

# Sonova Quark

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## November Ups and Downs

### November Natter

We are about 2/3 of our way through November as I complete this edition. It feels more like we are already firmly in the grips of December. Charm, now a single cat, is growing her winter coat. She has only acclimated herself to around 20 degrees Fahrenheit. In another week or two she'll be able to withstand 10 degrees and less for short spells outside, that is, 10 to 15 minutes in meatloaf heat-retention mode on a corner of our back porch. A sweet spot winter temperature range for Charm probably hovers somewhere around 35 to 45 degrees. She can withstand cold and stay outside for hours, particularly if sufficiently motivated such as actively homing in on potential prey. That's when she seems to burn calories at maximum rate to maintain body heat. We've discovered it significantly increases Charm's appetite when she comes back in. She heads straight for her food bowl to top off her energy reserves. It's a convenient time to covertly "pill" her with a digestive enzyme tablet discretely squished in her CAD FUD. We suspect Charm was born with some enzyme producing deficiencies. A daily enzyme regime seems to do the trick.

I still think and feel a lot about the recent passage of Zoey. I know Darling does. We both still occasionally sense her out of the corner of our eyes gently haunting us as we walk past one of our cat trees.

With the interim election cycle is now over, albeit with some minor cleanup still in being counted, our household sighs with relief that the predicted *REDRUM* "red wave" petered out, much to the horror of many Republicans. The Democrats managed to hold on to the Senate while the differing Republican factions begin ramping up what's likely to be some juicy hot air bickering amongst the factions. While not much legislation of any practical sort is likely to be passed within the next two years, it's also likely that the Democrats

will be able to stave off the worst the more rabid GOP sectors will attempt to scheme up and ram through Congress. I'm preparing for a steady drumbeat of "Impeach Biden! Remove him from office!" It will be a political show paraded in front of the House ad nauseum. It will go nowhere for the same reasons Democrats attempting to do the same to Trump failed ... twice. Not enuf votes.

I speculate the chances of the Republican party fracturing or splitting in two has increased. We have a far right faction attempting to ram out the more rational centrist members. The potential split is a real stickler for the more level headed who are loathed to see that happen. It would significantly weaken GOP power to legislate anything through the house. On the other hand, it may force the more centrist-headed group to remember the old ways, of actively seeking out compromises with the Democrats. Jeez! isn't that how democracy supposed to work? As Benji Franklin said, democracy is a very messy, dirty business. But it's still than the alternative. I think we've all experienced a major lesson in that department starting back in 2016.



### Patience, Grasshopper

I recently joined a small private Zoom group of students headed by an experienced participant interested in learning how to better translate their personal impressions and experiences of receiving channeled information. Everyone in this Zoom group has become aware of intercepting impressions that feel like it comes from realms our western culture is not yet been able to scientifically codify. On that matter, I'll say that long ago I came to a conclusion that "channeling" is a natural ability all humans inherently possess. It's no different than learning how to visualize mathematics, foreign languages, paint, sing, act, or a dozen other human endeavors.

It's just that some are more aware, or perhaps I should say... more willing to accept the existence of such perceptual processes. At present, it's not a very well understood experiential process insofar as western "common sense" is concerned. For one thing, one does not, I repeat, does NOT have to go into a deep trance-like state of consciousness where one seemingly loses their identity as another form of conscious energy comes in to speak, or paint, or dance, or write. One does not need to perform some occult ritual either. Much of that is mostly showbusiness. OTOH, many like to perform some kind of short and personalized ritual, almost a kind of meditative prayer of sorts before the show goes on. I don't knock personalized rituals. It is a proven and time-honored form of mental & emotional preparation.

I suspect the channeling process has been with us since we first became sentient hundreds and thousands of years ago. It continues to evolve. From what I've witnessed and experienced, it has evolved into a much more prosaically conveyed form of communication regardless of the chosen medium. It's akin to becoming aware of a gentle process of slipping into a focused state of awareness. Such awareness is filled with unexpected new ideas, feelings, symbols, images and stories. Some of us chock it up to our subconscious working overtime. I have no problem with such interpretations. Getting in touch with and channeling one's subconscious is perfectly valid. It's probably why most of us don't realize what channeling is, or that many... *many*, channel information all the time and don't realize that they are.

My own education in the art of channeling was dramatically quickened when I met GoH author, Chelsea Quin Yarbrow, back in the 80s at Wiscon. Quin's occult series of books, "*Messages From Michael*" gave me the most compatible and structured platform in which I could begin a decades long process of learning how to recognize my own expression of channeled information. Before Quin, I already knew many of my paintings and music were forms of channeling I had developed on my own. But the process of writing and speaking channeled information, threw me into new territories. I had few I could talk to and get constructive feedback from. As a result, I often resisted the experiences because of preconceived ideas that seemed to contradict what I thought the experience *should* feel like.

Channeling is a learned art and life-long endeavor. Regard-

less of whether one is the teacher or student, one always remains the student. It's not a science, though the best channeled information can turn out to be remarkably insightful depending on how well trained and scientifically educated the channel is. One is prone to channel on topics one has been formally and informally educated in. It also depends on how well-balanced one is. This was a big lesson for me. I worried that my recent bouts of PTSD and anxiety attacks would render my channeling experiences inert. It didn't. OTOH, it is certainly important to cultivate a healthy emotional and intellectual outlook on life. Of course, shit happens to everyone. But that doesn't mean a stressed-out person suffering from PTSD can no longer be a useful channel. It simply means, take a break!. Allow yourself whatever time it takes and get help from others. My anxiety issues have been smoothing out as I've gotten better at channeling accepting what my Inner Child has desperately been trying to tell me for decades. *That was Zen... This is Tao.*

My interest in channeling should not be a surprise to many. My essays often have possessed an otherworldly flavor. I simply want to be more upfront about what it is that I occasionally write about and share. As Quinn has stated many times when discussing her occult *Messages From Michael* books, "belief is not required". It's better to cultivate and accept one's own Inner Wisdom rather than parrot the beliefs of others in the hope that one will eventually win favor with the gods and end up with a Mercedes-Benz.

As the next generation of channels come forth, many have found working with the Michael template to be a useful and comfortable structure to work with. Many feel as if they have returned home to a forgotten landscape for which they had been searching for all their life. The Michael paradigm continues to evolve as more information is mapped out. This includes exploring our lives which are embedded in a never ending multiverse of countless probable realities and futures which are constantly splitting off from each other *as-well-as* merging back together and consolidating their differences. Take only what feels useful. Leave the rest. ...and don't expect the Michael Paradigm will buy you a Mercedes-Benz.

I'm out of time. I hope I got most of the worst grammar fixed.

