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# Sedona Coach Musings

*Change Your Life and Fly*

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## **Introduction**

First of all, thanks to the many of you who wrote such supportive comments about my name change. I was overwhelmed by the level of support and insight into what I was doing and what it meant to me. Thanks to all of you!!

I was recently asked by a friend if she'd been dropped from the list. Ah-h-h, no one has been dropped. The muse just didn't visit for a while ☺. Seriously, the last few months have been full of events and situations that didn't lend themselves to a lot of musing – just to getting through. With those more or less under control, the muse, and the desire to share, has returned.

Read on . . .

Love and blessings,  
Jane

P.S. I've included some astrology info from Gavin ([gavin@commspeed.net](mailto:gavin@commspeed.net)). Skip if you're not interested.

## **Makenzie Rose Smith**

My little granddaughter, Makenzie Rose Smith, made her way into the world on April 16, 2010. As many of you know, she was diagnosed, after nearly two weeks in the intermediate NICU, with Prader-Willi, a genetic defect syndrome on the 15<sup>th</sup> chromosome (See <http://www.pwsausa.org/> and <http://www.pwsausa.org/>). She is home and growing stronger daily, even though she is still on a feeding tube. Her presence is both a gift and a challenge for her parents, yet already we can see the Universe conspiring on their behalf to help them all. First, they have incredible insurance which has paid the hospital bills in full. Second, there is a family in their church with a Prader-Willi child. And third, Trina's father works with

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Prader-Willi adults. And the list goes on with the many ways in which they are being supported medically and emotionally.

Because I had a Down Syndrome brother 19 months younger, I had an angry moment about my family being hit twice. How could that be? And yet, I am so grateful for the difference in the circumstances of the times. At the time my brother was born, chromosomes and genes were not known, and my parents were left questioning “why me?” with no real answers until I was in college and learned about the 21<sup>st</sup> chromosome.

How lucky that her parents know it’s an accident of nature, not a matter of shame! How lucky that she could be diagnosed so early and begin receiving therapies to help build her muscles! How lucky that they live in an age where new therapies (like the growth hormone treatments she’ll receive) are being discovered almost daily! And how lucky that they have so many of you keeping them in your thoughts and prayers! My total gratitude for each of you.

As she grows, we know she will bring many gifts to all of us – gifts that we cannot even conceive of now but we must trust will bring joy, insights, happiness, and growth for all who know her.

For the most part, however, she will grow and look like other children, although a bit more slowly, and she’ll interact with other children. And she will be treated and loved just as much as other children.

We look forward to how she will continue to bless our lives in the coming years.

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## ***What Is a Mom?***

As Mother’s Day came and went, it, and other circumstances around that time, caught me contemplating just what a mom is.

A mom is many things – to many people – those who call others mom and those who are called mom. The journey of a mom starts with “ma-ma” and moves to “mommy” and onto “mom.” The “mom” stage lasts the longest but comes with many inflections (and therefore sub-stages).

There’s the “mo”-am” of the exasperated teenager, the “hey, mom, can you tell me . . . ?” of the young adult who has suddenly discovered that the woman called mom really does know something after all. And then the occasional “mom!” of that same adult who wants us to butt out. And so on. And with all those variations, often on a daily or yearly basis, we, as moms, must continually redefine ourselves.

The journey of a mom is the longest and most profound journey of letting go that most of us who share that title will ever take. We acknowledge that journey when kids make their post high school choices to leave. We acknowledge it when they choose a vocation or

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direction we hadn't, in our wildest dreams, thought would be in the picture. "How did that happen?" we ask at either a conscious or unconscious level. Some of us try to step in a way those decisions so that our perceptions of both our kids and ourselves can remain constant. It never works.

And sometimes, even later in our lives as our kids approach or enter middle age (Yikes! How did **that one** happen?) we wonder what happened to an aspect of that child that was ever so present in their childhood. Where did it go? And how did that happen? And how do we accept them just as they are today and not as a manifestation of our expectations? And what does that say about us as moms?

Each time I cross another threshold of letting go with my adult kids, I realize I reside in some delicate balance between mom & friend, slipping seamlessly between the two and not always being the right one at the right time. And I must, once again, let go a little more and redefine my role as "mom."

As I do that, however, I must remember that I am never unimportant and even accept that sometimes my importance lies in my presence as someone (or some idea I represent) to push against that helps my offspring come to a clearer definition of themselves. Now, how does that happen? And how can I accept that importance amidst pain it might bring me?

If I am wise and a true mom, though, the one part of my definition I won't ever lose is that I'm always there, sometimes center of the plate, sometimes a side dish, or sometimes the napkin that sits on the sidelines observing and waiting to be needed yet providing color to the table.

Throughout our journey, we often ask, as I've said before, "How did that happen?" when our offspring surprises us. But how do we know we've done our job well? It's not when our kids come running to us to ask for advice; although, that may be part of it. It's when our offspring are handed an extremely large challenge and rise to the occasion to handle it maturely, using and accepting the resources and help provided, even if those resources do not overtly include us as integral, yet knowing we are the ultimate resource because we're here. And that is, and always will be, our most important role.

**Note:** This musing is dedicated to my sister, who shares the same mom, and with whom, although we once thought ourselves almost irreconcilably different due to our ages and personalities, I share very similar mom, feminine, professionally, and human experiences. I love you, Barb.

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## ***Astrology from January 2010***

2010 will definitely be a very intense year as well, but I expect more movement, more growth and more of a sense of things moving

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forwards toward resolution. Last year involved a lot of compression, forces building up but not so much releasing, whereas this year should give us strong glimpses of the possibilities that lay in store for us, as we strive to create a better world, a better life and a better future.

There's still some way to go before we reach that better world, but 2010 promises to reveal some light at the end of the proverbial tunnel, and will hopefully inspire us to keep on working toward our visions.

Those who are going to have the hardest time are those people who have a lot of energy invested in things remaining the same, those who are opposed or resistant to the wave of change. For them, in 2010 through 2012 it may seem that their whole world is falling apart, but really, on a deeper level things are healing and coming together.

The primary astrological signature of 2010 involves Pluto, Uranus and Saturn, arranged together in what astrologers call a T-Square, a powerful alignment that is challenging the status quo on our planet in very fundamental ways.

The last time these three slow-moving planets aligned in such a way was back in 1931, another time of great change that resulted in what has been called "the new deal", involving massive changes in American society. This time there is much more consciousness on our planet, and far more awareness of the inequities and corruption in our political and economic system, which will never be the same again after this process is complete.

The beginning of this phase was back in 2008 when Pluto entered Capricorn for the first time since the American revolution, it's job to draw to the surface all levels of toxicity in our institutions, and particularly in America's case our financial systems. So the first phase has to do with seeing everything that is wrong, or not working, or inequitable....for systems to reach breaking-point and collapse, but these are just the poisons that lurk in the mud hatching out, coming to the surface to be purged and removed.

By coming out into the open, in front of our eyes, these toxic conditions arouse our desire for change at a deep level, not the usual band-aid approach, but something much deeper, much more fundamental. So the process is well under way as Pluto has already started his work, kicking into an even higher gear with Saturn's entry into Libra at the end of October of 2009.

For the last 3 months and for the next few weeks Saturn and Pluto have been aligned in a close "square", meaning that their energies are pressing against each other like two massive tectonic plates, grinding out the necessity for change and for looking at things differently. On a personal level they are forcing many of our internal conflicts to the surface where we must deal with them. Many people are finding that they can no longer bury and suppress those energy patterns that have been stuck within them for years, even decades,

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and so the theme of the year is releasing and letting go of all kinds of conflicts, judgments, locked-in positions and old out-worn ways of seeing ourselves and our world.

These pressures may back off for a bit in the spring as Saturn and Pluto separate, but beginning at the end of May Saturn starts it's journey back for the final phase of it's dance with Pluto, so it's a good idea to keep working on whatever levels of healing and releasing are appropriate, once the pressure lets up a bit in the spring months.

May is a turning-point in another sense, as that is the month that Uranus enters Aries (Uranus spends about 7 years in each sign), moving to join Saturn and Pluto and bring these internal and external changes to another level of intensity. These three continue their dance until about halfway through 2011, when Saturn starts to move away, leaving the stage for Uranus and Pluto to work together until about 2016. The last time that Uranus and Pluto worked together was between about 1963 and 1968, a time of deep and radical changes throughout the world. In the middle of that period, in 1965-1966 Saturn also joined the mix. I am not telling you this to scare you, but in hopes of inspiring you to look for the silver lining, to reach for the better future that we are creating, to envision the better world that is gestating, and to pull it into manifestation.

This past weekend (Jan 15-17), I attended a wonderful conference in Sedona called "Finding the Gift In Shift", the 4th annual conference of that name, and the guest keynote speaker on Friday evening was Gregg Braden, who may be familiar to some of you. (If not, I highly recommend you google him and check out his message more fully than I have time to express here). Gregg's years of research center around the ending of the 26,000 year cycle of the procession of the equinoxes, a time when the winter solstice lines up precisely with the center of the milky way galaxy. This is the celestial event which coincides with the celebrated "end of the Mayan calendar" on the winter solstice (Dec 21) of 2012. It is not the "end of the world" as some have suggested, but a new beginning, a birth, a time of choice....a time when as a planet, as the human race, we have an enormous opportunity to choose to raise the vibration of our planet and usher in a new kind of human consciousness, truly the possibility of the genesis of a New Age. This is not a fated event (the only fate or destiny is that this is a time of choice), it is a time of opportunity.

The things that are crumbling and failing in our world are the external (and internal) pressures and catalysts, to encourage us to take our heads out of the sand, creating enough psychic compression that we might dare to think bigger, that we might dare to think that more is possible.

The human race faces graduation, and personally I believe one hundred percent that we will choose wisely, that we will make it, that we will look back at these years with gratitude and understanding, realizing that they represent a necessary process that we have to go

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through to create a better world.

It might feel like we're all in a pressure-cooker right now, and in many senses we are. However this pressure has a purpose, it's guided by an intelligence, and it leads us toward the true happiness and inner peace that we all seek, so as much as each of us can embrace the process the easier it will be for us all.

Most of you are leaders in your communities and have a sense of the pulse of things, the cutting edge of consciousness, and it is people like you who are leading this process. Not everybody needs to understand these changes, because historically the masses always follow the leaders. So lead your friends and neighbors, trust your inner wisdom and guidance, and know that together we will safely navigate these changing times and will emerge wiser, more centered and more conscious with the masses gratefully following our leadership.

The next two years are perhaps the most important part of the process. After that it will be so obvious that things are opening up and changing that there will be no denying it. In the meantime it still requires some faith and trust in our inner guidance.

~ Gavin Carruthers

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## ***Saturn and Uranus – Astrology from May 2010***

Many of us are "creating" interesting challenges for ourselves this year, to force us to step up and step out of old patterns, old ways and old belief systems, as the whole planet is shifting to a new vibration.

Those astrology students among you are likely aware of the Saturn/Uranus opposition that started on the day of Barak Obama's election and continues through this coming summer. We have all noticed the incredible polarization that has been going on in many areas of our world, as the old, traditional, often fear-based ways of Saturn clash with the new wave of energy, the progressive energy of Uranus, that urges us to break out of old forms and create new possibilities that can move us forward into a better future.

I can bet that we have all experienced both sides of that debate, the fear versus the hope, the desire to hold onto the old, clashing with the reality that things can't remain the same. If you haven't already noticed it, the planets are alive within us, and just as the world around us must change so must we work with those polarities on the inner level. We are on the edge of a new world, but much of what appears to be happening is the dying of the old world, but of course it is really a birth.

I guarantee that we will look back at these years as the start of something amazing, something beyond our imagining, and it will be

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clear that all the energies of fear and doubt that are in the air right now are just phantoms, paper tigers, tricks of the mind.

~ Gavin Carruthers

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