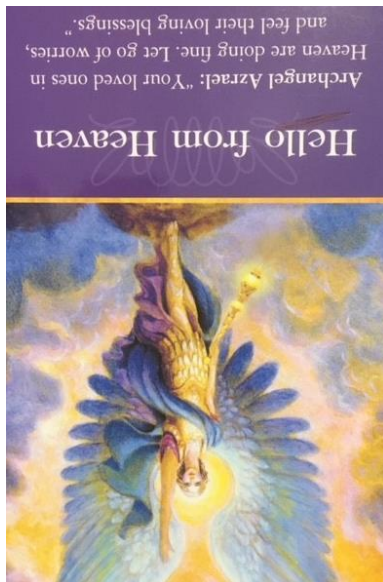




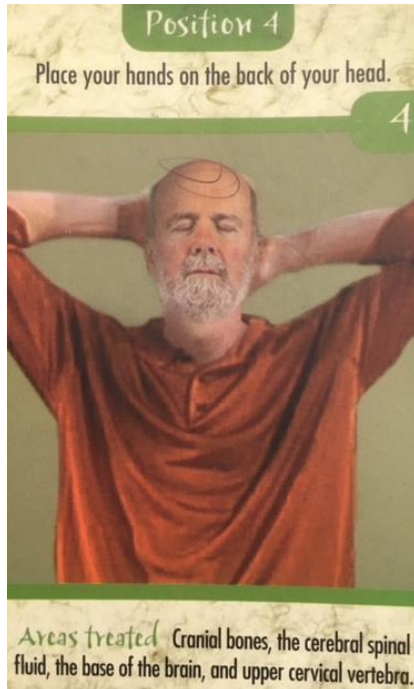
Guidance for the season of change

Messages via spirit channeling and mediumship for the transitional months of December 2018 to January 2019. The following information was acquired by Alexander Zielinski from his Spirit Team. Messages are received through mental mediumship and the cards used come from the Archangel Oracle, Reiki Cards, Halloween Oracle, and Starman Tarot.

As we exit 2018, what are we leaving behind?



The “Hello from Heaven” card comes reversed. The message for you is that you’re leaving behind this disconnected feeling. My guides share that this is in two aspects – your own family members and ancestors who have transitioned out of this life and your own spiritual “team” of angels, sprites, your higher power and others in your spiritual path. They share that you are “enhancing” as you go forward, that you’re “moving away” from this disconnected state. They show this relationship almost as if it has fallen to second-hand status – it’s not a priority, if it was important or not, there wasn’t a lot of consistency, there wasn’t a lot of emphasis on your part in the communication or processing of emotion. My guides also share that for many of you 2019 is leaving behind this disconnect in 2018 where you felt removed from family members, both in spirit and in the physical world. Similar to Halloween, the closing of 2018 is removing a veil from your “knowing,” your third-eye, your intuition.



The “napping man” shows that you’re leaving behind rest. Not needed rest, my guides share that you’ll have the ability to maintain a healthy lifestyle, but there is more “doing” and action in 2019. You will not be rushed, but you’re leaving behind a time where things were more cerebral, where more planning was required. Physically you are leaving behind the process of “uncovering shadows.” This does not mean that you’re going to sail along blissfully, only that when it comes to the past, the past is able to be healed, the ideas, thoughts, emotions, and old hurts that are stored in the far corners of your mind will be left behind. This is not a time to ignore them, rather, see what you’ve tackled this year in your own headspace – real progress has been made.

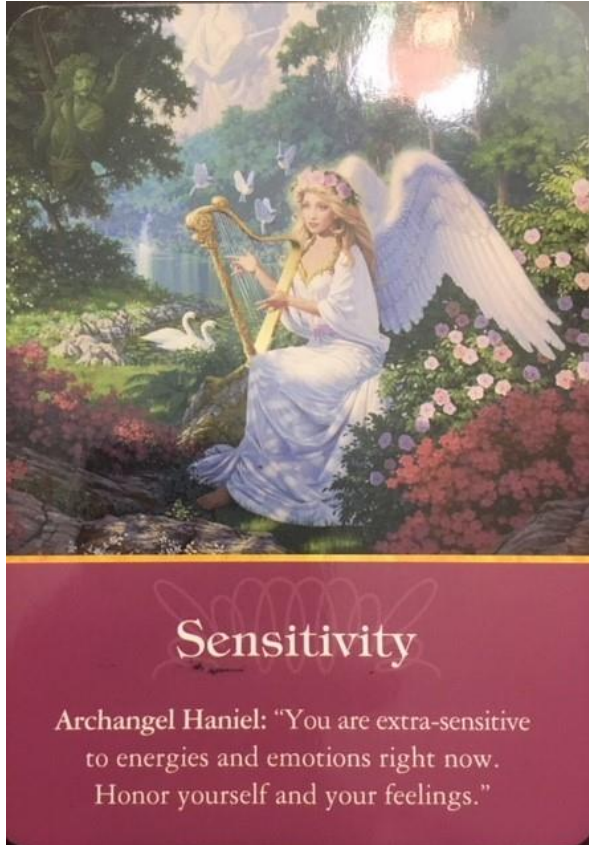
As this is a time of action, the card of Risk and Reward shows you leaving behind the focus of a second and third safety net for life. Once again, 2018 was more methodical, you’re leaving behind the calculations, you’re leaving behind the constant evaluation of “what will this do for me?” You are not less concerned in the new year, but you are able to follow your intuition, your guidance, and knowing.

The endless spreadsheets and lists can be put aside as we close this year.

Lastly, represented by the Emperor here, you are able to move freely as we enter 2019. Literal movement, decisions, and effort come easier and are expressed into the world easier. My guides tell me that for us, the image on this card represents “steadfast opposition” to your plans, it too is coming to an end.



As we enter 2019, what will we encounter if we maintain our “same old” routine?

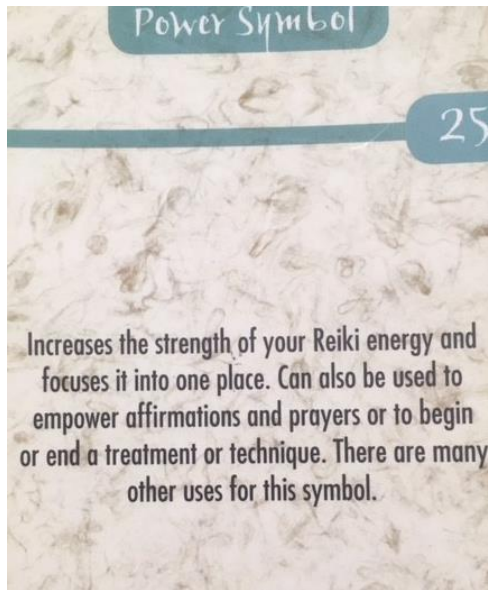


As we move into 2019, we have two options: continue doing what we’ve always done; or embrace a completely different existence. This doesn’t mean drop everything and join the circus, but a more practical approach is required. Will the “same old routine” get us anything but the “same old results?” We’re being urged to let our heart, our mind, and our intuition guide us. You can choose not to follow, you can take the information from these three sources and see them as suggestions, or you can see them as powerful messages, as though the finger of God/Goddess is touching you and relaying powerful energy and wisdom for you. The following is to be expected if we remain, as my guides share, “where we are comfortable.”

Sensitivity – Sensitivity here is seen as a burden, but only because you are feeling the friction from others. You are an energetic being that experiences and receives and expresses energy. Only in the tangible world is that a burden. You will need to make the extra effort to not be coerced into seeing your sensitivity as a burden or as a facet of your being that

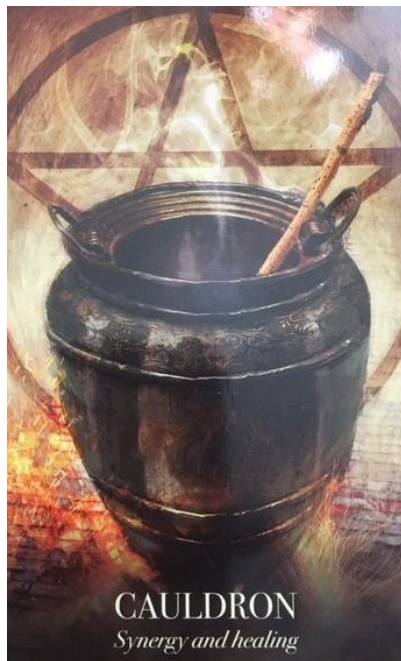
isn’t necessary or isn’t required. My guides share “you don’t need to label your emotions and what you feel as an extra toe or finger – something not entirely unusual and something that only gets in the way.”

The physical aspect is next with a Reiki card – The Power Symbol. The first phrase my guides share here is “coffee.” They are sharing that when 2019 is “business as usual” you are reliant more on your physical world for energy and stamina. Truly, we all know that the more caffeine and sugar we pump in our bodies the MORE we will require sleep and rest when we finally crash (energetically). It is well within your right to drink and eat as you wish, they are only using this as an example that, instead, you are relying on others for power, energy, and motivation, because you are not seeing your own power. It really is a simple task, once you see how wonderfully your energy, effort, and intention can impact your life – for today, and the rest of your life. There is no magic tool that is needed to lift your spirits or change the course of your life. You want it, you want what you want, now go forward and embrace it. In this path, however, additional help is needed from the outside for you to see that you are this amazing and powerful influence that is in control of your own existence.



Representing the emotional aspect of this “routine” is Synergy and Healing. I certainly hope that so far, this doesn’t sound like doom and gloom or complete negativity if we choose to stay where we are comfortable and where people are familiar. This card is also an illustration that this isn’t a dire circumstance or consequence, but you are better able to maintain emotional intelligence – the ability to respond, process, and understand the emotional world around you and their source. With words or with the direction of the natural energy around us you are an agent of healing, an agent capable of interpreting emotions so that you can better understand your own progress and the intentions of others in this lifetime.

An overview of this path in the new year is one of peace, for you and for others. You embrace the natural harmony and infuse it into every situation with your presence, your words, and actions. Another association with this card is that of a shape-shifter or chameleon. You are easily able to adapt to situations and changes, this does not create for you some extra burden simply because you’re not in or out of a comfort zone or your familiar surroundings at any given moment.



What do we see in 2019 if we boldly embrace the opportunities for change that are around us?



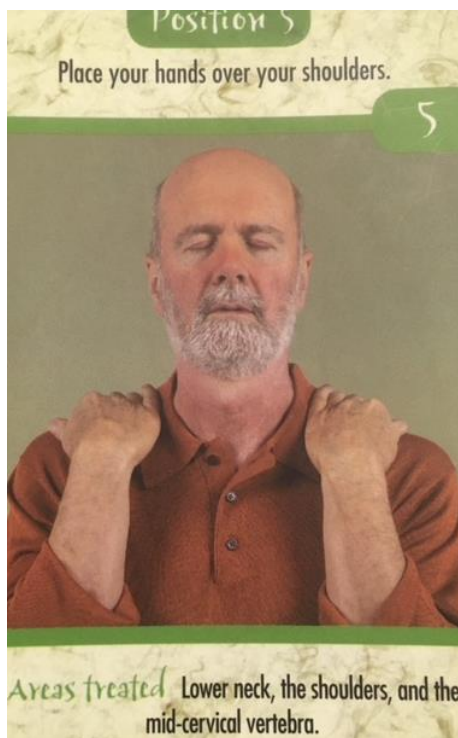
Clairaudience

Archangel Zadkiel: "Notice the loving guidance you hear inside your mind, or from other people."

"Clairaudience on fire!" – the message my spirit guides share for those of us reading this. They also share that for this to grow and deepen it requires a little "making an opportunity" not just taking advantage of a presented opportunity. For those of you who are exploring this area this is a signal that with the effort and commitment this will be opening for you. If you currently working actively with this aspect it will open and become much deeper (I wanted to say, "it explodes." That's how my guides say it and share it, but I thought that sounded violent and destructive. It certainly isn't, though it may be a little uncomfortable as your physical body races to catch up to the progress of your energetic body).

Regarding this Clairaudience message they also share that "it will be easier to hear" and show the previous phase of life as though you are using an ear horn, constantly struggling to hear the message and the meaning of the message from those around you, and from the larger aspect of life.

This new phase of embracing changes comes with what may feel like a burden at times. Though, my guides share this is a "matter of perspective." When we are tired, when we are worn out, when we do not take a break we feel as though we cannot carry on. This can take many forms, so rest and care are important, but with this comes increased flexibility. The best way I can explain the image my guides give would be that of a Eastern Deity with many arms. You are easily multitasking and accomplish many things with ease. In order to keep this pace, and in order for this to feel as though its calm and simple to maintain you must provide yourself with physical and mental rest. My guides use the phrase "days off." Not DAY, but days off. The five-minute break from life will not cut it, you need to create sacred days for yourself where you're able to rest and pursue your expert-level rejuvenation activities. This might be the weekend, this might be two random days per month, but as with many things Spirit suggests, consistency is important. A two-day break in February followed by a two-day break in October "isn't going to scratch the surface."





Emotionally, the phrase they share is “harmony out of discord.” They stress that there isn’t overwhelming turbulence but that this discord is only perceived as discord from those on the outside of your life looking in. My guides also share “schools of thought.” Where a person may only understand or cling to one type of religious practice, belief system, or explanation for the world, you have a foot in both worlds, a finger in every pie. This new paradigm where you are exploring change and open to opportunities allows you to see the beauty in all teachings. It allows you to see the value in your enemy and in other areas that previously seemed unsupportive. Everything supports you, even a bee sting carries with it the power of a connection to nature.

An overview here carries with it the word “heartbeat” and strong family bonds and connection. Family here is not just family by birth or by default. Your family, no matter the shape and form it takes is strong, supportive, full of love, and full of abundance. Energy flows and is exchanged easily, each aspect of this family equally sharing,

complementing, and benefiting the others in a natural loving flow. The specific message associated with this card and this deck is, “I experience loving connectedness.” Additionally, “craft a legacy” is important for you at this time.



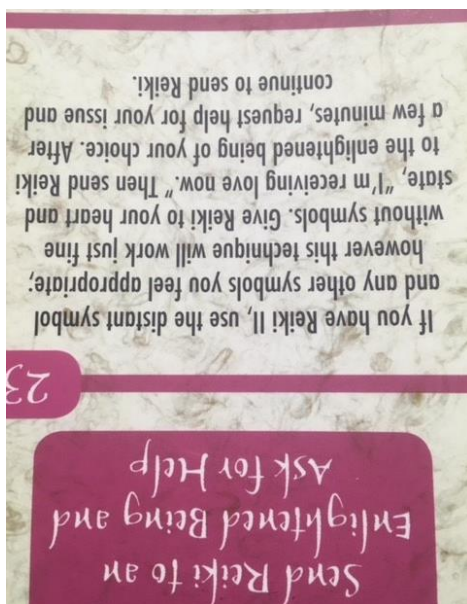
Again, much of this is dependent on your eliminating judgment, eliminating doubt, and embracing new opportunities. Break the mold and structure of your life. The rafters don't fall, the house doesn't fail, you are easily adding additions to your home and expanding the quality of this human existence for you and for others!

Pitfalls, caution, and "watch out for..." in 2019



"Flying into the ceiling fan" is the message my guides share with this card. Certainly, no matter which path you choose from above, you are comfortably moving, or you are dramatically moving. In either case never detach yourself from that witch propelled you forward. It is no necessary to ground your dreams, you can launch forward, but aim, be specific, and the launch and the landing will be gentler. Certainly, you should spread your wings, the timing is perfect. Eliminate the belief that there is some other mechanism that needs to take place. Currently, when you are taking a leap, no matter how big or how small, you still need to have the next surface, the next stone, or the next step in mind. Jumping should not be done for jumping's sake. You can soar, but determine for yourself, are you exploring? Are you landing? Is there a goal? Direct your intention specifically.

A reversed card here warns of the balance that we all need. So many have received this message and we see it here again as a reminder. You do not need to tackle this entire universe in this lifetime. No matter how much you believe it proves, no matter how much additional validation or love you believe may come from others. Ask others for help, ask yourself for help, ask your higher power for help. Physically there is an abundance of support, but my guides share that mentally and physically asking for and allowing others to help is a burden. There are still many who see it as a weakness. In truth, perhaps there IS a weakness, perhaps there IS something that you are incapable but the only way to overcome it, the only way to excel is to use your resources. Don't be the person who refuses the boat during the flood, don't be the person who refuses a fire extinguisher during a kitchen fire. The ego can drive you to occasional outrageous paths simply to "prove a point." Who are you proving this to? Stop! Stop and ask yourself the big question – Why? Begin to understand this motivation, look at the reasons you have for justifying these actions to yourself



and ask why they are the way they are. This is the first step to growth and not repeating the same action, mistake, or history over and over again.

“Joy” comes next but do not confuse this with abstaining from joy. Quite the opposite. You must take the time to enjoy what’s happening. I’m shown a person at a typewriter, nose almost to the paper, furiously typing away. In this way you are missing the world around you, but in this way, you are even missing the world within you. Enjoy the work, even when it feels like work. This requires a subtle attitude change but doing so has a tremendous impact on you. Too often a grand display is sought for an outlet or for happiness. Looking for happiness and choosing to see it, even in the face of the mundane or even grim circumstances makes you more powerful than what current civilization instills in you.



With this final message I am instructed to give you a specific message from a group of energy beings called Elophyny, with whom I work with quite often for messages of guidance in my own life, and on grander scales (humanity):

“The final card here, the last gentle nudge to turn in another direction. This message is not to be used as another method of punishment or guilt to inflict upon yourself. When you notice any of these situations, no matter how long or how briefly you have resided in them it is never too late to make an adjustment. Too often we (spirit) see how much condescending language is spoken and we are in awe of how much this language can be spoken internally – by you TO you! There is no need for judgement, there is no need for fear or even cowardice because of some alleged failure. You are not these things. Feel them if you must, it is your freewill to do so, but realize that there is always an alternative. There is no punishment from us, there is no

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punishment from all of creation. You are not on a stage where a critic is going to harshly judge every moment of your performance. You are here to take part, to enjoy, to relish all the events, opportunities, expertly made decisions, and catastrophic follies – this is the luxury of being human. Look not for another means to inflict punitive measures upon your mind or body.”

The message associated with this card: So many people spend their precious lives fighting for things that are not worth fighting for; time frittered away on petty disputes. Also, they can fight with true strength and will, but it is for the wrong cause. Grandiosity lavished on poor idea, huge claims and yet nothing to back them up (another example of the message given with the Spread Your Wings card above). Release anxiety. Stop fighting for the wrong cause. Walk away from confrontations.



I hope this information serves you well. As always, I welcome your comments and feedback, share your experience. Be sure to check the website or Facebook for daily cards and messages. You can also book a reading, book a Reiki session, and learn about upcoming events and classes.

Have a magnificent holiday season and new year!

-Alex

For more information, please visit Alex's website, *A Higher Vibration*, at AHigherVibration.net

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