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2012 Begins

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The year 2012 has finally arrived, complete with the promise of some excitement and a whole lot of change.

For those of you who are following Earth's ascension progress, later this year should be the midpoint of the upheaval so until December, expect a great deal of chaos, transformation and potential upset. 2012 is a turning point.

In one word: **CHANGE.**

This is the year of spiritual transformation as well, with many opportunities to raise our frequencies and prepare.

What to expect:

1. Continuing Earth changes, solar flare impacts and natural disasters.
2. Crumbling infrastructure in the financial, political, educational and medical sectors.
3. Time moving at a breakneck speed with less productive time.
4. A large amount of information - *but don't believe everything you read or hear!*
5. Incredible opportunity for personal change.

2012 is guaranteed to be an "E-Ticket" ride.

A few keys to surviving this year:

- Always remain "the silent and non-judgmental observer".
- Watch what goes on around you but let others experience what they need to experience.
- Look for the highest good in all that happens.
- Keep a positive mind.
- Keep clearing emotional blocks as they come up.
- Let go of survival; surrender to complete uncertainty.
- Learn *FAITH* and *TRUST* and to stay in the *NOW*.
- Stay out of fear and know that there may be a lot coming from the collective - it isn't yours.
- Wear a seat belt during the bumpy parts of the year.
- Take responsibility for yourself.
- Let go of energy of "*abuse*" and "*being a victim*".
- Reclaim your own power - start taking it back from those that supposedly represent us in all areas of our lives.
- Join with others of like mind.
- Update yourself regularly to new ideas, new methods, new solutions.
- Try to get into the rhythm of divine timing and the ascension.
- Take care of your body by making conscious choices for the best things for your body-mind-spirit. Anchor the body into the physical.
- Take care of your heart by meeting with friends and being spontaneous.
- Take care of your mind by letting go of all pressures and learning to enjoy life.
- Especially learn to be friends with change.
- Live as you feel.
- Recreate your world, one area at a time, to become what you want.

Here are some energy pictures that help explain the year 2012.





The Year 2012 will be what you make of it. See it as a huge opportunity for spiritual growth and finding your soul destiny and heart's desire. See it as a fantastic time for simplifying your life and discovering what is really important in life. See this year as the best E-Ticket Ride *EVER!*

Carole