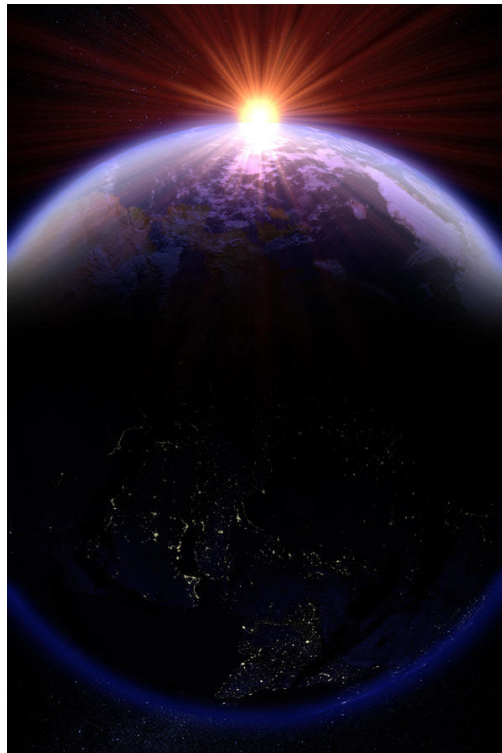




Red Wind Councils

Spiritual & social awakening through indigenous restitution

## *How to Help Quicken Humanity's Evolution & Simple Ways to Protect Yourself*



Dear Students Ohki Forest & Friends of Red Wind Councils,

I send my greetings to you all in this time of global challenge. I was awakened in the middle of last night by my guides who asked me to write this sacred message to you. There, in the dark of night, I was writing as fast as I could on a note block, their message felt of great value, & today, it is now sent to a few thousand of you, mostly as a clear reminder to not forget to uplift yourself in Spirit. The panic, fears & paranoia regarding the corona-virus today is very contagious, even more, it seems, than the virus itself. Even though the majority of you hold a daily spiritual practice, it seems an appropriate time to double all our efforts & unite altogether in this endeavor.

As we are asked to stay in our homes to slow down the spread of the virus, in a spiritual sense, we are also being tested by Spirits to slow down our way of life & look at the counter-clockwise

ways that our humanity has embraced – the stress, the fast pace & the many imbalances of the Western wall of madness, thus debilitating our immune systems. It is a time for us all to return to the Zero point, the Center of the Wheel, our inner wheel, to introspect, calm down & re-assess our dependence on the external ways of our lives. The greater isolation we must forcibly take should not be about becoming further disconnected from one another, but on the contrary, must be a strong indication of the need to reach out more spiritually to one another & develop an even greater Trust in the abundance of life, Nature & the Universe.

The truth of it all is that if humanity was already more spiritually advanced, there would be no way this virus would affect humans as it has done & does today in the world. The virus is not the enemy, but a clear reflection of us – for it is simply a form of energy that seeks to evolve. Thus, we can be a powerful vehicle for it to grow in its own evolution &, as a result, our own, if we chose too. In Shamanic ways, a virus is always considered a form of illusion which seeks to attach itself & live off other bodies, one of the main reasons why it creates rampant fears, a form of primitive feeling as of then unknown in us. It seems it attacks us & our first impulse is to want to get rid of it. But this is not the way, a virus is just a lower vibration, a form of life as well, & part of Great Spirit, but it unfortunately stirs upon our own lower vibrations. Yet viruses are vulnerable to the higher frequencies of heat, warmth, light & love & can be transmuted quite easily if we assert our determination & steadfastness to ask for its transformation.

With the Western Wall of our world in the Medicine Wheel ways, in order to not fall into the insanity of its mirrors & illusions, the ancient native wisdom states that we can only go under the wall to overcome it, & be as close as possible to the Earth to be protected & find safety. This storm will pass sooner or later, we can only all pray sooner, but in the meanwhile, we must all do our best to remain grounded, centered & collected. This is an urgent call from the guides to stop the "virally" global crazy stress of our lives & develop better ways of living on & with the Earth. Not only must we pray for this virus to reach the light, but this challenge is a major invitation for us to transmute at all cost our inner insanities now reflected in this world mirror.

I just had a student from Italy emailing me how scary it all is in his country, he may end up going to jail for simply going out to fetch some food! Not that he was scared of this, but for him, the hardest part was that he felt he had lost his freedom suddenly. Yes, we may all feel frustration & anger over the loss of our sense of freedom for a moment, but let's all breathe & remember that true freedom is first & foremost within ourselves. In every sickness there is a critical moment when it seems to get worse before it can get better, so we all have to make an effort to keep our composure & view this as a tremendous challenge & opportunity for our personal & human evolution as well as the important healing of our humanity's karmic attitudes.

***This global adversity is a major call to transform our humanity, & we all can have tremendous, positive impact in changing the way we think & live.***

Instead of passively waiting in our homes while the storm passes, we all can do something to increment the power of our inner spirit. I wish to share with you a few, simple & effective practices for your personal protection & to help transmute this virus in the world & shift the balance:

\***Ground yourself into the Earth** & visualize your roots extending deep into her & send any troubled emotions & sick energies through your roots & the sole of your feet. Breathe in your being & vital body around you her protective healing power. Feel her peace, stay calm no matter what. Remember to stay in balance with the Mothers in the Earth, especially with Crazy Mother who is now paralyzing the entire world, & Death Mother who is testing all our immune systems & physical bodies with these health troubles.

\***Our sense of Presence** is being tested to the max in all things. For example, we are now asked to be so much more aware of all the things we touch on a daily basis, be more present & acutely aware of whom we are surrounded by & what is going on around us. Yet it would be a great mistake to develop defensive shields out of fears, this creates false protection & is making us more prone to catch anything. Be careful, stay open, this is paramount in order to remain serene. Hold greater empathy & gratitude for people around you & your world, this is the highest form of protection.

\***Protect your lungs** (the most targeted organ for complication of this virus) by visualizing a purifying white light for a few minutes & then add the soothing green ray of Nature in this organ, which helps raise the frequency preventing any possible damage. For your heart, visualize a red flame glowing at all times, and/or a green jade for balancing emotions, and/or white light for uplifting any depressive moods that may come.

\***Contact your Council of Chiefs**, your spiritual guides, or higher beings, transcended Masters, in the way you are used to calling them, & hold *the absolute certainty* that you & your loved ones are protected in Spirit at all times. Ask for the strengthening of humanity & for developing a higher capacity to resist & the transmutation of this being (virus), also part of our Great Spirit, so it can instead harmonize itself with us.

\***The most effective prayer of them all** consists of raising the frequency of this virus before it can affect & kill many more of us. This meditation gathers more power when done at night before sleeping & continues its expansion, protection & healing during your sleep, but it can be done as many times as you feel any time of the day.

a) First surround yourself with a white pinkish light (like a desert sunset tone), see this light expanding in your entire field. Then, have it expand to include your entire home & the land where you live. Make it reach to your neighbors, their lands, your neighborhood, your town, your state, your entire country. It needs to continue to expand in North America, then, the 3 Americas until it envelopes all the continents of the planet. You can increase the meditation in the most affected places on earth, Europe & Asia.

b) Feel the tremendous heightening of vibrations being showered down from the atmosphere, a great & potent healing energy, and this, for several minutes. Then place yourself in the outer space of our Earth & see our planet being showered by this higher spiritual vibration of human awakening, Earth consciousness, for the protection & greater healing of all living beings & the ascension of the entire world into Spirit. Hold this thought, prayer & visualization as long as you can.

We are all offered an unprecedented opportunity to return & create a sacred rhythm of life while sharing together the resources of our beloved Earth in real awareness of her being, a more harmonious world can be given to us, & let's make of this time a true blessing for all. This is the highest prayer that we can hold altogether.

And last but not least, I take this time to offer prayers of great love & light to those who are affected today for their swift recovery, & above all, for the 5,000 people or so who died so the sacrifice of their lives is not in vain, but may it serve us all to aspire to a higher vision of a healthier world with the natural world. May all their souls rest in peace & serve to awaken us all. Ho!

If you are inspired by this message, & think it can help others, please pass it along to your family, friends & co-workers. Muchas gracias.

With many blessings & prayers of well-being  
to you & all your loved ones,  
Ohki

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