

The Great Change

Becoming a light during turbulent times

Rest now. Settle in your body. I want to take you right back to the beginning. To the early times, to the dawn of our human world, to a time of primeval wilderness, when the dew of the dawn hung over everything in timeless delicacy and matchless beauty. The world was a painting. A perfect composition of simple perfection - a single ancient tree like a brushstroke, covered in moss, a silent, still lake. The mist swirling. Great emptiness. Great silence. The song of a single flute. Great peace.

Know this state as the very base of your humanity. This sweet silence of the dawning world...rest in its arms for a while...in the quiet of ancient times.

Come now into your belly, into your navel. Enter here. Feel your breath moving out and in, your belly soft and open, gently falling and rising. Observe the universal turning of all forms. The soft oceanic turning of the galaxies, the wisps of early evolution as the cosmos formed around these spirals, these endless fractals and arcs. Feel all these arcs emerging, emanations from the formless as it flows into the form. Witness the birth of our universe. How more and more arcs emerge, following the spiral forces of the evolutionary impulse - pulsations, contractions, expansions, breaths arising and falling...as you witness this, notice the energy picking up a little, as the fractals become more complex, now criss crossing, interacting with one another to form more arcs, branches upon branches, tributaries and streams and rivers and deltas all pouring out of the great ocean of being.

Follow the game. See how form came into being. How it was sparked by this story of creation. As it became more and more complex, a web of interconnections and twisting vortices, and each time one arc meets another, through the gentle collision, many more are born, children and grandchildren, and great grandchildren, galaxies and stars and worlds, and on and on, the same single source of silence creating more and more possibilities, more realities, more dimensions, more births.

One of these births was our world. And in the centre of our world sits our sun, born of a great mother galaxy...and out of our sun were born our planets, our own set of vortices and cosmic notes - listen now to the harmony of our spheres, gently turning and rotating, the planets, asteroids, moons, our solar system has its own symphony...and now listen to the sound of the earth, our human home. And within the earth, Gaia, again more and more forms, all arcs criss crossing, creating, mountains, rivers, birds, trees, animals, man, woman, supermarkets, trains, countries, cultures and countless arcs, all spinning, all turning, all following the same curves from the source, each one unique, but all from the same source.

And at the core of Gaia, a single awareness. A collective pattern exploring itself in countless iterations in the theatre of time. And within this theatre, a continuity of consciousness, an unbroken arc going forwards in time and backwards in time. See these countless arcs threaded together. Now find your own arc within the pattern, a gentle spiralling emanation, an umbilical chord, rooted in your navel. This life. Follow your arc now backwards in time, to your childhood, through the portal of your birth, through the point of conception when the arcs of your parents combined and crossed and recombined to give birth to you. But keep going backwards. Your arc did not appear from nowhere, it arrived from an earlier storyline - from another incarnation. Your arc was another human being before this one, before it met with the arcs of your parents. Out of an earlier death, your present birth came into the world, and before this rebirth lay another death and another birth and another and another, a twisting thread woven together with the threads of countless others, each death and birth, pierced by the needle of time, and all the threads of all the humans woven to form an exquisite tapestry, a living tapestry of woven experiences, memories and stories, coloured by suffering, gilded with pleasures and pains...and each time the needle pierces the veil between

form and formless, a forgetting and a remembering. Forgetting in the form, remembering in the formless. Forgetting in life, remembering in death.

And all these stories - your story - woven of different cultures and different histories, all returning to the ancient times and the early silence of the great womb...

And this human story, this tapestry of light, it is not a flat tapestry but has dimensions and planes, like a great living crystal. As the crystal grows and forms, so through the theatre of great spans of human time, new dimensions are added to the tapestry. These are the epochs - vast spans of time - Yugas - each separated also by forgetting and remembering. Earlier epochs of Gaia lost to our species memory as an entire new human each time is born. But memory is never entirely lost. Some humans remember, some plants remember. Gaia remembers. All memory is stored inside us, in our DNA - in the code of life itself.

Look back now to the end of the previous epoch. A time before our recorded history. Some call it the time of Atlantis. Many dispel it as a nothing more than a myth. Let your imagination conjure up the images your intuition sends you from within your DNA. Your body has not forgotten the last Great Change.

The Great Change is the turning of the epochs. When one vast sweep of the tapestry is turned upside down and a new side is begun. Allow the images to come. Feel the whirlwind. Each time we enter a Great Change, all the arcs of evolution form a dense knot together and a huge pressure builds within the whole. This pressure creates an upsurge of suffering and awakening as the collective prepares for the coming death and birth. The form of the old decays and a great anticipation burns in the whole. Huge cosmic events shake the earth. The fire. The flood. The cataclysm. The end-times. The new human requires a new earth in each epoch.

Within this drama, this divine theatre. Your arc - your thread remains as strong and clear as ever. No thread can ever be broken. How can one break something woven from light? Always at the time of the Great Change there is great fear. But the fear always proves to have been an illusion. How ever many deaths occur, as many rebirths occur in the next epoch.

Bring your awareness now into our time. Come into the time of Now. We stand at the threshold of the next Great Change. Events are occurring sporadically that threaten the stability of the old forms. As each crisis rises and subsides, more and more unrest and unease builds in the whole. Come deep into your body now, into your belly. Allow yourself to feel the collective fear. This is the fear of the whole of humanity. We are not islands. We are an interconnected whole. Whatever form the fear takes, we must move through it. It is the passage that leads to deliverance. Fear cannot harm us. Fear is safe. To embrace fear, open and soften around your heart. Feel compassion in your heart. Think of the children afraid, quivering in the dark. Open your heart to them and reassure them that all is safe. That no matter what happens, you will never desert them and that in truth there is no death, so there is nothing to fear. Teach the children to trust in the whirlwind. Open your heart to the Great Change. The more you open, the easier it becomes. The more you open and trust, the more suffering you allow yourself to feel. You can never be overwhelmed by suffering. You will only feel as much as your heart allows.

Trust in your heart fully. The more it opens, the more suffering you will allow in, the more you will transform the suffering of the whole. The more you will protect the children, the animals, the innocents.

- Feel deep into the heart of Gaia. Feel the embrace of the Great Mother Goddess. Feel her arms wrapping around your human heart. Around all human hearts. Feel the epic loving embrace, the infinite tenderness of our mother. And from this place of deep safety, now let more suffering into the fire of your heart. It cannot harm you. It is nothing but the illusion. The moment it hits the heart of the Divine Mother, it bursts into flames of ecstasy as the whole is purged in sacred rapture.

Prayer - with this prayer, we enter into the Divine Whirlwind with eyes wide open, in the spirit of utter surrender, we trust in you utterly....after this prayer, we will pause and open our hearts to the spirit of Grace...

Prayer of Transition

Deep spirit of the eternal waters
Lord and Lady of Life and Death

We offer homage to you in this time of intense change
We bow to the great mystery of this unfolding
And breathe a deep sigh, yielding at last
To the sweet inevitability of Grace.

May we enter the gate with our hearts open.
May we softly release the past
And open fully into the glory of your light.
May all who are caught up in this change
find the easy path to their highest good.

Great and ancient Grandmother of the Earth
We convey ourselves into your gentle arms.
Great, bright Lord of the blueing Sky
We release our soul to your boundless winds.

May all beings be blessed
May all beings be blessed
as together we journey out of the darkness,
And like the leaping salmon
May each of us return
To the exquisite and inextinguishable
Flame of our Source.

Bring awareness back into your belly. Into the still point of your belly...the point of deep trust.

Know that whatever happens in the times to come, whatever events overtake our planet, whatever fear ripples through our species, we lie always in the lap of the Great Mother.

Now is the time of the great purification. All personal wounds are a part of this great awakening. In truth there are no personal wounds. There is only the transformation of the suffering of our past epoch. All must be transformed. We all do this work together. We all must work together, stay close together, be kind to one another, be friendly, be bring all that is best of our humanity to bear in these times. Whatever challenges we face, reach out to those you love. Allow the warmth of your humanity to be shared, to build community and communal warmth at this time, to offer each other support and solace.

If you have been drawn to this work, you are one of those who may offer this perspective to others who do not understand, who are in deep forgetting. Hold such people in deep compassion. Offer them your heart unconditionally.

Feel now the strength of the ancestors pouring through you, lifting your spine, filling you with the deep emanation of your ancestral lineage, of your own personal story arc as it spins through this

time of crisis, effortlessly spinning, utterly peacefully surrendered to the great whirlwind of the mother and her birth contractions...

Welcome the contractions...give in to them...let the earth and all its inhabitants move through the fires of love.

Allow your strength to pour out to all those in fear. Offer them your example as you float and drift, spinning into the vortex of divine ecstasy, all fear surrendered and transformed now...just you and the Great mother calling all beings to join you in sacred reverence, in Divine rapture as we, humanity are delivered to our new world, to a new earth. A new body, a new reality and being.

Know that the entire universe too is bound up in this great event, as all beings move together through many different portals, each to a higher initiation, each one step closer to the Godhead...

Pause

And thus we arrive on a new shore. We look around us. It is nothing like we have ever known before.

Everything is new. The earth is new. The creatures are still here, but somehow they have changed. They are softer. There are no more biters or stingers. There is no toxin left in this new world. We humanity are transformed as well. There is no fear in this world. This is a world without fear in it. Let your imagination explore such a world. Even the creatures no longer have fear...

The weather is also different. Calmer, more voluptuous, emerging almost out of us. The air seems to be made of light. Water is pristine. Trees are everywhere, resplendent, each one somehow more conscious than before. Every plant and bird and insect and fish now seems more alive and conscious than ever. And our awareness is utterly new. We are one. Every creature is now somewhere inside us, our awareness moves through them all. But it is free. We are free. We can explore anything with our awareness. Wherever we place it, it goes there. It is already there. But it connects us in depth together.

We humans now remember everything. We can travel in our new mind, our Diamond mind, into the past to recall all our lives, even our lives in earlier epochs. We can even send our minds forwards and remember the future. There is no fear. Finally we are able to live entirely in the present. Our very body shines with resplendent immortality. It too is a gem that we can endlessly polish and perfect. There are still fragments of forgetting in our being, but our journey now is to perfect ourselves in this new epoch - to return and perfect the Garden of the earth, of Gaia. We all are aware at all times of the collective mind and heart and the impulse of the whole as it works through this group soul to explore its new adventure.

So much is now available to us. We are capable of extending our mind to perform extraordinary deeds - to travel in time and space, to explore higher dimensions, to bring the love of the divine to earth, to be gods and goddesses...

Spend some time now exploring the new earth with your higher imagination. Trust is what you find here...

Come back one more time to the navel. The navel of the world.

Know that here lies the still point. The place where all is known. Visit this place often. Build your trust in this knowing. And to conclude, we can say a final prayer together. Say this prayer often too...based on the Lord's prayer, but the new version, spoken by the Great Mother - it is the prayer of the new epoch...

The Lady's Prayer

Our Lady, who lives at the heart of all form,
Hallowed be thy name.
May thy Queendom come,
May thy Will be done
That heaven may come to earth.

Please allow me this day
To drink from your sacred, silver spring
And forgive me my forgetting
As I learn through your Grace
To return all non love with Love,

And take me by the hand
And lead me step by step
Into the patient valley of your Heart

For yours is the earth, my body and my life
For ever and ever
Amen

~Richard Rudd