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ELIZABETH’S SPIRITUAL LIFE… Reflections of the week

What an interesting and varied week it’s been for me. Have you been the same? With the lead up to The Full Moon and Partial Lunar Eclipse the energy was buzzing, mentally active and electrically charged. Then, just after The Eclipse occurred, I can remember waking up the next day and truly feeling excited at the doorway that had just opened. Did you notice it too?

In the hours after The Eclipse I held a live Global Guided Meditation on my Facebook page. I’ve given you a link to watch it on this week’s Tip-Off email. You can view it on my YouTube Channel at any time. I strongly suggest that you follow this meditation, as it takes you through The Eclipse Doorway and sets you on the path of heightened manifestation that we’re all now experiencing. This meditation is powerful until The Eclipse Doorway closes on The New Moon, Total Solar Eclipse on August 21/22.

This week Mercury finally turns retrograde, right in the middle of Eclipse Season. This will take it to six planetary bodies that are currently in retrograde relative to Earth. These bodies are Chiron, Uranus, Saturn, Pluto, Mercury and Neptune. This means that we’re being called to be extra vigilant and thorough in all of our plans and projects. The period from now until early September is all about envisioning, collating and collecting vital information that we’ll use and run with once Eclipse Season completes on September 5.

I’m finding that options are coming in thick and fast right now. Where for much of 2017, the energy has been about being open to the new, now the new is actually presenting in material form. However, we’re being told to just collect our data for now. The action phase will come in September when The Eclipses are over and Mercury Retrograde also completes. This will be the action phase of 2017 as well, when we’ll find that everything comes together and plans take off in a flash!

So, I suggest that you plan on gathering your information this week. Don’t worry if all the pieces haven’t quite fallen into place. Trust, because they will. Why not do what I do? That is to keep your new ideas and projects secret until they’re ready to launch. That way you’ll be guaranteed a powerful energy behind them and universal backing for a successful acceptance of what it is you’re bringing into the world. Let soul guide you this week, as all is working out perfectly and in your favour…

Love and blessing this week as you, experience your soul

Elizabeth x
THE TIP-OFF GLOBAL ENERGY FORECAST AUG 11 – 17, 2017

**MERCURY RETROGRADE IN THE ECLIPSE DOORWAY…truth unveiled**

### THE TIP-OFF EXPRESS :: YOUR WEEK AT A GLANCE

<table>
<thead>
<tr>
<th>Date</th>
<th>Theme of the Day</th>
<th>Be Aware Of</th>
<th>Your Opportunities</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Friday</strong> Aug 11</td>
<td>We get a clear view of our path ahead. Energy is high.</td>
<td>Be willing to accept your incoming rewards today.</td>
<td>Be ‘expansive’ by using all of your talents at hand.</td>
</tr>
<tr>
<td><strong>Saturday</strong> Aug 12</td>
<td>It’s Mercury Retrograde weekend. Go slow to adjust.</td>
<td>You could feel reflective. That’s to be expected now.</td>
<td>Look over details carefully. You’re being helped.</td>
</tr>
<tr>
<td><strong>Sunday</strong> Aug 13</td>
<td>The Perseids Meteor Shower peaks, as Mercury’s Retrograde asks us to adjust.</td>
<td>It’s a powerful weekend. Challenges could arise. Don’t fight your changes.</td>
<td>We now become flexible and ready for shifts. Answers will be incoming.</td>
</tr>
<tr>
<td><strong>Monday</strong> Aug 14</td>
<td>We set to work in The Eclipse Doorway. Maturity rises.</td>
<td>Embrace experiences and focus on the task at hand.</td>
<td>You have all the time in the world. Flow in the moment.</td>
</tr>
<tr>
<td><strong>Tuesday</strong> Aug 15</td>
<td>We’re halfway through The Eclipse Doorway.</td>
<td>You’re in the spotlight. Don’t shy away. Evolve instead.</td>
<td>We’re in an action phase. Be your own leader.</td>
</tr>
<tr>
<td><strong>Wednesday</strong> Aug 16</td>
<td>It’s an empowered 24 hours. Diligently apply yourself.</td>
<td>Mind your own business. You’ll achieve more.</td>
<td>The past can power your present. Be grateful.</td>
</tr>
<tr>
<td><strong>Thursday</strong> Aug 17</td>
<td>Our spiritual senses are alight on a powerful energy day.</td>
<td>Sleep is interrupted, as ideas and insight flow.</td>
<td>Do your work and feel yourself move on purpose.</td>
</tr>
</tbody>
</table>
Your Daily Global Energy Forecasts for AUG 11 - 17, 2017
(Written for the globe. Read each day as pertaining directly to your time zone, no matter where you live.)

Friday August 11 -- A CLEAR VIEW

Energy Overview:
As the week begins to wrap there is an abundance of cosmic energy about propelling us to move ahead and tie up loose ends. I suggest that you plan for fruitful and advantageous interactions over the coming 24 hours. You have the inner drive to complete what it is you began earlier in the month. This weekend Mercury moves retrograde and soul is preparing us now by giving us the push to get our business in order. Can you feel this inner rush? It’s as though you have a clear view to what needs to be done in order to take great advantage of the next three weeks of Mercury Retrograde. If you feel the need to contact anyone and/or answer important correspondence that has been on the backburner, then follow your instinct and complete, complete, complete. This energy is about expansion and opening up to the abundance that soul has to offer. The universe is ready to deliver today. Be open to receiving your due. Consistent work and efforts are being rewarded.

Theme of the day: It’s a fast paced wrap to the week. Open your arms to receive.

FRIDAY AUGUST 11: TODAY’S FORECASTED INFLUENCES…

BE ON THE LOOKOUT FOR:
• You are an abundant being that is constantly being given to by the universe.
• Open your eyes and recognise the gifts that you were born with. Use them.
• You are urged to recognise your talents and set about using them as you share all that you are with the world. Don’t hold your goodness back. Rewards are incoming.

COSMIC INFLUENCES:
• The Sun is aligning with Jupiter right now, two heavyweights and super stars of our solar system. This is cosmically encouraging us to expand, open our arms and receive all that we’ve been putting forth recently. There is an inner force of soul bursting open with the message, “Extend yourself, for you are unlimited”. This is your day to recognise that you’re just like the universe, always expanding and moving towards life. Soul desires expansion in all ways; it’s your true nature to be expressive and unlimited. You’re being urged to express yourself and follow through with your passions, creating opportunities in every moment. Ideas are flowing, so follow through and finish up in preparation for Mercury Retrograde.
Saturday August 12 -- THE MERCURY RETROGRADE WEEKEND

Energy Overview:
Here we go... Over the next 24 hours (early Sunday morning for New Zealand and Australia) Mercury will begin it’s third retrograde of 2017. It’s likely that this weekend you could feel a little slowed down (especially after yesterday’s high energy period). We’ve been building to this moment for the past two weeks. Some people could feel a little tired and headachy too. These are all normal physical affects of Mercury’s move backwards through our lives. This weekend, we begin a powerful period for self-evaluation, personal insight and a total communication overhaul. Ask yourself, “Since August 1, what have been my personal themes? What issues have I been working on?” For these very issues can now be cleared and elevated successfully during the next three weeks of the retrograde. Go back over your diary or planner and remember what you’ve been through; this will help you to understand what now comes back up for review. The Mercury Retrograde period regresses us. It takes us back over old ground. This period is excellent for owning your power and ensuring you’re not being taken for granted by anyone, including yourself. You’re now becoming the messenger in your life. You’ll need to be quick witted, have a good sense of humour and stay on your toes over the next three weeks. Otherwise you may feel that the world is out to get you, when really it’s not. You’ll be shown how well you can juggle more than one thing at a time. The next three weeks gives us daily opportunities to process information authentically. You’ll be able to drill down into the finer detail in all communication and you’ll be so glad that you did. We are open to hearing the truth and indeed we’ll be uncovering pieces of information that have eluded us until now. You need to be sharp and on-point. Run with your daily tests, as you rise and grow from what you learn.

Theme of the day: We adjust to a new energy flow. Give yourself 24 hours to assimilate.

SATURDAY AUGUST 12: TODAY’S FORECASTED INFLUENCES...

BE ON THE LOOKOUT FOR:
• We’re open to hearing the truth and indeed we’ll be uncovering pieces of information that have eluded us until now.
• Rather than being frustrated by this period, I urge you to welcome it in and use every piece of information you receive to empower yourself.
• You need to be sharp and on-point.

COSMIC INFLUENCES:
• SEE ABOVE
Sunday August 13 -- MERCURY AND A 22 MASTER DAY

Energy Overview:
As the weekend moves ahead, Australia and New Zealand begin The Mercury Retrograde. Globally we’re feeling this energy… ALL weekend. It’s also a 22 Master Day (1+3+0+8+2+0+1+7=22), which gives us a push to take the lead in any area of our life that requires immediate attention. If you’ve been falling back on your heart-felt plans, then you can expect an inner rush to put yourself and your priorities FIRST. Keep in mind that we’re also right in the middle of ECLIPSE SEASON and The Eclipse Doorway of Opportunity. (Read last week’s Tip-Off for a refresher and watch my video on your access page). This cosmic influence makes The Mercury Retrograde somewhat easier on most people, as we have other cosmic forces on our side that align with change, paring back, flexibility and taking our life to the next level of being.

Theme of the day: We get to work, feeling the importance of being personally responsible.

SUNDAY AUGUST 13: TODAY’S FORECASTED INFLUENCES…

BE ON THE LOOKOUT FOR: Over the next three weeks
• Travel plans, appointments, events, etc. can change in the moment. Be flexible.
• Electrical equipment, computers etc. can play up. Back up and re-check the details.
• People can get their wires crossed. Do your best to explain exactly what you mean and don’t presume anything. Ask lots of questions. This is the prime period of the year to get the truth from yourself and others.
• Emails, texts, phone messages, letters etc. can be misconstrued or go astray.
• People from the past may pop back into your life. You may need to clear the energy between you both. Decide if you need to respond. It may be enough to just acknowledge and let go. Or you may wish to rekindle on a new footing.
• Contracts, careers, business dealings, buying/selling homes etc. created during this period will stay flexible for the course of their life. If you want solid contracts will no change, then wait till after Mercury Retrograde to sign.

COSMIC INFLUENCES:
• To add to the cosmic intensity this weekend, The Perseids Meteor Shower is peaking for the northern hemisphere. These meteors appear right across the sky after midnight. Meteor showers are special as they whip up the energy around Earth and provide interesting nighttime dreaming. Even if you can’t see this particular shower, you’ll feel its impact. We’re now extra motivated to follow through with our recent plans and desires. Our imagination is now elevated to strong heights.
Monday August 14 -- A MATURE APPROACH

Energy Overview:
We now begin the first full week of Mercury’s retrograde. Remember that every day in The Eclipse Doorway is now supercharged until next week’s TOTAL SOLAR ECLIPSE. The past 48 hours have seen us grow and mature. Reflect back and you’ll see how well you have faired. Perhaps you’ve been presented with challenging circumstances and you’ve risen to the occasion and met them head on? **Often the best way to mature is via experience.** So open your arms to the myriad of possibilities and experience’s coming your way this week. August is a power month and one where you can spiral up in awareness and consciousness, so grab every opportunity you can and run with it. By the time September arrives, you’ll be glad that you worked with the cosmos and did your best in August. You’re being helped to rise to the next level of life. It’s what soul desires for us. It’s why we’re here...

Theme of the day: It’s an empowered and growth inspired start to the new week.

MONDAY AUGUST 14: TODAY’S FORECASTED INFLUENCES...

BE ON THE LOOKOUT FOR:
- We’re setting new personal standards this week. Focus on being impeccable.
- You may need to slow down to better see the detail in your life. It’s important to take a dedicated approach to everything that you touch this week.
- Slow down and imagine that you have all the time in the world to complete tasks.

COSMIC INFLUENCES:
- **The Sun** is an active influencer in our lives over the next 24 hours. This means you may feel nudged to approach everything you touch with greater love and careful consideration. Raise your own stakes and apply a concerted effort. See how far you can extend yourself and actually how naturally, impeccability can become.
- **Saturn** is helping us out, with a spectacular cosmic push to love being personally responsible. We’re setting personal standards that can see us rise to our very best. Mercury’s retrograde is assisting with this. This is a week where you can effectively clear up any grey area of your life. Naturally personal standards are different from person to person. Set your own and follow through. Where you may normally be sloppy or half-hearted in your approach to life, you’ll find the need to now be more thorough and precise. **Focus on applying yourself to the task at hand.** Slow down a little and imagine you have all the time in the world. When we’re not worried about the clock, a sense of ease and grace enters. Try it and you’ll see!
**Tuesday August 15 -- HALFWAY THROUGH THE ECLIPSE DOORWAY**

**Energy Overview:**
It’s been an intense week of personal overhauls and shifts, but then it’s meant to be. We have SIX PLANETARY bodies (Mercury, Saturn, Pluto, Neptune, Chiron, Uranus) all now in retrograde DURING Eclipse Season. Remember to check your Retrograde Guide at the end of The Tip-Off for refresher. This means that every day is like having a cosmic spotlight shone upon you. There’s no getting away from it. **You simply can’t hide under this light or push anything away either.** This energy helps you to become resilient and empowered. Test your self-imposed limits and stretch your abilities.

**Theme of the day:** It’s a power-period of the week. The tables turn and we move ahead.

**TUESDAY AUGUST 15: TODAY’S FORECASTED INFLUENCES…**

**BE ON THE LOOKOUT FOR:**
- Look for the signs that confirm your current path. Master numbers are everywhere.
- Make sure you’re walking your talk and taking consistent action steps.
- Focus on clarity. What was once fuzzy or uncertain now starts to make sense.
- You won’t have the complete picture just yet. Trust and focus until The Solar Eclipse.
- Until The New Moon and Total Solar Eclipse, we’re progressing private projects.
- Keep your dearest wishes and projects to yourself, as they are personal to you.
- Keeping your ideas secret retains their power.
- Keep following soul's instructions over the next week. This may evolve into the path that seems most uncertain to you at times.
- Soul knows where it’s leading, you even if your head (personality) disagrees.
- You’ll see progress from your actions after next week’s Total Solar Eclipse.

**COSMIC INFLUENCES:**
- **Venus** is providing us with an intense and supportive cosmic push. **You may notice that you’re just fed up with or sick of your old ways.** If this feeling arises, try not to ignore it. DO SOMETHING about what doesn’t make you happy and/or light hearted. **We’re now asked to shift old patterns, which no longer resonate with who we truly are.** Why not strike out, going on your own, unique path if need be. This is not a day to follow others for fear of outshining them, but instead to be your own individual leader. You’re being called to rise, so if you’ve been holding back, then allow this cosmic influence to help you effortlessly move ahead. The sooner you begin to implement your unique set of skills; the sooner the life that you love becomes a reality.
Wednesday August 16 -- TAKING AFFIRMATIVE ACTION

Energy Overview:
With all of this static cosmic energy about, you could find that your mind is working overtime. Yes? Perhaps you’re not sleeping at night with too many unprocessed thoughts from the day replaying through your head. If this is the case, I urge you to get more physical right now. We need lots of exercise to ground and stabilise all of the excess energy moving through us. So if you’re finding it hard to concentrate then go outdoors and let nature balance you. The coming 24 hours leads us into a period that is uplifting to the senses. The more that you can quietly go about your business without getting caught up in or creating unnecessary drama, the better you’ll feel and the greater will be your personal and spiritual growth. After all (as souls) that’s why we’re here, experiencing human lifetimes. Fulfill your purpose by doing your work today…

Theme of the day: This mid-week, we’re action-oriented thanks to the cosmos.

WEDNESDAY AUGUST 16: TODAY’S FORECASTED INFLUENCES…

BE ON THE LOOKOUT FOR:
• Power up your hidden strengths today.
• Reflect and go back into your child hood, in particular. Be grateful for your lessons.
• Be grateful for all you have learned over your many years of life experiences.
• Remember the dreams and soulful plans you brought in to this lifetime. Act on them.
• You are ready to take proactive steps to achieve your desires.

COSMIC INFLUENCES:
• Mars is alive within us this week. Action is required and that means you need to do some hands-on work. You’re so capable that you should be more than willing to dive right in to your personal projects. Yes, physically you may be tired, but keep focused. This Eclipse Doorway period doesn’t last long and yet brings such great rewards. We’re being offered cosmic opportunities to embrace what it is we’ve desired to understand, accept and possibly, let go of. You know what kind of a life you wish to embark upon, now is the week to clear the slate, say goodbye to the old ways and exhale. The universe IS helping you. The emphasis is on releasing the past and any aspects of your life that you’ve carried around as a heavy weight for way too long. You release any hold the past has on you, by taking positive actions. Rather than putting yourself down or staying stuck in old energy, instead be pro-active over the next 24 hours. Embark upon a new day. It’s up to you, as the cosmic forces give you a huge helping hand to expand and prosper.
Thursday August 17 -- UPLIFT YOUR SENSES

Energy Overview:
Global energy is now buzzing! There are streams of intense light filtering through Earth via The Sun. Cosmic radiation levels are high and this means we’re saturated in inspiration and creativity. Our subtle senses, which tune into the invisible and spiritual dimensions, are alight. Voices, sounds, smells and visions are all now enhanced. Ears are also receiving high-pitched vibration ad soulful messages. Don’t be surprised if you can’t sleep and are waking up at 2.22 or 3.33 am etc. Soul is making some deep and meaningful plans for the next level of life. Which means, that if you’re currently in a situation that has become untenable, now is a good day to make your practical moves ahead. It may only be one, two or a few steps that you take; yet they’re hugely important to you personally. Know that the other side of the rainbow waits when we walk into the unknown, following our call. You may not know where you’re going, but soul confidently can lead your way.

Theme of the day: It’s a heightened energy period, as we take significant strides ahead.

THURSDAY AUGUST 17: TODAY’S FORECASTED INFLUENCES…

BE ON THE LOOKOUT FOR:
• Use the energy of the next 24 hours to easily move you into gear.
• This energy is rare and uplifting to the soul; so let’s make the most of it.
• Supportive cosmic energies are encouraging you to be positive in the areas of expansion, abundance, career and life purpose. See the light growing stronger.
• Our psychic senses and intuition are turned onto high right now.
• Trust where soul is leading you.

COSMIC INFLUENCES:
• The Sun is a major influencer right now. There’s a universal wave of high energy right through till Friday. This energy is accelerating and pushing us onto our life’s path. Soul just LOVES day like this, though your personality may not. I suggest that you focus on what you have been avoiding. This will bring you the greatest relief and results. There’s an urgency to be living a life of meaning and satisfaction.
• Jupiter is also assisting us to take a leap and follow through with what soul desires for our life. Since Mercury moved Retrograde, we’ve been examining our life’s path. Each one of us needs to know that we’re worthy and are being validated on this planet. We’re now been acutely reminded that we need to do our work to receive our rewards. Over the next 24 hours there is so much cosmic support to help you break free and claim the life you most desire.

SNEAK PEAK for AUGUST 18 - 24: Days which will be detailed next issue:

Aug 18: The Moon is closest to Earth all month, as we weigh up future possibilities.
Aug 19: The past is triggered this weekend. What will you accept? What will you change?
Aug 20: It’s intensity overload, as the weekend moves on. Get ready to take firm action.
Aug 21: The Total Solar Eclipse is peaking globally, as The New Moon re-sets our visions.
Aug 24: We’re HALFWAY through Mercury Retrograde. Our daily action phase begins.

OUR CURRENT PLANETARY RETROGRADES

There are now SIX planetary bodies in retrograde motion relative to Earth.

In summary, over a life upgrading four month period we are:
• Working to create an authentic occupation, career and world service platform.
• Practicing responsibility, both personally and to the world around us.
• Understanding that recognition and reward come from our personal efforts applied.
• Practicing patience by being consistent along our life path.
• Learning the art of timing, experiencing the power in pausing or moving ahead.
• Experiencing diligence, discipline, commitment and discernment in all we undertake.

In summary, this Pluto Retrograde (over five powerful months) assists us to:
• Understand and assimilate our darker, often hidden power.
• Release old hurts and embrace our past experiences.
• Old wounds can now be opened, cleaned and healed.
• Understand, accept, forgive, release and ultimately be healed.
• Open up our secret past and bring our power into the light of day.
THE NEPTUNE RETROGRADE (June 16 – November 201/22, 2017)
In summary, this Neptune Retrograde (a spiritual five months) assists us to:
- Take a long, slow trip within to find our deepest spiritual meaning in life.
- Re-discover our spiritual connection to source and walk our spiritual talk.
- Connect with the majesty that we innately are, by remembering our soul’s talents.
- Think with our heart and then take those thoughts to lead with our head.
- Use our imagination and intuition to create an expanded vision for our life.
- Focus on our dreams states and receive guided messages from the spirit realm.

THE CHIRON RETROGRADE (July 1 – December 5, 2017)
In summary, this Chiron Retrograde (over five healing months) assists us to:
- Bring up old patterns and pains from our childhood, so we can be released and free.
- Take positive action to acknowledge the past patterns that keep us stuck.
- Heal any wounds in relation to how worthy we are as energy healers or manifestors.
- Take responsibility for maturing and enjoying our spiritual growth.

THE URANUS RETROGRADE (August 3 – January 2, 2018)
In summary, this Uranus Retrograde (over five powerful months) assists us to:
- Be independent. Travel solo or somewhere you have longed to go. Think differently.
- Explore new lifestyle options. Focus on being your authentic self.
- Experiment with new hairstyles, clothes, friendships, careers, food, ideas etc.
- Try anything you have always wanted to, but haven't had the courage to undertake.
- Become flexible and jump onto ideas in the moment. Spontaneity rules supreme.
- Shift your reality by acting with increased carefree abandon each day.

THE MERCURY RETROGRADE (Aug 12/13 – Sep 5, 2017)
In summary, this Mercury Retrograde (over three powerful weeks) assists us to:
- Get clear on who we are with a thorough a personal communication overhaul.
- Become flexible and able to change at a moments notice.
- Find the best solutions to our daily issues in the most creative way.
- Release and re-set relationships that contain lingering energy imbalances.
- Become the researchers and detailed specialists of our own lives.