

# Creative Evolution

Selected articles on the Shift, Ascension  
and Unity Consciousness from 2011

by Sandra Walter

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# Ascension, 2012 and the Shift

By Sandra Walter

CREATIVEEVOLUTION



## 2012 holds incredible possibility

The shift, jump time, evolutionary upgrades and the ascension process have been discussed for years in spiritual circles, and for millennia in ancient cultures. Waves of unique cosmic energy have been surging through our galaxy for decades, and the peak moment of opportunity is upon us. It's fantastic to be here and experience it!

Even if you are not practicing meditation or a spiritual technique, it may help to be aware of these changes and know it isn't the "end of the world." It's a beginning of a new paradigm, and big change is typically rough. The "Shift" is a shift in consciousness, and the physical, mental, emotional and spiritual changes are something that have never been experienced before.

## What is Ascension?

Ascension is a change in frequency. Dimensions are based on vibration. Each dimension has a range of frequencies which create the reality or experience within that dimension. Anything living on a planet must resonate with the vibrational level of that planet or it cannot play in that reality. As the frequency of the Earth rises, everything on her surface is affected by this increase in frequency.

## The Human Ascension process

Humans have a unique purpose in the Universe. Our DNA hold the codes for all life in this Universe. But your primary responsibility is to wake up and remember who you are as a divine HUuman (God-man). The Ascension process is the physical embodiment of the Shift's frequency change in order to evolve into a higher vibrational state. Your Higher Self is being embodied by your physical self. In order for your body to be capable of holding that much light (higher frequency), it must transform into a crystalline-based cellular structure. It is physically, emotionally, and spiritually challenging, and it is quite amazing. Not everyone has chosen to awaken in this lifetime, nor do they have to awaken. There are many factors involved in experiencing the Ascension process.

## The changes in our Sun and Earth are affecting your life

Severe weather and climate change are imminent due to the drastic reduction of the magnetosphere combined with increased solar activity in 2012. The effect of global warming is simply the collapse of the astral planes of consciousness.

Mother Earth is conscious entity – a very patient conscious entity – but she has to do what is best for her and her inhabitants while she has the chance. She is constantly balancing magnetics as duality experiences its final days. Millions have been connecting with her and humanity in the last few years to smooth the transition during the Shift. The collective consciousness of humanity can help or hinder the transition. The Shift and Ascension of Earth is inevitable; it cannot be stopped. How long and how dramatic the Shift will be depends upon how quickly humankind awakens and embraces a higher frequency.

## All in the Timing

The magnetosphere will be at an all-time-low through 2012. Major amounts of evolutionary energies (cosmic rays) will reach earth and her inhabitants. As higher cosmic frequencies get through to Earth, her vibration increases. The Schumann Resonance (Earth's "pulse") is already varying up to 50Hz daily, with a longer time spent at 14Hz than her typical 7.8Hz rate each day. This affects our reality dramatically since it is naturally attuned to her vibration.

The weather changes might shake up (literally and figuratively) a large portion of the populace from their habitual lifestyles. Even if you are numbed by TV news or a busy schedule, the energy is still coming in. Perhaps a few electronic blackouts and financial changes will create some much-needed human interaction. Our societies have been manipulated into separation and service-to-self; this is the time when we return to our unified power.

The final wave of the Mayan calendar, an evolutionary pyramid which has tracked life and consciousness on Earth for the last 16.4 billion years, ended on October 28, 2011. The Gregorian interpretation based on solstices ends in December 2012. Regardless of the end date, we are in the last stages of a remarkable system which indicates that a profound change in consciousness is upon us.

### **Where to start**

Ascension is a complex topic. I've been researching every possibility as we go through the Shift; teachers, channels, metaphysicians, predictions and theories. Part of my mission is to explore how much we may experience during the Shift, and share my discoveries along the way. This is a grand opportunity to be awake, aware and exploring new possibilities.

I welcome you to visit my website at [www.sandrawalter.com](http://www.sandrawalter.com) for weekly posts on creative consciousness, the Ascension process, and updates on our journey to unity consciousness.

# Lightworker Frustrations

By Sandra Walter



We've probably seen enough What is a Lightworker and Are you a Lightworker articles to last through the Shift. For my purposes here, I'm referring to the people who find assisting humankind and the Earth an irresistible, insatiable drive in their lives. Once awakened, the urgency to help raise the vibration of the planet and her inhabitants becomes a priority.

Stepping into the role of Lightworker has its advantages and frustrations. When you begin putting the work in Lightworker, the Universe responds with all kinds of helpful support. Some of that support can appear as negative, which is a beautiful part of the process of REMembering who you are and what your mission is during the Shift.

## **You primary mission is to wake up**

Nothing else is more important. Awakening is the first step, and we continue to awaken as our body holds more light; the veils continue to lift, your being continues to open up. There are no limits to this process, and there is no finish line. We are infinite beings – let's just pat

ourselves on the back for popping out of the density matrix, shall we?

## **Your mission may not be as grand as you think**

You might just be here to anchor the light. You might be here to encourage a key person to do something. You may be called to speak to thousands of people and assist them in awakening. But first and foremost, you're going to have to learn, learn, and learn some more. Cleaning up the karma, contracts and agreements from many incarnations is a big task (if you've been here before – we have a potpourri of beings on the planet during the Shift. If you're new to Earth, welcome! It's wild here, huh?) Your emotional and physical clearing is a mission in itself. So relax if you haven't received the big mission just yet. It is possible you gave yourself the mission of waking up and realizing that ego-based delusions of grandeur need to be busted wide open during the Shift. No more saviors, no more gurus, no hierarchy of spirituality. Start by making yourself the mission, and move quickly through your clearing so you can help in the best way possible. Meanwhile, send love and light to everything in your life; every particle and being, and our dear Mother Earth. I'll discuss more on the work of Lightworker in another article.

## **Disconnection**

Moments, days or weeks when you feel completely disconnected from spirit, life, and totally out-of-phase with everything. This is a frustrating scenario for your mind and emotions. It's a disconnect between releasing the old paradigm before you're ready for the new. It can crush your self-esteem and confidence. Trust that it takes time to release old energies. Take care of yourself, support your mental, physical and emotional body. Bodywork helps to open your transitioning nervous system. Rushing to the new paradigm before clearing is done creates disharmony. You will get yanked back, and feel out of synch. Get comfortable with who and where you are right now.

## **Judgment of progress**

Constant comparison to others on a spiritual path will

feed the mind and ego with dark energy. You can cause serious imbalances and blocks to your progress by judging yourself. Judgments interfere with electrical flow in your body by throwing off your pH balance. It creates knots of stored-up energy, and these can become a holding center for fear. With reinforcement, self-judgment can cause disease and fear of failure, fear of not ascending, fear of not keeping up with others. Those blocks are tough to oust, so let's not bitch about why others are able to do this or that, why not me, etc. Let it go. This is your unique journey; there is no need to create an identical journey, why would we do that? Express your authentic self and give up the enlightenment race as soon as possible. Consciousness gives you more of what you put out, so let's not broadcast I am failing, I'm not good enough, I need to progress faster, etc. Unless you want to amplify those in your lifestream.

### **The return of the past**

Here's a fun one. Why are all of those people from your past popping up for a last hurrah? Quite simply, you are leaving them vibrationally. You are transmuting their vibration, contracts, and karma out of your lifestream. If you cling, question, rehash and ponder their appearance too long, it'll turn into a block. Old issues you thought you resolved may suddenly re-emerge, bigger and more intense than before. Recognize that these energies are present and let them move through you. As a Lightworker, you may be transmuting these energies for the collective. Think of it like this: you're on a departing bus. Some want you stay behind, some have last words to say, some are phantoms flying by the window. Wave goodbye and don't get too distracted. You chose to be on the bus, they did not. There is no sense in telling them why and how you got on the bus. If they ask you directly how to get on the bus you are on, please assist them. If they want to judge your journey, wave goodbye. Love them for the lessons, smile and go.

### **Self-acceptance**

Judgments of food, body aches and pains, clothing, others, etc., will affect your Ascension process. Judgments destroy balance within the body. Judging yourself and others makes your transformation difficult and depressing. You must stop if you want to be of service. Acceptance of others and yourself right where you're at in this moment is key to opening your cells and raising

your vibration. Magic happens when we accept and love all that is.

### **Loneliness**

Every Lightworker experiences this. You're in a group activation anchoring light into the core of the Earth one moment, and feel completely isolated the next. The divide between an awakened, ascending human and the old paradigm can feel like a huge gap. It is not easy to experience grand journeys through your third eye and then go grocery shopping and see people being mean to each other and the Earth. Find people to talk to, we are everywhere now. If you can't find face-to-face, get on the web and connect with like-minded souls. The internet is a fun tool for learning and connecting, just be aware of your valuable time. No lizard-brain repetitive behavior, please. Group meditations – especially in person – are especially helpful to me when I'm feeling lonely. Be sure to progress; keep moving and don't get stuck on a modality or repetitive conversation. This isn't religion. We are opening to more knowledge every moment. Shift, shift, shift.

### **Where the heck is my money, job, guidance?**

REmember when Jeshua gave all of that advice on giving away your shirt, and leaving the material things behind in the quest for spiritual connection? It seems that if we don't learn this lesson – non-attachment to how things are, how they should be, or our belongings – it is presented in obvious form right now. Maybe you quit your job, or got fired, or your financial situation has been gutted completely. We create everything in our lifestream, and you are wise enough to realize you needed to separate from the pack in order to grow. Money and employment issues are so common it's laughable that Lightworkers still bitch about it. Learn the lesson you have given yourself and pry yourself out of the dark webs (those threads that keep you in fear). Resentment is a huge obstacle to wealth. Get out of any resentment or judgmental timelines immediately. REmember the Universe gives you back what you broadcast. If you keep saying I am so broke, you will be. Prioritize what is essential in your journey, simplify to make room for spirit, and start applying THANK YOU to everything. Gratitude will open your heart and your abundance flow. The same goes for guidance; recognize every little hint of guidance and say thank you. You'll get more of it.

**Get the energy to flow so you can be a better conduit of light**

Read my previous posts on symptoms, accelerated symptoms, levels and remedies. Walk, swim, or do yoga, and take Epsom baths every chance you can. Movement and sweat pushes toxins out of your body that can create pain. Some toxins cause energy in the etheric body to lock up. Heavy metals, pesticides, or food additives cause all kinds of dis-ease. My first few Epsom baths were physically painful!

Eat for light. Your cells receive and hold more light if they are fed light-filled organic foods and plenty of pure water. If you want to hold and anchor the most light as possible, eliminate smoking, alcohol, excessive consumption of flesh, unnatural foods (soda, processed food, fast food) and living in a toxic environment. Your personal Ascension will occur in a manner best suited for your health and well being. No need to wait for an ideal situation, do your best with what is happening in your life right now.

**Keep moving forward**

We've heard a lot of get out there and shine your light lately. 2011 is a vital window for Lightworkers, and since we are in the last half of the last wave of the Mayan calendar, it is probably good advice to "come of the closet" so to speak. October 28, 2011 is the end of the calendar. 11-11-11 marks when we reach zero point, or when our consciousness begins to experience absolute presence. It is possible that many new phenomena, skills and revelations will occur in the next few months. Be of service whenever it presents to you. Share the love you are experiencing as you grow and expand. If you're a Lightworker, it is best to move through some deep clearing NOW, during this Summer of preparation, and get ourselves fully engaged in the practice of assisting the planet and humanity as best we can.

# The Division of Worlds

By Sandra Walter



During the last week of August a few amazing and powerful things unfolded in my ascension process. One of them was so significant that I couldn't write about it right away. Part of me didn't want to appear more advanced than my colleagues, and part of me was shaken by the experience and wanted to lay low for a while. The Ascension folks I connect with tend to have similar experiences within a few days of each other. Often we discover another level, skill or revelation simultaneously. This is why sharing these new experiences of our awakening is so important – it is profound to connect with someone across the globe who felt the same thing on the same day.

## **Saturday, August 27, 2011**

I awoke feeling horribly sad ... again. For three days I had been crying and feeling blue, which I didn't consider odd since I am relocating and ending/evolving an 8 year love relationship. But it did seem excessive for someone who has been doing a lot of emotional clearing. Around 10am I joined a conference call with two other women, to

explore our Mastery with the intention of connecting with our Star families. All of us have Orion brethren and share a connection with the Pleiadians (I have Pleiadian family as well). As we moved into the energy of that intention and let the journey begin, different beings and races began to present. Messages, images and knowledge flowed. By then end of the call we traveled to a space infused with the deeply calming and loving energy of home.

## **Shown my own Ascension**

During that call, I was shown a vesica pisces-shaped portal that was surrounded by a benevolent race of beings. They telepathically invited me to enter. As I walked into the center of this portal, my cells instantly transformed and I was in a higher dimension. Just like that! What struck me was the occupation of the same space, the same moment during this transition in dimensions. It was seamless – no Hollywood-style stargate travel, no tones or bright lights – just me here ... then there. The feeling within my body was different; absolutely less density. The beings assisting me had a feeling of honor; no controlling or savior scenarios, just unconditional assistance. I left that moment with the message, "This is how your ascension will occur."

Since that moment, I have been vibrating at a new level. Feeling how seamless it is to slip between dimensions was astounding. Not to mention the willingness of so many beings to show themselves during our call. I am so deeply grateful. I am now able to feel that sensation at will.

## **And then, a revelation**

A few days later, Inelia Benz posted an article on her site that changed everything. During August 22 – 28 she was asked by Source to step out of her human life stream (she is a different consciousness, similar to a Walk-in). When she returned she read Lucia Rene's new article announcing that the splitting of worlds, the long-awaited and prophesized dimensional division, had occurred during the week Inelia was gone. The same week I was taken through that dimensional portal! So you can

understand my enthusiasm for what has happened. Inelia explained that Source took her out because, on a mission as a human guide, she would have been overwhelmed by the loss of so many souls to the dark. The split created an emotional ripple which was felt in many lightworkers – unknowingly weeping and feeling the loss of so many souls to the dark timelines during that week.

### **The Division of Worlds is a love-based action**

I had suspected for a while that a division would be made between those choosing to awaken and pursue the Ascension/Shift/Evolution of consciousness path and those who desire to remain asleep. There is no judgment on my part; what each individual soul chooses to do with their consciousness is not my business. My mission is to assist those who have awakened, not preach to those who have not.

The idea of the Shift being a time when “everyone will awaken” did not seem probable nor did it honor the path of free will. A sudden revelation would mean that everyone was to walk the same path. A division is more appropriate, especially since the Universe supports vast multidimensionality and parallel experiences. The big deal here is that Earth herself has made a split – a planetary consciousness has decided to ascend based on the vibrational level of her occupants. This would not have occurred without a consensus, so congratulations all of you diligent lightworkers out there who have been amplifying and sending light to Gaia and humanity. We no longer all have to go one way or the other.

### **Our mission is speeding up**

The goal now is to get everyone sitting on the fence to get over to the light and fully embrace the higher dimensional vibration. The completion of this split may take years, or it may take a few months depending on how quickly we chose our realities. The rate at which the Ascension-bound are experiencing new skills indicates to me that it won't be years before we can transition completely to the higher dimensional Earth. I see a lot of walking between worlds, and a lot of lightworker “concierge” work as we assist others in transitioning dimensions. The moment I learn to create the portal I was shown on my own, I will share it with everyone.

These are the types of experiences that will assist us in adjusting to our new home. Any tools, workshops, sessions, writing, video or experience I can share will be available very quickly. There's no time to polish and promote, just jump in and get it out there. Anyone who has been waiting to jump in, now is the time to leap.

### **Inelia's advice for the awakened**

*“What we are experiencing now, this week, the presence of fear, darkness, war, famine, suffering, and sleepers, is the “shadow” of the previous reality. The only way to remove it is to process fear and inject light and love into the planet, BIG TIME.*

*Now for the important information. How do you, as an individual, steer the Ship? Because you can, you see.*

*Learn the rules. And the first, and most important rule to learn, is that whatever happens on the planet, or in your life, cannot happen if you do not agree with it. And everything that happens, happens because you either agree with it, or do not cast a vote.*

*It is not up to me to choose whether those billions of sleepers are carried by us, forced to wake up, or left to their choice of wanting to stay asleep, not responsible for their actions, and let the “dark” take responsibility for them as they take them into a denser, darker Earth. It is not up to me to decide how fast we remove the shadows and step fully into the new, higher vibrational, reality. Why wait 3 generations when we could have it in 3 months? We decide. We decide what we agree with and what we don't agree with.”*

### **The best Birthday present**

This week is my birthday, which marks my first breath in this incarnation. I am so grateful to be sharing this journey with you as we step into another world. Check in with your Higher levels on this information; does it resonate? What did you experience last week? Do you feel that tearing apart of old and new paradigm? Does it excite you, motivate you to fully engage in the Shift?

I'm sure we will see and hear much more about this in the next 2 months as the final Days & Nights of the Mayan calendar unfold. This new world we are building will reflect the grace, harmony and love of our true human family. It is magical and I am honored to be of service to this collective.

# The Blue Kachina: how much can you handle?

By Sandra Walter



## Blue Kachinas, Comet El Enin, and Feathered Serpents arriving in September and October

Humans love a good story as well as a perceivable sign of promise, and the magic time of comets, stars and end of days is here at last. But this window of time is not about seeing these symbols in the external world. These long-prophesized symbols reveal the beauty, love and divinity of our internal world; they are a mirror reflecting the arrival of crystalline consciousness within all of humanity.

### My meeting with a Sirian

A being had been presenting to me for a while, but silently and with a mask-like face. I received a silent tour of his lightship, which was a blue-indigo color. A few days later he began answering my questions.

He's from the Sirian star system. We have been working together in his ship during my dreamtime (he jokingly called it "the office"), and our journeys are about to become very intertwined. I requested that he give me

undeniable proof that he had my and humanity's highest interests in mind and heart. He began a healing on me that took away deeply embedded karmic suffering and physical embodiments of that pain. Afterward, I took a strong Epsom salt bath and went into child-like sleep. It was unmistakable proof of benevolence. Nothing fluffy, very to-the-point.

### So why the mask?

My Sirian knows I am deeply creative, and that I love beautiful symbolism. The Hopi prophecy says, "When the Blue Star Kachina makes its appearance in the heavens, the Fifth World will emerge". The Hopi name for the star Sirius is "Blue Star Kachina." It arrives when the Saquasohuh (Blue Star) Kachina dances in the plaza and removes his mask.

My Sirian is wearing a mask to get my attention, to show me the symbolic meaning of the El Enin/Quetzalcoatl/Blue Kachina prophecies. He says he will be lifting the mask during this time of the "Apocalypse", which literally means "lifting of the veil." I fully realize that he will show me the true meaning of no separation and unity consciousness.

When his mask is lifted, it will be like gazing at a mirror; not the physical me, but the divinity of creation reflected in another form. It will be a profound expression of unconditional love, unity consciousness and honor. Loving oneself as a microcosm of loving all that is. All intertwined, multidimensional, and absolute zero point in its vast possibility.

### Comet El Enin

The giant crystalline-consciousness stimulator Comet El Enin is returning for several passes in September and October, and she burns in a perceivable blue color. Her multidimensional energy is very strong. She is another symbol of the return of Christ (crystalline) consciousness. Forget the doom tales of destruction and chaos; that is not what this is about. Cleansing? Yes. Balancing? You bet. Magnetics and repolarization? Absolutely. The end

of the world? Well, the end of an old world – one that we don't collectively desire any longer.

### **Quetzalcoatl's return**

Throughout history, ancient civilizations such as the Mayans, Egyptians, Aztecs and Sumerians have referred to the feathered serpent sky-god who would return to instruct humanity. According to the Mayan calendar, we are now in the time his anticipated return.

Just as the Blue Kachina and El Enin are symbolic markers for this window, Quetzalcoatl is also a symbol of the apocalypse (lifting of the veil). These are divine metaphors for activation of our dormant DNA, the collective rise/return of our kundalini, and the revelation of our divine HUman (God-man) nature, currently expressed as creator incarnate on this planet.

### **Ultimately, it's the return of YOU – not a star, a comet or a feathered serpent**

The REmembering of all that we are, and revelation of our divine interconnection with the Universe is about to unfold. For the awakened, it will be a remarkable window for receiving deep activations, full self-actualization and higher dimensional frequencies which will transform many of us as we fully engage our ascension process.

### **Cosmic Enlightenment is NOW**

We've entered the long-awaited photon belt of consciousness. This cosmic uber-blast of higher frequencies coming in through the center of our galaxy is raising the frequency of the planet at a much faster rate than years past. Just as we have aches and pains as we integrate the activations, so Mother Earth must integrate

and balance these intense rays of evolutionary light. Be steadfast in your partnership with her; connect with her, send her love and light, and pay attention to your thoughts, actions and awareness as events unfold in September/October.

### **Grow the new Eden NOW**

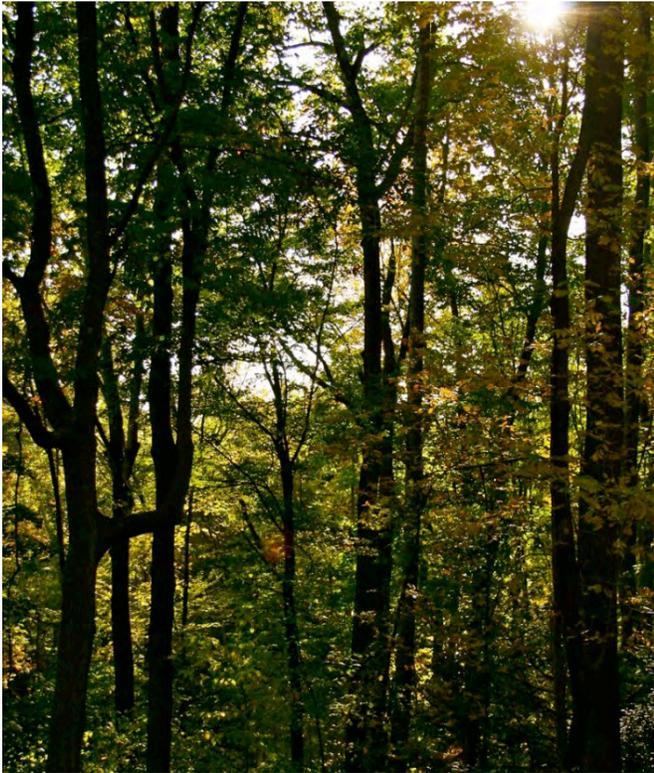
How much love and light can you handle? This Universe is built on the frequencies of love and light. The foreign energies that have caused so many imbalances are not even from this Universe, and they are quickly being dissolved. The true nature of our Universe is zooming through us, cleansing all that is not its own vibration out of our way so that evolution may occur.

How much of these higher frequencies are you willing to integrate so you may see your own true nature? What will be revealed for you as the mask is lifted on your own journey? Will you see yourself in all things, all beings, the true intergalactic essence of unconditional love and light? The New Earth will be created as fast as we are able to maintain these higher frequencies within the collective consciousness. This means taking responsibility for your own transformation and integrating these powerful waves of unconditional love into your lifestream.

The light intelligence of love available during these passages of blue stars, feathered serpents, and divine cosmic integrity are journey-altering. The soil is extremely fertile now. Every thought, action and intention of consciousness will grow – fearful or divine. Consciously allow these energies to lift the veil on your true self, and reveal the new crystalline consciousness within your own heart.

# Paying attention to the Divine Plan

By Sandra Walter



The moments leading up to the Higher Self stepping completely and fully into our body vehicle are both exciting and – for some – remarkably calm. So many sources, as well as my own, have noted this window when the photonic energy will be at its peak, DNA activation earns its jump time, and the veils get very thin between dimensions.

I was directed/drawn to be in the wilderness, embraced by Mother Nature, where I can feel every single moment of this window (October 15 – November 11) without distraction. I have relocated to the mountains just outside of Asheville, North Carolina, an area known for its loving energy vortex. The Blue Ridge Mountains are 400,000,000 years old, making them one of the oldest mountain ranges on the planet. I'm high atop Bald Mountain (cue music) and the dramatic landscape here has many secrets and promises to share.

After years in the city, the first few days were quite an adjustment. I've been clearing fears – most of them nonsensical at this point, but as we've learned, these fears

must take one last turn so we may transmute them for good.

## **Fear number one: Living in the mountains without the conveniences of city life.**

After a long, winding, steep drive through some dramatic landscape, I made it to my destination. I've adjusted to the elevation and isolation rather quickly. There is divinity in silence; hearing no one else for hours on end. Memories of past journeys in the Himalayas, Australia and Peru come to comfort me; I know how to do this. I'm getting used to the activity of other realms up here (more on that later.) The absolute beauty of the Blue Ridge Mountains in the Fall is breathtaking. Fear of isolation, be gone. Up and out, thanks for the lessons.

## **Fear number two: No Internet access!**

My big ol' log home on the side of Bald Mountain promised Internet access. This did not pan out. After an emotional departure from my love back in Chicago, and a long drive to get here, I was a little freaked out by being cut off completely from the outside world. (Telepathic connection to all of you cannot come fast enough for me – can you hear my transmissions yet? I talk to you frequently!) Miraculously, I have a clear cell phone signal and will be trying out a mobile broadband unit next week. Meanwhile I have to adjust to not being able to post or tweet all of the messages and inspiration that I feel throughout the day. That had become quite habitual, which waved a red flag. Attachment to this genre of communication needed to be examined. While I'm grateful to be of service, it also brought up the the egoic challenge of why do I think this is important? Is it my mind, ego, or higher levels that want me doing this right now?

I chatted with my Higher Levels on this topic. It turns out that the recommendation I make in my sessions is still valid, and indeed important. Light grounding - writing all of this down so that others can learn and be encouraged or inspired – anchors the frequency of the Shift and the Ascension into this reality. My mission continues to be

Ascension Guide; walking others through the process by sharing my discoveries, guidance, and the messages that I continue to receive along the way.

While it's been lovely to break the habit of the Internet, I understand that my expression, intuitive guidance and counseling are part of the reason why I am here. So I'll be back with some kind of connection next week. At the very least I can continue to host sessions via cell phone, and it's a 2 mile walk down the mountain to an internet cafe. There is much to be shared from this perspective, it's really quite incredible. Fear of no web access, be gone. Up and out, thanks for the lessons.

**Fear number three: Fear of experiencing too much too quickly.**

The amplified energy on top of this mountain is palpable. My whole body is pulsing and vibrating at a much faster rate than it did back in Chicago. Emotions well up and are transmuted, physical symptoms are more pronounced (but adjusted quickly), and the guidance from my higher levels and divine entourage is much closer, clearer and calmer. My days unfold in a very intuitive, relaxed way and I am deeply grateful to be surrounded by these gorgeous forests and amazing mountains during this window. It is clear that something big and wonderful is about to happen.

Without the distractions of the city, which seemed to be very entangled in third dimensional reality, I can sense, feel and see the new paradigm amplifications. Anything could happen up here. It may get very strange as I share and interpret my journey through the window. But It's a beautiful time and I'm very grateful that I didn't let all of the shoulds and have-tos dominate this window of

activations. It feels perfect. Fear of too much too fast, be gone. Up and out, thanks for the lessons.

**The present moment and the divine plan**

On this mountain is where I scatter the ashes of my ego. Here is where I face the last shadows of my fears, dissolving them in the light of me returning to myself. It's ironic to feel the sadness of separation during a time of preparation for no separation. There is an awareness of something magnificent about to occur, paired with the frustration and anxiety over how much preparation and adjustments are still needed. I feel incredibly neutral about what may or may not happen for me personally. My Higher Levels are playing out my role in the divine plan, and I choose not to interfere with whatever is ahead for me. Let it be, there are more surprises ahead in this journey.

My upper chakras ring, sing and dance with the amplifications. I continue to ask for more, whatever is needed for my Higher Self to step right into this vehicle at the right moment. I have ongoing conversations with the elementals, the forest, the mountains, the animal kingdom and the etheric realms. This mountain has witnessed so much, and yet it's happy to support my awakened presence; it shares my excitement and joy of what is occurring. A sacred circle has been built in the woods, cleansed and activated; another set up inside, and the patient days of presence unfold.

One very simple message keeps presenting: *All is well; pay attention, pay attention, pay attention.*

# Reaching Zero Point: amplification of thought

By Sandra Walter



The end of the Mayan calendar brings us to the top of the pyramid. The gateway at the top of the structure represents the last step in our evolution out of this realm: the doorway to higher dimensions. The gateway is activated on 11/11/11, which means humanity has the opportunity to walk right through into a higher dimensional existence.

## **We've heard the 11/11 is when we reach Zero Point**

The Zero Point Field is the absence of time and space, which are 3D constructs that produce the illusion of linear time. The Zero Point Field, Unified Field or Source Field, is the state in which all of creation is manifest. Absolute Zero Point. As the illusion of time collapses into this Zero Point state, you – as creator incarnate – will receive an amplification of your thoughts. When the stargate is activated on 11/11, it will begin to put us in a state of speedy manifestation. It is a boost to creation, to our unification with Source, and a step on our return to embodying Higher Selves.

## **An instant return of energy**

Thought is energy. Way back, when we began to experience separation on a planetary level, the karmic grid system was established in order for experiences, thoughts and manifestations – forms of energy – to be returned to our planetary experience. This acted as a shield, so your lessons would not be lost from incarnation to incarnation. The karmic grid system has been dissolved since 1987, since the Harmonic Convergence. As part of our evolution to embodying our divine HUman state, the astral planes of consciousness are collapsing (a.k.a. global warming) as well as the illusion of time and space. The energy of thought is now returned directly to us as we go through this gateway. You begin creating your own experience in the Zero Point Field, which is your birthright as a divine HUman and citizen of this Universe.

## **The amplification of thoughts**

The energy of thought will return to you at an accelerated rate. Of course, this also means you will receive an amplification of any negative thoughts, and the consequences which negative thoughts bring about in one's life stream. Some soul-searching will be needed by those in a state of fear, doubt, competition or anger, as the effects of these thoughts will take their toll on the body vehicle and life. Remember your body is attempting to maintain a new frequency in order to keep up with the increases in planetary frequency. Vibrational mis-match is what is exposing those in service to lower frequency (greed, control, deceit, conceit). Vibrational mis-match of lower frequency thoughts in a body attempting to exist on a higher frequency planet will cause a myriad of dis-ease and discomfort in many lives.

Understand where we are going. There is nothing to fear. Understand your own thoughts are what is being amplified. If you see disharmony and continue to serve the old systems you will amplify that mis-match in your body and life-stream. This is why authenticity is key. Be honest with yourself about what you want to create.

**Use the “So It Is”**

Become very aware of all that you are telling yourself about you, the world, the people in your life, your country. After every thought or opinion you have, add “So It Is.”

Example: I am sick. *So it is.* The world is falling apart. *So it is.* I hate my hair, my face, my body. *So it is.* My job sucks. I can’t do this. I am poor. *So It Is.*

Do you see what you are creating? You are a master creator already, and as we move into this realm where your skills are being amplified, be very selective about what you are manifesting. This works very well in the subtle subconscious beliefs we have lingering in our minds. Think you are disempowered, think you are better than, less than, hate anything – it will boomerang right back to you as your reality. Such is the nature of Zero Point. The mind must be trained to create exactly what compliments the New Earth if it is to keep up with the accelerations.

**A few suggestions**

Unless you have mastered neutrality of emotion, mind, and ego, you may want to avoid TV, films of a violent nature, and mainstream media. They can be influential to an unfocused consciousness.

If you haven’t done emotional clearing – what the heck have you been doing, darling? Get on it today. The new frequencies do not support family troubles or relationship woes. If you dislike any one – a parent, a boss, a roommate, a lover, a friend, a group, an organization, a country – it is time to get into neutrality about these petty grievances. They have nothing to do with the Higher You attempting to step in. You create disharmony in your life and your body by clinging to these egoic constructs. Take the higher road to forgive and transform all of it to love.

Hoist the repressed nonsense up and out. Most of us have had 600+ incarnations at this point. It makes no sense to cling to an event or belief established about yourself in this lifetime. Change your thoughts about these beliefs and situations You are a divine human. Nothing less will

do. Demand it. Command it with love and service to the Higher Source. Treat everyone with love and respect, for they are also masters. Even the dark; darkness is simply light that resonates with too much fear. Have mercy, forgive them, transform everything in your life to resonate with love.

**Enough judgment**

Find those creating the New and let the folks who are confused or angry go on their path. Trust me, lower vibrational folks will drop away. Meet anger with love, light and neutrality (they are all one in the same). Do for the highest good of all concerned – not just you, that is service to self. Please don’t get obsessed with trying to create money, material things, or attempt to control people. Step out of that vibration altogether. Let it be. Let the ego be gone.

**Creative Consciousness**

Focus on the thoughts which create light and love; the New Earth vibrations. Love every part of yourself, even the things you used to judge as bad. It neutralizes the emotion and stops creating these things in your body and life. Love that we’re changing, Love the unfolding of our new existence. Love the phenomenon, the weirdness, the confusion. The more people we have amplifying how easy and beautiful the Shift is, no matter what occurs, the faster we get our collective humanity up and running with the New Earth.

**Food for thought**

While it would be amazing for all to be revealed and for all of us to experience the Shift together in an open and loving way, there is still an honoring of what some souls wanted to experience. Some chose the difficult role of deceit – the conceit, greed, sex, money, power route – to play in this awakening. Humans stuck in service-to-self will attempt to maintain the dying paradigm, and will see that energy boomerang right back at themselves. It will not be easy for them. It won’t be easy for anyone stuck in inflexible beliefs, habits or fearful states of consciousness. Be sure you’re not clinging to old habits, waiting for something to drag you out of the lower vibrations.

# What do we do with the sadness?

By Sandra Walter



Any lightworker living up to their title has experienced sadness this year – from occasional blues to deep, dark depression. That may surprise people. The stereotype of lightworkers being in a constant state of light and love is just that – a stereotype. To those who think we’re blissed out and blinded by the light all the time, I ask you to step out of polarity and take a look at how many predictions have been undone this year. This light and love camp is dedicated to Gaia and humanity, and has changed the course of many disasters. Unless you’ve had to stand in neutrality in the face of a downright scary Reptilian or Illuminara construct while Source works through you, you really don’t understand what has been going on in the lightworker camp.

## **What is causing the sadness:**

### **Living in two paradigms at once**

While we understand our role as wayshowers, the experience of it can be intense and disheartening. Try not to spend too much time or effort on “Why aren’t they waking up?” or “This isn’t happening fast enough for

me.” That’s your ego fighting for its existence; the survival levels thinking they are still in control. What if someone announced that the Shift will take ten more years? How does that make you feel? Does it change things for you if everyone doesn’t experience what you have opened up to? This is about commanding our own reality. Obviously, many different expressions of reality are already co-habiting on this planet. Creating your own life, as you like it, without waiting for a go-ahead, is key to stepping into your power.

### **The application of light to the body brings about a myriad of symptoms.**

The fatigue of transformation should not be underestimated. Those who are willing to evolve at this time have been taking on more photonic light, which is an intense substance that pushes out everything which is uncomplimentary to the evolutionary process. Choosing to rewrite your body is no easy task, and the level of integration needed can leave our bodies exhausted. Your old-paradigm defenses won’t work anymore, because they don’t match your vibration any longer. The quick fixes or habitual things people use to do in order to resist dealing with themselves (food, sex, shopping, TV, internet, alcohol, etc) have become undesirable. There is no low-vibe replacement for this kind of behavior because you’ve outgrown it. We cannot suppress our emotions and experiences the way we used to, because our structure has evolved beyond it.

### **There is no room for suppressed or repressed baggage in a higher vibrational state.**

Because of this, everything is brought up to the surface to be transmuted (dissolved). The consistent re-surfacing of everything: old loves, family issues, friendship disputes, relationship re-examination, can be an exhausting process for the mind, emotions and ego. Remember they (the mind, emotions and ego) are not the true you. You can take a lifetime to process a lifetime. Or you can drop the baggage immediately. Done. Thanks for the lessons, I no longer need you. Then don’t re-embody it. If it comes back, you need to clear it.

## Loss and goodbyes

This is a big one for many. The isolation of experiencing absolute truth in a matrix of false beliefs can be frustrating. Okay, frustrating is too soft a term. It is disheartening, maddening and soul-wrenching at times. Losses that I see regularly in my sessions include: Family members who think you're in a cult or crazy, friends who disappear when you speak authentically, jobs that don't fit anymore, and relationships in massive stages of change or just ending altogether.

It is no small task to be awake, but I agree that it is far more dangerous to be asleep during this time. Everything up until the Shift was designed and built to limit the human experience, to keep people unwaveringly faithful to the systems and beliefs created by those who don't have humanity's best interests in mind. It's heartbreaking, and worse yet, there is little compassion or understanding from the unawakened for how difficult it is for us to live in a reality surrounded by such systems and constructs. Many would rather criticize than face the possibility that anything different exists. That is their choice, and honoring their journey is part of our substance now. But it doesn't make it easy to see old companions dropping out of our life.

Dear ones, know that lower vibrations will continue to drop away. Realizing that a friend, boss, or family member is in a "lower vibration" isn't judgment. It is just what that person is choosing to experience. All of us are facets of Source. The ones who are the most angry, the most polarized about defending their paradigm will teach us the most in this journey. That is their role. Thank their Higher Self for playing it so well. They have been trained to label you as self-righteous. Just let it be, don't blind them with your light. There is no need to convince or chastise them – but please speak your truth. If they are hurting your feelings, tell them so. Tell them you cannot participate in their polarization. Tell them you hear them, ask them to consider hearing you. Then drop it. You don't have to please everyone; love yourself enough to learn that lesson, then love them for that role even more. The game is to get someone in the soul group to wake up in the most challenging way possible, so that a

breakthrough is made during the ascension window. Congratulations, you made it. Show some gratitude for that sibling, parent or boss who has made it so hard for you that you had to push your boundaries.

## Gaia's journey

Being aware of the planetary experience can be another source of sadness. It is extraordinary that despite massive efforts to keep the Ascension of Mother Earth a secret, that millions are tuned in and assisting with her process. The Shift of a planetary body from 3D to 5D is an amazing event to witness first-hand from her surface. She still has SO much to accomplish prior to the birth of New Earth, but we are speeding up the delivery process by leaps and bounds now. For lightworkers who have their lower chakras anchored into her core, it has been the longest. labor. ever. It can be depressing to see the bulk of humanity agreeing to abusing, pillaging and poisoning her on a daily basis. If it upsets you, be sure you are not one of them.

I cannot stress enough how lovely it is to connect with Gaia. I know I tweet that a lot, but the energy and love coming out of the core is transformational. Get outside and get your hands on the ground, especially on 11/11/11.

## Activism as antidote for sadness

Service to others is the name of the New game. Nothing trumps the blues like doing something creative or assisting others. If you can combine your creative mind with some service work, fantastic! You will feel much better, and you make yourself available for new friends, colleagues and builders of the New Earth to start showing up.

Do something in your community to speed up the awakening:

- Promote or suggest free energy systems (they are **HERE**, go get 'em!)
- Lead a community group to clean up your hood, recycle, reuse, refuse (the big one – don't buy it in the first place, vote with your purchases)
- Plant some trees, plan a community garden for next

next spring

- Give the business leaders some viable community-based solutions for those empty spaces (they tend to default to Big Box or Walmart when pressured). Our children could use some post-school-programming places to learn about themselves.
- Put some pressure on your grocery store to order and stock organic produce – speak up!
- Write your congressman, reps, mayor, leaders, anyone in a position of “power” and ask them to kindly turn off the chemtrails. Hold them responsible for the air space over your town.
- Make anything – bake, cook, crafts – and visit some old folks. Raise their vibration, show some compassion.
- Assist anyone who is having a hard time with whatever talent you possess.

### **Lightworker corps**

Eventually we’ll have visible-to-all Lightworker corps that will assist the mass awakenings. We are the concierges of the New Earth! I know it is difficult to be one in millions meditating on the New and anchoring light, and have nothing “physical” to show for it in this dimension. Keep

in mind that the 11/11/11 is supposed to make this a little easier, and our manifestation abilities will be amplified. Let’s be sure we are amplifying Gaia’s and humanity’s ascension, and not our sadness. Time to let that go.

### **Gratitude**

I had an unusual message from Gaia earlier in the week. She said I should stop mourning over her embalmed corpse, and stop marveling at how beautiful she was. She asked me to see what she has accomplished, the glorious being she has become rather than crying over the casket.

### **It’s a birth, not a funeral**

Be thankful you’re awake and consciously experiencing the Shift. Sometimes the overwhelming amount of information, predictions and channels can leave us numb – or worse yet, frightened – to what is occurring on our planet. Remember you are infinite. If you are on your last incarnation on Earth, why not have some fun with it? Be the biggest love-and-light freak you want to be. Speak your heart. Take the risk. Why spend it in sadness? Celebrate the birth!

# Division of realities and the jump in frequency

By Sandra Walter



During the 11/11/11 alignment window, Gaia was able to make a jump in frequency. This means she is now holding a high 4D vibration within her core; a necessary step in her ascension process. As beings experiencing life on Gaia, the population of Earth will now be able to maintain that frequency and ascend, or descend with the dissolvment of the 3D reality.

As I addressed earlier in my post on the Division of Worlds, a line has been drawn between the old dying paradigm of 3D duality and the rising frequency of the New Earth. We are now engaged in the planetary ascension in a very personal manner. Major shifts have been made, and it is up to each individual to decide which reality they choose – here and now – to experience.

## Division of Timelines

This multidimensional existence of ours allows for many realities to cohabitate on a planet. As the Shift in consciousness progresses, timelines which do not serve the greater good/highest expression of evolution begin to break away – a greater separation is made between

vibratory states, in order to accommodate those who wish to ascend (evolve) and those who wish to continue to explore the denser aspects of self expression. Both paths are about lessons; the soul's journey is a complex and fascinating process.

## Choosing the lower vibration

Although the sex/power/greed/control path has been explored for thousands of years, there are still many souls who desire that path. They want to experience the depth of manipulation; the darkest, densest fragments of creation, which is ultimately taking the vibration of separation to it's limits in this Universal structure, which is built on unconditional love.

All aspects of fear – sex/power/money/greed/manipulation/destruction – have been explored to the limits of free will in our solar system. It is the violation of free will that has caused so much divine intervention at this moment; it is a Universal law that free will be honored in all creations. For those who are still resonating with control of any kind, a path of destruction will be maintained long enough for them to experience the impact of that manifestation. Then they may travel onto other journeys where they can learn that lesson (how to love, honor and respect all creations). Ultimately, there is forgiveness. Fear is being eradicated in this system, but will be honored in other expressions if that soul chooses to do so. But right here and now we have the ability to be awake, aware and selective of our path. This is the beauty of awakening; you are able (finally) to consciously choose your own path.

It is entirely and completely your choice. You may select the timeline of destruction, doom and disempowerment and experience that to the fullest. You will have a lot of company, and to many it feels safer to go with they are told. I completely understand why people are choosing that path. Fear is a hard habit to break.

Some expressions of consciousness are not built to handle more than they can see or touch in 3D. Some souls will not release their 3D expression from the fear vibration – on purpose. They may be steeped in dogma and mind

control for a reason. They may be playing their role to the hilt in order for others to learn self-empowerment and mastery of love. There is no judgment, that reality is there to play with if you want that timeline.

### **Choosing the higher vibration**

Let me be clear: this isn't about hierarchy. One path isn't "above" another. It is simply a choice to REmaster free will and unconditional love. A New Earth has been created and grows stronger in vibration as humanity embraces unity and love. To know this vibration is to know the truth, and that can be difficult for many expressions of consciousness to handle. Abandoning the denser realities which man has created (a judgmental God, the singular identity, masculine dominance/divine feminine suppression, manipulation of free will duality in its many forms, among countless other expressions of separation from Source) can be uncomfortable, confusing and seemingly impossible to overcome. But we have new support since the 11/11/11, and those who have chosen the path to the higher frequency are beginning to -quite literally – see the light at the end of the tunnel.

The acceleration to the New Earth is unstoppable. The amplification of the New Earth timeline is so strong now, that the division between realities has widened. It will continue to widen throughout 2012 as the "last stand" scenario plays out with the folks who have been controlling/feeding the lower vibrational reality. If a person wanted to jump timelines, the 11/11/11 window provided a boost and a realization: amplification of the planet is intimately connected to your experience. Gaia is why you are here. She is providing the platform for this body-on-a-planet expression of your consciousness. A boost to her is a boost to all of us – either we felt the influx of divine love or we didn't. It's a good litmus test for your consciousness, and reveals the density which many are still denying or struggling with.

One of the responsibilities we must master in jumping timelines, which assists us in ascending to a higher frequency, is the work involved. There are no rescue missions without a self-examination of the heart. And there is no cheating in this ascension game – saying one thing, doing another is being revealed everywhere. You

cannot deny this within yourself and expect a good outcome. This doesn't mean years of self-examination and processing. It does mean a commitment on your part to step into a new timeline of unconditional love. We must deal with everything that new vibration begins to show us as it comes up. You can easily forgive the past, forgive yourself, release the memories, and close those experiences permanently with unconditional love. But you must be honest about it.

Be authentic about your desires and challenges. Transparency and authenticity starts right in your own lifestream. If you want to end suffering, violence, greed and manipulation, then you must transmute these vibrations within yourself. This is a challenging and frustrating process, because free will means taking complete responsibility for yourself. You must learn neutrality and unconditional love in your interactions with the planet, humanity and Oneness itself. No more judgment of yourself or others. No more shadow selves hidden beneath an icing of love and light.

Expecting others to change while you do not change yourself is madness. We understand how this works now. Choosing the higher frequency path to the New Earth takes consistent reinforcement. Let's not deny how much assistance, guidance and support we all need during this process. No one is a leader in Unity consciousness. We all work together in the new paradigm.

### **Unconditional Love is available**

If you want to choose love, it is here for you right now. It is not something you will hear about on the news, or see reflected in your government anytime soon. The vibration of pure unconditional love, oneness and light intelligence is too high of a frequency to be seen in the denser reality of 3D. You have to feel it, and in order to feel it you have to make a choice. You can select a higher vibration for yourself. Please choose quickly and wisely. There is no sense in playing the mind game of, "I want to choose love so that I don't die." That is a choice born out of fear, and should be examined. If you truly desire to honor all others, unite the collective consciousness and move on to a new reality, please do so.

# Symptoms, phenomenon and preparations

By Sandra Walter



We're in the final five weeks leading up to the first wave of ascension, and the final days of the Mayan Calendar as well. Just 3 weeks until the October 28, 2011!

## **Symptoms and phenomenon of the October energy Shift**

Some days may feel like suspended animation; a side effect of the collapse of time and the impending arrival of zero point time on the 11/11/11. It can be disorienting on certain days – or even for a few hours – when it seems everything has stopped in your ascension process. REmember the Blue Kachina metaphor: this is showing us more of ourselves. The need for dramatic change, constant tingles and jingles, or proof of the Shift are egoic constructs supported by the mind and emotional bodies. Let it go. 4D and 5D are about neutrality. Drop the emotional attachment to outward drama and do something new; those old habits and trusty-rusty meditations or methods may have done their work already. You may have outgrown their effectiveness. Try not to judge it; you may need to mix it up a little. Do

some yoga, get in nature, journal your sensations or do something you have never done before. Be very aware of your expectations and feelings. Tap into the finer vibrations, the subtler energies that are working on us during this window. Activate the super-sub-atomic and watch how it affects your lifestream.

## **The sensation of deep spirituality and Unity consciousness**

You may be experiencing the collective consciousness more often than the individual, 3D physical you. As our emotional, mental and physical bodies are cleared, our spiritual body is revealing the integration of our Higher Self into our physical form. This integration of higher and lower levels is becoming very apparent through sensations of deep connection to all that is: HUmanity, our Dear Mother Earth and her inhabitants, the galaxy, the Universe, the Multiverse, and Source. Activations are now showing the results of their work; we are experiencing our multidimensional selves and pure consciousness – that glorious neutrality of creative service – more often than not.

Multidimensional dreams, visions and experiences This is one of the wilder experiences happening. Seeing multiple versions of you, where you merge or cross timelines, is a widespread phenomenon now. Seeing beings, guides and energy fields has been a common occurrence, but we are beginning to see what the collapse of the astral planes of consciousness truly means. The thinning of the veils reveals a LOT of information, dimensions, agendas, and off-world support. You can ask for interaction if you desire; they will show up – and not just in your third eye anymore. While it may be easier to see the crowd with your third eye, there is a subtler, finer vibration emerging as the astral planes collapse. Have fun with these wild dreams, visions and experiences. The less fear you associate with the new, the more is revealed to you. Be grateful for the weirdness!

## **Integrating the lessons of Unity consciousness**

This topic is better served in a longer post, but in short:

we need to let go of anything which doesn't support the new crystalline/Christ/Unity consciousness if we are to get through this transition smoothly. It's not about judging people, things or situations as good or bad. Expand your awareness of Unity into every aspect of your lifestream. The lesson of no separation is to be genuine in everything. Your lifestream will reveal what is holding you back from Unity, be it close relations or strangers. Every relationship, every encounter with another being – Human, animal, plant, mineral, oceanic, ET – is an opportunity to activate your crystalline structures.

### **Bandwagon efforts and personal choices**

We're going to see a lot of political and economic change in the next year. Now that off-world support is crushing (literally) dark infrastructures in this planet, the efforts above ground are left for humanity to decide. The powers that were will try and recreate status quo as long as possible. But despite massive efforts of the dark, we continue to awaken. Isn't that remarkable in itself? For some, the Shift will be about revolution, protests and camping out on Wall Street until people pay attention. These actions are fantastic signs that the US is finally awakening to collective empowerment. The days of

waiting for someone else "more powerful than us" to fix things is over. Support them if you like, or step out of the political/economic reality altogether. It's your lifestream, play it however you like.

When it comes to the ascension process, be sure you've made choices about what you want out of this window. If you want to yell at bankers, or peacefully camp out on the street, go for it. It is important to be genuine – be sure to tell your truth whenever people ask. Lower vibrations will fall away from you – either they'll criticize and disappear, or not be able to understand you at all. Make that OK. Make it okay to express your truth, and be sure you're not expressing someone else's version of the truth. No more following, this is Unity. If you're repeating someone else's words or agendas, step back and look at the situation. Is this truly what you want to be reality? Are you being controlled? Are you being heard? Choose your agendas and lightwork wisely. We get exactly what we desire in this process. Use discernment.

Fear no failure or retribution. You are infinite, experience whatever you like. Get on with creating exactly what you want out of this window.

# Experiencing the Multidimensional Self

By Sandra Walter



*I am a overjoyed to share this article with you. The experience of accessing other dimensions and Unity Consciousness is here. No. More. Waiting. Feel into this information; take what resonates and store the rest for later.*

The 11/11/11 has been heralded as a gateway, an amplification of the planetary and human ascension process. Portals are supposed to present on/around the 11/11/11 marker which will transform many of us. These portals are activated by us; they exist within our own perception. The sensation of seeing them and walking into their energy is the by-product of an alignment, which some refer to as the Arcturian Corridor. It strips away everything we are not, and amplifies what we truly are.

Regardless of your emotional attachments to whether ETs are good/bad or do/don't exist, the alignment is happening and the veils which kept us locked in this reality are thinning. Consider opening your consciousness to the higher realms of you – we are all races, beings and expressions of Source, both on and off planet. Those who have shaken off a few veils and are awake enough to

expand into a higher state of being can utilize this marker to embody/access more of their multidimensional selves.

## Using your internal portal to experience Ascension

We've often heard the third eye referred to as a stargate. As we raise and amplify our own vibration, open our heart center and activate our high heart chakra, we gain access to the higher dimensions. Our pineal gland (third eye) is now able to reveal the higher expressions of ourselves. This is what the Ascension process is all about – awakening to all that you are, holding that higher frequency in your cells, activating your dormant DNA and reuniting the higher and lower aspects of the self. Rather than the physical stargates and wormholes of the past, we are now utilizing the great power within.

In late September/early October I was shown a portal to my own Ascension and experienced the sensation of being in several dimensions at once. I was stunned by the simplicity of it. Me here, me there, in the same perceived space. Remarkable. I realized that this change in frequency we desire in the Ascension process was already here; we don't need to build it somewhere outside of ourselves. It's a matter of expanding our consciousness to become aware of levels of the self which already exist, then tune in to that frequency at will.

In the last two weeks, I've had vivid experiences in my meditations. When connecting to Gaia, I feel the tremendous vibration of unconditional love amplifying at a faster and faster rate. Putting my hands on the Earth strengthens this connection. Ask her to show you what is happening – it is quite incredible.

When my portal presents, I'm able to go through much easier than before. Sometimes it is shaped like a vesica pisces, sometimes it appears in the classic stargate tunnel of colors, stars and rushing movement. My journeys have shown lightships, beings, views of different parts of space, geometry, larger expressions of different consciousness and interaction with other races who feel like good friends. I've spent some time on discerning between journeys of the mind and journeys of

dimensional nature. It is valuable to learn the difference; the energy feels much different when the mind is not adding content or comment. It no longer feels like watching a film, or imagination when I focus my consciousness. It is direct, lucid and vibrates in all of my cells.

### **New access to the multiple me**

In the last few days, I have become very aware of simultaneous realities – the different expressions of me co-existing as one. My journeys allow me to feel, see and experience a portion of my complete consciousness.

### **Some of these expressions include:**

#### **Without meditation:**

- My other incarnate expressions on Earth at this moment (we have 11 expressions of this incarnation playing out simultaneously): 3D experience of time/space and multiple timelines, some of which are experiencing a higher fourth dimension. It's getting to the point where I see myself across the room, or multiple versions of myself inhabiting the same dream or *deja vu*. I pick up on flashes of other timelines, two of which seem to be aware of me looking back. Talk about getting to know oneself!

#### **Through the portal:**

- A 5D expression in the vibration of New Earth: a lightbody self, in a room of many others. We're all standing, palms facing simulations of the New Earth as a sparkling, vibrant crystalline orb with a crystalline grid around it. There is a huge room full of us, silent, smiling, holding space for Gaia's ascension process.
- 6D and higher expressions on lightships and other worlds. These feel more collaborative. No drama, no big "Welcome home, Sandra." My star family and friends are not cheering that I came back, because to them I have never left. I am simply experiencing parts of me in the lower astral plane living on a 3D planet. They are aware that my lower levels are ascending, and there is compassion and support as part of me goes through this process. The Ascension of Earth seems to

be our main focus in this team-like atmosphere. I'm aware in that dimension of countless other ships and forms of consciousness who are tuned in to assist the planetary shift. It seems to be a big event that must be accomplished during specific alignments, so everyone is very attuned to their role in the task at present. In this dimension I see my hands on a control panel a lot. There's no sense of looking at myself in these journeys, it's more being in myself. There are a lot of knowing glances from my companions on this level.

- A consciousness of a different expression – not a body. A magenta silk scarf-like being that floats and sails through the universe like a graceful dance. It feels like pure love, pure peace. I was startled to hear Susan Carroll describe the same being recently.

While I know there are many more expressions of consciousness happening for me, these are the ones I am becoming aware of right now.

### **Integration in the body vehicle**

When coming back from these portal visits, I feel very aware of being here and there at once. It is quite different from the being everything-all-at-once sensation that you get with a good meditation. It's a heightened awareness, and the vibrational amplification can leave me feeling disoriented for hours. Somewhat like waking too fast from an extremely lucid dream. Don't drive! I also must note that my body is completely fatigued the next day. It balances out by the second day if I am diligent about sleeping and taking it easy. Apparently the frequency needed to experience the higher dimensional selves takes some integration.

### **It's the feeling, not the visions**

From an Ascension point of view, multidimensionality is about discovering these other aspects of ourselves. It is the complete realization and sensation of being all of these expressions simultaneously. By abandoning the notion of identity altogether, and asking to experience the truth, we begin to ascend in vibration within the cells of our bodies. The feeling, the vibration of higher dimensions amplifies our DNA, cells and light body. By

holding these higher vibrations little by little, we may expand our consciousness to its full potential. We control our rate of ascension, we master our awareness, and eventually we shed the lower density expression of self.

### **My 798 incarnations – just gone?**

I now have a higher understanding of non-attachment. Despite all the perceived drama, lessons, and work in linear time on this planet, at the very end of these incarnate journeys there is nothing but a return to Unity. The game is over when we learn this. Yes, some will choose to experience more-o-the-same, and there are other 3D realities in which to play out those scenarios. All choices are honored. These incarnations were an experience, a challenge, a group lesson, a way to know the lower aspects of ourselves. It was a way to experience a state of density and separation in order to express everything that consciousness has to offer. It is time to get over the idea of ego and identity as an individualistic all-consuming frequency. Attachment to that expression only delays the lesson to be learned, which is to awaken and return to our higher dimensional self. I hope this inspires people to appreciate their lifestream, open to love, and know that there is much more fun being had already – by you. One of the lessons here is shedding the shadow construct of choosing self-importance over the collective good.

### **The planet**

Mother Earth is an amalgamation of consciousness expressing as a planet. She has supported our civilization, and many before us, as a place to experience third and fourth density. Everything you have learned here is because of her ability to maintain a platform upon which to learn. Many events, galactic dramas and expressions have been explored here – from dark/fear to light/love. Please recognize that the only reason you're able to express these incarnate journeys here is because of her. We are intimately connected to her consciousness and collectively experiencing the Ascension process because she is Ascending. Many pure hearts are focused on Earth – it is remarkable for a planet to transform from 3D to 5D. Enjoy the experience. Love it, explore it, there

is so much here for us to feel and learn. We have an opportunity to walk right through with her to 5D if we embrace the vibrational amplification process. No more fear, no more waiting. Choose your expression and run with it.

### **Walking between Worlds**

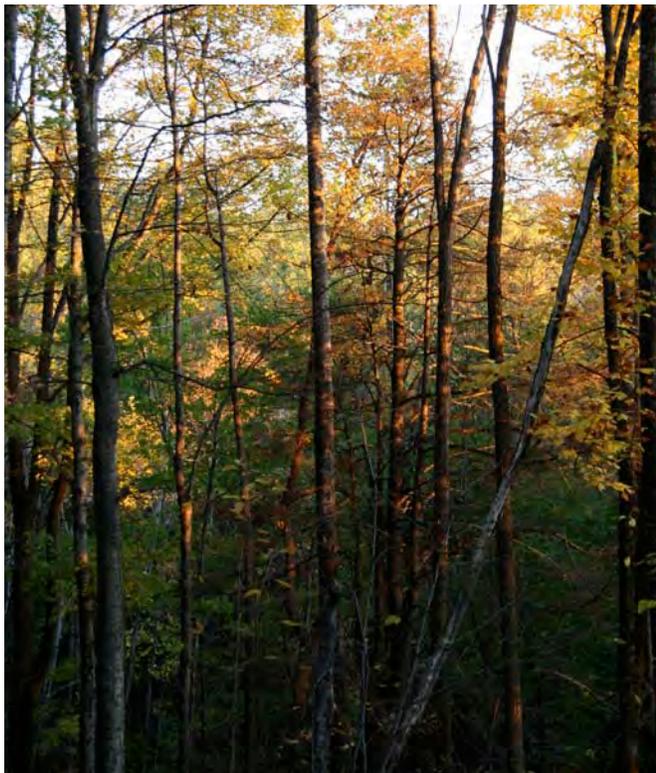
Admittedly, I asked for this. I thought it would assist others in seeing that ascension is not something to fear or doubt any longer. I'm working on how to teach this; it may be helpful to hear from those who are walking through the gates. So many are saying, "When is it going to happen?" as if the process were an external thing being imposed on your lifestream. Earth changes are one thing, but focusing on external factors ignores the higher part of "Project Ascension." This is about your return to mastering your own consciousness.

I sense that many of us will have to walk between worlds for a while. It is best to remain in neutrality, centered in the heart, rather than panic about what is or isn't happening in your process. Integrating these higher frequencies is remarkable, but it is also quite uncomfortable and not exactly water cooler conversation. Express these ideas and experiences as often as you can, and support those who are being boldly authentic by sharing what they know. Love your lightworkers, counselors and teachers – it's still a polarized reality in which to express these things.

These markers and frequencies expose the parts of us which we no longer need. You might be exposed to aspects of yourself which you may or may not want to experience right now. Let your Higher Levels take command of your consciousness, surrender to the guidance which presents, and interpret everything with the heart.

# Lessons earned on the mountain

By Sandra Walter



I'm five weeks into my seven-week retreat in Asheville, and many experiences have amazed, baffled and tested my consciousness. I understand many of my past journeys have been about isolation in order to experience divinity; those lifetimes spent as a shaman or monk, when nothing else mattered but finding the truth. Fortunately, we don't need to spend a lifetime in the outback or in the Himalayas anymore; the Shift is speeding everything up for us. Here's a rundown of what has occurred so far in my time on the mountain:

## **Multidimensional Awareness**

I did not expect this to happen to me in such a profound way, nor did I expect it so soon. Experiencing other timelines, dimensions, and expressions of my own consciousness has been both exhilarating and challenging. I now have a much deeper understanding of how consciousness functions, how the universe functions, and how to tap into experiencing multiple dimensions at the same time. Because this is new to my experience, I'm having some difficulty with how to incorporate this into my life stream. I feel very strongly that I have been presented with this access in order to teach people what it is, how to access it themselves, and how to deal with walking between

worlds. Integration is a big challenge, physically, emotionally and mentally. I want to assist with this transition, as I sense many folks will be experiencing this in the next year. It is a vivid and profound state, but it comes at a cost (doesn't everything in this process?)

## **Fragrances**

This is a new one for me, and I love it. My guides are beginning to present a gorgeous fragrance to me during meditation. It's intoxicating – like a cosmic gardenia. It seems to open up my heart as well, I feel that divine swell of unconditional love when the smell is around me. It's like having a little 5D spa time.

## **Portals**

This is a tricky one. I need to write about the difference between astral/akashic travel and portal travel, just to clarify the experience. On the morning of the 11/11/11, after an incredibly lucid dream about bridging dimensions, I went into meditation. When I began to play with the Arcturian corridor, my high heart felt that overwhelming pull upwards which many have felt. It's like a giant magnet is pulling on your heart center. This has been happening in the last two weeks when I play with a portal. As I traveled through the corridor, past journeys presented as well as visions of the New Earth, and often it became golden light, geometry and crystalline cities. When the sensations began to get very intense, I saw two beings opening the doors to a golden mummy-like chamber. It was apparent that I was going to step inside. The pull to "go home" was immense. I immediately said "No thank you, I'm not doing it that way" and drifted from that vision. The technology aspect, the "get in the chamber" scenario was not what I wanted. Perhaps it was intended to end my claustrophobia once and for all. Perhaps it was to face that lifetime which ended in a similar way. Regardless, I wasn't ready for it, and asked for it to present in a different way later on.

Did I miss my shot at walking through? Absolutely not. I trust my Higher levels with my process. The sensation of "here we go" did not leave me, so perhaps it was the examination of preparedness, willingness and sense of duty to Gaia that I wanted to review. It's an extremely

tempting sensation to go all the way home. But I still feel I have more to experience here, even though the path of wayshower is bloody ridiculous at times.

I moved outside to join in the anchoring ceremonies for the 11:11 East coast and the Arkansas Solar disc activation. During the 2 hours on the cold ground, I connected with the influx of Divine Love and the massive amount of global intention to anchor it. This energy feels so etheric, so subtle and fine, that I came to a new understanding of photonic light.

### **Photonic light**

In order to propel us into a unified frequency of Oneness, the particles of consciousness behind/in/below the cellular level must be altered in a dramatic way. The light itself does not feel dramatic, it feels sublime, absolutely peaceful, absolutely present in oneness. (This is tricky work in a density that insists on tangible proof of the Shift.) To transform us to a higher state, the light will leave no stone unturned in the Ascension process. Shadow selves, karmic baggage, unresolved issues which need forgiveness, relationship reviews and status quo turmoil will be popping up for a visit on their way out. Learn how to release them and seal up the memory of it with unconditional love. Buy yourself some Kleenex and ask for help when you need it. There are many good teachers and counselors available now.

### **Absolute love**

Unconditional love has some beautiful side effects. I spent all of last Wednesday in love with everything. Watching leaves spin and float down from the trees, thanking Gaia, loving the squirrels, touching the rocks, talking to the mountain, the forest, the etheric realms, my coat, the apples I ate; everything was participating in the big love affair of my lifestream. I was in this dreamy state all day, and now I have hours of that intensity hit me like waves. It's incredibly sensual, divine and poetic.

### **Absolute what-the-WHAT?**

I understand that I was guided here to do some deep self examination and exploration. But HOLY COW does it really need to be this intense? My Higher Levels laugh and say, "You wanted this!" And it's true. I did want to strip away everything and discover the deepest truths

about myself. I wanted to eliminate all the shadows and doubts during a time designed to do just that. The timing is both awful and perfect. I've just ended an eight year relationship, and left everything comfortable and familiar back in Chicago. It's been a total immersion in discovering the truth about myself and my role in this reality.

Everything has been broken apart, and one by one the fragments of myself are being examined. It's keep or toss time. Some facets are valuable to the rest of the journey here (keep) and some are not serving me at all (toss). I sense if I can master getting through this, I'll be able to assist others when they hit this step (so they don't have to give up everything to learn it by themselves). My Higher levels tell me it is vital to the process. The stripping away of money, job, family, friends, home, town and all things egoic has been heartbreaking and potent. I am deeply grateful to the people who have faith in my journey and have been encouraging me during this time. Thank you.

### **Heightened creativity**

I have so many ideas for new projects and collaborations that I've had to make lists to keep them all anchored. Some will not come to manifestation, but it's fun to see them on the page. I sense some of these are hitting other people's lists as well, so I trust the collective is feeling the New with this influx of energy. Creativity is the good stuff in this transformation. Write it down, give it to others, or at least send it some love and gratitude for showing up.

### **Way-too-Lucid Dreaming**

The line between dreaming and dimensional reality is getting blurry. Sometimes I am aware of being awake and participating in my dreams. I feel the experiences physically – my eyes are open, people touch me, I have conversations and sensations. But I'm also aware that I'm dreaming. If dreams are visions of a 4D reality, then the thinning of the veil must be causing this (common) symptom. It certainly is growing more intense.

### **Acceleration**

More movement, intense presences, amplification, more beings dashing around, new colors, shadowy movement, wavy energy and glimmering vortex-type fields of energy. I'm just watching this occur; there's no need to speculate or fortune-tell on why it is accelerating.

## **Nature, the greatest blessing**

It is divine to awaken to birdsong, to listen to wolves howling and calling to each other across the mountain at night, to see flocks of wild turkeys sputtering around the forest, to see Madame Doe get comfortable with my presence near her fawns, to have hawks suddenly soar overhead, to greet the trees and share their transformation, to climb over giant granite mountains, to see thousands of stars and other night-sky visions, to sleep in the wash of moonlight, to experience silent grace, and dwell in the absolute poetry of Gaia.

# Fear of the Self as God

By Sandra Walter



One of the larger hurdles of the Shift is embracing the truth that we are Source. The catch phrase of “I AM” appears to be user-friendly. We understand the concept that we are all fragments of Source, but when it comes to consciously creating our reality, many of us struggle with ownership. We say, “I am all that is” one moment, and question why the world does not appear to be influenced by our awakening in the next.

## What Source is not

While many religions and cultures have defined Source by Human terms, the truth about Source and our role in its creations has been deeply distorted.

Source is not:

- A judgmental father figure who punishes his children if they don't obey
- A Godlike being that rules from above, as depicted in the Bible, Torah, Koran and many religious texts.
- An energy that needs your love, devotion or reverence.
- A separate entity from yourself or any other person, being, planet, race, galaxy or Universe.

## What Source is

Source, Prime Creator, the Existence or whatever you choose to name it, is exactly as it is presented: the Source of all that is. Source is pure consciousness, and nothing exists outside of itself. We, and everything that we perceive, are expressions of Source. Source is ultimate creator; the consciousness which continually sets creation in motion, exploring itself and the infinite possibilities of creation. Source creates in order to know itself.

## Our lovely Universe

Source contemplates itself through the creation of Universes, and everything within the vibrational structure of that Universe. There are many Universes answering Source's contemplations. All of creation is within Source: light, sound, dimensions, realities, paradigms, all of it. All is an expression of Source.

Our Universe is built on the vibration of unconditional love, which is a light intelligence. This structure allows Source to explore everything that unconditional love has to offer. In order to learn about itself, Source allows the Universe to explore this creation without supervision. There is no judgment on how it unfolds. It is literally left to run its course, with all the beings, planets, galaxies, and creations within it expressing and exploring every aspect of unconditional love.

Love is a pure light, the closest vibration to ourselves, as Source, that we can experience in this Universe. Currently this Universal expression is being challenged by the vibration of fear, in order to experience how far Source can drift from love. It tests the power of that vibration, to know every aspect of love and everything which can occur. Source dreams of itself as a Universe exploring separation and a grand return to unity. Source is an artist, asking, What if I forgot myself, what would happen?

## Breaking the linear habit

It may be hard to break the habit of thinking of Source as a being, creating things from above. Dimensional

structure gives us parameters in which to place ourselves, but it can lead to thinking in terms of hierarchy. There is no hierarchy within Source; separation of any kind is an illusion. As our 3D reality breaks down, we are reacquainted with simultaneous existence; we return to a collective state of consciousness. Our connection within Source becomes more apparent as linear time dissipates.

### **In the absence of doubt, we are all God**

Our existence is a facet of Source's brilliance shining through many prisms of expression. The outpicturing world is a reflection of what is being created within the prism. Let's go beyond the mind level with this concept and take responsibility for what we have created in our lives. Know that you are absolutely in command of the reality which manifests around you. Doubt can keep us from realizing this. Our minds say, I'm not that powerful, I don't want to be responsible, I'll wait until the outside world shows me I am God, etc. Let the stereotypes of what God is supposed to be dissolve. The Gods of holy books were insecure beings, demanding worship and dominating others. Insecurity is a vibration of fear; a side effect of separation from Source.

You are Source, and your reality expresses whatever you command. That is how powerful you are; you are creating your life, and add your vibration to the collective

consciousness at all times. There is no outside entity enforcing a reality. This is why expecting world conflicts to end while avoiding the conflicts within yourself is madness. If you truly want to alter the reality on this planet, clear yourself of internal turmoil. It's not a request for control, it's a request for freedom; clearing the density and surrendering to one's creator state of consciousness.

Our obsession with past and future was Source's exploration of separation from itself. That paradigm is coming to close, so we must break the habit of recreating it in our lives. The longer we stay in doubt, the longer we will experience separation. As we surrender to the unknown, the vast possibilities available to us are revealed.

### **Celebrating the magnificence**

When we realize the intimacy of self as Source, the mind, ego and emotions begin to loosen their grip on our consciousness. It is beautiful, and often amusing, to see the events unfolding here as a full-spectrum exploration of ourselves. By tapping into the vibration of unconditional love, we may know the truth of ourselves as Source. Feel it in your core being. To know oneself within the dream of the Creator is to know the divine truth of existence.

# The return of the Christ

By Sandra Walter



We have received the long-awaited return of crystalline consciousness. The light which came in through the 11/11/11 gateway was THE crystalline light structure known as “Christed” light – the divine light structure that will transform ourselves and our beloved Gaia back to our Christed status. This light has anchored itself within the core of the planet, and within every HUman heart on Earth.

The true meaning of the second coming of Christ is upon us. As many of you understand, it has nothing to do with a man coming back from heaven. The story of Jeshua ben Josef (Jesus) has been distorted, misinterpreted and used as a means of control. I often think that if people knew the beauty of Jeshua’s true journey, they would be moved in a much deeper way than the tales of him dying on a cross. Regardless of the Annunaki biblical stories and manipulative agendas which spun out of it’s effectiveness, we are at a turning point where truth is being revealed at an accelerated rate.

## A divine relationship

Jeshua was referred to as Jeshua the Christ because he had mastered crystalline or Christed consciousness. Originally it was KRYSTHL, the vibrational harmonic tones used to create beings and planets with the structure of pure Source consciousness. Christed light is the higher dimensional expression of Humanity and this planet. Gaia (Mother Earth) fell from her Christed status, a very high vibrational state, eons ago by energies which originated in a different Universe (currently there are 19 Universes.) She was sent into a massive decrease in frequency, which affects the dimensional expressions she can support. Many races have used her as a place to experience density and transmutation through the ascension process.

Mother Earth is the expression of the Divine Feminine in our solar system, and the Sun is the expression of the Divine Masculine. Their love affair has a long and radiant history. When Gaia began to experience massive decreases in frequency, such as the fall of Atlantis when she was plunged into a third dimensional frequency, the Sun visited her by incarnating in a 3D physical structure. Many ancient tales, before Jeshua, refer to Sun Gods with similar characteristics; birth on the solstice and so on. The connection in those journeys is the Sun itself; the Son (Sun) of God, the 3 days of death before rising, etc. The Sun is an incredible consciousness, and its many journeys here reminded Gaia and humanity that the return of our Christed status is inevitable. We are upon that moment now.

## The Holy Grail within

The symbol of the chalice at the last supper – the whole event itself – represents the separation within Humans from our higher levels. The merkaba symbol, which shows the unity of our higher and lower selves – the body and the spirit – is separated to create a chalice, with its center at the heart chakra. The twelve apostles symbolize the fragmented self, the further fragmentation of our crystalline consciousness. Each of us has twelve expressions as we travel down through the dimensions. Our dimensional structure in this Universe is a system

based on twelves.

The Holy Grail is within us – it is us. This is the magic of eternal youth, wisdom and seeing the truth. We drink from the cup by reuniting the Christ within us. The “last supper” is symbolic of the last time this truth would be demonstrated in full force on the planet. Afterward we would experience the darkest energy on Earth, hitting its lowest point during the dark ages, and then a steady increase in frequency as we approached the galactic center.

The reunion of the higher and lower levels of the self is the dissolvment of separation; an illusionary matrix which is a side effect of incredible density. All the predictions of the Mayan calendar; unity consciousness, the second coming, the return of the Christ, the lifting of the veils of illusion are upon us. It is indeed an amazing time to be here.

### **Photonic light and amplification**

Certain cosmic alignments allow for increases in frequency and evolutionary jumps. Cosmic cycles are very long, as noted by the 16.9 billion year Mayan calendar. Because specific changes in frequency can only occur during certain windows of opportunity, we have a lot of off-world assistance as we align with the galactic center. We’ve entered the photon belt, and the effects are plentiful. Photonic light frequencies allowed for an opportunity for the Christed light to return and be anchored here.

It is only because of the dramatic rise in the collective consciousness that this happened. A critical mass of awakened consciousness had to be attained in order for this to occur. Thank yourselves for asking for this light to return; we have allowed for our own ascension to unfold. The collective consciousness has undone all of the doom timelines and agendas that would have kept humanity and the planet in a lower density. Destruction of the planet will not occur. The magnetic balancing act of Gaia straightening up her axis – the realignment of her magnetic poles – will most likely cause some severe weather. But it is up to the collective consciousness as to how difficult this transition will be. Your consciousness affects the planet, and vice versa. We are deeply intertwined.

### **Ascension Symptom changes**

We’re moving into a very rapid process with the anchoring of this new light right in our own bodies. The higher frequency trumps all lower vibrations, which means the density has to move out. Energy has to go somewhere, and if you are aware of what is happening, you can help the removal of density from your system. Density reveals itself as fears, emotions, doubts and controlling behavior. This is evolution in progress and lower vibrations are on their way to extinction. But there is no need to struggle with this energy. Understand that lower vibrations are forcing their way out of your lifestream, and you may release them more quickly.

### **Symptoms of density removal**

Lightworkers and awakened folks are the first to get hit with these energies because we have put ourselves in a state of activation. All of our darkness is revealed, and I sense this is purposeful this month. The sooner we clear the awakened, the better we may assist the collective as they wake up.

#### **Symptoms include:**

- Vibrational flu: fatigue, aches and pains, days in bed – the body needs rest as it adjusts
- Sore throat and tongue: clearing in the throat chakra and adjustments in the new thymus/high heart chakra.
- Crackling, popping and warmth in the heart center: expansion adjustments to the new light
- Deep calm and silence: the deep truth and neutrality of Christed light
- Bouts of depression, feeling sad; lower energies needing to be released
- Anger, rage, frustration, jealousy, fear, anxiety, resentment all coming up to be examined and released.

I highly recommend facing this beast as soon as you can. It will intensify as the Shift progresses until you deal with your darkness. We are clearing all karmic density, and many of us have been here a long time. Focusing on the light and love is beautiful, but until you release the conceit, deceit, need to control, fear or manipulation within, you cannot change your outside world. Please help the Shift by dealing with these emotions. They are presenting to you because they want to be released. Get some counseling if you need support or get stuck.

Much of the population will be entangled in their own emotions for a while. They may not understand the clearing that this Christed light demands. Expect people to be very emotional and erratic during 2012. The greatest gift you can give humanity and Gaia at this time is to clear yourself of the baggage of lower density. Every time an issue comes up, deal with it. Look at what it's showing you, understand the lesson it has served, and release it out of your system for good. You are responsible for your own consciousness, your own reactions.

Humanity will need authentic, centered people to assist them as we go through the Shift, and that is something you cannot fake. This is not about appearing to be enlightened or full of love and light; this is the real deal, where everything is being revealed. There is no lower vibration that can hide or be repressed during the Shift.

Do the work, and get help if you need it. The light is busting apart everything that is not a vibrational match, and no one is immune to its effects. Be patient with how intense these days may be for you. Rest, drink water, get in nature and release all that is not the true you.

### **Christmas**

This is the first Christmas where we have the Christed light anchored in our planet and our hearts. Celebrate this birth, this joyous return of YOU.

*Note: Special thanks to Jim Self and the Pleiadians for confirming the anchoring of Christed light. It's always magical to have backup for these messages.*

# Anticipating the 2012 transformation

By Sandra Walter



Blessings to all of us as we enter this highly energized year of 2012. The anticipation of personal and global transformation are heightened to a frenetic level right now, and it is important to disconnect from that collective anxiety as often as you can. Thought forms are zipping around, some in panic, some in dread, and some in the hope that a magical leap in awareness will occur this year. Be very clear on which thoughts belong to you, and which belong to the collective consciousness.

## Recommendations for the big 2012

### Make a gratitude list

2011 was packed with activations and awakened us to our true selves on many levels. Write down a list of everything you have learned, celebrated or discovered about yourself. It will ground those experiences and attract more goodness as you thank the Universe for what is occurring in your life. Even if circumstances seem troubling, be grateful you are awake!

### Love the process

The challenges we face as we shift our consciousness are plentiful. If anyone still thinks that a global frequency shift will be quick and painless, it may become evident very soon that many adjustments are still needed. Love the process, even the perceived difficulties.

### Vibration = vibration

Authenticity is key to speeding up our ascension process. Denying your true self or what you have learned will not serve any longer. If we want deception to end on this planet, we have to eliminate that vibration from ourselves. No. More. Hiding. Your. Light.

### Seize any chance for stillness and simplicity

By all means enjoy yourself as we move through 2012. Stability in the midst of a huge magnetic rebalancing of the planet may be difficult. Take the time to meditate, to empty the mind of thoughts, and welcome in your Higher Self to take over.

### Celebrate when things start to burn

We have got to learn to laugh at the economy, the politics, and the old paradigm's struggle for survival. There is no need to stand still and watch it all burn. Don't mourn the loss of these broken systems; don't worry about what we'll do or how we will get there. Set your intention to build the new paradigm which honors everyone on the planet, and take actions to create that structure before the old paradigm exhales its death rattle.

### Support the New

Find a way to support any organization, person or group that is creating the new paradigm. Buy their products, send them a donation, or purchase a membership. If you don't have money, offer your skills. Volunteer your services, ask them what they need. If you don't have skills, send them a supportive email, or a glistening comment on their website, or post their event on your Facebook page, or retweet their Twitter updates. Mention their

products, send them a donation, or purchase a membership. If you don't have money, offer your skills. Volunteer your services, ask them what they need. If you don't have skills, send them a supportive email, or a glistening comment on their website, or post their event on your Facebook page, or retweet their Twitter updates. Bring up their work in a conversation, or refer others to them who would like their services or focus.

Folks creating the new paradigm don't have the corporate backing or marketing dollars that conventional business take for granted. It is completely up to us to get the word out there, vote with our dollars, and spread this new light everywhere we can. If we want these folks to keep doing what they are doing, we have to stop thinking that everything new should be free. We're not there yet, and we don't want the dedicated folks creating the new to get burned out or discouraged by lack of support.

### **Predictions for 2012**

**Earth changes:** If you've been reading me for a while, you understand that the doom scenario has been completely dismantled. That timeline has been broken apart, but we still have a dimensional split ahead of us. No one knows how that will unfold, or who is going first, or how much linear time will pass as it occurs. Everything is in-the-moment now, and our choices as master creators will be honored. Visualize and intend on a beautiful, clean, abundant planet with a loving and unified population. From a scientific point of view, there is bound to be wild weather and a few power outages as the magnetic field reaches its thinnest point in 2012. Does it matter if it gets bad? Of course not. Humanity always bonds during times of difficulty, because it is our natural state to unify. Spend your priceless creator thoughts on enjoying the journey, knowing we are on our way to a New Earth.

**Economic Shifts:** While I anticipate a tough struggle between failing economic/governmental systems and the awakened vibration on the planet, I cannot focus on it at all. Presidential speeches sound like a time warp – the same words regurgitated from 20+ years back. I can't even see the point of an election or the fury at which some folks choose sides. It doesn't match what is

happening to our consciousness, it hasn't for a long time. My only concern is assisting those who have awakened so we may create the next steps. We want to be sure that a foundation which supports everyone is built before this shadow of the old crumbles completely. From what I have read, there are countries just waiting for the US and EU to wake up or hit rock bottom, at which point they will be able to step in and assist with a fair and real monetary system which will make everyone more profitable. Do what you can to quell the fear of collapse, please. Your vibration affects all of us.

**Dimensional weirdness:** This began for many of us during 2011, myself included, and it is downright amazing, I fully expect this to get intense as 2012 unfolds. The experiences of being in many dimensions at once, seeing our other selves, contact with off-world races, and an increase in our psychic and intuitive abilities are bound to be amplified as we approach alignment with the galactic center. The challenge of experiencing a completely different reality than most of the population has already challenged us, and that will be amplified through the first half of 2012. Breathe, take care of yourself, and get help when you get frustrated.

**Reality-busting:** Phenomenon is already beginning to increase as the 3D /4D veils thin; the tones, colors, lights and vibrational patterns of other dimensions are emerging as our consciousness evolves. Remember they have always been there, it is our perception that is changing. Get comfortable with expanding your consciousness. Do a little role playing to prepare your nervous system for a jolt or two. Greet everything with love and light, and don't forget to breathe deeply and consciously when new situations and visions present.

**Deep self-examination and transformation:** If you're getting hit with this step in the ascension process, get to it. The new crystalline energies here will continue to expose everything disharmonious to the highest good of everyone – and yourself. The conflicts within will continue to present until they are faced, neutralized and released. It will get more and more uncomfortable until it gets your attention. These lower vibrations have to go; be sure to deal with them before they create disharmony in your body. Be gentle, but don't avoid the inevitable.