



March 22, 2011

The Best of Times, The Worst of Times, The Speediest of Times

According to expert Carl Calleman, the final cycle of the Mayan calendar started on March 9th of this month. This last cycle runs in 13-20 day cycles and ends on October 28th, 2011. This cycle is at the very top of the Mayan pyramid of consciousness, capping humanities' growth throughout the ages.

One noticeable effect of this cycle is that time is speeding up even more - some describe it as a 20-fold increase. Carl Calleman says the speed-up is equivalent to experiencing one year's time every 20 day cycle. Now that's fast!

In keeping with this idea, halfway through this first 20 day cycle, we've witnessed global chaos with major earthquakes (New Zealand & Japan) and more predicted for the near future, another great tsunami, nuclear hazards, sweeping uprising and political changes in the Arab states, noticeable unrest in Wisconsin, etc. There's also been the wild winter weather regardless of Punxsutawny Phil's 'early spring' prediction.

The overwhelming theme for March (and some of April) is the continuing collapse of old foundations as we shift onto this fast track of a year. Release! Release! Release! - anything old, energetically dense, broken, or that no longer serves you. Anything in your life that is off course is likely to blow up in your face right now. Make "*release*" your mantra right now.

Change is not so scary if you instigate it and feel more in control of what is happening to your life by making conscious decisions and choices. So make them!

Some questions to ask yourself:

1. What is in alignment in your life now?
2. What or who needs to be dropped/cleared out of your life?
3. Are you wasting time or energy on dying projects? Friendships?
4. Where should you place your energy right now?
5. What reflects your "true self"?

Now is the time to seize any opportunities as they come up - if you wait too long to think about it, that opportunity will disappear.

Secondary to this break neck life speed now is post traumatic stress coming from the ever present news coverage available to us on TV, the internet, radio - way too much! Be aware but don't let yourself be drawn in by the world drama.

Another factor is that people on this planet are undergoing a frequency shift within themselves, making them more sensitive to their surroundings as well as to the energy of the collective consciousness. The result is that many of those feelings, emotions, and often physical symptoms are not yours alone but the combined consciousness of everyone on this planet. The more sensitive or empathic you are, the worse you can feel.

Here's an exercise that can help:

Try stepping into an imaginary isolation booth and disconnect from the world when you start to feel overwhelmed;

Take a couple deep breaths and reevaluate how you are feeling. If symptoms are less, the challenge is coming from outside of yourself;

Step out of the booth and reevaluate your energy;

At this point identify that this is what is happening and let it pass *through you* instead of "identifying with it" and bringing more attention and energy, worry and fear to yourself;

Keep your booth handy if you need a break from the world.

At this point I will also put in a plug for obtaining energy work or many of the complimentary health modalities (Reiki, LifeWeaving, Acupuncture, etc.). These methods are great for re-balancing your energy and addressing problems that are less on the physical than on an emotional or energetic level. A clearing or re-balancing definitely helps to ease the pain of the changes hitting the physical body right now.

During March and April, use your time wisely since usable time is shrinking. Finish laying your new 'true you' life's foundation and spring forward into your new life without looking back!

Great ayni as you change!

Carole