

Excavating

In my observation, and listening to others, 2016 has been a year of excavating our souls and moving a ton of personal “earth”. Things that we thought we had healed, had moved beyond, had let go, are showing up for re-examination. Some of the events float in and out of our consciousness quickly. It is like they are just coming forward to show us how far we have evolved. Other memories are causing more grief, leaving us wondering why. Many of these events, when they were happening, were so traumatic that we either denied or buried them. We thought we were doing an excellent job of healing and moving on, but in reality, we just swept it under the rug and did our best to forget about it. Some of them perplexed us, and we didn't know why they were happening.

Along comes the year 2016, and to pass “GO” and collect our proverbial \$200, we are being asked to release that which no longer serves us. 2016 is a 9 year, the year to finish up things and start to visualize/prepare for the new about to begin next year, which is a 1 year. We cannot move forward and hold onto the past at the same time. If we continue to grasp the past, like a security blanket – afraid to let go, we become stagnant.

Sometimes it is not even about letting go; it is about doing the work required to come to terms with it. There is a whole place within our psyche that raises the fear barrier. To allow our being to process this memory might mean acknowledging we had a part and were partially responsible, or in some cases that we are giving up on or forgetting what/whomever, so we just continue to stuff the emotions/feelings. Please note, some memories arise that we had no control over, someone dying, being abused - mentally, physically or emotionally, natural disasters, terrorism, etc. They too, however, need to be healed so that you may move forward. It can be difficult to allow these emotions and feelings to wash over us without getting caught up in the drama of them all over again. You are not alone; everyone has buried or denied experiences. However, it is key for us to remember they are in the past. The only power they hold over us is that which we give them. We have survived and live to tell, even if we keep them locked deep within us. In our collective intent to awaken, the only way out is through; we need to face our shadows once and for all. Besides, what happened in the past cannot be changed, we have no way of going backwards in time nor forwards.

It is strange how a problem, hurt, or slight from the past, can dredge up such strong feelings in us even after years of being dormant. If they have not been resolved, at least within ourselves, they have been quietly festering all that time. This year we are being given the opportunity to heal and move on.

There are a couple of things that I have found useful to deal with “past” thoughts that float up for re-examination. First, I tell myself, stay calm, it is not happening now, you have already lived through it. Second, I let it float around and see what the lessons were for me from that experience. I give thanks for the lessons. Then I H’oponopono it until I feel lighter, and clearer. I have to say that it rarely comes back for another examination. H’oponopono is amazing in that it allows us to take responsibility for whatever causes grief in a gentle manner. There is no blame game or shaming. It just clears the energy in all directions to all involved and transmutes it to love. I find it works really well, but try it out for yourself. Simply hold the thought, event or person in your heart and mind and say “I’m sorry, please forgive me, I love you, thank you.” Say it until you feel clear.

Anything that takes hold of your thoughts and causes you stress needs to be looked at and healed. If you have indeed tried and still the thoughts/feelings rush to the front, it is probably time to seek

professional help. But first, give it a go yourself. After all, you are the person who has experienced them and allowed them to live and grow within you.

The gift from this excavating of our souls is freedom. Freedom to move forward unhindered. The world needs all of us to be clear, to be able to shine as bright as we possibly can, to effect change. Don't keep stuffing your past, or sweeping it under the rug, deal with it. The energy of 2016 supports your clearing if you choose to do so. It will be easier and more complete than it has ever been.

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