

## **How to Enjoy the Shift**

By Jim Self

There is a change, a Shift under way that is affecting every aspect of our third dimensional reality. This Shift is so far-reaching that our limited imagination cannot begin to grasp the transition and change we are now in the midst of experiencing. This Shift is affecting every aspect of life on the planet; political, social and economic structures, the environment, every institution, the wars, how we view our relationships, our work, every thought we think and every feeling we feel. It is altering Time, our memory, our DNA, the wiring of our physical and emotional bodies, our beliefs, our perceptions of good and bad, right and wrong and especially our awareness of what is possible.

The Shift is composed of huge waves of Light which hold massive amounts of information and instructions. These waves are re-wiring our DNA, upgrading the body's physical, emotional and mental systems. These waves of Light are activating the fourth and fifth dimensional chakras, aligning us with a higher awareness. This Shift is providing new understandings of how to once again live in harmony with each other, the environment and All That Is. However, between this new "Heaven on Earth" and where we currently exist, there is transition.

### **The Transition**

This transition, as exciting and wonderful as it is, is creating difficulties for many. These difficulties are occurring as this pace quickens, and we continue to hold our third dimensional beliefs and habits as truths. We continue to argue for the right and wrongs, judge others for their actions or fix them because "we know better." These actions belong to the third dimension and they must be released. As long as we continue to hold these limitations, we will experience the affects of this Shift within our physical and emotional bodies. These affects are known as Ascension Symptoms.

Symptoms, such as,, dizziness, confusion, loss of focus, headaches, fatigue, digestion discomfort, anxiety, etc. You may be experiencing Time going faster. There is more on your plate and less time to complete it. You may be losing aspects of your memories (no, it's not Alzheimer's). Things that were once very important are no longer as important. And most of us are feeling a heightened sense of distraction coupled with an emotional sense that something is just not right. As we argue for our limitations and hold on to the old beliefs which no longer support us, we create a resistance or blockage within our four-body system creating these discomforts. The third dimensional reality as we have known it is shifting. It is becoming far more grand, aligned and balanced, moving into a Higher Consciousness. Humanity is waking up and as it does, the old structures that have supported duality, maintained separation and have controlled the masses with fear are crumbling.

As this new Light finds its way into every corner of darkness, those that live within the darkness are beginning to recoil, react and become very noisy. They will scream the loudest to maintain the status quo. They are creating imbalance, wars, economic failures and many other distractions to prevent this Shift from occurring. They will, for a short time, become very loud, generating much fear in their attempt to avoid this Shift. As this new Light flows within each of us, we are now receiving new information, opportunities and choices which were not available to us in the past. These choices are now allowing each of us to step out of the fear, distraction and separation. By grounding, realigning your energy fields, stabilizing your attention point and focus, you will keep the bodies safe, successful and happy during the transition.

### **Grounding**

Grounding is something almost everyone has considered. But grounding is not a thought; it is an action, a tool to dissipate noisy thoughts, anxiety and undesirable emotions that run through our bodies. If you would close your eyes and in your imagination create an image of a beam of Light, a line of energy, a tree trunk, a pipe or a chain. Just pretend. Then connect one end to the lowest tip of your spine, the first chakra. Feel the connection. Make this real. Then drop the other end of the line to the center of the earth. The center of the earth is not very far away. See the line of energy strongly connect to the center of the earth. With your imagination reach down and tug on both ends and feel the connection. Now, expand the line to about eight inches in diameter and give it the command to activate and become magnetic. Take a breath and notice the relaxation.

The command to activate allows the grounding line, a natural part of your body's operating system, to release thoughts and emotions that do not belong to you, but constantly affect you. These thoughts and emotions flow through the unprotected energy field, stimulating emotions, creating reaction and discomfort. Interestingly, the majority of thoughts you think belong to the world surrounding you and have very little to do with you at all. But once they are in your space they create a distraction, distort your attention and direct your life. Grounding minimizes this noise.

### **The Octahedron**

Surrounding you are a number of energy fields, one of which you know as the aura. The aura gathers, retains and files every thought, word and action that occurs within, through and around you. In other words it holds a lot of information, much of which has very little to do with you. This energy field is also an antenna. It attracts frequencies of thought. If you can manage the antenna, you can manage what the antenna attracts. Constructing this antenna around you creates a powerful energy field which aligns with the information of the Shift and your own internal guidance system. In

Sacred Geometry there are five forms known as Platonic Solids which hold unique characteristics. One is the Octahedron. It is one four-sided pyramid pointing up with a second four-sided pyramid connected at the base and pointing down.

Find a point about two feet in front of you and, with your imagination, place a dot there. Then place another dot two feet directly behind you and two more dots, two feet to the left and right of you. Place a dot about two feet above your head and another below your feet. Six dots. This is an experiential, not a mental, exercise. Feel each of the dots and see them with your imagination. Now, from the point above your head draw four lines connecting to the four dots surrounding you. Then connect each of those four dots creating a four-sided pyramid. See it. Feel it around you. Next, from the point below your feet, draw four lines connecting up to the four dots surrounding you. This will create a sense of containment. This containment is not a wall or a defense system; it is a safe vessel that allows you to move around without becoming affected by the noise. It is also an antenna, which aligns with the Light and Infinite Intelligence being transmitted during this Shift. The Octahedron creates an alignment with all that you are and simply filters out that which you are not.

Experience and play with these tools. As simple as they are, they will alter your conscious reality and allow you to enjoy the unfolding Shift.

*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. Jim is presenting Free in-person classes and the weekend seminar, **Creating the Personal Power Field** around North America.*

***[www.MasteringAlchemy.com](http://www.MasteringAlchemy.com)***

*This work is copywrited. You have permission to share this work with anyone as long as you include the above paragraphs. Thank you.*