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Energetic Shift: Guidance in the New Age

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Earlier this month, I attended the Hay House I Can Do It Conference in Washington DC. It was a life-changing experience. I posted a blog on September 12, 2012, about some of my experiences with the speakers and their messages. With one speaker in particular, I want to expand on what she shared. Caroline Myss has written some of my favorite books, including *Anatomy of the Spirit* and *Sacred Contracts*. Much of what she said at the conference is very heavy stuff that will challenge your way of thinking.

Caroline spoke about awakening to our own self-actualization and how we are being plagued with energetic disorders (such as depression and autism) that are not physical or mental illnesses, but are energetic illnesses. She started her talk with this: “We are experiencing the most pivotal change in civilization since the beginning of time. Every aspect of life is going through a change. As such, we have to be awake.”

Think about that statement for a minute. Are you awake? Are the people in our country awake? Are all people on the planet awake? I think we can all say that most people are not awake; they go through life almost in a trance, just getting from one day to the next. Caroline noticed that our country has been at war for 11 years and most people are unconscious to that now. This sleep walking through life is not living and that life style will not be supported by the new energies that we are entering.

Caroline explained that the energy of the planet started to change when Quantum Physics and mysticism started to merge after World War II (when the atom was split and we learned that one is in the all). This merger started us wondering, "For what purpose was I born?" I don't know one person who hasn't dwelled on that question.



Carolyn Myss at I Can Do It DC!

Rules of the Universe

Caroline discussed the Rules of the Universe to help us in these changing times:

1. Don't live the simple and safe life because it's not a worthy journey.
2. If you are baffled by life, you are confused about the psyche today because we still use outdated tools (i.e., there is one solution for each problem, use logic to solve problems, use past experiences to help us determine our future). In our new world, we will engage the soul and intuition for spontaneous guidance. So when you ask what your purpose is, using logic is not the answer; the answer lives through you to show what you are capable

- of. So don't fight or push against what comes out ... let it happen so that you can see who you are.
3. The five senses rule the old world, whereas intuition rules the new world. The old world is comprised of happy/sad, good/bad, and polar extremes that divide and individualize. Medicine even divided up the body and that is clearly not working for us. Holistic approaches, seeing things as whole and one, is the new model.
 4. The way we view time is changing. Haven't we all thought that it seems like time is speeding up? In the old world, time was linear. In the new world, there is no linear time. We are actually starting to tamper with that now. Think back to when your parents met each other. They went through a courting process that took months or years to get to know each other. Flash forward to today where we have online dating where people get to know each other in a matter of hours or days through a series of email exchanges. Time is speeding up for us; no wonder the concept of speed dating was created! And being a multi-tasker actually implies that time is being removed from our world the way we know it.

Our Energy Field

Caroline discussed that we exist in an energy field that encircles our bodies. The same field encircles the Earth and everything interconnects. Time as we know it does not exist in the field. It is because of this change in how we perceive time and energy that we do not understand the new psychic disorders (such as depression and autism), both of which have been on the rise at epidemic rates for years. It is no mystery ... it is directly related to the energy shift.

When you can shift to understanding that you have this energy field surrounding you, and knowing that it bumps up against and intertwines with other energy fields (thus sharing and merging energy, emotions, actions, etc.), you can begin to understand how others can influence your health and body. Ailments in the body are called disease; break that word down and you see that it is dis-ease. When people around us spew negativity and violence, we are part of that oneness with those people and we get wrapped into that energy. The best example came from the attacks on 9/11 when no one in the U.S. was immune from the terror. The fear spread across our country in a matter

of minutes through the interconnection of energy. The sooner we collectively understand that we are one with all humans, with the animals, with the Earth, we will change how we act and stop being so destructive and selfish. The act of one, impacts the acts of all. Knowing this, we will stop lashing out because it only comes back on us. These Mystical Laws of Oneness have been activated and we are living them now.

Energetic History

In listening to Caroline, I wondered if we are simply doomed as a civilization that seems bent on violence, judgment, and negativity. Caroline explained that during the Age of Aries (around 2000 BC) we were about war and conquest. It was when the Ten Commandments were activated. That age was about our lower chakras that crave tribal laws, engage in violence, and the fight-flight instinct. Then we moved into the Age of Pisces during the time of Jesus and Buddha. This time gave us interior laws, love, compassion, and related to our middle chakras. We started moving into the Age of Aquarius around 2000 where religious foundations started to weaken and old systems of greed started to crumble. We've already seen this begin with the abuse scandal in the Catholic Church, and the destruction of the financial and political systems around the world. Our society will undergo a spiritual crisis where we will experience energetic crises where we need to treat them energetically, not psychologically. As we attune to the higher chakras, new skills and talent will come forth. We are already seeing this with the expansion of holistic medicine, energy healing, crystal healing, and so forth.

So have you already encountered a crisis that put your life on a different path? Caroline explained that we will individually experience a catalyst to shift us to the new energy. It may be a trauma, something falling away (employment, relationships, health), a health crisis, or something to get our attention. The symptoms will be that we are disinterested in our past lifestyle; we will want to do something new, but may not be sure what it is; we will feel energetically exhausted, have foggy-mind, and need more sleep; become sensitive to crowds, meat, dairy; our 6th and 7th chakras will awaken our intuition and spiritual quest. These symptoms will guide us down the path to the new energies. When Caroline recited these symptoms, it was a relief to hear that I started down the new energy path in 2003 and was not crazy!

Handling the Shift

So how do we handle this shift so that we thrive?

1. Take care of yourself and stay away from negative energy.
2. Be aware of what you are becoming sensitive to because your energy grid is opening.
3. Work to raise your energy/vibration because every sound, intuition, and signal from you is reaching others, so make it good energy.
4. Understand that everything has a purpose and is exactly the way it should be. So if you are undergoing change, let it happen. Don't look back to the past to determine your future because the Universe that created your past does not exist. Look forward and let the new energy open your path.
5. The Law of Forgiveness is a crucial law of our new times. It is a mystical law that takes us out of the ego (the ego cannot forgive) where we release the need for justice and vengeance. Currently, we seek justice and punish people because we feel that we (humans) are the center of the Universe (which is not true). The new energy is about forgiveness. Forgiveness is understanding that whatever happened is simply showing us what we are capable of doing to others and stopping ourselves (i.e., it is a mirror that shows us our potential for violence, retaliation, negativity). Forgiveness is about stopping that cycle. It is recognizing that what someone does to us or others brings out the worst in us, yet knowing to "let it go" and not retaliate with actions, words or thoughts. Because when we retaliate, we keep the suffering alive which contributes to the pain of humanity and maintains fear (which is driven by the ego).
6. And lastly, live with honesty and integrity because it will impact those around you and will come back and positively impact your health. Have faith in something greater than yourself. Caroline said, "True journeys of the soul are seeing the truth and going deep as to why you were given life." So ask your Source for counsel so that you can hear the truth about you. Because when you aim for the truth, you bust right through fear and come out to a better place.

Heavy stuff, eh? If you want to learn more, I encourage you to check out Caroline's many books. The overall message from Caroline is that the energy shift is underway. We can embrace it and thrive, or fight it and decline. So instead of panicking and living in fear, awaken to realize that you personally contribute to the energy of the Earth. Knowing that, do whatever you can to impact in a positive way.

If you are ready for individual and customized Law of Attraction Coaching, or interested in energy healing, contact me for a 20-minute free consultation to learn how you can thrive during the energy shift.

All my best,
Allie



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