

## Hear the Call

## Lesson #1

**We are living in the most monumental time in human history.** We are rising up and beyond the third dimension to shift—along with the planet and all of her inhabitants—to the finer, higher frequency of 5D. This shift is happening from the inside at the personal level and at the planetary and cosmic levels. As high vibrational light frequencies from the cosmos assist the process, little by little, we are waking up, dropping pain, fear and negativity, and moving into greater light in every way imaginable.

**While the idea of a grand transformation is exciting, navigating your personal awakening can be challenging.** To make the shift, each of us must let go of old ways of being, thinking and believing, which can feel difficult, painful and strange. Over the last several years, we are increasingly bearing witness to the breakdown of illusory ideals that have underpinned society and limited our definition of what it means to be human. This has played out in a planet-wide show of environmental, political and social disturbance, unrest and violence. A parallel version of that breakdown is playing out at the individual level too, inside the hearts and minds of those of us who are on the awakening journey.

**In the old paradigm, we would seek to fix these problems, bringing ourselves back in line with the old, familiar model; this time, it's different.** The problems we are collectively experiencing feel like they are being driven forward by a great engine...one that is powerfully forging new pathways that make it impossible to go back to the old. There is a knowing, a feeling deep inside that this is something big, something never-before experienced. And indeed, we ARE stepping into something new. We are going forward together, co-creating a higher vibration of individual and shared consciousness

that requires us to become free of the heaviness of anything that no longer serves. That includes freedom from pain, fear and negativity...freedom from shame, blame and insecurity...freedom from obligation, guilt, anger, and all lower-vibrating emotional states that anchor us in 3D consciousness. We are going to a state of being where the duality, polarity and separation consciousness of 3D Earth—all the rules we've known and accepted as truth thus far—will become phased out and no longer part of the shared human experience.

**You may not feel ready for a change that epic, but inside, you are and always have been.** When you hear the call, it may be a soft voice inside, gently nudging you to shift certain behaviors or viewpoints. It may be a feeling of discomfort in circumstances or relationship dynamics that used to feel okay. Or it may be a sudden and loud internal scream indicating that it's time to make some serious changes. The call comes from a higher aspect of you and asks you to turn within, and to begin valuing what you know and feel deep inside (your intuition) over what you've been conditioned to believe is true and real.

**As the fabric of the 3D matrix weakens, tears, and falls away, it leaves behind a clean slate.** Yet, at the same time, it challenges aspects and structures of your life that were built on the illusory foundation. For many of us who never anticipated navigating a complete transformation over a lifetime, that challenge can be painful. The falling away of 3D illusion can ripple into relationships, jobs, or health, for example. Yet, these points of unrest are golden opportunities. When you move through the challenges that are

presented to you, you gain an equally rewarding welcome to the grand gateway of 5D consciousness.

**As the call resounds within you at the deepest soul level, something inside wakes up.** That something is your inner awareness of the energy consciousness and pure light that is the multidimensional you: the version of you that transcends this physical world in an everlasting way. It's the part of you that has scripted this Earth lifetime before entering a human body...the part of you that, in a moment in time, sought soul development through the kinds of physical-world challenges that only the 3D experience could provide. The call is the first sign that you are automatically and naturally detaching away from 3D consciousness. Though it may feel disturbing and disorienting at first, it's a celebration of what lies ahead in the higher, lighter vibrational frequencies of 5D.

**Hearing and recognizing the call is a celebratory kickoff to your natural spiritual journey.** No matter how painful or difficult life may seem, no feeling or experience is permanent, as everything shifts and morphs in constant change. Have faith that your instinct and intuition, guided by your inner voice of divine will, is the best friend or authority you could ever place your trust in. Know that:

1. **There are no mistakes or bad circumstances**, only experiences designed for your learning and unfoldment
2. **You are never alone**, even if it may feel like you are the only one who truly understands what you are going through
3. **You are loved beyond measure** here and in the higher realms
4. **You are eternally connected to everything and All That Is**
5. **You are supported and guided to carry out your personal mission** on Earth, as you continue to grow and shape your soul to mastery

*You are pure love and light...nothing—not even death itself—can destroy who and what you really are, or can take your unique place in the dance that is the universe in perpetual creation.*

#### WHAT DOES THE WAKE-UP CALL LOOK LIKE?

##### **It can look like trauma and drama...**

You may experience the sudden breakdown of previously stable relationships; divorce; unexpected or premature death of a loved one; accidents; injuries; traumatic or painful events and life circumstances; increasing awareness of difficult and painful behavioral patterns; or sudden or recurring disease or undiagnosable collections of health symptoms

#### WHAT DOES IT FEEL LIKE?

##### **It can feel like chaos and confusion...**

You may feel stuck or trapped; like you are 'done' here; like your life no longer fits who you are becoming; that everything is falling apart and changing; that important relationships no longer feel good or right; like you don't understand what is happening and why; as though you are compelled to make choices and take actions that are uncharacteristic to who you have been; like you are fed up with old ways of being; and/or you have lost your foundation for believing in anything or anyone

## Lesson #1: Questions for Self-Reflection

1. What kinds of awakening crises or events are you experiencing? Why are you dissatisfied, uncomfortable or in pain?

This life change...	Is troubling because it leaves me feeling...

2. As you reflect, what is the crisis or event asking you to detach from or change how you think, believe or behave? What are you being asked to move toward?
3. How can you view the challenges of your awakening crises or events in a positive light? What could you gain by moving through them and allowing change to happen?