

Uriel Heals article
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The Re-Birthing Process

The events in our lifetime take us through cycles with a beginning, middle and an end, that then lead us into other cycles. Cycles are not always orderly or obvious, the end can feel nothing like an ending and cycles often overlap, so a new cycle can begin before one ends. If this sounds confusing, it is. But the cycles and where we are in them (we all look forward to the end) are less important than what cycles do, which is bring us to re-birthing, where we emerge with new wisdom and understanding, prepared for the next cycle and steps on our life journey.

When we spend our time looking for the end of a cycle we ignore the most important part, which is the re-birth. How has the cycle changed us, what do we now know and how are we prepared for our next steps are questions we can ask, instead of "am I done yet?" And we risk missing the ending entirely because there is often not a traditional 'ending' with closure, completion and a sense of finality. The end of a cycle sometimes arrives with, instead of closure, a realization that whatever we have been focused on is now over and we need to move on or we will stand alone in our desire to have the completion we think we need.

What happens in the beginning and middle of a cycle is just as important as the end. Indeed, they are more important because it is at the end that we can feel stuck, in doubt and unsure of where to go next. The cycle is over and we need to make a move. Unless we are ready to do that, we begin another cycle. We think that being stuck means that we have not made any progress yet that is far from the truth—we are at the end of a cycle and what we need to do is apply our learning, forge a new path and move ahead. What does that mean? With the end of a cycle we are at a new place and where we go next is up to us.

What are cycles about? Any area of healing that we have agreed to complete sets the focus for our cycles. They appear in the area of relationships, health, work, career, success, finances, children and parents, siblings, friends, and our place in the world. We will experience cycles in any one of these areas and often we have them in several areas at the same time. We can, for example, mirror our family cycles in our intimate partnerships, career and have health problems that reflect the emotional energies we are processing. Since every aspect of our life is connected energetically, we cannot isolate our issues and healing to a single area—they will be expressed on many different levels and in all of our life situations.

Cycles begin in childhood, which is when the energy of our healing work is established and they continue throughout our life. Everything we do is related to some aspect of a cycle and we unconsciously gravitate towards the experiences that will help us complete them. So the challenging relationship we choose, the choices we do not make, the missed opportunities, and the elements from our field of potential that we choose to manifest are all related to expressing the energies of our healing cycles.

The re-birthing process is the reason we engage in cycles and what we can look forward to achieving. It is our movement into a new and different energetic level whose reward is better understanding, learning and healing, not the end of cycles. How do we know we are there and what happens when we are re-born? We often don't know we have succeeded until we move into another cycle and realize, usually midway through it, that we are more detached, less involved in the drama, more careful of where we are putting our energy and making different choices. There is no fanfare, our 'done' button does not light up, we just have a feeling of knowing and peace that sneaks up on us, letting us know that we are at this new level.

Cycles do not end as they are a part of living. When we complete one we move into another at a different level of energetic vibration. We become more accepting, less afraid and the cycles are easier to manage. The challenges are no longer life-shattering, even if our heart is breaking, we

know there is a higher purpose that will be revealed to us at the right time. And with our new understanding we have true peace, joy and stand in our power. Then we are re-born and have achieved what has been the purpose of all of our lifetimes, stepping across the void of fear and into the timeless, unfolding joy of heaven.

About the Author

Jennifer Hoffman is an intuitive, spiritual healer, mentor, teacher and author and channels the energy of the Archangel Uriel. Jennifer's intuitive abilities go beyond psychic and into the realm of soul level communication, accessing a client's soul's desire for peace, joy and unconditional love. She is able to view the soul's lifetime purpose, identify the soul contract, describe blocks, karmic imprints, negative patterning, messages and images and facilitate the ascension into the miracle vibration, where life becomes an effortless flow of joy and fulfillment. Her ability to view the dynamics of the soul's journey allows her clients insights into how to achieve their highest possible vibration, miracle mastery. Everything that stands in the way of this goal can be transformed with willingness to change one's life story from victim consciousness to spiritual mastery.

In her readings, Jennifer works with the Archangel Uriel, angels, guides and departed loved ones to help her clients gain clarity about their life purpose. Jennifer has helped many people through the Shift through her unique insights and counsel, facilitating their healing journey. Jennifer is the founder of www.urielheals.com, an on-line spiritual healing and growth center and dedicated to the messages and teachings of Archangel Uriel. Information about Jennifer's books, on-line seminars and services is available at her websites, or email healing@urielheals.com for information.

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