



An Extraordinary Chapter in the Epic Human Story

These are challenging times and let us not pretend otherwise! However, this extraordinary chapter within the epic human story is presenting extraordinary gifts and opportunities.

Beyond making the most of these challenging times, trying to find the silver lining, thinking positively or adopting the perspective “it's all good,” can we actually allow a shift in consciousness that will transform our experience of reality? Yes, it is possible, right here and right now! Come, walk with me. I'd like to take us on an Energetic Journey.

Let us see if we can discover a secret door to that Divine Energy – the evolutionary power and intelligence of the Universe. Or, perhaps a door will open within us so that

more of that universal Love and Intelligence, which is the source of every cell of our body and every atom of the universe, will come flooding in. If this article is successful, the very Energy within us will be more awake, radiant and effulgent when we finish it.

Let us look at the unprecedented changes affecting all of humanity at this time. My perspective may at first seem radical, even disturbing, but in the end, it may prove to be very reassuring. It may even awaken a sense of being part of a spiritual adventure of a magnitude that the world has never seen before. Being awake to the immensity of what is really happening will ignite an enthusiasm and gratitude for the privilege of living through this truly momentous event.

There is a Divine Force currently moving through the planet that is deeper and more essentially transformative than all the health, economic, political and social challenges happening at this time. It is directly bringing about spiritual openings, not just through outer events, but through directly transforming our energy and consciousness.

Whether we realize this consciously or unconsciously, there is now more than ever, a recognition that trying to create happiness with only the human mind is very limited at best and mostly catastrophic. Humanity has tried, unsuccessfully, everything imaginable to create that elusive peace and happiness. This realization is opening the door to allow the Divine to have much more intimate contact with us so that humanity can move forward to that Golden Age where we live in infinitely greater Love and Joy.

We are used to ascribing our internal state and our experience of reality to current events or past conditioning. But the Divine, the evolutionary power and intelligence of the universe, is now reaching directly into our Heart, our Energy and our Consciousness and creating transformation without any intermediary. This is the Divine Grace that we have always wanted. But now that it is really happening, it feels uncomfortable, disturbing and even frightening. That is because the desire to control and the resistance to the unfamiliar is so strongly conditioned in us. And it is precisely letting go of the need to control and attachment to the familiar that the Divine is removing in order to allow in a Higher Love.

Have you been feeling unstable, as if on shaky ground? Is anger, fear, dread, confusion, disorientation or hopelessness coming up for no apparent reason? These all could be forms of resisting the unfamiliar sense of not knowing. Do you wake up some mornings feeling raw and vulnerable, and then feel easily triggered later in the day? Perhaps it has felt like an energetic rollercoaster ride - up one day, down the next. Or maybe you are doing well emotionally, but there is a distinct and visceral sensation of being s-t-r-e-t-c-h-e-d energetically. The degree to which this is happening is literally unprecedented

– it is a first for humanity.

Maybe we are supposed to feel unstable, uncertain and even, for some of us, as if the rug is being pulled out from under us. Maybe this is the natural result of Grace directly downloading a higher unfamiliar Love. Maybe if we just stop resisting, very profound and powerful blessings and healings will be given to us directly and effortlessly. Yes, even those deep traumas and fears that we have been trying to heal for lifetimes can be transmuted if we allow it!

This opening and allowing is a subtle art, not a hard science. If the Divine is opening us to Love through removing our sense of certainty and familiarity, then having high expectations of what we want and how we want it done is itself a form of resistance. We are now in an era of transitioning from obsessive collection, control and dissemination of information and knowledge to opening to Unknowing. Of course, we will continue to learn, innovate and create, but it will be in service of Love, rather than trying to get more Love through getting more knowledge.

Certainty is limited, there are defined boundaries. Uncertainty is open, free, full of possibility. Knowledge may seem vast, but Unknowing is Infinite.

When we consider all that is unknown, all the knowledge in the world is minuscule by contrast. And it is not just a quantitative thing. There is also a fundamental qualitative difference. Knowledge insists that God or the Universe come to us on our terms, in our language and within our expectations. But when we open to the Unknown, then Divine Love, which is beyond the fears generated by a mind grasping at knowing, can then enter in. The root of fear is the need to know. Not knowing is the portal to Love.

Here are some tips to make the most of these singularly exceptional times:

- Embrace uncertainty; cherish the freedom of Not Knowing.
- Acknowledge the monumental changes happening at this time, and the unprecedented way that it is coming from the Divine directly into our very consciousness, heart and energy body.
- Stop insisting that things be “normal” and familiar. This armor us against the unfamiliar, fresh and liberating Love that is trying to enter in.
- Be okay with the occasional feeling of instability. Place it in the context of being part of this grand human awakening.
- Do your best to feel body sensations, however uncomfortable at first, without any resistance, judgment or storyline. Just feel. This will open a portal for Divine Love to enter in. With neutral Presence, the discomfort will be transmuted into

- pure energy.
- **Give Divine Love an opportunity to enter in directly.** Stop making life only about doing, judging and getting. Set aside time to just lie down and invite Divine Power to deliver its sublime gifts to us and awaken within us whatever will be for our highest good. (Of all the recommendations, this may be the most leveraged.)
 - Don't force things. Opening to this hugely transformational Energy can bring about a sense of disorientation or shakiness. Honor those feelings. If you don't feel like going out, stay home if you can. To be a conduit for the Divine, it is important to remain flexible and attuned to these Energy Waves.

Thank you for walking with me on this energetic journey of discovery. Now that you know that all you need is to *allow* the Divine to Love you, how does the energy feel within? Are you ready for the next step in human evolution – *your* evolution? Ready or not, here it is – a LOVE beyond anything ever known!

In That Love,
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