

Learning to listen to your 4D Guidance to Successfully Live your 3D Life

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Consciously Changing with the Times

With 2012 so close at hand, the timing of our learning how to connect with our Higher Selves and move into a larger frame of awareness, guidance and consciousness is here. The question is how do you learn to listen to what people don't see nor even have any idea exists. This article has many different resources and organizations that are making a difference on the planet for you to get more information and empower yourself during this time of transition to listen to higher vibration conscious new thought leaders.

The Current '3D' Experience

There is a lot of turbulence and a series of the choices at hand - the Armageddon scenario prophesied in the Bible where everything continues to spin out of control and people have a complete disregard for what makes life thrive - whether for themselves, humanity or the planet. It's all about expediency and doing what is necessary for one's own material gain without any conscience of the consequences to the rest of humanity, nature or the planet.

We have seen many examples of this recently, with the oil spills, major plundering of the financial markets for the benefit of a few, extreme natural disasters around the planet that have left millions of people to fend for themselves without any resources or infrastructure and the immense cruelty bestowed on one group by another in countries all around the world - whether from drug cartels infighting or religious ferocity leading to torture and genocide. Each of situations is the result of a planet in crisis and negativity running unchecked and wild.

The other side of the equation is a bright future built on mutual respect for ourselves, other humans, Nature and the planet. The problem is that people who often feel this way are not militant and don't want to wield the sword, they feel timid and not up to the task or the adverse energies they must tackle to make a difference and help trend things in a positive direction. There are however some interesting tools, techniques and possibilities that can help remedy this situation.

Options available to you...

If you want to be part of the solution there are several ways to do that. First, is to get informed and find places to plug yourself in. Some great international organizations that run the gamut of involvement globally and in a segments across society and industry are www.Bioneers.org which is based on the collaboration and conscious actions toward social and environmental justice. A more business minded organization which facilitates green and conscious endeavors is www.Lohas.com which has a large 'green business directory' that is publishes annually, socially conscious companies doing business across every spectrum of industry and the values Cultural Creatives have towards life which are: respecting nature

and diversity, valuing diversity, pursuing personal growth and spiritual development and in service to something bigger than themselves.

The Practical Approach – Get Involved in the World

If you are interested in a more practical pursuit, there's a great motto – think globally, act locally. The Rotary Clubs and Rotary International are an example of this mission – they decided some years ago to eradicate polio and small pox on the planet and each club locally has played a part in that global mission. Another way to do this is to get involved with some local cause that you have a passion about and want to see a difference made – like the Susan G. Komen Foundation for people who have been impacted by cancer or the American Association of University Women who want to see all girls get college degrees and higher education. What is your calling? How do you want to have an impact on the quality of life on the planet? What do you have a vision of that would benefit humanity and the planet? What is your act of goodness or charity?

The Spiritual Approach – Fulfill Your Life Purpose

For a more spiritual approach, imagine that you could actually talk to your guides, your higher self and the divine, in whatever way you have that connection. Imagine that you have a very specific life purpose that you incarnated this lifetime to achieve and that you could actually know what it was and then develop a plan to carry it out. Imagine that all of your gifts, talents, passions and expertise could be used in service to something bigger than yourself. Would you be interested in exploring that and actually connecting with that divinely inspired purpose and path? According to Maldoma Some' author of *Of Water and the Spirit*, who is an African Elder of the Dagara tribe in Africa, each new being has a conscious intent and purpose for its incarnation and it is the responsibility of the village elder to welcome the new baby with open arms and to have prepared whatever that being will need to fulfill its purpose during this lifetime. It is interesting to note, that in this culture babies are named the gift that they have come to bring so that the resonance and remembrance is always at present.

Ways to Connect Your Spiritual Self

Let's talk a little bit more about divine guidance or what I call '4D downloads' from spirit or the divine. Are you listening to them – awake and present to your own guidance to help you live a life filled with grace and one that is in service to a bigger more fulfilling life? Would you like to have that natural divine connection and contact – it's a simple and easy process to learn. You just have to be quiet and willing to listen to another channel – not the internal dialogue of the ego that suffocates us. There are many approaches to do this – through mediation, connecting with your Higher Self, following your gut feelings or hunches, opening up to the energy in your body through your chakras or being in Nature – silent and present to the majesty and grandeur of the Great Mystery of Life. You can [click here](#) for a free 20 minute chakra meditation to listen to at your leisure. Once you have the guidance and

direction then it is your job to listen to how it is actually supposed to be executed in '3D' this day to day reality we live in.

Dealing with the 3D Negative Energy on the Planet in a 4D Positive Way

Due to all of the struggle and strife on the planet, we need tools to deal with the conflict and bombardment of negative energy. Here are two really effective and positive ways to deal with it. First, is a three step process gifted spiritual teacher, Judith K. Moore of www.RecordsofCreation.com was shown to handle negative situations of any sort.

Step 1. Ask that 'justice' be done in the situation – not what the ego wants to have happen, but right action, whether it be through the courts or some other form conscience.

Step 2. Ask that the highest good of all concerned be done. This means that whatever is in service to the highest good of the involved parties, the collective and the planet is what will happen.

Step 3. Ask that the divine light of creation filter into the darkness so that it will be lighter and more positive for the future.

This is a very powerful process that honors everything involved and it keeps further ego involvement from creating the situation again. The second approach which is great for groups of people, whether a business or personal situation, is to 'call a circle.' This method has been used for eons by people from around the planet to resolve conflict and build consensus for 'right action.' Christina Baldwin in her book, *Calling the Circle: The First and Future Culture*, www.peerspirit.com offers a simple yet profound approach to bringing people 'to the table' to resolve conflict or to create a synergy for something bigger than the individuals involved.

Taking Your Next Step

Each person has their own path to walk and a way to get there. It is not for anyone to direct another, but rather to guide and facilitate their journey so that it can be truly their unique and divinely inspired path. If this has a resonance for you and you want some assistance, I would be happy to offer you a complimentary 20 minute coaching/consultation to help you clarify your direction and path so that it can truly reflect your purpose and express your potential.

Contact Me to Schedule a Complimentary Session

If you feel like this is something you would like to explore or would be valuable to get ahead of the curve. Please contact me to schedule a 30 minute complimentary session email me at Suzanne@YourNextStepCoach.com .