

The Shift of the Ages

by Nina Roxanne Howard

Mankind is at the apex of civilization. World issues such as diminished resources, overpopulation and the consciousness of power and greed are affecting us now and may affect future generations to come. At the same time unusual changes are happening in our Universe. And more changes yet to happen have been prophesized for eons of time through biblical text and cave wall writings and through 'wisdom' handed down from oracles and sages and ancient cultures. They all point to our immediate future which is now..... the Shift of the Ages.

On Nov. 8, 2009, humanity entered the next phase of its global evolutionary upgrade, known as the Mayan's Sixth Night of the Galactic Period according to Mayan scholar Dr. Carl Calleman. Today, as humanity moves closer to the Mayan end date, December 21, 2012, we are realizing that these aren't ordinary times. Grandfather Cirilio, grand elder of the living Maya, says that every 5200 years, the planet becomes dark for days and we cannot see the Sun because we enter the central magnetic axis above the Earth that makes all the stars and the planets move. Although this time frame should happen around 12-21-2012, he says the exact date is not known. With all the books written and media hype, people are beginning to feel a quickening. Will the world end, or will nothing happen?

We have already entered into the "Shift," and are in the midst of an extraordinary evolution of awakening consciousness. People all over the planet have been awakening, incognito, for decades. In the field of consciousness, light workers, way-showers, authors, speakers, channels, and teachers, as well as regular ol' folks in the quiet of their homes and hearts, are now budding like poppies bursting forth in a field and are referred to as the 'first wave'. Many of the masses will soon follow. Science and spirituality is merging in this great quantum shift.

The 'Universe', also referred to as Source, Infinite Intelligence, Prime Creator, God – whatever name you give it, has a plan for a 'systems upgrade' to our entire world and all its inhabitants as well as our galaxy. Scientists already are seeing baffling changes to our solar system as well as mutations and extinctions in plant, animal and human species. Many children seem to be born 'hardwired' and more highly attuned.

If the predicted catastrophic earth cycles do occur, it may require at some point that we go back and live like our great, great grandparents did while reconstructing a healthier and more sustainable world. It may mean that some of us may decide not to stay to rebuild our future and there will be some 'letting go' and major adjustments for those left behind. But humanity will go on and Mother Earth will be renewed. Earth is now at a tipping point; truly one of the most amazing times ever on the planet, this new dawning Age of Aquarius. You are here to witness it and participate at the level you choose, based on your perceptions!

So why be in fear? 2012 isn't the end of the world. It is the end of a World Age, marked by the planets' timekeepers, the Mayans. This is an expanding world, not an ending world. Time seems to be speeding up and with all the rapid accelerations and changes in our world now is the time to take personal responsibility to begin to build a better world, not depending on someone to do it for us. This begins in our homes, schools, work environment and our communities.

With so much going on, have you ever thought to yourself that you have a role to play in this great epoch? If you run hither and yon, blocking out the inevitable path ahead thinking it has nothing to do with you, maybe it is time to wake up. If, instead of tuning in to this new vibratory experience, you find every reason and excuse to keep this reality at bay, clinging to the way it has been, you may not have time to prepare for the Shift. In the middle of a hurricane there is no time to learn to sail a boat.

Be a Master! Open your heart and listen to the call of your inner guidance. To withstand these changes before us, we must evolve. Evolution is a job of equilibrating our emotions, opening our eyes, overcoming fear and becoming impeccable in all that we do. As you become more in tune with the Infinite, you will know your role in this great time of awakening consciousness.

Nina Howard owns and operates Bellanina Day Spa & Institute in Ann Arbor, serving more than 40,000 clients and training more than 6,000 graduates with teachers across North America. Howard is trained in Massage and Polarity Therapy, and is a licensed Esthetician and educator, as well as an artist and Interior Designer. She gives free classes at the Spa that she calls "The Rabbit Hole", unveiling the illusion that we live in to help people expand, wake up and prepare for the transformation that is before us. The next class' three-month series starts Jan. 23, 2010. You may reach her at spasanctuary@ymail.com or (734) 327-1000 to RSVP. Space is limited to 25.