

UNDERSTANDING THE RHYTHM OF 2012 FOR MORE SUCCESS

Time and space are energetic concepts and so units of time including years have their own energy about them and a rhythm that goes with that energy. Regardless of whether or not you subscribe to an understanding that as humans we each have individual personal years that dictate what is naturally available to us in any one year ie astrology, oriental cycle years etc, knowing the characteristics of the overarching energetic rhythm of a year helps to firstly understand and then align what we are wanting to do with our year with what is collectively and naturally available to us all. This brings about a more likely potential for rewarding results and outcomes. See this much like trying to grow tropical fruit successfully in a tropical climate over growing the same fruit in cool climate without putting in extra resources and energies.

One's success in certain ways of living life in each year is influenced by what is in existence and this includes the natural rhythms of life. Knowing what a certain year is likely to feature in potentiality gives you extra insight into how to manage your own life, your energies and resources available to you and helps you understand why people around you are acting in a certain way and why certain situations seem to be more evident than others for that time. The following briefly profiles the rhythm for the year of 2012 that has been created with the love, joy and the grace of Universal principles and as channeled via Sandi Neilson.



2012's themes are to "let go and allow the flow" and "live life to the full". There's a sense of freedom in the air all year and if you allow these energies to complement your individual personal rhythm for 2012, this year will be one of your most satisfying of the past 3 or 4. Take a little time and look back and see how far you have come!

Movement is in the rhythm of life for 2012 and this includes people moving homes, jobs, more travel and holidays as well as moving on from past viewpoints which now seem a tad outdated. Possessions that once seemed worthy to be kept from the past will now hold less appeal and the benefit of keeping them will give way for the true treasures to shine as center-stage in the home. As items are released or gifted on, (they've had their time and place

under one stewardship now), space for more appropriate and better serving possessions, experiences and opportunities are now created that enrich in a better way.

Many 'new normals' are now waiting to present themselves more so this year than last year. With last year more about efforting (physically or emotionally) to create results, this year is about being open to how more things want to naturally evolve on their own. Watch how this natural evolution in 2012 has a quick tempo! Be open to allowing nice surprises to happen of their own accord with seemingly less input or effort from you. The key here is be as open as you can to see the opportunities as they present themselves – they won't necessarily be as obvious as in past years but they will show up more regularly.

If you aren't all that keen on the concept of change then this year may feel quite unsettling for you especially if you haven't found your own equilibrium to change being a natural phenomenon to life. (See 'An Elemental Insight into the Concept of Change' for more on this subject.) People who are comfortable with the concept of change are also very at home with the color blue so when in Rome do as the romans do – if you want to be more at ease with change wear and use blue (including turquoise and aquamarine blues) more to help keep you buoyant and feel more confident in and around situations where change is evident in your life. There actually is no getting away from the concept of change that is high in the energies of this year so the more you naturally expand your comfort zones the more you will feel your rightful success rather than trying to swim against the tide.

For those who like some risk in their life, this year will be right up there as a great year to experience rewarding outcomes from risk-taking. This doesn't give free rein for risk-taking though on everything and anything that shows up but rather gives an opportunity to trust in your highest talents and identify which risk-taking venture is best suited for you to pursue with purposeful deliberations that others who have less confidence, talent or experience in that area will shy away from.

If you are ever in doubt in this year about what to do, along with taking some time in your favorite spot to consider the opportunities available, the following affirmations will ground and settle you allowing a window for you to lean into your highest intelligence:

"I freely accept change" or

"I naturally am able to expand my comfort zones".

AN ELEMENTAL INSIGHT INTO THE CONCEPT OF CHANGE

There is a saying that change is the one constant in life. And if this is so – then shouldn't it be so innate that we should accept change easily and all the time? Why is it that so many of us are so resistant to change? There are a number of factors that could contribute to a great response to these questions and indeed understanding the concept of change – you could easily write a book about it and many have. But here I'll share with you insights from mainly an energetic angle that isn't often spoken about in mainstream writings on change. Sharing this insight is aimed at helping you to see change and our individual relationship to the concept of change at its most fundamental level.



But first let's be clear here - when you think about it – if nothing changed we wouldn't exist. The universe and especially this planet with its population of humans would not exist if change did not take place as a regular occurrence. We personally evolve around change, live through nature and time through change. The population of mankind would certainly not have evolved to where we are today both in numbers and capability – we would still be back in the middle ages at best and at worse in the dark ages. So change is a natural phenomenon. It is the variances in the speed of some change that upsets some people.

The difficulties that many find themselves caught up in around the concept of change actually occur because of our elemental nature first. So let's look at that today as once you have this understanding much of the other will naturally fall into place.

The actual word 'change' resonates with us all in different ways because of our elemental personality leanings (btw elemental personality has nothing to do with current scientific personality testing or modern forms of personality profiling). The word 'change' is a commonplace word that is founded strongly from only one energetic elemental form and since there are 5 energetic

elements that make up the universe and therefore us as individuals – water, air, fire/heat, earth/wood and metal/elemental compounds (not to be confused with the scientific version of what physically makes up the universe and therefore us as humans) – this word 'change' will actually only sit truly well (without adaptation) for a small part of the population. This is because less than 20% of the population is actually fully aligned to this one energetic elemental form that fully aligns to change – fire/heat. The rest of the population align to one or more elements in varying degrees and therefore have varying degrees of acceptance to the concept of what they view as fast paced change. For the rest of the population using the word 'change' to describe a natural phenomenon of life and in relation specifically to their life will actually feel or sound foreign to them and therefore at first appears difficult to handle.

At an energetic elemental level we all have life lessons to learn along the way in our own personal journey of life and for some one of these life lessons will include the concept of change. You will know if one of your life lessons includes the concept of change if you are unfavorably affected by the thought of change or when you hear the word 'change' you feel a thud, twisting or ikky sensation or a dipping of energy within you (this sensation can occur in any area of your body but mainly occurs in the torso area.) For at least 20% of the population this is very natural and there will be a strong reaction. For the rest – those who are neither in the 20% who have lots of 'change' element in their energetic DNA nor in the 20% who have little 'change' element in their energetic DNA, they will have varying degrees of intensity to change as well as their reaction to change will vary depending on their other life lessons in particular areas of their life.

The word change is actually very black and white in its resonance. To say the word it needs to be said with precision and has much brevity and directness in its sound. It also vibrates strongly to a fast pace. All this linked to just one word and this all contributes to the word 'change' not naturally sitting elementally with many and automatically creates a disturbance within us.

If we then add this to how we live - as a society we've tried to balance the natural fast pace of resonance of the word 'change' by using adverbs like quick, slow, gradual, inevitable etc to precede the word but all our mind hears or all our heart feels is the actual noun – 'change'. Instantaneously for the majority of the population a primal panic sets in – the walnut size primal part of our brain that

dates back centuries) kicks in trying to protect us because we are no longer in control of our own comfort levels. Comfort levels are extremely personal and are strongly linked to the importance we individually place on the value of security and all of a sudden at a most fundamental level we get a sense that our ability to live is in jeopardy! We can only rely on our past knowledge on how to deal with a situation to help us out and this is new and we then doubt our ability to handle a new situation, questioning our ability to honour the value of security. All this happens at a subconscious level at micro-second speed and for the vast percentage of the population we often just get a resonance of energy felt as a sensation in our body... But for the rest of the population, <20%, those who are strongly energetically fire based elementally - change is the air that they breathe - they thrive so inherently in it that to not have change is for them the equivalent of death.

Not proven yet but there is a theory that those who optimised the word 'change', the strategists, visionaries and reformists for change who brought in positions titled 'change managers' were themselves in the main of this fire element and it was natural for them to speak in these terms - it made so much sense to them. Certainly it is proven that the marketers and salespeople are generally of elemental fire disposition and therefore breathe the concept of change and newness, difference that wakes them up but taps others' fears of being left behind into how they work, what they say etc - it is second nature to them.

If you are in any of this 80% who have some unfavorability to change, firstly - make peace with how you view the concept of change. What is - is and it is more important to accept your current view on the concept of change so you minimize the stress you put yourself under. You can only permanently improve your relationship to the concept of change once you are aware where you stand currently and accept this as your truth otherwise you will always default to this state of play whenever you are under stress and are faced with change. As you learn your life lessons though, and as you personally evolve through the innate layers of life, the ability to allow change into your life in all levels and in all areas becomes much more natural and easy to do.

So making this peace with who you are in relation to the concept of change then allows a transcendence of acceptance that benefits you greatly rather than remaining with fighting your own perspective on change which keeps you in the persistent resistance and adds a low energy into your life which can then show up as a fear that you keep avoiding.

Once you have found your peace in this regard you can then find your own natural grounding of this concept by using other language that feels more accepting to you of this concept. Words that mean you see, feel and be with the concept of change in a more complementary and natural way for you will naturally lift your energy. Play around with a few words that give you this lift when you hear them and speak them and use these instead. This will ensure you use the right word for this concept that is more in keeping to your elemental nature for the concept of change. It will do wonders for your self-confidence to use the right language that speaks to your heart of hearts on change and indeed this technique of finding the best language that speaks from your heart on other concepts that appear to not sit well with you will give you amazing lifts in energy too if you are highly attuned to the resonance of words.

When you find your own language - use this regularly and mentally replacing the word 'change' whenever you hear or read it with your own version of this concept. You may even find yourself reacting less to the person saying or writing the word 'change'. The tendency to shoot the messenger only really happens when you are being triggered in some way into a protection state. So should you pause and silently acknowledge that this person is merely seeing the need for a natural state of play to play out and they are doing so from the perspective or a different elemental base than you - one that is potentially more black and white to this concept that you are, your energy levels remain more buoyant. You can think more clearly, respond more naturally using your best attributes and talents to any particular situation. You also bring about a better life for yourself and those around you as you naturally live your life from more of your greatness - this truly benefits us all.

Alternative words/phrases for change:

new normal	natural shifting	move on
create differently	alter	progress
evolve	update	refine
improve	better	upgrade
morph		

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