



DEAR BABY BOY, BREATH ANGELA MATTOX

Peace Babes. How y'all be? I feel splendid. Mercury retrograde has served me well. Mercury goes retrograde several times a yr. Many ppl freak out, I think that's pointless. Mercury retrograde just means the planet Mercury is close to the planet Earth. Mercury rules communication. Many people experience situations replaying themselves during this time. I was born with Mercury and 5 other planets in retrograde. I haven't always known what to do. The knowledge I now have teaches me about the origins of my sensitivities. When the planet is feeling the effects of retrograde Mercury, I am prompted to take it slow & do shit on purpose. No contract signing nor agreement makin. Just a scanning everything and seeing what stays, and what goes.

The energy of Mercury retrograde is still lingering around and will continue until around September 1. Even the residue energy can be hard to take. So be sure to check on yourselves more regularly. At least 3 times a day, for 5 minutes, place your right hand over your stomach and focus on your breath for 5 minutes. Ensuring that air gets to your stomach. As you inhale through your nose, mentally say positivity in. Exhale through your mouth, mentally saying negativity out. That will guide you to become present. Being present is where all the magic is. There is no past, nor future. All we have is right now.

I was in the midst of making this post when my computer highlighted all the characters of my document and deleted it all. I can't even remember what I was just typing. I'm kinda hella frustrated. Which is totally the energy of the day. I refuse to allow this energy to color me vengeful. In some kinda way, I feel like I have lived this day already.

Yesterday was an intense day for me energetically. Physically, it was my version of perfection. Allow me to explain.

My King is my primary focus in life, overall. He's my meter. I have always been able to see the growth of humanity through the growth of my King. Our union is sooo much deeper than titles and roles. We guide one another to be comfortable with life. I share the same tools I discover that helped me heal and guide myself with my King with all of you.

My King regurgitates the overall lesson. However, he keeps his personal connection to this data to himself, which inspires me to feel like he is covering himself up. I honestly have no idea what I see when I look at him. Because he has sooo many hidden parts of himself. I can relate. Instead of pressure him with my curious questions he may not know the answer to, I choose to focus on myself instead.

Yesterday was a day themed in beauty for me. I got all dressed up. My Mom did my make-up. It melted so beautifully into my skin that I was totally glowing. My Mom said I looked like the buddha hanging on the walls <3. I did a couple FB Lives, but I feel cloggy brainied. I've been having horrible anxiety issues lately. I've had chicken wing and onion rings recently. I had ice-cream twice in like 3 days. I'm kinda taking my body through it. I recognize that I am taking my insecurities and fears out, on my soul. Which lives in my gut. I have managed to eat plenty of salad. I've been taking hyssop capsules for the last few days. I even gave some to Myah. I'm still fasting until 12 noon. Perhaps today, I will take the more gentle road with myself.

When I feel this out of alignment, I usually focus on the babies around me. I spent maad time with my youngest nephew yesterday. It was quite refreshing to allow my inner 4 yr old, my adult self and my nephew unite and bond. I noticed how affectionate he was because he missed me. I noticed his mild mannerisms that kind of explain his temperament. It was an excited day of discovery for us both. Later, I linked up with my 2 sister and and we gave our children an exciting day. Treating them to rolled ice-cream, then jumping at Gravity. It was refreshing to see the children blow off their steam and have fun doing it. That gave me direction to feel comfortable falling down, countless times in life. Yet still having the energy to rise and do it all again.

I am noticing that these days are pretty tough for me to talk to males effectively. Ayden and I are clashing heads. However, he is a Virgo that is attached to peace. We get into it because I feel fakeness and that annoys me. Virgos are peace makers. It is quite common for a Virgo to have plenty to say, but never say it, because they are focusin on the peace that oftentimes, on they see... I am determined to heal the mother child dynamic in my own life. I welcome that energy to bleed out and effect everything else in my life.

My son usually endures my long ass speeches and sit quietly, staring blankly. While responding with one word answers. This aggravates tf outta me. This is usually the part where I wanna slap him. But violence never feels good. Even if you are using it to discipline your child. I didn't get many whoopins in my life. The few I did earn inspired me to resent tf outta my parents, until I began to heal my chakras honestly. Now I know how much patience it requires for a parent to communicate effectively with their children when there is aggravation and frustration as the main focus.

As an adult, I see the effort that goes into planning a quality day for your child/ren to enjoy. As a former child, I comprehend how uncomfortable and scary it is to harbor feelings you don't fully comprehend and not have anyone you can talk to about it all. I know how toxic it can be to harbor pain that is never formally dealt with. My son seems to be in immense ain because his parents are not togethe.

Ayden (my y son) deals with his pain through food. I observed him eat 4 pieces of wheat toast w/butter and jelly, then he had ice-cream and later had pop (soda). As a O- being, he was poisoning himself. He and I have talked about this many, many times before. Still, his heart is broken. He is committed to bringing in his sunshine. However, he needs to be gassed up before he can gas anyone else.

This is difficult to witness. Most times, I say what I have to say while reminding him that he is responsible for the reality he is creating. Every once in a while, I get aggravated and I wanna take physical action to get his attention and force him to be obedient to my words. Which never works. When I get in this mode, my energy changes. My tone of voice changes. Even if I'm focused on communicating my message peacefully, the aggression still linger. Suddenly, I'm out of alignment from who I authentically am. I am literally explaining the process of "entity" energy and it's effects on a love and light being. This always scares the beJesus outta my son. Ayden don't do conflict of any kind. He begins to cry and tremble. Suddenly, I'm knocked back to being present. If he assumes that computerized persona w/the blank stare and numb single word responses, I'm guided to go back to my own aggression. It's a horrible cycle. Talkin about what I observe helps me grow.

I've found that jumping the aggravations out was helpful. I'm talking a lot, yet being distant. It's tough to describe. This new work schedule has me out the house and away from my children regularly. Writing is help with me keepin all my marbles.

My greatest lesson currently is learning how painful silent pain can be. I support my son as he finds his voice. This support is bleeding into not only the way I treat myself, but the way I treat my other male relationships. Namely, baby daddies & my actual daddies. I am learning to be comfortable being the soft, uber loveable Earth Angel I was born to exist as ☐☐

How's your awakening experience goin? Perhaps this video can help: <http://bit.ly/2vea7b2>

Here's our angel number: <http://bit.ly/2o2VseV>

These are you tools to manifest a beautiful reality. Make urselves proud ☐☐