

How does the coming of 2012 affect us?

As humans we will experience this in many ways...depending on our own vibrations. You see the higher the vibration we carry in our own being, the higher or finer the intensity will be for us through this seemingly strange time. The denser our frequencies are, of course, the harder the intensity will be. (Dense = hard)

There is at this time activation of grid lines in and around our planet and universe of a crystalline nature. These grids are being placed in a manner that connects not only consciousness through parallel dimensions, but you will be connected in "All Time." This is where we are all getting tripped up, moving from linear time to All Time. It may seem like a contradiction but as time accelerates (and it is in linear measurement) it is most important to be in stillness. It is understandable to feel the need to move faster and do more and more in a shorter time, but actually the opposite is true. The importance of Stillness cannot be stressed enough. Whatever that means for you: be it meditation, rest, creativity, breathing. Slowing yourself down to be in this very moment whatever it is at any giving time...BE in it. Become deeply aware of the moment and who you are in each moment. You will find this to be a great and comforting tool.

When we find ourselves in overwhelm, our nervous systems are pumping full bore...this puts an immense drain on all systems. In turn we feel the need to scramble even faster, finding ways to spend less time sleeping, less time in nurturing replenishing moments; activities that restore your sense of peace. This is a grave mistake. We are spinning ourselves into a black hole. This is not fulfilling. Only in the stillness and moments of joy can we expand into our natural state of brightness and vibrancy. It is in this state that will sustain us through these times and it is in this state we will be most able to connect to the crystalline consciousness.

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