



# *News From The Earth, Winter 2010*

*Presented by the Ascended Masters Foundation*  
*Community of the New Times*

## *An Important Message From Our Beloved Earth Mother*

Our Earth Mother, Divine Mother Gaia, is asking for our help today and each day to come. In these seemingly tumultuous times, she is beseeching us to be with Her, to spend intentional time with Her. She is pregnant with a new consciousness, which is to be birthed in the spring. She needs Her humanity to be with Her in Her transition time.

This birth, like all future births of evolving consciousness, is intended to happen in concert with all Divine Mother Gaia's creatures. Her animals, plants, and minerals have completed their winter dying, and are now waiting with Her in preparation for the birth, the bursting forth of a spring like no other. She has shared that without the participation of Her humans, the birth of this consciousness is in jeopardy. She is asking us to serve as Her midwives. Serving as Her midwives is a simple, yet crucial act that must happen in order for this new consciousness to be birthed. She is asking for two loving acts.

Firstly, ask Her to take from you whatever doesn't serve you. Is it your propensity to worry and suffer? Is it your unresolved childhood issues? Is it being stuck in your current situation? Each day, stand on Her ground and offer your distress to Her. 'Please, Mother, take all my worries from me.' Know that She is the ultimate transmuter. Your distress is Her nourishment.

Secondly, sit with Her as you would sit with a friend preparing for birth. As often as possible, think of Her, notice Her, talk with Her, praise Her, walk upon Her, dance upon Her, chant for Her, sit on Her ground, and commune with Her plants and animals and minerals. She needs your company, your compassion, and your understanding as She experiences Her changes.

These two simple, compassionate acts will make a tremendous difference on our planet. These actions will ease Her transition in this wintertime and for all seasons to come. She is counting on us, Her awakening ones, to listen to Her words and assist Her. She asks you to do it for Her, to do it for yourself, and to do it for all beings who live on our beloved planet Earth.

In Grateful Partnership, Your Friends at the Ascended Masters Foundation

The Ascended Masters Foundation Community of the New Times is dedicated to the awakening of humanity and the emergence of a new consciousness on our planet. This message from Divine Mother Gaia was channeled through Phaeryn Sheehan who has been channeling the Ascended Masters for more than 20 years.

*For More Information Please Contact:*

Claire Morency: 360-253-3904; morencyclr@aol.com

Ira Cooper: 505-385-1120; iracooper01@comcast.net

**Please visit our website: <http://ascendedmastersfoundation.org/>**