

2024 Spring Equinox Message

From Aca'u

Channeled by Camille Albrecht on March 20, 2024

On Tuesday, March 19th at 11:06 pm Eastern time the Spring Equinox began in the Northern Hemisphere and the Fall Equinox began in the Southern Hemisphere

Greetings, it is I, Aca'u, who speaks to you now,

Where are you focusing your attention? Where your attention is focused, your energy flows and from there, grows. You have a choice to focus on worry, fear, or anger. Or, you can choose to focus on changing what you can change, of gratitude for what is working well in your life, and planting seeds of peace. The US election year is always tumultuous and this year especially so. Its impact reaches far beyond the US borders. You can have a great deal of influence in the world by generating peace and unity. Let it flow to you and from you. Do what you can to bring your household, your work environment, and your daily interactions with others to a place of peace and unity. It will grow. Be mindful; you have more power than you realize.

You can place those sticky notes about your environment if it helps, to remind you of who you really are and why you are here. For, in reality, you are a Divine co-creator here to manifest the Divine Plan on earth through your uniqueness. Simply write "Peace" and "Unity" on the notes and place them where you brush your teeth, sit down to work and such. They can remind you to create more of these in your life and thus, in the world around you. It sounds almost too simple to matter. Yet, when you realize that Mind is All and that everything that is begins in the mind, you can understand why thoughts such as these alter and shape the world to one that is aligned with the Aquarian Age energies of brotherhood, sisterhood, and peace.

The spring is the perfect time to plant new seeds for what you want to manifest in your life. Take some time to think about it over these next few weeks. Where do you want to be at the end of this year, in two years, five, your overall life? Create broad strokes in some areas, and details in others.

Here's what I suggest – create a collage of pictures that represent what you would like to manifest, or write it down in words. Rather than create a long list, or what I've heard in your world termed 'goal gorging', choose your top seven or so intentions. Then, light a God candle to call forth the presence and creative power of the Divine. Within that Divine creative energy, state, "I call forth from the Universe..." and state your desires, your intentions. Close with something like, "Thank you, Creator, that this is so. So be it". And then know with a certainty that you will be guided as to how best to manifest your intentions. Refer to your collage or list often, knowing *it shall be*.

Nature's healing energy is heightened during this equinox period. Restore yourself in its essence. Just being in the woods, the garden, by a body of water, in the presence of your beloved pets and such, will restore and replenish you. It will make a difference in soothing you from the disruptive atmospheric energies. Nature and music are both powerful healers now. Yes, they have always been so. The spring equinox energies ramp up their power tremendously.

There is a flip side to this expansion. I want to warn those of you who relax with the use of alcohol, recreational drugs and/or internet fantasies. It is easy to overdo it at this time because there is a pull to detach and an enhancement of detachment energies. These are fine to use in moderation. But do watch excess. You can overdo it without realizing it until afterward. Again, mindfulness is the key to living a balanced life.

Imagination, innovation, and creativity are heightened as well. This is a wonderful time for you to explore these areas more deeply. Artists, cooks, gardeners, writers... there are endless ways to be creative. You may be surprised at how easy it is to create now; and the joy it brings.

In all your giving, don't forget to give to yourself now and then. Find what nourishes you and permit yourself to bathe in it. Once you are replenished, you can go back out into the world and give it all the joy and love you've got.

You are cherished. Know that.

I have asked Camile to create an image for this message with the peace symbol and spring so that you can look at it to remind yourself of the powerhouse that you are.

I bid you peace,
Aca'u

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