

Living From the Heart and 2012

By Sarah Root, 2009

Humanity has a vital role to play on the Earth in the next few years. The mysterious date of December 21, 2012, far from being either a time of cataclysm or a suddenly blissful Age of Aquarius, heralds a fascinating opportunity.

Humans are unique. We have an intelligent, imaginative brain and a powerfully emotive heart, and we also have a longing for meaning. This combination gives us the ability – and the responsibility – to use them in concert for the greater good. We have proven that we have a strong brain and we have used it to dominate the world. But it is now time to harness our willful minds in the service of the heart. The Chinese have a concept of human nature as the *hsin* - ‘the understanding heart of heaven and earth’ – and now is our opportunity to step into that role.

The threshold upon which we stand is a new age, predicted by many ancient timekeeping cultures (Mayan, Hopi, Egyptian, Tibetan...). They knew that because the Earth’s axis wobbles, it points toward the center of the galaxy (the light) for 13,000 years and then points back the other way (the dark) for the next 13,000 years. And that when the axis first tips toward the light again, as it will do in The Shift of 2012, the heavens will affect Earth’s energies and relationships in a predictable, cleansing, uplifting way. This pattern has been seen through the ages (*Fractal Time: The Secret of 2012 and a New World Age*, Gregg Braden). The Shift is seen to be a time of awakened consciousness and fresh spiritual understandings compelling us to operate in new ways...ways that are feminine. The key to this new age is living from the heart.

How will this new consciousness arrive? It is actually already here, growing and expanding. It is rising, just as Kundalini energy does from the base of the spine. (Kundalini means “sacred force” and it initiates a rise of energy that clears the chakras and raises consciousness.) In fact, the Earth itself has an energy body and Kundalini energy, says Drunvalo Melchizadek (*Serpent of Light, Beyond 2012: The Movement of the Earth’s Kundalini and the Rise of the Female Light*). The Earth’s Kundalini moves every 13,000 years to a new geographical location, spurring spiritual evolution. It just finished a long stint in Tibet, where it fostered a masculine period focused on the mind, spiritual integrity, systems and structure; all needed to ward off the darkness. The Kundalini has recently moved to the Peru/Bolivia border in Lake Titicaca, where its new mission is to usher in a feminine consciousness.

And so, fortunately, the Earth itself is supporting us in our new role of harnessing our minds in the service of our hearts, for the healing of the planet. The Wise Ones have said that humans are uniquely positioned to reinvent life on Earth “simply” by addressing our hearts. Why? Because it is our consciousness that creates all of existence. This is humanity’s true power, and we have been misusing it.

Our hearts are the key to the new age because they activate and broadcast our thoughts (consciousness). Based on what we are thinking and feeling, the heart sends out electromagnetic signals to other beings, entraining with their energy systems (B. Lipton and S. Bhoerman, *Spiritual Evolution: Our Positive Future*). These signals have terrific impact so we need to take great care and responsibility for our thoughts, emotions, feelings and intentions. What we dream (intend), manifests. By sending out nurturing/healing (feminine mode) thoughts and feelings from our hearts, we can shift into “right relationship” with all the Earth. The vibrations we have been sending out have been more masculine and somewhat arrogant (*I’ll just cut this tree down.... We need to build a city here... Let’s relocate this tribe*). When instead we feel gratitude and appreciation, the signals we send out are profoundly different. With hearts open, we can co-create with other beings and energies. Living from the heart is the true, cooperative, loving role for which humans are designed. It is our true nature.

The ancients knew that feminine wisdom and energy would take the lead at this Shift, developing sisterhood/brotherhood among all beings and moving the world toward enlightenment. The hallmark of the new age is universal love, compassion and oneness. And so The Shift’s imperative to humans is to begin to use our unique powers wisely to create the healthy, peaceful existence the Earth needs. We are meant to be the “understanding heart of the universe” - - “the consciousness of the world” (Andrew Angyal, *Thomas Berry’s Earth Spirituality and “The Great Work”*, *Ecozoic Reader 3 (3) in 2003*).

So...how do we live from the heart?

1. The most important thing is to stay in joy and appreciation. Everyone will be experiencing a lot of chaos and change during The Shift, since things need to fall apart before they can fall together in a new way. Avoid the fear that will be swirling around. Return to glad, thankful feelings; they connect you with the power of creation, all beings, and the emerging feminine energies.
2. Simplify your life: The fewer activities you have, the more open you are to hear your heart speak (i.e. to let inner knowing arise). Today, cut out one activity that does not truly nourish you so there is more stillness in your life.
3. Bliss list: At night before going to bed, write down three things that made you happy today. Research shows that in just a few weeks, you will be more aware of such events – and in a few months, you will be seeking them out.
4. Create ceremony: Many ancient peoples offer gratitude as a way of staying open-hearted and connected to all beings and to the sacred. Develop a couple simple rituals – for instance, thanking the trees and sun as you walk to the mailbox, or lighting a candle at dusk in gratitude for the day. If possible, connect your heart intentionally to Earth, Sky, and God/Light/Source to further empower your ritual (see #9).

5. Practice Metta, the altruistic Buddhist practice of holding strong wishes for the welfare and happiness of others.
6. Use feeling-centered affirmations and prayer: Instead of asking for something with prayer, use the ancient way of *feeling* it. (As one Native American said, he doesn't pray for rain, he prays rain - i.e. spends meditative time feeling the rain falling on his body, hearing it land on the earth, creating mud around his feet...[Gregg Braden, *The Isaiah Effect*]).
7. Spend time in nature: Nature is full of unconditional love and universal energy. Our hearts can open easily there, and we can begin enjoying a reciprocal relationship with the whole web of life.
8. Consider Rising Star Healing: This energy work opens the heart, moves you toward unity consciousness, and enhances your spiritual evolution by clearing obstacles to your fullest potential (see www.sq-wellness.com).
9. Practice Heart Meditations such as The Sacred Space of the Heart Meditation from Drunvalo Melchizadek in his book, *Living in the Heart*.

The whole Earth will thank you for living from the heart.

May all beings be happy.

May all beings be well.

May all beings live in peace.