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January/February 2009

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Preparing for 2012

Clean Out and Let Go

By Kala Ambrose

As the band R.E.M. sings, “It’s the end of the world as we know it, and I feel fine....”

One of the most powerful esoteric wisdom teachings I share with students is the knowledge that “the only constant in life is change.” We are on this earth plane to experience change on a daily, weekly, yearly and sometimes hourly basis. Each moment our cells change, our thoughts change, everything changes!

In the recent presidential election, both campaigns focused on the concept of change; we collectively voted for change! This is because at our core level we know that things should not and cannot continue in their current pattern. Our higher selves are inspiring us to make a change. One of the reasons that we collectively feel this great need for change has to do with 2012.

The Mayan Long Count Calendar, which ends in 2012, has sparked great interest and debate around the world with researchers, scholars and mystics. Questions remain that still have not been fully

answered, such as why does this calendar end and what will occur on the Winter Solstice date of December 21, 2012?

On “The Explore Your Spirit with Kala” show, I’ve interviewed authors, researchers and mystics about 2012, and I’ve shared what the mystery school teachings have to say on the subject. One of the most interesting conversations on the show was with John Major Jenkins, a researcher of the ancient Mayan culture. During this interview we spoke about how the sun was moving toward the heart of our galaxy and the profound implications this would have on every species in our universe. The Mayan Calendar reveals this galactic transformation culminating on December 21, 2012.

As 2012 draws near, I’d like to share with you what the wisdom teachings have to say on this topic.

The unit of measure that affects everything on Earth is time. Esoteric teachings explain that time is not linear; it is cyclical, and it moves in expanding circles. As with all cycles, the transformation does not begin and end on one day; rather it

develops and unfolds over a period of time. We sometimes wish for a magical moment of time so that in an instant we are transformed with one act or one secret we stumble upon that changes everything. However, this is not the case. Even in fairy tales we see that when the heroes find the magical talisman their journey does not end there, rather their journey has just begun!

Esoteric wisdom states that time is the keeper and ruler of our universe. During the period of 3000 BCE – 3115 BCE, remarkable occurrences were happening around our planet. The first dynasty of Egypt was born, the first records of written language are recorded in Mesopotamia, the Hindu cycle of Kali Yuga began, the Sumerian civilization developed the first monarchy, and the Mayans marked this period as the beginning of their Long Count Calendar. These civilizations mark a majority of the history we use as reference points to this day.

The Mayan prophecies connected this 5,000-year cycle, which began around 3100 BCE and culminates in 2012 CE. The Mayans described this cycle as the

troubled times that they referred to as the 9 Hell Cycles. This cycle indicated that humanity would undergo a long period of fighting and struggling with what we called our shadow self or what others describe as our lower self or dark side.

As we near the end of this 5,000-year period, we are preparing for the shift into a new cycle beginning in 2013. The Mayan prophecies highlight a 26-year cycle with three important dates as we near the end of this calendar cycle, which Dr. Jose Arguellas reported during his study of the Mayan/Toltec calendars. This cycle of 26,000 years is a period referred to by many other civilizations around the world besides the Mayans. These groups also refer to the Pleiades system as our home before we lived here on Earth.

Arguellas lists three important dates in this cycle: 1987, 1999 (the mid point) and 2012, the culmination. The first date is known as the Harmonic Convergence, which began August 16, 1987. Arguellas' deciphering of the Mayan calendar revealed a reference around this date,

which would be felt on the Earth in conjunction with our sun's 26,000-year precession around the star system of Pleiades. The significance of the Harmonic Convergence was reputed to stir an energetic quickening felt on our planet and throughout the universe. This quickening would stimulate movement back to a balanced center, assisting in releasing the shadows and delusions created during the 9 Hell Cycles described by the Mayans. The Wisdom Teachings describe this as a preparation period to learn to open the heart and mind to a new level of consciousness and to release the delusions held by ego and the lower self.

In 1999 we reached the midpoint of this cycle and began a 13-year period preparing us for the transformational time highlighted on December 21, 2012. Many teachers say that the most important work to be done during this period is self-introspection coupled with the release of old ways that are no longer working in this new energy. As this energetic cycle shift is occurring, it is an uncomfortable situation for us all. To shift with this age,

we as a species are not going to be able to continue to think and act in our soon-to-be outdated ways of thinking.

Our biggest struggle is wrestling with our egos and our need for control. Our biggest problem is that we are still trying to "logic this out," thinking in third-dimensional thoughts, and when we try to understand this change in that frame of mind, we experience fear of the unknown.


As we move closer to the 2012 transformational cycle, we are transcending into a new consciousness. This, in turn, will alter our perceptions of how we view the world. As with any period of change, it begins with conflict and chaos, both within and without. This planetary cycle is moving out of the shadow self and into a higher level of frequency. To do this, the shadow self must be dealt with, which begins with the illusions and delusions of the ego being exposed and confronted. As this is revealed, fear surfaces as humanity has a great need for control and when the old outdated ways of thought no longer work, a panic ensues.


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Preparing for 2012 (continued from Page 10)

The ancient Egyptians taught their students in the temple how to prepare for shifts of time. I'll share this teaching with you now.

During this 5,000-year cycle, which the Mayans called the 9 Hell Cycles, we have faced all aspects of our shadow self or lower self. During challenging periods such as these, we enter into Maya (illusion) to make sense of what is occurring around us as we feel a sense of separateness from the light.

During this period, we convinced ourselves that it is through the mind where wisdom is received. The esoteric teachings maintain that the heart is where wisdom resides, and the heart is the key to unlocking the divine mysteries. It is through the heart that the transformation and evolving cycle takes place.

As we move closer to the cosmic heart of the galaxy, our current logic will not assist in this process, rather we must open our hearts to prepare for the conscious connection and transformation. This is a hermetic axiom referred to as "as above, so below." What exists in the universe above is reflected within us below. The heart in our body is the center of our universe. The Sun is the heart of our universe above. During this current transformation, as the Sun moves closer to the cosmic heart of the galaxy, so must we open our hearts within to prepare for the conscious connection and transformation.

This is the moment we have been waiting for, the reason we are here now. You have a front-row, 50-yard-line VIP pass to participate in the turning of an age, felt by both heaven and earth. This is the reason that you wonder why you are here and what you are meant to do, why you think about preparing for an event when you have no clear idea of what that event is or how it will happen. It is unfolding around you in this very moment.

What you do each day brings energy to this shift. Too often we long for a breath-taking moment rather than realizing that each moment is sacred.

Each day drawing closer to 2012 is an opportunity to open your heart, face your fears and shift into the light being that you are at the core level.

Of course it's going to be difficult. Of course we're going to face times of uncertainty and self-doubt. We're in the culmination of a 26,000-year cycle of change, and things are going to get messy. Some of us have families that have a complete meltdown in the morning if we're out of a certain breakfast cereal, and now we're talking about an energetic change to affect the entire planet and 6 billion human inhabitants along with the animal, flora, fauna and mineral kingdoms. Things are going to get messy.

The answer isn't about avoiding change, it's about taking what you've learned all these lifetimes and putting it into action. Our graduation date is upon us, and our senior year is 2012.

This is our time to look beyond what appears to be the dark and see the light that is always present. We are in a shadow time, which has been created by the collective doubts and fears of humanity. Remember, not only is this Earth transcending into a new age, but so are we, soul by soul by soul.

2012 is an interesting time, but what interests me more is what begins in 2013. I recently interviewed Drunvalo Melchizedek, and we discussed his new book, *2013: Return of the Divine Feminine*. What he had to say about the new cycle of time coming is fascinating and gives me great hope for our future.

What should you do to prepare for 2012? Use this time to go within to see what you need to clean out and let go. Evaluate what defines you. And as I discuss in my book *9 Life Altering Lessons*, ask yourself the age-old esoteric questions: Who am I, and why am I here? Do you remember the secrets hidden deep within your soul? Perhaps it's time to explore deeper and look within to find the many reasons you are here in this lifetime. ♦

KALA AMBROSE is the author of *9 Life Altering Lessons: Secrets of the Mystery Schools Unveiled* and host of metaphysical talk radio "The Explore Your Spirit with Kala" show at www.ExploreYourSpirit.com. Kala teaches esoteric wisdom from the mystery schools of ancient Egypt and Greece and lectures on Business Intuition, Auras and Chakras, Dream Vision/Work, and The Divine Feminine.



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