

PERSONAL TRANSITIONS

Beyond the Comfortable
Into the Real



STEVE AHNAEL NOBEL

PRAISE FOR
PERSONAL TRANSITIONS

“Whether you’ve become shipwrecked on the shores of your old life, sit with dreams of better times, or simply feel the rumblings of change deep inside, *Personal Transitions* is a powerful spiritual compass. It will bring comfort to the confused, perspective to the perplexed, and a sense of excitement to the exhausted.”

— **SARAH ROZENTHULER**, chartered psychologist, leadership development consultant, and author of *Life-Changing Conversations*

“Steve Nobel offers an elegant and wise exploration of the nature of life’s most challenging and rewarding times: those that call us to change direction and open to something completely new. Such times call us to deepen our relationship to ourselves as well as to something greater. Amidst the increasingly changing times we live in, this book is a timely guidepost to awaken our innate wisdom and find a passage to greater fulfilment.”

— **AMODA MAA JEEVAN**, spiritual teacher and author of *How to Find God in Everything*

“*Personal Transitions* is a vitally important book for our time. Steve weaves spiritual, psychological, and metaphorical concepts to bring us into a higher understanding of what on earth is going on right now. He outlines the journey of personal transition and puts it into a larger planetary context. He works with a truly multi-layered (dimensional) approach, and wonderfully maps the way to know our inner radiance. So if you want to awaken the limitless potential within you and emerge into the true brilliance of your own light this is the book for you.”

— **VAZ SRIHARAN**, founder/director of The London College of Spirituality.

“There are few subjects more important than how to navigate the big transitions in life. A transition is more than a change; it is a crossing over from one state to another. It can amount to dying and coming back. Steve Nobel offers us wise and very human guidance on how to release what is holding us back, recover our inner compass, and manifest our dreams of a richer and juicier life. He is a teacher who

walks his talk, and is not shy about sharing his own experiences of falling down and sometimes struggling to get up again. This is the best kind of teacher, and *Personal Transitions* will help you to find and follow your own path of heart, the only path worth following.”

— **ROBERT MOSS**, author of *Conscious Dreaming and Dreaming the Soul Back Home*

“This book came to me at a time when I was undergoing major changes in my life. These changes were no mere picnic in the park, but vast shifts that were affecting me on a deep level. I was certainly questioning everything—from my career to my relationships and even, heaven forbid, my spirituality. *Personal Transitions* is a powerful read: it helps you understand, accept, cope, and surrender to whatever kind of transition you are going through. The end game of this book is to help you step into your light and shine.”

— **ALEXANDRA WENMAN**, editor of *Prediction Magazine*

“We humans are habitual creatures; we do not like sudden or fast paced change because it takes us deeper into the great unknown. If you are in a period of radical change then Steve Nobel’s *Personal Transitions* will take you firmly by the hand, give you the structure and tools to step forward in your life, and ultimately assist you to wake up. A must read!”

— **NICOLAS DAVID NGAN**, author of *Your Soul Contract Decoded: Discovering the Spiritual Map of Your Life with Numerology*

“Steve Nobel dives into the painful but transformative subject of transitions, exploring individual and global change. *Personal Transitions* offers guidance to help you navigate your own life changes (whether you’ve chosen them or not) as gracefully as possible. While recognizing that all transitions are different, Nobel considers how much more frequent a part of life such soul-shakers have become. After all, when we’ve come through a transition, there is gratitude for the better life the chaos and pain ultimately cleared the way for. A book that inspires a real sense of hope.”

— **EVE MENENDES CUNNINGHAM**, freelance psychology, health, and well-being journalist/writer, owner at the Feel Better Every Day Consultancy

“Transitions are the exciting, scary, and potent moments in our lives that reveal our true soul potential. *Personal Transitions* navigates you gracefully through the abyss and ascendancy of significant life moments. Always insightful, wise, and inspirational, Steve Nobel shares how transitions are a required part of human existence and how they have the power to propel us individually and collectively to our greatest and highest purpose.”

— **CLARE RUSSELL**, intuitive expert, founder of Metalife and Sacred Destinations

“Steve Nobel has written an important and engaging book, full of compassion, insight, and practical tips to help us understand and more gracefully navigate our transitions. I started reading his book on a grey-sky day when feeling somewhat downhearted about my own current transition. Four chapters in, I was feeling full of optimistic excitement about what I’ve already achieved and all the marvellous opportunities ahead.”

— **NEIL DEL STROTHER**, author, freelance journalist, and Journey Practitioner

“This is a valuable and heart-felt book, written with much knowledge and generosity. The author has clearly experienced a powerful life transition and reflected on the experience very deeply, studied the anatomy of transition, and drawn much learning from it to share with others. As he suggests, in these turbulent times, we all need the find the courage and willingness to understand and fully embrace transition, so we can free ourselves from the collective grip of outdated and damaging patterns. This book can help us do that.”

— **JUSTINE HUXLEY**, Director of St. Ethelbergas Centre for Reconciliation and Peace

“Whether change is chosen or thrust upon us, welcome or unexpected, *Personal Transitions* charts our transformative journey and guides us from caterpillar through cocoon to butterfly. This book is about true transformation and helps you get the best outcomes from the changes in life.”

— **CLAIRE EDWARDS**, Cygnus Review

“As we go through transition globally more and more of us are experiencing it personally. This book will help you to cope with it, even embrace it. It will help you to move home, metaphorically, when you need to rather than, as Steve Nobel puts it, simply moving the furniture of your life around.

— *CATHERINE G. LUCAS, author of *In Case of Spiritual Emergency**

“Steve Nobel is an explorer of the soul and this is a valiant and honest exploration of the mystical, psychological and subconscious realms. His work is a valuable addition towards an essential journey for humanity.”

— *MALCOLM STERN - co-founder of Alternatives, psychotherapist and co-presenter of Channel 4s “Made for each other”.*

“Steve is a very special spirit who understands both the personal challenges that people face in life and work – and the path of self discovery that resides below. Through his books, talks and life’s work he helps people seamlessly explore and discover in a way that is apt for that individual / soul. That is a remarkable skill to have. His knowledge of the spiritual landscape is remarkable his personable friendly style is the mark of his authenticity. Keep up the fantastic, noble work.”

— *RASHEED OGUNLARU, Business coach, motivational speaker, and author of *Soul Trading**

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Steve Ahnael Nobel



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Thank you, Alternatives, for being such a bright communal light in the centre of London. Your light drew me in so many years ago. I am honoured to have served you for 13 inspiring years as a director. I have met many wonderful souls there and I will always remember the great 'Mother Ship' fondly in my heart.

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Much love to my children, Lynda and Peter, and to my granddaughters, Eva and Isabella, (who were both born during my recent transition).

Finally, I dedicate this book to all the folks out there who are going through a transition right now. Please know that you are all part of the essential 'Great Work' of awakening happening across the planet right now.

Introduction

*All around us in nature, life unfolds
according to certain inner designs.
A rosebud opens into a rose, an acorn grows into an oak,
and a caterpillar emerges as a butterfly from its cocoon.
Is it unreasonable to assume that human beings
share this quality with the rest of creation—
that, we too, unfold according to an inner plan?*

— HOWARD SASPORTAS

This book is about a powerful and unique process that happens at important moments in our lives. This process I call ‘personal transition,’ although it is happening at a personal and also global level right now. At a personal level, it is about radical inner and outer transformation. At a global level, the planet is going through a major shift right now. This is a shift in consciousness that will take some decades to complete.

Personal transitions are at the heart of this global shift, because they are a primary way that the soul gets us to wake up to the reality of the essential self and to the delusions of this world. Because of this, a transition is not something our personality or ego-mind welcomes. We are conditioned to seek comfort, pleasure, and the familiar; yet, so long as we are alive on the earth, we are subject to evolutionary and spiritual forces that want us to open, grow, deepen, and awaken.

Change, of itself, does not necessarily lead to personal growth or awakening. Change is two-dimensional, whereas a transition is three-dimensional. Change is like moving along from point A to B: there is no depth, merely movement. A transition involves depth, because our heart and soul are engaged. A change is purely external—you can change your brand of toothpaste, your girlfriend/boyfriend, your home, friends, relationship, or career and still remain practically the same on the inside. A transition, on the other hand, alters our psychology—the way we think, the way we feel and how we perceive the world. Transitions force

us to address the important questions of existence: Why are we here? What do we want to do? What direction do we take? Where in the world do we truly belong? These run counter to other more superficial questions, such as: How can I get more of what I want? How can I make more money? How can I climb the status ladder faster?

A transition alters our core beliefs, which affect the choices we make; change may alter our outer circumstances, without liberating us in any way. Transition is a liberating force that helps to make our lives ultimately lighter and easier. Change can happen without affecting the general direction of our lives; a transition alters our course and changes our future destinations. Change is purely material, whereas a transition impacts our consciousness and spiritual awareness. Sometimes a transition takes us soaring up to the light; or it can take us into the soil of our being, where we face old shadows that need to be witnessed and integrated in our experience. A transition is powerful but does not always feel convenient. A transition disturbs our routine, shakes us up big time, and edges us out of our familiarity zones.

There is so much to say about the process of transition, and one book may not be enough. That being said, it is important to add the following, before diving into the book itself:

- The transition process helps us release an outdated phase of life and embrace a new one. Every transition has five phases: Soul Tension, Choice-Crisis, Release, Recalibration, and Renewal.
- A transition changes us from the inside out—we are no longer the same person on the other side. A shift can happen on many levels at once: physical, mental, emotional, and spiritual.
- No two transitions are the same in content, although all have the same structure and progress in the same way. The process is not haphazard or random, even if it appears to be;
- All transitions are big, but some are bigger than others. A big transition strips us down to the core, changes our outer life, then rebuilds us from the inside out. Such a major journey we may take just once or at most a few times in our life.

Who Is This Book For?

This book is written for anyone who feels that they are entering a period of transition. You might already be part way through the journey and want some advice

on what to expect and what to avoid. Perhaps you are feeling a little stuck in your journey and want to know how to move on in the process. Perhaps a loved one is going through a transition and you want to find out more about the process so that you can gently advise or nudge them in the right direction.

This book is offered as a practical guide, with information and advice on navigating each stage of the journey. It is not offered as any kind of dogmatic truth on the subject. It is written to help you navigate an important journey.

There are all kinds of transitions—from life shifts, such as adolescence to adulthood and midlife, to smooth transitions, where we follow a meaningful dream into a new phase of life, to the more difficult transitions, which involve some form of life or existential crisis. Some transitions include some aspect of spiritual awakening that can feel confusing or scary. With that in mind, this book offers information on topics such as: spiritual emergence, spiritual emergency, kundalini awakening, shamanic illness, dark night of the soul, ayahuasca, and much more. On a final note, I would say if you are drawn to this book, then your inner self must in some way have led you to it for some reason you may soon discover.

An Overview of the Transition Experience

Transitions can be smooth, joyful, and graceful; alternatively, they can be rough, confusing, and painful. There are also super-rough transitions, which often offer the greatest gifts of all. To sum it all up, a transition can help us:

- Embrace soul tension and soul calling;
- Strip away the unreal and the superfluous;
- Let go of limiting conditioning and identity;
- Heal old emotional wounds;
- Embrace our deep vulnerability;
- Handle ambiguity, challenge, and uncertainty;
- Transform old limiting habitual patterns
- Edge us out of our familiarity/safety zones;
- Stretch, grow, mature, open, and awaken;
- Develop a strong stable core;
- Become more adaptable, capable, and resilient;
- Reach new levels of authenticity and integrity;
- Experience a deepening of surrender and trust;
- Release the fullness of our inner potential;

- Get clear on true purpose and direction;
- Find a true sense of belonging and home in the world;
- Restructure the ego into a strong vehicle for our inner light;
- Activate and sharpen our intuition and inner knowing;
- Expand and strengthen the connection to our Higher Self;
- Allow in more flow, grace, and synchronicity;
- Contribute meaningfully to the great global awakening.

My Own Transition Experience

The idea for this book came in 2010, when a big transition unexpectedly erupted in my life. This was not my first transition, although it was the most challenging. Putting aside my birth, a difficult adolescence, and a painful entry into the world of work, my first big transition came in the mid-1980s. I was working in a career I disliked intensely, and I was married with one daughter and a son on the way. Then I hit a crisis and could not stand my life anymore. So after some painful reflection, I made preparations to press the eject button on my life.

I planned it down to the last details, and as I was losing consciousness, I heard a voice speak inside my head, saying, *There is hope!* This voice was like nothing I had heard before—there was something in the voice that conveyed certainty and authority. So I aborted my little escapade and was soon carted off to Accident and Emergency at the local hospital. The next morning, I awoke to several relatives from my wife’s side of the family gathered around the bed. It was one of those moments of intense embarrassment and relief. I took a year off work and then resigned from my job. I went into long-term therapy for several years, and soon after began a new career in local government.

The next transition came a few years later, in 1993, when my marriage of 15 years ended. This was both a painful time and one when I found myself in a vortex of rapid change. In rapid succession, I met many spiritual healers, teachers, and new friends and started training in all kinds of weird, wacky, and wonderful things. I was meditating for hours every day, leaving the ‘normal’ world behind and opening to a new space of greater internal light and possibility.

The next transition came a few years later, when I left my second career in local government after 10 years. I felt an inner calling to align my career with my spiritual life, but I had no idea how to do that. Finally, one day I asked the Universe out loud, ‘Should I resign from my job?’ I waited, and within 48 hours I received a clear set of signs in response, so I resigned the next day. After a bumpy patch of a year or so, a happy set of synchronicities led me into a new career and

also a wonderful new romantic partnership. I settled down into a regular rhythm, believing I had done my fair share of transitions and that my life was basically sorted. How wrong I was! When the most recent big transition hit, it led me into a dark, volatile, and profound period of my life.

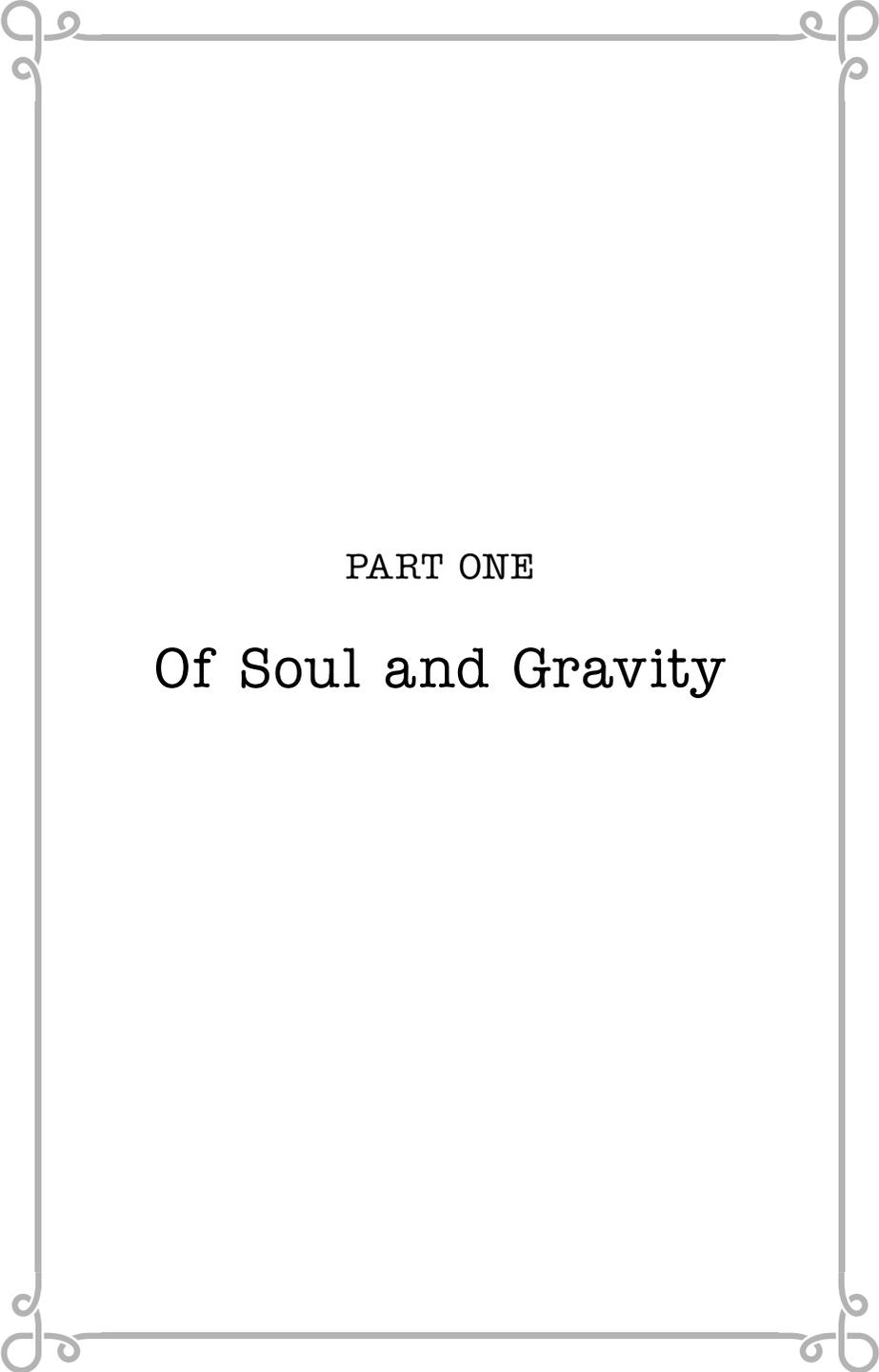
Writing and Researching This Book

The research and writing of this book took me slightly over three years to complete. During this time, I was often asked what I was up to. After I explained, the most common response went something like, 'Oh, yeah, everyone is going through that right now!' Needless to say I took this to be an encouraging sign that I was on the right track.

This book has been written in real time, meaning I was writing it as I was going through my transition. This book, therefore, could only be complete when my own transition process was completed. It is written in two parts. The first part, *Of Soul and Gravity*, puts the transition process into context. Here, we explore the important questions of soul and gravity, as well as the different types of transition. The second part, *The Timeless Way of Transition*, deals with the actual process or experience of transition. In this part, I share more of my own recent super-rough transition.

I would say this has been the toughest and most transformational period of my life to date. This book was completed over Easter 2014, when a powerful Cardinal Grand Cross astrological alignment occurred, with an exact hit on my natal Libra sun. Easter and the Grand Cross both connect to the energies of crucifixion and resurrection, which seemed a perfect metaphor describing my own transition journey and a good place to finish.

Warm wishes
Steve Ahnael Nobel
April 2014



PART ONE

Of Soul and Gravity

A Question of Soul

Our soul, our true self, is the most mysterious, essential, and magical dimension of our being. In fact, it is not a separate reality, as traditional Western thought views it, but the cohesive force that unites our body, heart, and mind. It is not a ghost trapped somehow in the physical machinery of our body but the very essence of our being.

— GABRIELLE ROTH

A transition is a life-altering event, and although the content will differ from person to person, the context is generally the same. A transition comes to shake up our lives, open and move us, and shift who we are being and becoming in the world. It comes to help us, reconnect us to a sense of wholeheartedness, return us to a state of resourcefulness, and redirect us to a whole new track or orientation in life.

As perhaps you can appreciate, a transition is a major experience that leaves us transformed, both inside and out. Transitions are not random events; they are orchestrated by a deeper intelligence to disrupt and also liberate our lives. We could call this deep intelligence by several names: Life Force, Soul, Higher Self, Tao, Buddha Nature, and Christ Consciousness. There are many names, but when it comes down to it, the name does not matter; the important thing to remember is that we are more than this body, this personality, this collection of ego selves, this social identity. Soul operates on many planes of existence, and Earth is but one. It is as Master Jesus said, “In my Father’s House there are many rooms” (John 14:2).

Not all planes are as dense or as challenging as this one. Beyond this plane, the laws of time operate differently. Here, time is linear, but in the realm of soul, past, present, and future are not so distinct. This is how soul can create synchronicities, which are events in the coming future. Soul can also set up current events to heal past karma. Soul is more powerful than we realize.

In this world, soul is mostly misunderstood or goes unrecognized. When we come out of the birth canal, we forget we are light and start to live under the illusion that the body is all there is. This then leads to the idea that without the physical body there would be no consciousness, no existence. This is not the case. We are sleepwalkers in this world, and a transition is there to remind us that our personality and body are not the centre of the universe. The body is impermanent, and one day its strength and beauty will pass away.

A transition comes to wake us up from our illusions and delusions. If we are worshipping false idols, then we are not honouring the light within. A transition is meant to open us to the realm of soul. A transition helps us experientially cultivate authenticity, a resilient spirit, a guiding sense of trust and faith, and a meaningful engagement with life. A transition reminds us that life is no mere set of routines. The soul is eternal, and it incarnates here on Earth to learn, celebrate, stretch, and grow. If we forget this, we lose our ability to smile, laugh, and cry.

Life can be hard, and most of us are taught to toughen up, hide our vulnerability, and get real. Our peers support us in achieving, chasing, and competing, or on the flip side, getting our needs met by shouting the loudest or playing painful victim games. We become used to putting on a brave face or trying to look good or maintain our cool. This begins in childhood and kicks off in earnest during teenage years, when we are scrambling to find a new sense of acceptable identity in the world. (Adolescence is itself a major time of transition, which sets the scene for our adult years.)

Transition was once mainly a simple yet profound process of maturation. Living in the modern world is more complex. We are disconnected from our heart and inner light. Now, transition is both a maturation and an awakening process. We need to awaken to our integrity, our authentic self, our inner light. When we are disconnected from who we truly are there is a loss of integrity, peace of mind, and courage. We believe what the media or governments are telling us, even though our heart says something different. There is great peace of mind in feeling the connection to our inner light.

Integrity means not necessarily conforming to societal norms. We listen to others, and we trust our own path. The word courage comes from the French word *coeur*, meaning 'heart.' Heart and soul are terms that often refer to the same essence. To live a soulful life is to live a courageous life. Soul is the essence of who we are. Our inner light creates a body to inhabit to live in and encounter certain experiences and lessons on the earthly plane. Our soul sets up challenges to meet and learn from. Some of these challenges originate in other lifetimes. Everything is meant to be a learning experience.

This is not to say that the earthly plane is part of some cosmic school. Learning is not meant to be serious and hard. Often, we learn the most when we are having fun and taking life lightly. Often, we learn the most when we are curious, engaged, focused, and purposeful. We learn the most when we feel loved and loving. The most powerful force in the universe is love, and when we are connected to our inner light we know this in blood and bone. Our inner light is part of the universal light. Love is a force that transforms everything.

A transition has much to teach us about love. Yet in this timeframe, there is much fear and confusion about love and spirituality. There are so many ideas and belief systems and power games played with the realm of soul. This is because the earthly plane is passing through a time of great ignorance and darkness about spirituality. This is why so many feel confused about spirituality. The net result is that when we feel disconnected from soul we feel contracted, hardened, and afraid. Connection to soul is not a theoretical matter; it must be experienced in the mind and body to be truly known.

A transition helps us break through our fearful, hardened heart so that we can feel and breathe the light of spirit once again. Transitions are where life shifts in powerful and unexpected ways. A transition is defined by the dictionary as a 'passage from one form, state, style or place to another.' Implicit in this definition is a process of transformation. Transitions cause us to mature emotionally and mentally so that we can cope with living in a complex world. They involve a whole psychological process.

Transitions help us deconstruct a rigid and self-critical ego. Ego could also be called our personality. Our personality is really a gestalt of subpersonality parts. Problems come when our ego is too small a container for our inner light. Our personality can deny or resist the inner light. This creates certain problems and shuts down experiences and inner abilities that would otherwise be made available.

When most people talk about the ego, they are usually referring to inner aspects that seek to keep us safe, contracted, and shut down. The ego was not designed to be closed and fearful. We are training it to be that way. A connected, happy, aware, and awake ego is not really a problem. We need an ego to contain our inner light. Ego is there for a purpose. The problem with ego is usually that it is just too anxious, closed, defended, armoured, or rigid. The ego is taught to believe in dualistic paradigms of superiority/inferiority and worthiness/unworthiness. The ego is taught to believe that chasing and acquisition is the path to happiness. The ego is taught to believe in looking good. The ego is taught that real genius is cultivated within a Masters or PhD program rather than in the University of Life. The ego is taught to be independent/self-reliant or a whining victim/martyr. The ego is not

something we can change through reading a book. The ego has to be transformed, and a radical set of life experiences is one way this can happen.

When faced with a radical crisis, when the old way of being in the world, of interacting with each other and with the realm of nature doesn't work anymore, when survival is threatened by seemingly insurmountable problems, an individual life-form — or a species — will either die or become extinct or rise above the limitations of its condition through an evolutionary leap.

— ECKHART TOLLE

There is nothing obvious about transitions. They can sneak up on us without us realizing, and they can begin in strange ways and be accompanied by an odd undercurrent of tension. How we deal with this undercurrent of tension is all-important as it determines the overall experience of the journey. A transition will strip away everything nonessential and help us question everything we know about ourselves and our place in the world; therefore, a transition is often confronting and challenging. It brings us face to face with our deepest dreams and our deepest wounds. Personal transitions help us dig deep within ourselves to find a renewed sense of inner light and purpose.

Transitions are both random and predictable. Once the journey starts, within a certain parameter anything can happen. The journey contains elements of chaos, uncertainty, and surprise. This is how it must be. We cannot control the journey, which means we have to find qualities such as faith and trust to successfully navigate the way ahead.

Transition is a soulful journey; it is also a heroic one (one that is far simpler than the many complex theories derived from Joseph Campbell's original and innovative research and thinking on the mythological hero's journey). The journey is soulful because it returns us to our original essence. The journey is heroic because it will push us into new experiences and it will open our hearts—and in some cases crack them open, revealing inner abilities, gifts, and talents that were previously dormant.

A big transition kicked off for me between the death of my father in January 1991 and the ending of my marriage in October 1993. During that period, I experienced a form of awakening that propelled me into a spiritual path, a new relationship, and a whole new career a few years later. This was my first experience of a spiritual transition in which I felt reconnected to my inner light. Many spiritual teachers entered my life, and many things seemed open to me. This

was also my first experience of multi-layered synchronicity. Within the first six months, I had met many of the spiritual teachers who would influence me for the next 15–20 years.

After this transition, I entered into a loving, long-term relationship, found a new career path that I absolutely loved, and was engaged in spiritual practice that felt deep and transformational. So I thought I was just about done with transition. From here on in, life was about gently coasting and enjoying the view. Then, in early 2010, something happened—a trigger was released, someone entered my life, and soon afterwards I had a kundalini awakening experience.

What followed was unexpected, dramatic, and beyond intense. I was thrown into unfamiliar territory, and for the first time in many years I felt anxious, confused, and afraid. This personal transition took me on a roller-coaster ride for three years. I was not sure whether I would survive, and there was one occasion I almost did pass through the veils to the other side. This transition ended when I finished the final draft of this book. Although I stand now on the other side, so to speak, the resonance and impact of my journey will continue, I am sure, for many years to come.

*Men are not free when they are doing just what they like.
Men are only free when they are doing what the deepest self likes.
And there is getting down to the deepest self! It takes some diving.*

— D. H. LAWRENCE

The Power of Transition

Transitions begin with some form of discomfort. We may realize something important is missing in our lives and start to reflect on what to do about it. A transition may represent an unfulfilled dream that wants to be actualized. A transition may come to remind us of some core values we are not living. The issue here is that we may be so muddled or busy with life that we do not stop to give any of these things a second thought. A transition does not go away because we are too busy for it. A transition begins as tension builds and eventually erupts in our lives, upsetting our plans and routines. Transitions help us release limiting aspects of our past and help us step towards a more positive and life-affirming future. Transitions help us redefine how and where we belong in the world. They push us out of our tight comfort zones and force us into drawing upon inner resources we did not know existed before. A wizard such as Gandalf can come along and knock upon our Hobbit hole door. We might not like the

call to adventure, but it has come nevertheless. Our response to the call will influence the kind of journey that follows. It might feel like a walk through a gorgeous place you have never been before, or it might feel like being pushed into deep waters and then told to swim. Whichever way we go, we get to know ourselves as resourceful human beings. The path itself helps to reveal our thus far unknown and untapped potential. Dormant inner potential in human beings is a powerful force. There are gifts within us all that demand life.

When Jesus was on the earthly plane, he spoke of the parable of the sower. In the parable, a farmer went out to sow some seeds. As he was scattering the seed, some fell along the path, and the birds came and ate it. Some fell on rocky places, where the soil was shallow. The seeds sprouted, but when the sun came up, the plants were scorched, and they withered because they had no root. Others fell among thorns, which choked the plants. Some seeds fell on good soil. They came up, grew, and produced a bountiful crop. Similarly, there are seeds within us waiting to burst into life. In our current reality, perhaps the conditions are not right for the seeds to awaken; perhaps our current work or relationship or home is not conducive to the seeds coming to life. A transition takes us away from our current reality and moves us to where the conditions are right for a bountiful crop.

To add to the parable, we do not always know what kind of seeds exist within the soil of the psyche. We are unique beings, and our gifts are unique. Acorns will not grow into violets, nor should they try. There are seeds of many kinds. When these inner seeds break above ground, we start to know whether we are growing an apple tree or violets. This is part of the great mystery of transition. When a seed is activated, its essence can find many outlets. For instance, creativity can manifest in dancing, gardening, painting, poetry, or writing. If we never take the journey, and instead, stay in a narrow bandwidth of existence, then we never discover what we are truly capable of being and becoming in this lifetime.

Dormant Inner Potential

Within each one of us there are seeds of higher potential. Here are some of the most common seeds activating in many people across the planet right now:

ARTIST: The artist is here to awaken to creativity, spontaneity, play, and fun. The artist is at home with writers, poets, singers, dancers, and actors. The artist can be found in the business world and in the home. The artist is not naturally serious but light; he or she knows that joyful flow is the natural order of life. Many people were, and continue to be, discouraged from following a creative

path because it does not lead to a proper job. The challenge of this theme is to apply creativity to every area of life.

AWAKENER: Awakeners are the catalysts for radical change. When we awaken and stabilize a high vibration of light in our energy fields, then this stimulates those around us. Awakeners carry catalytic codes of light and stimulate others by their words and presence. Awakeners work in any field of endeavour that needs more light. They work through different means and are drawn to coaching, facilitation, personal development, public speaking, and writing. The awakener is here to learn about the true nature of power.

DREAMER: This life theme is about dreaming new possibilities for your life and the earth. We create reality from the inside out. This awakens the ability to dream new realities for other people. It is said that this ability was very active on the earth in the time of Lemuria. When enough dreamers incarnate on the planet, this is how Heaven on Earth will come into being.

GUARDIAN: A guardian is a life theme that comes to serve in a major way. Many guardians are parents serving the waves of high-vibrational souls being born on this planet at this time. These souls have a strong connection to their inner light, but they often suffer turbulence as they grow up because of the dense vibrations here. Many guardians are here to work with the mineral, plant, and animal kingdoms. They act as advocates for those with no voice.

HEALER: The healer usually works with the old Bible saying “Physician heal thyself.” Healers often begin their work because of a healing crisis of some kind. The healer works with people to clear their physical, emotional, mental, and spiritual bodies. The healer can work in many ways. A smile or a hug or a loving thought is healing. Through their radiant presence they know how to uplift and heal others. The healer can also work through the spoken word and energy. The healer also works with the earth, to clear and open energy lines and sacred sites that have been distorted over time.

HERO: The hero is a common theme for many people right now. There are forces in the world that seek to keep us playing small in life. We are here to learn to find courage in following our own path. Fear is the adversary of the hero. They are here to transform weakness into strengths, such as unworthiness into capability and self-deprecation in self-appreciation. This theme helps us learn

courage, determination, faith, and perseverance. The hero learns to be resourceful by facing their fear and stepping towards the unknown. The hero is here to learn about facing their fears and finding their heart.

INNOVATOR: The innovator invents and improves. Innovators think outside the box and synergize ideas and information in new ways. They embrace diversity and love people who can challenge their worldview. In this way, they can come up with something new. Innovators are at the cutting edge of the Virtual Information Revolution. The Innovator is here to experiment, network, and follow their unconventional way of thinking and approach to life.

LEADER: The true leader inspires from the front. The true leader has broken through old models of command and control. True leadership is not about telling others what to do; it is about strength, motivation, and power that serve rather than dominate. The challenge of every leader is learning to transform their ego to serve the light. A true leader is a natural communicator who inspires others to find and actualize their inner light.

LOVER: The lover experiences the truth that love heals all. This is a tantric path, where we learn that real vulnerability and gentleness is true power. The lover has to learn to release certain emotions and express others. Certain emotions can be challenging. Growing up in a loveless family is a common challenge for the lover. In life, the lover is often challenged by abandonment, rejection, and loss. The lover is here to learn about love without attachment and with equanimity.

MAGICIAN: The magician works with vision, intention, thought, and feeling. Magicians understand experientially how to attract, shape, influence, and create their experience in this world. The magician works with the mind—primarily belief, imagination, and focus. The magician also works with energy and vibration. The challenge of the magician is to remember to create in the spirit of joy and service. The magician is here to work with power in service to the whole.

SAGE: The sage explores pure light and beingness. The sage sees beyond the duality of good and bad, positive and negative, friends and enemies—they see only unity. The sage may be challenged at various stages by the illusion and pain of ego separation. In this challenge, they learn about the illusions of the world and are reborn. They think, feel, and speak from a place of unity consciousness. The sage is here to reconnect others to the sacred unified field of life.

SYNERGY: Patriarchal systems have suppressed the feminine through war, religion, politics and economics for thousands of years. The divine feminine knows itself through love, holding sacred space, and relating. This theme is allowing women to awaken to their essential core and burst through outmoded ways of expressing feminine sexual and nurturing energy. For men, this quality is about bursting through old stereotypes of masculine energy. This means embracing issues around power and vulnerability in a new way. The divine masculine seeks to know itself through focus, purpose, and action. This is not about being an effeminate New Age man, nor is it about being a Macho Man. There is a middle way, one which many men are finding right now. This seed is about finding inner unity, synergy, and balance.

TEACHER: The teacher is interested in knowledge but is more interested in wisdom. A true teacher helps to wake up the light in others. Teachers learn from their own experience rather than from being told the right way to do things. They teach in a variety of ways, which can include poetry, music, and storytelling. They are skilled in turning complexity into simplicity. A teacher is drawn to sharing ideas that empower others; they do not simply force-feed facts. Teachers are often mavericks, innovators, and synthesizers. The teacher is here to learn about helping others find their own true path in life.

The planet does not need more 'successful' people; the planet desperately needs more peacemakers, healers, restorers, storytellers, and lovers of all kinds.

— DALAI LAMA

Transition and the Return of Global Soul

Personal transition is linked to a much larger process, that of global transition. I believe we stand together at a powerful and crucially important crossroads in human history. One way leads to a powerful evolution and flowering of soul and consciousness; the other leads to more ego, control, contraction, and even possibly global tyranny. The planet has been disconnected from the inner light for thousands of years. There are powerful systems and forces in the world that are both intentionally and unintentionally blocking spiritual evolution on this planet. This is all part of the hard game of duality. We grow through opposition to the light.

This is now all changing. Currently, there is much light impacting the planet, and we are being called to awaken to a new resonance of love, cooperation, and sustainable abundance. There are many high-vibrational souls being born on the planet right now. Cosmic forces are aligning to support great movement and change on our planet. Light is hitting old systems that are disconnected from light.

These systems all started off with good intentions and then strayed from that path. This is because any major system within this plane of duality inevitably evolves a prime directive of self-protection. Medical systems will close ranks to protect their own, even at the cost of patients' health and well-being. The Catholic Church closed ranks to protect priests who had abused members of their flock. Pharmaceutical firms demand laws prohibiting complementary health services and products. Politicians close ranks around government spying agencies quoting 'national security.' Wealthy bankers devise new ways to get around laws of the land prohibiting profiteering and excessive bonuses.

Systems that are disconnected from the light create varying degrees of great harm and suffering. These systems encourage disconnection on the planet, and when we feel blocked from knowing the light within, we suffer. Up to a point, suffering is useful if it forces growth. Humanity has now gone way beyond that point, and growth demands our participation. We need to grow up and find a maturity to do things differently on Planet Earth. These old disconnected systems are in dire need of reinvention or renewal.

There are four systems in particular that I want to mention here.

1. DOGMATIC RELIGION

For too long here in the West, we have had to contend with dogmatic and authoritarian Christianity. The original message and mission of Christianity contained much power and light, but this light has faded over time and has now virtually gone out. The original message of Christianity was revolutionary and transformational. The Church (meaning the whole array of traditional churches that teach the message of Jesus the Christ) no longer understands or teaches the essential intended message; rather, it promotes weird and distorted ideas, such as: we were thrown out of the Garden of Paradise; we were born in sin rather than innocence; bad people go to hell; we should fear a judgemental punishing father creator that dwells in some abstract heaven (rather like some absentee landlord). In the absence of a meaningful God, the world becomes the province of the Devil.

None of this ever made much sense to me. Because of its rather warped ideology and message, Christianity has a long history of blocking free thinking, as shown by the cases of Copernicus, Galileo, and Giordano Bruno (the latter burnt alive). Religion has for too long been involved in politics, power games, and wars—the very opposite intention of Jesus’ revolutionary message of love. This started under the Roman Emperor Constantine and has been going on ever since. The Church had sidelined women and established a male-dominated priesthood. Women are not allowed to hold high office. The Church is still coming to terms with a past that includes mass murder during the ‘burning times’ in Europe (mostly of women), when it encouraged a mass hysteria around witchcraft.

The scar of this tragedy, I feel, still haunts Europe today. The Church is struggling to remain relevant in the modern world. The faithful are the unquestioning. The younger generation is not flocking to the Church. Most young people realize that the message of the Church around love, soul, God, and the nature of reality makes little sense in the modern world and does not work in practice.

The Church encourages a denial of the body, which in turn leads to suppression and control of sexual energy. It also has long encouraged the suppression of anger and natural aggression. (I worked within the walls of an urban church for 12 years and so speak from some experience.) The church is out of step with what many people now demand from a modern spiritual path. There are some signs that the Church is in the process of reinvention, but it is still early days. We can but pray that the Church will find its true heart, reinvent itself, and align with the original message of Christ. Only then will it become a trustworthy vehicle once more for radical and revolutionary love.

2. NARROW-MINDED SCIENCE

Science has helped us break away from the worst aspects of dogmatic religion; it has also given us great advancements and technologies. Yet at the same time, science is mostly cold, clinical, unfeeling, anti-heart, and anti-light. Scientists are now the new high priests of the new religion of materialism. This priesthood tells us: there is no reality but material reality; consciousness is a by-product of the brain; nature is fascinating but purposeless; spiritual phenomena can always be explained rationally and when they can’t be, they should be ignored.

Science is not interested in things that do not fit its theories, such as when a person has a miracle cure. Science is not interested in our feelings or intuitions or preferences; it is only interested in objective facts. Science does not believe in the human spirit or in a greater universal intelligence, even though it is impossible

to disprove either. Science has developed a rigid philosophy that believes in only what it can measure and evaluate. Fundamental science is arrogant. How do we know this? Well, we only have to look at the stockpiles of highly destructive weapons around the world to work that one out! Science is the methodology and ‘intelligence’ behind the pharmaceutical industry that creates more drugs to combat illness and disease, yet we live in a world where we are less healthy than our grandparents.

Pharmaceutical drugs, in many cases, interfere with the energetic workings of the body. There are subtle energy pathways in and beyond the body that science has no knowledge of or interest in. Science tells us that physical matter is all that matters. It has no way of understanding love, except as chemicals swirling around the body. If you want to know more about fundamental science, then you only need read *The Science Delusion* by controversial author and biologist Rupert Sheldrake, who is best known for his work on what he calls ‘morphic resonance.’ I believe the day will come when science and spirituality will eventually meet and complement each other. That day is perhaps not so far off.

3. BIASED EDUCATION

Education, like science, has brought many benefits, and we mostly agree that education is a good thing. The problem with education is that it is strongly biased in favour of logic, rationality, memory, and left-brain intellect. In so doing, it relegates the heart and right-brain abilities such as intuition, imagination, and vision to the position of poor relatives. Our intellects have been turned into some kind of duelling sword that argues, critiques, debates, and probes for weakness. In the process, so much is thrown out. That includes real emotional intelligence, which allows us to feel a range of responses, such as compassion, and helps us to relate meaningfully with others.

Is it any wonder that so many children find school so unbearable? Research has found high levels of anxiety, depression, and general cynicism among children and adolescents from middle-class and upper-class families, where parents insist on sending children from one learning activity to another. Personally, I believe that when education starts to destroy the curiosity and creativity of children, then it can no longer say it is truly educating. Education is about so much more than making us nice little cogs for work further down the line. It is about developing real thinking, which is not just about a razor-sharp intellect.

Our left-brain faculties seem at war with our right brain. There are those who rebel and embrace right-brain faculties over the left, but this is just the flip side of

the coin. Education in the future, I believe, will be about developing both sides of the brain and creating a learning environment that nurtures a synergy of the two. Only then will we generate real genius and wisdom on the planet. The world is full of ‘educated’ people who have no concept of sustainability or peace. Developing the left brain in favour of the right is a sure formula for developing a strong inner critic. As most people on the spiritual path know, a strong critical ego is a major block in knowing the inner light. Only when education of the many becomes more holistic in its approach will it become a force for real intelligence, wisdom, and empowerment.

4. HEARTLESS CAPITALISM

Last, but certainly not least, is capitalism—the most insidious and most resilient of the lot. Behind all other forces lies the influence of big money. Capitalism is the private ownership of goods and services for profit. There is nothing wrong with this, except that the game rules of private ownership are not fair. Not everyone has equal access to possibility, opportunity, and advancement. There are all kinds of rules and restrictions that favour certain groups over others. The real issue is that capitalism is based on debt and scarcity. Also capitalism never really saw the point in having a heart, unless it could make money out of it!

Heartless capitalism promotes tremendous inequality, since it allows and encourages a very large percentage of assets and money to be in the hands of a small group of people. Heartless capitalism, therefore, promotes self-interest over the collective good. A core belief in capitalism is that everyone is motivated out of self-interest. This ignores the fact that human communities thrive more from a sense of cooperation than competition, which tends to be more destructive than creative in nature,

Capitalism sells us the lie that happiness is just a purchase away; thus, we have a collective madness of chasing and competing for anything of value. We will even destroy the planet to make a quick buck. Heartless capitalism puts a price on everything—joy, sex, children, health, and well-being.

For centuries, we have placed a high value on industrialization and a low value on human communities and nature. This is why we are destroying rainforests and other precious wild habitats. Heartless capitalism is behind those corporations that dominate any profitable industry on the planet, such as pharmaceuticals, energy, or weapons. The system seeks to maintain the privileges of the few over the many. The Occupy Movement created the slogan ‘WE ARE THE 99%,’ which has made us more aware of the social costs of maintaining our existing economic systems.

Heartless capitalism does not create abundance; rather, it creates poverty and is often a primary cause of war. With a top-heavy population of 7 billion, our planet's increasing demand for goods, services, and resources places us on a dangerous path. Author and scientist Ervin Lazlo suggests our generation is the first in history that can decide whether it is the last in history! What we need are economic systems that serve the whole of humanity, not just a select few. When capitalism shifts, then it is likely that all other systems on the planet will shift. A revised capitalist system needs to serve and connect rather than enslave and disconnect. When this happens, and one day it will, then our planet will wake up from its dark night of ignorance, inequality, scarcity, and greed.

On the surface of the world right now there is war and violence and things seem dark. But calmly and quietly, at the same time, something else is happening. Underground, an inner revolution is taking place, and certain individuals are being called to a higher light. It is a silent revolution—from the inside out, from the ground up. This is a Global operation, a Spiritual Conspiracy. There are sleeper cells in every nation on the planet. You won't see us on the TV. You won't read about us in the newspaper. You won't hear about us on the radio. We don't seek any glory. We don't wear any uniform. We come in all shapes and sizes, colours and styles. Most of us work anonymously. We are quietly working behind the scenes in every country and culture of the world—cities big and small, mountains and valleys, in farms and villages, tribes and remote islands. You could pass by one of us on the street and not even notice. We go undercover. We remain behind the scenes. It is of no concern to us who takes the final credit, but simply that the work gets done. Occasionally, we spot each other in the street. We give a quiet nod and continue on our way...

— ANONYMOUS BLOGGER

Light Is Unstoppable

Our planet is in a process of radical transition. This cannot be stopped. All of our old systems are being shaken up right now. Thankfully, in the West, religion no longer has the power to negatively influence us as it once did. There is an emerging interest in the original teachings of Jesus as spoken in the language of the time, Aramaic. This holds the key for Christianity to return to its original sacred roots. Similarly, for decades, science has been influenced by the revolu-

tionary thinking and theories of quantum physics. Films like *What the Bleep Do We Know?* indicate that more high-profile scientists are willing to speak publicly about the synergy of science and mysticism.

Thankfully, education is beginning to embrace teaching methods that show an appreciation for a range of learning styles and intelligences. Alternative education systems such as Waldorf education, developed by anthroposophist Rudolf Steiner, greatly encourage a connection to the inner light. Waldorf education and other alternatives are not available to everyone, and cost can be a prohibiting factor for many families. I also believe that some of the methodologies need updating to make them more relevant for living in the modern world. Capitalism, as it is being practised right now, is like the ‘evil’ magician Sauron’s magical ring, made in the dark to bind and control all the rest. Because of the light impacting the planet, financial systems are wobbling badly.

On a positive note, many heartfelt entrepreneurs are calling for more a conscious, values-led capitalism. In my view, even this does not go far enough, as the very fabric of the debt-based system must change. (For more on this, I recommend reading *Sacred Economics* by Charles Eisenstein.) This complete revision of our debt-based system will open the way for new systems that actively support and promote human communities and the use of sustainable resources.

The good news is that change is already upon us. As we know, many people are saying no to war. Many people are standing up for the rights of the underprivileged. Millions of people right now are exploring alternative lifestyles that take into account the finite resources of our blue-green planet. Millions of people are turning to meditation and alternative healing methods. New solutions and ways of living are emerging daily. These solutions are being spread at rapid speed around the globe by the Internet.

Dr. Clare Graves, the inspiration behind the Spiral Dynamics systemic model, says of this time: ‘The present moment finds our society attempting to negotiate the most difficult, but at the same time the most exciting transition the human race has faced to date. It is not merely a transition to a new level of existence, but the start of a new movement in the symphony of human history.’

Now we are almost at the birthing stage. What happens in the next 10–20 years or so will be pivotal to the whole process. The world needs us to change so that the world can change; we are not separate from the world. The only real revolution that can ever work is one that starts from the inside out. If we cannot find peace in ourselves, how can we help promote peace in the world? If we cannot find light in ourselves, how can we offer anything but darkness

to the world? Transition is moving us not towards some phoney or contrived New World Order; rather, we are moving into a great shift in consciousness. This is nothing short of a return to Sacred Unity across the planet.



YOUR INNER LIGHT MEDITATION

When you are ready take a moment to stop, relax, and enter into silence. When you feel open and relaxed, begin to focus on your heart and with each in-breath imagine you feel more relaxed.

Feel your connection to the earth. Imagine roots growing out from your feet and down into the core with each cycle of breath. Feel these roots passing through earth, rock, water, and fire to connect with the crystalline core of the earth. Breathe up light from the core of the earth into every cell of your body. In this light, remember you are a child of the earth, you have a right to be here, and this is your home for this lifetime.

Imagine you can breathe the liquid light of the morning sun into a centre of light located in your heart. As you breathe in this light, imagine filling this part of your body with pure liquid light. Allow this light to build and radiate to every cell of your body.

If there is anywhere in your body that feels tense or heavy, imagine you can breathe solar light into it. As you breathe light into this place, notice how the light displaces old energy. Allow any old energy to escape back to the sun to be transformed into pure energy once again.

Keep doing this exercise until you feel lighter and you feel the birth of a mini sun inside you. Notice the radiance of this inner light, and keep building the inner sun until you feel full and overflowing.

With the cycle of your breath begin to focus on this mini sun and feel as though you are moving right into its centre. Imagine that you are this liquid light and that it is expanding to fill every cell of your body. Allow this light to be absorbed by the cells of your bones and blood.

Imagine that this inner liquid light can expand into your heart and emotional field. Allow this light to be absorbed into anywhere you feel anger, fear, shame, or grief. Allow the light to open up and release any stuck or trapped energy.

PERSONAL TRANSITIONS

Imagine this inner light can expand into your mind. Allow this light to be absorbed into your stream of thoughts, as well as your old beliefs and assumptions about life. Allow this light to infuse every thought you have about yourself and your world.

Make friends with this light, and welcome this light as your Higher Self. This light has the power to completely transform you and your life from the inside out. Feel this light overflowing into your aura and out into your reality.

When you are ready, just come back to your cycle of breath. As you come back to this world, keep feeling the light inside you. Allow this liquid light to continue to radiate out into your reality throughout your day.

Throughout your day, take the time to remember and feel the solar light within you. Radiate this light out into the world and allow your reality to shift with love.