



2025

The Fierce and Glorious Light of Truth
Unveiling and Unraveling Into the Unbounded

If you are here for 2025 you are a Magnificent Soul! 2025 is going to be full of liberating revelations, new beginnings and fresh opportunities created by upheaval, purging and crumbling of the old, all occurring within the wise and Loving embrace of the Divine. The

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key to making the most of the many portals to freedom and transformation that will be on offer is attunement with your Higher Self, that sees through the lens of Love and opportunity rather than fear and lack. Even if you are not directly impacted by momentous world events, the ENERGY and CONSCIOUSNESS in 2025 is about letting go of whatever is in the way of your next stage of evolution.

This series of 70 short musings is not meant to be read in order or all at once. You may print it out and place it somewhere for easy access. (If printed double-sided, the left margin can be stapled to create a nice little pamphlet.) When inspired, read one or two random verses. It will be just right for that moment. May it be a trusty companion in the coming year . . .



1 No matter what happens
Make it about going even deeper
Into the Truth of Who You Are



2 Light exposes that which is not of the light
This exposure IS the transmutation of darkness into light
Nothing more is required



3 Love (God) is not a concept, attitude or emotion
Love is Life Energy
Whole, pure, total and unembellished



4 Divine Power and cosmic events
Planetary purging and human outbursts
Will be obvious and on full display in 2025
Seeing the Wisdom, Love and Care within it all
May be a bit more challenging



5 Rather than fearing and judging chaos and catastrophe
Ask "How can I come into harmony with this?"



6 The only structures that need to crumble for freedom to flourish are the
Inner structures of the mind



7 Disorientation, discoordination, forgetfulness and fatigue

Are natural byproducts
Of consciousness being freed of past programming



8 You will clearly and effortlessly discern the light and dark of the world
When the dark and hidden recesses within have been illuminated
By the ruthless light of truth and the unconditional Love of God



9 Increasing solar activity and flares
Correspond to an influx of Divine Light
Whose power to Reveal, Create, Energize, Awaken and Transmute
Is far beyond anything currently known or believed possible



10 The more a truth is different or completely opposite
From what you were absolutely certain was true
The the more liberating is the seeing and embracing
Of that new found truth and
Humility



11 Do not turn a blind eye or a closed heart towards catastrophic events
Allow them to affirm that Love is all that matters
Love is what you really want and
Love is here in your Heart
Now









12 All of the deception in the world is designed to keep you enslaved in fear
and prevent the realization of WHO YOU REALLY ARE
But more powerful and essential than all of the outer intentions to deceive
Is the INNER unconscious desire for self-deception
More insidious than organizations captured by nefarious actors
Is one's own consciousness captured by the ego



13 There is a huge difference between being disturbed by an event and
Being possessed and tormented by fear, anger and negativity
The difference is the degree to which thoughts are taken to be real
Thoughts ABOUT an event are NOT the event
Seeing the difference between the two is healing and liberating



- 14 Disillusionment is always a good thing

- 15 Shiny objects and fleeting thrills
Are distractions and addictions used
To medicate anxiety and boredom
When they begin to lose their fairy dust magic
This flatness may be a blessing in disguise
A weakening of the ego veil that is in the way
Of a real and indestructible Peace and Joy

- 16 Love, Awareness, Truth, Light
Climate, Humanity, Society and the World
Are all expressions of the same Source and Essence of
Who You Are and What Reality Is
Surrender ALL to That

- 17 Be skeptical of the narrative about any major world event
Including your own mental narrative

- 18 In times of great tumult
When escape and entertainment
Is impossible or ineffective
Trust is the source of comfort
Self-care the foundation of wellness and
Love the healing balm for one and all

- 19 Self-Care is essential in this current age because
No matter what is happening in the world
You can provide yourself with this Loving Gift
Find what nourishes and resonates with the Soul
Be dedicated, spontaneous, gentle and kind
Surrender to the fullness of that heavenly joy

- 20 Meditate on breath, body sensations or pure aliveness
Practice relaxation, self-hypnosis or commune with Divine energies
Pray not for outcomes but for inner endowments of
Truth, courage, peace, Divine guidance, Love and Liberation



- 21 Massage, energy work, acupuncture, bodywork
Sound healing, sweat lodge, sauna infrared or steam
Yoga, pilates, tai chi, qi gong, pranayama
Primal or functional movement
Synergize and be open to the new and different



- 22 Grounding to the Earth
Reduces inflammation and agitation
It settles and harmonizes the swirling energies
Of transformation and the resistance to them
With bare feet plug into Earth energy
Go for a dip in the ocean to the ankles or total immersion
Hands on tree trunk or in the vegetable garden
Walk, stand or lie down on sand, grass, smooth rock or mud
Naked front and back for the full effect!



- 23 A full-body gut-wrenching belly laugh is one of the most potent forms of
Healing, clearing and aligning with Divine Energy
Being caught off-guard by a good spontaneous cry is also a blessing



- 24 A healthy wholesome lifestyle includes
Reducing environmental toxins in
Food, water, air, energy and consciousness
Including electronic and subtle energy pollution and
Disturbances to consciousness individual, collective and
Other dimensional










- 25 Diet isn't just what you put in your body but also
What you feed your mind, energy and senses



- 26 Paleo, ketogenic, vegetarian or carnivore
Customize your diet to your utter uniqueness
Listen to the body which is at One with God
Not to mind-made social and spiritual dictates that
Feed the ego's need to be morally superior



- 27 Walk, hike, swim, cycle, surf, dive or build sand castles
Spend time with a pet indoors or outdoors
Through a forest, along a stream or with nature spirits

- 28 Salsa, tango, ballroom, hip hop
Or let the body move spontaneously
To music, emotions or Divine inspiration
In your favorite costume or completely naked!

- 29 Sing, chant, drum, draw, paint, sculpt, sew, sow, grow or build
Let creativity flow into and from timelessness
Free the mind of its obsession with expediency

- 30 All of the following effectively clear and
Refresh the subtle energy body (auric field)
Epsom salt bath just the feet or whole body (most effective)
Smudging with white sage, palo santo, juniper or sweetgrass
Sun bathing or a shower (preferably with a shower filter)
Pray to be cleansed, healed and held by Divine Light

- 31 Mix it up, keep it fun and light
Explore and try new things
However, no matter how exciting or popular something may seem
Be very attuned to your uniqueness
Listen to what the body is saying
A routine is good for reliable sustenance
But intuition, flexibility and taking time off is just as important

- 32 During times of stress and profound transformation
Gentleness, body awareness and going slow are of the utmost importance

- 33 Whether through threats of pandemics, aliens, wars
Social and volcanic eruptions or financial and tectonic rifts
You will NOT be controlled and manipulated
by the entities of the world nor your own mind
When your servitude to fear is shifted to Love


34 Why do many “leaders” who wield power seem psychopathic?
As individuals we have entrusted our self-authority to the lowest part of
ourselves – the ego that is driven by fear, lack and selfishness
As a collective, we have entrusted our power to the lowest form of
leadership – an exaggerated version of that same fear-based way of life



35 Things are not as they seem



36 When a relationship has become an arena for avenging past grievances
The pain of blame and shame is a wake up call to
Choose Love and Forgiveness



37 If structures of society, education, religion,
finance and energy dissemination are fear-based
Will real and fundamental transformation occur voluntarily when
Resistance to change is an inherent aspect of fear?



38 This is a time of reckoning
For both the individual and the collective
Presenting challenges and unprecedented opportunities
For an opening of the Heart



39 What are you here to be and do?
Answering this question is now essential
Evolutionary Forces are with great intent
Trying to unify you with its Higher Power and Intelligence
Which is commonly referred to as your Soul Mission
But due to free will, you may dig your heels in and resist
Or insist on continuing to act out ego compulsions
The Divine will Lovingly honor your choice
Clearing the way for a reset and return with more willingness
Or continue to evolve somewhere else



40 Your Soul Purpose has nothing to do with being well-liked by others,
Approval, status, moral superiority, quantity of possessions or money,
Obligation, social and religious conventions, judgment and having enemies,
Nor wishing, planning, pining or fantasizing about ego desires and fears

Pause and honestly assess how any of the above may be preventing
The realization and engagement with your Soul Mission



- 41 Take a moment to allow the revelation of your Soul Purpose
The Soul provides its own mysterious motivation and inspiration
It is a sense deep in your bone marrow of what is true
It brings joy but does not necessarily serve ego pleasure and satisfaction
Fear, especially of failure or inadequacy, is a clear indication that
It may well be your Soul Purpose because
Overcoming ego-fears is one of the primary objectives of every Soul



- 42 Your Soul Purpose may not be a grand accomplishment
Even if it is, it is often spread out over many lifetimes
It may be a specific skill, expression or an inner quality
Usually a combination of them all
What would bring the greatest joy and freedom
If there were no inner and outer obstacles?
Answering that question will reveal your Soul Mission



- 43 Whether mind-made, man-made or establishment-made
Whether in service of control, profit, approval or conformity
Fear will forever lead to despair, disappointment and desolation
Allow the distress of fear to motivate you to turn within towards Love



- 44 “Conspiracy theories” are tame compared to what is actually happening
Exposure of both individual and collective hidden agendas is painful but
Liberating



- 45 Perception without fear and judgment allows clear seeing
Of both nefarious and beneficial energies
Seeing in this way infuses Love and Peace into what is Seen
Which is all the Universe asks of you



- 46 Why is catastrophe, destruction and loss so often mentioned here?
An increasing number of humans are going to face such events
But even if it seems that you are not touched by the wars, violence,
fires, floods, eruptions, earthquakes, tsunamis, hurricanes, tornadoes,

pollution, social unrest, food shortages, financial crises,
and government corruption and collapse
We ALL will face sickness, incapacity, aging, loss and death
As well as the inner challenges of evolving consciousness (the most
challenging!)
This is not negativity, it is a fact
How you face this fact determines
Love and Freedom



47 Be alert to the possibility that news reports may be masterfully
Orchestrated dramas designed to keep humanity in fear
Be circumspect of fear mongering whether in the portrayal of events
Or within your own consciousness
Whether misinformation is intentional or the result of
Fearful egos unconsciously working in concert
The key is not to perceive, believe and act
Under the influence of fear



48 Sunlight, starlight, galactic light and cosmic light
All have profound multi-dimension effects on every aspect of Reality
From the physically most dense, to the subtle, unseen and unfathomable
They are all orchestrated by the One Universal Divine Light



49 A life of ego pleasure and security
Is the real death



50 Whether through gradual discovery, sudden exposure or eruptive release
The shocking or unexpected is an invitation to sense the
Presence of an all-encompassing Higher Love



51 When heart-wrenching events are revealed
See and feel them fully
Then LET IT ALL GO
Bringing darkness into the Light of Awareness IS the final benediction
Nothing else needs to happen



52 When the mind is caught in the prison of past and future

Control, familiarity and fantasy is a way of life
Fear, shock and awe become useful invitations to
Surrender to the present moment
Where all there is
Is Love



53 You don't have to be free of fear to be Free of it
Surrender the story and experience fear as energy



54 When you are willing to admit how wrong and in the dark you were
The Light of Truth shines even brighter!



55 Fear and sadness are not necessarily inappropriate emotions
Especially if you See and Know where they are coming from
Could they be a natural response to the dissolution of the old and the
Birth of what is as yet Unknown?



56 Virtually everyone who has had an NDE (Near-Death Experience)
Has known a Reality more real than the world we call reality
A Home more resonant, safe and pleasant than any physical place on earth
Colors more vibrant and alive than anything seen with physical eyes
Divine Love far beyond what humans call "love"
In the same way, solar light and galactic light correspond to
The infinitely more brilliant Divine Light whose endowments of
Truth, revelation, creation, sustenance, transmutation and rebirth
Is a function of a Universal Love, Power and Intelligence
The effects of both solar and Divine Light will become more apparent and
Their extraordinary place in our life better understood and respected









57 Great wisdom, fortitude, forgiveness
Compassion, courage and abiding Love
Is most often the result of great challenges



58 Loss, even when experienced vicariously
Is an opportunity to let go of deep seated
convictions about what you think you need



- 59 The Life Force that Loves and supports you
is ever-present and indestructible
That inner Aliveness
Is the Real You
- 
- 60 Falsely accusing another
Of exactly what one is doing
Is a common strategy to cover up
The fact of what one is doing
- 
- 61 Endings are necessary for new beginnings
What appears to be ruination
Is a thorough clearing of previous energies
That may otherwise taint and encumber a fresh start
Allowing the newborn to be free, pure, innocent and truly original
- 
- 62 If you want Peace
Stop trying to create it
Surrender all agendas
Ignore all thoughts
And feel God's embrace
- 
- 63 Do you truly want to know the best way forward?
Shift attention away from thinking to breathing or body aliveness
Slow down, be still and rest
If action or inspiration is required it will show up spontaneously
Surprisingly though, the best solution is often not a plan of action
But simply coming home to the incredible peace and aliveness Now
- 
- 64 You have served the false God of the mind for eons
Turning away will require courage and dedication
- 
- 65 In the end you will realize that the purpose of ALL of the
Captivating pleasures and agonizing pain
The dramas and relationships of every kind
Was to get you to this point of choosing the
Reality of Life Energy over the stories in the head



66 In other words, the only real significance of every experience
Is its role in completing your Divine Mission
Of exhausting every possible alternative to God
So that when you finally come Home
It will be a total and unequivocal
Surrender to complete Union



67 The mind itself is the supreme simulation generator



68 “Do I know how much God Loves me?”
This is a much more intelligent question than
“How can I get what I want and avoid what I don't want?”
If you actually discover an ever-present
Indestructible and unconditional Love
All the other questions become irrelevant



69 As a human being you are inherently the same
As every other beautiful and glorious aspect of Nature
That is blissfully and effortlessly pouring forth Love
Whether you know it or not



70 The more power you have over the world
The more you affirm your separation from the Love of the World

