

Self-Care Guidance for Taking Advantage of the Total Solar Eclipse on 3-Dec-2021 | Patricia Cota-Robles

Source: [PatriciaCotaRobles](#)

“The beings of light told us that the success of the unfolding divine plan for 2021 will depend on you and me and the rest of awakening humanity responding positively to the inner intuitive guidance we are receiving from our I Am presence about our personal self-care. We are all familiar with what the inner guidance has been in the past. However, we have often ignored it. Now it is time for us to pay attention. The things our I am presence is guiding us to do in order to take care of ourselves at this time are not frivolous. They are imperative. Due to the shifts that have now occurred within our earthly bodies, that inner guidance might be very different than anything we have previously been guided to do in the way of self-care. Every person’s self-care will be unique depending on his or her needs. However, there are several areas that we all have in common. And if we are listening, we will hear clear inner guidance from our I Am presence as to ways we can improve these areas. Here are some of the questions that Company of Heaven said we might want to ask our I Am presence as we contemplate what self-care is best for us individually during this auspicious time...” ~ Patricia Cota Robles

Patricia Cota-Robles provides self-care guidance for taking advantage of energies produced by the total solar eclipse on 3-Dec-2021

FULL TRANSCRIPT

Hi precious heart. Thank you for joining us, for our weekly Vlog. The company of Heaven has shared that we are in the midst of an incredibly powerful, 40-day period that began on November 11th and will be brought to fruition during the solstice on December 20th and 21st.

This unique span of time is providing us with the opportunity to not only accelerate the essential process of dismantling the obsolete paradigms that have manipulated, controlled, and suppressed the masses of humanity for eons of time. But also to increase the light of God on Earth in ways that will ease the trauma and the shock of this important part of Earth's ascension process. The beings of light said that the events unfolding at both inner and outer levels at this time are paving the way for monumental shifts that will occur after the birth of the New Year, 2022. These shifts will affect every part of life belonging to or serving Mother Earth at this time.

The company of Heaven is reminding us of what they have been saying for decades: pay attention because cosmic moments come and cosmic moments go. What they mean by that is that throughout the universe there are myriad events that greatly amplify the frequencies of Divine Light that are available for humanity's individual and collective evolutionary process.

These incredible opportunities present themselves on a regular basis through various celestial events, including lunar cycles, sun cycles, eclipses, solstices, equinoxes, and planetary alignments. They also occur when we experience galactic solar waves, plasma solar storms, solar winds, photonic light streams, solar radiation, magnetic fields, sonic impulses, and various other cosmic events.

Even though these events present the opportunity for tremendous influxes of Divine Light on Earth, if you and I and

the rest of awakening humanity do not deliberately volunteer to be the open door for this light on behalf of ourselves, humanity, and the rest of life on Mother Earth, that Divine Light will pass us by and it will not be tangibly available in the physical world of form on this planet.

The company of Heaven is revealing that throughout 2021, the Earth and humanity have received unprecedented assistance from the solar logos in our multi-dimensional solar system. Now, during the total new moon solar eclipse that we will be blessed with on December 3rd, the assistance from our solar logos will be exponentially intensified.

For this reason, the Company of Heaven wants to remind us what they shared earlier this year in reference to our self-care. They said there will be many shifts during 2021 that will move us into uncharted waters as far as the acceleration of vibration in our Earthly bodies is concerned. They guided us to take as much time as possible every day to breathe our elevated, Holy breath consciously. And to just be.

They said, as we assimilate the Divine Alchemy taking place within our Earthly bodies, it will help immensely if we focus on our self-care. We all know what we need to do to nurture and love ourselves and our Earthly bodies, but we often allow outer world distractions to prevent us from taking the time to do so.

The beings of light told us that the success of the unfolding divine plan for 2021 will depend on you and me and the rest of awakening humanity responding positively to the inner intuitive guidance we are receiving from our I Am presence about our personal self-care.

We are all familiar with what the inner guidance has been in the past. However, we have often ignored it. Now it is time for us to pay attention.

The things our I am presence is guiding us to do in order to

take care of ourselves at this time are not frivolous. They are imperative. Due to the shifts that have now occurred within our earthly bodies, that inner guidance might be very different than anything we have previously been guided to do in the way of self-care.

Every person's self-care will be unique depending on his or her needs. However, there are several areas that we all have in common. And if we are listening, we will hear clear inner guidance from our I Am presence as to ways we can improve these areas.

Here are some of the questions that Company of Heaven said we might want to ask our I Am presence as we contemplate what self-care is best for us individually during this auspicious time. For instance:

- Is the food I am consuming nourishing my body in the most positive way?
- Are the beverages I am drinking enhancing the health of my body?
- Am I ingesting toxic substances such as recreational drugs or alcohol or cigarettes in ways that adversely affect my mind and body?
- Am I getting enough sleep?
- Am I spending time in nature?
- Am I taking time to listen to beautiful music?
- Am I spending quality time with my loved ones?
- Am I laughing, playing, and loving for a period of time every day?
- Am I meditating and spending time with God, the source of All That Is, every day?
- And am I breathing my newly elevated, holy breath consciously throughout the day?

These are just a few of the questions you might want to ask your I Am presence, but be open to all of the other guidance you might intuitively receive regarding your personal self-

care.

We are being called to BE the open door for the expansion of light that will bless humanity, the elemental kingdom, and Mother Earth during the December 3rd, total, new moon solar eclipse. So listen to your heart and you will know exactly how you can most effectively do just that.

God bless you. Have a blessed solar eclipse. I look forward to being with you next week.