

How to Mindfully Prepare for and Thrive During the Shift

Excerpts from Annette Farrington's portion of the talk: "Ten Things You Should Know About the Shift"



We've really been preparing for the Shift all of our lives consciously and or subconsciously. If you believe in reincarnation, some would say we have been preparing for many lifetimes. Our physical, mental and emotional bodies are adjusting to these radical energetic changes. It's important to keep in mind we are going through a purification process so it's best not to fight it but rather to try and help it along. Here are some suggestions:

Stay in Your Joy

The most important preparation is internal. Prepare your heart, mind and spirit for the increasing energy change. As Ac Tah says, "Stay in your joy". Joy and love hold the higher frequencies.

Practice Meditation or a Centering Practice Daily

Meditate at least twice a day in the morning and evening. In the evening, you can clear your mind and energy field by placing negativity and stress into a flame. Light a candle or imagine one, then imagine all stress or frustration being burned away and transformed into love, light and joy.

Walks and Meditations in Nature

Nature is our ally in this transformation. The earth has an enormous capacity to transmute our negative and lower vibrations. Reconnect to the earth. The Hopi have said that this would be a time when we would re-awaken our connection with the Earth and again recognize it as a sentient being.

Eat Healthy Food and Drink Pure Water

Eat organic whole foods and drink pure water if possible. Try to limit alcohol consumption or smoking, as this can help to refine your subtle energy bodies and allows you to tap into and resonate with the higher vibrational frequencies that are coming in. And as Ac Tah said in one of our teleconferences, in addition to what you eat, how you are feeling when you are cooking and eating matter. What is your emotional state when you eat? Are you stressed out? Are you experiencing negative emotion? Always come to the table with a joyful and clear consciousness and always try and prepare food with love.

Salt Crystal Baths

Water and salt have a tremendous capacity to transmute the lower emotional states and relieve tension and stress. Try using dead sea salt crystals.

Go with the Flow

- Letting go and going with flow is important now. Don't hold too tightly to the shores of the old ways of doing things or the old emotional patterns that no longer serve your highest good. It will make the process easier. Watch for emotional patterns that are coming up now for clearing.

Stay Out of Fear

- Fear is a lower energy and can spiral into panic and confusion. Fear can appear in different forms as anxiety, anger, worry and violence. When we are in fear, we are projecting on the future. Fear disempowers us and destabilizes our awareness. The important thing is to recognize your emotional state when in fear and choose another higher emotion. When in fear or feeling down, we have the choice to raise our vibration so sing, listen to soothing music, meditate, light a candle. Do something that brings your joy back.

Choose the Path of Highest Possible Outcome

The Universe affords us with many choices. There are always many possible outcomes to one situation or issue. The law of probability works in a very real way especially during the Shift. Often it is the path of least resistance that we choose out of default based on our entrenched habits of thought and action. But it is not always for our highest and best outcome. To overcome this, we must step back and be aware of our habitual thought patterns and actions. We can visualize what the highest and best outcome will be and then affirm it. We can ask: is this pattern or habit we observe serving our highest and best path? We can use this technique during challenging times for ourselves and when working with large groups.

Compassion, Love and Non-harmful Activity

- Practice compassion and love when dealing with yourself and others. As the Dalai Lama says: "Compassion and love are not luxuries but are essential to living in a civilized world". Stay heart centered and make an effort not to be harmful to others in thought, word, or deed. Breathe in love and compassion and send it out as you go about your daily routine.