In the midst of these extremely challenging times, indeed historic times upon our planet, hold fast to your faith, inner strength, and innate wisdom. For thou art never alone. In these "end times" we are actually ascending our spiritual bodies into higher dimensions on earth. We are dying to the old and yet, we no longer have to die and pass to heavenly realms, to do so. We are consciously (and for some, unconsciously), co-creating heaven on earth and what a wild ride it is, seemingly unknown to much of the world. However, the world certainly knows that something is UP!

The ascension process affects us hugely on every level, mind, body, and spirit. Channels Solara and Karen Bishop, in my opinion, have an accurate "take" on the pulse of the world. I honor these gifted and dedicated women, by sharing their nurturing and wise work with you, through their website links:

<http://www.nvisible.com> , <http://www.emergingearthangels.com>

May your summer be filled with all that makes your spirit sing!

With love,

Martha Anne

June 15th, 2009

Women on Sacred Ground- In the Willamette National Forest

I am still glowing from attending Eugene's Center for Spiritual Living's annual women's retreat, recently, at St. Benedict's Lodge, on the beautiful Mc Kenzie River, outside of Eugene, Oregon. How magical it was indeed, when about 50+ women came together for retreat, prayer, meditation, reflection, fellowship (or should I say womenship!), music, fun, yummy food, fireside chats, country walks, and more... Consciously loving & supporting ourselves and one another, as we acknowledged and healed the past and aligned ourselves more clearly with sacred intentions for the future, all in the power of the "Divine NOW." Blessed be the divine feminine, so crucial on our planet at this time! May the grace and mercy of the Divine Mother shine upon you and bring you peace, now and forever more...

As summer approaches, it's a great time to go within. Better yet, go within, outside. Surely there is a special place calling your name!

June 12th, 2009

Come On! Summer-time!

Greetings,

Here I sit in my home office, in the lovely, lush, northwest thinking, "Enough already! Where IS the sunshine? Where is summer?!" Perhaps I need to do a sun-dance, calling to the powers that be! I tend to be solar-charged and thrive on some good

ol' rays! Another option is always to enhance our inner light... Never mind that summer has not officially arrived as yet!

Speaking of light, look at this amazing photo, below! It was taken at a brook by the very beautiful Mc Kenzie River, near Eugene, Oregon. The area was dark, in the shade, with no sun rays shining through. The shafts of light look a bit like waterfalls, yet such was not the case. Photos taken before and after, of the same location, show nothing unusual; only this photo has the magic! What do you think?

May the best of summer shine within you,

Martha Anne

April 9th, 2009

Blessed Springtime...

Hello Friends,

I can't believe it's been three months since I last wrote. Life seems to be quite the intense journey lately, including for yours truly. Moving to the Northwest in the midst of winter was radical indeed. With every ray of sunshine and each blossom that I see, I rejoice and give thanks. It is evident, to me, through friends, family, and clients alike, that we are collectively taking a wild ride, as we approach 2012. It's as if we've climbed aboard a speeding train of universal transformation, like none other EVER!

Recently, someone emailed me this most lovely photo, evidently shown in Parade Magazine, of a prairie dog in the sunlight, being still, as if in prayer...

The following article, with photo, is taken from <http://laurenbdavis.blogspot.com>

FRIDAY, MARCH 20th, 2009

NATURE'S PRAYER

Just before Thanksgiving last year, NPR interviewed Terry Tempest Williams, author of Finding Beauty in a Broken World. In part of the interview, Ms. Williams talked about prairie dogs. She said:

"I watched prairie dogs every day, rise before the sun, stand with their paws pressed together facing the rising sun in total stillness for up to 30 minutes," says Williams. "And then I watched them at the end of the day take that same gesture. 30 minutes before the sun goes down they would press their palms together in perfect stillness. I don't mean to anthropomorphize, but when you look at a creature that has survived over the millennium, begin and end each day in that kind of stance, it causes one to think about one's own life and the speed and rapidity in which we live."

Indeed! In peace and stillness, may we find our sacred center and each other, ONE being that we are..

Much love,

Martha Anne

January 2nd, 2009

Blessed, Happy New Year!

Hello Everyone,

Like so many, I have been in great transformation. I recently moved my residence from California to Oregon, returning to the land of my birth, yet again. My movers came the day before a big snow storm. Truly, I was graced with divine timing, in that it all came together perfectly. I am enjoying my lovely view of a big pond and its wildlife, while I am still getting settled.

We enter a new year, with the promise of enchanting, wonderful things.

I send you loving wishes for a surprisingly exceptional & fulfilling time. I say, ignore the media's doom & gloom chatter, as much as possible! We can't afford the luxury of negative thoughts (thoughts become THINGS). No matter what has happened, healing and joy can transcend. It's time for so much to open for one and all.

Our lives can change for the better, in seconds! In the midst of winter, may your hearts fly freely on the wings of eagles and angels. May limitation be behind you! Create a new story, one that is more in alignment with the real you. Vow to find resources that serve to heal and enhance your soul in a real and tangible way. I find this quote most timely..

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. There are things to be considered: Where are you living? What are you doing? 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. 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 try to hold on to the shore. They will feel they are being torn apart and they 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 the water. 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. "

- The Elders Oraibi, of the Arizona Hopi Nation

May your soul fly free, from any apparent restraints in everyday life. The best is yet to come, NOW! You choose.

With great love and endless light!

Martha Anne

November 16th, 2008

Autumn Update, Beloved Barack Obama, and More..

Greetings! My life is busy-busy, as you can well imagine, since I am in the midst of an out-of-state move. I send you each warm regards and best wishes, as we approach the ending fall season in America. It is a time to count our blessings and to seek to bring intentional healing for ourselves and others, in whatever ways we can. Thoughts, actions, intentions, and prayers make a difference! What are you thinking, doing, and intending these days?

The USA has experienced something profound, with the election of Barack Obama and his heart-felt desire to unify ALL people. Mr. Obama and his family are beings of great light and sacred intention, destined to serve at this time in our nation's history.

Even if Senator Obama was not your first choice for our next president, we need to pray for the newly evolving leadership in America (and abroad), and that we, as a nation, can be fully healed on every level as we move into intense, life-altering, unprecedented years of radical, global transformation. Let us SEE, FEEL, and INTEND harmony for ALL, in every way, creating infinite blessings world-wide. We are ONE. The time is vastly overdue for peace and sacred unification, personally and globally. The times not only ARE a changin', as we said in the 60's, they suddenly HAVE changed! Yet, we have a long way to go! Don't be fooled by first impressions, yet hold the vision of TOTAL healing in your heart and mind's sacred eye.

What are your deepest dreams? I hold those visions for you, no matter what hardships may be temporarily transpiring in your life. While things are surely not "business as usual", the sky is still the limit! What may be breaking your heart today, could actually set you free tomorrow.

Stay in touch with your soul and know that a thousand candles of love burn from invisible realms for YOU. We are never, ever alone. Seek and ye shall find. If you are too weary to seek, surrender, surrender, surrender. Your inner voice, be it loud or barely a whisper, is now being heard. Know and trust- and trust, yet again.

With love and light,

Martha

October 7th, 2008

The Beautiful Chesapeake Bay..

Imagine being able to walk only a few feet out your door and find yourself on the peaceful shore of the lovely Chesapeake Bay, in Virginia Beach, Virginia. This was my good fortune, when I recently stayed at a generous friend's great home, with its majestic water view, situated on the sands of this well-known bay. The Chesapeake Bay is the largest estuary in the United States. It lies off the Atlantic Ocean, surrounded by Maryland and Virginia. What a treat it was for me to enjoy this sanctuary, while in town to present my near-death experience lecture to the Virginia Beach Friends of IANDS (FOI), (International Asso. for Near-Death Studies), which meets monthly at Edgar Cayce's famed A.R.E., (Association for Research & Enlightenment).

Edgar Cayce has been called the "sleeping prophet," the "father of holistic medicine," and the most documented psychic of the 20th century. Be sure to check out this popular and thriving Virginia Beach Friends of IANDS chapter, as well as A.R.E., if you visit Virginia Beach. The "vibes" at A.R.E. are amazing, the day spa is out of this world (or so I am told!), and the library is legendary. Plus, there is a great book store & gift shop and a lovely top floor meditation hall with gorgeous stained glass, not to mention the water view. Ahhhh. The combo of relishing in fascinating near-death experience exchange, via warm kinship, and the offerings of A.R.E., can't be beat for those who find such activities right up their mystical alley! Happy travels, for mind, body, and spirit!

Until next time... Martha

September 28th, 2008

Fasten Your Seatbelts..

Hello, friends. I just returned from two weeks in beautiful Oregon, my birth place, in the pacific northwest. Along the way, I experienced one of the most sacred mountains in the world, beloved Mt. Shasta, in northern California. May you enjoy her majestic presence here...

Can words possibly address the nature of life in the world these days? We are in the midst of mighty global transformation and it is no more evident than in the USA, in the nitty gritty economic and political scene. To some, this is not a surprise, long predicted by many "authorities" in the mainstream, as well as in more metaphysical circles for eons of time. I could lighten the mood and call it "Cosmic PMS." This is a huge topic to address in the confines of my blog and busy schedule, but I can't help but say, I fully know and believe that a higher power is in charge.

If you are going through an intense time, be sure to get enough rest, eat right, take time to be quiet and still, and to be in nature, if possible. Don't allow yourself to be saturated by negative people or by the extreme gloominess flying from the media, aimed directly at you, in your cozy kitchen, sacred space, I-Pod, or car! Don't believe everything you hear or read. Don't lose hope, your faith, the power of your inner guidance, your common sense, or shut down to the great love always available for you. Guarding against others' emotional outpouring is wise, indeed. That headache or heartache you feel, may not be your own! See the light through the clouds of illusion. Fear and anxiety will greatly reduce the good that is in each moment and waiting to come to you. Treat any hard times as temporary and a chance to be a mighty warrior for great goodness in your life and in the world. Wonder if your soul chose to be born at this particular time in history? Wonder if this is the perfect time to bring forth your soul's higher purpose and to no longer settle in any way?! Wonder if, in spite of dire predictions, a more bountiful life of freedom is just around the corner for you, your loved ones, and/or anyone? Can you say for sure it is not? If we keep doing what we have always done, we will get what we've always gotten, for better and worse.

America will once again be experiencing history in the making, in this extremely vital presidential election coming soon. Let's make our voices count, keeping in mind that we are all children of the divine, no matter what the political party! Let's remember that and not add to the extreme, mean-spirited, ego-fueled energies happening on the political front. Whatever happened to the golden rule? And, do I want a particularly vibrant someone to be our next president? You betcha!!

OBAMA.

I align with you for personal and planetary freedom. May your souls be richly blessed in all ways. It is never too late to be who you truly are, more beautiful and special than you can possibly fully imagine. We are not our egos, our pain, or the roles we take on. We are a unique, special spark of the almighty divine presence, passionate, creative, and meant to live life fully, in freedom and joy. Your expanded consciousness fills you with love and eternal knowing, now. Keep on keeping on...

August 17th, 2008

Move Your Stuff, Change Your Life, Big Sur & More..

Greetings!

Thank you for your email. It's been fun to connect. Oh, how the summer has flown by, it seems! Things I intended to share, are nearly out of date now. Life is busy for most, including for me. I am in the midst of planning a move and I have enjoyed cleaning out big time.

Clear your clutter, move your stuff, change your life! Does your environment reflect the you that you are becoming? Things hold stuck energy. Let go and create anew, allowing more abundance on every level to flow in. Perhaps it's time for you to shift in a massive way. I can promise that cleaning out the old will facilitate that! Hanging on to old furnishings or stuff out of fearful thinking regarding money (how can I afford to replace that?) or an over-attachment to the past, can truly keep one IN the past. If you don't love it, get rid of it! If it's from a former life (in this life), consider making room for your future expanded self and life and say adios to whatever!

In July, I attended a wonderful wedding, visiting California's lovely Monterey peninsula and majestic, famed Big Sur, that had previously been engulfed by fire. The area is on the mend and the community, so happy to be healing and in the flow again, warmly greeted all with open arms.

A sweet deer, now safe from flames in Pfeiffer Big Sur State Park.

The Big Sur Garden Gallery entrance, with the Blessed Virgin Mary, displayed lovingly inside. Tourists and locals alike, once again enjoy great local art and look forward to completely fresh air and blue skies.

Lastly, the recent lunar eclipse was a magical event and the autumn equinox promises more major transformation. Just for fun, I have added my astrological birth chart here, for those actually interested. (Just ignore my age). See my resources page for a list of excellent astrologers. This chart was done by Earthwalk Astrology. (Please SCROLL way DOWN for previous blogs. Temporary glitch in spacing). Bye for now and best wishes! M.

June 2008

Welcoming Summer

We are surely living in intense times. The recent full moon, Summer Solstice, and certain astrological aspects have been over-the-top magical and transforming, and yet, in my opinion, not easy. We are certainly living in the midst of greatly accelerated "earth changes" as evidenced all over the planet. Here in California, we are having many wildfires, while the Midwest is having too much water and flooding. Needless to say, prayers are in order. May grace, mercy, and healing prevail.

Dear ones, ground yourselves the best that you can, take time to fill yourselves with light and to tap into the Divine Love and Sacred Presence that is always present. Ask for help, and keep on, keeping on with courage and hope. Filling your light bodies with more light will help enormously, and indeed there are times when we have no emotional choice, but to surrender on our knees, literally or inwardly. Surrender is a great idea, anyway.

Make the most of the windows of opportunity that come and know that you make a difference, even if it doesn't look or feel like it at times. We are living in an almost lyrical time in our dimension when things can manifest very quickly, from our thoughts and intentions, and from overall mass consciousness. Prayer and inner-attunement seems essential, even if it's done while brushing your teeth, ready to run out the door for more life in the fast lane.

I have found that toning can be very useful to uplift one's vibration and clear the mental and emotional body, while refreshing the spirit. Just open your mouth and go for it, perhaps in the car when alone! At first, if you have never done this before, it may sound goofy to you, but it can be oh, so powerful and is one of the quickest ways that I know of to shift your energy fast and to feel more empowered, grounded, and available to receive the love and light that so wants to expand within you and for you, on your daily journey.

You might just be surprised and delighted with what you find yourself uttering from your own precious voice and throat chakra. Each soul has its own unique "soul song" and "soul voice" and getting in touch with one's own true voice can be extremely healing and of great comfort. Don't be surprised if you hear different sounds at different times.

This summer, indeed, is most transformative and fast moving on so many levels. The veils between dimensions are ever so thin, creating extreme sensitivity within some of us. While often causing discomfort, this also can have wonderful impact on our lives, since great portals or gateways from "heavenly" higher realms have opened in almost unlimited fashion, as sacred ascension within us and in our planet, transcends previously held tight boundaries in the physical. The universe is shouting at us, get on board, you can do it, whatever it is! It's time to leave the old you and your past behind! Adios old self! Adios former life!

I leave you now, sending prayers and sacred healing intentions for each one, for everyone in this great historic time on Mother Earth...

May 31, 2008

Bringing Back the Light

I am writing to you in the midst of my "after-glow" from having recently participated in the Near-Death Experiencers' Annual Retreat, at Mercy Center, near St. Louis, MO. What a time we had! More soon about that, but for now, here is a group painting we all did; twenty-five of us flowing our energies onto canvas, while being allowed to paint over others' work. It is beautiful, yes? I painted an angel. Can you find her? (We will be marketing this art on mugs, t-shirts, or cards for a fundraiser. Let me know if you are interested!).

Sometimes I am at a loss for words to adequately describe the amazing personal and group transformation that often happens when souls such as ourselves come together to share, to open our hearts to Spirit, and to quite intentionally love one another and our Earth family, through sharing, ritual, prayer, and fun! The healing energy and divine love and power that was felt, as we held hands, drummed, and more, was amazing. It was as if the LIGHT that we all had experienced on the "other side" had been reactivated in the room and through each one present. We came away feel totally "recalibrated." ...Very, very "shifted" indeed, and more ready than ever, to give the best of ourselves to our personal and global paths.

We were delighted to conclude our retreat during the auspicious time of the "Wesak" full moon. Wesak is a yearly holiday that marks the birth, enlightenment, and death of the Gautama Buddha. It is celebrated during the first full moon that occurs while the sun is in Taurus, which means that it generally falls on the date of the first full moon in late April or May. The festival of Wesak is Buddhist in origin, but people of all faiths and backgrounds have welcomed and observed this annual tradition, including us! We had a magical time, as we silently walked the lovely labyrinth at Mercy Center, holding prayerful intentions, as the full moon in Scorpio, rose high in the Missouri sky, shining her sacred light over our beloved planet. Maybe next time, you will be joining us!

In daily life, there is so much love to be shared, given, and received. Yet, it is so easy to have that reality become overshadowed by the demands of our everyday lives, the intensity of the times in which we live, and the enhanced negativity put forth by the media. Reach out. Give even a little, gain a lot. We never know when our simplest words or actions might very well bring blessings and healing to another, in ways perhaps unknown to us.

There are a lot of wonderful people living on our planet who want to help others through tough times. We are not alone. Seek and ye shall receive! Your Higher Sacred Self knows just what to do and how to help you in any time of need. Be still, become open, and listen. It will be alright, no matter what you are facing. Time heals and we are all deeply, deeply loved by the holy creator that hath made us! Perhaps we will see you at the next retreat!

With love and light,

Martha Anne

March 27, 2008

Abundance Flows

In spite of media woes about the state of the economy, we live in a prosperous universe. I had a fun reminder of this recently at the neighborhood car wash. The place I frequent offers free car washes, inside and out, when purchasing an oil change and maintenance check. However, there is more to the story.. The other morning, while driving around doing errands, I gave thanks for the beautiful day, for the good coming my way, and for blessings upon all. Noting that an oil change was due, I pulled into the oil and lube lane and was delighted to see that there was no wait. I asked for a rain check regarding the car wash, knowing that I had thirty days to use it, since I did not really need one now. Next, I went inside to pay and thanks to their smart marketing, I began browsing in the cute gift shop, while waiting for my car to be finished. While inside, one of the employees ran up to me, asking if I wanted fragrance in my car. I reminded him that I had taken a rain check for the car wash. So, he raced outside to see if he could stop my car going through. He came back and said, "I'm sorry, it's too late. Your car has already been vacuumed and is being washed right now." Translated: "You are being given a gift right now, the gift is in process, and it cannot be stopped!"

My first reaction was that things were not going as planned; my car having been washed recently, did not need this, and I would have to wait longer, in the midst of my busy day. Boy, did I have the wrong spin on that, when I next realized, "Wait a minute. I am not only getting a free car wash today, I am also still entitled to another free car wash in the weeks ahead." Evidently, I was too busy to see the gift in the situation. I had not expected it, but my car was headed toward its destined good, with a little unexpected prosperity headed my way. (Car wash prices here, start at \$18.99, and I was going to receive my "freebees" twice). Smiling at the attendants, as I happily put cash in the tip box, I climbed into my shiny clean car, and drove off having received my greater good, my unexpected gift, with all resistance gone. Not to mention, that perhaps my warm smile and tip brightened their day, too.

The point of my story is not about the car wash prices, but this: In the midst of our daily lives, there are all kinds of ways that prosperity flows to us, if we can but open our minds and hearts, and see it. Your blessings may come in the form of money, in the form of something free, or in kind words, deeds, or gestures from another; the list is infinite!

With so much buzz out there about the "hard times" we are facing and for some of us, the apparent economic reality with which we are dealing, on a daily basis, it's important, more than ever, to increase our faith, our expectations, and our dreams of a happy and prosperous life. Thoughts become things!

Some find it fun and uplifting to keep a daily gratitude and blessing journal of sweet things that have happened each day. If we but open our eyes, the list is there! What about the waitress who quite intentionally did not charge you for dessert? What about the baby in the stroller who gave you an extra big smile? What about the gentleman at the grocery store who suggested that you go ahead of him?

Love is in the air and magic is afoot! Prosperity flows and is flowing to you now. Dear hearts, it's coming your way, no matter what your situation! Things can turn for the better on a dime! I know this from personal experience. True prosperity is about so much more than money. I was happy to have an unexpectedly cleaner car, but my real joy came from the feeling of being immersed in life's underlying flow of good, that I attracted and experienced, even if I was oblivious for a time.

I'd love to hear news of your abundant blessings! Perhaps I will start a web page devoted totally to the abundant flow of good that comes our way! What do you say?

Martha

March 20, 2008

Spring Equinox

Today seems like an auspicious day to begin my blog, for magic is in the air. I did a little ritual this morning. Was it about honoring my beloved brother in Spirit, whose birthday it is? Was it ceremony to welcome this glorious Spring? No, not yet. It was more serious than that. I put my toaster away. Yes, it's true. Shocking, I know. Took out the crumb tray, dusted it off, wrapped up the cord, and put away my trusty toaster, not to be seen again for a long while. This is my sad state of affairs, since my Wiser Self has "forced" me to give up my beloved and cherished (buttered) TOAST, on the road to a more trim, low carb me. It's my Good Friday experience, a day early. Perhaps by Easter, I will have risen out of the pain of this sorry situation.

All kidding aside, this week is an especially holy one with the sacred energies of Palm Sunday, St. Patrick's Day, Purim, Spring Equinox, the full moon, Good Friday, and Easter Sunday. (Did I leave anything out?).

The changing of the seasons and these special holidays are a powerful time to release the old and create anew. What needs releasing in your inner and outer life? What dreams are you wanting to manifest? Are you perhaps needing some new found hope, faith, and encouragement? Know that you are not alone. As you dream today, dream BIG. In the midst

of these challenging times, great light and tools of profound healing and manifestation are available for you. Listen to the whispers. Heed the still small voice within. You are deeply loved and all is possible! Your heartfelt longings, prayers, hopes, and dreams, blend with the voices of millions of your brothers and sisters, in intended transformation and co-creation.

Today, I welcome the Sacred Spirit of the Divine into my life, in a more conscious and expanded way. How about you? What old energies and situations will you gladly usher out the door? What renewed and fresh dreams and realities will you welcome into your heart, soul, and life in the coming months? What do you wish for your loved ones and our planetary home? There is no time like the moment! The time of fulfilling your soul's purpose and lending enriching support to others, is NOW. Enjoy the path. Onward and upward!

January 2008

Birth of the Angelic Shaman

Welcome!

This is a new place for you to enjoy my channeled messages for you from Spirit and also, my personal thoughts and experiences (my blog), creative writing, poetry, photos, and more! I will update this section as my time allows. May you have fun and find inspiration here. I welcome your thoughts and suggestions, via email. Let's connect!

With love & light,

Martha

