

The Living Prophecy

Healing our emotions with our Hearts

Ultimately, this time of world ages transitioning is calling each of us to grow beyond fear of the unknown into courage, compassion, and creative empowerment – all of which emerge from connecting to our Hearts. When we look at the state of the world affairs from our rational, linear minds it is a terrifying scenario that seems inherently doomed with endless cause for alarm and panic. But where will those energies of fear and panic get us? They lead to stress, sickness, overwhelm, negativity, depression and escapism. The old paradigm model uses fear to motivate us, whereas the new paradigm is based in allowing our love for life to inspire us.

As we shift out of living from the box of our heads, and open to one expanse of our hearts, we can unify our minds with our sacred vulnerability. If we can perceive this time of prophecy through our hearts, we can attune to the possibilities of this emerging new world consciousness. How does it want to speak and move through us – touching our relations and rippling out into the world? The connection to our heart's sincerity is our only authentic guide in the Mystery. The new world age can and will only be born through our Hearts. There is no other medium for the transmutation process other than our own core being.

As the intensity of our journey continues, it is essential we learn how to work with the presence of fears and practice ways to transmute them so they are not debilitating. As the Shambhala Warrior teachings of Buddhism advise: Fearlessness is not about a reduction in fears, it is about feeling the fears but not letting them stop us. That is the opportunity of these times – to acknowledge the fears but not let them run us, instead let their presence guide us to come back to our tender heart centres. If we can find courage in our hearts to rise to the great challenges we are in, we can bring beauty and breathe life into possibility.

As things continue accelerating, there is an increasing need to stabilise the agitation and panic vibrations in the collective. Stress is becoming increasingly tangible, and we each need to find how to generate vibrations of **coherence**, especially as we understand that our energies radiate out and affect our whole environment. The more we can practice centering, the better. Meditation and prayer is essential to align our intentions with our clearest self. It is becoming inescapably important to learn how to process our negative emotions, facing them rather than projecting them out, so as to avoid adding to the planetary tension equation.

It is essential that we deepen our connection with our breath, as it is the most direct way to ground and re-centre in the present moment. Conscious breathing helps us let go of stress, calm and clear our minds, and re-open to our heart's expanse.

We must support ourselves holistically in this transformation process we are in. We need to consider our health and well-being on all levels. To balance out the artificial energies of these modern times, it is wise to immerse one's self in nature as much as possible. Being in natural environments re-charges us with elemental magic and a sense of wholeness that helps to counter-balance all the technospheric vibrations and over-stimulation of the age of information overload.

Our mind and emotions are unified with our bodies. Part of our health is to honour the intensity of the emotions that are arising in these times and find tools that help us process and release old patterns, so we can be available to be present. This is really the time to do the work to heal old wounds. We need to truly learn the powers of forgiveness of self and others, and true compassion towards our human sufferings; learning to be tender towards ourselves and our relationships.

We must be alert to all the anxiety and turbulence in the collective mind-field in these times. To evolve, it is essential we engage in some form of mind training. As Alex Polari said: *"Every thought it is an entity."* We need to be aware of what thoughts we are entertaining, believing in, identifying with, energising and incarnating into life. (Some helpful teachings in this regard include the work of [Eckhart Tolle](#) and [Byron Katie](#))

This is a critical moment to be self-reflective. We must examine everything we can notice about ourselves and our tendencies, our habitual patterns, our attitudes and what we believe that we believe. **We must question our thoughts.** We must notice the pathways that energy manifests through us. We are beginning to deeply understand how our perceptions and beliefs mould our experiences of reality. As we contemplate all the creative power that exists within our collective consciousness, we are beginning to imagine just how vast and expansive our possibilities may actually be.

We need to look at ourselves and understand how we are contributing to the planetary equation; recognising how our beliefs, our intentions, our words and deeds feed directly to the one pool of being we are all swimming in. We have the power within us, our creative power inherent in being alive.

Our opportunity in these times is to awaken from a mentality of perceiving everything as separate and to awaken the interconnectedness of all beings and all moments. Our deepest and most fragile tender heart is our celestial core, it is the seat of Oneness that dwells within us. **It is our awakened heart that recognises "the other" as our own self, and feels our unity with all that lives.**

Conclusion

This is now the time to embrace all that has been dishonoured or denied, for it is emerging to be purified and sanctified. All that is manifesting on the inner and outer planes reflects the sacred intensity of these prophetic times. The polarities and imbalances within us and around us are becoming clearer. Love, beauty, co-creation, and compassion permeate this world. Multi-faceted victories of art, community support, healing and evolution shine all around us, illuminating the spirited grace of our true nature. Meanwhile, this world is steeped in fear, brutality, pain, and disease. Endless anguish of anxiety,

separation, disconnection, confusion, isolation – alongside the toxic realities of egoic, callous greed and corruption, materialism, addiction, and dangerous ignorance. Accountability is required on all levels of our existence. In this process of becoming transparent, we are invited to shed egoic programs of fear and limitation, letting go of and transducing old stories about ourselves and our identities.

The 2012 synchronisation is reminding us we are on a journey together; the twists and turns of our lives contribute to the collective manifestation taking place. We need to honour the importance of the closing of this cycle without hyping it up with fear and expectations. We need to let go of focusing on dates in the future and embrace the possibilities that live within us, right now, that are here to guide us into the new pages that we can write with our collective consciousness.

Let's drop the script that 2012 is bringing the end of the world and understand that it is bringing the end of a great cycle. Rather than passive victims, we are here to be conscious participants of this world age transition process. Let us perceive 2012 as a code signalling us that these planetary moments are summoning us to align with our deepest potential and access the deepest dimensions of who we truly are, knowing that as a whole we are enduring a great initiation process to learn how to live in harmony with each other and with Nature.

It seems the fundamental question this prophecy is pointing us to is: *How can we live and operate in conscious awareness of our Oneness, our Interdependence?* We are all being asked to deeply understand that our lives are intimately woven together with ALL OF LIFE. We must embody this comprehension and let it guide our human efforts.

The bottom line is that this world is ours to Sheppard. This moment lives within us. We are all instruments of culture. We need to focus our attention on our powers of creativity as human players in the planetary equation. Our mental, spiritual, emotional and physical energies are the vivid colours splashing on the canvas of Life. What is the quality of our collective art? How can we refine our contribution?

This is no time to try figure things out with the mind, but rather to learn to listen from the heart. The more conscious we become of our potential to be conscious, the more our potential finds us; our self-reflective awareness deepens and flowers.

We need to support ourselves in processing the trauma of these times. Rather than furthering the trauma by numbing out and being indifferent, it is important we face the pain and tragedy of our world that is crying out. The medicine this can offer comes when we let it break our hearts into even deeper compassion, opening the channels for more holistic responses.

Ultimately, we can only find a harmonious way through this passage by finding our hearts. That is the message. Why? Because our heart is naturally tuned to the unity of all of life, and therefore lives in respect of it. By finding genuine compassion, we access genuine wisdom. As Jose Arguelles says: "We are the Peacemakers we've been waiting for!"

*The moments unfold
bringing tests and opportunities.
The mystery blooms in our heart,
with petals of innocence and stalks of wisdom.
We shine as fellow rays of light
in an emerging garden of loving awareness.
Basking in each others' abundant colours,
we are One under the Sun.*

May we all find our way. May we bring light into the dark, and go to where the Heart is. For it is in giving, sharing, helping and supporting that this life becomes beautified. We need each other to grieve with, to pray with, to praise with. We need each other to uplift each other, over and over, back into connection with our true nature. The light that shines through my eyes is the same light I see in yours.
As the Maya say " In Lak'ech" – I am Another Yourself.