

The Great Shift – the Basics of Personal and Planetary Awakening

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If awakening is rocking your world and you are feeling the need for some wise guidance, please visit my website for a description of the coaching services I offer. Having been on my own journey of awakening for many years, my life/soul coaching comes from a place of deep knowledge and experience.

There has been much focus on the date December 21, 2012, as a day of impending doom and gloom, or as a date of dramatic transformation.

When I first began to hear about this date a few years ago, I quickly dismissed the end of the world scenario. The idea of it being a date of dramatic planetary transformation did intrigue me though, and I began asking questions, and seeking answers.

Over the years I've sifted and sorted through huge amounts of information about The Shift, and in these pages I will share with you my current thinking about this dramatic and extraordinary process.

The first thing I want to emphasize is that it is a *process*, not a singular event. Something significant may or may not change on the winter solstice of 2012. We won't know until it is here. What we do know is that something huge is happening *right now*. Hard to say exactly when it

began. Many peg the start date to August of 1987 with an astrological event called the *Harmonic Convergence*. There were, however, threads being created and woven into this transformational tapestry, years before this date. In fact, many feel these threads began millennium ago.

The crux of The Shift does appear to have started with the Harmonic Convergence, so to keep things simple, let's focus on that as our start date. Roughly 25 years after this start date we come up to the date in December 2012. Most likely this future day may serve as a tipping point, and the process will continue on for many years thereafter.

Tipping point of what? Well, let's get into the heart of the matter. What is The Shift all about? What is its purpose, why is it happening, what exactly *is* happening?

What

On the most fundamental level, the consciousness of Gaia is elevating to a higher level. I'm not talking about us humans, rather I literally mean the earth herself, as Gaia is a living and aware organism. The earthquakes, volcanoes, and dramatic weather anomalies we have been experiencing with increasing frequency are part of this process. Gaia is shaking off and releasing all the toxic energy that has accumulated on and within her for many thousands of years.

Those of us who live on Gaia also have an opportunity to do the same - to shake off and rid ourselves of all our toxins and to elevate our

consciousness. This evolutionary process of expanding our awareness, moving from mind-centered to heart-centered consciousness has always been available. However, in the past only a very small number were able to accomplish this. Now a vastly greater number of humans are finding themselves thrust onto the path of awakening. For some, this is a path they have been on since childhood, for others, the wake up call came unexpectedly much later in life.

This is a path that ultimately takes us from a place of disconnection to a place called *home*. Say that word to yourself and experience how it makes you feel. Let it echo throughout your mind, throughout your entire being. Home. Feel yourself relaxing. Breathing deeply. Feeling safe and whole. Home is not a physical place – nor is it about dying and going home. In the past this was the only way to get there. Now we can find home on earth, in our physical bodies, anchoring the spiritual into the physical in a way that it has seldom been done before.

How and Why

I mentioned that some are awake from the get go, and others receive the wake up call as adults. In other words your higher consciousness has been asleep for years, and suddenly something happens that gets your attention in a big way. What does the wake-up call sound like? Well, often it's not too pretty. It may sound like finger nails down a chalkboard, or a load, screeching alarm blasting your nerves and startling you.

It may have come with a string of events in your life, most of them not too pleasant. A marriage or relationship ending, job loss, money woes, losing

your home, health challenges – you get the picture. Some have a relatively easy time of it, while others go through what feels like a living hell.

Then there's the whole laundry list of physical and emotional symptoms you may experience while undergoing this awakening. It may seem as if no part of your physical, emotional, mental, or spiritual being is being spared, because basically it isn't! So if your life or body has felt like a wreck, congratulations! You're waking up. Are you having fun yet?

What's going on? Why all the misery? Shouldn't this be fun and easy? After all, awakening our consciousness sounds like a good thing to happen, so why would it ever be painful or challenging?

Think about it for a minute. How many people in the past lived their lives awoken? How many took the high road toward enlightenment (or what ever you want to call it)? If it were fun and easy, don't you think there would have been lots signing up?

Expanding your consciousness, stepping out of our fear-based ego states, opening our hearts, connecting, experiencing Oneness is not for the faint of heart. If you want easy, go back to sleep.

But why exactly is it hard?

When we upgrade our consciousness, there are several major factors that can cause the distress. First, we have to cleanse and clear out all that does not serve us. All that keeps us in fear-based thinking has to go. This entails lots of mental/emotional purging for most of us, as fear-based thinking is the norm. Our soul/higher self gives us these painful experiences as a way to learn, to grow, to evolve, and to LET GO.

By clearing layers upon endless layer of mental muck, we are then able to hold more light. We are then able to move closer to a state of Oneness. Fear creates separation. Fear causes parts of our soul to fragment. It keeps us separate from one another as we create fear in reaction to our differences. In our ego state we become disconnected from the natural world, since we think of ourselves as superior and/or different from the world around us.

We also become separated from the natural world because our fear-based need to get ahead, succeed, acquire (material goods, status, opportunities, even knowledge) keeps us so driven we don't take the time to go outside and really experience being with Gaia. Our time outdoors is packed with activity, conversation, technology, and a sense of purpose. We have forgotten how to still ourselves and feel the pulse of the natural world.

As a result of all this disconnection we become separated from Source energy. This is the all-encompassing, all-embracing web-of-life energy that permeates the Cosmos and it comes from the Creator. Or perhaps I

should say we become separated from the *experience* of being in Source energy, as we are never really separated from Source. The pain of feeling separate is so searing that we become numb to it. We live our lives like programmed zombies not truly feeling, so that we do not have to directly experience this pain.

More on How

So there are the endless wash-rinse-and spin cycles getting every cell in our bodies, every fiber of our beings, every layer of our energy fields SQUEEKY CLEAN. Get out the little toothbrush and start polishing, because even when you think you have scrubbed and cleared everything in sight, there's always another layer of muck at the bottom that needs to be tended to.

How might you experience all of this clearing? Look at everything and anything that causes you to feel fear, anger, annoyance, judgment, guilt, embarrassment or shame. Whatever serves to trigger these emotions – an argument, an illness, unemployment, money woes, and loss of any sort – can serve as opportunities to clear. It's your choice. If you are not able to use it to clear, that's okay. Guaranteed you will be given other opportunities in this life or others.

In addition to this whole clearing process, there are many other aspects to what is going on within us and around the planet.

Continuous pulses of cosmic energy are blasting the planet as we squeeze through this compressed process of consciousness evolution. This is altering our DNA, upgrading and strengthening our nervous system, and dramatically impacting our endocrine system. Our seven major chakras are aligned with our endocrine system, and we therefore experience this upgrading on a physical and energetic level. Some examples of this are:

Crown chakra/pineal gland – may experience vertigo, weird dreams, sleep disturbances, opening to spiritual realm, becoming more “open-minded,” becoming aware of other dimensions, and other dimensional beings.

Third-eye chakra/pituitary – may experience sinus issues, headaches, eye issues, increased insight, intuition, and self-awareness.

Throat chakra/thyroid – throat or voice/speech issues, mouth/teeth issues, self-expression, speaking too much or too little, speaking your truth, not being heard.

Heart chakra/thymus – heart openings which can be physically painful; lung issues which may involve releasing grief; upper back pain (between shoulder blades) – again this is about opening the heart center; breast issues – self love, nurturance. The opening of the heart center is perhaps the single most important aspect of this whole process.

Solar plexus/pancreas – Involves issues of self-esteem, self-confidence, motivation, and enjoying the sweetness of life. It may seem odd that consciousness evolution can wreck so much havoc on our gut. With so much being cleared out though, is it any wonder? Our gut is considered

to be our second brain given how intrinsically connected it is to our mind, our thoughts, and therefore to our emotions.

Sacral chakra/ovaries or testes – Anything that has to do with creativity gets felt here. And by creativity I mean any form or expression of our uniqueness.

Root chakra/adrenal – don't ask me why adrenal glands are associated with this chakra! It's always been a mystery to me. In any event, the root chakra is playing a big role in our transformation as we are quite literally being rooted more deeply into Gaia, bringing the spiritual realm down through our bodies and grounded spirit into matter. This is huge. Lots of lower back, lower GI, knee, and feet issues with this one.

Global Changes

You would have to have been living in a cave not to realize how this is all playing out on a global stage. The financial meltdown, corruption of all sorts being exposed daily, political turmoil, the misuse of power by politicians, religious organizations, businesses, leaders of everything and anything – all of this is rising to the surface for us to take a good hard look and choose whether to do anything about it. Everything that is not solidly grounded in authenticity and integrity is coming to the surface for all to see. This can no longer be hidden, in large measure because of the power of the Internet.

The End and the Beginning

What all this is moving us towards is a way of life that is built on integrity and honesty, on a felt realization that we are all One. We are slowly and

painfully waking up and realizing that we need to start living our lives in alignment with our interconnectedness to each other, to the earth, to the cosmos.

This all begins from within, and then pulses outward in ripples. It continues to pulse outward merging with everyone else's awakening consciousness until these pulses expand into the entire cosmos.

Whatever happens within you at any given instant is altering the cosmos. In this way you are a creative force, you have a spark of the Divine within you. And it is your time to own this, embrace this, and live your life in accordance with this power.

Need help?

Here's my plug: If going through all of this clearing, cleansing, upgrading, downloading, altering, and expanding has got you confused, overwhelmed, or just needing a bit of clarity about your own personal journey, my role is as a human spirit guide to help you. Please take a look at my life coaching page on this website (www.journeytoawaken.org) and contact me if you think this would help. Also, take a look at my Essences page, as these powerful essence combinations can be immensely supportive to you during this often times challenging awakening.

Namaste,

Linda