

2012: Using Spiritual Energy to Change

by Mary Ellen Flora

2012 is the sign of change on a grand scale. This is a time of major spiritual transformation which creates physical change. We are spirit and are all part of the mass consciousness that is creating our experience. Planet Earth is an exciting place for the creative adventure of spirit. We are all spirit, our bodies are our vessels and spirit is the creator, light and life within the body. As spirit we are one and Earth is our larger body. This major change time is an awakening of spirit in the physical consciousness; a time to wake up to spirit.

The human bodies and Earth body are all changing to accommodate our increased spiritual energy. We have an infinite number of spiritual vibrations to use in our transformation. Cosmic and Earth energies can be consciously manipulated to heal ourselves and our planet. Another powerful energy called Kundalini energy is also emerging from individual bodies and the planet. All of our spiritual energies transform lower physical vibrations to a higher spiritual energy for us to use in our creative process. We need to bring the body energy up to accept our high spiritual vibrations. This requires awakening to our spiritual nature.

A major lesson for spirit is how to bring your physical body to an awakened state to receive spirit without harming the body. Meditation is the way to turn within, know yourself, and heal in a safe and controlled manner. By learning to meditate and doing so daily, you awaken as spirit and heal your body. Many energies are available to help you get back to yourself, the spirit. Kundalini energy is one vibration to use to transform the physical to spiritual energy. In the book Kundalini Energy: The Flame of Life, the chapter, "Bringing the Body to An Awakened State," describes how to do this and refers to meditation as a foundation of healing. The following is an excerpt from the chapter:

"The human body is an alive, dynamic vehicle for the soul. We, as spirit, have invested a great deal of energy in the physical world and in our bodies. Many beings have lost their awareness of themselves as spirit because they have invested so much of their energy in the physical world of matter. Many have come to believe they are their bodies and that there is nothing but the physical world.

This sleeping state is what many people on Earth are now experiencing. The lack of awareness of the spiritual nature of all things and the spirituality of humanity is the main cause of disturbance on this planet. The lack of spiritual information is perpetuating this state of unawareness.

While many people seek God, they seek God outside of themselves instead of within. This outward focus for spiritual information and guidance can cause confusion and create power games and control games instead of spiritual awakening of the individual soul.

For the soul to reawaken to its spiritual nature, it must realize that it is not its body and does not have the characteristics of the body. The body operates in time and space, is limited by effort, competition and ethics, and is mortal. The spirit operates outside of time and space, does not have competition, ethics or effort, and is immortal, to list a few of the differences. The soul needs to learn to have affinity for its body to create fully through it since the affinity for the body's characteristics helps the soul work through the medium of the body.

The differences between spirit and body cause a great deal of confusion for many people seeking spiritual information and awakening. The person may start her spiritual opening with good intentions and end up focused on an ego trip, in pain, or in fear because she did not know the difference between spirit and body. Trying to make the body like the spirit is impossible, and trying to make spirit like the body is also impossible. Unfortunately, many people get caught in exactly that pattern. This attempt to make one like the other disrupts the natural affinity between a spirit and its body. It can make the body afraid of spirit and cause spirit to spend its energy outside of the body.

To bring the body back to an awakened state, it is essential to recognize the differences between spirit and body and not try to make the body be like you, the spirit. A spiritually awake body is very different from a spiritually awake soul. The body's natural characteristics are intensified when the body is healed. Thus, the sexuality, emotionality, and other physical characteristics are stronger and require more spiritual attention to turn them to spiritual use. The differences between spirit and body are the same whether the soul or body is asleep or awake. The body is still mortal and the soul is still immortal. The body uses effort, time and space, and spirit does not. An awakened body is one through which the spiritual energy flows easily, and healing is constantly occurring as the spirit takes responsibility for its intensified energy field. If spirit wakens its body and does not care for it, the body can be a powerful vehicle that is out of control.

Bringing the body to an awakened state requires healing it by clearing the lies, foreign energy, misinformation, past-time energy, and other

inappropriate energies from it. It means clearing anything from your body that is not in agreement with your spiritual nature such as hate, fear, pain, and the ego that covers all of your mistakes. An awakened body is an alive body, unencumbered by the energies which deaden it, such as pain and the other energies already mentioned. Once a body begins to awaken, the healing focus must be increased so the disturbances stored in the body do not get you off your spiritual path. An awakened body is an exciting challenge to use. It is like riding a healthy, spirited horse instead of a sick, jaded one.”

Meditation: Key to Spiritual Awakening teaches five of the ancient spiritual techniques to use for meditation and is the foundation for spiritual work. Spiritual energy is increasing in everyone and everything. Learn to understand yourself as spirit and your spiritual energies to regain control of your creativity. Learn to ground, center and meditate to help you create in this time of planetary spiritual awakening. Meditation prepares your body for the rising Kundalini energy which is part of the 2012 transformation process. Now is the time to meditate and take charge as spirit.

2012 is the landmark for spiritual awakening and we need to heal our bodies so they can accept our high spiritual vibration and accomplish our spiritual goals. Ground, center, take charge of your creations and enjoy the ride.