

LIVING WITH 'THE GATHERING'

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Right through our lives we live multiple cycles of ebb and flow. While the world of work would prefer we lived a constant level of full-on performance, the natural cycles steer us into riding the waves of energy available to us that are directly linked to our emotional life, and are driven by our spiritual self - as the direct connection to all-intelligent Consciousness.

I call this the time of 'The Gathering'. You can think of it as a time when you are lying in the trough of a wave or standing in the last piece of a divided pie or arriving at the last spoke of the wheel before moving on to begin a new round.

The Gathering is not the summer reaping and gathering of the wheat sheaves before storing up in the autumn for winter scarcity. The Gathering is more like the process occurring during the hibernation of cave-dwelling bears who still their whole metabolism and wait for spring to come. However, for humans, this time is not slept away while relying on stored up fat – although they can be times when some extra cash could be helpful to get you through.

Well-used, these cycles are quite conscious and ask us to open our eyes and psyches to where we find ourselves. We have to slow down or even stand still in order to see, hear, feel and envision.

There are great gifts to be had from these times. These cycles add to each other as ever-moving openings to greater personal awareness. They shift our consciousness. They expand our sense of all that is, and who we are at our core. They add to each other. So in effect they are not cycles that keep us on a never-ending treadmill of endings and beginnings but instead form a constantly upward-reaching spiral of evolution towards enlightenment.

Your energy flows in waves right through the day, every day. It also shifts and changes weekly. It's common to say, 'I've been really flat this week,' or 'I was really firing this week.' Your energy cycles are also much longer term and influence major decisions in your life and how you handle the changes these cycles can bring. They are directly connected to the evolution of your own soul. While we are usually elated to find we are full of enthusiastic energy and business is plain sailing, it is important to also learn the value of the quieter times.

Some cycles you might have noticed within your own life span relate to common life cycles. Here are a few examples you probably relate to. If you think back to what was happening in the previous cycle at that time you might begin to see a pattern that can inform your way of conducting life in the next cycle. These cycles can also be applied to external entities such as the life of your business or home or career progression.

Recognise them by the times when you felt frustrated because you could not get things moving, or felt your knowledge was inadequate and needed to retrain in order to open up to new possibilities. Perhaps you just felt you were at the end of something; the norm was dissolving away no matter what you did to try to hold it together.

These times are vital because they tell you it is time to move on. How you manage these changes can affect your health, emotional state and the decisions you make. When you know you are in a Gathering time you can make different decisions while you are in the trough in the wave. You can extract the delicious balsam and take it forward with you as a rich resource when it's time to move on.

GATHERING YOUR DRIVE

Every two years your physical drive will take a bit of a dive for about two months. This is a useful Gathering time to allow your physical energy to rejuvenate and for some inner healing to take place. Instead of striving and driving forward, your energy turns within and asks you to get quiet for a while. It might not mean a total sabbatical for that time, but it would be good to take an extended break. Business-wise it might mean allowing the business to motor along without trying to expand or take a new track that requires a lot of drive. Conserve your energy by using it to prepare to move. It is also a good time to contemplate what you are really striving towards and if it's worth expending a lot of energy on it or to change your goals.

GATHERING YOUR VISION

Every 12 years your energy will require some Gathering time to revisit your intentions towards the next 12-year cycle of new direction and expansion. It allows you to go within and contemplate your vision for your life and your business. This inward-drawn time is a more psychological one in that it will want to help you find new optimism and faith in life, your values and aspirations. It is not a time to try to make your new vision public but to allow your expression of these new goals to develop and find their own expression. It is one foot in front of the other as you continue to use creative visualisation, ask your heart what is most beneficial for the future, and trust the gifts that this benevolent time will bring when you set off out into the world with your creation. The structure will come later - now it is about opportunities and possibilities.

GATHERING YOUR SECURITY

Every 28 years or so you will find yourself questioning what you need to do to create greater security, what you have learned about your self emotionally and what you want for the next 28 years or so. For about 3.5 years you will have a sense of withdrawing into a sage-like state, perhaps even feeling 'old'. This Gathering time is when you will be extracting the balsam from your previous cycle and stand in your ability to create a beautiful concoction of emotional strength and understanding that will set you up for the new energy coming in to create a whole new sense of who you are emotionally.

You will be considering what is needed now for the changing needs of the future. You will also be looking at what is not adequate right now and move on the things (or people!) that are not giving you deep satisfaction emotionally.

GATHERING YOUR AUTHORITY

Around the same length of time, every 30 years or so you will also find yourself questioning what you need to learn about yourself and the authority you are now prepared to take in the world. It might seem like you just have to keep working away as usual without much reward, but these two years or so are allowing you to see a deeper

vision of what you can be an authority in and where your authority really lies. It is a time to get real about what you really can create and express, where you have subordinated yourself to others unnecessarily or to your own detriment and where you can create more structure around your knowledge as a thought leader. See what you might need to learn to get up to speed and qualify in before you head out as a public authority in the new cycle.

LIVING THE GATHERING

Learn to live and love The Gathering as a potent time of incredible energy-gathering in readiness for the birthing into the light of a new cycle.

Because these cycles all have independent timeframes, it is quite normal to find some aspect of your life in The Gathering.

It can be a disturbing time because we are asked to sit still and revisit rather than forge ahead. We can usually catch a glimpse of the new regime, or at least feel a sense of preparation and anticipation, expectancy. Our ego wants to be in control and know it all but the mystery of life is the unseen, as yet unrevealed aspect of our evolving soul. This can be a good thing because it means we aren't scared off by the next phase of the journey if the challenges look enormous or we doubt our abilities.

These Gathering times allow us a deep connection with the Divine and remind us we have a very real, live relationship with the greatness of eternal creation. We are reminded of how small we are in this world, yet how great we are at our core.

Our 'not-knowing' forces us into seeking support from the great Divine as a builder of faith in our own creative Self.

LOVING THE GATHERING

Rather than fighting these indrawn times learn to go with the ebbing wave and head for the upswing as a new phase comes to light. You are the centre of that new wave. It is your own deeper Self coming forward to assist you into an even greater way of being.

Essentially, neither crest nor trough is greater than the other. They just are. Give your full attention to what is in front of you and stay present.

Use your spiritual practices of contemplation, creative visualisation, intention, attunement and meditation to name a few to go into conscious cooperation with these phases and learn to refresh yourself as you gather the best of the past and prepare for the new.

Take the time to gather your Self.

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