



The Shift Goes On

How to Move Easily
through the
Evolutionary Shift
and into the
New Consciousness

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Introduction

"The human family is in the midst of the most significant transformation of consciousness since its emergence."

from A Call to Conscious Evolution
established by Deepak Chopra, Marianne Williamson,
Gregg Braden, Jean Houston, Barbara Marx Hubbard, et al.

"There's a shift happening in humanity, a shift in consciousness, happening now because it has to happen now." ~ Eckhart Tolle

We are currently going through a monumental shift to a higher level of awareness... what many are calling the "New Consciousness." I have been closely observing this consciousness shift for about the past 30 years, and over that period I have seen how its effects on everyone's lives have dramatically escalated.

Although the new consciousness will ultimately manifest as a state of greater peace, happiness and harmony on Earth, the current transition from the old consciousness to the new is a difficult one... comparable to a painful birth. The intent of this book is to shed light on how the shift may be affecting you - positively and negatively - and to provide you with practical tools for moving more smoothly and easily through the awakening process.

One topic I have not addressed in this book is physical earth changes. I certainly do not deny that such things may be a very real part of the shift. However, unless we know that a particular catastrophic event will definitely occur, and precisely when and where, I do not see the upside. Speculating about possible catastrophes only seems to create unnecessary fear, and - because our collective thoughts play a major role in creating our collective reality - may even add to the likelihood of such events occurring.

In general, I will say that Mother Earth will do whatever she needs to do to cleanse and realign herself... and that we denizens of this planet will most likely get whatever earth-shaking events we need to wake us up. Therefore, the more we can do to further our awakening process, the more we can minimize the need for such cataclysms. Given that consideration, I believe I have covered those things which are most important for understanding and dealing with these extraordinary times.

The Shift Goes On

How to Move Easily through the Evolutionary Shift and into the New Consciousness

Does life seem to be getting increasingly more challenging? Have your emotional reactions been more intense lately? Does it seem like there are more thoughts racing through your mind? Do you seem to be in a constant state of busyness? Are you finding it difficult to get a good night's sleep? Have you been feeling a vague - or not-so-vague - sense of anxiety? Do you find yourself obsessing more over things? Have your moods been shifting more quickly than usual?

If you are experiencing some - or all - of these things, take heart. Believe it or not, it is a sign that something very positive is happening. In most cases, these are symptoms of an extraordinary consciousness shift that Planet Earth and humanity are currently undergoing... an awakening to "the new consciousness."

WHAT EXACTLY IS THE NEW CONSCIOUSNESS?

The simplest way to put it, is that it is a more spiritual level of consciousness. But let's define it a bit more clearly. We can start by comparing the old consciousness to the new consciousness.

The old consciousness is based on separation. At our current level of awareness, we experience ourselves as distinctly separate individuals... unaware that we are all connected to Life and to each other... unaware that we are all part of a greater consciousness. In the old consciousness our identities are based in physical reality... we believe that we are merely human beings, limited to our physical bodies.

The new consciousness is based on unity. We are awakening to the reality that we are indeed connected to all Life and to one another... that we are all part of the one Universal Consciousness... and that we are in fact, spiritual beings - unique expressions of that infinite Consciousness.

If we look around we can find numerous examples of the old consciousness versus the new consciousness. There are countless instances of people, groups or nations attempting to move forward in ways that express the new consciousness, and meeting resistance from those who would rather remain with the old ways... or perhaps more accurately, those who are afraid to let go of their familiar but limiting old mind-sets.

One of the most stark contrasts I have seen in recent years was the situation in Myanmar - aka Burma - after it was devastated by a cyclone.

People from all over the globe came together to provide aid for those in need... a shining example of the compassion epitomizing the unity-based new consciousness. However, they ran head on into a wall of resistance from the Burmese government, who was so steeped in the old reality of separateness from their fellow brothers and sisters that they were somehow able to justify the flat out rejection of this outpouring of aid intended to alleviate the tremendous suffering of their own people.

What will the new consciousness be like for the individual?

This awakened state of consciousness has been attained by a number of individuals over the ages, and has been given various names, including: enlightenment, self realization, nirvana and ascension.

Although there have been enlightened individuals from virtually all the world's spiritual traditions, the most widely recognized examples of this awakened state are Jesus the Christ, Gautama the Buddha, and more recently, the Dalai Lama. What traits did these enlightened beings all express in their lives? Love, wisdom, compassion, inner peace, understanding, inner joy that is not dependent on outer circumstances, and freedom from struggle and suffering.

These individuals were/are the avant-guard of our race... the prototypes of what is possible for us all. Part of their mission was to exemplify the awakened state that this shift is moving us toward. To quote what Jesus once stated, "All these things I do, you can do also."

What will the new consciousness be like for society?

The new consciousness will be an expression of those qualities which come to mind when we think of the ideal society. The conditions that we have collectively hoped for over the ages will finally emerge to become the standard rather than the exception. Peace, harmony, compassion, cooperation, freedom, equality and fairness will epitomize "The New Earth."

If you view the world through cynically-tinted lenses, you can easily make a case that this is just a fantasy... a Pollyanna dream. However, if you could remove those lenses and have a look from a more open-minded perspective, you would find - amidst all the madness - many signs of the new and improved Earth already emerging.

We can say that the new consciousness is the ultimate goal of our evolution... the destiny of each individual... the human race reaching its full maturity. We have always been spiritual beings, and this is the scene in our epic drama in which we wake up and remember that reality. And when enough individuals awaken and begin living these higher ideals, it will automatically lead to a society that embodies them.

A collective awakening

Throughout the ages, spiritual awakening was an individual process. A seeker of Truth might sit at the feet of a guru, or check into a monastery or mystery school, or withdraw from society to meditate and study in a forest, cave or desert. After years of spiritual practice and study, the aspirant would emerge from his or her cocoon transformed... a fully awakened being.

Although there are still some who choose the path of renunciation, millions are moving toward spiritual awakening via the path of everyday life... combining various spiritual practices with the lessons learned from their day-to-day circumstances. However, at this time even those who are not consciously on a spiritual path are being stimulated to awaken by the forces catalyzing the consciousness shift.

We will have a closer look at these forces shortly. But for now, I will say that from my experience and observations, it is clear that they are effecting virtually everyone on the planet. Whether one lives in the heart of the city or in some remote corner of the world... no matter how willing or how resistant one is to anything "spiritual," everyone is being galvanized on a deep level to wake up. We are all in this boat together, and the pace is accelerated. For ages we have been meandering down the stream of evolution, but now we have hit the rapids and it's becoming a seriously wild ride.

THE PROPHECIES

The consciousness shift, and the new age we are moving into, have been prophesied for ages by seers from various cultures and spiritual traditions, including the Mayans, the Aztecs, the Q'ero Incas, the ancient Egyptians, the Hopi, the Navajo and the Cherokee. The prophecies have called this time "The Quickening," "The Shift of the Ages," and "The Time of Great Purification." Although some of these prophecies include material about physical Earth changes, our focus here will remain on changes in consciousness and quality of life.

The Mayans have referred to this period as "the last days of the Great Cycle." The Mayans measured time in vast cycles - cycles of 5,000 years, 25,000 years, and beyond - based on such astronomical phenomena as the precession of the equinoxes, the movement of our solar system through the galaxy, and the movement of our galaxy through the universe.

According to the Mayans, we are coming to the simultaneous culmination of the five major time cycles, signifying the end of what they called "the 4th world" and the beginning of "the 5th world." What distinguishes one so-called "world" from another? Put simply, it is the prevailing level of human consciousness.

Here is a quote from 7th century Mayan prophet Pacal Votan, referring to the shift. *"It is foretold that the completion of this cycle brings regeneration of Earth, offering awakening to all open, willing hearts."*

As our evolution continues to accelerate, at some point we will reach critical mass, causing a collective quantum leap in our consciousness. For those not familiar with the term "critical mass," it means that when a certain number of parts of a particular entity reach a specific point of change, the remaining parts of that entity automatically follow. For example, when a certain amount of water molecules reach a boiling point, the rest of the molecules automatically follow and the water boils. In regards to our awakening process, when enough people attain a certain level of consciousness, the rest will follow, and humanity will complete the shift into the New Consciousness.

Is our collective awakening a lock? Or is it up to us to choose?

It seems that the choice we have, is to go with the accelerated flow of evolution or to resist it. However, from what I've observed so far, I would have to say that resistance leads to more discomfort than it is worth. In the next section, we will look at the vibrational aspect of this in more depth. But for now, suffice it to say, the vibration level of Planet Earth is rising, regardless of what we humans do.

EVOLUTIONARY LIGHT

To catalyze the shift, our atmosphere is being flooded with a powerful energy which Dr. Alexey Dmitriev, professor of physics at Moscow State University, refers to as "a highly charged material and energetic non-uniformity." I prefer the simpler term: "evolutionary light." Nobel prize winning author, Doris Lessing, wrote about this energy in her 1979 "Shikasta" series, referring to it as SOWF, an acronym for Substance Of We Feeling, i.e. the energy of divine love.

Because this energy is of an extremely high vibration - closer in frequency to our spiritual source than our current vibration - being immersed in it has the effect of quickening *our* vibration, raising it closer to its level. And as our vibrational frequency rises, our consciousness is elevated along with it.

This evolutionary light has been escalating for about 50 years now, but it is escalating so gradually that we are, for the most part, unaware that it has been happening. This gradual increase has allowed us to maintain the illusion that everything is normal, and despite the many changes occurring on the planet, our paradigm of the world has remained basically the same over the past five decades. However, if we could superimpose our current lives - external and internal - with our lives of 50, 30, or even just 10 years ago, we would quite likely be shocked and amazed at the differences.

The next section - "How We are Experiencing the Shift" - will give you a clearer indication as to what these differences are. However, here is one very interesting contrast I have observed over the years:

Our neurotic tendencies are much more on the surface - and much more accepted - now, than they were a few decades ago. Because bringing them into the light of awareness is generally a requirement for integrating and/or healing our neurosis, I see this as a very positive thing.

I have been observing the escalation of this evolutionary light and its effect on our lives since the '80s. Basically the light has been coming in waves. Initially, a new wave would pour into our atmosphere every few months, giving us time to adjust to the changes and demands of living in this higher vibration before another wave would hit.

But over the years, the frequency of these waves - their vibration level *and* the rate at which they are coming - has increased significantly.

Although the overall escalation has been gradual, there have been key occasions on which the frequency of these waves has taken quantum leaps. One of the most noted of these occasions was the "harmonic convergence" in August of 1987. However, at this time, these energy waves are almost constant... more like the ebb and flow of high tide. Thus, we are no longer getting much in the way of breaks to catch our breath and adjust to the higher vibration.

Where are these energy waves coming from? Although this energy is absolutely benevolent, the stressful aspects of its effects may tempt one to think that it is being sent by some sinister beings, sitting in their lair saying, "Let's crank up the juice another couple notches to see how much these Earthlings can take!"

However, this energy is not actually being sent, but already exists in a section of the universe which we are now moving into, as we - Planet Earth and our solar system - move through our galaxy, and our galaxy moves through the cosmos.

This "cosmic neighborhood" of higher vibrational energy was first discovered by British astronomer, mathematician and physicist, Sir Edmond Halley... and years later was labeled "The Manasic Radiation" by German engineer, Paul Otto Hesse. However, this term has become muddled by various skeptics attempting to debunk the whole concept of a consciousness shift and the raising of Earth's vibration.

HOW ARE WE EXPERIENCING THE CONSCIOUSNESS SHIFT?

The Positive Effects

We are indeed in the midst of a spiritual renaissance. People all over the planet are opening to the spiritual dimension of life. We are becoming more conscious about the environment, our relationships, our role in creating our reality, our own spiritual nature, etc. Millions of people are turning to meditation, yoga and other spiritual practices. People in all walks of life are adopting alternative modes of healing and healthier lifestyles. The ample array of new age studies and practices that use to be considered unconventional or downright weird are now being embraced by many in the mainstream.

As we awaken our consciousness, we are also awakening many of our higher spiritual faculties: our intuition and psychic abilities... compassion, empathy, loving kindness and all that arises with the opening of our heart chakras... our innate healing abilities... our creative faculties... and more.

We are experiencing a greater degree of Universal support and higher guidance in our lives, which often manifests in what we have come to call "synchronicities." Many are opening to profound new insights, regarding their personal lives and Life's higher truths. A recent poll shows that 49 percent of Americans have had some form of mystical experience. People all over the planet report feeling a deeper connection with a higher spiritual reality.

That is only a sampling of the positive changes that are beginning to occur as we awaken to a higher consciousness. But there is a flip side to this process which is not as enjoyable, and to move as easily as possible through the shift, it is essential to understand that side - the stressful effects - as well.

The Stressful Effects

Our transition into the new consciousness may be compared to an intense, sometimes painful birth. Here are the negative effects I have found to be the most universally experienced and the most vital to understand. As you read through the list, it will be in your best interest to do so with a high degree of self honesty.

1. Everything is magnified.

At this time, we are experiencing everything more intensely than we were 40, 20, even just a few years ago. It's somewhat like a full moon 24/7. Our emotions - positive and negative - are more intense. Our thought activity is amplified. The pace and demands of life are stepped up. Virtually everyone seems to be experiencing their life drama more intensely... the highs are higher, the lows are lower, and whatever we are focussed on is more consuming. We can witness this last tendency somewhat humorously reflected in the media, as their focus jumps from one fixation-of-the-day to the next.

Another interesting aspect of this, is how subjective we have become. Virtually everything is seen and interpreted through lenses tinted with our emotional bias. Take for example the current political scene. We have always viewed our chosen parties and candidates as the good guys and our opponents as the bad guys, but within the last several years this polarization - and its accompanying hostility - has gone way over the top.

2. We are going through a cleansing.

This is most definitely a time of purification. Individually, all of the emotional toxins, physical toxins, and erroneous beliefs that have been detracting from our clarity and well-being are being cleared away. This, of course, is a very good thing. But it is by no means comfortable. The process - especially when it is so condensed and accelerated - can be extremely uncomfortable.

Much of our individual cleansing process involves our "shadow"... the aggregate of psychological issues we have not yet dealt with and resolved. To be resolved and released, this internal "stuff" is being brought into the light of our awareness. How do you recognize it? It's not hard... whatever issue it's time to deal with and release is generally right in your face.

A similar process is taking place on a collective level. Humanity's collective shadow - all the buried fear, anger, hostility, tension, frustration, etc. - is being magnified and brought to the surface.

Why? So we will finally have to deal with it. It is our human tendency to avoid dealing with such things until they reach a crisis. If you look at the madness and all the horrific things happening in the world and wonder "why?" Seeing it as part of a necessary cleansing process may help you put it into a somewhat more acceptable perspective.

3. There is a strong upward-downward pull.

There are powerful forces working to lift you into the new consciousness. However, there are also forces exerting a strong downward pull, holding us back, keeping us locked in the old consciousness. Although it may be tempting to personify these forces as good and evil, it will be more productive here to simply view them as two natural cosmic forces... polar opposites which we will call the "force of evolution" and the "force of inertia."

This upward-downward pull can cause some rather extreme mood swings. So if you find your "internal weather" going rapidly back and forth between conditions such as: inner peace changing to worry or turbulence... being in the zone one minute and totally out of it the next... or hope alternating with despair, try to remember that it is most likely due to this upward-downward pull. Later we will cover some ways to help negate these uncomfortable effects.

4. The spiritual energies flowing through us are becoming increasingly more powerful.

As we awaken spiritually, we become channels for an increased flow of spiritual energy, also known as "chi" or "shakti." For most of us, our body-mind systems have never had to conduct energies at this level of intensity. The situation is comparable to a 100 watt bulb through which 200 watts of electricity suddenly starts to flow. As you may well imagine, this tends to put a great deal of stress on our body-mind. It is this spiritual phenomenon that Jesus was referring to when he said. "You cannot put new wine into old skins." Thus, the same dynamic held true for those few advanced souls who were awakening 2000 years ago, i.e. our systems must be *prepared* to conduct the higher energies.

How can you recognize if you are being effected by this phenomenon? You might be feeling more impatient lately. You may find yourself compelled to keep busy. You might feel tense for no apparent reason, or as though your energy is all bottled up. You may be feeling an underlying sense of urgency. You may be noticing that you seem to be compulsively talkative. These are some of the more typical ways in which we are experiencing this energy.

5. We are having to keep acclimating to living at higher vibrational levels.

If you think of Earth as a living organism, this organism - "Gaia," as it was named by scientist and environmentalist, James Lovelock, after the Greek goddess of Earth - is also going through a shift, evolving to a higher level of consciousness. As Gaia's consciousness is being elevated, her vibration level is being raised along with it... from a vibrational frequency of dense matter to a vibration closer to the light of Spirit. Consequently we - her inhabitants - are being vibrationally lifted as well, and this requires some adjusting.

Imagine you are climbing a mountain, and the higher you get, the thinner - or more rarefied - the air becomes. Because of this, you have to stop every so often to give you time to adjust to breathing the thinner air. Similarly, each time the vibration of our planet is raised a few ticks, we humans have to adjust to the higher vibrational energy. Ideally this is done by raising our own vibration to a level more in accord with that of the planet. The dynamic here is that the greater the discrepancy between our vibration and that of our surroundings, the greater the level of discomfort.

6. Disorders are becoming more prevalent.

Over the past 20 years or so, we have seen a significant rise in psychological disorders. I am not in any way questioning the reality of these disorders or minimizing the pain they cause. However, I have observed that they are clearly connected to the transition we are going through. This is largely the result of the amplification effect caused by the increase of evolutionary light in our atmosphere. What use to be experienced as minor to moderate problems have now become magnified into full-blown disorders.

For example, what used to be a tendency to worry, has for some, become magnified into Generalized Anxiety Disorder. What was once a tendency toward sadness or melancholy, is now manifesting more intensely as Depression. Higher-than-normal difficulty conducting the increased level of spiritual energies is manifesting in many as Attention Deficit Hyperactivity Disorder. Much of the underlying dynamic of Obsessive Compulsive Disorder involves the ego's attempt to maintain its status and control as it is being stripped away via the awakening process.

HOW YOU CAN MOVE MORE EASILY THROUGH THE SHIFT

Now let's have a look at some ways to help mitigate these stressful effects. I've distilled it down to the five things I have found most essential.

1. Awareness

Simply being aware that this phenomenon is occurring is extremely helpful. When things get really stressful, try to remember that:

- These are extraordinary times.
- Everything is magnified.
- This is a transition into a better state of being and will not last forever.
- People are "not themselves" at this time, so try to give others a little more slack than usual. And while you're at it, give yourself a bit more slack as well.

- And perhaps most importantly, be aware that every situation in your life is intended to raise your consciousness. So in any challenging circumstance, ask yourself, "*What is the lesson in this situation?*"

2. Meditation ~ a daily dip in the light

It may be meditation, deep prayer, or any practice that turns your attention inward, tapping your inner reservoir of nourishing, elevating spiritual energy. Doing this for just 15 to 20 minutes a day will:

- Raise your consciousness and vibration
- Serve as a calm sanctuary amid the turmoil
- Attune you to your source of security and well-being
- Align you with the flow of evolution, helping you go with the evolutionary current rather than resisting it.

3. Centering ~ meditation-in-action

While you are going about your day, try to remember as often as possible to shift your attention back to the calm inner center you've touched upon in your sitting meditation. Centering is not only an effective way to minimize your stress level, but also a good way to get use to living in a higher state of consciousness. Shifting back to your calm center throughout the day also helps you stay aligned with the upward pull of the force of evolution.

Centering methods include: • Breath awareness - bringing a little attention to your breathing whenever you remember. • Being mindful, present, and in the moment. • Shifting your attention to the quiet sanctuary of your heart chakra • Repeating a mantra or affirmation when your mind is not totally engaged in some other task. The meditation included at the end of this book can also be used as an easy, effective centering exercise.

4. Taking care of your body

Your body is conducting some very powerful energies at this time and needs extra care. Here are some guidelines for making sure your body is getting what it needs.

- Relaxation ~ Because there is so much extra stress on your nervous system at this time, your body really needs sufficient relaxation. That might include warm baths or soaking in a hot tub, getting a massage, walking in nature, power naps, etc. Try to find a little time for whatever helps you relax and revitalize your body.
- Physical movement ~ This is extra important now, as it helps strengthen and tone your nervous system and energy system to conduct the energies of higher consciousness. Standard forms of exercise - running, walking, working out - are good, but exercises such as yoga, tai chi, chi gong, etc. are especially effective for this, which accounts for why so many are taking up these practices at this time.
- Vitamin B ~ Vitamin B is an essential nutrient for counteracting stress, and because stress eats up so much of this vitamin, it is important to make sure you are getting plenty of the entire B complex. In most cases, supplements are necessary because most diets do not supply enough B. Calcium and magnesium are also very important for counteracting stress.
- Diet ~ Diet is a fairly emotional subject and each person's needs are different, so I will simply suggest that you pay attention to your body's wisdom. Another thing to consider when choosing what to eat, is that different foods have different vibration levels.
- Drink plenty of liquids ~ Pure water helps flush out the toxins being released by the ongoing cleansing process.

5. Learn to trust and rely on higher guidance and the support of the Universe

There is much guidance and support available at this time... many are working behind the scenes to help us move through this challenging transition. As part of the awakening process, the ego - and its role as life "manager" - is being gradually diminished. This increases the need to shift our reliance to something beyond our limited ego-mind - a higher intelligence - to help us manage our day-to-day circumstances as well as our larger life concerns.

Whatever you call that higher intelligence, and whether you consider it to be a higher aspect of yourself, something beyond yourself, or both, it will serve you well at this time to learn to rely on its guidance and support.

Spiritual teachings throughout the ages have spoken of the "death" of the ego. However, it is important to understand that the ego cannot be forcefully eliminated. Part of the awakening process involves a weaning from our ego identity, and when we reach a certain point in our development, what remains of the ego will go naturally, like a fruit that is ripe and ready to fall. What can you do to facilitate this process? You can begin gradually shifting your identity to your "True Self" - your serene inner awareness - by connecting with it daily in meditation... plus you can be somewhat mindful of your ego's efforts to maintain its role as your primary identity.

WHAT YOU CAN DO TO HELP CREATE THE NEW EARTH

1. Maintaining a spiritual practice, such as daily meditation, yoga, deep prayer, etc., is one of the most effective things you can do. If you do not have a spiritual practice, it's fairly easy to start one. If you are currently engaged in one or more spiritual exercises, simply continue to practice them.
2. Make a conscious choice to go with the evolutionary current, employing some of the tips we have discussed here to assist you in doing so.
3. Hold a positive future vision. Do not buy into the doomsday scenarios and pessimistic world views that are so prevalent nowadays. We are creating the world with our thoughts and expectations, so it is of great importance to ignore worst case scenarios and expect the most positive scenario you can imagine to emerge from this process.

This quote from Native American storyteller, Choquash, captures the essence of these extraordinary times.

"The elders have sent me to tell you that now is like a rushing river, and this will be experienced in many different ways. There are those who would hold onto the shore... there is no shore. The shore is crumbling. Push off into the middle of the river. Keep your head above the water. Look around to see who else is in the river with you... and celebrate."

A MEDITATION TO FACILITATE YOUR AWAKENING PROCESS AND HELP YOU DISCOVER YOUR CALM INNER SANCTUARY

This meditation will attune you to the awareness of your serene Inner Self, also known as your True Self, Inner Spirit or Essential Self. It has also been called your "I Am Self," because when you are in this awareness you are experiencing a state of pure being... the feeling that I simply "am."

Inner Self Meditation

- Sit comfortably with your spine reasonably straight.
- Close your eyes and breathe naturally.
- Direct your attention to your body and mentally repeat, "I am not my body."
- Direct your attention to your emotions and mentally repeat, "I am not my emotions."
- Direct your attention to your mind and mentally repeat, "I am not my mind or my thoughts."
- When you have mentally "peeled away" these layers, what is left is your pure, inner awareness... your serene Inner Self.
- To help you stay centered in your Inner Self, mentally repeat the mantra, "I am" -- "I" as you inhale, "am" as you exhale.
- If you notice that your attention has wandered off completely, simply bring it back to your Inner Self and continue repeating the mantra. Continue for 10 to 20 minutes.

A tip for optimizing your experience: Your Inner Self is experienced more easily with your "heart-mind" than with your analytical "head-mind." Your heart-mind is the awareness centered in your heart that "knows" through feeling and sensing rather than through analytical thinking. To use your heart-mind I suggest you trust your instincts... don't over-think it.

As a centering exercise

You can also use this meditation as a vehicle for "centering." As previously mentioned, centering is shifting your attention back to your calm inner center while you are going about your daily life.

To do this, simply skip the steps for sitting in a meditative position, closing your eyes, and peeling away the layers of body and mind, and go straight to mentally repeating the mantra as you breathe in and out.

As you repeat the mantra - "I" as you inhale, "am" as you exhale - gently shift your attention from the external busyness back to your calm Inner Self.

You can do this for just a few moments, or you can continue longer if your mind is not engaged in something else.

You can practice this anytime, however, some ideal times for doing it include: When you are waiting in line, on hold, at long red lights, etc., and during stressful situations.

If you can remember to do this a number of times throughout the day, it will make a significant difference in your overall state of mind. And staying centered - along with incorporating any or all of the other suggestions in this book - really *will* help you move more easily through The Shift and into a higher, happier, more peaceful state of consciousness.