



## 5 WAYS TO SHIFT WITH THE CURRENT PLANETARY MOON CYCLES

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Peace Twins of the World. These days have proven to be quite triggering for both the divine feminine and divine masculines of the World. Awareness is the best tool any of us can use to avoid the emotional traps we often find ourselves caught up on. All I hear in my head is Push It, cheering me on to my next victory.

4/19  
4/11

When you hear the word challenge, what comes to mind? Merriam-Webster dictionary defines challenge as “to dispute especially as being unjust, invalid, or outmoded.” Now, think about how that definition directly relates to you. Ya may feel a lil defensive. I’m currently creating realities in my mind to excuse my own behavior. Behavior I would never accept from any outsider. Can you relate?

That was a tough paragraph to write out, because it is oh so real. I’m nothing like a preacher. I’ve been the pot, so I would never call the kettle black. What I can say is, the worse I thought of myself, the worse I thought of those around me. Including my closest family members, lovers... Even children. I real lesson I learned very well is whatever I think most, I create. Each of us must respect the same universal laws. Below are 5 easy ways to challenge yourself to be better daily. Allowing you to be the change you wanna see in the World. Let’s explore:

#### 1. Welcome Adversity

Our thoughts create every single part of our physical reality. Whatever we think most, we create for ourselves to live through. Think about the time you set a goal for yourself and accomplished it. Maybe you decided to eat consciously, or exercise. Maybe you made the 1st step in bringing your dream to life. Whatever goal you accomplished inspired you to feel as proud as you should always feel. Then, life threw you challenges that attempt to trick you into thinking life is totally unfair. You’ll just end up alone. There is great beauty in being alone, but you have to wire yourself properly to find it. Our darkest moments can be our greatest lessons, if we allow it. Meditation, conscious eating, weed and twerkin works best for me as instant reminders to be present and allow whatever pain I’m feeling to leave my body. Anything less than unconditional love isn’t real anyway.

### 3. Unify With Your 6th Sense

Intuition and energy can be hyper sensitive right now. When the Sun entered Aries the beginning of a new astrological year, as well as the beginning of the end, was initiated. It's all connected to the galactic year. At the end of July-beginning of August, we enter a new galactic year. Sensitivities may be through the roof at that time. If you are typically quite emotional, now is a good time to learn about different components of your personal psychology. Consider ditching the TV and explore Google, Periscope and YouTube instead. Our personal natal chart is our ultimate guide to life. What worked for me was researching my chart, then researching the meaning of every house in every sign in my chart. Feel free to use "Natal Chart" as one of the 1st things you discover.

### 4. Master Release

This dog moon signifies new beginnings. "The Mayans saw an enormous dog standing in the heavens, who embraced the stars Aries and Taurus. Its tail reached out to Cetus (whale). The Mayans called the dog Peck."-(CrystallineRainbowBridgeCarlAharren.com) Expect to experience a transfer of energy on this planet. This process began in 2012. Which is typically the year most of society shifts as our soul awakening began. Life began to intensify for many of us in 2017, forcing us to face our shadow in not only ourselves, other people as well. Healing, clearing and releasing are major tools to get through this transitions as unscathed as possible.

### 5. Master Release

When we release and let go, we make room, allowing us to master the art of manifesting and self mastery. Many of our personal journeys began to intensify from 2017-2019. Many of us are consciously directing our subconscious mind through our conscious awareness, based off the life lessons we've accumulated thus far. Maaad synchronicities, to the point of knowing what will happen just before it happens are very real for many of us. Some people become very shocked at this skill and freak out. The key is learning to balance ourselves from the inside, out. Honoring our truth (whatever it is) allows our intuition to evolve to higher consciousness.

We are upgrading ourselves on a fragmented basis. As the frequency changes, we feel as if we have all cleared intense karma within the collective consciousness and within our soul group consciousness. We are able to start tapping into potential life paths we have had in the past. Considering this is my 1st human life experience, I am excited to learn who I was before I became who I am. Have fun doing the same. Below are links to additional helpful content, which might feel a bit overwhelming for some. Calming the central nervous system is key. CBD oil is the tool Click the link and order yours today. There's room on the team for you too. Click the link and explore.

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