

Overdoing it, getting sick, noticing patterns

Posted At : August 11, 2011 1:27 PM | Posted By : Michael Smith

Related Categories: Adventure

Sometimes I forget to play. Then my life gets dull and I may even get sick. Come learn how to put joy and spirit into all parts of your life this week with Joe Kenndy Jr and his [Universal Peace Journey](#) . I first met Joe at the Capital Creativity Network and he is a playful, creative and fun guy! You may have met him at my Yule party too.



Here in Bolivia I got busy working on a TeraTech project (I work remotely using gotmypc and Skype) and researching resilient communities in South America. I over did this using the computer too may hours and staying up late every night. Then I got sick and was so tired I spent yesterday in bed all day. A message from my body to get outside and play every day! Also I am grateful for yoga - that helped me get well faster - wen I was too tired to sleep doing a little light yoga help me relax and then sleep.

I am noticing changes in my aura and pranic bodies in last few weeks. I think Solar activity has gone up, increasing Earth's radiation and so decreasing the size of energy bodies. I have been doing work to strengthen them (yoga, Holographic Healing, Mark Dunn, Donna Eden). Sometimes I feel very tired and have buzzy head/cold symptoms. Gets worse if I am next to computer or cell phone for long time - EMF related I think.

Secondly I have noticed a pattern with the programmers I am hiring. They keep getting sick or busy so they either can work for me at all or only reduced hours. I have done some work on releasing this pattern myself and perhaps it is just the general Earth clearing and assention. In the last month here is what has occurred:

1. I hired D, a week later she had family emergency and had to quit
2. I hired C, he worked hard for two weeks then was diagnosed with oral cancer and had to quit
3. I hired S to work 30 hours per week but after he started he could only do 14 hour per week due to other commitments
4. I hired J and he got sick too, very tired (he is back now)
5. I hired R and he has been healthy but he got a second job to make ends meet that makes him unavailable 11am-6pm
6. An old employee A who had been helping out got sick, very tired and though he wanted to help no longer could
7. Another old employee D always has had difficulty with procrastination, is actually getting better now!
8. I notice that I am calm when these changes happen, know that it will all work out and I take quick action to move forward.
:-)
9. Clients are all happy and easy to get on with :-)

On money patterns I have seen movement

1. I am getting better at sending invoices to clients on time
2. Got movement on selling my car from someone who is helping me but procrastinated for 2 months
3. Got lead on selling some software that I had been listing on ebay for past month with no luck until this week
4. Moved forward with renting my room at my house with help of Sandra and Randy

What patterns are you noticing in your life?