

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 2 : THE COLLECTIVE

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OVERVIEW

- Meditation
- Pluto Jupiter Conjunction / 444 portal
- Mental & Emotional Health Principles
- Healing Fractured Relationships on the Etheric Plane
- Healing & Embracing our Local Communities

GROUP MEDITATION

- Sacral chakra
 - Relationships
 - Feelings
 - Trauma
 - Passion
 - Creativity
 - Color - orange

ASTROLOGY

- Jupiter Conjunct Pluto in Capricorn – April 4 at 8:45pm Mountain Time
- Global mass meditation last night at this time
- Initiates a new 12-13 year cycle (Saturn Pluto Conjunction in Jan initiated a new 30 year cycle)
- Jupiter conjunct Pluto happens three times this year (April, June and November)
- Extreme levels of polarity – Jupiter expands whatever it touches, so everything will become even more polarized – both positive and challenging
- Jupiter and Pluto associated with wealth – bringing to light these issues
- Asteroid Pallas joins the conjunction and represents the feminine energy, embodying creative intelligence in combination with ageless wisdom
- Pallas offers softness to the blow of this Jupiter Pluto Conjunction – invites us into our hearts to upend systems of authority and control that no longer serve
- Opportunity to look fear in the eye – how will we transform?

<https://www.leahwhitehorse.com/2020/03/31/april-2020-astrology-forecast/>

<https://www.universallifetools.com/2020/03/jupiter-pluto-pallas-conjunction/>

COLLECTIVE SPIRITUAL AWAKENING

- Sense of loneliness and not belonging
- Uncertainty - questioning everything; confusion, stagnation, difficulty w/ decisions
- Physical pain without physical origination
- Health crises
- Surges of extreme emotion, often between highs and lows
- Loss of passion, longing to go home, apathy
- Withdrawal from relationships, often those that are closest to us
- Drastic shifts – break ups, career shifts, relocation, diet and exercise
- Difficulty articulating the experience to self or others
- Intense dreams, headaches, altered states of perception, sleeplessness, restlessness
- A sense of connection to something greater than oneself; euphoria

Unexpected Awakenings: Navigating a Spiritual Awakening, Sharna Langlais

INTERPERSONAL RELATIONSHIPS & BALANCE

- Collectively we are experiencing extremes in our relationships
 - We are either all together, or all alone
 - Working like crazy, or with loads of time on our hands
 - Swinging between the masculine and the feminine
- These polarities are how we find balance
- Pay attention to your trigger points
- Presence moves us out of hyper vigilance

ACTIVATED ATTACHMENT SYSTEMS

- Attachment Theory
 - Anxious: anxiety, verbally excessive, panicked and fear-based, protest behaviors, believing 100% at fault (fight)
 - Avoidant: distant, emotional shutdown, removed, blaming, excuses (flight)
 - Secure: clear boundaries, emotionally expressive and balanced, rooted in abundance, grounded
- Evaluate your type or style (it is a spectrum, and we can move in between categories depending on the relationship dynamic)
- How can we learn and practice the secure style?

SECURE COMMUNICATION MODELING

- Identification of the issue using and “I” statement:
 - *“I am noticing that we fight more when we’re in the kitchen together at the same time.”*
- Identification of your feelings regarding the issue:
 - *“When this happens I feel nervous and touchy.”*
- Suggestion for a resolution with invitation to dialogue:
 - *“Maybe we could agree to allow the other to finish in the kitchen before the other comes in and starts to use it? What do you think or feel about that?”*
 - *“I don’t know how to fix this. Do you have any ideas?”*

MEDITATION FOR HEALING A RELATIONSHIP USING THE ETHERIC PLANE

- Etheric plane transcends physical/3-D reality
- At its most basic, it mirrors open chair or Gestalt therapy
- On a spiritual level, it can create healing without the need for an in-person interaction
- Often can create external shifts in the relationship

WHAT IS THE COLLECTIVE?

- Community, neighborhood, soul family, kindreds, brother/sisterhood, circle, crew, society, sphere
- A feeling and a set of relationships among people
- Sense of trust, belonging, safety, and caring for each other
- We live and participate in multiple communities, daily
- Are organized differently depending on needs & context
- Generate a feeling of belonging; belonging is a skill
- We are being forced to learn this skill anew right now

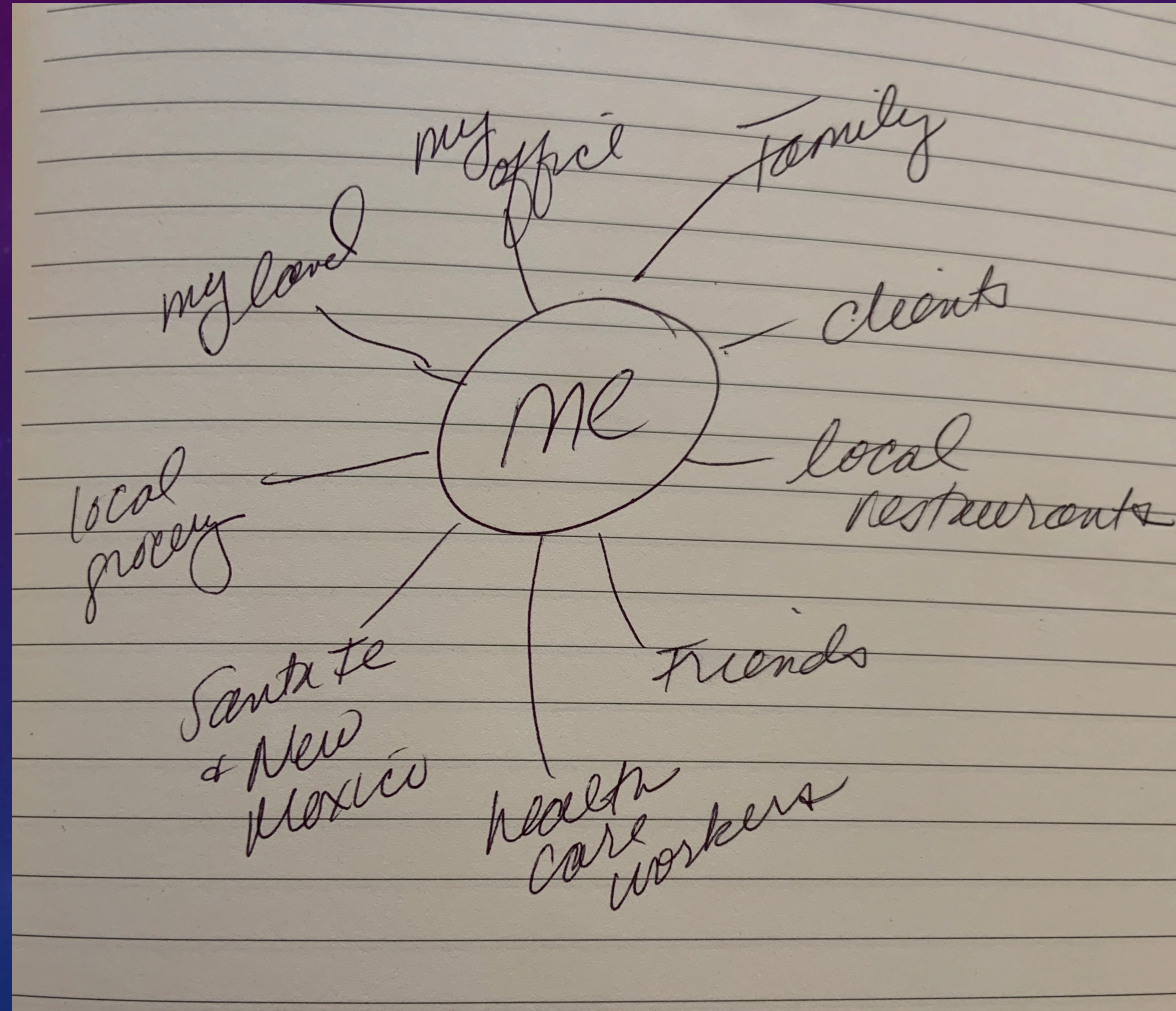
Toko-Pa Turner, *Belonging*

Brene Brown, *Braving the Wilderness*

EXAMPLES

- Family – Immediate & Extended
- Romantic relationships
- Friends
- Business partners and colleagues
- Local businesses and nonprofits
- Schools and daycares
- Spiritual and healing individuals and communities
- Educational groups & organizations (book clubs, workshops, classes)
- Hobby, craft or common interest groups
- Pets and fur family members
- Land and geographical area

IDENTIFYING YOUR COMMUNITIES



PRAYER FOR THE COLLECTIVE

- May they be _____, _____, _____.

HEALING MEDITATION FOR THE COLLECTIVE

