

The background features a dark blue gradient with a subtle pattern of white dots. Overlaid on this are several circular elements: a large circular scale on the left with degree markings from 140 to 260, and several smaller circles with arrows indicating clockwise or counter-clockwise rotation. The text is centered in the upper right quadrant.

VIRTUAL HEALING CIRCLE PART 1 : THE INDIVIDUAL

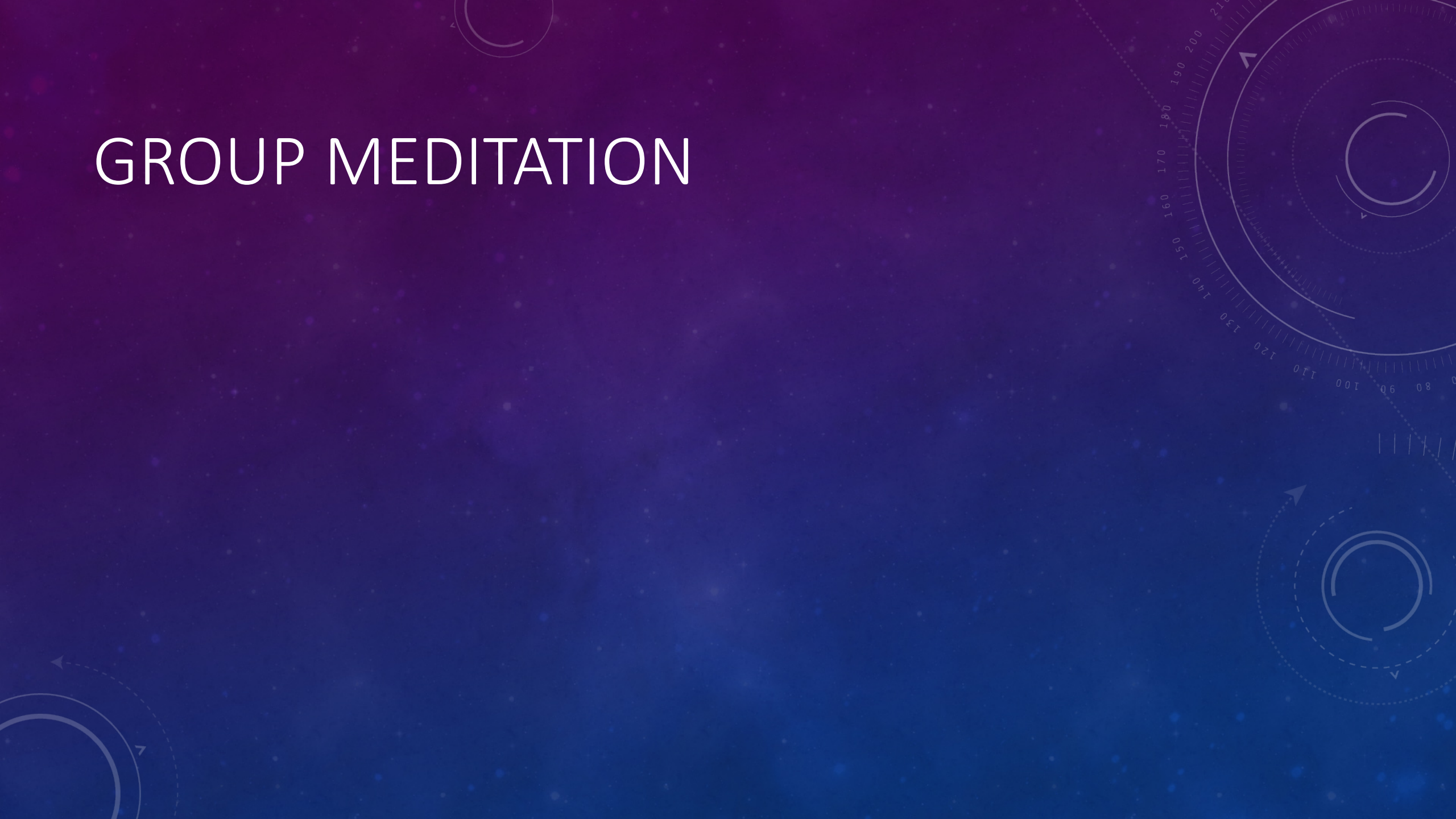
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AGENDA

- Meditation
- Astrology of COVID-19
- Mental & Emotional Health Principles
- Healing Exercises
- Individual Healing Meditation

GROUP MEDITATION



ASTROLOGY OF COVID-19

- Saturn and Pluto conjunction: January 12, 2020
- Quintuple conjunction between the Sun (illumination), Ceres (Mother Earth/food), Saturn (Lord of Karma/trials), Pluto (death/regeneration) and Mercury (mind/communication/news). Mercury rules the hands and lungs in medical astrology
- Themes of war, hardship and conflict
- The first death from coronavirus occurred on January 9; we also had bombings of the Middle East, wildfires in Australia and the warmest global *temperature* since records began
- Mars entered Capricorn on February 16 re-activating the Saturn-Pluto conjunction
- Saturn-Pluto-Ceres conjunction: if we don't change we will be forced to because to maintain balance
- Hygeia, Goddess of hygiene and cleanliness in Gemini (ruled by Mercury) February 23 to June 11
- Mars joint Jupiter on March 20; a jump in cases or the announcement of a pandemic.
- March 21, Saturn entered Aquarius - Aquarius rules groups, society and freedom; Saturn rules limits and restriction. Leads to new (Aquarius) rules (Saturn) further restricting group gatherings.

ASTROLOGY OF COVID-19

- Regeneration comes from letting go of old belief systems.
- Jupiter will also sextile Neptune this year; invites us to have faith, believe in one another – and the wisdom of the cosmos and nature.
- Use sensible Capricorn energy to approach this situation with maturity and honesty.
- Choices are going to be important this year as the North Node enters Gemini in May. Our evolution depends on educating ourselves, dialogue, curiosity, gathering information.
- South Node will enter Sagittarius: let go of old beliefs. Move away from globalization for a time (Sagittarius rules other countries and far away places) and focus more on our local communities (Gemini rules neighborhoods).
- The meaning of the word ‘apocalypse’ is ‘revelation’. Saturn and Pluto have revealed their hand in the game of life and what it tells us is that this is a opportunity for change, not a death sentence.
- <https://www.leahwhitehorse.com/2020/03/07/apocalypse-symbolism-and-coronavirus/>

GRIEF & LOSS

- We have all lost something – some of us, many things
- Tangible as well as intangible – all is valid
- Grief is:
 - unique to the individual
 - non-linear – it's stages are not chronological
 - ongoing and cyclical
 - chaotic and painful
 - offers the energy of transformation

STAGES OF GRIEF

- Denial
- Anger
- Bargaining
- Depression
- Acceptance

Again, non-linear, cyclical and unique to each person

EXERCISES FOR WORKING WITH GRIEF

- What have I lost? What am I grieving? (journal/talk aloud)
- Where do I feel this loss in my body?
- Place hands on the area(s) for 5-10 minutes and send love
- What emotions am I having? What stage of grief am I at?
- What do I need and want in this moment?

WHAT IS TRAUMA?

- Trauma is the response to a deeply distressing or disturbing event
 - overwhelms an individual's ability to cope
 - causes feelings of helplessness
 - diminishes the sense of self (crisis of identity)
 - reduces the ability to feel the full range of emotions and experiences

SYMPTOMS OF TRAUMA

Common Responses and Symptoms of Trauma

Response to a traumatic event varies significantly among people, but there are some basic, common symptoms.

Emotional signs include:

- sadness
- anger
- denial
- fear
- shame

These may lead to:

- nightmares
- insomnia
- difficulty with relationships
- emotional outbursts

Common physical symptoms:

- nausea
- dizziness
- altered sleep patterns
- changes in appetite
- headaches
- gastrointestinal problems

Psychological disorders may include:

- PTSD
- depression
- anxiety
- dissociative disorders
- substance abuse problems

TRAUMA & THE BRAIN

- Brain's limbic system & amygdala are wired with a negativity bias
- Three areas of the brain, associated with three types of "happiness":
 - Basic Survival
 - Achievement / Success
 - Relationships / Attachment
- Evaluate which area may feel threatened at this time
- Exercises in his book to help retrain the brain

Rick Hanson, Hardwiring Happiness

FIGHT OR FLIGHT / REST & DIGEST

- Ongoing and continuous level of fight or flight
 - Ultra vigilant to our surroundings and behavior
 - Activated nervous system
 - Fear and panic
- Also being forced into rest & digest
 - Staying at home
 - Time to rest and reflect
- Back & forth creates confusion & discomfort

FEMININE/YIN/BEING PRINCIPLE

- We are being forced into the feminine as never before
 - Beingness: releasing all the doing (masculine)
 - Receiving: asking for help
 - Health: connection to the body
 - Mother Earth and nature: call to listen
 - Creativity: right brain, intuitive, internal exploration
 - Emotions and chaos: processing, integration, transformation

TOOLS/STRATEGIES FOR RELEASE

- Crying
- Laughing
- Destruction practices (hit a pillow/punching bag)
- Screaming out loud / sounding
- Singing / chanting
- Exercise / movement in the body / yoga / jumping jacks
- Journaling / stream of consciousness talking
- Breathwork / energy healing

EMPATHS

- Emotionally sensitive individuals
- Taking on the collective trauma
 - Shielding exercise
 - Crystals: hematite, tigers eye, selenite, amethyst
 - Oils: lavender, frankincense, bergamot
 - Earthing: bare feet on ground 20 minutes
 - Salt scrubs & baths
 - Social media and digital detoxing (EMFs)

HEALING EXERCISES

- Alternate nose breathing (Nadi Shodhan Pranayama)
- Qi Gong – Hook Up & Zip Up
- Heart opening

ENERGY HEALING MEDITATION

- COVID-19: Heart Chakra (lungs)
- Heart chakra:
 - Gateway between etheric & physical
 - Connects us to unconditional love
 - Feminine & masculine chakra
- Heart energy healing exercise with seed sound