

Explorations
of a
Cosmic Soul.



Allie Michelle

EXPLORATIONS OF A COSMIC SOUL

copyright © 2021 by Allie Michelle. All rights reserved.

No part of this book may be used or reproduced in any manner whatsoever without written permission except in the case of reprints in the context of reviews.

Andrews McMeel Publishing
a division of Andrews McMeel Universal
1130 Walnut Street, Kansas City, Missouri 64106

www.andrewsmcmeel.com

ISBN: 978-1-5248-7425-4

Library of Congress Control Number: 2021932763

Editor: Patty Rice
Art Director: Tiffany Meairs
Production Editor/Digital Production: Jasmine Lim
Production Manager: Cliff Koehler

Cover illustration by Anfisa Kuzmina

ATTENTION: SCHOOLS AND BUSINESSES

Andrews McMeel books are available at quantity discounts with bulk purchase for educational, business, or sales promotional use.

For information, please e-mail the Andrews McMeel Publishing Special Sales Department:

specialsales@amuniversal.com.



This book is the physical
manifestation of lessons learned
through the school of everyday life.

It is for the seeker.

It is for the one who chooses to dive
into unexplored depths.

It is for the one who is ready to meet the
truth within themselves.

It is for you.

May you connect to the universe inside.

Foreword

BY JILL WINTERSTEEN OF SPIRIT DAUGHTER
(ASTROLOGIST AND OVERALL MAGICAL HUMAN)

In the current transformative time both cosmically and earthly, we have been given a few shining stars—beacons of light to guide us on our journey. Allie Michelle is one of them. Her poetry and the energy it imbues provides a pathway from dark to light, from untruth to truth, and from destruction to nourishment. A path that parallels the movement of our stars and the story of the universe.

In the past six months, there has been a steady shift in energy in the collective consciousness, a changing of the guard, so to speak, and with that, we are witnessing the rise of the feminine energy. Feminine energy by this definition is one that heals, one that nourishes, one that is of service, and one that is powerful enough to give life to any area that needs it.

It has long been predicted by shamans, yoga masters, and spiritual teachers that women will heal this planet with their feminine energy. They will heal the earth from the destruction of war, they will heal society from its ego-driven insecurities, and they will heal our relationships with each other. What has been a long-standing prediction is now evidenced by the movement of the stars and the movement of the feminine voice.

In 2011, a star known as Regulus transitioned from Leo to Virgo. Regulus holds the energy of regality, leadership, and defense of these positions. For over 2000 years, Regulus was home to the lion constellation that formed his very heart. And over the last 600 years, Regulus was in the last third of Leo, which is ruled by Mars, the planet of war. No wonder so much blood has been shed, and whole societies were left heartbroken during this time. Where Leo represents masculine leadership, Virgo represents an empowered woman, self-sufficient and capable of great healing.

Regulus has shifted into the first part of Virgo ruled by Mercury, the

planet of communication, and this energy is influencing the way both male and female leaders communicate with each other and their community. With Regulus entering Virgo, this kingly star is shifting from King to Queen and God to Goddess.

Kings rule by power, queens rule through service. They both have power—they both are rulers, leaders, and teachers—but their approach is very different. In August of 2017, we experienced an amazing total solar eclipse in the Northern Hemisphere, particularly in North America, which has been a leader in the feminine movement since the sixties. This eclipse took place within two degrees of Regulus, providing an energetic catalyst to the shifting energy from Leo to Virgo. The eclipse also occurred at the north node in Leo, which gave the transiting energy a pathway.

North nodes tell us where we are going—they outline our karmic path both individually and as a society. This combination of Regulus transitioning to Virgo combined with the north node still giving us direction through Leo teaches us leadership based in service. It is the energy of individual kingdoms with the intent of serving humanity as their mission. This energy will usher in leaders with unity and compassion at the heart of their decisions and will bring forth a feminine perspective of healing for all.

The solar eclipse opened a portal for us to step through, and on the other side, feminine energy is empowered, leading and healing our world. It's a process, though, and we've been witnessing it unfolding over the past few months. Feminine energy and the feminine voice have been suppressed for a long time, and their rising is bound to bring about some friction, some shadow work, and some drama.

When energy is subdued for a long period of time, its reemergence can be explosive. This emerging energy was given an extra push when Jupiter entered Scorpio in October of 2017, the same week the #MeToo movement started. Jupiter is the planet of expansion, while Scorpio is the underground, the shadow side, and a sign of hidden secrets.

When Jupiter met Scorpio's stars, combined with the already rising feminine, women all over joined as a community and expanded their

voices and their hearts as they shared the hidden secrets within them. It was a necessary movement for the feminine to continue its awakening and its reclamation of power. The power that has always been hers to claim.

The rise of the feminine energy is preceded by the rise of the feminine voice, which will be fueled by a lunar eclipse in January and a solar eclipse in February. Both involve the energy of Aquarius, who is known for her outspokenness and ability to incite movement through her authentic voice.

At the time of this writing, these events have not occurred, but it is this writer's prediction that there are many more movements on the horizon, and women will become increasingly more outspoken about the fate of this planet. We will also see a rise in books like this one written by divine feminine leaders like Allie Michelle. They will inspire us and pass on heart-centered, healing messages through our communities. In May, there will be another energetic charge for the feminine, and that is Uranus moving into Taurus. Uranus is the planet of change, forward movement, and unknown shifts into new territory. He has been stationed in Aries for the last eight years, which is a highly masculine sign. Aries is known as the god of war and the planet of the self. Taurus, on the other hand, is very feminine in nature. She is an earth sign like Virgo and known for her love of art and the earth herself. She is the keeper of beauty and nature.

This transition from Aries to Taurus is much like the shifting of the star Regulus from Leo to Virgo. We are moving once again from self to community, from God to Goddess, and from destruction to nourishment. All governed by the planet of change, Uranus. This transit will push the rise of the feminine into a new gear, one that will usher in permanent change and transformation. We will begin to see more focus on the collective instead of the self, and we will lay down our ego-driven ways to help better the planet as a whole community.

Once again we will see the feminine energy developing steadily in each of us, men and women.

A world ruled by feminine energy does not necessarily mean a world ruled solely by women. The feminine will rise in each gender, and men will learn to respect this part of themselves and let it guide them just like women have done for centuries.

So, what does a world dominated by feminine energy look like? When conflict arises, war will not be the only answer; new ways of negotiation will unfold. Nature herself will become more respected and made a priority in political agendas. There will be less ego involved in our countries' decisions, and service will become a priority. Women will become as powerful as men, and everyone will become equally respected no matter their ethnicities. New methods and paradigms will emerge in the way children are raised with both parents equally involved.

The stars are predicting not a role reversal per se but a new way of doing things that have not been explored. It will be the true age of Aquarius—cutting edge, progressive, and with the heart of humanity at its center. This is what a feminine future looks like. Most importantly, women will remain feminine. They will keep and highlight their femininity, treasuring it as we treasure the energy of Virgo and Taurus. Their intuition will no longer be questioned and beaten down by logic. It, along with all their emotions, will be praised and used as guidance, not something to medicate or see as a burden. Women are different than men; their brains work differently, and that difference is what the world needs. This difference is what will restore balance, and at the end of the day, that is what's occurring—the restoration of balance.

The following poetry is part of the restoration. It is feminine; it is born from intuition and emotion, it is beautiful. It inspires you to feel and reminds you that there is light in the world. The world may get a bit darker before we see the true emergence of light, but this book is a reminder that it is already here and balance is returning. Love, as you will read in this book, spreads like wildfire and won't take long before it drives out hatred. As you read these poems, let them remind you of the beauty in the world—feel them tap you into your feminine energy and inspire you to always lead with your heart.

Universal purpose:

I wrote this during my two week meditation course in the Himalayan mountains. ~~I went~~
I went there expecting what many people do - an East-Asian fare journey, or to return
as some variation of yoda's life has a cosmic sense of humor like that,
because the complete opposite happened. We sat there meditating for
6-9 hours each day until all I felt was frustration and a sore back.
~~I~~ It stumped for two weeks with hail the size of my fist,
as though mother nature herself were pressing me inwards. And
yet, everything that normally made up my identity,
that I had feared losing, ceased to matter. The most fulfilled
I've ever felt was sitting in stillness on those musty
wooden floors, truly needing nothing but my own breath.
And that's a lesson I'll always carry - the opportunity
for fulfillment comes with simply being intimate with
the moment.

Universal Purpose

What is your purpose?

What is your task?

To live, to love,

To show up for what the moment asks

Living is quite simple, you see

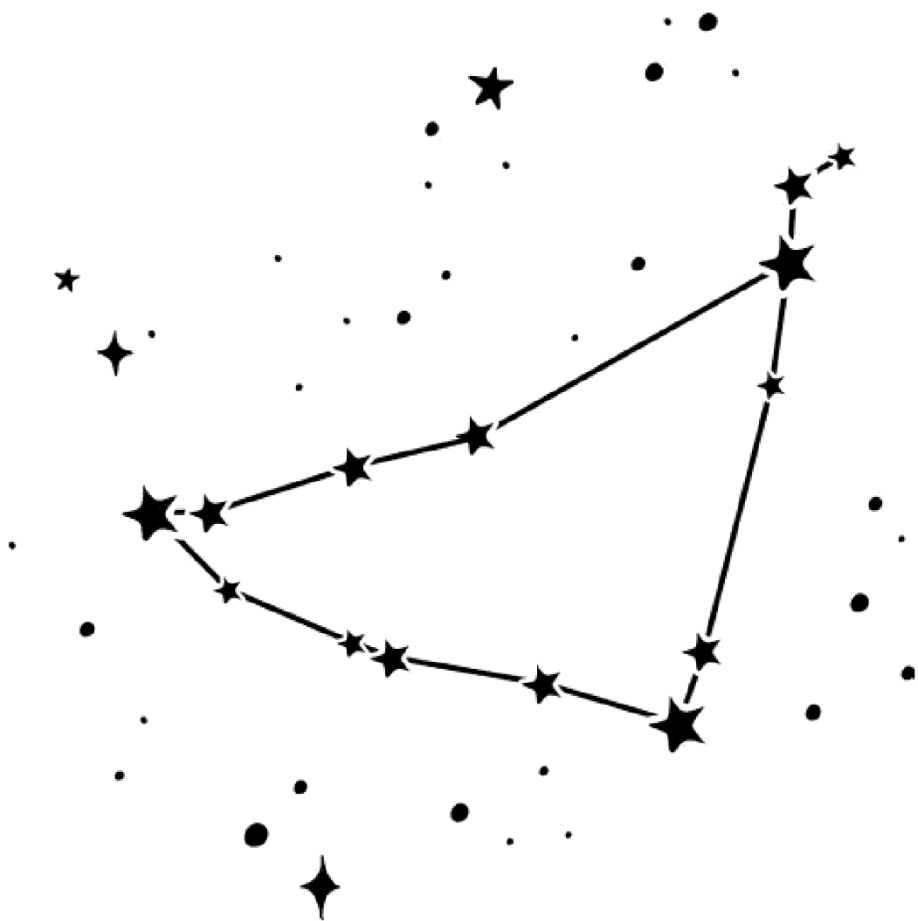
We are conscious agents here to Be

You want to change the world?

Then find what you love, and let it set you free

This is the journey from duality

To oneness



Lucid Living

Life is but a dream
Where nothing is ever as it seems
It projects our internal reality
So we can heal our diseased mentalities
Oh, how we become focused on the tiny things
When peace is never what this mindset brings
Every enlightened being knows
That they create their day
They surrender to the flow
So the universe has space to bring miracles
their way

The Guide Inside

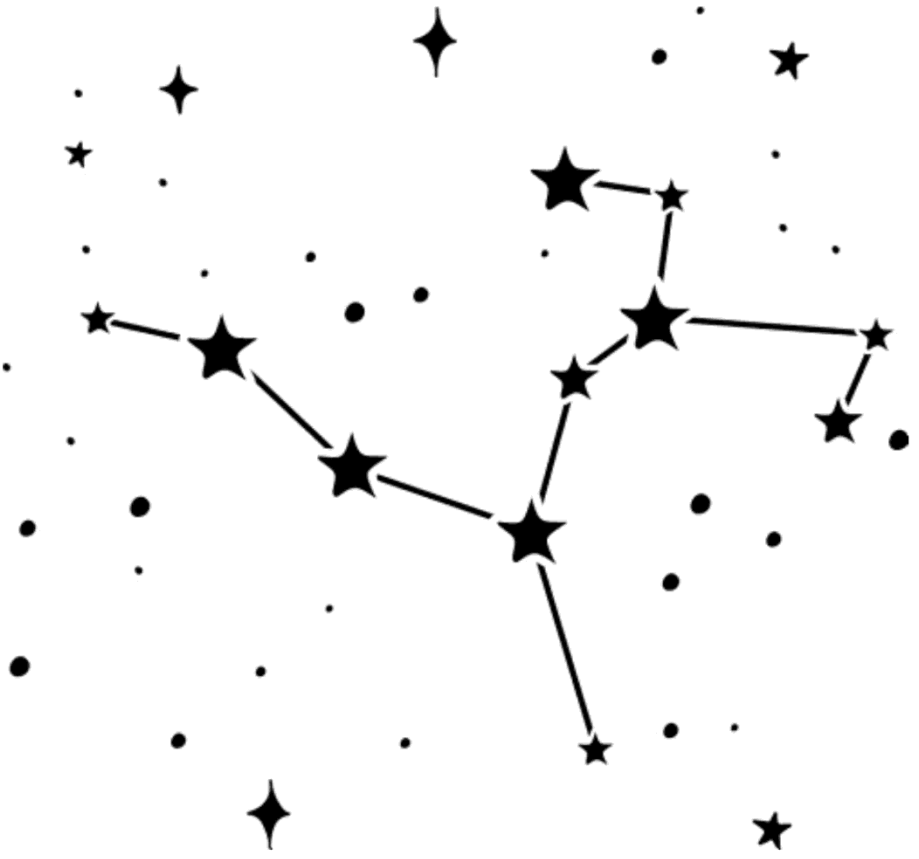
We run around all day
Thinking this is important
This we must do
But what can be more important
Than having a sacred appointment with you?
We ask everyone's opinion
Should I do this or that?
Go inside and ask yourself!
You'll never have to look back
Only you can give yourself clarity
So why do we trust ourselves so warily?
As though another's seal of approval
Will save us from failure's grasp
If we are always trying to avoid it
We will never succeed in any task
Trust the guide inside
The one whose voice is humble and wise
And if failure steps across your path
Do not try to avoid its wrath
Instead, ask what it is here to teach
Only through learning can your dreams be reached

Love Yourself Now

If you think all you are
Is who you could be
Then you will never experience
Your own divinity

Love yourself Now:

A lot of us have an affair with this future version of ourselves that looks a certain way and has achieved certain things, but that completely dishonors who we are right now. So many different lives had to be lived for us to even be born, and no moment has been wasted in becoming who we are right now, and so there's a grace that comes with falling in love with the process.



Seeking Truth

We all seek a universal truth
It reveals itself through nature, animals, and youth
Its song can only be heard when we slow down
Through solitude and silence, we'll finally be found

Life plays this funny game
Where we seek truth through fortune, lust, and fame
But truth has always lived within
Whispering wisdom to us in the ever-changing winds

Truth touches us in glimpses of passion
We want to believe in magic yet bury it in ration

Truth cannot be captured in words
And yet I still try, hoping I'm heard
We are blind to our own power
And enslaved to a matrix run by the clock's hour
Like a rabbit chasing a carrot, we run in circles,
Forgetting we are the Universe
Our consciousness eternal

If you are seeking a universal truth
Know that the Universe itself lives within you
All the answers exist inside
Slow down, get still, open your eyes

Phoenix Rising

Problems arise when we forget who we are
The consciousness behind our thoughts
The being made of dust from a billion-year-old star
But the path of love and creativity
Comes from finding your voice
From making even the simplest of decisions a
mindful choice
Always keep your shadow in front of you
Where you can see it
Make peace with the darkness in you
And you will find clarity beneath the mind's mist
Like a phoenix rising, you will be reborn
into the light
The strength of lessons learned laced into
your wings as you take flight

Phoenix Rising:

To be honest, the imagery of the phoenix came to me from reading Harry Potter. There is a scene when Fawkes (Dumbledore's phoenix), bursts into flames at the end of his life. Moments later he is reborn before Harry's eyes. I loved that as a visual for our growth as human beings. Except we choose whether or not to rise from the ashes.

Celestial Harmony

Honor your phases
As you would the moon
You never look up and think
"You should be this or that,"
You honor her waning
How she faces darkness
And walks through her own shadow

You honor her waxing
How she grows and expands
Shining her light as bright as possible
You never think she should stay dark for the
Sun's comfort
You honor her fullness and allow her to be wild

When she is waning again
She never fears that she will return to the light
She honors all sides of herself equally
Knowing that there is a time for shadow
And there is a time for light
All things in nature embody this balance

Celestial Harmony:

This was the first poem I wrote for this collection. In Los Angeles, the sky was always void of stars, but there were some nights when the moon was so close I felt I could almost touch her. I used to expect myself to be bright and full all the time, but that dishonored my shadow. self-acceptance is learning to move with the ebb and flow of our transdimensional tides.

Lens of Experience

We all see a virtual reality
Projected through individual mentalities
To a tree whose roots run deep
The universe is only knowable through
What its branches reach
To a bird that spreads her wings
She travels the world untethered
Seeing far-off things

Some humans stay comfortable and rooted
Afraid of the unknown, their minds polluted
But for those of us who roam
The present moment is our eternal home

There is a time to flap your wings
And a time when we must root to rise
Find this balance
And you will never feel lost inside

Lens of Experience:

I lived on the north shore of Oahu, and there was this hike in the back of the jungle near my home.

It lead to an old tree that had fallen on her side and had thick roots that ran deep

I would lay on her at sunrise every morning and place myself in the perspective of the different parts of the forest. The birds, the trees, the ants. we can get so caught in our own perception we forget there are many different valuable lenses to see through.

Time

A man-made law that binds us is Time
Everyone is under the illusion
That it works in a straight line

Past, present, and future exist all at once
Déjà vu is merely an intuitive hunch
It is the ghost of a lesson we have already learned
Reminding us to choose differently and discern

Have you ever felt the day move too fast?
Or feel time pass so slowly
That it seems the moment will forever last?
The clock marks how long we are alive
We think Time is killing us, but we do not
realize
We can speed Time up or slow it down
And let go of the idea that by a certain age
We will be found

Have fun in your twenties
And make a lot of money
Find that person
And settle in
Take medication to give yourself
A permanent grin
When will we wake up
And stop following what has been?

Where we are bound
Love will set us free
Untether your soul and don't let
Time tell you who you should be
Play when you're eighty
And be wise at eighteen
Create your own reality
And never lose sight of your dreams

Patience

What is patience?

It is a spiritual form of waiting

I think I'd prefer to be immersed in the now

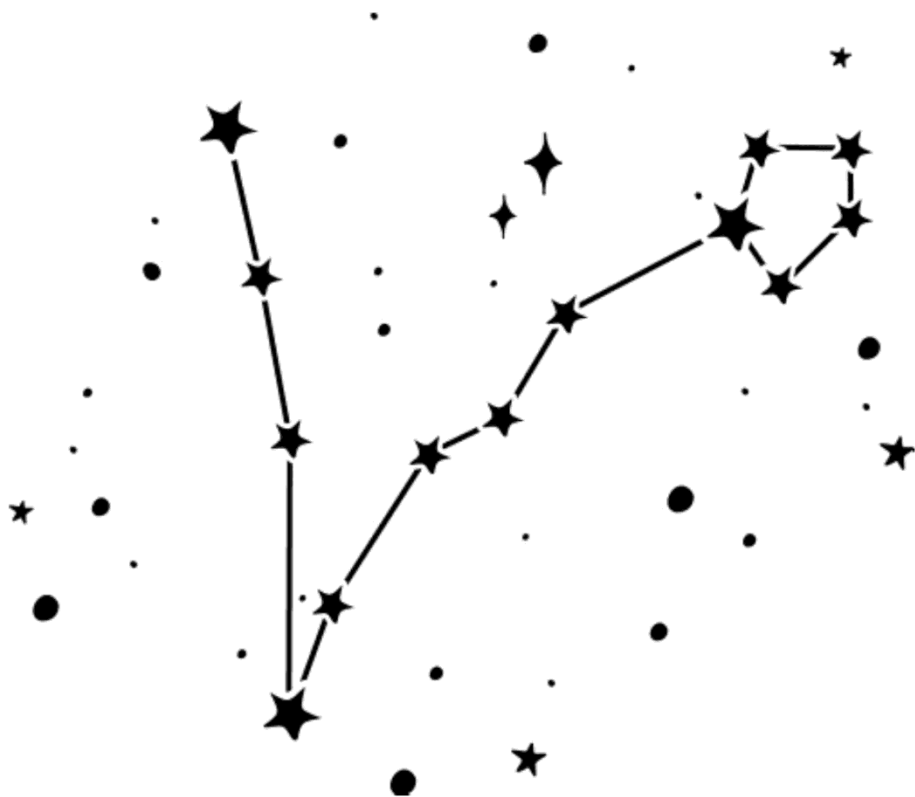
Rather than wonder when

Things will manifest or how

image

not

available



Lessons from Trauma

I am the sum of all my ancestors who came before
I have inherited their fear and anxiety
Wrapped up in traumas past worn
Not safe to have a voice, I lived silently

This was never mine to carry
It was never theirs
By facing these old traumas, I receive clarity
This ends with me and heals as I become aware

When your pain body gets triggered
Remember, "this isn't me."
As we let go of the belief that we're internally injured
We'll come home to the pure part of us that
has always been free