

PART I: INTRODUCTION

My journey began in 1985, after being introduced to a videotaped movie called Earth Changes. This documentary discussed Hopi Indian prophesy and predictions that have continued to affect our planet and all life forms residing here. As with any prophecy, time had to pass in order to see their predictions come to pass. As I actively think about the cataclysmic events that have transpired over the last 20 plus years I feel it safe to conclude that the Hopi's had tapped in to a higher power and were able to receive information that would benefit humanity for many, many years. As I consider this I cannot help but wonder if we and the planet would be in better shape had we all been infused with their knowledge from the beginning, but to expend any energy on what could have been seems to be more self-defeating. I instead feel more compelled to spend this time focusing on how our brothers and sisters will rise again and connect with all things. To reunite with Great Spirit with only the purest of intentions and teach our children the path to peace and oneness, to educate the generations to come, realize that we are not alone and that we are deeply cared for by the source from which we either evolved from or was created by. If you do not have first-hand experience with Indian ways, you may have seen movies where the native American could hear messages from the Earth or know what was to come just by paying attention to the animals, wind, water and trees. In keeping with that idea that the Indians were more adept at hearing messages from Great Spirit by way of all living things, we may now be better able to grasp the idea that we all can. We are living and breathing conduits of energy that can willfully expose ourselves to outside forces so that we are able to listen, feel, see, and think more deeply. Knowing that something could happen doesn't mean we live our lives in fear of it, but instead, choose to live in a heightened state of awareness in order to remain open to the information that flows naturally to us, allowing us to protect our planet and our physical forms.

The Hopi's predicted many freak accidents and cataclysmic events that have already come to pass; catastrophic events that took loved ones or merely changed the Earth's landscape. People and animals alike have lost their lives. Some might argue that when these events take place there is nothing we can do. I beg to differ. Conscious awareness changes everything. Predictions of earthquakes, floods, crimes of passion, greed, jealousy and plain acts of stupidity have led us to where we are today, unattached, overloaded and standing on the precipice of collapse. Know that although this may be true, there is a higher power at work here and it is inviting us to change, just as it has been since the beginning of time. Everything changes. The Earth is strong but she is constantly adjusting in order to accommodate the load she carries. You can choose to change right along with her, adapting and overcoming, or continue on the path you think you should be living, or maybe you will choose to become more aware of your environment and live life as a fully conscious being.

Bad things do happen. Unfortunately, that is the natural cycle of life and death. The world according to the Native American Indians suggested that there must be endings in order to have new beginnings. There is much truth to this.

What you will come to learn in the pages ahead, Great Spirit asked me to share in an effort to wake you from your long, unconscious slumber. I was told, in 2003, that by sharing my experiences and teaching others, I would help raise universal awareness. They, meaning Spirit said that this time we were entering into is sacred and that it is imperative that we recognize our own true gifts. This is a very special time! It is a time for change, a time for new beginnings. Mother earth has been purging the impurities and we, animals and humans, are asked to do the same. We are being asked to treat each other with respect; to stop the senseless killing and panic peddling. Focus on what is most important for the collective whole.

You may have noticed that your body can't handle the chemicals it once could, or the stress it once tolerated. We are shifting, transforming our beings on all levels in order to move into the future. Struggling or fighting the evolution will only create more stress. To alleviate the distress you may be experiencing at this moment, before you move ahead into the text, I've included a creative visualization technique that I use frequently to stay centered. It can be used when you feel as if your life is out of sorts.

First, imagine or visualize a river. Consciously, you know that the river flows in one direction and as you see yourself stepping into the water, feel the weight of it push against your legs, allow yourself to give in to the force of the river. Imagine that you lie back, letting your arms and legs lift and float freely, playing atop the waters natural flow. Now, imagine that there is no longer any struggle left within you. You have given yourself to the river and it will take you to the place you are meant to be.

The purpose of this visualization is to help you with releasing the feeling that you have to fight or struggle in order to find your direction in life or change something that is going on around you now. If you see yourself entering the current, moving up stream, this is a clue that you are struggling with life, and quite possibly, unhappy with your successes. This also applies to those that see themselves enter the river, fighting the current to get to the other side. Here is an affirmation I use when I feel that I am trying too hard.

Water spirit, I affirm that I will enter the depths of your soul, lift my feet and go with your flow. I trust you to take me where I need to be at this time in my life under grace and in perfect ways. This I affirm.

Great Spirit knows what your true path is, but we humans have a tendency to think that we have to get into the river and start paddling, fighting against the current in order to go where we think we need to be. We are our own worst enemy, creating most of the stresses in our lives.

I have to admit, there is one thing that I encounter while working with most clients that, even after many years, still perplexes me. It is the way we all seek to belong somewhere or to

something like finding an organization or group of like-minded individuals that may or may not help us to define who we are. Each one has its benefits yet each distances us from one another. Let us think on religion first. The Methodists, Catholics, and Jehovah's Witness, and so on, are merely examples of groups that believe in something. God, Jesus Christ, or something other than these; with each having its own twists and turns, and each person choosing that religion which, more often than not, chooses to sit in judgment over or criticize the others. I have to ask why. Do you think our loving, compassionate God is judgmental or critical of us? I don't. We as humans tend to rip ourselves, as well as others, to shreds. Why would God waste time doing such a thing? The answer is God wouldn't. We, who seek power and knowledge, do. We tend to look down on others in order to make ourselves feel better about our station in life.

I am hopeful that these writings will help you to see that we no longer have to struggle. We no longer have to look down upon others and go to war over things we cannot change all by ourselves. Living on sacred time means raising our energy in effort to do what is right by all and for all.

Our Native American ancestors believe that we are all made from the same matter, energy, and atoms. Being that we are all comprised of the same stuff means we are all connected and a part of everything that exists. Only we choose to separate ourselves in order to show our individuality, striving toward wealth or success, good health, happiness and peace only to find ourselves empty and in a state of aloneness. We have fallen short of our own expectations, not God's expectations of us, because God does not possess the same mental state we do. We choose the good, bad, the different or the indifferent based upon learned behaviors. What God wants for us is universal peace inside and out. Being in touch with this truth gave me a thirst for knowledge, and this thirst led me to do more research into religious scholars and philosophers of days gone by.

Lifetime after lifetime each generation seeks to belong or identify with people and groups rather than trust the divine information that comes from within.

If you have been ailing in any way, in any area of your life, take note that the innate intelligence within you wants your undivided attention.