

The Great Change - *entering the new epoch*

By Richard Rudd

We live in interesting times. Vast change is in the air. The importance we modern humans afford time, and our measurement of time passing, is itself a temporary state of affairs. The deeper you move into life, into your body, the less meaning time holds for you.

For me, this new era begins with a single interior focus - the physical body. We are alive in these marvellous forms, these rainbow cloaks we have borrowed from the gods so that we can join the party and move among the people, participating in the drama, in the play. We are poised for a century of unravelling, of deep and continuous surrender, of expanding communion and personal embodiment.

Embodiment is a word I have begun using and contemplating with increasing frequency. It refers to the descending of the currents of higher frequencies into the physical form of your body. As you call upon the forces of Grace and invite them into your life, perhaps the greatest impact they will have is on your physical body. Our physical bodies are really storage facilities for the patterns of collective human karma. The memory of your ancestors and their deeds, both good and bad, is captured and held within the living coils of the DNA helix. As you gradually purify your nature, through right living, through spiritual practise, through compassionate thinking, feeling and action, so you begin to transform all that cellular ancestral memory.

Once you have moved past your own individual karma, then you begin the heavier job of tackling the collective karma. For many of us, this inner work appears a thankless and endless task. No matter how much goodwill and love we bring to bear, the rabbit-hole keeps opening up to deeper and deeper levels of discomfort and transformation. There are flashes of illumination of course, those wonderful fleeting moments of great clarity and love, but always eventually, the karma returns and our process of clearing continues. All this time, throughout each experience and every transmutation, our physical body plays the role of the main stage. Different characters move across the stage weaving various plot-lines between our inner and outer lives, but always the stage remains - that marvellous sacred platform upon which the great cosmic and mundane dramas are enacted.

Take Heart

Patience and perseverance bring vast rewards. We should all take heart from those great beings who have gone before us. If they could transform their humanity into its highest crescendo of light, then we too can do the same. At a certain point we will mark a distinct shift in our progress and in the quality of the drama that moves across our stage. New characters will enter in, with elevated roles that will bring resolution to old conflicts. The balance of karma within the world DNA is shifting. It is shifting on the inner planes, which means that it will still take many generations to manifest on the external planes, but that is not really our concern. Our concern is to catalyse a

breakthrough on the internal level. This requires further persistence on our part. We have come this far and most of us have already realised there is no going back now.

One day we will arrive at a huge inner wall. It will seem insurmountable. In some ways, this is like the final push. It's often the time when the forces are at their most intense, stretched to breaking point. It's also the time when many people begin feeling the urge to bail out, to escape through the senses back into the outer world and its myriad distractions. And yet we are a generation who is here for this work. We are the way-showers, we are the cosmic plough, furrowing a new channel through the great cosmic loam, and as we turn that rich inner earth and shake those collective Shadows to their core, so we are preparing the tilth, the pasture land for new seeds - seeds from other dimensions, seeds that carry a higher destiny into the DNA of humanity.

One thing is for sure, a new kind of human being is coming into the world. A new Edenic Race. This is a human who operates at a whole other level from the one we know. And this state must break through soon, at least in a small population to begin with. In the feature film, Avatar, we are afforded a view into the New Atlantis, through the eyes of an extra-terrestrial race of beings who live in total harmony with their biosphere. Of course we are that race, and yet our passage back to that awareness cannot go back to a time in the past. We are ever moving forwards, and we will take our breakthroughs and our technology and our many aeons of wisdom with us into that future.

The Avatar is a Divine essence that descends into the form, that causes us to evolve, to stretch, to open our hearts and wings and move beyond the brittle definitions and systems of the mass consciousness.

And our physical bodies are the arena for this great inner transmutation. We are going to have to completely redefine what health is during this 21st century. We still see physical health as something we have to maintain solely from the physical plane, rather than a mirror of our inner state. Physical health is the manifestation of our thinking, our willing and our feeling. Even the alternative movement has not fully grasped how deep physical health truly is. Every thought pattern that plays through our mental body relays a bioelectrical impulse directly into our astral body, our 'feeling' body, which in turn translates that impulse down through the etheric meridian network, which finally informs our DNA, and our endocrine system.

Physical vitality is therefore a direct reflection of the subtle inner forces that shape our thinking and feeling. The roots of physical health lie deep in our inner life. This is what embodiment is all about. You have to connect to your source, to *'The' source*, so that you may then draw sustenance down through the subtle planes and into the fabric of your physical being.

The 58th Gene Key - Giver of Great Health

In the Gene Keys the 58th Gene Key governs the archetypal theme of joy and vitality within the body. You are recommended to contemplate it deeply. For me, contemplation on this 58th Gene Key has begun opening up to the deep source of all our human dissatisfaction, which is its Shadow. We can ask ourselves: *What does it mean to be truly vital? How do we find that elixir vitae that lies within our very DNA? How do we activate our true inner radiance, that golden halo that continually presses us to evolve from within?*

We have to continue in our inner work. We have to continue holding the embodiment of our presence. We have to keep letting go, keep surrendering deeper into the source of that dissatisfaction, because somewhere behind it, within it, lies the great prize. The prize of course is life. It is to release life into our cellular structure as freedom. When life is truly freed inside us, then our cycle of suffering has finally come to an end. We enter into the dimension of enlightenment and bliss. We become initiated into a higher evolution. We pass through the final great

breakthrough. And then we as a species will begin to rediscover our true potential and our true vitality.

We are more vital than we can possibly imagine. Our current life span of approximately 80 years is only based upon the Shadow consciousness of humanity, and once that collective Shadow starts being raised up to a higher frequency, the human body will begin to function at a far higher level. Disease is the manifestation of the collective inner wound of humanity. The common cold for example is one of the most ancient viral wounds. These illnesses that we have come to take for granted are not a part of our true higher consciousness. Once our vitality begins to flood the human genome, these viruses will disappear from our reality. Such is our radiance that no virus can possibly gain a hold within our physical body. We are truly golden beings with golden haloes.

So this 21st century will doubtless mark one of the great turning points of human consciousness. This is the time known as The Great Change. Whatever passes externally is simply the working out of older patterns that have already been transformed a long time ago. The external world of effects moves much more slowly than the inner world of causes. This is one of the great ironies of being alive. The more alive you are inwardly, the more backward the age appears in which you are living.

Huge changes lie ahead for us all. Our planet will go through such a shift over the next few hundred years that it is going to become unrecognisable to us living now. So for us few, or as the bard put it, 'we happy few', it is a time of great anticipation, of deep and silent gathering, as we come together for one final inner orgasmic push, and get this baby out. For my part, I am thrilled to be here. We have all been born for this work, to midwife this great transition. So let's draw our senses inwards, allow our breath to sink deeper into our bellies, let's relax and allow the avatar to descend into our DNA and do the work there within us. Let's embrace the dissatisfaction, release the vitality and embody the bliss that is our true collective genetic inheritance.

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