

Abbreviated Special Energetic Report

DEALING WITH AND SENSING NEW ENERGIES ON A DAILY BASIS.



This Energetic Report has been prepared by Deidre Lin & [TransformX](#) to assist in the perception, utilization and integration of gateways in a general sense; and the **9³** specifically.

Another month has passed since the wonderful introduction of the **9³**. Many new and exciting things are in store for all of us. There are so many changes and new events happening almost daily and for some – hourly! Sometimes it feels like it is all just too much to take in, too much to bear ...

JUST TOO MUCH!!

This abbreviated Special Energetic Report looks at the increasingly complex relationship with energy that many are now experiencing. Many have experienced this relationship off and on for years – as I have. I have noticed though that in the past 3 years this relationship has evolved in its own right and now the relationship is more the norm rather than a once-in-a-while experience.

Our perception and interaction with energy is becoming increasingly easier as we move into - then exist within - the Ascension Age. This comes about as we cleanse deeper into the layers of 'stuff' that surround our energy bodies and cast off energy that no longer serves us. Some may not even realize this is occurring - they just feel different feel strange emotions or feel out of sorts. All of these and more can be signals that you are interacting with different energy.

Sometimes this can have a very uplifting effect and sometimes not so much 😊

THE KEY IS TO REMAIN CENTERED IN YOUR BEING-NESS...



Try the following exercises. They have been instrumental in assisting me in staying centered when all else was in chaos:

▶ **GRATITUDE**

For me this has been the most important centering tool. Even during the most chaotic times, when all seems to be falling apart, failing, changing...I found 1 thing to focus on and be grateful for. When you find 1 thing, other things that you have in your life will reveal themselves automatically and you will feel gratitude for those as well. Finding that 1 thing can sometimes be VERY challenging. If you persevere the rewards will be worth it as this technique can bring you instantly back into alignment and re-centered.

▶ **Nature**

Even if you are residing in a metropolitan area there are areas and opportunities to align your energy with nature. Take a walk and focus on the trees, sky, birds and foliage.

▶ **Meditation**

Try combining the Gratitude and Nature together and complete a walking meditation.

▶ **This Too Shall Pass**

If all else fails repeat this phrase as a mantra and really focus on the words while releasing chaos energy from your being-ness.



More than ever before we can feel whether energies are beneficial for us or not when we sense or interact with them. Remember that the higher we vibrate - the more energy will be attracted to us.

If the experience is not of the highest energy or of non-beneficial nature; I have used the following techniques to assist in the situation and remaining centered:

- ▶ **Unplug** - Bless it and remove your energy by unplugging from the situation/energy – the switchboard technique from ‘Our Journey Within’
- ▶ **Not Mine!** - Recognize that you may be feeling the energy of someone or something else and use the switchboard technique to unplug. Sometimes this is as simple as asking ‘is this energy mine?’
- ▶ **Intentions** - Set your intention that only the energy that serves your highest good will be acceptable in your presence. This is a very powerful tool and when utilized from your ‘I AM’ (higher self) presence and goes a long way towards filtering out the energy that no longer serves.
- ▶ **Non-Attachment** – I keep in mind that these issues, feelings and situations are very transitory due to the massive changes that are happening in our world, lives and energy bodies. Non-attachment to these changes keeps us in alignment and centered.

LOOKING FORWARD...



The month of December has always been a month of contrasting energies. Keeping in mind the usual amount of chaos this time year brings is always beneficial for our well-being. For some this time of year is a great celebration and for others it seems to be a reminder of undesirable memories and events. We can use this time to meditate on how we can utilize our new-found energies during the New Year. (I have never been a big fan of 'New Year's Resolutions' because I have found them to be more stressful than helpful so I won't apply that term. If they have been of benefit for you – by all means – use the terminology that is positive for you.)

3 The numerology for December (12th month) is 3. Being mindful of the energy the number 3 brings, we can better formulate our intentions for the New Year. Thus, our December meditations take on a completely different energy.

3 – The Empress: Trinity, Divine Union, Manifestation, Imagination, Creative



TRY THIS: Be in the present moment with the energy contained in the number 3. Formulate an intention that encompasses the Trinity/Divine Union aspect of number 3. Meditate on how this changes the intention. Mediate on how this may change your perspective of the month of December. Keep your thoughts of this meditation in your Journal for further study.

May the Universe surround you with love, light and laughter during the Holiday Season.

Namaste' and Blessings,
Deidre