

~ 2012 ~

## Integration, Raising Your Vibration & Choice

By Joy Poland

The date 2012 has a myriad meanings and has been referred to as many things: "The Transformation of Human Consciousness", "The Transitioning from 3<sup>rd</sup> to 4<sup>th</sup> Density", "The End of the Mayan Calendar and a 75,000 Year Cycle", "The Second Coming of Christ", "The Time of ET Contact, and the Lifting of the ET Quarantine", "The Pole Shift on Planet Earth", and "The Apocalypse and the End of Times" - Just to name a few. The interesting thing about all of these "predictions" is that they *all* are true and the paradox of 2012 is that how you will experience the shift will be based on *your* personal belief system.

For me, I believe that 2012 has 2 main themes - One for the Earth itself and one for her inhabitants (humanity). For the Earth 2012 is a time when she will align with the galactic center of the Milky Way and shift into a higher "vibration" or what some call 4<sup>th</sup> density. Science has known for some time now that the Earth's magnetics are dropping and that her frequency and vibration are rising. This is part of what is meant when scientists refer to "Awakening to Zero Point" or "zero point magnetics". The Earth is preparing for her shift through her own cleansing process and this can be seen by some of the dramatic weather patterns and environmental changes we are experiencing.

For humanity the date of 2012 also marks a shift ~ a nexus point. We are also preparing for the shift through our "cleansing" process which can be seen by the multitude of negative events, illnesses and integrity issues facing us today. We are integrating negativity and that is a very positive thing!

2012 is a crossroads for humanity in terms of making a choice of what kind of world we wish to inhabit and be a part of in conjunction with the Earth's shift.

The choice we will be asked to make, however, is not your typical choice. It does not depend on you consciously saying, "Yes I choose to transition along with the Earth and enter that higher vibratory state". But rather this "choice" is a choice that will be made based on *your "vibration" or your "frequency"* at the time the shift happens.

Therefore, if you wish to make the choice to transition with the Earth to a higher, more balanced, more peaceful vibration then the goal becomes a matter of raising your vibration *now*.

Before we go into what raising your vibration means and how someone would do that, we must first come to understand what this time in history is all about and what we, as human beings, all agreed to participate in from a “soul” level.

Simply put, and from my viewpoint, we are experiencing the evolution of human consciousness and the integration of “polarity” consciousness right before our very eyes. We are transitioning into “4<sup>th</sup> density” and are essentially learning how to open our hearts and love. Moving from 3<sup>rd</sup> density to 4<sup>th</sup> density is about evolution, personal empowerment and moving from a reality based on separation to one based on unity. It is about learning to allow instead of judge, accept instead of dominate. It is about releasing millennia of imposed fear and fear-based thinking that was initiated as part of a program of social control.

As with any evolutionary process or learning experience, the point is not so much about the completion of the process but rather the learning and growth that takes place in the time-frame leading up to that. The 2012 nexus point or crossroads *is* important but what is *more* important is what you do *now* to prepare for that time. An analogy here might be getting your college degree or becoming certified in a trade – the point of power and the ability to demonstrate mastery does not derive from the piece of paper you receive – your diploma – but rather from the integration of what you have learned through your course of study. It is your experiences associated with the learning and the integration of the material you have been exposed to, which creates mastery and the ability to apply it. It is how you have “transformed yourself” into what the paper symbolizes that really matters. As they say, “it is about the journey not the destination.” Similarly then, what you have done with your consciousness in preparation for the shift will be the single most important deciding factor regarding your position at the 2012 nexus point and what the shift will mean for you personally.

That said, the obvious questions then become: What is the 2012 nexus point about? What will happen at the 2012 nexus point? And how do we prepare for it now?

For humanity, the nexus point is about choice and vibration. 2012 is a time where reality “splits” and that will require us to make a choice regarding which world or reality we wish to inhabit ~ the reality of the higher vibration of unity and service to others (win-win) or the reality of the lower vibration of polarity and service to self (win-lose).

The *tricky* part to the choice is that your conscious mind is not the only one making the choice. Your choice will be dictated at the time by the level of your consciousness and individual vibration. This means that the *content of your unconscious and subconscious* minds will be affecting the choice you make because the unconscious and subconscious minds are part of your consciousness and affect your vibration. It is your vibration that will ultimately make the choice for you. Your vibration is the key that opens the lock to the reality you will find yourself in. This is *not* a judgment, it is simply physics, it is evolution, it is the process of empowerment.

Raising your vibration is therefore the most important thing to focus on in preparing for the “crossroads” or “nexus point” at 2012. What will happen in 2012 can be described by using the analogy of the Mirror. 2012 will be the time when the Universe will hold up a very large mirror ~ a mirror that will reflect back to each one of us individually our own reflection, our own vibration, and it will be that vibration that will place us into the reality in which we “fit”. This concept can be summed up as following the 3<sup>rd</sup> law of the Universe “what you put out is what you get back”. This giant mirror will reflect you back to you and whatever that vibration is, whatever frequency you are giving off at that time, will be what you come to experience as your reality.

What exactly creates your vibration?

Your vibration or frequency is dictated by the quality of your consciousness or mental body and the quality or “denseness” of your emotional body. If you have a high degree of negative limiting beliefs, fear-based thoughts, judgmental ideas of self or others, the need to control and dominate etc., your frequency or vibration will be much lower and much more dense. However, if the quality of your definitions, beliefs and thoughts are positively oriented based in unconditional love, acceptance, allowance, forgiveness, peace, joy etc., your vibration will be much higher.

Your emotions are also created by your definitions, beliefs and thoughts (unconscious and conscious) about yourself, your neighbor and the world around you. Negative emotions stem from negative beliefs, negative expectations and negative thoughts and because we as a society have never been taught how to process these emotions in a healthy way, more often than not being taught to “stuff” our emotions, our emotional bodies have become very dense. Limiting fear-based beliefs and repressed emotion are the major contributors to creating an extremely low vibration, one that will not assist you in choosing a positive reality at the 2012 nexus point.

How do we prepare for the 2012 nexus point? How do we raise our vibration to match the higher frequency reality?

First, you must begin to understand that you create your reality and your experiences through your beliefs, definitions, thoughts and emotions and that you create your reality *both* consciously and unconsciously.

Second, you must come to identify and change your limiting, negative and fear-based beliefs, definitions and thoughts, both conscious and unconscious, and to release repressed emotion.

Many people ask “how do I identify my limiting beliefs –especially if they are unconscious”?!

You identify limiting beliefs by using the Mirror of your reality.

Your reality is a mirror and it shows you your conscious and unconscious beliefs through what is present in your reality and through the emotions that you feel. For example, you can immediately tell if you are creating your reality through negative beliefs, definitions, thoughts and emotions by the problems and the challenges that you are experiencing in your life. Our bodies also show us exactly where we hold the negative beliefs and emotions through the illnesses that we manifest. So if you see something in your reality that you do not want there explore the reflection in the mirror and you will come to understand the source of your beliefs, thoughts and emotions. Once you identify them you can change them into what you prefer. As you begin to change negatively oriented beliefs, fears, control, judgmental ideas and victim patterns and bring them into alignment with what you prefer, you raise your vibration. You become self-empowered!

Another critical component to raising your vibration and preparing for the 2012 nexus point is the need to take 100% responsibility for what you have created in your reality because you can't change something that you don't own! This is often a hard concept to accept because people are so programmed to believe that events are random and that they are victims of those events, but when you start to realize that you create, whether consciously or unconsciously, everything that is in your reality, and to take responsibility for it by seeking to understand why you created it in the first place, you can change it.

Learning to live by the belief that there are *no victims- only agreements* - is probably one of the most empowering things you can do for yourself. Everything that happens has, on some level, been agreed to by the Soul for the sake of its own evolution.

There are *no victims* - being a victim and having a victim mentality will only lower your vibration; it will only put you into a reality that matches the victim vibration - hence it will be a reality filled with victims and perpetrators ~ much like what we see now.

In closing, from my vantage point, some of the most important things that you can do to prepare for 2012 are:

1. Use the Mirror of your reality to identify limiting negative beliefs, both conscious and unconscious, and change them.
2. Embrace and focus on the process of integration. Get to know your fears and release them. What you fear you will attract.
3. Work to release repressed emotion and integrate negativity by coming to understand how to allow the "flow" of emotion through your physical body.
4. Develop your intuition. This will expand your consciousness by opening you up to new information, perceptions and viewpoints. Learn to *question everything*. Rely upon your own sense of the truth to guide you in the development of your personal viewpoint.
5. Take responsibility for what you create - there are no victims, only agreements.
6. Release judgment and blame. Instead of blaming, seek to heal your own inner conflicts--when you see conflict outside of you do not judge it; rather look inside yourself to see where you have the same conflict and then heal it - that is how we will change the world. Everything is a mirror.

2012 is about evolution, your own internal process and finding your truth. It is about taking your power back. It is about free will and choice.

Choose wisely my friends...