

Introduction

Great paradigm shifts and changes in the way humanity approaches life occurs at certain times throughout all of humanity's history. The most monumental paradigm shift of all of mankind's history is happening now. You are likely aware of the heightened anxiety and fluctuating emotions over global virus pandemics, the increase in global violence, financial meltdowns, worldwide economic crisis, the rise in the number of natural disasters, increased terrorism, the climate crisis, and lack of respect for Mother Earth and her people.

You have likely heard about grassroot movements, such as Occupy Wallstreet, movements for climate change, and various other types of organizations that are bringing into your awareness the alarming harmful activities taking place on our planet. It is vital we become aware of these so we can act to reduce or eliminate these negative activities and their effects. For example, genetically modified organisms (GMOs) are becoming more widespread and many people worldwide are unhealthy as a result. Many organizations are bringing pressure and offering education to people to thwart off the overtaking by certain large companies who have an invested interest (money and power) to perpetuate the GMOs.

All of these, plus many more, are demonstrations of the upheavals in what you know as the current paradigm existing on our planet. These upheavals are a necessary change that comes with the shift of our current state of affairs and its associated transition from a male dominated, competitive, capitalized era with an emphasis on mental intelligence, to what is

necessary to save humanity—a “new earth”—represented by an era that has a more equal balance between men and women, a respect and understanding of the diversity of people on the planet, and for Mother Earth herself, a dominance of collaboration and sharing of resources, giving equality and equity to everyone, a perspective of living life knowing all life is interconnected, and improved social enterprise including treating all workers with respect and fairness.

This current and new evolutionary leap includes the innate changes that are happening with Mother Earth, for she, too, is undergoing the evolutionary shift. It is law, just as gravity is a law. It simply takes place and you are in the very midst of the most precedented shift of all of humanity: The Age of Aquarius. This major shift occurs every 26,000 years. You can reference Gregg Braden’s book *Fractal Time* for more in-depth details of this 26,000-year cycle that is now transitioning into a new 26,000-year cycle. The Mayan’s calendar ended on December 21, 2012, not to predict the world ending but rather to indicate the end of the 26,000-year cycle and the beginning of a new 26,000- year cycle.

With the beginning of every new cycle and subsequent shift, whether it is planetary wide or individually, a dismantling of the old paradigm occurs. This is indeed a birthing process and this process requires the releasing of the old, in order to make room for the new! Humanity is in the very midst of this monumental shift.

In order to reach the new earth more effectively and easily, several actions must take place:

- Each individual will do best to flow and change with the predominate shift happening worldwide. Those who resist this shift, both vibrationally and physically, have a harder time adapting to the newer environment.
- Each person will adapt easier to this shift when they live from higher vibrational emotions such as love, kindness and respect, versus the sharp contrast to those with lower vibrational emotions such as anger, jealousy or hatred.
- Each person will optimize living their life experience by living authentically and in alignment with their true essence. This means to genuinely live in such a way that honors your true character and nature, and to offer your real gifts and talents.
- On an organizational, community, or enterprise level, what is required to effectively bring in the new earth requires considering *all* components of a system that are affected when creating a new organization, business, construction project or community organization. It also requires successfully implementing policies and procedures to support equity for, and inclusion of, the diverse employees as well as the clients or customers of any organization.

When every person offers their important piece of the whole puzzle, then the whole puzzle is nicely filled in and this creates a fluidity that carries the whole of humanity in a synergistic proper balance. It is this synergistic balance that facilitates, on a global level, a higher vibration of love, and naturally leads to a planet of peace.

Imagine with me what it would be like to use Mother Earth's resources in a capacity that supports optimal usage of resources, resulting in all people having enough food to eat.

See the world where strangers are generous and kind to others, knowing there are plenty of resources available to go around, whether it is food, gas, water, or money.

Think about a world in which your children feel and *are* safe to walk any street in the world, because there is only the kindness and respect offered to each person throughout the world.

Feel what it would personally be like if you were in a position to relax and be stress free, to be working in a field or career that truly makes your heart sing.

What would you feel like if you had no worries about where your next meal or money for rent came from?

What would your grandchildren's future look like if you knew there will always be truth and honesty offered by all people?

Imagine what the world would look like, and be like, if all people *knew and lived* with the knowing that *all* people are indeed created equal, and that no one person, that no one religion, that no one country, that no one type of skin color, that no one type of life style, is better than another.

This sounds like utopia, yes? Indeed, it can be described as just this!

And, it is possible.

You see, with this evolutionary shift, the evolutionary shift of higher *consciousness*, people and Mother Earth's vibration is rising. It is this rising in vibration that represents a rising into love, a rising into a better *capacity and ability* to actually live from this place of higher respect, kindness and love for one's self and for all. For it is these ingredients called The Creator's qualities that facilitates, empowers, and puts into motion the very utopia just described. For without the ability or capacity to be in the higher vibrations (love, gratitude, respect, kindness and so on), the violence and war will continue. The lower vibrations (hate, jealousy, anger, violence, greed and so on) cannot be sustained for much longer, for the nature of this 26,000-year evolutionary shift is the rising of consciousness, and inherent in this—the very law of this—is such that the old, lower vibrations are being eliminated and released, *so that* the new higher vibrations can enter and be upheld in a better fashion.

And since this evolutionary leap is occurring, why not make it easier on yourself by taking on the exercises in this book that will help make this birthing process easier for you? Would you not also want this for your children and your children's children?

In order to understand and become more aware with greater insight, there are certain principles and teachings that will assist you in understanding why the planet is currently experiencing the huge upheavals of terrorism, war, and violence; why there is an increase in self-hatred, which is projected onto others; why there is a sharp increase in the number of school shootings and domestic violence; and why there is less respect for Mother Earth and her resources.

Through this understanding and insight, you will then have a better desire and be more motivated to make change in your personal life because you will realize *it starts with you*. For you are the only person that can make change in your life. When enough people do this, it affects the collective consciousness, and this then creates the pivotal breaking point where then more and more people become awake and live in the higher vibrational emotions such as love and gratitude that are needed.

“You have always had the power, my dear,” said Glinda the good witch to Dorothy in the movie *The Wizard of Oz*. So, come on this insightful journey to discover how to change, not only your life, but to change humanity and the planet. When many of us take action for change, the whole planet shifts and peace can again reign on Mother Earth, reign in your heart and your life, reign in the lives of those you love, and reign for the future generations of humanity.

You will receive hope by reading this book. You will see, that starting with you, it *is* possible to make a positive difference in your life. This book will also share some vital insights by which life

can be lived to better propagate and facilitate the *natural* way of living, from the perspective of Oneness—Oneness Living—the understanding that all of life is interconnected. This results in making a positive difference to you, to those around you, and to the whole planet.

Throughout this book you will read the term “The Creator,” which references what some may know as The Universe, Lord, Father, Source, The One, God, or The I Am. Certainly, replace the term with whichever term resonates with you.

Peace within, peace on earth.