

feet. Find them in the kundalini resting quietly in the root of your consciousness, or journey deep into your heart. Experience directly what has been enlivened in you.

Twenty nineteen brings these new teachings on time. I urge you to live outside the limits of time and find your rhythm in life — your spirit time.

# The Times, They Are (Still) a-Changin'!

The Lion People through Ellen Dye

Are you suffering from change fatigue? It is a sign of the times. Many now find themselves yearning for life to return to the way it was, to go back to normal. In the past, one yearned for the good old days, but that idea — just as the idea of returning to normal — is a fallacy. The good old days were not necessarily as good as they are perceived in memory, and normal was not necessarily normal. Can't you feel the excitement of change? The roller coaster ride continues — and will for several years to come. The choice before you is to find some joy in it and embrace the ride — screaming, if you must! — or be dragged behind the cars as they weave their way up and down and sideways.

This is the new normal: Change, change, change! Complacency and settling in were never life-enhancing, and now they are no longer possible. Living only within your comfort zone is deadening, and since most people do not venture from that zone willingly, the universe is shaking people out of there. Just as the caterpillar in the chrysalis cannot stop the process that has begun, humans cannot stop the evolutionary leap that is in process. This truly is a momentous process: a glorious, amazing, fantastic, exciting, and thrilling process of change! It's out with the old and in with the new, a deep redefinition on the personal and collective levels in every area of life.

Believe it or not, everyone on the planet agreed to participate in this grand process of evolution; in fact, each and every soul stood in line waiting eagerly to get here! You can see how important this time is by the number of souls incarnated on the planet. Being on planet Earth now has been the hottest ticket for millennia, and the lines to get those tickets were long, because no one wanted to miss out on the excitement and opportunity. The problem is, that was a soul choice, and most people do not consciously remember making it. So instead of reveling in the ride they waited so impatiently for, they perceive it all as painful, disruptive, and aggravating at best, and terrifying

*Sarah Weiss, MA, is a medical intuitive, spiritual teacher, and retreat guide. Her innovative approach to teaching about grounding, the toroidal field, and the flower of life has inspired many to find their inner paths and connection to the greater cosmic family. Sarah has created programs that contribute to the healing of the planet. SpiritHeal Institute, the Enlightened Empath Training, and a mentoring program for energy practitioners are featured on her website. To learn more, go to [SpiritHealOnline.com](http://SpiritHealOnline.com), or contact her at [spirith heal@aol.com](mailto:spirith heal@aol.com) or 440-564-1190.*



at worse. They resist and resist and resist, which only makes it more painful.

## Be Willing to Change

The key to thriving in these times of change at every level is simple: Be open to change, be willing to change, initiate change where you can, and allow and embrace change when it presents itself. Yes, this is usually much easier said than done. So here are some specific steps to be pro-active in creating meaningful change — and possibly heading-off the arrival of that most wonderful and effective inducement to change, the cosmic two-by-four! Remember the saying: "Let go or be dragged." It is the attachment to what has been, expectations, and ideas of the way things should be that causes the most pain and confusion. Identify and release those attachments, and watch how life flows much more easily. You can't sail off to wonderful new adventures if you are clinging desperately to the dock.

Greet every person, situation, and experience with curiosity and neutrality, putting aside all those judgments and fears that have guided your experience in the past. Curiosity opens the mind and allows wonder and creativity to flow in. Judgment puts the brakes on joy and expansion. Fear creates defensiveness and conflict, and curiosity creates opportunity and synchronicity. Identify and review your beliefs, prejudices, and fears, and do a thorough house cleaning. Most beliefs are learned in childhood and accepted as truth without further reflection, thought, or discernment. You might be surprised if you actually examine them with a critical eye. Who taught you those beliefs and why? Did they come from someone else's fear or desire for control or superiority? Do they empower you or disempower you? The beliefs about yourself are the most important to review.

Play the what-if game and see what comes up for

each belief and fear: What if those people you think are not like you really are a lot like you, wanting the same things in life? What if you won't drown if you go swimming after eating? What if life continues after death rather than ending? What if you could do those things you always believed you couldn't do? What if the things you believe about yourself and others simply aren't true? Can you be open to finding out something new that flies in the face of a long-held and possibly cherished belief?

Examine your priorities and values to see whether they truly serve you and support true joy. Many of those who experience near-death states or profound spiritual awakenings report that their priorities undergo dramatic shifts: Things that they once valued highly no longer matter and other things, once ignored, become important. What is important to you now?

Take a look at the details of your daily life to see whether they need some changes. Do you enjoy your job? Your relationships? Your neighborhood? Do you feel excited when you get up in the morning and think about your day? Or do you allow yourself to live in drudgery and mind-numbing routine for the sake of the money that you think keeps you alive? What changes could you make to bring more freedom, joy, and adventure into your life?

### **Remember Who You Are, and Step In to Your Power**

Most people have lost sight of who they really are, if they ever consciously knew. Society paints the picture of flawed-from-birth, small, helpless (and hapless!) beings, who must put on a mask and look, dress, and act only in certain ways to appear acceptable and successful, who must fit in or die. Granted, in times past, if one did not fit in, one might die — from ostracism, shunning, or murder. But those times are long gone, and you can dismiss those possibilities. The younger ones understand this, and lead the way being who they are (much to the chagrin of their well-programmed and fearful elders). Who you really are is a large group of divine, powerful creator beings, each a part of God, who has volunteered to have a life on planet Earth, living in a human suit, pretending to be small, helpless, and separated from God and each other. Yes, the game also originally involved forgetting who you are. But the game has changed now, and the new game is built around how hard it will be and how long it will take for everyone to actually remember who they really are. Those near-death experiencers lead the way in spreading the word to help people remember and rediscover their true selves.

Here are some other things you can do to assist this process of rediscovery and remembering: Ask yourself, "Who am I now?" You may not have asked yourself that for quite some time, and you may not have noticed how much you've changed. Do you like who you are? If so,

what qualities do you like? If not, what qualities do you dislike, or what qualities are you missing? What can you do to change that? To overcome your fear, be bold, and make changes.

If you take any steps — even baby steps — toward more authenticity, freedom, and joy, the universe will roll out the red carpet for you. The energies are ripe with opportunities to reinvent yourself, especially if you do so by stripping away and shedding all the programmed and learned qualities, ideas, beliefs, judgments and fears that are not you. Find what empowers you, what brings you joy and freedom, and go for it. Even if it's scary, you will have all the help you need.

Be mindful, and remain in the now. The present moment is the only time that exists, yet most people live in the past (through regrets, grudges, or yearning) or the future (through projections of worst-case scenarios in the future or planning for, and living for, the future). The economic structure of the world, the deep belief in lack and insufficient resources, and the cultivated fear of the future keep people trapped in the so-called rat race, running on the hamster wheel, immersed in drudgery. Creating a strong foundation is good, but working to assuage fear is stultifying.

Think for yourself and create a plan based on trust. It is only lack of faith and a belief in lack that keeps people trapped on that hamster wheel, and it is past time for people to break away. Did you notice how many people who lost their jobs in the economic depression ultimately emerged as successful entrepreneurs? Those people found out who they really are and redefined their lives.

Empower yourself by focusing on what you can change rather than what you cannot change. The mainstream media blasts out the news of so many dire circumstances, horrible situations, and terrible actions around the world, and it is very easy to become lost in all those terrible things that most people cannot change. Pull your attention away from situations you cannot change, and focus on situations that you can change. Take your power back, and use it to create a better life and a better world. Life is all about choices, and this is an important one. Use your outrage at the harsher aspects of the world to fuel your actions rather than merely letting it make you sick and depressed.

### **Love Is the Answer**

Love — of yourself and each other — really is the answer to everything and to every question. The answer is not control, manipulation, or might. The answer is love. The golden rule is simple yet profound. If even one-quarter of the people on the planet practiced it, life on the planet would change in an instant, and the golden age of humanity would manifest. It is interesting how many people say they yearn for that but how few really,

truly practice living by the golden rule. Although Jesus most famously gave those directions of "Do unto others as you would have them do unto you" [Luke 6:31, MEV], that idea is contained in all the major religions. But we do not see widespread manifestation of that principle, do we? People complain about being disrespected and then turn around and disrespect others.

It all begins with individuals. If love is absent in a situation, be the one to bring it in. Do not repeat bad behavior that has been directed at you. Rise above it, take the high road, and act in a better, more loving way. Change for the better begins in each heart, and humanity is reaching the time when changing behavior for the better is important. The "reap what you sow" feedback loop is tightening, and humanity will very quickly be immersed in instant karma. Whether that is good or bad is up to you. Remember, you also experience that feedback loop for how you treat yourself. If you continually betray yourself, you will find many who will betray you as well.

Self-love has been denounced for centuries as selfish, which is quite untrue. The admonition of selfishness has been used to keep people in their place — especially women — for centuries. It is, after all, easier to control and push around those who do not have enough self-esteem, self-confidence, and self-love to ensure they are treated fairly. Those without self-love are gullible and needy, easily pushed around and deceived. It is time for that to stop. The cultivation of self-love is crucial to navigating the winds of change and bringing about the golden age.

Loving yourself is very different from liking yourself. Self-love involves embracing and accepting yourself, warts and all — including what you perceive to be the

good, the bad, and the ugly. No one is perfect. In fact, those very imperfections are what provide the richness.

Self-love involves treating yourself as you would treat others, as you would treat a beloved child. Do you give yourself critical messages and think critical thoughts about yourself? Do you encourage or discourage yourself? Do you betray yourself and allow others to betray you? Do you sell yourself out for the illusion of love from others, or do you set and hold healthy boundaries, respecting yourself and demanding respect? Most important, self-love involves learning to trust yourself and your connection to God. From that space, the world opens at your feet.

If you can only make one change in the midst of these challenging times, love yourself more, treat yourself with more love and compassion, and support and respect yourself as you wish others would. All loving possibilities will flow from there. And by all means, travel the world with a light heart and as much laughter as you can muster.

Remember to play and to not take it all so seriously. The world and the universe give you back what you put out, so why not practice putting love and joy out there. Then watch the many ways it comes back to you.

*Ellyn Dye is an author, life coach, motivational speaker, and Reconnective Healing practitioner. A near-death experience (NDE) in 1985 expanded her psychic abilities and created an ongoing connection with some very loving and humorous guardians of humanity, the Lion People, who provide information about life on Earth and humanity's evolution. Ellyn publishes a free email newsletter, Tunnel Vision, about the great shift and how to surf the waves of change. She is the author of The Search for the Crystal Key, a metaphysical fantasy novel that includes much of what she learned during her NDE about how life works. Learn more about Ellyn, her NDE, and her products and services at LionMagic.com.*

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