

2013, Mar 7

Mother Sekhmet Thursday Night Call

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Host: Cathy Lauren

Opening Prayer: Cathy Lauren

Mayan Calendar: Rainbird

We are setting our intentions for the next 260 days. Each glyph has a number and a tone.

Mar 7th Thurs: 9 IK IK the wind, voices of spirit; allowing spirit to work through us; this is a portal multi dimensionality

Mar 8th Fri: 10 AKBAL - 10 is manifestation; AKBAL is learning from our dream time;

9th Sat: 11 KAN - self-determination; about timing

10th Sun: 12 CHICCAN -transmuting of energy

11th Mon: 13 IK - 13 cosmic transformation energy

12th Tues: 1 CIMI we start another wave; Monday also new moon; 1 = unity consciousness

13th Wed: 2 KAMAT, the stargate

14th Thurs: 3 MULUC, the moon

Guests: Frank Chille, Merelene Isaacs

Full Team: MariettaRobert is the host & has been doing this for over 10 years; Cathy Lauren is backup; Angelsu, Rainbird, Tara and Rama

Importance of the donations, large and small: this is Marietta's project and she has been doing this for over 10 years; Cathy asked for help on her behalf; she appreciates the support and kindness of everyone over the last years; Marietta does powerful transformational clearings

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Annie Rose

NEW moon will be in Aquarius - Aquarius will bring stronger communication; home will be the centre

Aries- first affected in communications

Taurus - affected mainly around home and neighbours

Gemini - affected in 5th house - children, pride, wanting to do something they have not done for a while;

will have an urge to learn something new

Cancer - affected in home; also more aware of need for dietary change to improve health and energy
will want to shop for clothes

Leo - partners will be on their minds; will look at something to do with law
we are going to watch between Mar 11th and 17th - could hear of someone's death in an unnatural way - hits world news

Virgo - will have to put up with things from other people, and have less time to do their own work - need to concentrate on own needs

Libra - they think a long time over what something means for them; their point of preoccupation is how can I better myself

Scorpio - may be a part of other people's children's lives - children will turn to them
will have idea of income from their business on their mind

Sagittarius - thinking of karmic things: what can I do to improve my karma
improve their sleep patterns

Capricorn - known as work-a-holics; will have trouble stuffing in another project - wait to start new until after March 18th

Aquarius - will be concentrating on money; will have friends asking them about how to improve their money
- will definitely have answers for other people's woes

Pisces - 2nd house of money - time to pay attention to health; any problems with throat, hands, arms

- Everyone will have people from the past popping up now
- Mercury retrograde is the time to re-engage with people from the past, re-habbing past relationships
- the moon will reach farther than most new moons around the world - could be uprisings in various places
- • world is in the mood for change; it also says we have to watch the stock market: it may have gone up, but how far down is the bottom when it drops out?

March 12th - pay attention to our health; will have news on food products too

Mercury Retrograde - pay attention to more of what is going on in the world; budget in US is a serious matter but not as dire as is being made out; does not see our security having their budgets cut - sees idea of cuts but not dire -

She really enjoys listening to the Mayan Calendar and really liked today's meditation

Cathy: MR's husband transitioned in 2007 and now she is doing things all alone that she used to do with him. Asking for help for Marietta again - **real balance that needs to be paid \$500**

Hard News

- Glad to be a part of this family; what can we do to get more people to join us? We have to be the living reality
- Ed Schultz' radio show:** talking of fake sequestration; Rand Paul running off at the mouth for 12 hours - it is really about campaigning for 2016; everyone saying it is a fiasco - as Max Keiser says all the time, the entire planet is broke, yet the DOW hit very high today
- Mike Papantonio: said Federal Reserve is insolvent; the gold reserves in the planet are safely with St Germain - everything that is unlike love is coming up to be healed
- Guest was Greg Braden: Ed's wife still dealing with the C-word; both are changing their habits - Greg B spoke of the frequencies of the heart - played pieces from various documentaries Zeitgeist,

Moving Forward - as the frequencies increase, the ascension symptoms increase in magnitude

- Hugo Chavez was murdered by our own CIA; Moussad also killed another family - this story is only showing up on Press TV out of Iran - that story too is another dog and pony show: Ashtar has said "No Nukes"
 - story of Kim Jong Il is another fiasco - **these are huge issues on the planet**
 - Every minute we are being raised in frequency and 4 years go by in a minute and the exposure of what is going on is something: R is just speculating: at any time now, Cheney, Bush et al will be arrested
 - Bush / Cheney said he would do things exactly the same as before - shows the sliver of Darth Vader in each of us - things get weird, we do stuff and then we regret it
 - Ed was really pointing out that this sequestration is fake: played clips from Zeitgeist, Columbine and other films with a higher vibration and actualizing for the media some higher truths
 - Greg Braden said to Ed that his wife did the worst therapy for her illness that she could have done - points out the failings of the bio-medical complex
- T: Also talked about GMO/mansanto, and fake seeds, & farmers being brought into court when the wind blows those kinds of seeds either into their land or off of their land
- Ed said they are going faster and faster into vegetarian diet, as he wants his wife to be with him and be healthy and not go through this - these are major changes
 - Ed started barking about Rand Paul and the filibuster which appealed to the Tea Party base
- R: what he has heard from Scahill and Medea Benjamin when they have been able to tell the truth and Ray McGovern what they have all said: this is not Obama, this is Hillary: Bill Clinton did say there was a government behind the government and they crack the whip. Extra ordinary people are stepping up to the plate - so much exposure about ETS being present here - there is a story about a small ET hanging out in the Philippines; there's a photograph of a lady looking at the ET;
- Rama keeps getting told that this equinox will see something major happening as we cross the galactic plane at this time; we are in uncharted territory and we are walking the pathless path

- T: Ed show - Maxine Waters and Mike P showed up: Keith Ellison and Alan Grayson wrote a letter to take off the Big 3 from the table Social Security, Medicare and Medicaid - 40 Democrats signed too
- Maxine said she did not march with Dr King to have white folks decide whether she could vote or not; she also talked about the Aboriginal Moabite Nation and the mounds, especially Poverty Point
 - Also, about the prophet Noble Drew Ali and that he won the mandate for all the Aboriginal Moabite Nation to have the entire western hemisphere back for the Moabite people, **this has been the the law since 1928** - instead we got the creature from Jekyll Island, Ben Bernanke
 - Mike P said Fed Res is insolvent and has been gone since 2007, also the IRS & the FAKE FEDERAL GOVERNMENT; Ben Bernanke is sitting in an empty chair until we get NESARA; also talked of Rand Paul's 13 hour fiasco - amazing stuff to be saying on air!
 - Mike P said it was a dog call whistle to his pro militia, right wing, tea party crazy ones like Alex Jones - they are armed to the teeth; we have more patriot militias that think they are patriots, but they really want to kill the black man in the White House. They have 1,400 + militias that are armed to the teeth, and are waiting for the android army with their drones to come and kill their children which is what they are putting out that what Obama is doing to the country.
 - Eric Holder a paid schill for Wall Street; Elizabeth Warren in last 2 days challenged Bernanke and Wall Street to break up all the banks - Thom Hartmann echoed this -
 - Mike P and Maxine - she has joined Keith Ellison and the others to ask Obama to call a special session of Congress, and for Boehner and friends who want to go back to 112 Congress - can't do that as it is a moot point; give the gavel back to Pelosi, and deal with the criminals in Congress now.

MR: Rochelle Forrest, an entrepreneur in Indianapolis

- Will talk about paying attention to inner guidance
- while she was meditating getting ready for tonight, St Germain came in: stay calm and centered during these times - be conscientious during these times and being in groups
- This world is an illusion and there is no separation - real suffering, disease begins when we cut ourselves off from our source of inner life.
- What helps build up our strength - learning to let go of the stress in our body - we want to live our lives as a meditation; we are spiritual beings having a physical experience.
 - Some times just sit back in the chair and squeeze toes, calves, thighs, hips, buttocks, stomach, - all parts of the body: squeeze and relax which takes you into better state of wholeness.
- St G also said today to truly live in a compassionate heart at this time: to shift the energy around you, get more in touch with your self - if you are not conscientious, your energy will be pulled down
- Follow your body and see how it's doing; go back to your feelings: if feeling agitated or pissed off - stop - set your clock for every 2 hours and write down what you are thinking about.
 - It is imperative we know what we are thinking about and putting out - when we are empty, we look for substitutes and ways to fill up our selves. To alleviate that kind of emptiness, we will substitute food, money, sex, drugs, TV - we can only be fully renewed when we remember / know that we are of spirit.
- As we live this life, it is about keeping ourselves filled up
- To love others, we must first love Self and know what our Source is - she has found that by keeping herself in her love spot, she helps others just by walking in a room - start with our own love so we radiate that love and light
- Take 15 minutes to identify our personal substitutes: work, drug, sex, money, children, the Internet as a distraction; movies, travelling, nail biting - all that keeps you so busy you don't notice what is happening in your life.. the more she works with people, the more she finds disease starts in the mind -
- St Germain said today she really appreciated her calling him by his name. - as we go through this ascension, read more about them - she has found that starting her day by connecting and acknowledging that she is taking care of her body - time to think about what fills up your soul

MR: many times we get to teach what we are here to learn

RF: every day when we ask for our guidance and live by it, lots of things come up for us to practice
- when she gets up in the morning, she asks for help to keep

Being Open for Perfection

- when you have experiences that hurt, etc, they are there as teachers and love;
- all of us on this call tonight have a big plan to help shift the energy on this planet - everything she does stretching, using weights to build bodily strength, riding a bike for endurance

Cathy: wants to second Tara's observation about RF coming from an open heart

Review of points

- remember power of relaxation - to connect to parts of your body
- cause of emptiness is in your inner part
- being open to perfection - the experiences have been perfect for our journey and we have learned how to spot the perfection in your trials
- power of visualization technique for releasing pain & hearing what it has to say; our bodies will speak to

us if we listen - we want to knock it out with tylenol or alcohol

- this is only a test - life has challenges so we can grow "This is only a test" as was said before on the radio broadcasts
- This life journey of this incarnation is encoded in our souls and our heart - be aware of what brings you joy and do more of it; if it ain't feeling good, stop!

Her books: Reignite Your Inner Light www.createhealthnaturally.com
Western Women Will Change the world - Amazon.com
Shelley and the Circle of Light - Amazon.com [a children's book]

www.createhealthnaturally.com

by the end of next week: **Tummies, Minds, spirits.com**: her new foundation for South Africa will be up

Merelene Isaac

- thinks there will be time frame where there will be a polarization of things
- encourages everyone, no matter how intense it is, be centered, move through the fear - keep embracing through the feeling - don't close down the heart, as this does not work now - keep your heart open no matter what other people say or do - it is about our own fields into compassionate love, not about judging others.
- The shift in the vibration of frequencies - sending and receiving, being in a constant state of prayer and meditation means there is no opening or closing - just an open circuit - we need to take time to heed, to listen - be aware of what we are doing and be present in that moment: heal yourself
- we can only heal and love others to the degree that we love ourselves; it is hard for many as we find it easier to give than to receive, yet there must be reciprocal things

Caller: will be 64; March 8 is 10 AKBAR; has an exciting month coming up

MR: birthdate is really the entry point into the new year; the shift thing she is going through right now - the next 3 years are tremendous growth period! What she has been waiting for will come to fruition

- she is remembering what she already knew! The last of some things - does not feel anything really negative around her: - instead of aging, think of youthening! She will feel like a snake shedding its skin - will feel more clarity
- strong past life connection with the areas around her - a 1000 years ago; will be integrating different parts of other places and times

• Asks about a new healing modality: looking at soul readings

MI: you have done this work before: help people to cut cords. Are you in the country by a stream a barn

Caller: it's where I live

MI: will see your current area with new eyes

Caller: has been living there since 1990 - wants to finish building the house!

MI: our home is our consciousness! Frustrating when it is not done - she will find the people to help her finish [a stuck dream] - the ability to finish it is around you

Caller AZ: asking about changes and moving - thinking about moving 15 miles to the east

MI: be open to moving; how long have lived in current place? 18 mos = 2 nine months cycles so some kind of healing could take place

Caller: before this apartment, lived in a smaller place - lived originally in northern CA when she left her husband

MI: working through the last tying of the cords: legalities keeps us bound in all kinds of levels - once the divorce is done, will feel a huge shift in her life. Was leaving a huge leap of faith for her?

Caller: knew she was not coming back; her grandchild was being born in AZ, but in her writing spirit had said she needed to come back

MI: right thing to do - are he and she are still friends. Be open for the right ways for things to happen -

- MI feels a strong desire on his part to come to AZ - important to get the things she spoke of, and to complete the closure - she will probably feel huge sense of freedom - cutting an umbilical cord - her stuff has quite a frequency for her

Caller: going to idea of birthday being a new beginning;

MI: when you are feeling stressed or depression - when we try to control it, deny it or repress it - stress is a by product of other things, so whatever you are doing and feel it no matter how awful it is!

- Asks about family members and how many had health problems
- The way to focus on this - our parents are people, and it is important for us to know them and them to know us outside the role of parents and children. With the father, ask him some questions - he is ready to break through things - when he was in a coma, he was in a higher level; with a little encouragement, he will talk about what is happening

Caller: had open heart surgery, had a stroke, was in a coma for 4 days. He is recovering from the stroke but is not the same person - he is as nice as they can hope him to be. Her Mum has changed; he is more demanding of her

MI: when people go through such severe operations, personality changes - he is 76 - with your mother, it is important how she deals with the demands; there is a way to break through what she is experiencing - there is a way to shift this.

Caller: yes, she has help from the caller and the sister

MI: talk to your father on a higher level first, thinks there will be a breakthrough

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In Indianapolis area

Closing: Cathy