

## **Dec Soul Theme:** Channeled November 27, 2020

**Juggling multiple realities:** This is what you do as multi-dimensional beings - and as people aware of the energy side of life. Often in nature, something is building at the same time that something is breaking down. This is the task now, to know that you are managing the build and the destruction simultaneously. Your term, “cognitive dissonance” comes to mind, which describes the ability to hold two or more opposing beliefs. Humans are primitive, humans are kind, humans are mean sons a bitches, humans are the most loving creative star beings, (smile). We hope you get our point here.

Up until now, humanity has hoped for simple descriptions and definitions of reality and the world, their political systems and governments, health and welfare, etc. And this is not obsolete. But more and more there will be an acknowledgement of parallel realities we might say. Different strokes. And more ways that these differences can be accommodated.

Due to the challenge/stress of holding these diverse universes in the palm of your hands and heart, and the unique birth canal of the time, it will be important to know yourself. To have a sense for your own reality and simple intentions for the now and the next couple of years. What direction you wish to take, what you most wish to dream into existence. So establish this important ground dearest courageous one who walks the 2020 corridor on this birthing planet. Daily ground, themes you hold, dreams you are dreaming into existence. Trust and dreaming. Left brain plans alongside right brain energy work. Use what you know. It's time (smile).

### **Soul Tool for December**

**Active coping.** This is a term from Denise's stress management background, which basically is facing into the wind of the challenge. The opposite of binge watching (smile). It may indeed be a passive action - such as meditation or a scented bath, but it is done consciously with the intent to help the stress or challenge, or help you to better handle it. We are suggesting Denise do a small video / teaching on this. We watched her do this today, and it works. We're proud of her today with walking her talk, and noticing alongside her stress, what is working. Do this also - keep track when you are most distressed, of “what's going right” amidst the storms that challenge.