

## Cosmic Energy Forecast



Hi, I'm Sarah. Welcome to my very first podcast. So I would usually, write for my blog, I'd write a blog post about a topic or I might write some poetry, but today I thought I would let you hear my voice, and I would do something that is dear to me.

And every week, I do a [Cosmic Energetic Forecast](#) for myself. And I like to think of it as a kind of cosmic biorhythms, I think, is the best way to describe it. It's something that I do every week.

I pick up on energy and I get stuff from beyond. It might be in dreams, it might be a word, whatever. I pick up on these things, and then I just, put it into a forecast for myself.

So, I thought, this week, I would do this for everybody else. And it's a little bit nerve-wracking. It's a little bit scary, and please bear with me because like I said, this is my first podcast.

I'm not an expert, but I'm giving it a go. And this is the first thing that we're going to talk about. So the first thing that I'm getting is taking a leap of faith, and that's exactly what I'm doing here.

I am taking a leap of faith and doing my podcast. So it all kind of ties in. Much like the fool in the tarot deck.

You are being asked to be brave and take a leap of faith. Something that you've been mulling over for a while. I certainly have been mulling over, doing a podcast.

I've thought about different topics, the things I'm interested in. And I just wasn't sure whether I was good enough, imposter syndrome and all of that! But this week is the perfect time to do whatever it is that you have been planning and whatever it is, beautiful earth soul, you are being asked to release the old cycles that held you back and don't serve you any longer, and embrace the unknown.

And I am a shining example. A shining, shining example of exactly that, that's exactly what I'm doing. I'm taking that leap of faith.

You've got to loosen the familiar anchors that have kept you where you are. And you will have all the opportunity to go out there and do whatever this leap of faith is. It could be something really tiny. It could be, Moving house! You might have been thinking that for a long time, but it's something that you've been mulling over and now is the perfect time to do it.

The next thing we're going to talk about is getting into alignment. So you're being asked to get into alignment and getting into the flow state this week.

I think it's all, a bit discombobulated globally, and certainly in my world as well. There's lots of little bits here, there and everywhere that aren't cohesive, and this week that's what you're being asked to do. You might choose to do this by going out into nature.

Already this morning, I have been in the garden, planting plants, no shoes on, hands in the earth, just getting grounded, and being in nature, and you are being guided to walk barefoot in the park, or perhaps do tai chi outdoors or yoga or something, something that you do that brings you into that flow state. You're bringing your energy back to you. From wherever it's gone in the globe, or you are just asked to bring it back to you.

And that's a really important thing to, it's a little side note, but what I do at night is I ask my energy to come back to me. So I've, if I've been out and about, and I've been talking to different people. I have an Arkacord that is connected to those people, and I ask at the end of the day to bring my energy back to me. And if I can't get my energy back, I imagine a beautiful pair of ornate scissors that just cuts those Arkacords and brings all my energy back to me so then I'm whole again. And that's kind of what you're being asked to do this week.

It's very easy to get into that discombobulated state and give too much to people, and you're just being asked to remember, to bring it all back to you because it's your energy and nobody else can use it apart from you. So, you might want to do a meditation outside, a shut your eyes for 5 minutes and just listen to the sounds around you, whether you can hear birds, whether you can hear people speaking, maybe you can hear water running, just think of the things that you can hear, and that will ground you.

You are also being asked to awaken. So not only are you bringing all of your energy back, once you have it, you're being guided and invited to awaken from this ego driven life. You might not think that you have an ego driven life, but we all do. We all get caught up in wanting more, working harder, getting more pay, and what you're being asked now is to be guided by your soul. You'll know when you're being guided by your soul, because it will be a feeling in your solar plexus or in your heart chakra or your throat chakra. It will be a feeling, that gut feeling, when you know something isn't quite right or, it is right, and you'll know that feeling.

We, because we live an ego driven life, we don't listen to those feelings within our body often enough. And this is what you're being asked to do now. So, be guided by your soul, and your soul will, support you.

So get in touch with those feelings when something doesn't seem right and you feel it in any of these places or anywhere on your body. It isn't right. Or if something, conversely feels really good, then you are doing the right thing.

You're in the right place. Whatever it is, your soul is always trying to support you for your highest good, it will always be your highest good. So if something doesn't feel right, it isn't meant to be. And if something does feel right, and you feel it in your body, then it is meant to be.

And finally, what I'll tell you now is that the universe is cradling you. It's guiding your energy into harmony with its vast infinite rhythm, and you are being guided to awaken your soul, and lose the ego driven way of life, and listen to that soft voice of your soul, which is gently nudging you the right way.

Always the right way. It might not seem it at the time. Something might happen, and it doesn't seem like it's how it was meant to be because your ego's taken over and you have a plan of how things are going to be and you get sideswiped. And that sideswiping is you changing lanes. It is your soul, your higher self, changing lanes, because the lane you were going down wasn't going to provide you with what you wanted. So you've got to switch lanes.

It's like driving down the motorway. You don't just go hammering down the outside lane, hoping there's nobody's going to pull in front of you. Sometimes you have to switch lanes, and that's exactly like life, and that is how your soul guides you.

So thank you for allowing me to share this week's cosmic energy reading. Until next time, beautiful earth souls, may your path be lit by the whispers of the stars.