



Wake up to 2012

Caroline Shola Arewa looks forward to the changes that the new year can herald

The long-awaited 2012 is upon us and I am not talking about the Olympics. I am talking about the many ancient prophecies that cite 2012 as a major turning point for humankind. There are numerous interpretations ranging from the apocalyptic to the truly transformative. Should we survive the threat of the world ending and other prophecies, we can expect 2012 to be an extraordinary year, a powerful and auspicious time of awakening and transformation.

Endings signal new beginnings and all new beginnings follow an end. The word apocalypse comes from the Greek *apokálypsis*, meaning a revelation, to reveal something previously disclosed. Transformation means moving from one form to another. How we interpret the year ahead makes little difference. We may see destruction or creation; they are two sides of the same coin. They share the same energy, like the end of pregnancy and the birth of new life. What really matters is the potential and the opportunity to embrace something different.

The prophecies

The best-known prophecy comes from the Mayan calendar. It is thought the calendar and consequently the world come to an end on 21st December 2012, with the completion of the great period of 13 B'ak'tuns. The Ancients believed that all creation and people of the world would be annihilated on the last day of the 13th B'ak'tun. This period was predicted by the Mayans as a time of major conflict and change.

According to the Dendera zodiac of the ancient Egyptians, 2012 marks the end of the procession of the equinox, which occurred between 2004 and 2012. This zodiac shows the Piscean Age ending as we approach the Aquarian Age – the age of Hapi, God of the Nile River. Hapi represents unity, connecting upper and lower Egypt. Hapi also symbolises the union of our higher and lower selves.

In the yogic tradition, this present time is known as Kali Yuga, a time of destruction and turbulence, characterised by moral descent and spiritual weakness. Interestingly this age started around the same time as the 13th B'ak'tun. They may have started together, but they end far apart. It seems Kali Yuga is set to continue for some time yet.

The galactic alignment theory is where science and mysticism meet. Galactic alignment is a significant astrological event taking place every 26,000 years. It takes about seven years to complete. The earth passes through the black hole at the centre of the milky way. This brings the earth, the sun and the centre of our milky way, itself an active galaxy, into alignment. Such an event has a powerful gravitational pull on our planet, disturbing its stability. Hence all the weather changes, earthquakes and devastation we have seen. Back in 1955 Einstein predicted that a pole shift could occur around the end of 2012 where the North and South Poles would rapidly move, causing a catastrophic effect around the entire globe, this scientific understanding coincides with the Mayan prophecies. However we choose to view things, 2012 is a momentous time for planetary and personal shifts.

Even Hollywood has created movies that propagate the fears, excitement and buzz surrounding 2012. So what does it all mean? Is there a reason the United Nations General Assembly termed 2012 the year of cooperatives? Are New Age thinkers on the right track, believing this to be a time of major acceleration and movement that will propel us from the war torn energies of destruction and fear into the expansive loving energy of compassion and heart-centred living? From my work in spiritual and personal development and extensive research into the human energy system and human behaviour, I see this time as the dawn of a new consciousness. 2012 provides an opportunity to create unity consciousness.

Transformation of consciousness

We are standing at the crossroads of major transformation. Our planet is crying out in pain as the mighty winds of change blow up a powerful storm. Our world is in the midst of chaos and confusion. As we seek solutions, we come face to face with the part we each play in this global chaos. We become aware of our alienation from nature, our divorce from religion and our dependence on technology. We see relationships failing, creativity sidelined and money ruling. We feel the stresses, suffer the diseases and watch the disintegration of qualities we hold dear like peace and harmony.

Yet out of darkness comes light and out of chaos comes order. We want our lives to improve and we want the world to be a better place. As we seek to transform ourselves, we change the world. As Ghandi proclaimed "be the change you want to see".

Over the last 20 years I have seen a steady increase of progressive souls opting for more meaningful lifestyles. Lifestyles that take the planet, its wildlife and its people, far and wide, into account; conscious living, raw food diets, buying fair trade, supporting causes concerned with the elimination of poverty and making small moves towards global change. More and more people are choosing lifestyles that favour personal health and not just company wealth. Talk of work/life balance, emotional intelligence, family values and personal leadership are all commonplace. This shift demonstrates a greater awareness of self and highlights the fact that we do have choices and we can be responsible for our actions and the impact they have on both our immediate environment and the world at large.

This shift leads me to believe we are taking part in a spiritual revolution, a transformation of consciousness; an awakening envisaged by the ancients and depicted on the earliest calendars of the Egyptians and the Mayans. As the procession of the equinox pulls us into the Age of Aquarius, we are experiencing great planetary change and political instability. Both threaten global destruction and extinction of the human race, as predicted.

The threat of the unknown is a wake-up call inviting us to transform ourselves and in so doing enhance our world. Many people are now answering this calling. As the human potential movement, once the domain of the enlightened few expands and matures, we are seeing people willing to take responsibility for their lives and the environment we live in. Many of us are willing to make changes, willing to be the change a spiritual revolution calls for. We are part of a revolution, a movement of rapid change and rotation that is taking us back to review the ways of old. We have the opportunity, more now than ever, to tap into a vast reservoir of spiritual intelligence. This powerful source can help us redesign our lives creating more health, happiness and success. Spiritual

“We are taking part in a spiritual revolution, a transformation of consciousness”

intelligence can also support us in changing the world in which we live, as we welcome in an age of unity consciousness. We are expanding our awareness of who we are and developing new ways of being. We are standing at the edge and unity consciousness is emerging as a viable way forward. The planet and her people are on this edge, as if taking part in an initiation, a time of challenge and fear for survival. We can remain stuck in war and power issues or choose love and a transformation of consciousness. Will we make it? Will we survive? I believe so, but only if we make wise choices.

What can you do?

We all have a responsibility to wake up and be the very best we can be. This time of transformation and awakening is the perfect opportunity to let go of the old and herald in a powerful new energy. Answering the questions below only takes a few minutes and the clarity gained will motivate and uplift your energy for the coming year.

- What have you achieved in 2011?
- Identify what you appreciate in your life right now?

An attitude of gratitude revitalises energy.

- What do you need to release?
- Is there anything in your life that no longer serves you?

This is the time to let it go.

- What is your vision and life purpose for 2012?
- What is emerging in your life?
- What is your heart's desire for the year ahead?

Clarity makes your dreams reality. Start 2012 clear, creative and energised.

I trust this present time of awakening will bring a major shift in the collective soul consciousness of humankind. Through unity consciousness, we have the potential to wake up, create lives of love and harmony and live in a global village we can all be proud to call home.



Caroline Shola Arewa

is the founder and director of the Energy 4 Life programme and the author of four books. She is a spiritual coach, yoga master and humanistic psychologist with over 20 years experience helping people make important life changes. For further information, visit www.energy-4life.com or call +44 (0)845 130 1918.