

The 21st Century Human Upgrade: Becoming Conscious Co-Creators Riding the Waves of Change

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In our current computer age, most of us are familiar with the concept of upgrades. We upgrade our computers, we upgrade our files and programs and virus protection systems. Now, at this moment in history, we are at a most amazing window of opportunity...humanity itself is poised for a huge upgrade--an upgrade in *human consciousness*--both at the collective and individual levels.

It is a consciousness upgrade that has been predicted by many religious and indigenous traditions as “the Great Shift,” or the “Shift of the Ages.” Some futurists, looking toward the “2012 predictions,” are referring to this upgrade as a “quantum leap” into unity consciousness, as opposed to the feared destructive “Armageddon.”

It is a human upgrade that assists us in becoming aware, conscious co-creators of our individual and collective realities. It is important for us to grasp what this shift means, and how crucial it is for the upgrade of the individual to provide the sustainable foundation for the collective upgrade. And we appear to be right on track.

The world is going through a shift. Can you feel it?

A majority of voters in the recent U.S. presidential election voted for change. Fueled by Barak Obama’s victory, change quickly surfaced as a collective shift from fear to hope, from disengagement to engagement, from pessimism to “yes we can,” and “we are the ones we have been waiting for.” Amplified by Obama’s inauguration, humanity’s collective consciousness continued to shift in a direction towards unity, new vision and promise; with eagerness to participate in democracy, and willingness to collaborate.

Then the economic crisis intensified, rippling worldwide. The waves of change went from feeling hopeful to feeling overwhelming and destructive...more like a Tsunami wave. World leaders admitted we need to “upgrade our economy into the 21st century,” as it was actually stated in the news. Leaders acknowledged that we are interconnected by the impact of our choices. We literally can no longer afford to see ourselves as separate. We now see that what one business sector or one country does affects the worldwide economy.

Corporate greed and political corruption of power created the “perfect storm” for this needed collective upgrade in consciousness. Public frustration intensified the

demand for change: for more accountability and transparency; for less greed and mean-spirited manipulation; for dealing with the needs of Main Street more than the indulgences of Wall Street. We are madder than hell, and don't want to take it anymore. Amazingly, we have a president who wants to hear from the common citizen. Obama has set up unprecedented mechanisms for listening to us: through citizen emails to his liaison staff on his web site, text-messaging and even blogging. Massive job losses and company scale-backs have us on high alert: the new code red. The momentum of this collective shift seems unstoppable now. But where is it taking us?

The Hopi Elders prophesized our momentous global shift this way:

“...There is a river flowing now, very fast. It is so great and swift that there are those who will be afraid. They will try to hold onto the shore. They will feel they are being torn apart and they will suffer greatly. Know that the river has its destination. The Elders say we must let go of the shore, and push off into the river, Keep our eyes open and our head above the water. See who is in there with you and Celebrate...All that you do now must be done in a sacred manner, and in Celebration. We are the ones we have been waiting for.”

According to this Native American Hopi wisdom, we have a choice...not *whether* to enter the waves of change, but *how* to move through the waves of change. We can constrict with fear, and resist change, clutching in denial to the familiar shore. This leads to being torn apart and suffering. Or we can trust that the fast flowing river, while appearing dangerous, has a destination for us that is a better one. And choosing to trust, we can let go of the known familiar shore, and enter the waves of change, keeping alert and aware (with “our eyes open and our heads above water”). We can seek connection (“see who is in there with you”). We can allow an attitude of gratitude (... and celebrate”). We can do things in a sacred manner, celebrating the higher purpose being served by the waves of change that are carrying us together to a new destination—a new level of consciousness.

The first response—fear and resistance--leads to suffering, individually and collectively. The second response--trust and allowing-- leads to transformation, individually and collectively.

We are apparently right on track for the prophesized breakthrough of the “Great Shift of the Ages” foretold in the 2012 indigenous Mayan teachings, and other traditions as “the Great Transformation.” The Great Awakening is happening, but from our current filters of perception-- especially through the lens of the economy-- it looks more like a living nightmare. Yet the Hopi Elders repeatedly advise an attitude of “Celebration.” How can this be?

Celebrating the Collapsing Economy?

It is hard to see the collapsing economy as good news. However, old institutions built substantially on greed, separation and exploitation must go. They are crumbling to make way for new systems built on greater truth and integrity—new systems that acknowledge our interconnection. And a redefinition of power is evolving: from the old paradigm of power as domination, control and hoarding resources for an elite group; to power as serving life, sharing resources, and serving the greater good of all.

There is hopeful evidence of this collective shift, though it has a long way to go. In addition to Obama's recent corporate, financial and governmental reforms based on greater transparency and accountability, new grassroots economic movements are spreading.

A Socially Conscious Business Movement

A socially conscious business movement is pushing to expand the single “bottom line” of profits to include other values in business decision making. A new multiple bottom line is promoted, that includes social and economic justice in the treatment of workers, weighing the impact to the environment and future sustainability, and other considerations such as culture, creativity, ethics and spirituality. Spirituality is the domain that addresses planetary transformation through realizing our interconnection...the collective upgrade theme.

For example, inspired by the success of the micro-credit banking program, which provides poor people—usually women—with small business loans, its founder Mohammad Yunus (2006 Nobel Laureate, the Grameen Trust) now has a bigger vision. He sees a planet transformed by thousands of socially conscious businesses, using “humane capitalism” to tackle social problems like poverty, pollution, healthcare and education. BALLE, the Business Alliance for Local Living Economies (www.livingeconomies.org) is another example. It focuses on seeding alternative locally-based economic solutions, keeping money circulating locally.

Similarly, the Slow Money Alliance (www.slowmoneyalliance.org) calls for ushering in an “age of restorative economics. As an alternative to stocks, they offer direct investing in local food, farms and soil restoration. They want markets built around preservation that act in the service of humanity, health and nature.

In addition, feminine values and qualities are being incorporated into leadership and business styles, creating more humane work environments—and with great economic success. Some of these traits include less hierarchy and more participatory communication in the work ranks; leading through role-modeling, inspiration and validation; the inclusion of more intuition, and right-brain process;

a work atmosphere that is more relationship-based, strength-building, cooperative and even playful, rather than an aggressively competitive one.

World-wide Sharing not Commodity-based Profiteering

In another hopeful development, a global commons movement is underway internationally. These organizations and groups address the need for collaboration on all levels, from communities to regions to countries, to protect and share our common wealth—resources such as our water, air, soils, energy, foods, health and indigenous wisdom—without exploiting them. Based on the idea that these common resources are necessities for sustainability and human survival, they are planning systems for world-wide sharing rather than commodity-based profiteering of our common resources. (see www.OnTheCommons.org , www.coalition-global-commons.org)

The collective process of upgrading the global economy to the 21st century is rocky but undeniable. The destination is a great shift in consciousness, a global transformation towards acknowledging our interconnection and serving the greater good. This shift has begun. Yet it is up to each individual to assist this collective shift, to ensure its success and a truly sustainable future. Its collective success requires the grassroots support of a continued individual upgrade in human consciousness. I like to call this the “21st Century Human Upgrade.” Like our economics, individuals too must upgrade—in order for our collective upgrade to succeed.

Expanding our Definitions of “Human Being”

Fortunately, this individual human upgrade is also in process. This upgrade has to do with expanding our understanding of what it means to be human.

Through new science in quantum physics and human consciousness, we are confirming what ancient wisdom and spiritual teachings have always known. Humans are not merely five-sensory material beings—even though we inhabit a finite material container called a body. More accurately, we are multi-dimensional, infinite, energy beings. Quantum science has verified Albert Einstein’s discovery that “What we have called matter is energy, whose vibration has been so lowered (slowed down) as to be perceptible to the senses. There is no matter.”

Our bodies serve both as this slowing-down filter for our five-sensory perception and as a fine-tuned antenna for our subliminal/intuitive perception. Science confirms that our consciousness extends far beyond our physical bodies; and we have profound influence to co-create our individual and consensual realities, through our attention, intention, and choices. Quantum science has demonstrated that the observer influences the experiment’s outcome. In this

experiment called “Life,” we are each the “Observer.” What we focus on brings possibility into form. (see Gregg Braden’s *The Divine Matrix*; Bruce Lipton’s *The Biology of Belief*, and the movie, *What the Bleep Do We Know?*)

Unfortunately, this is an influence that we have been using without sufficient awareness, so we have mostly created our fears. Nonetheless, science has finally aligned with ancient wisdom: it is indeed more accurate to define ourselves as spiritual beings on a human path, rather than as human beings on a spiritual path. How could we have so thoroughly forgotten this?

To Forget is Human, To Remember is Divine

There has been much cultural and religious speculation about our amnesia regarding our true divine natures. Eastern Hindu and native indigenous religions have teachings about this forgetting. They explain that we have gone through thousands of years of cycles of separation from divine consciousness, forgetting our original unity with Source. As humanity moves through duality-based experiences of good/bad, rich/poor, male/female, powerful/powerless, etc, we steadily evolve towards greater awakening, integration, and remembering.

We are progressing towards a return to union with our divinity—which can also be called wholeness or integration--that will culminate in a remembering of our oneness. This consciousness of unity is viewed as the predicted Golden Age on Earth by the Hindu tradition.

The Mayan perspective on this forgetting/remembering is that, supported by the astronomic alignments surrounding the 2012 time zone, humanity has the unprecedented opportunity for a great evolutionary leap: a transformation of consciousness. They predict that throughout this window of time (which has already begun and extends beyond 2012), the perceptual and belief filters that have kept us experiencing ourselves as separate from each other and from Earth will dissolve. Our next round of evolutionary experience will be “universal consciousness,” or comprehension of our oneness.

A more recent and humorous perspective on this problem of our amnesia, is described by Dianna Luppi (aka Zoev Jho) in her laugh-out-loud yet insightful book, *E.T 101: The Cosmic Instruction Manual for Planetary Evolution—An Emergency Remedial Earth Edition*. In these pages she explains that as spiritual beings, we humans actually *are* the E.T’s (Extra Terrestrials)! And when we accepted our missions to planet Earth, we forgot to bring with us our “Cosmic Instruction Manual for Planetary Evolution!” Then, as a result of the mesmerizing density of materially-identified living, most humans were unable to recall our true mission here on Earth. That true mission? To bring spirit into matter and heaven to earth. Goodness, did we mess up!

Once we forgot our infinite connection to a greater consciousness and our multi-dimensional divine natures, humans co-created our personal and consensual realities from a very limiting consciousness. We created instead through filters of fear; from a framework of separateness; from ego-driven defensiveness; from our unacknowledged limiting beliefs; and from the constraints of personal unresolved trauma and conditioning. It's no wonder things look so imbalanced.

Blame Evolution!

Even though these limiting perceptual filters and beliefs feel so uniquely personal (not to mention frustrating!), we must realize that we have been also operating with them at a collective or cultural level. It can help us understand how we have created so much imbalance-- both personally (check your own list of personal disasters), and collectively (war, terrorism, greed, pollution, exploitation, poverty)- - if we step back to view the ongoing development of human consciousness from ancient history to now. Fascinatingly, I have found that the best way to understand human evolution across history is through applying perspectives from recent brain-science.

In a nutshell, the evolution of human consciousness has proceeded from pre-historic cultures that were mostly right-brain oriented; to cultures of our written history that were and are still primarily left-brain dominated. We are currently evolving into a consciousness that is reclaiming the value of the right-brain, in the service of integrating it with the left-brain, to take us into our first evolutionary taste of a whole brain! Won't it be a relief when we finally all function with whole brains? But this transition is proving not to be an easy one.

Specifically, what brain research helps us to understand is this. The brain has two hemispheres that function in very different ways. The right brain functions in a non-linear, intuitive, holistic, symbolic, metaphorical manner; within a framework of connection, synthesis, meaning and relationship. The right-brain is perceived as the more "feminine" aspect of consciousness. The left-brain functions in a linear, concrete, literal, logical, sequential, analytical basis; within a framework of separation. The left-brain is perceived as the more "masculine" aspect of consciousness. We are just at the cusp of shifting from half-brain (left-brain) dominant, imbalanced consciousness to whole-brain, balanced consciousness.

Since our evolution into an integrated brain is still incomplete, the process is fraught with pain and suffering. So the global messes we have created (and even our personal repetitive destructive patterns) need to be understood within the limitations of our incomplete development of our brain capacities. It ain't easy living dominated by half a brain! (And we are still influenced by the original "reptilian" brain, and the alarm-oriented limbic brain...but that is another story...see Wikipedia, "the Triune brain").

We can blame evolution, but it is still true that “we are the ones we have been waiting for.” Evolution doesn’t just happen TO us...our growing awareness and choices define and accelerate our evolution.

The Half Brain Journey to the Find the Whole Brain

What this science of our evolving brain looks like when applied to human behavior across history is this: each hemisphere of the brain has needed an extended period across history for its development-- first the right-brain, then the left-- in preparation for integration into a whole-brain functioning humanity.

The cultures of pre-history (circa 40,000 BCE to circa 3114 BCE), evolved within a right-brain dominant phase of development. They were mostly matri-focal (meaning Mother/female-focused), Goddess-based societies. They were characterized by social structures of equalitarian partnership that revered the female and feminine aspects of consciousness (equated with “right-brain” functions). Matri-focal societies were oriented to the Earth, to spiritual and group participation in life, and were sharing-based, peaceful, non-violent societies. (See Riane Eisler, *The Chalice and the Blade*; and Marija Gimbutas, *The Goddesses and Gods of Old Europe*). However, their half-brain emphasis on interconnection, groups, and wholistic perception was not able to promote the development of the individual and the analytical/linear functions of science and technology that needed to evolve also.

Over time, cultures increasingly evolved into left-brain dominance, becoming mostly patriarchal, God-based societies. We have existed within this left-brain dominant patriarchy for over 5,000 years. Patriarchy was and still is characterized by social structures of hierarchy with non-equalitarian status, based on class, race, religion and gender. Patriarchy is more oriented to conquest, hoarding, control and domination, and the influence of the individual. The male and masculine aspects of consciousness (equated with “left-brain” functions) are revered. This left-brain dominance favors the emergence of nations, written language, and institutions for the development and control of religion, government, economy, science and technology.

We can see that both the “feminine”/matri-focal/right-brain and the “masculine”/patriarchal/left-brain phases of human history have contributed greatly to human development. Each hemisphere of the brain needed its time to evolve throughout cultural history. So our long-term evolution has had to progress by collectively developing first one half of our brain, then the other, in the service of a final integration of both brain hemispheres. We are almost there....

What we are currently struggling with is that the left-brain patriarchal consciousness appears stuck in its growth. Patriarchal consciousness is floundering in its habitual state of separation and domination, making the

necessary next phase of our evolution—of integrating the right brain with the left, and moving into whole-brain fluidity-- rather belligerent and rocky. The urgent need for this shift to whole-brain functioning is becoming more apparent with our multiple global crises, of economic collapse, wars, global warming, terrorism, misogyny, genocides, hunger and poverty.

Albert Einstein already alerted us that no problem can be solved from the same level of consciousness that created it. The current conditions of planetary imbalance have arisen under the incomplete development of human consciousness—that of a half-brain/left-brain patriarchal consciousness. Humanity needs to shift into integrated whole-brain consciousness in order to have the capacity to truly solve these crises.

Enter the 21st Century Human Upgrade!

We are on track to make that integration now. We are poised to come into a balanced consciousness, reclaiming and integrating the right-brain/feminine consciousness into our current left-brain/masculine dominant consciousness. When we do this, the predicted quantum leap should result.

This integrated, balanced whole-brain consciousness has not occurred on the planet before. We are in that integrative evolutionary process right now. Perhaps this is what the indigenous and religious references to “the Great Awakening” and “the Great Transformation” were forecasting. Once we integrate the right-brain/feminine consciousness with the left-brain/masculine consciousness, to create a balanced whole brain, we become able to upgrade into Whole Humans, aka, Divine Humans.

It has taken all of our human history to get to this point of integration.

The good news is, we are rapidly recognizing the advantages of operating with whole brains, even at a mundane business-based level (for example, Daniel Pink’s book, *A Whole New Mind: Why Right-Brainers Will Rule the Future*). Beyond business, by reclaiming our right-brains we leverage our abilities to become conscious co-creators: divine humans who have the ability to remember our original mission to bring spirit into matter, and to transform hell on Earth to heaven on Earth...hopefully starting with revolutionizing that collapsing economy!

We are receiving a perfectly-timed opportunity for additional emergency upgrades just on schedule---our “remedial cosmic instruction manuals.” The integration of our two half-brains into a fluidly balanced whole brain is just the start. That physical/consciousness process actually mirrors and paves the way for another human upgrade: the integration of the masculine and feminine within our individual personalities and within our life values, for whole and balanced human psychological functioning.

Every individual needs the balance of being able to draw upon the full range of human qualities: the intuitive, nurturing, heart-based “feminine” and the logical, competitive, analytic “masculine,” without having to fight gender stereotypes. So far, women have forged more opportunities for themselves to develop their “masculine” traits than men have to develop their “feminine” qualities. Rigid male stereotypes-- of the macho dominating male-- damage males’ access to their full humanity, especially in the domains of intimacy. And rigid female stereotypes-- of the accommodating submissive female--damage their humanity, especially in the domains of leadership.

So as we make this next upgrade of “gender integration,” into the freedom of our full human expression of qualities and capacity, it will pave the way for a relational human upgrade. It will forge the way towards more peaceful, collaborative and fulfilling gender relationships in society at all interpersonal levels-- intimate, work-based, and cultural.

Tools to Assist the Upgrade

It is fascinating that left-brained science is paving the way, providing tools for many of these various human upgrades, and in surprising areas. The next surprising upgrade arena is the stabilizing and intuitive influence of our physical hearts. HeartMath Institute has successfully researched the powerful influence and “intelligence” of the heart organ, and has provided a set of heart-based practices for dealing with crisis and stress. Since the electromagnetic frequencies of the heart are stronger than those of the brain, heart-based breathing aligned with feeling states of gratitude can bring our entire body-mind-emotional state into harmony. This is called “biological coherence.” Learning to cultivate this state of biological coherence actually changes the inner chemistry of stress, into a well-being chemistry-- an immediate stress-regulator. A handy tool during economic collapse!

It is clear that the heart is becoming a primary tool for our upgraded capacity to ride the waves of change, based on these additional findings: the heart receives intuitive information before the brain does, and it communicates more data to the brain than the brain does to the heart. During crisis we need clear intuition as we seek immediate responses under pressure and seek out-of-the-box creative solutions. Intuition is a holistic perceptual process, which processes vast amounts of data far faster than the linear thinking mind. The head can only receive intuitive guidance from the heart when our ceaseless mental chatter gets out of the way. HeartMath has actually developed practice protocols for this heart-based intuition human upgrade. (see www.heartmath.org)

In fact, since discovering that the electromagnetic frequencies of the human heart are so closely aligned with those of our Earth, HeartMath is now extending their research into the area of “Global Coherence.” This research is studying the impact of coordinating millions of people in heart-focused intention in order to

shift global instability towards balance, cooperation and peace. (See HeartMath's Global Coherence Project)

Ancient Tools Upgraded for Modern Times

You may have noticed how these human upgrades are characterized by the integration of opposites: left-brain/right brain, masculine/ feminine, heart/head. Each of these moves us towards wholeness. Another upgrade path integrates the polarities of modern Western science and ancient Eastern healing modalities, providing us with the upgrade tools of Energy Medicine (www.innersource.net) and Energy Psychology (www.energypsych.org). Now that Western science confirmed the existence of the body's energy pathways, called meridians and chakras in Asian terminology, it became willing to integrate Eastern healing modalities that use these energy systems into Western medicine and psychotherapy.

So now we have the tools of Energy Medicine and Energy Psychology to apply to our 21st Century Human Upgrade. These approaches use acupressure, or tapping on the meridian points on the body, to balance and release emotional blocks and physical conditions. Some of these techniques have become widely available and free to the masses via the internet (google Emotional Freedom Technique, for example) and are even being taught to schoolchildren for emotional self-management.

Research is documenting that working with the body's energy meridian system in these ways is effective in releasing stuck emotional issues such as trauma, anxiety, phobia, poor self-esteem, and self-sabotaging beliefs. Even physical problems such as weight, pain and fatigue are responsive to these approaches. Learning to understand ourselves as energy beings, and to work with our own energy systems for emotional and physical self-care will become a revolutionary upgrade. (Google Donna Eden's work; Thought Field Therapy; Tapas Acupressure Technique; and other energy based healing techniques such as Reiki and Cellular Expansion and Healing.)

These upgrade tools supplement ones that are already familiar to many: meditation, yoga, inner psychological work, social activism. There is a real momentum supporting transformational change—both personal and planetary-- make no mistake about it. *The bad news is that the shift is not sustainable without the persistent ongoing participation of the individual through aware choice.*

But the good news is that we have arrived at this time in our history when these new human upgrades are finally available. We now have transformative choices: to disable old inner psychological programs of limitation, separation, fear, materialism, self-destruction; to apply the transformative human upgrades that

are currently available; to run our inner virus scans to ensure that the new consciousness applications continue to operate properly.

Why is this 21st Century Human Upgrade so Important?

This current human upgrade serves a transformation in consciousness at two levels: the macro-level of collective, or mass consciousness; and the micro-level of individual human consciousness. The two levels are of course interconnected, and made sustainable at the individual level.

At the macro-level, this upgrade feeds the "critical mass," or tipping point, needed to shift global consciousness to a level where humans can finally co-create a sustainable and peaceful future. The good news is that this needed "critical mass" of the population is not as big as you might think. Research has shown, through the renowned Transcendental Meditation experiments, that only the square root of 1% of the population is required for inaugurating change at the collective level, as long as that critical mass is laser- focused and dedicated in their intention. This means that we need approximately 8,000 people worldwide out of 6 billion, who are intentionally focused on the needed shift of consciousness, in order to begin our great shift. The coherent focus of this minority actually has more power to bring forth such a change, than the fear-based, incoherent reactivity of the majority. And we are in that tipping point now.

Such coherent laser-focused intent would mean: choosing to see through eyes of love, peace and healing versus fear; continually releasing one's own interior toxic energy of negative conditioning; using power for serving life instead of for only personal gain. This powerful minority of 8,000 is enough to inaugurate the shift, yet more are needed to sustain it. And of course, the more people that "get it," the quicker and less traumatic the change process will be for everyone. Ultimately, we all must shift. We ARE all interconnected. Wouldn't it be great to minimize the collateral damage of the shift process? *Yes we can.*

At the micro-level, individual participation in our personal upgrades helps to keep us sane—another word for coherent-- while we refine our abilities to receive guidance from realms of Greater Consciousness (aka God, Higher Self, Soul, Life, Love), as to what we need to be doing instead. This coherent focus will be vital to sustain individual grounding as the world goes through its shift—which appears more like a collapse at these beginning stages. And we will be better able to hear "the call" to our right places and purposes, for making our unique contributions to the shift. All of our individual gifts are needed, and are not replaceable if withheld or lost.

What are others saying about this 21st Century Human Upgrade?

There are several ways global pioneers are describing this human upgrade. Here are some my favorites:

“The most exciting breakthroughs of the 21st Century will occur not because of technology, but because of an expanded concept of what it means to be human.”
--John Nesbitt , *Megatrends 2000*

“The human and the Earth are totally implicated in each other....The mission of our times is the momentous task of reinventing what it means to be human.”
Thomas Berry, *The Great Work*.

“A cycle of illusion is coming to a close...A declining economy is being used as a means to an end of the “illusion of abundance,” and a means to a beginning of “true abundance” for each and every one of us. We are in the midst of a blessing, not a depression....We are being forced to get real: real close to God, to each other, to our authentic life. The real abundance of life is about to make its entrance....” --Maureen Moss, World Puja Network

“Let me remind you who you really are: You’re an immortal freedom fighter in service to divine love. You have temporarily taken on the form of a human being, suffering from amnesia about your true origins, in order to liberate all sentient creatures from suffering and help them claim the ecstatic awareness which is their birthright. You will accept nothing less than the miracle of bringing heaven all the way down to earth.” --Rob Brezsny

“The Second Coming is imminent, and you may as well get ready. This is a particularly good idea, because you’re it. You ARE the Second Coming.... It may be useful during this transition to remember that you are an interdimensional master who is an expert at transmuting crumbling realities.
--E.T. 101: *The Cosmic Instruction Manual for Planetary Evolution, Emergency Remedial Edition*

We are shifting from being hostage to the first three instincts---survival, sex and power---to the 4th instinct : the yearning for transcendence, the call of the Soul....
--paraphrased from Arianna Huffington of the Huffington Post

“Only through a rite of passage will humanity shift from the love of power to the power of love.” Anodea Judith, *Waking the Global Heart*.

How to Start Your Upgrade--Right Where You Are Now

Begin with taking responsibility for yourself. Change happens from the inside out. If you don't like something "out there" then start with "being the change you want to see in the world"(Gandhi), changing yourself through aware choices. Self-love and acceptance of others are transformative choices.

Don't let what you can't do stop you from what you CAN do. No need to hold back, thinking you're not ready or able! Any small step you take towards making yourself or a situation better adds improved flavor to the collective "soup" of the whole planet.

Begin each day with the intention of kindness, compassion, and non-judgment—for both yourself and others. We all struggle with the burden of toxic conditioning. Each of us has the capacity to transform it as we encounter it, through our responses to it. If you slip up, simply see it as a part of the learning process, and get back on track without self-blame.

Several times daily, remember to drop awareness into the heart and breathe from there, to step out of emotional reactivity and busy mind. Imagine your breath flowing directly into and out of the heart. Remembering the heart's greater electromagnetic power, intend to open through the heart to the greater flow of consciousness and intuition that is available through that doorway.

Practice observing through the "neutral witness"—that part that can see without negative judging and blaming. Blaming is limiting to one's self and others. Instead, remember that the observer influences the outcome of the experiment. You are a Divine Observer in the service of seeing the highest path for yourself and humanity. This is our "divine assignment." When you witness an imbalance, intend for balance to enter the situation, and hold that vision instead, remembering that everything is in the process of evolving.

Remember that you are a spiritual being on a human path. Your ego-based personality is merely one aspect of your multi-dimensional, energy based Self. Learn about your higher aspects of Self—Higher Self, Soul, Greater Consciousness—and don't limit your functioning to the personality alone. Cultivate a partnership with Greater Consciousness.

Engage in your own inner work, to learn more about ways your own reactivity and limiting beliefs may be holding you in counter-productive attitudes of fear and negative expectations. Investigate and practice any of the upgrade tools. Counseling with a consciousness-oriented therapist helps this process.

Becoming Conscious Co-Creators

It is definitely not wise to remain hostage to the old paradigm of reactive, fear-based separation consciousness, continuing to create unconsciously. As we individually upgrade and transform our personal piece of the world (ourselves), we become more conscious co-creators, using aware choice and intention. We are also better able to empower and sustain the larger global upgrade. We embody a higher consciousness of integration, inner peace and compassion, reflecting the meaning of the Hopi prophecy, “we are the ones we have been waiting for.” This makes each individual’s contribution necessary and special—though no more special than any other.

Many visionaries and spiritual teachers see this upgrade as the beginnings of the predicted “Shift of the Ages,” connected to the 2012 transformation predicted by the Maya, and many of the world’s religious traditions. It is not supposed to be a time of Armageddon, but a time of a quantum leap transformation of consciousness; a shift from “ego to essence,” as futurist Barbara Marx Hubbard puts it. We are slated to evolve beyond the need for pain and suffering as our primary motivators. We are shifting into our capacity to create from vision, joy and intention...conscious co-creators riding the waves of change.

The spiritual wisdom is that, if you are alive now, you signed on to be here at this momentous time in history, to assist this great shift. Remember that the observer influences the outcome of the experiment. You are a Divine Observer in this experiment of Life, in the service of seeing the highest path for yourself and humanity. Instead of focusing on suffering and disaster, you can envision a smooth shift, without suffering. So why not wake up, and sign on for the upgrade - and be part of the most important minority that ever existed on Earth?

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