



# Transforming Yourself.... Transforming the World

by Selacia

As a new cycle begins, it's normal to consider what you want to change about yourself and the world. If you were making a list of those things right now, it would help to know the big picture and the specifics of what needs to shift. Like a lab scientist with a microscope, you want to magnify the view of your experience so you can pinpoint causes of dysfunction and unhappiness. After all, you can only change things when you are aware of them.

Right now, as you sit within the initial weeks of 2012, you likely know about countless things you want changed. If you're like most of us, you have noticed how dysfunctional our world has become and you notice your own challenges in a magnified way. That's not surprising, of course, especially with all of the media attention given to planetary revolution and global demonstrations by citizens representing the 99%. You probably would feel discontent and a desire for change – even without the media attention – but the constant reminders are like a repeating wake up call.

Indeed, you are waking up to humanity's crisis. As part of that, you are becoming more aware of your own predicament. A multitude of inner changes are required for you to feel whole, thrive, have loving relationships, and be tangibly connected to spirit. You cannot become enlightened if you ignore needed changes – whether they be known or unknown to your conscious mind. If you have been on the path of spiritual awakening for a while, you have been addressing needed changes in an ongoing way. You have learned that transformation is an ongoing process without an end point. You accept that idea because your inner being catalyzes your desire to be the best you can be.

Regardless of your current circumstance, the need to continue your spiritual transformation process is now amplified by leaps and bounds. This need is there all the time, even when you have just completed healing of a lifelong issue. The need continues in both your waking state and your dream state. The need persists



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even if you place no conscious attention on transformation. Why is this?

## 5 Reasons for Amplified Transformation Process

1. **This is no ordinary time.** The earth sits at a precipice, with life as we have known it shifting dramatically in a very short period. We have reached an energetic tipping point and must discover more loving ways of being in order to survive as a species. The mega paradigm shift under way is impacting everyone on the planet, stirring a deep discontent and a conscious questioning of things never questioned before. These responses accelerate your transformation process.

2. **Time pressures are accelerating.** In part this is because time is actually speeding up as part of our evolutionary process. It's not your imagination! In tandem with this, we are becoming more conscious of ourselves and our life process. As this occurs, we become more aware of our multidimensional selves and of the magnitude of needed changes. We become overwhelmed by how vast our life canvas has grown.

3. **Different times require different approaches.** In no other period did we face such rapid change, impacting virtually every aspect of life and touching everyone in all parts of the world. Your approach to personal transformation needs to be updated regularly to reflect the increased momentum of change. The old methods will not suffice. In past cycles you may have had only one key life challenge on your plate. For much of human history people dealt with one or perhaps a few life lessons during a lifetime. An ancestor, for example, may have struggled with money as his or her chief concern. That same person alive now would face a vast array of issues stemming from past conditioning; past patterns not yet addressed will come into inescapable view. These patterns, held within your DNA, must be cleared at their origin point before you can be free of them.

They don't surface all at once, thank goodness, but are catalyzed by life events.

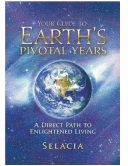
4. **You are not transforming alone.** Everyone around you is experiencing chaos and uncertainty, catalyzing inner shifting on a mass scale. Remember that everyone on the planet is connected. Each time a person heals even part of a dysfunctional pattern, there is a beneficial impact on the mass consciousness. After all, we create the mass consciousness together over time – it's a work in progress. As the mass consciousness shifts, your own transformational process is impacted. Sometimes this means you feel compelled to look at a personal issue that escaped your attention before. At other times it means that one of your key issues feels less troublesome, giving you a boost of confidence to address the next layer.

5. **The natural world today gives us constant reminders about the need to change.** We as a species have learned to discount nature. For a very long time we have measured our progress by how much we can conquer, how much we can control, and how much money we can make. The natural world – with its animals and land and waters – has been disrespected. Realizing that everything is connected, we become aware that nature's crisis is our crisis. This awareness stirs our inner desire for radical personal transformation. It also ignites our wish to heal what is broken, whether it's on an inner level or in our outer world. It triggers an ongoing recognition of the crisis that is indeed a shared dilemma.

## Your Role in Today's World Crisis

Our planet today is in crisis with everything turned upside down. Turmoil impacts our personal lives and the lives of those we love, too. In our modern society – with all of its gadgets and endless choices of what to consume next – we can lose touch with the sacred. We don't really lose the sacred, of course, but we can feel distant from it.

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How does this happen and what can we do about it? We become disconnected from the sacred when our focus is dominated by things, acquisitions, and obsessive thoughts about the past or the future. It happens when we forget to take time in nature and to breathe deeply. It occurs when we take our lives for granted. We distance ourselves from the sacred when our interactions with others happen more through technology than through one-on-one voice or in-person connecting.

As I write in my new book, *Your Guide to Earth's Pivotal Years*, "Sacredness is anywhere you are because you are divine. You can discover the sacred and live it regardless of your circumstances. Do not wait for a particular time to connect with the sacredness of life."

Consider how many times you tell yourself that you have no time for a walk, no time to sit in front of a tree in contemplation, no time to see a good friend in person. We all do that, so don't judge yourself. Our lives today are fast-paced and high-pitched. Yes, there is a lot to do. And, yes, we need to meet our deadlines and be our word by showing up when we say we will.

### Accessing the Sacred

In reality, though, even a person in a prison can access the sacred. This person can do it with his or her mind. It may not be easy, but it can be done. You, however, are not living in a prison so you have countless choices each day about how to connect with the sacred. If you have a backyard or balcony, you can go outside or look outside a window if it's cold. No backyard or balcony? You can still look out the window. You can simply be with the nature that is there, even if it's only the sky, one tree, or one flower pot you have placed there for this purpose.

Likewise, you can make time in your life for friends. These relationships, while you may treasure them, need regular attention and care in order to thrive. You can choose to take a few hours away from work occasionally and participate in a group meditation or other activity that helps you to open more to the sacred. The key here is remembering to do these things and understanding their importance to your overall well being.

As part of my spiritual growth practice, I do meditation and other processes to connect me with the divine. I decorate my space with reminders of the sacred, too, and remember to look out the

windows frequently to connect with nature. Examples: beginning the day with sun gazing as the sun is rising, noticing the flowering trees, listening to the singing birds, and looking up at the stars as they sparkle in the night sky.

To be sure, it's not always easy to stay connected to the sacred. We have a multitude of stresses as we live during this unique paradigm shift. Anything can change in a moment, and often it does! Here are two personal recent experiences that demonstrate this.

**First**, in my neighborhood we have an abundance of amazing trees and flowers. Birds and all kinds of wildlife have long made their homes in this environment. Some of the trees are more than a hundred

*We distance ourselves from the sacred when our interactions with others happen more through technology than through one-on-one voice or in-person connecting.*

years old, long ago planted by the owners of large estates. Over time, as those properties sold and divided into much smaller homes and apartment buildings, many trees were cut down. Recently, I started to hear the loud sound of a chainsaw out the window. Down the steep hill from my home workers were cutting down all of the very old trees in the backyard of a house. As is the trend at other nearby homes, the natural look is being replaced with one that's more structured and manicured. So, sadly, the trees are not being saved. It was difficult for me to hear the sound of the chainsaw all week and to see the workers carry away the pieces of the beautiful trees. While I understand that it is the choice of the property owner to suddenly make this change, it is disheartening to see people disrespect and devalue nature.

**Second**, the Bodhi Tree Bookstore last November suddenly lost its buyer. Since the 1990s, I have enjoyed connecting with like-minded people there, purchasing

wonderful spiritual books, and presenting workshops. Oftentimes, I met people there who became best friends or healing clients. This shift happened at the last minute, the purchase all but sealed and the current owners set to turn over the keys before the end of 2011. The two women who were to purchase this metaphysical bookstore backed out very late in the process – creating a big question mark for the store's continuation as 2011 was ending. For all of us who love this store and what it brings to our community and beyond, this latest turn of events was a disappointment. For a countless number of people the Bodhi Tree has been a key resource to connect with the sacred and to share the sacred with others. There is really nothing like it anywhere in the western United States. It is still possible, of course, that another buyer will be found in the near future. Let's not underestimate the power of spirit, after all. When there is a genuine need for something and enough positive energy goes into a vision for that thing, the universe has a way of providing!

With both of the above examples, the focus we want to have is not on the loss but on the light-filled alternative that can manifest. Having a grudge against a person who cuts down a tree or people who back out of a business deal will fuel the negative. Instead, foster a positive mindset and anticipate something amazing being born to replace what is leaving. Express constructive thoughts and healing prayers for the beneficial outcome you seek. This is the path of the divine changemaker – a person alive now to be at the forefront of change and to consciously co-create a brand-new world.

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