

## Preparing for the Shift into 5D



*by Vidya Frazier, December 2024*

***You are here for these times.*** You've likely heard and read these words often in these past few years. Maybe you can relate to this, feeling deep within you that yes, you chose to incarnate during these particular times on Earth and that you have a specific spiritual mission you're here to fulfill.

Or you may not know exactly what you're here to accomplish – but you still somehow know you're here to do *something* to assist in the exciting shift of consciousness that is now occurring on Earth – even despite the increasing chaos and frightening events that are currently taking place across the planet.

### **You Are More Important than You Know**

Either way, what you may not realize is, no matter what you feel you are doing or not doing, *you are an extremely powerful force on the planet at this time.*

Just your presence here – knowing and embodying Love in the way you do, experiencing natural compassion for others, desiring peace, and knowing the Divine Presence that exists in all of creation – has a profound effect on what is occurring on Earth during these times. You naturally hold a beacon of Light that is impacting and helping to guide the quantum leap humanity is currently making into the much higher frequency reality that has been called the *Fifth Dimension*.

It's really important for you to get this, and not diminish yourself or the power your simple presence has in assisting humanity to successfully make the shift into 5D.

Even if you're experiencing periods of anxiety, confusion, despair or anger, it doesn't matter. These emotions come and go. Unless you remain in them for long periods of time or create deep harm to others in some way through expressing them, they will not affect your inherent high frequency of consciousness that is assisting the Shift.

## **Transitional Times**

It's also important to remember that it's *natural* for all kinds of challenging emotions to be running through you during these times we're now passing through – times that have been called the "Transitional Times". As described in another recent ebook, called "[Making it through these Transitional Times](#)", these tumultuous times have been predicted in numerous ancient spiritual texts and also within stories passed down from generation to generation in hundreds of indigenous tribes across the world.

They all speak of times before a great shift of consciousness would be happening on Earth, in which there would be huge conflict, upheaval and destruction of old familiar structures and institutions in society, as well as harsh divisiveness and hatred.

They have also described how the corruption and control that have always existed would finally become clearly visible, so it could be dealt with and resolved. Nothing based in corruption, greed, hatred or oppression would survive the Shift that would be occurring.

## **It's Getting More Intense**

So these are the times we are currently barreling through with increasing speed – and it's not surprising that you, as a naturally empathic and sensitive human being, might be experiencing dark periods of anxiety, depression, despair or rage at times.

Unfortunately, these days will likely be continuing for a short while. We can probably expect even greater chaos, destruction and unrest to occur before the Shift actually happens. And it's important for us to be prepared for these final days.

But it's also important to remember that these challenging times are simply a prelude to the birthing of an entirely new age for humanity. And the Shift into this new age may well be happening within the foreseeable future – maybe, according to certain sources, even as soon as early 2025.

So what exactly will this Shift look and feel like?



### The Solar Flash

I have written a number of [blogs](#), [books](#) and [ebooks](#) describing what will likely occur to create the monumental Shift into 5D reality. But briefly, many sources have indicated that the Shift will begin with a sudden solar event that will have a monumental impact on the entire Earth and everything on it, including all of humanity. And it will be the catalyst to mark the beginning of a long-predicted Golden Age and the building of a New Earth.

One source who has been writing about this Shift since 2012 by the name of [Cobra](#) has described that it will initially be caused by a powerful “galactic pulse”, an explosive coronal mass ejection (CME) he refers to as “the Event”.

He, like others, states that this is something that has occurred previously in our galaxy every twenty-six thousand years or so, when the Earth was in the same position in the skies it has now moved into. He indicates that this pulse will release a brilliant light arriving directly from the galactic central sun, passing through our sun, and then streaming onto the Earth. In the past, this has always triggered a mass ascension of consciousness on Earth each time it’s occurred.

### What Will Initially Happen

Cobra further describes how this will initially cause the destruction of all old and corrupted structures and institutions, which will create a great deal of chaos. But, at the same time, it will also bring profoundly high-frequency energies that will create a huge awakening in consciousness for many currently alive at that time.

Some people who are ready for this will be able to shift into 5D at that time; others who need a little more time will probably follow within a couple of years. But for all who

remain on the planet, it will bring about a sense of great freedom and sovereignty, as well as a long-awaited time of peace and abundance on the entire Earth.

Indeed, he states that the incoming energies and light from the solar event will begin to flow through the energy field of all humans as a palpable “wave of love”— one like we’ve never experienced before. It will also start a process of radically transforming matter, energy, consciousness and biological life as we know it.

Other sources, such as [David Wilcock](#), [Kerry K](#) and [Ismael Perez](#) have since then also written and spoken about this solar event in similar ways, referring to it as the “Solar Flash”. There are also scientific data and testimony from people working deep within secret space programs that now support this idea of a solar pulse event that is due to happen in the near future.

But there must be a caveat made here – because not all sources describing the Shift into 5D include this type of huge solar event. Some don’t mention it at all. And others do, but say it will likely be more of a gradual type of event that happens over a greater period of time. So there isn’t consensus on this. It may be a matter of different possible timelines that now exist; it’s hard to tell.

### **It May be Happening Soon**

However, no matter what may happen to cause the huge upleveling in consciousness, all sources referring to the Shift do describe profoundly positive changes that will soon be occurring on Earth. And since some do explain in depth that the Shift will be caused by this type of solar event, it’s important to consider this may be so. This is especially so since two sources have said this solar event might now be occurring very soon.

Cobra has indicated that it may well happen by early 2025, because it needs to happen while the sun is in solar maximum (which now is already happening) – and also that the “Galactic Light Forces” can’t hold it off much longer. And [David Wilcock](#), who has done an enormous amount of research over the years, has predicted it will likely happen before Labor Day in 2025.

Even though the exact timing is not clear, time does seem to be of the essence – and we’d all do well to be as prepared for it as possible. It’s probably helpful to be prepared physically for handling whatever will be happening at the time of the Flash. But it’s also important for us to do whatever we can now to prepare ourselves emotionally, mentally and spiritually, as well – so that we are ready for the huge disruption such a solar event might cause.

And, very importantly, if we are hoping to make the shift into 5D reality when the Shift first occurs, it will be helpful to be in as high a frequency as possible, so that this shift for us can occur as quickly and smoothly as possible.



## Preparing for the Shift into 5D

So, what can we do at this point to prepare our consciousness for shifting into 5D?

Some new age teachings are cautioning us to “stay positive” and not fall into negative thinking or emotional states. In general, of course, this is important to keep in mind. But, as indicated above, experiencing negative emotions is absolutely natural, especially during these recent times, and there’s no great danger in experiencing them as they emerge and pass through you.

In fact, it is actually essential now that you be genuine and truthful with what is arising within you. It’s important to not censor yourself and to trust that whatever is occurring within you has a purpose for you of some kind.

### Confusing Emotional States

Of course, it’s important to not act out and cause harm through expressing certain negative emotions, such as anger or hatred. But many of these darker emotions you might be experiencing may well be there *in order for them to transmute through you*. This is something that is occurring a lot lately – all low frequency energies are in the process of transmuting into Light. And your awakened light-filled field may be where this is taking place – whether it’s with your own negativity or that of others around you.

It also makes sense that your emotional state might be all over the place, because, during these times, you are also going through an enormous shift in consciousness. You are essentially experiencing both a birth and a death process, before a true shift into

higher consciousness can take place. Your old 3D identity is in the process of dying, and your new 5D identity is coming on board, although you may not quite recognize it yet. And these are both very messy experiences.

Yet another reason you may be experiencing confusing emotions is that you are likely very near the shift into 5D in your consciousness and are probably slipping in and out of it. And this can be kind of a roller coaster ride. One minute you're riding high, feeling great; and then suddenly, without warning, you're experiencing deep grief about something. This is part of what might sometimes be causing you confusion, instability and disorientation.

## **The Process of Re-Awakening**

It's also important to remember that, as a lightworker, you are not awakening during these times, as many teachings describe. You are actually *re-awakening*.

As you're probably aware, throughout the ages, humanity has been under the control of very powerful dark forces. And we have been essentially put to sleep about who we really are and what we are inherently capable of. Our connection to Source has been weakened, and our knowing of ourselves as powerful multidimensional Beings of Light has been all but lost.

So what you are experiencing now is a spiritual re-awakening to who you are. And, at the same time, you are also waking up to the reality of what is going on in the world and how humanity has been held back in its evolution for thousands of years. Both these kinds of awakening are important now – and even vital – if you are going to be able to shift as comfortably as possible into 5D when the time comes.

## **You are Already Being Prepared for the Shift**

So then, what can you do to continue re-awakening in both these ways and truly prepare yourself for the tremendous rise in consciousness that will be needed to shift into 5D when the time comes?

Before going into what you can do, it's helpful first to realize that many of the experiences you are already currently having are actually part of your preparation. Your Higher Self is already guiding and pushing you forward on the path to 5D.



## Positive 5D-ish Type Experiences

You might realize that some of these experiences are positive and very exciting. Perhaps, from time to time, you are already having experiences of what you could call *5D consciousness*. From out of nowhere, you might suddenly feel a powerful sense of freedom and joy vibrating through you. You find yourself smiling – and maybe even wanting to dance.

Or maybe it's a feeling of profound calm and peacefulness that is not caused by any outer event; it's just a sensation of deep knowing that everything is as it should be and that there's nothing to be fearful about.

Or you may be having experiences you can only call "miracles" or "magic" that seem to occur out of nowhere. On certain days, synchronicities constantly occur: You're catching triple numbers all throughout the day; meaningful animals appear at certain times, giving you answers to questions you've had; people show up, just when you need to see or talk to them. And you know exactly who it is on the phone when it rings. These experiences aren't exactly new to you – but maybe they seem to be happening more often these days.

You may also realize from time to time that the experience of love and compassion within you is more profound than ever before. Even small, minor things you witness may surprisingly bring you to tears, as you feel your heart move deeply within you. Sometimes it's tears of joy and delight; other times, it's tears of deep grief. Either way, you sense that Love is a profound component of what has moved you. There's a knowing of something very precious that is awakening within you.

At other times, you may suddenly have a new and deep spiritual realization about life – or humanity – or yourself – that stuns you. You realize it's something that's always been there before, but you've never really thought about it or realized how important it is. And it completely shifts your understanding about reality and yourself.

And, if you're fortunate, you may also be having brand new experiences of who you actually are as a spiritual Being. Maybe this is as a scintillating field of Light in which your body is just a small component. Or you realize just how large and powerful you are as a Being. Or you experience how you are actually connected to all of humanity on an energetic level. Maybe you become aware that you are actually a part of all of creation.

But these aren't just intellectual realizations – they're deep, full-body experiences of *knowing*. And you treasure them deeply, realizing they are happening because you are indeed awakening now on deeper and deeper levels.

### **A Higher Frequency is Now Available**

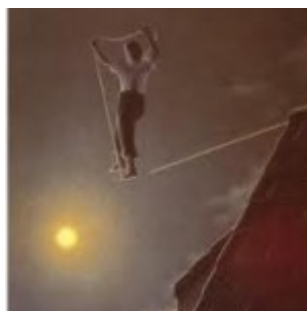
In general, you may begin to realize that, despite the craziness now occurring in the world and the confusion and despair that may overtake you at times, living your life is also getting easier now in certain ways. At times, help, in both inner and outer forms, seems to show up out of nowhere. Challenging problems that in the past would have taken a long time to resolve now seem to be taken care of surprisingly quickly and in ways you would never have thought of in the past.

These things are happening because there is a new higher frequency that is available now – a Loving Presence – flowing onto the planet. You just need to feel into it and trust that it will guide you. You may also find that any spiritual and healing work you attempt to do now seems to be faster to complete than ever before.

### **Uncomfortable Preparation for the Shift**

All of these experiences – and many others – are exciting to notice and can give great assurance that ascension is indeed already happening for you. However, sometimes the preparation for 5D is happening in very uncomfortable ways, as well.

And – you may be interpreting them incorrectly, drawing conclusions that you're doing something wrong or there's something naturally flawed about you when you have certain experiences – *when in fact, they are signs that you're actually totally on track.*





## Heading into the Unknown

One of the major challenging experiences you may be having at times is a sense that you are heading into the Unknown in a way like never before. So many choices you're having to make are leading you into experiences you've never previously had.

You might at times even feel as if you're in free-fall – not knowing at all where you're going to land after having to make a difficult decision. You're finding yourself in completely unknown territory and having to quickly learn how things work there. Perhaps the people now around you are those you can't really relate to. You realize that they're people who see the world so differently from you that you find little to share with them anymore.

You might even find yourself talking about things you know they have little clue about. And you're suddenly someone who is addressing subjects you know solid information about that they believe to be conspiracy theories. And this is not the personality or role you've ever been in before. You might wonder how you got here in this role. Is this even you?

## Experiencing Loss

Part of this free-fall feeling during these times may also be caused by a series of losses you're experiencing. You're realizing that, for a variety of reasons, you are having to leave parts of your life behind that have meant a lot to you – friends, family members, career, home, or projects you've put a lot of time and effort into.

In some cases, the losses may be due to the death of people who have been dear to you; and, of course, your grief about them just compounds the general sense of loss you're experiencing. And, since there is actually so much more death occurring these days than in past years, so you may be picking up on other people's grieving, as well as your own.

You might also realize that certain spiritual practices that used to bring you so much comfort and joy don't seem to work well anymore. This is confusing and disheartening, perhaps bringing on a feeling that you're no longer a "spiritual person" or on the right track toward a transition into 5D.

Even your whole sense of identity may be shifting and feeling like it's disappearing. At times, you feel as if you are an entirely different person than you previously were.

All this loss can be extremely confusing and disheartening – and scary. At times, it might feel as if things in your life are getting worse and worse – and you'll never get back to "normal". All you can feel is the emptiness of the losses. A great loneliness may come over you for a while.

However, if you wait a bit, you may eventually realize your life is actually getting better in certain ways. You slowly begin seeing that the old activities, relationships and interests that have fallen away were really holding you back from experiencing a new clarity about who you really are and what you truly want in your life. This realization may take a while to come in; but when it does, it can bring about a feeling of deep gratitude and peace.

## Releasing What Can't Go with You

Another uncomfortable and often painful process that is also likely occurring for you in preparing for the shift into the Fifth Dimension is the sometimes constant stream of old unresolved traumas and unfinished business that seems to be arising within you. It's important to realize that these are lingering low-frequency aspects that can't go with you into the higher dimension of 5D.

Along with these unresolved traumas and woundings, of course, are all the negative emotions these experiences created in you, like hatred, fear, despair, envy, and blame – all the baggage you've picked up while living in this controlled 3D reality you've existed in, perhaps for many thousands of years.

Again, be aware: If you are judging yourself for reliving these painful experiences, thinking there's something wrong with you and there's something you need to fix – remember that there's nothing at all wrong.

These unresolved traumas are arising in you during these times *in order for them to be transmuted into light and released*. In other words, it's actually good news that these old woundings are now coming up again – because it's time for them to finally leave.

## How to Process these Old Unresolved Experiences

But it's helpful to know that the best way to help these energies release is no longer, as it once was, a long and deep exploration of your psyche. Instead, it's to neither accept nor reject the energies when they arise. It's best to simply notice that these emotions, memories or experiences are emerging because they're on their way out. And then to allow them to be there, without judging them, falling into them, or trying immediately to do something to heal yourself of them.

Instead, do your best to focus on raising your frequency. Go into deep silence within yourself. Call in Divine Light. See if you can find compassion for yourself in your heart.

Then realize that this experience or memory that's arisen is something that was really never an inherent part of you, to begin with. It's something that was created or occurred due to frequencies on the planet designed to keep you weak and in suffering – and it's now just time to let it go to disappear into Light.

As your consciousness rises in understanding and love for yourself, you can then simply let the feelings be. And turn your attention away to whatever you need to be doing that day. It may take a short while for the uncomfortable feelings to completely leave. But, in taking these steps, you will, even initially, likely feel a sensation of letting go within you, a lessening of pressure in your gut and heart area.



## **Ancestor and Collective Releasing**

There is yet another thing to be aware of about painful emotions that may be arising within you. And that is you might also be in the process of releasing traumas that aren't even your own.

We're now at the point in these transitional times in which all the unresolved patterns of our ancestors are beginning to release through us, as well. Remnants of their unfinished business and unresolved traumas that have been caught in the death space are now entering into the fields of Light that ascending Souls in this reality are creating around them, in order to be transmuted into Light.

This is evidently something that tends to happen during times of human ascendance when the Earth enters into the space of the galaxy it has now entered, as part of the

planet's cleansing. So, if you are experiencing feelings of grief or rage or despair that you can't quite relate to, this may be what is occurring.

Another aspect of this transmutation that may be occurring within you is a process of clearing patterns and traumas that are currently happening within the collective of humanity. As a sensitive, empathic Being, you are likely picking up on these emotions as well at times, in order to transmute them through the Light you are now creating within and around you.

### **Personal Timeline Shifting**

And then, to add to all this, there are yet other uncomfortable experiences you may be having that indicate you are in the process of ascending and preparing for 5D.

As you continue to release all the third-dimensional debris, you are also experiencing a constant shifting of the personal timeline you're on. Each time more stuff is cleared out, you automatically lift up onto a new higher-frequency timeline. This is actually wonderful. New opportunities for greater joy, peace and accomplishment are then available to you.

But – at the same time – you may initially feel confused, disoriented and somewhat anxious when you've just made that shift. So, again, it's important to remember that there's nothing wrong with you if you feel these sensations. They're natural, due to the rapid and spontaneous rising in frequency that you're experiencing.

### **Physical Body Challenges**

All of these emotional, mental and spiritual changes that are occurring to ready you for the shift into 5D, of course, can't help but be disturbing to your physical body. So, along with all the discomfort these more energetic changes are creating, you may well be experiencing uncomfortable physical changes, as well. Especially if your body is also in the process of aging, these symptoms can be challenging and even frightening.

Old symptoms from past illnesses may be showing up again. New ones may suddenly appear. It's a difficult process to feel your body having to adjust to all the changes. But it can be easier if you can be aware that you will be taking your body into the Fifth Dimension with you – and so it makes sense that it is also attempting to rid itself of elements it can't take with it. And it's doing its best to make the adjustment to all the new energies flowing into it.

It's therefore important to be especially understanding and compassionate with your body if new symptoms and pains appear – especially ones that doctors can't explain. Generally, they will eventually pass, and a new feeling of greater wellness may come on board.

### **Good News: Your Higher Self is Anchoring into your Body**

As all this releasing of low-frequency patterns, emotions and physical symptoms is going on, something else is likely occurring for you, something that is part of the really good news: Without this old 3D debris cluttering your energetic field and body, there is now more and more room for your Higher Self to anchor down inside your body – something it is now in the process of doing.

If you check, you may realize that no longer do you need to reach up, kind of above your head, to try to feel into your higher consciousness. It is now descending down and finding room in your physical body. For this reason, it's important to stay in your body during these times, to stay grounded and in touch with what is occurring on this Higher Self level within you.



### **What You Can Do to Further Get Ready for the Shift into 5D**

So these are the many experiences you are likely having these days as you are naturally preparing for the Shift into 5D. In essence, you are clearing out all old dysfunctional aspects within you as a Being caught in a controlled 3D sense of identity. And you're being guided into experiencing yourself as the much higher-frequency multidimensional Being of Light you have always been.

But, as these experiences continue, you can also take some conscious steps to further re-awaken yourself and prepare for your Shift into the Fifth Dimension of consciousness.

## Learning to Love Yourself Unconditionally

If you're like most good-hearted people, you have probably already learned well how to be of service to other people. You feel a natural compassion for the suffering of others and are drawn to assisting them when you can. This is an important aspect of higher spiritual consciousness.

What you may not be so good at is being of service to yourself – and, in particular, knowing how to love yourself unconditionally. It's important to understand that, if you're going to shift into the Fifth Dimension, it is essential to truly learn how to do this.

But, as you've probably discovered, learning to love yourself unconditionally can seem almost impossible at times. So often, shame, guilt, self-doubt, and fear can arise so quickly, there seems no way to stop them.

It can feel as if experiencing these emotions is just a natural part of who you are, and that it's appropriate for you to be feeling them. The emotions feel accurate; you automatically assume you "should" be feeling them, because you believe yourself to be an inherently flawed person, inadequate and inferior. And that you somehow need to "earn" your way into okayness through hard work on yourself.

You probably understand intellectually this is not really so, but it's much more difficult to *know* this on the emotional level. It's as if your lack of feeling okay, just as you are, is such a deep programming inside you, that you can never successfully eradicate it.

## The Primary Implant

The first thing to understand about this experience is that yes, there is a deep programming within you that very powerfully keeps you in self-doubt, fear, shame, guilt and self-judgment. It came with the "package" known as the human body that you entered into in coming into incarnation on the Earth.

Not understanding what this actually is, psychologists have generally called it the "superego" or the "inner critic", believing it to be a natural part of the human psyche. Some have actually attempted to convince us that this mechanism is beneficial.

But it is not a natural aspect of human consciousness. It's a type of ancient technology, described by Cobra as the *Primary Implant* (and as the *slave self* by [Jacqueline Hobbs](#)),

which the negative forces who have kept humanity in captivity for thousands of years have managed to insert into human beings at birth on the inner realms. Attached to the brain on the etheric level, it serves to keep us in a position of feeling *separate from Source*. It is designed to keep us feeling weak, unempowered, and in fear.

This is important to understand, as it explains how you may often feel governed and controlled by negative beliefs about yourself as well as fearful about your survival. It also explains why it seems to take inordinate intention, awareness, and practice to keep reminding yourself that you are one with Source.

The good news is that the negative forces that created this technology are now greatly weakening at this point. This is due to the fact that the frequency of the Earth and humanity are now greatly rising. And so the Galactic Light Forces have recently been able to capture AI technology known as the "Lurker", which has, for thousands of years, been sending out negative and weakening frequencies to be picked up by the implant or slave self, keeping humanity weak and asleep.

And, therefore, as time goes on, you may find that the irritating and destructive voice inside you is weakening and you feel much freer of negative emotions about yourself. With the advent of the Solar Flash, this technology will likely be disintegrated altogether.

### **Learning to Not Censor Yourself**

Another focus you can have in learning to love yourself unconditionally is watching to see if you tend to censor yourself in expressing what you really think or feel when you're with other people. Being true to yourself and trusting what you're believing and feeling is extremely important.

Of course, this does not mean it's helpful to just spout anything that might be hurtful or hateful. It simply means it's important for you to be true to yourself and not feel fearful about expressing who you are in a healthy way.



## Resolving Relationship Issues

Yet another way to help ready yourself for the Shift is to evaluate your relationships at this time. How harmonious are they? Have you resolved old childhood conflicts, hurts, disappointments, and anger toward family members? It's really time to do this. Even if these people aren't ready to do it with you, you can heal your part of any rift or wounding with them inside of you. It's time to let all that stuff go and get on with your life.

If you are with a partner or spouse, is this relationship truly nurturing you at this point? Are you feeling deeply loved and respected? Do you feel able to grow spiritually and shift into the deepest aspect of who you are while being in an intimate relationship with this person? If not, is it time to decide to either find a way to make it really work for both of you, or to perhaps leave each other? Are you staying together simply out of fear of being alone?

Another question is: Do you know how to make healthy boundaries with people when they are not respecting you or allowing you to be yourself? A boundary need not be something against them – simply an agreement within yourself that you will not allow disrespect or any push into a direction you're not naturally inclined to go.

These are important questions to ask yourself. If you're finding relationship issues are up for you at this time, bringing up hurt and anger and other uncomfortable issues, know it is time now to resolve them. Take charge of this process; seek ways to heal them – or you may find life resolving them for you in very unpleasant ways. Remember: You can't take your 3D baggage with you into the Fifth Dimension.

## Sitting in Silence, Absorbing Pure Love

Meanwhile, a very simple, yet powerful, decision you can make in continuing to raise your consciousness is to take time out every day to just stop all doing and simply sit in silence. It doesn't even have to be in meditation. Your mind can keep running at first, until it relaxes – it won't matter.

Taking twenty minutes in silence might be ideal; but even five minutes is helpful, if this is all you can find time for. It's just a matter of stopping and dropping into silence and being with yourself.

Doing this allows you to focus on the flow of pure Love that is already naturally streaming into you from the universe – but it can be increased, when you focus on it. You



can become aware of it flowing into your physical body, but also into your emotional, mental and spiritual bodies, as well.

One way to help you do this is to focus on feeling pure Love filling you as you take an in-breath; and then, with your out-breath, to focus on absorbing it into your body.

This simple practice of consciously absorbing pure Love not only raises your frequency; it also relaxes and rejuvenates your physical body and sense of vitality. You can begin to realize that this is essentially what you are here to do during these times: *to embody Love*.

And then, with this Love, to transmute all lower-frequency energies that are lingering within you.



## Trusting Source

Above all, during these transitional times, it's important to truly trust that Source is taking care of you and leading you on the path toward ascension in the fastest and smoothest way possible for you.

Each of us is unique, so it's helpful to not look at what others are doing or experiencing and comparing yourself to them. We all have our unique past traumas we need to release, particular ancestor karma we are transmuting, and specific Soul directives we are following. And now, as the ascension process gets all the more intense, we need to do our best to tune into ourselves and trust we are being guided in the best way possible.

Indeed, you may find there are times when trusting is all that is possible for you to do. There are no clear sign posts to tell you where to go, and sometimes there is actually nothing you can do to try to create a feeling of safety for yourself. So all you can do is surrender to what-is and trust that all will somehow be okay, you'll make it through.

Sometimes it helps to concentrate on feeling for the flow, for any kind of possibility of movement in a certain direction – and then move in that direction, trusting it will lead you to where you best need to go. If possible, you can slowly take small steps in that direction, and keep feeling for where continued movement is possible.

You may find that you'll experience times in which you completely feel like you can't go on anymore, that you just want to give up. But then, inevitably, something rises up within you, and you realize you *can* go on. And you do. These are times in which you will be discovering a strength and endurance in you that you never knew you had.

## Keeping on Keeping on

So, no matter what may be happening in the world or in your life, you will likely continue to get up in the morning and go on living your life however it is showing up on that day. You will continue on because, deep inside of you, you know you're here specifically for what is currently happening on Earth.

As difficult as these Transitional Times are to plow through at times, you can tune in and sense that better times are ahead – indeed, incredibly better times. You know you're here to re-awaken to the reality of who you are as a powerful, luminescent Being of Light and to help create the New Earth, as it begins to unfold more and more.

## Keeping up with the News

Meanwhile, as humanity continues to pass through these times before the Shift into 5D, it is important to not avoid the news altogether, as some people are attempting to do. It's understandable to want to do that; so many distressing events are happening. But you might be wishing at some point that you were following it, because of huge shifts that are taking place very quickly and certain dangers are looming that would be good for you to avoid.

It is probably wise to avoid the mainstream news at this point, since so many proven lies have been told through these outlets, especially over the last few years (and their rapidly dwindling numbers of viewers are due to this).

Of course, there is also false information in the alternative news online; you do have to determine which sources are most likely giving the best information. But at least there are a great many more choices of reporters you can choose from in order to determine what might be true.

In any case, just reading headlines or listening to the first few minutes of certain videos can at least keep you up on the most important events of the day that might directly impact you in your life.

## Remembering that these Transitional Times are Temporary

In general, as you find your way in navigating these confusing and intense times, it's helpful to remember that they are temporary. They will not last forever. The spiritual battle that's been going on for thousands of years is soon to reach its climax, and the New Earth will finally be possible to create.

And a whole new world will eventually be awaiting you in which you will be able to experience a freedom and sense of sovereignty you've never felt before. In many ways, you'll finally have the opportunity to flourish in many different ways, learn exciting new things, and have new adventures both in consciousness and in physical ways. On a very deep level, you will feel you have finally come *Home*.



## Assisting Others

And you'll be able to see that, despite the many people who are still very much asleep to what is really going on in the world, multitudes of people *are* waking up. And more will continue to, often even *because* of all the horrendous things that are happening. Sometimes people just need to be really shaken from the sleep they've been in for thousands of lifetimes.

But you can be someone who is here to assist them, as they're shaken awake. As a high-frequency Soul, you can be compassionate and gentle with them, as you further educate them about what you know and deeply understand on both a spiritual and a "real-world" level. With your loving presence, you can calm them and encourage them to find ways to adjust to the difficult truths they are learning.

And you may see that this work is what you have been preparing for, probably for all your life.

