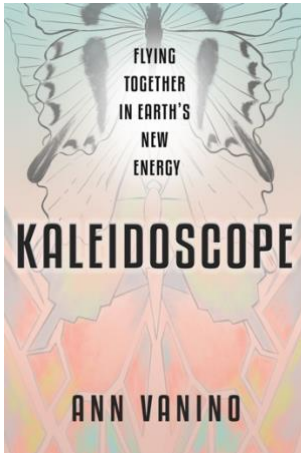


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KALEIDOSCOPE SAMPLE

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III. It's Up to Us—Our Journey into New Energy

New Energy is waiting for us. To access New Energy, we must move towards it.

In this chapter, we get comfortable with the journey into New Energy. We look at getting ready for it, attuning to it, living in it and thriving in it.

Getting Ready for New Energy

Every journey requires preparation. How do we get ready?

We lighten up and let go of things that no longer serve us.

It is like transitioning from being an engine-propelled jet plane to being a glider plane propelled by air currents. New Energy is lighter and does not support the density of negative emotions, drama, conflict or hate. Old dramas, core wounds and limited perceptions are too dense for this lighter energy.

We balance our minds and hearts.

Our minds are well developed. We advance their abilities daily. However, our minds can be tyrants and that must end. We must now live fully in the present moment and learn to quiet our minds so they can function with our hearts. Our hearts can hold many wounds. Those wounds must heal, through our own self-love and through developing our personal power. As our hearts heal, we must honor and nurture them and see the true power of love. This is a very exciting arena. Coupling the power of a healthy mind and a healthy heart offers limitless possibilities.

We honor our bodies.

To attune to New Energy, our bodies must be at their finest. The density of bad health is not supported. When we neglect our bodies, we feel the effects more intensely. Dishonoring or neglecting our bodies or our health holds us back.

We honor our bodies as our sacred vessels for this journey by caring for them, eating well, staying fit and learning how they communicate with us.

Those with illness or disability are part of New Energy. Many who are dealing with illness or disability have very special and valuable journeys towards self-realization. With self-care, they

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can be at their finest and have much to teach all of us. They often are the way-showers as they face their challenges and join with us.

We become more empowered beings.

There is a lot of noise—real and metaphorical—in our lives. Our energy is pulled in many different directions by everyday demands and pressures. Noise blocks New Energy. We let go of some elements of our lives, in order to eliminate their noise.

This is not a process of impulsively or entirely giving up core elements of our lives. It is a re-examination, a letting go of the old to make room for the new. We need to be clear in New Energy, not dense, negative or overwhelmed by our lives. As we clear our energy, we become more self-sufficient and empowered. We move more easily. Without doing this, we may find ourselves unable to attune to New Energy.

We (quickly) get ourselves to be more comfortable with change.

New Energy involves significant change. Our comfort level with change involves trust, acceptance of the unknown, skill at adapting and release of resistance. We can become more comfortable with change by accepting that the unknown is a significant part of our existence and feeling safe within it. We can identify the roots of our resistance to change and work to heal and transform them. We can shift our perspectives regarding change to include a sense of adventure and possibility. We can strengthen our courage to face change in our lives and make the most of it. The sooner we do this the better, as change is now upon us in a big way.

We embrace our interdependence with each other.

Independence, not interdependence, has been a hallmark of our modern world. It has manifested in human-centric dominance and destruction. In New Energy, independence and our unique talents and gifts are still encouraged and treasured. However, beyond that, there is a greater principle: the primacy of co-creation and our interdependence with all that surrounds us. Co-creation allows us to reach higher levels of accomplishment than we can reach independently. Embracing our interdependence demands harmony and cooperation.

We open to the mystery and the unknown.

Life is a mystery. We ask: “How did we get here? When will we die? What will happen tomorrow?” So much of our societal structure is rooted in trying to reduce uncertainty and in creating rigid rules to feel a sense of safety. These rules dishonor the mystery.

By honoring the mystery and the unknown, we move closer to truth. The Hero’s Journey, in our myths and stories, honors the unknown and how much it strengthens and develops us. By accepting our adventure into the unknown, we become heroes and find the meaning of our lives. Step-by-step, we embrace the unknown and allow for its presence in our lives. We gradually shed our false sense of security and the rules that limit us. We increase our courage by

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facing the unknown and looking toward the mysteries of our lives. We accept that true safety lies in our acceptance of the unknown and learning how to live within it. We get comfortable with the prospect of our physical death and with the many mysteries that surround us. We begin to see the intense beauty of the unknown and are inspired by it. True wisdom is born within the mystery.

We accept and understand our oneness with the Cosmos.

We open our perception and awareness beyond what we know on Earth.

We change the center point of our existence from Earth to the Cosmos. In the modern world our viewpoints have been human-centered for centuries. However, we also have entertained the idea of life elsewhere in the Cosmos in our science and in our imaginations. If another race of beings joined with us on this planet, or if we became aware of other beings living in the Cosmos, the center point of our perception would shift. But we do not have to wait; we can shift our perception now.

Indigenous cultures on Earth are so much closer to the wider Cosmos. They see their place in the Cosmos and honor all life. The Cosmos is within us and without us. The life force that runs through the Cosmos runs through all of us. We really are very small and are not the center of the Cosmos—nothing is. The Cosmos flows beyond our concept of infinity.

Attuning to New Energy

As New Energy waits for us, how do we attune with it? How do we align ourselves?

We employ our powers of observation.

Many of us are familiar with energy and how it flows through our world. We pay attention to how energy is moving. We look at the interactions people are having, how and where negative energy is showing up, what is happening with people's journeys and how we, personally, are experiencing energy. We notice changes. Is there anything new? Do we see any clues to the nature of New Energy on Earth?

We see everything as energy.

Balancing our individual energy involves developing an understanding of how energy moves in the world and how it is part of everything that we experience. We examine where our own energy is out of balance—the presence of negative energy, energy drains, damaged emotions, dominance of the mind, physical imbalance or disease, addictions and worries or spiritual emptiness—and begin a process of rebalancing. All matter is energy. We are made of energy, as is everything around us. We have separated ourselves from our world only in our minds. As we rebalance, our energetic connection to everything around us becomes evident and we align with New Energy.

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We consciously detach from things that we sense are not attuned to New Energy.

We trust our intuitive senses and the results of our observation and identify aspects of our lives that do not serve us. In doing so, we become lighter; we make space in our lives for New Energy.

We do our part to smooth the ley lines and help restore the positive flow of energy on the planet.

New Energy will thrive as we do this. Ley lines carry healthy and powerful energy. Ancient, indigenous cultures were and are aware of these ley lines and many sacred sites are built on places where they cross (such as the Pyramids in Egypt and Mexico, sacred sites in Tikal, Guatemala and Stonehenge, for example). The Chinese call the energy that runs through these ley lines *chi*. The Hindus call it *prana*. The Aborigines call it *dreamtime energy*. How do we smooth the ley lines? We familiarize ourselves with the concept of ley lines, then visit or study sacred sites and experience their energy. Once we have a connection to the energy of these ley lines, we know what to do. Trust this.

We encourage and spread love.

Love is a positive conduit for New Energy. By balancing our minds and hearts, spreading love is easier and the results are magnificent.

We practice kindness towards ourselves and towards others.

This creates a softening of our hearts. By practicing kindness, we are closely attuning to New Energy. Kindness frees us from self-criticism and sabotage. Kindness to others softens both them and us. Kindness does not diminish our power; it enhances it.