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TAKE WINGS AND FLY

By Sheree Rainbolt-Kren

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I receive several emails a day from people all over the world who are suddenly full of intense and creative energy. Many others are just plain pooped and want to know why and what to do about it. Some are experiencing extreme highs and lows each day.

As many have already recognized, the world we live in and experience daily has been morphing. For those unprepared, this process is a radical change and often frightening. For some, these earth changes are creating emotional highs and lows too intense to keep up with. For those that readily accept these changes as necessary, miraculous and beautiful, the experience of a higher creative life brings a giant waterfall of new ideas and intense energy, sometimes followed by huge let downs of exhaustion. Resistance to Love is not in our best interest at this time.

Some of us start a new project each new day, only to see it evaporate the following day. Some of us keep ourselves so busy, we forget what day it is. The thought of any downtime is scary. It feels like our brains are on overdrive! In truth, it is the real Universe unfolding right before our willing eyes. But, without our real effort to align with this unfolding, we will experience some deep and intense growing pains. Everything we are faced with can be learned through either joy, or pain.

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Unconditional Love will guide us home. Divine Source extends his/her hand outward each and every day.

There are some very useful things you can do to help yourself during these changing times. In the end, it requires acceptance and deep appreciation of a new and brighter way on the planet. This is not just a catchy phrase. It is the path to joyful living as we journey home together.

If you are experiencing unmanageable energy, and/or deep and troubling issues in your life right now, you are not alone. This is to be expected as you are being faced with yourself. The time

has come to let go of the past, and our worn out perceptions. We will indeed be troubled for so long as we hold tight to outdated thought forms that do not align with the truth of what we are. We are love, and the time has come to know and experience Love to the core of our being. It is not a matter of IF we will evolve, for this has already occurred. You are Light already. There has never been a time when you were not what you were created to be. Perfect love is not negotiable or changeable in truth. Your job now is to remember your Self. Remember that you never really separated from Source. It never happened. We only *imagine* it did. Our guilt and shame for believing that Source could in fact burst into tiny scattered pieces of human flesh, exiled us into hiding. We did this to ourselves. Our God, who loves us endlessly, without condition, has been preparing for our homecoming. Our task now is remember Source, through your joyful expression of thought word and action in the here and now. Our task is to take the inward journey home. Home is not a far away place in the sky. Heaven is a state of being.

I fully recognize that many faiths do not subscribe to this idea. That is fine. If it feels better to believe in a judgemental and punishing God, so be it. I simply ask some consideration that God is nothing but endless Love, and so are you. But, the choice is yours. And your life experience will reflect the choice you make. This much is certain.

The planet, and the people on it, are evolving because the call for Love has been heard by enough awakened souls. The vibration of Love is the highest vibration in existence. For every willing soul ready to walk in peace on the planet, heaven adds a million rays of light. All solid matter is shifting to make more room for the light.

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Here are some things you might try to balance your energy now:

SELF REIKI

Dedicate a half an hour each day to Self Reiki. Self Reiki at bedtime is very helpful. This helps to reset from the day, and send you off to restful sleep which is critical if you are experiencing highs and lows, or a constant flow of either. We all know the powerful healing force in deep sleep. A regular good night's sleep will go a long way in easing the transition.

JOURNAL

Dedicate to journal in the mornings. This helps you to slow down, breathe, focus for the day, and coolly energizes the ideas that flow in.

PRAY/MEDITATE

Spend time in prayer and/or meditation every day. You have many Angels with you, guiding you, and reminding you to balance. We don't always listen, but they are there to help.

BREATHE

Breathe, breathe, breathe. Stop several times during the day to get oxygen to your brain and heart. It is amazing how much more effective energy you will have. Use this time to again center yourself and invite Source to lead. Fresh air and sunshine is also an important element in these times.

OBSERVE YOURSELF

Remove yourself from any anxiety, and consciously choose to observe yourself from a higher perspective. Always ask yourself, "What am I afraid will happen?" Then, with grace, forgive yourself for any and all mistakes you believe you have made. When your emotional body is in turmoil, it usually means you have made the decision to see the world, and someone in it, as your enemy. Living on this level of perception will not bring you peace. There is higher ground. Never lose sight of the truth of your brother, so you will not lose sight of yourself.

BE THE PEACE YOU SEEK

(self explanatory)

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If you use these methods to help yourself balance, and call upon Source to assist you, you will experience peace and calm, without losing the creative energy that is flooding in right now for us all to tap.

We are on the brink of a most magnificent heart opening. There are millions of people who have already entered this opening. You know who they are, because you once experienced a love so deep. The memories, while hidden, are part of us. When you interact with the ones who know the truth; that Hell is our own daily creation, that a perfect God loves us all no matter what we have ever said, or done, and loves all living things equally, you will remember that ancient moment when you were created from unconditional love and perfection. This will change your life, and it will be impossible to look back. Not a matter of IF this will happen, but when. Mother Earth is changing, with or without you. Now would be the time to take wings and fly my friend.

May our journey home together be loving.

Love, Sheree

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www.freewebs.com/freereikiattunements/index.htm

www.pendulumsandmore.com

Ms. Rainbolt–Kren is wife and mother, and a certified Reiki Master and online spiritual E–Coach. She owns an online retail shop, and four online groups focused on spirituality. Sheree offers free Reiki attunements at her group.

The Mayfly Adult

By Cameron Larsen

In our last article titled Mayfly Nymph. We covered the basics of the nymph stage of this crucial insect in the world of the freshwater game fish and fly fisherman. We now will cover the adult phases of the mayfly. Although most of its life is indeed spent as a nymph dwelling at the river or lake bottom. It is the adult insect that has truly captured the fancy of fly fisherman. It's the adults that were given the colorful names that we listed in the Mayfly Nymph article. And it is the adult that fly fishing elitists consider the only form worthy of imitation.

After spending a year or so as a nymph, the mayfly emerges to the surface. On the way, it sheds its outer skin, and pumps fluids into its wings. This emerging stage has caught on in popularity in the fly

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fishing world, as the mayfly emerger is extremely vulnerable. Many mayfly species are clumsy swimmers at best, and combine that with shucking their outer nymph skin, they become a flailing treat for the waiting trout.

Upon emerging they need to dry their wings. There they sit on top of the water, with their sailboat wings upright. The mayfly cannot fold their wings down, which also lend to their visibility for the waiting trout. At this stage they are called `duns'. Usually duller in color, they can spend anywhere from a few seconds to a few minutes on top of the water. This is the stage where fly fisherman typically use dry flies to imitate the mayfly. Although each individual insect is only in this stage for a short time, mayflies can emerge by the thousands with the hatches lasting for several hours at a time. It is joy of every fly angler to witness and participate in one of these hatches.

After drying their wings the mayflies fly to a nearby shrub, tree or bush. Not being very good fliers, their two or three tails, are thought to aid in stabilizing them, though to our eyes they appear like a lot for them to maneuver and carry. Here the duns molt into a second adult phase called spinners. Their second pair of wings now fully developed, they are also sexually mature. After a few hours or up to a day, they usually , though not always, return to over the water, where they mate. The males will swarm, and the females fly into the swarm and choose their mate.

After mating the females lay their eggs, and both male and female die. Trout also key on this stage as the `spent wing' spinners give the mayfly one last chance to `offer' itself to the awaiting trout. From our point of view it is hard to deny that the mayfly's life is nothing but a gift to the wild trout. And the recognition of this fact centuries ago was a gift of one careful observer to the generations of fly fisher's that have followed.

Cameron Larsen is a retired commercial fly tier and fly fishing guide. He now operates The Big Y Fly Company.

. He can be reached at

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The Mayfly Adult

Home fly

Nymph Fishing Techniques

The Rewards and Risks Of Personal Freedom

Easy, Tasty Chicken Wing Recipes

65 Tried and True Traditional Amish Recipes

Fly In Ads Creator

1000 Atkins Diet Recipes

Note Pops

Content Magnet Article Extractor

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