



AUGUST 2022 Post Call Notes

CROWN Chakra

~ **LEO** ~

*Intentions for Outer Release
Death, Sacrifice & Completion*

Release *Old Consciousness & Shadow Ego*
Purify *Sense of Self-Worth & Self-Value*

Last month, we tended to the **THIRD EYE Chakra** by clearing & releasing anything blocking your ability to imagine a solid, stable foundation that supports, nourishes & protects you and all that you love & create this lifetime. It is time to clean your personal filters so that you can cultivate a new vision. It will help to explore different ideas, new options and alternatives to all that you “normally” do. It is time to engage the imagination & the Soul for our most useful & relevant directions.

This month, we will tend to the **CROWN Chakra** by clearing & releasing anything blocking the evolution of your consciousness. When we outgrow our current levels of consciousness, we are often pushed & tested around old triggers and old perceptions of truth. It is time to recognize where your philosophy of life has evolved and start living accordingly. We can no longer act as if we don't know that our words, thoughts & deeds affect ourselves and the world. In order to make new choices, we are going to have to release some old consciousness.

Next month, we will tend to the **SOUL STAR Chakra** by clearing & releasing karmic patterns, which will create fresh space for you to anchor (reclaim) the new-level embodiment of your SoulSelf and its true purpose for being here. As you fortify the connection to your Soul Star, you remember your mission and life takes on a whole new vibration. As you deepen your dedication, it will naturally disturb the status quo of your life. As you raise your consciousness, you start living your physical life differently in order to support the new awareness.

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Trap #8: Dancing Out of Control, Obsession & Addiction *from Women Who Run with the Wolves by Clarissa Pinkola-Estes*

The old woman has made three errors in judgement. Though she's supposed to, in the ideal, be the guardian, the guide of the psyche, she is too blind to see the true nature of the shoes that she herself paid for. She is unable to see the child becoming enchanted by them or to see through the character of the man with the red beard waiting near the church.

The old man with the red beard gave the soles of the child's shoes a tippy-tap-tap, and this itchy vibration set the child's feet to dancing. She dances now, oh how she dances, except she cannot stop. Both the old woman, who is supposed to act as guardian of the psyche, and the child, who is meant to express the joy of the psyche, are sundered from all instinct & common sense.

The child has tried it all: adapting to the old woman, not adapting, sneaking, "being good", losing control and dancing off, regaining herself and trying to be good again. Here her acute starvation of soul and meaning, forces her to once more grasp for the red shoes, strap them on, and begin her last dance, a dance into the void of unconsciousness.

She has normalized a dry cruel life, thereby setting up more yearning in her shadow for the shoes of madness. The man in the red beard has brought something to life, but it is not the child; it is the torturous shoes. The girl begins to whirl and twirl her life away in a manner that, as with addiction, does not bring bounty, hope, or happiness, but trauma, fear and exhaustion. There is no rest for her.

As she whirls into a churchyard, there is a spirit of dread there who will not allow her to enter. The spirit pronounces this curse over her: "You shall dance in your red shoes until you become like a wraith, like a ghost, till your skin hangs from your bones, till there is nothing left of you but entrails dancing. You shall dance door to door through all the villages and you shall strike each door three times and when people peer out they will see you and fear your fate for themselves. Dance red shoes, you shall dance." The spirit of dread thereby seals her into an obsession that parallels an addiction.

The lives of many creative women have followed this pattern. As a teenager, Janis Joplin tried to adapt to the mores of her small town. Then she rebelled a little, climbing the hills at night and singing out from them, hanging out with "artistic types". After her parents were called to school to account for their daughter's behaviors, she began a double life, acting outwardly unassuming but sneaking across the state line at night to hear jazz. She went on to college, became quite ill from various substance abuses, "reformed" and tried to act normal. Gradually, she began drinking again, put together a little dirt band, dabbled in drugs, and strapped on the red shoes in earnest. She danced and danced till she died of a drug overdose at age twenty-seven.

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from *Women Who Run with the Wolves* by Clarissa Pinkola-Estes

It was not Joplin's music, her singing, or her creative life finally sprung loose that killed her. It was lack of instinct to recognize the traps, to know when enough was enough, to create boundaries around her own health and welfare, to understand that excesses break small psychic bones, then larger ones, until finally the entire underpinnings of psyche collapse and a person becomes a puddle instead of a powerful force.

She needed only one wise inner construct that she could hold on to, one shred of instinct that would last until she could begin the time-consuming work of rebuilding inner sense and instinct. There is a wild voice that lives inside all of us, one that whispers, "Stay here long enough ... stay here long enough to revive your hope, to drop your terminal cool, to give up defensive half-truths, to creep, carve, bash your way through, stay here long enough to see what is right for you, stay here long enough to become strong, to try the try that will make it, stay here long enough to make the finish line, it matters not how long it takes or in what style."

It is not the joy of life that kills the spirit of the child in "The Red Shoes", it is the lack of it. When a woman is unconscious about her starvation, about the consequences of using death-dealing vehicles and substances, she is dancing, she is dancing. Whether these are such things as chronic negative thinking, poor relationships, abusive situations, drugs, or alcohol - they are like the red shoes, hard to pry a person away from once they've taken hold.

In this compensatory addiction to excess, the old dry woman of the psyche plays a major role. She was blind to begin with. Now she takes ill. She is immobile, leaving a total void in the psyche. There is no one to talk sense to the excessive psyche now. Eventually the old woman dies altogether, leaving no safe ground in the psyche at all. And the child dances. At first her eyes are rolled back in her head in ecstasy, but later, as the shoes dance her to exhaustion, her eyes are rolled back in horror.

Within the wild psyche are a woman's fiercest instincts for survival. But, unless she practices her inner and outer freedoms regularly, submission, passivity, and time spent in captivity dull her innate gifts of vision, perception, confidence, and so forth, the ones she needs for standing on her own.

The instinctual nature tells us when enough is enough. It is prudent and life-preserving. A woman cannot make up for a lifetime of betrayal and wounding through the excesses of pleasure, rage or denial. The old woman of the psyche is supposed to call time, is supposed to say when. In this tale, the old woman is kaput; she is done for.

Sometimes it is difficult for us to realize when we are losing our instincts, for it is often an insidious process that does not occur all in one day, but rather over a long period of time. Too, the loss or deadening of instinct is often entirely supported by the surrounding culture, and sometimes even by other women who endure the loss of instinct as a way of achieving belonging in a culture that keeps no nourishing habitat for the natural woman.

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Addiction begins when a woman loses her handmade and meaningful life and becomes fixated upon retrieving anything that resembles it in any way she can. In the story, the child tries again and again to reunite with the diabolical red shoes, even though they increasingly cause her to lose control. She has lost her power of discrimination, her ability to sense what the nature of a thing really is. Because of the loss of her original vitality, she is willing to accept a deadly substitute. In analytical psychology we would say she has given the Self away. Addiction and ferality are related. Most women have been captured at least for a brief time, and some for interminably long periods. Some were free only in-utero. All lose varying amounts of instinct for the duration. For some the instinct which senses who is a good person and who is not, is injured, and the woman is often led astray. For others, the ability to react to injustice is slowed way down and they often become reluctant martyrs posed to retaliate. For still others, the instinct to flee or to fight is weakened and they are victimized. The list goes on. Conversely, a woman in her right wildish mind rejects convention when it is neither nurturing nor sensible.

Substance abuse is a very real trap. Drugs & alcohol are very much like an abusive lover who treats you well at first and then beats you up, apologizes, gives you nice treatment for a while, and then beats you up again. The trap is in trying to hang in there for the good, while trying to overlook the bad. Wrong. This can never work. Joplin began carrying out the wildish wishes of others as well. She began to carry a kind of archetypal presence that others were afraid to carry themselves. They cheered her rebelliousness as though she could free them by becoming wild for them. Janis made one more try at conformity before she began a long slide into possession. She joined the ranks of other powerful but hurt women who found themselves acting as flying shamans to the masses. They too became exhausted and fell from the sky. Frances Farmer, Billie Holiday, Anne Sexton, Sylvia Plath, Sara Teasdale, Judy Garland, Bessie Smith, Edith Piaf and Frida Kahlo – sadly, the lives of some of our favorite role models of wild & artistic women ended prematurely & tragically.

A feral woman is not strong enough to carry a longed-for archetype for everyone else without breaking. A feral woman is supposed to be immersed in a healing process. We don't ask a recovering person to carry the piano upstairs. A woman who is returning has to have time to strengthen. People who are grabbed and taken away by the red shoes always initially feel that whatever substance it is that they are addicted to is a tremendous savior in one sense or another. Sometimes it gives a sense of fantastic power, or a false sense that they have the energy to stay awake all night, create until dawn, go without eating. Or perhaps it allows them to sleep without fearing demons, or calms their nerves, or helps them not care so deeply about all the things they care so deeply about, or maybe it helps them not want to love and be loved anymore. However, in the end, it only creates, as we see in the tale, a blurred background whirling by so fast that no real life is truly being lived. Addiction is a deranged Baba Yaga who eats up lost children and drops them off at the executioner's door.

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HAVE COURAGE: *Strength ~ Fearlessness ~ Warrior*

from *The Ancestor Spirit Oracle Cards*

Art by Belinda Morris / Text by Jade Sky with Leela J. Williams / Published by Blue Angel

CULTURE: The Maasai people of Kenya & Tanzania have stayed true to tradition despite losing much of their land to European settlement. They build kraals, Maasai homes that provide security and protect the people and animals in the tribe from trespassers and predators, like lions. From a young age, Maasai boys are trained to become warriors by their fathers and elders in the tribe. The boys must go through various rituals & ceremonies to prove their strength. Traditionally, a young Maasai male had to hunt and kill a male lion on his own to show the tribe that he had the courage & strength to be a true Maasai warrior. This dangerous tradition could result in injury or death. Lions were only ever hunted for this initiation or if they posed a threat to the Maasai people or their animals. Maasai life centers on their cattle, the primary source of their food and the measure of their wealth. They bravely face challenges to protect their animals, the family and their culture.



THE ANCESTORS SPEAK:

You are stronger than you think! Persevere and do not give in to fear. You have the full support of the Universe. You are not alone! Believe in yourself and your strength. You can weather this storm. Even though you can't see it yet, there is a wonderful rainbow waiting for you on the other side of this trying situation.

DIVINATORY MEANING:

Right now, the most important thing you can do is trust in yourself and the Universe. Dig deep within your soul. Keep focused on what is needed to move through or fix a challenge. Then step forward with positive intent. You have been through a lot in your life, and this obstacle won't stop you now – stand firm. Draw strength from all that is important to you and be warrior-like. Know that you can do this!

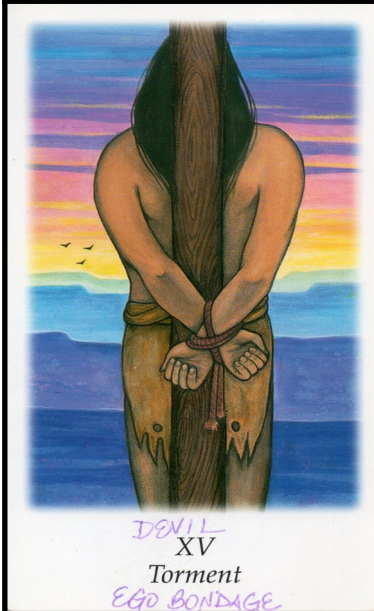
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XV ~ The Devil ~ *Torment/Ego Bondage* ~ Capricorn

from *Vision Quest Tarot* by Gayan Silvie Winter & Jo Dosé



KEYWORDS:

~ Ego Bondage ~ Attachment ~ Envy ~ Possessiveness
~ Inflexibility on Many Levels ~ Fear ~ Greed ~
~ Identification with Matter ~

INNER MESSAGE:

If you use your energy mainly to fulfill the endless variety of your ego's desires, you tie yourself to an internal whipping post. Look at how you bind yourself ~ and to what. What notions enslave you? What opinions have you taken on as your own without questioning? Remember how much is simply self-created and re-created by endlessly repeating restrictive thoughts. Example: the thought of not being good enough or not getting enough creates fear. You identify with this bundle of fear, and from now on it colors all your experiences. If you recognize this mental loop, you can break out of it. But not with

Force, only with more awareness. You stop re-creating the loop by withdrawing your attention and thus the life force that it needs to repeat itself. We all keep the restless phantoms of our ego desires alive for so long only because we continuously feed them with fresh energy. Here's your chance to recognize this bondage & awaken from the nightmare.

OUTWARD MANIFESTATION:

The outer world faithfully reflects what has a hold on us. Everything you cling to, sticks to you! Possessiveness is just a form of "being possessed". You have latched onto something and it stagnates the energy. Its flow has been blocked. This is what binds you to the whipping post of egotism. The ego always demands more of "only the good stuff" and still it will never be satisfied. However you try, it'll never be enough! So jump, in consciousness, from possessing to making use of. Then your material concerns will feel a lot less burdensome. The more you have, the more you have to lose. Fear grows in direct proportion to our accumulations. If you remember that we're all guests on this earth and that too, for only a very short time ~ the absurdity of "having to have" is recognized. Allow an inner turn-around of 180~degrees to loosen the ties that bind you to the torture rack. Trust that the power of your inner being will bring you what you really need in life.

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CLARIFY: 8 of EARTH ~ *Inner Order* ~ Sun in Virgo

KEYWORDS:

~ Self-Discipline ~ Honesty ~ Diligence ~ Frugality ~
~ Inner Order ~ Slow but Steady Development ~
~ Groundedness ~

INNER MESSAGE:

Trust your inner development now ~ then watch how everything turns out for the best. You don't have to control every detail to achieve what you want! Things unfold with the greatest ease and beauty when you don't interfere with the flow of their natural development.

OUTWARD MANIFESTATION:

Diligent work on a long-lasting project. With patience and frugality you now achieve lasting success. A positive attitude, coupled with a sense of order & self-discipline, result in further growth on all levels of your existence. You are learning to economize where a situation demands it, while simultaneously learning to thoroughly enjoy the fruits of your labor.



*Eight of Earth
Inner Order*