

What on EARTH is

Going On with Us & Our Planet?

By Joanne Antoun

What will quite possibly be our biggest personal and global crisis is upon us now. Concern is obviously mounting over our economic, environmental and social instability. People are struggling to deal with the pressures of daily life; illnesses, cancer, depression and suicides are all rapidly increasing and emotions seem to be amplified. Things in the past that may have bothered you slightly are now a big deal and you are struggling to understand why.

We are all personally and collectively embarking on our inward journey - no one is excluded. How you cope with the coming times is up to you. This is more than global warming. We are in the midst of a quantum leap in human evolution, as new higher vibrations become a part of our world. There will be no room for the ego or anything of lower vibration. Institutions that have successfully been built on the lower vibrations of dominance, corruption, misuse of power, ego and greed will have nowhere to hide. The veil is being lifted, truths will be revealed and those entities will collapse. You can see this has already begun.

We are travelling through a set of circumstances in which our personal worlds will be shaken up as we release the 'old' and all that no longer serves us physically, mentally, emotionally and spiritually. This must happen in order to make room for the 'new' to enter. Each of us are asked to fully embrace the heart centre and the qualities of forgiveness, compassion and healing, with a strong focus on peace, so that together we can create a new world, a world of hope and peace.

Many mythologies, cultures and ancient traditions have prophesied the coming times. They all suggest that this is a very important time for humanity and all express the same message: this is not the end of the world, but the end of the world as we know it.

All of the ancient traditions and more recently, the studies of

earth cycles by scientists, point to 2012 specifically being the close of several significant cycles of time. One of these is a rare astronomical alignment that occurs every 26,000 years and within this several cycles of the ages. We are currently moving across the equator of our Milky Way Galaxy, and at the centre is an incredibly powerful magnetic energy that has a huge affect on our electromagnetic technologies, our planet and us. This is already obvious in our amplified emotions, in the shifting migration patterns of animals and especially the amount of sea life becoming beached. Natural disasters have been rapidly increasing in frequency and intensity. At the same time, the earth's magnetic field is becoming weaker and this allows for extra solar activity. Even NASA has stated that the next sun storm, due in 2012 is expected to be 30 to 50 times stronger than before.

We are now heading into a more highly charged area and this energy is affecting our planet and us on all levels. We are all energy and connected to everything, including the electromagnetic field of the earth; when one thing changes, everything changes. Our emotional health is especially important during this time because it has been proven that the magnetic field of our own heart is 5,000 times stronger than that of the brain. Each of us and our heart-based energy, especially how we feel collectively, affects absolutely everything, including the earth's magnetic field (which has been, and continues to be, registered by satellites 22,000 miles above the earth).

The earth's base resonant, better known as the Schumann frequency or earth's 'heartbeat', had been stable for decades at 7.8 hertz (cycles per second) but has now increased to 12 and is still climbing. This, combined with the weakening of the earth's magnetic field, creates a profound shift in our consciousness. The acceleration of energy in this higher vibration is activating dormant parts of our DNA. We are evolving. If you think of people as iron filings or ball

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beginnings, you must transform with the magnetic changes. However, if you choose to fight it, this time will be much more challenging for you. Just like the metamorphosis of the caterpillar into the butterfly, we too are changing.

Times of turbulence always precede new beginnings. Quantum leaps of evolution always occur during crisis; this is nature's way as it always has been and always will be. We grow and evolve when we have to, with chaos being the driving force. Right now we are being prepared for a new world of higher vibration, however, transition without awareness and preparation is rarely easy.

The wonderful news is that life does work in cycles and we can learn from these and the mistakes of the past. The last time earth inhabitants were in this part of the cycle was in 1,155 BC, a time when greed directed wars, leading to increasing economic difficulties and resulting in the collapse of Egypt's 20th dynasty. Sounds familiar, doesn't it? We can, collectively make better, more empowered choices and work towards creating a world in which we want to live...but we must do it together. We can make a difference and, at the very least, change the intensity of what might be. We have an opportunity now to evolve into our full potential.

We are in the midst of a shift in consciousness. We are all now being called upon and given the opportunity to open ourselves to the deepest regions and highest potential of ourselves. Accountability on all levels of our existence is required. It is a necessity we live in harmony with each other and the laws of nature, as over time we have become separate and out of sync with Mother Nature, our life-sustaining planet.

In 2004 the Indian Ocean tsunami killed tens of thousands of people in 11 countries, yet not one wild animal was killed. Animals work with the laws of nature and instinctively sense danger. While the animals fled to higher ground for safety, humans were in awe of the quickly receding waters and walked towards what would quickly become deadly giant waves. Some would say: 'How were we to know that receding water precedes a tsunami?' Or 'Our governments, systems outside of us should have warned us.'

Unfortunately, we have become so reliant on our intellect, what we think we know and what is outside of us. This is not a matter for the head or the intellect; the fact is, we have everything we need inside of us, in our heart centre. Like the animals, we should have

sensed the danger. Our disconnection has cost us greatly and will continue to do so at a rapid rate unless we change.

As we near the end of this cycle and start anew, we have an opportunity to re-enter into a Golden Age; we are going back to our true selves. The Golden Age was a time of great connection to the Divine - the earth, the sun, the moon, people and our constant connection to the divine mattered. Then, darkness crept in as we entered the Silver Age, and more so as we entered the Bronze Age. Now we find ourselves in the Iron Age, a time when we are the most disconnected. We seem to have lost the mandate of heaven in a time where material objects and self-serving behaviour have become more important than caring for our planet, let alone each other. For those who are materialistic and negative, things will happen to force you to recognise what is really important; for those who are more conscious, you too are being asked to grow. The time is now because when one is called to action, the time to prepare has already passed.

With this time comes an opportunity for growth, bringing clear signs of optimism and hope. More people are coming together and a momentum is building among those who genuinely want to make a difference, those who selflessly want to help others and our planet.

This is an opportunity for us now to write our own history. No longer can we be confined to ways of the old; we are going through a profound transformation. It is a shedding of the ego as we become more conscious, more our real selves than ever before. This is an exciting time and we have all chosen to participate.

As we integrate with this higher vibration, we have an opportunity to move inward to an extraordinary place of awareness. All you need is within you; the power is within your heart. Great teachers have said this from the beginning of time. Individually and collectively, we need to awaken to the heart. Compassion and forgiveness are the key to your heart, so find your heart and you will find your way. ❖

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