As of today our latest schedule in a long line has been concluded. The last months have been quite forceful for many reasons.

Congratulations to everyone who participated. Now, it's time to rest as a group for a while.

It is to be understood that the above is also necessary. Everyone should mind their own energies and limits. One has to also recuperate, if it is to fight. In fact, everyone for a while should remain focused on themselves, their well-being, and self care.

These intensive schedules have been to intensify and make quicker the enemy's demise, but also to stop their ongoing and consistent advances. This has been dealt with for the time being.

Keep meditating, recharge, enjoy time, and focus on protection and self care for the time being. As for those who are going to ask "Should I do rituals", yes, if you want to, or if you consider [in a non stupid manner] that this is not overextending, sure.

Overextending the group, it's energies, resources and so on, can contribute to fall and defeat. Even the enemy, doesn't do their intensive cursing consistently throughout all the year. It's done twice a year. Because however the defense is limited, we have to overextend. But this cannot go forever.

It's the time to focus on defenses, rest, and do what's best for everyone right now, for further effectiveness in the future.

But quite a few people who are adherent have overextended, and this is why this happens in this way. Self care is required.

Resting and group recuperation is part of marching forward. When this is done with and we are given a clear "OK", we will consider with a lot of positive things in the next schedule.

Until then, we are all to enjoy downtime.