

The Soul's Journey Through 2012

By Spencer Rouse

As we approach the end of a great cycle in time, the completion of the 25,920-year procession of the equinoxes*, we are experiencing a reawakening of consciousness throughout the world. Many on earth now long to reconnect with their inner divinity and embrace the multidimensional nature of existence in our cosmos. There is a growing feeling that they have been born specifically to be present and of service to humanity at this historic *moment*, with leading-edge intuitive capabilities to help others, if only they can “get it right” themselves.

Pressure is building as a perceived “end time” draws very near, thanks to much promotion around the possibility of a catastrophic event on December 21, 2012. However, this pressure is largely self-inflicted. It comes from fears of all descriptions, drives of the ego, and feeds inner disharmony. To overcome this challenge, we must clear the clutter of our minds and let go of negativity and self doubt that hang like dark clouds over us.

Understanding the Soul

Our souls, our higher selves, are already prepared to guide us through our fears, as well as the transition of cosmic energies from the end of this astrological cycle into to the next. It is up to us to tune into this guidance. The soul is who we *really* are. It is the immortal essence of our being that captures wisdom and experiences from lifetime to lifetime. The wisdom gained from these varied incarnations enlarges the soul and elevates its vibration. It is distinct from the physical body,

but it works with the physical, mental, and emotional aspects of who we are in each lifetime. It is part of us, and yet it is distinct from what we consider ourselves to be: a physical, mental, and emotional human being. Some consider it to be our spiritual selves, but it is much more than that. It is the eternal component of man that is fashioned in the very image of God (Gen. 1:26) and that can exist apart from the physical body (Mt. 10:28; Rev. 6:9).

We can align ourselves with the soul through meditation, prayer, and maintaining an inner harmony and balance. Self-judgment, blame, guilt, resentments, and other dense, heavy energies block our efforts. Rather than holding onto all of this or trying to force these energies out of our systems, it is much wiser to focus on whatever brings in more happiness, more laughter, more wisdom, more peace. As we continue this practice, we elevate our personal vibratory makeup and become lighter. As a result, the denser energies no longer have a secure home within our psyches. They become vibrationally incompatible and are released. This is enlightenment, and it begins with accepting each aspect of ourselves, including the traits we do not admire. Once we recognize ourselves, we are better equipped to energetically move *towards* what works well for us, which automatically brings about a movement *away* from what no longer serves us.

Raising our Resonance

As individuals, we are raising the resonance of our being at varying levels and we all function at unique vibratory rates. However, as a group, we are elevating the overall vibration on earth. The new energies are flowing in, and we are reaching

out and up for something better, a calmer inner self, a more serene existence that connects us to nature and to each other.

Nature is undergoing some of the same changes. For eons we have been dumping our emotions into the earth, the waters, and the ethers around us. This creates an energy that is incorporated into nature. We have used nature for our own purposes and thrown much of it out of balance. It is responding with its own efforts towards realignment, and the results are hurricanes, tornados, earthquakes, tsunamis and the like. Balance *will* be restored.

In parallel, people are experiencing financial difficulties, political turmoil, relationship breakups, anger, hostility, and frustration, and our ever-present fears continue to build. The incoming energies are beginning to shift and even collapse the systems we have come to depend upon. Those who struggle to hold onto what they have always known, who build barriers against each other, and who attach themselves emotionally to their possessions will experience change—and it will come with stress and tension. The old may be torn away with harshness, a harshness that is not necessary to endure.

Those who seek to work *with* the new energy and balance their emotions and energy fields will allow the light to enter smoothly without much stress and angst. This group will begin to experience more joy, more peace, and more unconditional love than they ever have before as a result of releasing the denser areas in their energy fields as they open up to more light. They will experience

more telepathic communication, see auras more clearly, feel in sync with their fellow human beings and generally accomplish more with less effort.

This process disseminates the culmination of the wisdom that we have accumulated through centuries of incarnations. As our soul's vibration increases we encompass all the vibrations below. Rather than struggling with our faults at this critical time, we need to embrace them as we come into this new golden age and more forward.

We are divine with our faults, for we cannot learn without them.

Once we accept this, the best preparation for 2013 is to laugh long, loud, and often because when we are in joy we are embracing ourselves and our soul. When we get the message, "I should be doing more, I should be doing more," we need to let go and move into acceptance knowing that we are where we need to be on our own personal journeys.

Then we can ease the transition for ourselves and everyone and everything on the planet through prayer and meditation. Releasing the *busy-ness* of the mind and listening to the guidance of the soul and wise masters will bring about changes in wonderful ways that are beyond the ability of our own human minds to conceive. In stillness and quiet we will find our peace. By finding our peace, we will touch others and set the butterfly effect into motion: small actions creating a ripple effect on larger systems.

We won't feel any different the day after the "end of time" than we did the day before. On December 22, 2012, we will simply continue to grow in peace and harmony—if we choose that path—as we observe the passing away of the old systems. Some things will pass in the blink of an eye, but most will shift over time, even if it takes several lifetimes. As for our own spiritual growth, it's up to us. The soul will wait. The soul is infinitely patient. It has eternity in which to work.

**The great cycle of time that ends on December 21, 2012, is caused by a top-like wobble in the earth's axis that moves one degree every 71.6 years and changes the backdrop of the stars in the constellations of the zodiac in relation to the equinoxes.*

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