

After the Eclipse, Now What?



a message from [Jennifer Hoffman](#)

28 June, 2010

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Like many of you, I have felt the energies of Saturday's eclipse building for several weeks. And they have been challenging at best, including physical and emotional symptoms that have left me exhausted, drained and confused. At times I feel like I am exploring a cave deep underground, wondering what treasures I'm going to find and at each turn, finding yet another tunnel that leads me in a new direction that is farther, it feels, from where I want to be. And my only light is a strobe light, which reveals only part of what I need to see. With this eclipse a lot of energies were released but now what? I don't feel we are at the end yet and the treasure is waiting to be found.

The energy shifts we experience take us inward, deep within ourselves, so we can uncover all of the baggage that we have accumulated over lifetimes of trauma, fear, disconnection from Source and our own power. We see this as a downward spiral because it can be so frustrating, take so long and while it is happening, nothing appears to progress in our lives. But it is really an upward journey because we have already gone down as far as we can and we are coming back to the surface, taking care of these energies as we ascend into our higher vibrations.

Over the course of our many lifetimes we have strayed far from our spiritual center. With our awakening comes a realization of just how far we are from where we need to be. And so we begin the journey back up towards our light. And as we move forward on this upward journey, we have to do the work of release, disconnection and healing that is nothing more than shedding light on the darkness around us. Instead of going into darkness, the light is showing us how far in the darkness we are so we know what we need to do next.

Through events like the recent eclipse we receive a burst of energy whose purpose is to give us clarity about what we need to do next. Are we complete with one phase of our healing? We will know with each energy shift. Are we ready to move forward? Whatever needs to be done is revealed to us. Are we impatient because we are tired and angry, or because we are afraid that we will never be finished with this journey? Patience is nothing more than the ego's will being brought into alignment with divine timing. When we can see our journey as an upward spiral of shedding what we no longer need so we can ascend unencumbered, we will find the treasure we seek. It is right in front of us.