

Soul2Soul Educare presents: 2012 – The Shift

Slide 1: Play before ppl arrive: Don't Cut Me down – Music Video

Slide 2: David and I first learnt about 2012 in 2001, but now this date is everywhere, probably because it is less than 3 years away. If you do a search on google you will get a myriad of articles many talking about 2012 being doomsday. Today's workshop will help shed some light on this very controversial subject. Some people think it's the end of the world, but from all our research and intuition, we don't believe it is going to be the end of the world, but rather a new beginning – a better beginning. So Something big is happening. You're probably feeling it . . . perhaps with anticipation and also a little bit of anxiety. And maybe you're asking, "Okay, what is IT?" We believe that we are in the midst of an evolutionary shift so big that we have difficulty in imagining it, one so dramatic that it is birthing us and the Earth into a higher dimension.

The material in this workshop is the integration of various resources, including Janae Weinhold, Doreen Virtue, Drunvalo, The Mayan & Hopi tribes, Edgar Cayce, Aurelia Louise Jones and fifth dimensional beings Adama from Telos & El Morya,

In this workshop we will present some scientific information as well as some information that is more non-tangible or spiritual in nature and which may seem a little far fetched to some of you. All we ask is to keep an open mind and heart and let your higher self absorb what you are about to learn.

Slide 3: Click: In Summary the Shift that we are about to experience is the merging of the fields of science and spirituality.

Slide 4: The Shift according to ancient calendars- Mayan Calendar:

The Mayan's, who have been keeping time on Earth for 5000 years, created codices or cosmic calendars such as this one (show them specimen) to track the timing of humanity's passage through a great metamorphosis. We are not going to go in any detail on how to interpret this calendar, since that would take a whole workshop to do. If you are interested, there are many books and articles written on the subject. We'll talk briefly about it.

According to the Long Count Calendar they use to measure long cycles of time, 2012 marks the close of several cycles of time.

According to the Mayans, the close of the first cycle is the completion of the Galactic Year. It takes 225 million Earth years for the Milky Way Galaxy to make one complete rotation in the sky.

2012 also marks the end of: the close of the 26,000 year Mayan Calendar.

Slide 5: 2012 also marks the end of:

- a 26 million year Earth cycle
- a 78,000 year Earth cycle
- the close of the 26,000 year Mayan Calendar

Slide 6: The Mayans described this alignment as a kind of cosmic intercourse between Father Sun and the Great Mother of Galactic Center that **Click** will birth all of creation into a new reality.

According to the prophecies of the Mayans, 2012 appears to be the time when the odometer turns over for the entire history of humans, Earth, our galaxy, and perhaps, all of creation—the moment when all life experiences a leap that is similar to that of caterpillars becoming butterflies.

Our son Bharat made an interesting connection when we bought the Mayan Calendar, he said you know if 2012 is the end of the Mayan calendar, it means it is the end of Maya. In Vedanta Maya stands for this illusory world process. I thought the connection was profound because if we are going to ascend to a higher level, this will require letting go of Maya or the illusory world process.

Slide 7: The Shift according to ancient calendars- Hindu Calendar:

Slide 8: In Verses 49-51 of the “Brahma-Vaivarta Purana”, Lord Krishna tells Mother Ganga that a Golden Age will come in the Kali Yuga – According to Hinduism, there are four stages of development that the world goes through as part of the cycle of eras, the Sathya Yuga or the era of Truth, the Treta Yuga, which was the era of righteousness, the Dwapura Yuga which was the era of love and devotion, and lastly the Kali Yuga which is a dark age in which will come a Golden age, an era of peace and non-violence. Lord Krishna predicted that this Golden Age will start 5,000 years after the beginning of the Kali Yuga, and will last for 10,000 years.

Mayan Calendar Matches Hindu Calendar

It is interesting that this prediction of the emergence of a new world is prophesied to appear about the same time that the Mayans predicted it to come! The Mayan calendar began with the Fifth Great Cycle in 3114 BC and will end on 21 December 2012 AD. The Hindu Kali Yuga calendar began on 18 February 3102 B.C. There is only a difference of 12 years between the Hindu's beginning of the Kali Yuga and the Mayan's beginning of the Fifth Great Cycle.

Golden Age Could Begin in 2012

The ancient Hindus mainly used lunar calendars but also used solar calendars. If an average lunar year equals 354.36 days, then this would be about 5270 lunar years from the time when the Kali Yuga started until 21 Dec 2012. This is the same year that the Mayans predict rebirth of our planet. It is also about 5113 solar years of 365.24 days per year, and is day number 1,867,817 into the Kali Yuga. By either solar or lunar years, we are over 5,000 years into the Kali Yuga and it is time for Lord Krishna's prophecy to happen according to the ancient Hindu scriptures. Lord Krishna's Golden Age could easily begin in 2012!

Slide 9: Caterpillar to Monarch Butterfly (analogy)

When I think of this shift, I imagine a caterpillar who is unaware it is about to become a monarch butterfly.

Inside the cocoon (our body), the substance of caterpillar (mind) dissolves into a kind of primordial soup (evolves) and the coding in its DNA changes it into a whole new being (realize our true self).

Then it cracks open and the butterfly emerges. This is what I believe is about to happen to you and me all of humanity.

Slide 10: According to Scientific Evidence:

On December of the year 2012 (some say the date is Dec 21st 2012), some astronomers say our planet will cross into the "other side" of our galaxy. Just like our moon orbits around the Earth and our planet orbits around the sun in our solar system, our galaxy spins in a gigantic circle. Our galaxy is a very small part of the universe.

Since it takes 225 million earth years for the milky way galaxy to make a complete rotation in the sky, In December 2012, our galaxy will complete this cycle.

Some scientists predict that this will cause the magnetic poles to switch.

Slide 11: For some time, scientists have been closely monitoring two parts of Earth's electromagnetic structure:

- the electrical field (which is falling)
- the magnetic field or Schumann resonance (which is rising)

The Schumann resonance or the magnetic field, is also known as Earth's heartbeat, has increased from its normal 7.8 hz. and is hovering around the 9 – 11 hz. level. It is expected to move to 13 hz, which is *the frequency of unconditional love*. **Gregg Braden**, a geologist who has been studying this, calls this place where the Schumann or magnetic frequency and the electric frequency intersect ZERO POINT.

Some Scientists, like Braden, believe that the electromagnetic poles of Earth will shift as Zero Point approaches. Geological surveys of the mid-Atlantic ridge indicate that this has happened something like 171 times before in the history of Earth.

Many scientists who are tracking these changes believe that the pole shift is now happening.

Slide 12: According to an Edgar Cayce, a mystic, medium and seer whose numerous predictions have all come true Eg. Foresaw the Stock Market Crash and Great Depression Foresaw the rise and fall of Adolf Hitler Foresaw a world war that would begin in 1936 Foresaw India's independence from Britain Foretold the discovery of the Essenes and Dead Sea Scrolls Foresaw the collapse of Soviet Union and communism Foresaw the day of his own death

, here's what he said:

"As to the changes physical again: The Earth will be broken up in the western portion of America. The greater portion of Japan must go into the sea. The upper portion of Europe will be changed as in the twinkling of an eye. Land will appear off the east coast of America."

"There will be the upheavals in the Arctic and in the Antarctic that will make for the eruption of volcanoes in the Torrid areas, and there will be shifting then of the poles-so that where there has been those of a frigid or the semi-tropical will become the more tropical, and moss and fern will grow. And these will BEGIN in those periods in '58 to '98, when these will be proclaimed as the periods when His light will be seen again in the clouds."

Slide 13: So if this shift is happening to the earth, does it affect us too? How you might ask... Understanding that you are connected to the cosmos is really important. Why? Because YOU emit energy that affect Earth's vibration. Earth relays this energy to the sun, the sun relays it to Galactic Center, where it goes out to celestial bodies. This is why we are affected by planetary influences, the full moon etc. CONVERSELY, celestial bodies transmit to Galactic Center, which transmits to the Sun, the Sun transmits it to Earth and Earth transmits to YOU. So, everything in the cosmos is connected.

Slide 14: From an astrological perspective,

We are transitioning from the Age of Pisces to the Age of Aquarius. When we look in one direction, we see the breakdown of Piscean structures based on competition and scarcity. And, when we look in the other, we see the sprouting of new Aquarian structures based on partnership principles and the sharing of resources.

While this transition can cause confusion and anxiety, it represents a unique window of opportunity for us to evolve.

Slide 15: Subject: This is the Dawning of The Age of Aquarius

Forty years ago, the intuitive words of a song called Aquarius by a group called Fifth Dimension, brought the dawning of the new age into our collective awareness:

In mid February a rare astrological concentration brought together a number of planets together with the North Node - denoting higher purpose - in Aquarius that energizes and inspires the possibility for transcendental breakthrough.

On 14th February 2009 (interesting that it was Valentine's day) the day of Love, the Moon in Libra entered the seventh house of relationships. And Jupiter and Mars aligned in Aquarius in the twelfth house of spiritual transformation.

Click button: Let's listen to an excerpt from that song.

When the Moon is in the seventh house and Jupiter aligns with Mars.

Then love will rule the planets

And peace will steer the stars

This is the dawning of the age of Aquarius.

Slide 16: Changes in the entire Solar System:

Slide 16: SUN: The Sun's magnetic field is more than 230 percent stronger than it was at the beginning of the 1900s. Its overall energetic activity has sizably increased

Slide 17: VENUS: is now glowing in the dark.

Slide 18: EARTH: Beginning about 1960, Earth's surface grew dimmer by 4 – 6 percent. About 1994 it began brightening again, which scientists believe may be accelerating global warming and the greenhouse effect. During the last 30 years, the icecaps have thinned out by as much as 40 percent. For reasons that scientists are unable to explain, in 1997 the structure of the Earth began shifting from being more egg-shaped, or elongated at the poles, to being more pumpkin-shaped, or flattened at the poles.

Slide 19: MARS: This close-up image of Mars shows how its icecaps virtually melted within just one year, causing 50-percent changes in surface features and its atmospheric density has risen by 200 percent since 1997.

Slide 20: SATURN: Saturn's polar regions have been noticeably brightening, and its magnetic field strength increasing. Between 1980 and 1996, the speed of rotation for Saturn's clouds at the equator reduced by a whopping 58.2 percent, which was an unexpected and dramatic change in its weather.

Slide 21: URANUS: In 1999 NASA articles were referring to Uranus as being hit by Huge Storms, making it a dynamic world with the brightest clouds in the outer solar system. NASA also said that If springtime on Earth were anything like it will be on Uranus, we would be experiencing waves of massive storms, each one covering the country from Kansas to New York, with temperatures of 300 degrees below zero.

Slide 22: NEPTUNE: Since 1996 Neptune has become 40 percent brighter in infrared and is 100-percent brighter in certain areas of its surface. Neptune's moon Triton has had a "very large percentage increase" in atmospheric pressure and temperature that is comparable to an increase on Earth of 22-degrees Fahrenheit.

Slide 23-26: The Hubble Telescope, launched by NASA in late 1995, has been opening the stars to us, revealing a once-secret world of celestial events and activities. Many of these images go beyond amazing — they actually appear to be a window into the world of creation and evolution.

Slide 27: Feeling the Shift

Many of us are experiencing symptoms of The Shift that indicate their body is being transformed, such as headaches, fatigue, electrical sensations in limbs & spine, high pitched sounds in the ear, increased sensitivity & intuition, intense dreams.

As we evolve...

We would experience time is speeding up and find ourselves playing out our karmic patterns in shorter and shorter cycles.

During the last 10 years, however, many people have developed expanded perception. When I think of how many people are able to channel, the shows there are on TV now about angels, conversing with dead people and other paranormal topics, it appears that many people are now able to perceive with expanded awareness

Slide 28: How the Shift will come about?

Energetic exchanges of unconditional love between humans and between humans and other living kingdoms (animals, plants, minerals, Earth, stars) help raise the vibrational frequency of both parties.

This energetic touching at a soul level is so powerful that it literally transforms the DNA of both parties and lifts the consciousness of the whole universe.

This unconditional love is called LovEvolution

Slide 29: According to Ancient Greek texts our DNA will Change

According to Ancient Greek texts, many ancient humans came from Pleiades, they were known as Anunakis which means those who came from Heaven to Earth. The original Pleiadean form is now at the base of our spinal column (a serpent like energy called the Kundalini). Ancient Greek texts say that we humans were meant to have 12 strands of DNA or 6 pairs. But Dark forces, which were hostile and controlling invaders engaged in genetic engineering so that we would not have communication with a higher authority, leaving us with our current double strand of DNA. The invader's curse upon our DNA will be lifted at the end of 300,000 years, which falls on Dec 21 2012.

(Click) At that time our five other pairs of DNA will be reconnected. In the meantime how do we can continue to change our DNA to prepare for the shift – how do we do this?

Slide 30: Kindness can change your DNA

Kindness creates a powerful, energetic wave that transforms both the giver and recipient at such deep levels that it can actually change your DNA. When we open our hearts and reach out to others in kindness, **click** our brain releases endorphins—the morphine-like chemicals that produce the feelings of exhilaration known as the "runner's high." Acts of kindness, according to researcher Paul Persall, also cause your brain to release Substance P," a neurotransmitter chemical that blocks pain. These two powerful physiological processes have an immense influence on our body/mind/spirit and the way that we experience life. A steady flow of endorphins

and Substance P through our bodies strengthens our immune system and changes our genetic makeup **click**. This change keeps us feeling happy, optimistic and energized. This heightens our sense of well being so that we feel calmer, more centered and focused no matter what kind of stressful events might be happening around us.

Physiologically, these changes in the DNA, improve circulation, reduce blood pressure, increase body warmth and improve weight control. Kindness helps us relax so that we can connect with others and with our own good feelings. You might ask so what about negative emotions can they change our DNA? Absolutely!

Slide 31: Anger can also change your DNA

The reverse is also true. When we are angry with others, **click** it stops the flow of these “feel-good” chemicals. They are replaced by cortisol and other forms of adrenaline that create fight, flight and freeze behaviors associated with trauma and stress.

Click When they are flowing through our bodies, they also change our DNA creating a “short fuse” that makes us feel irritable, hostile, helpless and depressed. Long-term exposure to these chemicals depletes the body’s organs, lowers the function of the immune system and leads to dis-ease and illness. Stress and negative emotion cause our DNA to contract, which stops our evolution

Slide 32: Will there be catastrophic events? Something to think about

We don’t know, but over the last few years we have been seeing Mother Nature giving us warnings. Global warming is on the increase, for those that saw the documentary an Inconvenient Truth...will understand more about what’s going on with our climatic changes. All we can do is pray for the best, raise our vibration, because you see it’s all in our hands how big an impact is going to be in 2012.

really as to how much of an impact there will be. Each and everyone of us can make a difference by changing our thinking styles.

Let’s watch a little music video written by Bharat (who wrote this at age 10 and made the music video). It might give us a few answers as to what we can do....

Slide 33- 42: Why is Mother Earth Crying...

Slide 43: Complete Darkness: The Mayans say that when the shift happens there will be 30 hours of complete darkness where you won’t even be able to see the stars, and during that time if you can remain in your stillness and not be afraid, this will pass, and a new better world will begin. Many people will be afraid and may die of fear, but if you can remain calm and be present in your stillness, and know that this will pass, you will be all right.

Slide 44: Ascension

From a Mayan perspective, the preparation of the shift has already started on Oct 24th 2008. Earth is making its shift into Christ Consciousness and transforming humanity into Christed Beings. This process of transformation from human to Christedness, which compares to the transformation of a caterpillar into a Monarch butterfly, is known as Ascension.

Slide 45: This was a channeled message received by a resident of Mt. Shasta, Aurelia Louise-Jones who channeled Adama, the High Priest of Telos, a fifth dimensional city located within Mt. Shasta, a dormant volcano in northern California that is one of the earth's major energy points.

I, Adama, have been working very closely with El Morya on the Inner Planes at this time teaching classes at night to the souls who are desirous of having a better understanding of the Will of God and wishing to come along through the seven portals leading to the ascension door of the 5th dimension.

There are more and more souls coming to the Ashram of the Will of God at night in Mt. Shasta to attend our classes. Because of this great influx of souls, I and several other Masters have offered to assist our dear friend El Morya in this tutoring. Because El Morya's classes are getting so big, we are helping Him by holding many of the classes in Telos. It is my pleasure to invite you personally to come to our classes at night while your body sleeps. If you are willing and ready, you may take our especially designed crash course called: "Ascension by 2012". There are many of us here who are available and willing to give you all the assistance you will need. There are enough of us to give private tutoring for those needing it. It is all done out of Love, and there is no fee for our services. All you have to do to get to our classes is to make the prayer to your guardian angel at night before falling asleep, and state your intent and request for your soul to be taken to our classes and your guardian angel will bring you here on the "Inner Planes". We will not turn back anyone who is knocking at our doors "seeking".

David and I have practiced this off and on since 2001. When we have woken up we don't really remember anything except that sometimes we have vivid dreams of beautiful lands.

Slide 46: Possible Dimensional Shifts in 2012.

Nobody can say for certain, but some say that the people who are on a higher vibration will make a dimensional shift to the fifth dimension. Here's a short film to explain what dimensions are:

Slide 47: (Dr Quantum on different dimensions)

Slide 48: How can we prepare for the shift? The most important thing is that we each continue raising our vibration. Each day we have a constant stream of opportunities to raise or lower our frequency.

1. **Slide 49:** Pay attention to your negative emotions. Paying attention to our emotions is critical. Getting caught up in hate, anger, worry, resentment, fear and jealousy lowers our frequency
2. **Slide 50:** Feel positive emotions such as appreciation, compassion, understanding, forgiveness, kindness, joy, happiness create energy that feed the forces of Light.
3. **Slide 51:** Service to Others - This path involves serving the needs of the whole or others more than 51% of the time.
4. **Slide 52:** Offer to baby-sit for your neighbor's or friend's children so they can take a break from parenting. This helps you to adopt everyone as your family, so you can start seeing the oneness of all.
5. **Slide 53:** Pay attention to the new children. This is why Indigo & crystal children are here – to help us with the shift.
6. **Slide 54:** Rather than judging people see what is attracting the experience.
7. **Slide 55:** Appreciate at least 1 person every day. You could do this by sending e-mails or writing letters or even giving a complement to someone. eg. a letter to a teacher letting him/her know what a

difference their acts of kindness made in your life. (national geographic story about 2 boys who stood around and gave complements to everyone).

8. **Slide 56:** Ladies you could Write love notes to your children or spouses and put them in their lunchboxes. Kids you could put love notes on your mom's fridge. Men you could put love notes in your wife's cars.
9. **Slide 57:** Practice flip switching: Feel what it is like to cuddle a little puppy, kitty or baby and then send a wave of this energy to inanimate things around you such as the pencil on your desk, a doorknob, red traffic lights, blue cars, plants, drivers in the car next to you, your toothbrush, your computer, birds or your bathroom towel. The goal is to find ways every day, no matter how you are feeling in the moment, to send out some uplifting vibrations.
10. **Slide 58:** Meditate – getting into the silence...stilling your mind because thoughts shape our reality
11. **Slide 59:** Don't watch TV especially violent shows, news, reality tv etc.
12. **Slide 60:** Watch inspirational movies
13. **Slide 61:** Clear clutter, Go through your stuff and donate some of it to charity. Kids go through your toys, books and games and donate to children who are less fortunate.

Slide 62: Experiment time: (Do the activity of bad CD/Good CD)

Slide 63: Personal Ways to Help Raise your vibration to help Mother Earth and Your-self

14. **Slide 63:** Eat a vegetarian and organic diet.
15. **Slide 64:** Use organic cleaning and bathing & cosmetic products at home
16. **Slide 65: Grow your own vegetable and flower garden** to beautify your environment and to give yourself wholesome food free from pesticides
17. **Slide 66: Create**
18. **Slide 67: Practice Recycling** Before throwing something in the trash, look at the bottom does it have a triangle with a number in it – if so it can be recycled.

Slide 68: Going outside and Being One with Nature is very important...because that will open up our hearts and prepare us for the coming Golden Age... watching a beautiful sunset, closely encountering a wild animal, seeing the morning mist rising in a field, noticing the frost patterns on an icy window, jumping into cold water on a hot summer's day, smelling the fresh air, finding a special rock on the beach, or even loving a family pet. These are just some of the times when we have that connection and feel bliss. 2012 is when we will feel this bliss at all times. **Slide 69-92** We end this presentation with a few scenes to witness nature's beauty – contemplate on each slide, and see how it makes you feel...the bliss that you experience is what ascension will feel like

Let us all ascend....