

# Transformation

Transformation is a sacred experience which walks us into the holy of holies where we come to know God and self, fueled by the subtle energy of inspiration; that, which initiates, creates and births all things to life. Spontaneous and usually unexpected, transformation is meant to rock your world. Something lets go and you plunge forward, past the restrictions that have held you into the change and vitality of the new. Transformation is enigmatic—a road of discovery into the mystery of self, inspired by the physical perhaps, but destined to end up drenched in the divine.

You may come to mark your growth by these cycles of change; events and initiations that open you to a deeper understanding of your being in the world and your being with God.

Living with an open heart keeps us in gratitude, but also in resonance with change. Love, acceptance, compassion, the qualities of your heart, are the gateway to your evolution in consciousness.

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 with Rosie Carey



We all change, it is ever-constant. We hope that as we change, we evolve toward enlightenment. That our growth has depth and meaning and perhaps our suffering brings the reward of understanding. We try to nudge the change, challenge the stagnation, to move the river, but find we must wait. Transformation has its own timing. It is a divine plan, divine within, and divine in the timing of nature and man. Transformation is spurred by the accumulated disharmony of body and soul. It is a rebirth, a reset of conditions, perspective, and awareness. How you get to this point in time, the magic of when everything changes, is personal only to you.

Attitude is everything though; desire for it and it will come. You are a part of the mystery of life, not isolated and alone, but literally surrounded by those who guide and love you. Your steady course toward greater consciousness is the plan.

Change happens in subtle ways and in huge ways. Welcome change in your life as it is the seed of transformation. Move with the new and ride the wave of transformation. Let it permeate into your physical world, home and family, to also fill your emotional body and creative spirit. Manifest the change through creating something permanent, a touchstone that reinvigorates your consciousness every time you see it, and in so doing create monuments to the mystery of your life.

And... transformation does happen. That point when everything that has come before no longer holds meaning. So you sit with the mystery, wondering what way it will take you. Transformation may not always be joyful; it could be heartbreaking with the loss of a loved one. For some, it may feel more like an ending than a new beginning. The message that transformation brings you is not to reclaim the past but to revision the future. Not to build on the known self, but reach into the mystery to become intimate with the unknown. Here you are challenged to "know thyself" as you are divine.

Transformation gives new meaning to life and living. It resets your soul into your everyday. This greater awareness or consciousness for living then anchors the transformation into your physical reality. Life is a constant rhythm of imbuing the divine into the physical.

Love, passion, and transformation are intertwined as they are among the essence energies of life. Personal transformation is initiated in your third eye, the place of intuition and inner vision; it mixes with the energy of your heart and also your second chakra energy of creativity. These three waves of energy meet in your third eye creating a transformation wave that moves throughout your entire body. This is not an everyday occurrence and not something you can orchestrate. It is something that happens for us though, over and over, just as the seasons change, we also evolve.

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