

2010 – The Year of Relation–Shifts  
by Jim Self

**How do you experience relationship?**

- Have you noticed that the world around you seems to be different?
- Are you becoming aware that people are relating to you differently? Or that as you communicate with or offer assistance they don't seem able to hear you or to accept what you have to say?
- Have you noticed that your relationship to your friends and others are no longer as interesting as they once were?

Many people are noticing huge changes in their relationships, some of which are not at all easy to deal with. Although we are aware of the “Shift” and are being prepared for change, we nonetheless are having these same challenges.

Many of us are also finding ourselves wondering how we can fulfil our roles as healers, teachers and leaders, how we can the best way to offer assistance to those around us, and how to draw the line consciously (and kindly) when others around are choosing to stay stuck and asleep.

The Shift we have all been waiting for has now arrived and is rapidly expanding within, through and around each of us. It is in the process of changing everything that we know and more particularly how we know and how we experience what we know.

The most fundamental aspects to this Shift will be very personal. The primary focus of these aspects is to redefine and transform how we perceive, understand and have a relationship with every aspect of what is external to our conscious awareness. Your sense of relationship will never again be the same as the Shift progresses through 2012. When we think of the word relationship, we think of lovers, husband-and-wife, child and parent. “Me in relationship to you, I in relationship to my friends, co-workers and those I love as well as those I dislike.” But there is much more to how we have come to perceive and understand our relationship with others.

When the Creator said, “Go to the farthest edge of the farthest edge so that I may know myself in my fullness,” you ran to the front of the line saying, “Send me!” What the Creator was actually saying was, “I wish to know myself in relationship to all that surrounds me.” But throughout time as we know it our understanding and demonstration of relationship has changed to

something considerably different. We have come to know ourselves not by how we perceive ourselves in relationship to that which is around us, but instead have learned to perceive our relationship to all that is around us based on what those around us think of us.

For example, I may not have any interest in red shirts, but all of my friends wear red shirts because they are the 'in' thing. So I give up my seniority, and deny my own alignment with what is my truth in order to fit in, to become one with, to be accepted by those outside of me who are expressing what is right and wrong, good and bad, and what I should and should not do and I put on my red shirt.

From the moment we draw our first breath to the moment we release our last, we are conditioned to define and measure ourselves by one thing only: our relationship to all that is outside of us. We are systematically trained and conditioned by those who raise and nurture us to enter into a "consensus reality," or "group agreement," that many times has nothing to do with whom we are, and everything to do with the customs and belief systems that conditioned our parents and grandparents, who were in turn influenced by the society in which they were raised.

Consensus reality is a very powerful influence. It structures our relationship to and with all things outside of us. More importantly, it conditions and severely limits our understanding of the relationship we have with our self.

From early childhood we learn that what the outside world thinks of us is more important than what we each individually think of ourselves. As we grow, what we think and believe, and how we act, respond and behave in our third dimensional reality is influenced, shaped and molded by that which is outside of us. Hence, almost everything about us, from our attitudes and habits, likes and dislikes, to our career choices and aspirations has its foundation in this group agreement: "This is how it's done; this is what is acceptable and unacceptable."

We have learned to feel the thoughts and feelings of others, and to seek approval from those around us before we act. We have learned to "test the waters" by not fully expressing our own thoughts without first checking in to determine the acceptability of what others have to say. We've learned to read others' body language to discern if it is safe to express our own desires, hopes, and dreams, before we can act on them without fear. Without realizing it, we have virtually built our sense of our self on the

opinions and approval of others: “Am I okay? Do you approve of me? Am I acceptable in the eyes of the consensus reality?”

This is all about to change!

Contrary to everything you have been taught to believe, relationship is NOT about what other people think of you. Although this is a fundamental Truth that you intellectually know, you are about to perceive this from a significantly expanded perspective. Through this understanding you will discover that your internal relationship with yourself is the most powerful relationship you can have. From this vantage point everything outside of you becomes a gift to relate to on your own terms.

As many of us are becoming aware, there are two great waves of Light within the Shift that are bringing about a transformation within each of us. The First Wave of Light is clearing our old memory patterns and the belief systems of the consensus reality that do not support our well-being. This Wave is destabilizing and dissolving everything that is not aligned with our internal patterns of well-being and our relationship to our own truths. It is increasing our capacity to hold a higher Light quotient, providing us with the opportunity to access more information, greater wisdom and enlightenment of what we already know but have forgotten.

The Second Wave is a higher dimensional vibration of Light that is providing us with the opportunity to step into certainty, personal power, and command, and bringing about a balance\*. This wave is also bringing about choices and opportunities to co-create, coexist, and cooperate without the judgments and opinions of right and wrong, good and bad and what you should or should not do.

This Shift of consciousness is triggering an Awakening. And in the process, countless millions are experiencing significant changes in their relationships. Many are beginning to realize that they can no longer be in relationship to one another in the same old way. We are being given the opportunity to perceive “relationship” through different eyes, and, in so doing, we are gaining the keys to unlock many lifetimes of conditioning that have prevented us from being able to distinguish between “WHO I AM” and “Who I am NOT.”

As this transition unfolds, however, many people are finding themselves in confusion as all their points of reference, all the things they have been taught to trust, admire and build the foundation of their lives and beliefs upon are destabilizing before their eyes.

The third dimensional established institutions are crumbling. The structures of life that feed, house and keep us safe are breaking down. Suddenly we are seeing that the very authorities that we most believed, from healers who said "Come to me," teachers who have proclaimed they have the Truth to the leaders who say, "Trust me," and all those to whom we have looked for guidance, have built their houses upon shifting sands.

As difficult as such changes may be for many, it is important to know that there IS a purpose to all that is occurring. That purpose is to shift your relationship from what is outside of you to an alignment with what is inside you, from depending on the truths of others to discovering and setting your compass by your own truth. The first Wave of Light is not destabilizing "that which You Are," rather, it is allowing you to clear away "that which You Are Not."

As this occurs, a second very powerful wave of Light is providing us with the opportunity to rewire, rebuild and remember who we are and where we have come from. The second wave is providing the opportunity to refill the cup, in a manner of speaking. It is within the second wave that the realignment of our emotional body is being altered in the sleep space each night. It is through this second wave that a kinder, gentler you is being crafted. As "who you are not" is being cleared, there is a renewed relationship that is being remembered. You are beginning to remember the relationship you have with the Heart and Soul; a relationship that allows you to think from the Heart and act from the wisdom of the Soul. It is through this relationship that you will begin to "know yourself" and realign with the Love that you are within the Heart.

But love is a concept that is so vast the rational mind is not capable of perceiving its fullness. However, when you begin to live Love in its unique aspects, Appreciation, Gratitude, Well Being, Beauty, Kindness, Graciousness and Certainty literally become living words. As these living words become internalized, a magical shift begins, initiating the activation of the living etheric light body within.

This is the opportunity that's unfolding throughout 2010. These are the stepping stones that will build the framework for our next level of ascension.

\*As the Mastering Alchemy program reveals, words are not simply something we use to describe things; they actually carry vibrations that have very potent transformative powers. Words such as "personal power," "command"

and “certainty” create structure, or masculine energy, which then allows the feminine energies of such words as “kindness,” “beauty” and “graciousness” to express their creativity through balance. As we move through the Shift, we will transform our relationship to a number of key words as we learn to embody their true meaning and essence.

This article and other important key concepts about relationships, including the difference between masculine and feminine energy, and why becoming “Selfish,” and **having** and **giving** to yourself is more important than anything else you can do right now, will be discussed and expanded upon in the FREE live Webinar series YOUR RELATIONSHIPS AND THE SHIFT that will commence on January 28<sup>th</sup>, 2010. To register visit <http://www.masteringalchemy.com/teleclasses.html>.

*Jim Self is an author, international speaker, and teacher of the tools for Mastering Alchemy. This work is in co-creation with Archangels, Ascended Masters and Teachers of Light.. Free DVD and Free Tele-Classes. Level 1 dvd-set now available. [www.MasteringAlchemy.com](http://www.MasteringAlchemy.com)*

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