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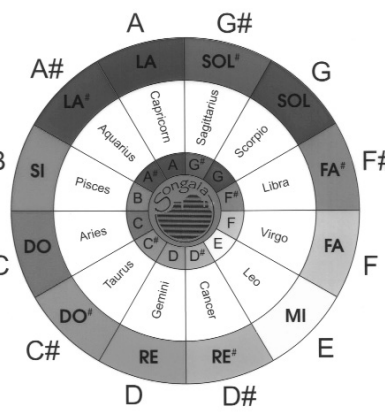


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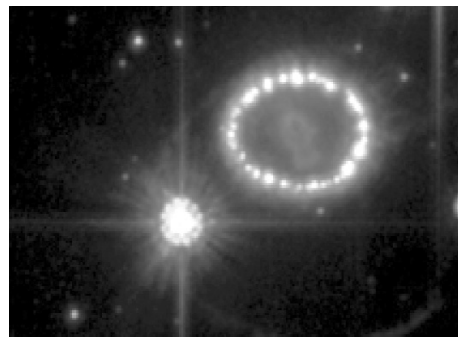
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Earth rotating properly.

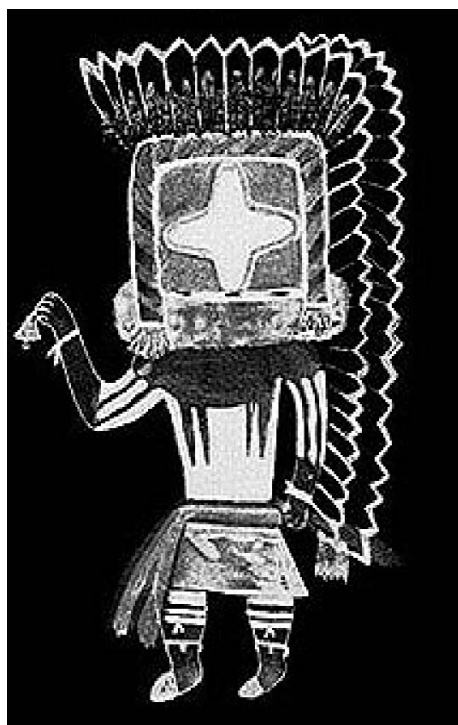
The shock wave of cosmic energy from the supernova, however, may have altered this delicate balance. Hence, in the last few decades we have seen an increase in seismic activity (temblors and plate tectonics), volcanoes, magnetic



Supernova 1987A
Hubble, 2007

describes the impact of the supernova's visitation:

"With impeccable timing, the Blue Star Supernova appeared in synchronicity with the unfolding of the Mayan calendar and the Hopi Revelation. In an instant, quicker than the eye could blink or the phosphene flare in the inner dimensions of the mind, the consciousness of the planet was encoded and imprinted. A superluminal transfer of extragalactic frequencies from deep space impregnated the Earth with the starseeds of neutrinos and radiation.



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pole shifts, and crustal displacements. SN1987A arrived, by the way, just six months before the Harmonic Convergence, the New Age event which purportedly heralded the global shift to a new era of peace and started the final quarter-century countdown to the end of the Mayan Calendar on December 21st, 2012. In her excellent book *Beyond Prophecies and Predictions*, Moira Timms eloquently

describes the impact of the supernova's visitation: "With impeccable timing, the Blue Star Supernova appeared in synchronicity with the unfolding of the Mayan calendar and the Hopi Revelation. In an instant, quicker than the eye could blink or the phosphene flare in the inner dimensions of the mind, the consciousness of the planet was encoded and imprinted. A superluminal transfer of extragalactic frequencies from deep space impregnated the Earth with the starseeds of neutrinos and radiation. Penetrating to the heart of the Earth's magnetic core, this jump-start of cosmic energy served to accelerate the vibrational frequency of the life force, preparing us for an unprecedented evolutionary leap."

We marvel at the sophisticated instruments that beam back their hauntingly beautiful images of deep space. Hubble photos taken in 2007 show the supernova as an expanding orange circle coalescing into radiant pearls of light around a cloudy, bluish-purple center. And this is twenty years after the fact!

In the modern paradigm, science frequently cancels out religion. The quotidian reality for many of us is still decidedly secular and material, though the pendulum is starting to swing the

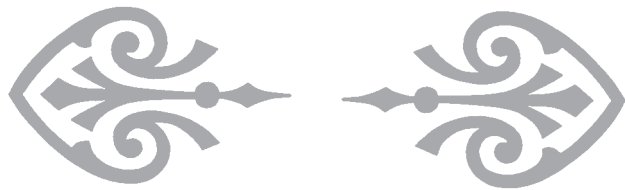
other way. Contemporary theories of astrophysics are beginning to resemble the arcane doctrines of metaphysics.

Because destiny is dynamic rather than fixed, our collective thoughts and actions ultimately influence the outcome. Our combined positive spiritual energy could diminish the devastating effects of the coming Earth changes or even avert them altogether. We can look up to the stars for guidance, but the final decision is up to us.

Gary A. David is author of *Eye of the Phoenix: Mysterious Visions and Secrets of the American Southwest*, now available from www.adventuresunlimitedpress.com. He also wrote *The Orion Zone: Ancient Star Cities of the American Southwest*, published in 2006. He and his family have lived in rural northern Arizona for nearly fourteen years. www.theorionzone.com
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Brandon Bays on Emotional Freedom

AN EXERPT FROM *FREEDOM IS*



Are you ready for more in life?

We so often have the misconception that our emotions interfere with our experience of ultimate peace: that they are the storm that distracts us from the spacious calm. They seem to limit our experience of freedom and obscure the boundless field of grace, which by nature is vast, free and emotionless.

We learned at an early age that there were 'good' emotions and 'bad' emotions.

We learned that 'bad' emotions weren't welcome and that only 'good' ones were allowed. If we felt fearful, shameful, hurt or angry, we were taught to cover it all up, push through and be strong.

Emotions became our invitation to go to battle. The instant anything arose that we or society felt was too emotional we fought it, resisted it, tried to explain it away; we argued with it, projected it and blamed others for it, blamed ourselves for feeling it, and ultimately started to develop more long-term strategies for suppression.

Emotions became the culprits to be destroyed before they destroyed us.

It's no wonder we can't experience peace for any length of time. We are always on the battlefield, fighting wars against the enemy— an enemy that won't give us any rest. It's a battle we all fight, even though we know it's one we will never win.

For as long as we have breath in our bodies, and have life in our being, emotions will come as a natural part of being human. It's as if we are fighting our very selves, our own nature. And what a fruitless, endless battle it is. We can't stop the force and any resistance only drains

your energy and exhausts your being. When so much effort is wasted trying to resist the natural flow of life, there is not much life force left to experience the inherent joy of life.

It's our very resistance to what is that destroys our peace, robs us of fulfillment—not the 'negative' emotion itself, but the struggle against it.

We have become warriors: warriors fighting a phantom enemy called emotion. And when the battle becomes too much we collapse into depression, into a place of numbness and we seek counselors or doctors and psychiatrists who prescribe drugs to block out our intense feelings. Or we engage in pointless and mind-numbing activities to distract us from our feelings — all in a game of emotional avoidance. At best, we get a short window of peace before the next battle begins.

It never occurs to us to drop the role of warrior; to cease the battle altogether.

Maybe we all just need a change of profession. Maybe we weren't cut out to be soldiers in battle, fighting against life. It's just that no one ever gave us another job opportunity— they didn't offer us an alternative choice. But what if you decided not to play the game of war? What then? ...What if you gave up all resistance?

What if you simply refused to fight?

What if, instead, you said, 'Come one, come all. All of my emotions are welcome into the ocean of love that is always here?' What if, instead of a battlefield, it was discovered that life is an infinite field— a field of trust, openness, and love?

That which you resist persists.

Your resistance to emotion is perpetuating the very thing you wish was not there. It's in the moment of true surrender, openness, and acceptance that your emotions feel so welcome that they easily come, and just as easily go. Resistance keeps your emotions in play and creates only more of itself. Resistance begets resistance.

It's time to call off the fight and welcome your enemy with open arms. When you lay down your shield of protection and look this so-called 'enemy' in the eyes, you will see yourself shining there. You are looking into the eyes of a friend and that friend is your Self.

The invitation is to finally welcome all of life with all your heart. Your old enemy will turn out to be your closest friend, and the only enemy still at large will be realized to be resistance itself.

The time has come to befriend your emotions. They are the gateway to your Self. They are the gateway to freedom.

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