

2012: A Spiritual View #2

by Mary Ellen Flora

A transformation is taking place on Earth now, and 2012 is an important date in the process. We are balancing our positive-negative poles. (See 2012: A Spiritual View #1.)

We, the human race, are responsible for everything on Earth, including this positive-negative transformation. We are a mass consciousness and affect the entire planet just as an individual's brain affects its body. If an individual is happy, the brain is affected with certain electrical and chemical reactions and the body is altered. This is also true if a person is afraid. As a race we are now affecting our mass consciousness with fear, and the human race and planet are reacting with seemingly insane behavior.

The transformation of humanity and Earth is a constant, continuing process. The uniqueness of the present transition is the speed and magnitude of this process. We are accustomed to a certain time-space continuum and it is speeding up and shifting so much that we feel disturbed, afraid, even crazy. Most development has occurred over thousands, even millions, of years while this transformation is occurring rapidly.

The way to survive, and even thrive, during this growth process is to recognize that you are spirit, pure energy, and a spark of the Cosmic Whole. We are not our bodies which are being so affected by this vast change. We, the spirit, are the light and life of the bodies and they are the vessels of the spirit. Spirit is meant to be in charge of the physical experience. However, most of humanity is asleep to their spiritual nature and acknowledges the body only, so the body is afraid without spiritual guidance.

The way to awaken to your spiritual nature is through meditation. This is a system to quiet the body, including emotions and intellect, and awaken to spirit. Spirit and body are extremely different, so meditation is necessary to bring these two aspects of your creativity together. Your body has emotions and an intellectual view and you, the spirit, have the ability to spiritually see and know. You are having fun with the present rapid change because you are a fast-moving, high energy spirit. Your body is disturbed and afraid because it does not understand what is occurring. Your body is a lower, slower energy system that desperately needs your attention during this transition. Spirit is timeless, without emotions or intellect, while body has all of these and many more physical characteristics. Spirit needs to re-own and take control of its body in order to be in charge of its creativity in this high energy, fast-change time.

Most people are not spiritually awake or in charge. Many are experiencing body disturbances such as anxiety, sleeplessness, stress, greed, aggression and other signs of intense fear. These symptoms are all expressions of the body's fear about our transitions. Spirit does not have fear or its by-products, including judgement and hate. Spirit is responsible for what is in its body and can take control by meditating, recognizing the disturbance and cleansing the fear. The body is always sending messages and it is up to spirit to respond to be in control of the situation.

A few years ago, an earthquake occurred while a nurse friend of mine was on a health mission in Mexico. When the tremors started, everyone began running around wildly. She stopped, remembered her spiritual information and used it. None of her group or village was injured because she used grounding, gold energy and other spiritual techniques. The villages all around her location had many casualties. My friend took charge as spirit, and affected the group consciousness to prevent destruction.

Meditation is the way to awaken to your spiritual abilities and regain control of your physical experience. The ancient meditation techniques of grounding and centering bring you, the spirit, into your body to deal with life every day or in an emergency. 2012 is rapidly approaching and everything is moving much faster. Now is the time to learn meditation so you can keep up with the fast changing environment.

We are spirit and can affect this transformation from within our personal space. We can change energy within and around us. We need to learn to meditate now because the transformation of humanity and Earth is happening now. We each have the ability to change our fear to love and bring the mass consciousness to a high, creative level. Spirit is having fun creating. By taking charge of the physical world as spirit, the bodies can also enjoy the 2012 transformation.