

Current Energy Report

DECEMBER 2024
A Season of Illumination

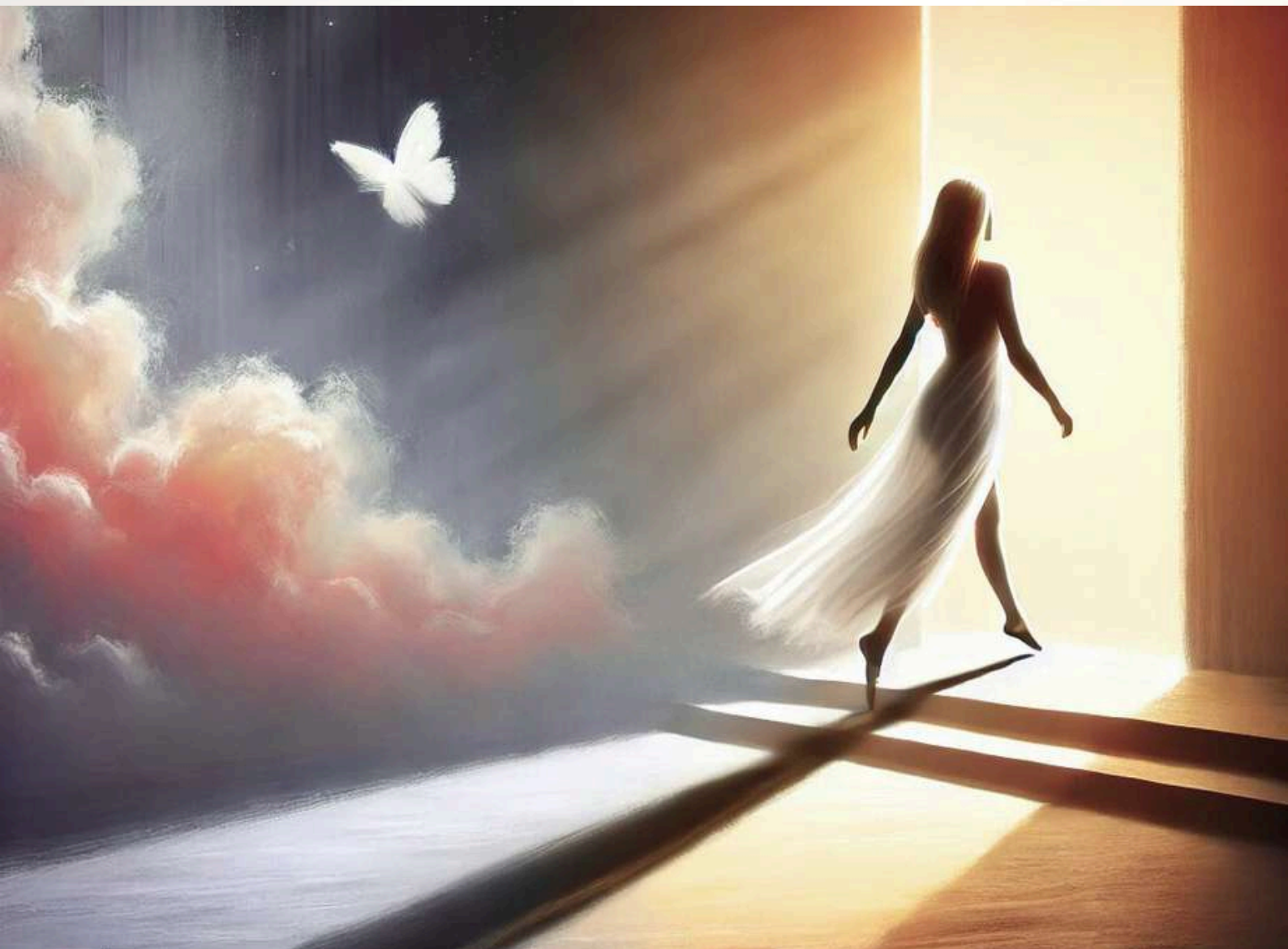


Theme for December

A Season of Illumination

— As we journey through December, the energy invites us to embrace the **Light of Creation** within and around us. This month marks a powerful culmination of the year's spiritual lessons, offering opportunities for integration, embodiment, and expansion.

December is a time to honor the cycles of light and dark—celebrating your growth, releasing what no longer serves you, and preparing for the higher frequencies that the new year will bring.



Reflections on November: Foundations for December's Growth

In November, the theme of **soul sovereignty** invited you to reclaim your intrinsic power and align with Divine Will. The Scorpio New Moon and Pluto entering Aquarius catalyzed profound transformation, asking you to release old patterns and embrace clarity of purpose.



These energies set the stage for December's focus on embodiment and illumination. Having navigated the deep waters of self-reflection and release, you are now integrating these shifts into your daily life, moving into a state of **active creation and alignment**.

Key Cosmic Alignments

December 2, 2024

Venus Conjunct Uranus

— Quantum Understanding

This alignment sparked unexpected shifts in relationships and financial matters, urging a reevaluation of personal goals and values.

— Ascension Focus

Remaining open to surprises has allowed you to embrace innovation in your relationships and material life.

— Effects You May Have Felt

Moments of sudden clarity or unexpected opportunities may have arrived, highlighting areas that needed realignment.

Power Intention:

"I embrace unexpected changes as opportunities for growth and alignment with my highest good."

December 11, 2024

New Moon in Sagittarius

— Quantum Understanding

This New Moon invites you to plant seeds of expansion, adventure, and higher learning. Sagittarius encourages you to align with your soul's higher vision.

— **Ascension Focus**

Use this energy now to refine your intentions for the rest of the month and set the tone for the coming year. Journaling and visioning exercises can help you connect with your purpose.

— **Global Themes**

Collective clarity and optimism are emerging, creating fertile ground for truth, justice, and ethical leadership.

— **Effects You May Feel**

A strong desire for freedom and exploration, coupled with restlessness around stagnant routines.

Power Intention:

"I trust in the unfolding of my soul's path, embracing the wisdom and expansion of each moment."

December 15, 2024

Mercury Direct in Sagittarius

— **Quantum Understanding**

As Mercury moves direct, clarity will return to communication and planning. Delays and misunderstandings will resolve, creating forward momentum.

— **Ascension Focus**

Prepare to take action on plans that were on hold and move confidently toward your goals.

— **Effects You May Feel**

A sense of relief, mental clarity, and readiness to take the next steps.

Power Intention:

"I move forward with clarity and confidence, trusting the flow of divine timing."

December 21, 2024

Solstice Gateway

— Quantum Understanding

The Solstice will mark a sacred moment of balance and illumination, aligning you with higher dimensional frequencies and activating your Light Body.

— Ascension Focus

Healing, quiet time, and gratitude practices will help you receive the incoming Light Codes. Use grounding exercises to anchor these energies into your physical and energetic bodies.

— Global Themes

Collective intentions for unity and peace will be amplified, offering an opportunity to join in shared rituals.

— Effects You May Feel

Spiritual connection alongside physical adjustments like fatigue, body aches, or energy surges.

Power Intention:

"I receive the solstice Light Codes with gratitude, aligning with my highest potential."



December 29, 2024

Chiron Direct in Aries

— Quantum Understanding

Chiron, the "wounded healer," turning direct will facilitate healing of wounds related to identity and self-worth, empowering you to assert your authentic self.

— Ascension Focus

Explore healing practices that promote self-empowerment and release old fears of rejection or inadequacy.

— Effects You May Feel

Renewed confidence and a deeper sense of self-awareness.

Power Intention:

"I embrace my true self, healing old wounds and stepping into my power with courage and grace."

December 30, 2024

New Moon in Capricorn

— Quantum Understanding

The Capricorn New Moon will support grounded goal-setting and aligning with ambitions for the new year.

— Ascension Focus

Focus on long-term vision and strategic planning to build a solid foundation for 2025.

— Effects You May Feel

A strong pull toward discipline and responsibility, coupled with clarity around priorities.

Power Intention:

"I set clear intentions for the new year, aligning with purpose, discipline, and inspired action."

Ascension Energies for December

Schumann Resonance and Solar Activity

- The Schumann Resonance is reflecting collective and planetary shifts, while solar activity is bringing heightened Light Code activations.



Physical Symptoms to Watch:

- Tingling sensations in the body.
- Emotional waves as old patterns surface for release.
- A mix of fatigue and bursts of motivation.

Practical Tips:

- Spend time in nature to ground and stabilize your energy.
- Engage in breathwork or energy healing to support physical integration.

Power Intention:

"I integrate the incoming Light Codes with ease and grace, embodying my divine essence."

Seasonal Context:

Navigating the Holidays with Grace

- The holiday season often brings both joy and challenges. While this time of year emphasizes connection, celebration, and giving, it can also trigger emotional wounds or feelings of overwhelm.



Tips for Staying Grounded During the Holidays:

- **Set Boundaries:** Honor your needs and say no to commitments that drain your energy.
- **Prioritize Self-Care:** Make time for rest, reflection, and nurturing practices.
- **Heal Holiday Triggers:** Use Quanta Freedom Healing™ to release emotional triggers related to family dynamics or past holiday experiences.

Power Intention:

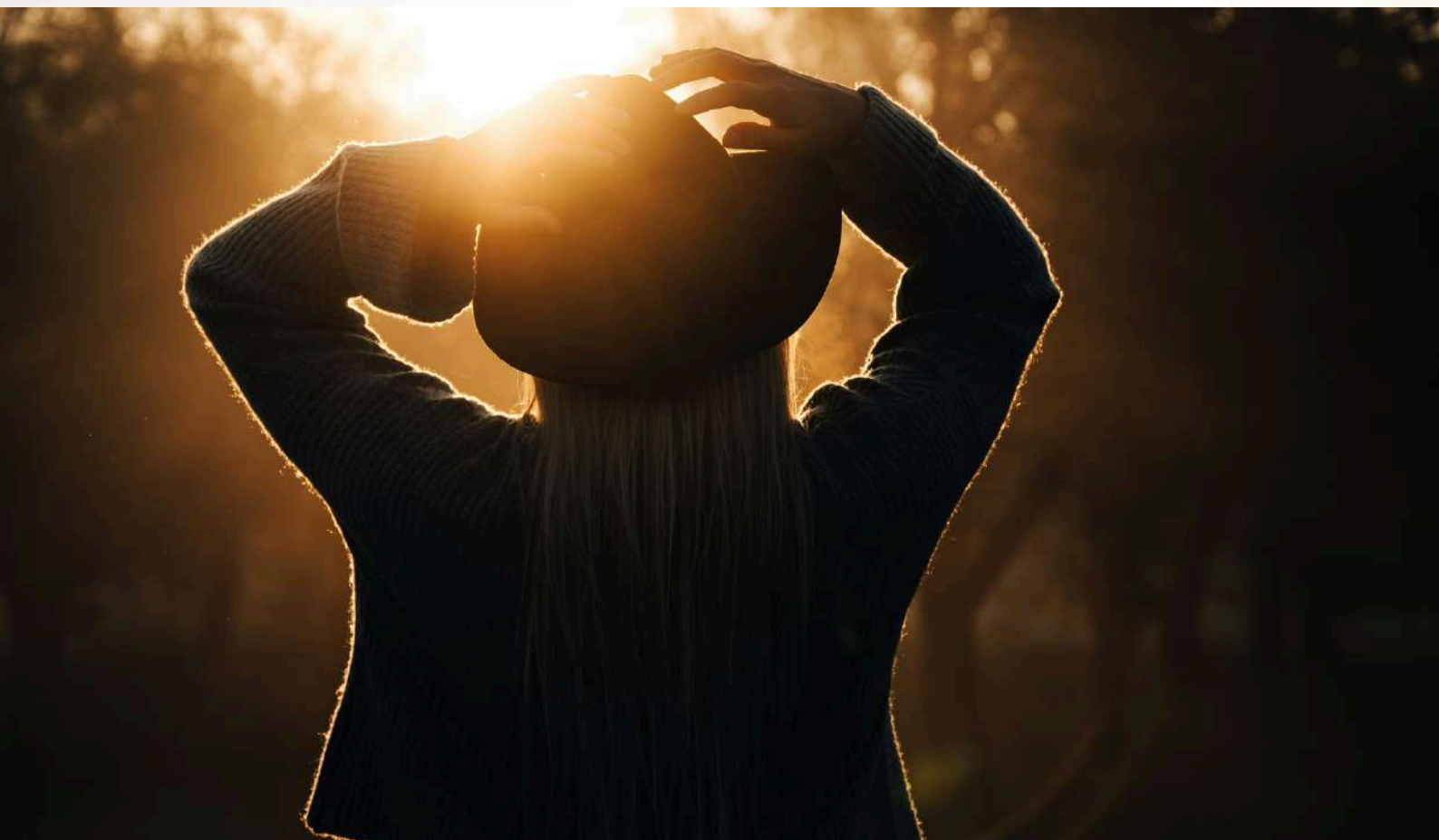
"I navigate the holiday season with grace, honoring my needs and embracing the joy of connection."

Closing Message

December's energy reminds us that we are co-creators with Source, capable of shaping a life that reflects our deepest truths and desires. As the year ends, embrace the illumination and expansion this season offers.

Power Intention for December:

"I align with the cycles of light and dark, honoring my journey and stepping boldly into the new year with clarity, purpose, and grace."
Trust your path, Quantum Warriors, and let the Light guide you forward.



Goal-Setting

Quanta Freedom Healing™ (QFH)
for December

Goal Statement:

"I embody the radiant Light of Creation, releasing all fear, resistance, and limitation. I align fully with my highest truth, purpose, and joy, co-creating a life of abundance, peace, and expansion as I prepare confidently for the new year."

This goal-setting QFH aligns perfectly with December's powerful energies, including the Solstice Gateway and the Capricorn New Moon. It encourages releasing the old, integrating the present, and stepping into the future with clarity and empowerment.

Shift Themes for December

1. Release:

Let go of old patterns, beliefs, and attachments that block your alignment with the abundant flow of life. This includes fears of change, doubts about your worthiness, and resistance to receiving.

2. Integration:

Anchor the incoming Light Codes into your energy field, body, and consciousness, supporting a harmonious transition to the higher frequencies available during this time.

3. Visioning and Creation:

Set clear and empowered intentions for 2025, aligning with your soul's desires and the collective ascension path.

Power Intentions Extra Tips For December

"I release all outdated beliefs, fears, and patterns that no longer serve my highest good. I am free to align with my divine potential."

"I allow the incoming Light Codes to harmonize my energy field and activate my highest timeline. I embody balance, clarity, and grace."

"I claim my power as a co-creator with Source, aligning my intentions with love, abundance, and divine truth for the year ahead."

Much love and blessings, Mel