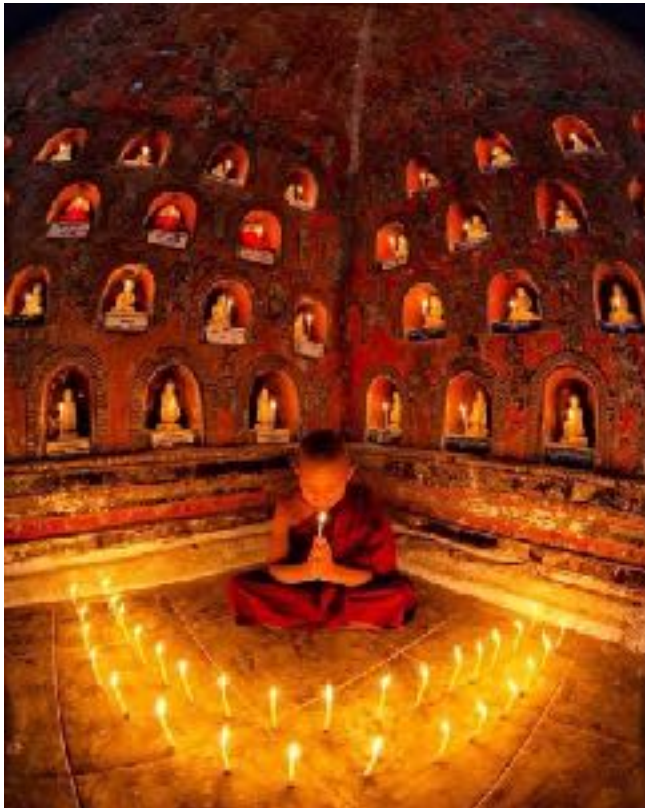


## Energy on Simmer by Suzanna Yahya Nadler 4/5/19

Very slowly, but surely, the barn is getting completed. More than a year later, the last pieces forming into a coherent plan are the kitchen counters and shelves. I recognize the kitchen to be the place of transformation, where the raw materials that the farm and earth present become transfigured. I am ready, take me!



A brave new journey “to boldly go where no one has gone before” is the task of the Aries new moon. In the wee hours of this morning she aligns with the ram constellation while squaring Saturn. Saturn governs time and this old man slows us down, like driving with the brakes on. Excitement builds, desire and ideas, yet this is a time of putting your favorite concoction on the stove, on low, without peeking under the lid.

Our new land partners will move into the barn as it is finished! The retreat sanctuary rental is being bought by the current

tenants and a new two year SoulWork Training is starting at the end of April! WOW! All the ingredients of these desires were placed in the pot some years ago, but the futility of being left with only uncooked aspirations slowed down the process to just a tiny flame.

The winter served up that despair into dishes of aloneness and the leaden quality slowed me down, I let go. Spring with the land calling me back, new seedlings sprouting, flowers blooming, my heart is unhurriedly building a small campfire for the finishing touches to this delicious meal. Keeping the watery doubts separate, I add my fuel to the coals: I have a gift and I want to share it.

