

The Energies of July



a message from [Jennifer Hoffman](#)

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Another month is over and we are now into the second half of 2010, which has gone by very quickly. It seems that each year goes by faster than the one before and we barely have time to register what is happening before it's over and we're on to the next one. That was not the case, unfortunately, at the end of June when events stopped us in our tracks (again) and we were reminded, once more, that we are still on a journey of learning, healing and growth. We're on the right road, in the right car, we just have not quite reached our destination (but we're close).

If we thought that we had the energy shifts figured out and knew what to do next, then the end of June reminded us that they are not as predictable as we think they should be by now. After all, we have been going through this for quite a while so we should know what is coming up and how to manage them. But we are not just experiencing energetic shifts from the Universe, we are being shifted ourselves. The process has become personal and we have a front row seat into our own divine transformation. Like the process of giving birth, it can be painful.

June's end was a reminder of the importance of what we are undergoing now and what it feels like to be in different dimensions. The fear and pain were of the third dimension, the feeling lost and completely ungrounded was being in the gap between it and higher dimensions that we can see and momentarily feel but are not quite yet ready for. And the brief feelings of euphoria were a step into a higher dimension. This is why we feel the roller coaster, as we are not fully in any dimension yet. Each time we access a higher dimension the return to the third is much harder and we feel the density of its energies so much more acutely. We long for permanence but we are not yet ready for it. Multi-dimensional shifts occur in waves and stages as they need to, for our protection and as we become more grounded in higher dimensions we will maintain our stability through these shifts.

And July continues that energy but with more ease and a lighter touch. This month we can begin to act on our clarity and start manifesting some of what we want to create. There are no 'wrong' choices as everything manifests from intention. The theme of July is 'what are you thinking' as a reminder to us that everything we do, have, and are originates with our thoughts. If we keep that in mind this month will be a much smoother path to the realization of our goals and dreams as we remember that we live in a world of abundance- and we get to choose the kind of abundance we manifest. Choose well, wisely and with intention. Have a wonderful month.