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The theme for April is  
**Intensity!**  
monthly forecast

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**This is a great month to take risks and put yourself out there, reaching for a bigger dream, a better life, a more meaningful relationship, increased wealth, health and vitality, and a more fulfilling sense of worth, work and essence.**

**EVERYTHING IS INTENSIFIED THIS MONTH. You can expect intense emotional mood swings, lots of weeping, incredible chaos that you think you can't handle, and then amazing synchronicity where everything falls into place. There will be bursts of energy as well as unexpected times of deep fatigue where you can't get out of bed. You may on one day experience overwhelming inspiration, incredible clarity, courage and determination; and on another, debilitating despair, deep confusion, and paralyzing fear.**

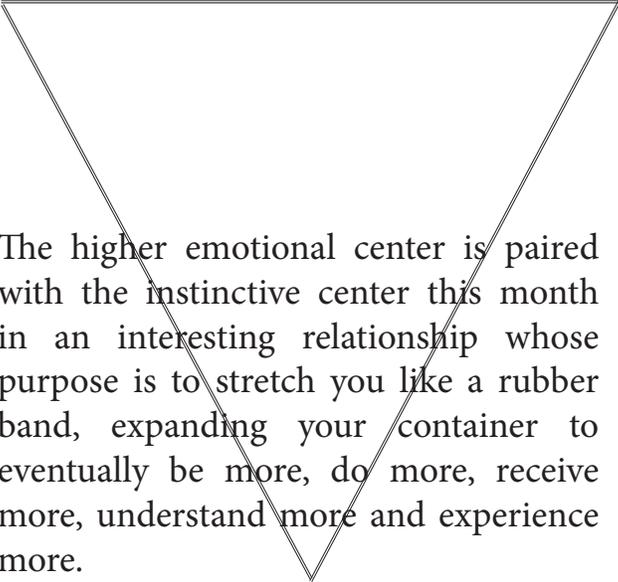
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adjustment to a higher intensity is difficult. The body is resistant and our comfort level suffers. It is easy to get trapped in the negative expressions of this intensity and we want to warn you all about going there. The discipline this month will be to focus on how to use and channel this increase in intensity to feed

**the positive, the  
creative, and the  
inspired intentions  
in your life rather  
than anything  
negative.**

When you have this level of intensity you can actually make permanent radical changes in your life. This is challenging since most of us are creatures of habit and we would rather live with lower intensity suffering than with the unknown territory and promise of a more intense experience of joy, love and success.



The higher emotional center is paired with the instinctive center this month in an interesting relationship whose purpose is to stretch you like a rubber band, expanding your container to eventually be more, do more, receive more, understand more and experience more.

The instinctive center has a strong purpose that needs to be understood. It is there to keep us alive and functioning by informing our reactions based on all the information it holds about what it takes for us to survive. It is designed to keep us alive but in this process, it also keeps us limited. New information downloaded from the higher centers and from our own intense experiences needs to be processed by the instinctive center in order to change how our lives are being created on a daily basis. After a period of expansion and growth, there needs to be a down time for the instinctive center to assimilate and integrate new information.

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