

Heart Story

Excerpted from the April Relation-Ship Report

Alana and Max Tobin

www.heartstory.co.nz

The Key Phrase for this month is: Energies build to an intent-city in support of Opening and Letting Go More into the FLOW!

ALLOWING rather than RESISTING....opens us to increasing Well-BEING!

As we open to allow the love, abundance and delight to fill us and our lives, we open for heaven on earth to birth. We are being inspired and uplifted to evolve our energetic integrity so that it may take us into the higher dimensions of love as we earth and integrate this heavenly dynamic into our daily lives.

Many have spoken of and prophesied about the Ascension process, more specifically over the last 50 years, this message is finding its way to a growing audience now because indeed we are being called to incarnate ever more of our Essential being as we allow the old skins of our limited selves to shed. The energy from April and on into May is building to a crescendo as the next 8 weeks takes us into a wave of significant BREAKTHROUGH into the CONSCIOUSNESS of NEW BEING!

The energy forecast for the month of April is supportive of the collective opening and shifting through the energies of limitation in leaps and bounds as they open to ALLOW Source FLOW! The space/time shifts facilitative of getting in touch with certain habit patterns may have some of us feeling an increasing intolerance...no not lactose intolerance although that may be true for some of you...Specific life circumstances, relationship barriers and physical or emotional issues which have taken their toll energetically on our systems are ready to be released. The desire of Source at this time and the heavenly host is supportive of individuals remembering the ways that we have learned to limit and shut down the energy of life and the experience of flow.

That which has been stored within as resistance is finding its way into conscious awareness as physical body issues surface. Many may find that there is a feeling of tiredness as dense energies are detoxifying from within the energetic system. There is a shedding process as old wintry skins are ready for a peeling away of that which no longer supports vitality and an allowing of increasing life flow. The soul desires for the personality to receive, receive, receive so as to fortify the system and lift the game of life to support progress through the one for the many.

As we address the physical issues and attend to these energy shifts/changes, we will acclimate to a process of accessing our self differently and this will provide us with opportunities to move in new ways with the energy and to flow it differently. Without that we listen to the body and its changing needs, there is increased potential to become ill or to become more vulnerable to experiencing injury. So be sure to rest and take it easy during this cycle. The nourishing Presence of Source supports us to become more efficient processors of light/information (LOVE) at this time, even as specific resistances from within are being revealed with increasing frequency. There are significant patterns freeing so we can acclimate to these new levels of Light and life energy.

Adjustments are being made, as the personal desire for 'real well being' is coming to the fore...and with this desire emerges the contrary or contrasting experiences that have had you wanting more....as you discern what you don't want from what you do, and as you're coming to.... Ready to lift your game? To be supported to name and claim your desires?

It is a time of re-assessment and realignment now.

Tips for Self Care

The following points as tips will assist you to create and maintain integral harmony within yourself and your world and will support you to shift your energy to accommodate living more of your thriving heart story!

♥ Open to remember what supports you to thrive! Make a list of those things, people, and activities which facilitate emotional, mental and physical well-being and pleasure to grow within you. What helps you to unwind, to find peace of mind? Create a new habit of committing to FEEL GOOD, no matter WHAT life presents to you! Here is a mantra Alana has been decreeing each day: "I deserve to feel good, I commit to feel good, I allow myself to feel good!" And guess what, she feels increasing really good AND as a result is also magnetising to her more that is really GOOD! Allow yourself to open to the flow of Source, for as you do, you will rejuvenate yourself and your life as you draw your every desire to you.

♥ Be as the earth worm turning the soil as you dance in the earth experience and give up the toil - the strife of believing that you need to be a busy beaver striving to build a dam in a day. When you give yourself time to embody good feelings that make you smile - all the while those perfect movements which open you to the flow will help you dissolve the resistances that you may or may not well know. When we resist what feels good to us, we only sabotage our progress and limit our good. Those should's and cannot's have us losing energy and stressing out in k(nots)!!

We wish you well this month and every day we see and imagine us all thriving in conscious community where life is play, and love is abundant, and everyone is finding their way through the maze of their own unique mystical labyrinths...

Blessings on your path until we meet again!

Max and Alana Tobin as Transition Facilitators support individuals and groups in more fully understanding and working with the energetic shifts occurring for body, mind and soul as well as how these shifts impact us in relation-Ship. In the Auckland local area (New Zealand), Max and Alana provide talk Presentation, play-shops, and individual sessions in support of individuals thriving in body, mind and Spirit. Alana provides Life Coaching and Psychic Consultations by phone to people all around the world. We invite those who are interested in subscribing to our newsletter to visit us at www.heartstory.co.nz, and we suggest reading our Introduction to the report so you may gain an understanding of our mission and the purpose of the newsletter. We invite you to read our Overview for the Year 2006 which will give you a sense of some of the collective and planetary opportunities and challenges ahead and how they contribute to preparing us to shift our evolutionary experience here together.

