

## 2012-The Power of the Group

Much is being written about the end of the Mayan Great Cycle, culminating at the end of December 2012 and the birth of a New Age. The conclusion of past cycles and the beginning of new ones, have heralded huge global changes: volcanic eruptions, the Ice Age, and the floods. Many pundits and visionaries suggest that conditions may be in place for yet another change of epic proportions. However, the fact that the energy and possibility are in place does not necessarily mean that it will happen. We all have the power to moderate and shape our future to some degree. Our Guides are clear on one thing: that which is seen as a disaster by some, may be viewed as a wonderful opportunity by others. It has been made clear to us that following this shift we will be able to learn and grow through blessed joy and happiness, rather than the fear, shame, guilt and anger that so many of us experience now. The word apocalypse actually means a future revelation, the revealing of a new way of living, a new way of being in the world.

This change will be instigated by meditation and prayer, in groups and individually: by carrying out selfless works for others, caring not whether it is acknowledged or praised; by working on our Karmic Journey to help lighten the energy of our universe; and by paying great attention to and neutralizing any malevolent energy around us. By accepting that we are not separate from God, whatever name we may give him, and that he is within us all and that we are all divine, we all absorb, reflect and walk in his Light.

Dr. David R Hawkins' life changing book "Power Vs Force" uses the science of kinesiology to offer yes-or-no answers to many of the questions we face in our lives. Hundreds of thousands of respondents and calibrations have given rise to his Levels of Human Consciousness, in which he measures from a flicker of life at 1 through to enlightenment at 700, and Divine Grace at 1000. They represent a logarithmic progression from the basic levels of shame, guilt, apathy, grief, fear, and anger through the all important 200 number where personal power starts, and up through acceptance, reason, love, joy, peace, and enlightenment. Using muscle testing, or dowsing, it is possible to quickly find a level of consciousness or enlightenment for every person, group, business, book, political party, even an action or a religion. Consider for a moment how useful that would be with your clients, associates, or employers? To summarize: above 200 we are positively contributing to the energy of our universe, and below it we are negating it. Dr. Hawkins states that as this is a logarithmic progression, one person who resonates at over 300 counterbalances the negative energy of over 90,000 individuals below the 200 mark. More than 85% of the world's population exists below the critical 200 level.

The importance of this work is apparent when we consider it in the context of 2012, and the many possible outcomes. Until a few years ago the total level of humanity resonated at 209. More recently due to war, greed, religious bigotry, selfishness, and disinterest, this level has fallen below the critical mark to 196. It is imperative that we do everything possible to help bring about this important change as soon as possible, and assist in a positive and long lasting uplift of universal awareness to the 200 level and higher.

This brings us to the power of groups in our lives.

Like many readers, we meet once a month in a Spiritual Group of six members. We discuss interesting “spooky” news, sit together in group meditation, and towards the end of our meditation, join our energies to send Love, Light, and Healing into the world. Here’s the fascinating part: as individuals our levels of consciousness range from about 250 to just under 500, but when we merge and call in divine assistance, our energy as a group raises to almost 800, enabling us to balance the energy of countless individuals below the 200 mark. When linked our energy increases exponentially; much, much more than the sum/average of our power.

This is one of the many ways we can help push the balance of our universe back into the positive, and enable the changes, when they do arrive, to be meaningful, gentle, loving, and for the benefit of all mankind.

The process we use is relevantly simple, and maybe well known to many readers, but for others the process is explained below:

The session is led by one of the group, and members are encouraged to see a golden ball of Light energy above their heads. A positive healing, soothing and protecting ball of universal energy. Members are asked to allow this Light to fill their bodies, and when full, to overflow from the Crown Chakra, to form a bubble of Light all around them.

This Light then merges with the light of the rest of the group, and fills the whole room.

Members are then asked to visualise the Light filling the building, the street, the town, the country, the continent, then by imagining a globe, see the Light encircling the whole world.

This “Earthed Light” is then offered back to our Guides to use as they see fit for the greater good of all. The group truly believe that every single person on our planet is touched in some small way by this process.

The group then spends time, quietly, on individual healing work. This takes seconds with each recipient. It is as though a shaft of white/gold lightning bursts forth, surrounds the person or situation being healed, and then moves on.

After this personal time, we may focus on one important event that may require assistance, then thank our helpers, ground ourselves and open our eyes.

We only managed to channel this energy for about 10 minutes the first few times, but now we are able to continue for about 20.

Many readers already do something akin to this, but if not, please join together with other like-minded souls, and send your Light into the world.

**You are the difference we all count on to bring about positive, lasting change in the world.**