



Preparing for the Event

[Vidya Frazier](#), March 2008

There's currently a lot of excitement on the internet about what's been called "the Event". Much has been written and channeled about this phenomenon that's been predicted for humanity and the Earth for quite a while now.

If you're not sure what the Event is, much of what you'll read here may initially sound unbelievable to you – perhaps too good to be true. Understandably so. But see if you can simply take the information in and feel if it resonates with you on a level deeper than your rational mind. If you can just accept the possibility of what is described here, it can help prepare you for it for when it does occur.

Shift to the Fifth Dimension

You are likely already familiar with what's been named *Ascension* or the *Shift* into the **Fifth Dimension**. These terms describe the process that both humanity and the Earth are currently experiencing--a very rapid, and often rocky, ride into a much higher frequency of consciousness.

In the transitional stage of this Shift we're currently passing through, there are many signs across the world of conflict, collapse and destruction of old familiar structures and institutions in society. As a result, there is a lot of fear and uncertainty in the collective, as the separation and deep divisions humanity has always lived in become all the more visible and activated. Be aware that this is occurring so they can be clearly seen and finally resolved. Nothing based in corruption, greed, hatred or oppression can survive the Shift that is occurring.

But do not let these frightening events cause you fear or despair. Understand that, at some point, not only will all this chaos diminish and end--but a whole new and transformative experience on Earth will be presenting itself. And it will begin with what has been referred to as "The Event".

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Preparing Yourself Intellectually

The Event is going to bring radical, unexpected changes to everyone on the planet. Although the changes will be overwhelmingly positive, the huge shift of consciousness that will be occurring may initially cause some confusion and even fear, especially in those who have no idea what has occurred. It's therefore helpful to have at least some intellectual preparation for it beforehand.

What is the Event?

It's difficult to predict exactly what will actually happen at the time of the Event, but according to many sources, it will be the beginning of a collective ascension process--a quantum leap in spiritual evolution for humanity. And it will be the catalyst to mark the beginning of the building of a new Earth and a long-predicted Golden Age.

The Event will initially manifest with a "galactic pulse", an explosive solar event that is said to have occurred previously in our galaxy every twenty-six thousand years or so. This pulse will release a bright light arriving directly from Source, through the galactic central sun, which in the past has triggered a mass ascension on Earth each time it's occurred.

This phenomenon is described in a number of spiritual texts (including the Christian Bible), and many ancient cultures apparently hid the science of this cycle in their mythologies. There is now also scientific data and testimony from people working deep within secret space programs that support this idea of a solar pulse event that is due to happen in the near future.

According to these sources, when the galactic pulse occurs, it will start a process of radically transforming matter, energy, consciousness and biological life as we know it. The incoming energies and light from the pulse will begin to flow through the energy field of all humans as a palpable "wave of love"--one like we've never experienced before.

Experiencing the Event

It is said that most people will experience the Event as overwhelming bliss and will need to stop whatever they're doing to take in the changes that will be occurring

within them. You can expect that when the wave initially hits you, you will probably only want to focus on what's happening internally for you for a while. All interest in things such as your computer, your phone, or food will fall by the wayside. All you'll need to do is breathe through what you're feeling and absorb the energies of profound love and light, as your body attempts to assimilate them. The experience of bliss may last through a number of days afterward.

By many reports, the light coming on this wave will be unbelievably beautiful, creating a sense of "heaven on earth". Everything will look and feel lighter. You will sense that nothing will ever quite be the same again. You will realize that this is what you've been waiting for your whole life, whether you've been aware of it or not. It's what you incarnated to experience. It will feel like you've finally come *Home*.

At some point afterward, your spiritual gifts will begin revealing themselves to you. You may discover telepathic abilities that are natural to you, along with clairvoyance, clairsentience and clairaudience gifts you never knew you had. Your mission for this lifetime will also become abundantly clear.

With the advent of these new energies, there will be a general rise in consciousness of all humanity on the planet, although everyone will have their own individual experience of healing, release of the past, and inner transformation. Some people who are prepared for it will be able to adjust to the changes fairly quickly. Others will not and will need help in understanding and adjusting to what has happened to them. Still others who have been living in a great deal of negativity may be hit so hard that they might not be able to survive the new frequencies.

There are many of us who are now, in early 2018, reporting we are already experiencing this solar flash coming in as a wave; we are feeling the outer frequencies of it now streaming onto the planet. If you can shift your awareness toward it, you may be able to experience this, and discover how you can effortlessly begin to ride the love energies this wave brings. They are getting stronger and stronger as time goes on.

It may also be true that the Event won't just be a one-time event, that there could be powerful pulses that hit us both before the main pulse occurs--and then afterward, as well. Time will tell.

Galactic Help

It is reported from a number of sources (in particular, [Cobra](#), a well-known insider involved in extra-terrestrial events) that humanity is receiving a great deal of assistance in shifting toward the Event from a wide range of galactic forces known generally as the *Light Alliance*. They are focusing on battling dark forces of non-terrestrial beings that have essentially held humanity hostage for 25,000 years.

This may sound like science fiction, but be aware that it is actually real. There are increasing numbers of credible whistle-blowers from secret space programs run by the US Navy and Air Force who have, in the past few years, courageously come forward to reveal this information. Research it for yourself, and you will see. You will learn that the dark forces have existed with us in our skies, inside the Earth, and also on the inner planes, using highly developed technology to keep themselves hidden.

All of this information has officially been kept from the public, mainly due to a small group of people known as the *Cabal* (or the *Illuminati*), who have essentially been controlled by the negative non-terrestrials. The Cabal, in turn, have held most of the human race enslaved for thousands of years through financial, political, religious, health, and mind control.

However, in the past few years, ever-increasing numbers of “White Hats” in the military, intelligence agencies, and space programs on the planet have been involved in wresting control from these dark forces, mainly behind the scenes. And there is evidence that they are now finally succeeding in bringing the Cabal members to their knees.

What Will Happen after The Event?

On the physical level, it is said we will see:

- The arrests of the Cabal. (This process may happen beforehand. Indeed, it might have already begun, as there are now more than [18,000 sealed indictments](#) in the US, waiting to be unsealed.)
- Disclosure of information through the mass media, releasing information explaining the Event, the mass arrests, the non-terrestrial presence on the planet, how humanity has been enslaved for thousands of years, and how we’ve never known our true history that has involved a number of ET races.

- The re-set of financial systems across the planet and the release of prosperity funds for all humanity.
- Introduction of new political systems, education systems, and health care systems.
- First contact with the many benevolent non-terrestrial beings who have been assisting humanity toward liberation and ascension, and who will join us to help create the New Earth.
- Introduction of spectacular new technologies which have been on the planet for decades, but not available to the public. These will provide amazing health benefits and free energy for everyone in the world.

When Will the Event Happen?

The date of the Event is unknowable at this point, except that it may well be "soon". It depends on many factors, including the complete liberation of the planet from the dark forces and the removal of the Cabal members who are still attempting to hold onto their power.

It also depends on the consciousness of humanity, which needs to be at a certain level of awareness and readiness to make the huge leap into higher consciousness. The timing will evidently further be determined by energetic astrological alignments, and final preparation and readiness of new systems to be put into place.

However, there are many signs that we are now nearing the time for the Event to take place--at least within the next few years, if not much sooner. One sign is the documented [fall of the Cabal](#) that already seems to be occurring. Another sign is the increasing number of favorable reports about the Light Alliance's success in winning battles in space.

Yet another sign is the huge number of people now waking up, both to who they are on a spiritual level, and to the disclosure information that streams across the internet these days (even despite all the censorship occurring within websites, youtube videos and facebook postings).

It is clear there is a veritable spiritual awakening tsunami occurring on the planet, and it is very exciting. Once this reaches a critical point, with everything else in place, the Event is expected to happen. We just need to be patient and trust it will happen in perfect Divine Timing.

What does all this mean for us at this time?

So this is all exhilarating to contemplate--definitely a gift beyond words that we can look forward to with a great deal of excitement and relief. But does this then mean we can just sit back and wait for it to happen, assuming we'll all just ascend at that point into the Fifth Dimension?

Probably not. The Event will not be a free pass into 5D. It will likely only be the *beginning* of the Shift into the Fifth Dimension. Yes, we will all be lifted into a much higher frequency of love and wholeness. And perhaps certain highly-evolved individuals will shift directly into the Fifth Dimension at that time. But for many of us, it would be too radical a shift to make all at once. For our comfort, and also for serving our highest evolutionary potential, it needs to be a somewhat more gradual process.

Even if we have been functioning from a fairly high frequency most of the time, such a sudden shift could initially create some instability and fear in us if we are still holding onto third-dimensional attachments, beliefs, goals, or relationships.

It is therefore important for us to continue now on whatever path of healing and awakening we are currently following so we may be best prepared to use the energies of the Event for our own evolutionary development. In one way, nothing will have changed: Although the Event will give us an enormous boost, and healing will be easier, we will still be responsible for our own awakening into higher consciousness.

Assisting Others to Align with the New Energies

And--if we know we're here to assist humanity and the Earth through these times of the Shift, it's especially important for us to prepare ourselves for the Event *now*--mentally, emotionally, spiritually and physically. By doing this, we can be the most effective in our roles when the time comes to assist others in adjusting to the new frequencies and also to the new information coming out.

In particular, many people are going to be greatly disturbed by the disclosure of information about the crimes that have been committed by many high-profile political, financial and corporate figures they may have respected, including crimes such as of [human trafficking and pedophilia](#). There is abundant evidence already of these crimes.

Also, although it's clear much will initially be transformed miraculously by the Event, there will still be a huge amount of work to be done to clean up the messes humanity has created, both within all social, financial, political, educational and health institutions, and on the Earth itself.

It will take some time, concerted effort, and powerful intention to help align these institutions with the new energies. This is when all of us who know we are here to assist in creating the New Earth will finally have the opportunity to step forward and offer our skills and love.

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Preparing Yourself Emotionally

Being intellectually aware of what will likely be happening when the Event occurs is helpful. However, much more preparation can be made on other levels so you can meet the energies of the Event with greater ease and joy.

In particular, emotional healing of all negative patterns that are still running in your life is important. It's time to get really honest with yourself and see what you can do to process the emotions involved in these patterns and to release them.

Many people are currently experiencing a re-surfacing of all of their old unresolved emotional patterns. If this is happening for you, rather than despairing about this, see it as is a sign that you are getting close to a huge release of old karma. Stay positive and keep clearing it all out. Be willing to let go of what is not keeping you in as high a vibration as possible, and trust that new situations, people, and events will be coming into your life, bringing even greater joy and love to you.

Learning Unconditional Self-Love

If you're like most good-hearted people, you have probably already learned well how to be of service to other people. You feel a natural compassion for the suffering of others and are drawn to assisting them when you can. This is an important aspect of higher spiritual consciousness.

What you may not be so good at is being of service to yourself--and, in particular, knowing how to love yourself unconditionally. It's important to understand that, if you're going to shift into the Fifth Dimension, it is essential to truly learn how to do this. The Event will certainly assist with this, but you can get a head start on it now and be all the further ahead when it happens.

If you've been on a healing path for awhile, you may have been attempting to learn how to fully love yourself for some time. But you've likely found this is a task more easily talked about than accomplished.

You've perhaps asked yourself such questions as:

- How can I get past the self-judgments that seem to automatically arise, especially around certain actions or aspects of my personality?
- How can I move out of the self-doubt that constantly comes up whenever I attempt to do something new or difficult?
- How can I forgive myself and let go of guilt for certain things I've done?
- How can I neutralize the profound pain that occurs when shame shows up?
- How can I stop the fear that tends to arise around certain actions I know I need to take?

As you've probably discovered, none of this is easy. Learning to love yourself unconditionally can seem almost impossible at times. So often, shame, guilt, self-doubt, and fear can arise so quickly, there seems no way to stop them.

It can feel as if experiencing these emotions is just a natural part of who you are, and that it's appropriate for you to be feeling them. The emotions feel accurate; you automatically assume you "should" be feeling them, because you are inherently a flawed person, inadequate and inferior. And that you somehow need to "earn" your way into okayness through hard work on yourself.

You probably understand intellectually this is not really so, but it's much more difficult to *know* this on the emotional level. It's as if your lack of feeling okay, just as you are, is such a deep programming inside you, that you can never successfully eradicate it.

Primary Implant

The first thing to understand about this experience is that yes, there is a deep programming within you that very powerfully keeps you in self-doubt, fear, shame, guilt and self-judgment. Although you might feel you have this programming stronger than others you know, this actually isn't an issue that is personal to you. It

came with the “package” known as the human body that you entered into in coming into incarnation on the Earth.

It’s a type of technology, known as the *Primary Implant*, which the negative forces who have kept humanity in captivity for thousands of years have managed on the inner realms to insert into every one of us at birth. Attached to the pineal gland, it serves to keep us in a position of feeling *separate from Source*. It is designed to keep us feeling weak, unempowered, and in fear.

This is important to understand, as it explains how we often feel governed and controlled by negative beliefs about ourselves, as well as fearful about our survival. It also explains why it seems to take inordinate intention, awareness, and practice to keep reminding ourselves that we are one with Source. Not knowing about this energetic implant, psychologists have generally simply called it the “superego” or the “inner critic”, believing it to be a natural part of the human psyche--which it is not.

The hold these negative forces have on us is greatly weakening at this point, as humanity is slowly being liberated by the Light Alliance--and, as time goes on, you may begin to feel freer of negative emotions about yourself. With the advent of the Event, this implant may begin to disintegrate altogether.

Dealing with Attacks of Guilt, Shame and Fear

Meanwhile, it is still with us at this point, so it’s important to understand its presence within you. In recognizing this, you can then learn to catch those automatic “attacks” of guilt and shame and fear--and not give them a lot of energy. They aren’t you; they aren’t even a natural *part* of you. They are simply *with* you, as part of the experience of being in a physical body on 3D Earth at this time.

So when you hear or feel the inner voice telling you something’s wrong with you, catch yourself from automatically falling into guilt or shame. Don’t defend yourself or try to convince this voice that you really aren’t as bad as it’s saying you are. That just strengthens its hold on you.

Instead, you can remind yourself that you are not inherently bad or flawed. You’re simply caught in a human incarnation, attempting to wake up against tremendous odds, with the cards automatically stacked against you. Then spend some time focusing on the little self inside you who has been bullied by this internal programmed voice all your life and comfort it with love, understand and compassion.

As you begin to do this, the hold the negative emotions have on you will diminish greatly and you'll find yourself rising a lot more rapidly in frequency. And you'll be able to hold yourself there more easily. Self-love will come more naturally.

This isn't to say you never make what could be called "mistakes", or never do anything that's hurtful to others that needs to be corrected. Like all of us, you likely do make mistakes and act hurtfully toward others at times--it's just part of living in the Third Dimension. And it's part of your learning and evolution in consciousness.

But with clarity about the profound difficulty that exists in the current reality you're living in at this point, it can be a lot easier to avoid falling into automatic shame or guilt about what you've done. You can simply see where a correction needs to be made and take care of it in a neutral and self-loving way. Self-forgiveness can then happen as a natural occurrence.

Experiencing Yourself as a Soul

In doing this, you can then also see that your personality, with all its third-dimensional distortions and struggles, really isn't who you are. In reality, you are a Soul, a multidimensional being of Light. Your personality is just "clothing" you've been wearing for a long time. You can take it off and decide to wear another higher-dimensional outfit for a change--one comprised of self-love, self-respect, joy, confidence and well-being.

Keep reminding yourself that you truly are already perfect, just as you are. If you find yourself in a mindset of needing to "fix" yourself, stop and realize there's nothing wrong with you. You just need to wake up more; you need to discover and step more fully into your true identity.

This may still involve a lot of healing, but it can be done from a consciousness of greater love and compassion for yourself and therefore achieve results much more rapidly. And, as time goes on, you'll be able to watch all third-dimensional imperfections and distortions naturally falling away.

And, further, as you're reducing your reactivity to the programmed voice inside you, you'll also see that feeling a sense of well-being and happiness comes more naturally to you. Indeed, you can see that happiness is a choice. You can have an intention to be happy, to accept life as it is with equilibrium and joy, no matter what is happening--and your default mood will gradually morph into one of greater contentment and well-being.

Doing healing work with all this in mind at this point now will prepare you well to greet the Event when it occurs--ready to enter the Fifth Dimension as quickly as possible.

Resolving Relationship Issues

Another way to ready yourself for the Event is to evaluate your relationships at this time. How harmonious are they? Have you resolved old childhood conflicts, hurts, disappointments, and anger toward family members?

If you are with a partner or spouse, is this relationship truly nurturing you at this point? Are you feeling deeply loved and respected? If not, is it time to decide to either find a way to make it really work for both of you, or to perhaps leave each other? Are you staying together simply out of fear of being alone?

These are important questions to ask yourself. If you're finding relationship issues are up for you at this time, bringing up hurt and anger and other uncomfortable issues, know it is time now to resolve them. Take charge of this process; seek ways to heal them--or you may find life resolving them for you in very unpleasant ways. Remember: You can't take your 3D baggage with you into the Fifth Dimension.

Two Earths

One phenomenon that is causing relationship issues for many at this time is the powerful wave of the Event that is beginning to stream onto the Earth. It is causing an increasing divide between those Souls who have decided to shift toward the Fifth Dimension at this time and those who have not.

One way to understand what is occurring is to see what has been described as "two Earths" that have been shifting away from each other. This doesn't refer to two physical Earths--simply to two groups of people who are functioning in increasingly divergent frequencies.

And at some point, those people choosing to continue living in third-dimensional reality will no longer be here on the Earth as it shifts into the Fifth Dimension. Some will die beforehand; and others, it is said, will be taken away to other places in the galaxy in which the Third Dimension is still functioning.

Some of the people who are choosing not to shift to the fifth-dimensional Earth may be certain family members, old friends, or a spouse or partner of yours. This can be

a difficult situation to experience. But if you're finding yourself wanting to spend less time with people you've formerly been close to, feeling as if they constantly drain or bore you--this may be a sign it's time to change how you are relating to them.

The Event will inevitably make the relationships that survive the Shift easier to engage in and much more enjoyable and harmonious. However, the principle of "like attracts like" will be much stronger, so you will likely find yourself wanting to spend more time with people vibrating at a similar frequency as you are. This may include new people you don't even know yet.

If this division of "two Earths" is going to fully happen at some point, why not move in the direction of 5D now, by evaluating your relationships and be ahead of the game?

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Preparing Yourself Spiritually

There are important things you can do to spiritually prepare yourself for the Event. This preparation probably includes what you are already doing to increase your spiritual awakening. There are a great many ways and paths to take in which you can continue to discover the essential truth of who you are as a divine multi-dimensional Being--and as simply Consciousness, itself.

The Importance of Meditation

However, if you've just been a dabbler with meditation till now, it may be important for you to try to establish a meditation practice that uniquely works for you, and to make this a priority in your life. There is little to compare to a daily meditation practice for increasing spiritual growth and awareness. Even committing to just 15 minutes a day can be helpful.

If you tend to have difficulty in meditating, or simply in sitting still, see if you can find a teacher, coach, or group that can assist you in learning how to comfortably explore your inner world in a way that works for you. Use music, movement or chanting, if any of these help.

Stepping Free of Polarization and Division

Another practice that can be very helpful is becoming extra vigilant about the thoughts and emotions you dwell on as you go about your life. It's important to really take charge of the thoughts and emotions you are allowing your mind to focus on. In particular, if you are still engaging in a lot of negative thinking and emotional reactions to events happening around you and in the world, you might stop to contemplate this.

It's understandably difficult to accept with equilibrium much of what is occurring--or at least *seems* to be occurring (as it is hard to know for sure, since the mass media is owned by just a [handful of corporations](#) owned by Cabal members.). But negative reactions of anger, fear, blaming, or despair to anything you hear or read are neither helpful in keeping your vibration high nor in assisting the collective consciousness to rise out of fear and anger.

It's really important that we become aware of any of the ways we may be adding to the elements of polarization and separation that are currently increasing in the world, through our judgments and our reactions to political personalities. Staying in our hearts with compassion for *everyone*, no matter who they are, is essential. And remaining neutral when others around us begin judging or complaining is also important.

At the same time, it is helpful to process negative emotions if they continue to arise. If you find yourself obsessing about them, it is time to be with those emotions and not try to push them away, distract yourself from them, or try to change them. Take time to be *with* them compassionately, allowing and accepting them as part of your experience at this time. Know that if they are arising during these times, they are attempting to be released to prepare you for the new energies coming in.

Also remember that we all have much help available to us from the inner realms at this time--Beings who are eager to assist us through our healing process into higher awakening and transformation. Ascended Masters, Archangels, and benevolent Galactics are all accessible to us. We simply need to ask for their assistance.

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Preparing Yourself Physically

Since the Event will inevitably initially bring about some radical disruptions in the everyday functioning of the world, it might be wise to prepare yourself ahead of time to keep you going on the physical level for a few days or even weeks after it happens.

Here are some suggestions:

- Keep an extra two weeks of food and water on hand.
- Make sure you and your loved ones have an up to date supply of any medicines you might need.
- Keep extra cash hidden away at your home.
- Keep your vehicle gassed up to at least half-full.

These precautions are also good to take at this point during the Shift, due to the fact that serious earth changes have been predicted by some for the times ahead of us. With preparation, you can relax, knowing you've done all you can to provide comfort for yourself and your loved ones during whatever will be happening.

Lifestyle Changes

Another way to physically prepare for the Event is to begin eating as healthfully as possible. Perhaps really follow through on semi-commitments you've made to yourself in the past, like finally ceasing your consumption of sugar. Pay attention to foods you're eating that you might be allergic or addicted to, and focus on cutting them out, as well.

Also, if you're not already doing so, follow through with your plans to get as much healthy exercise as possible. With all the major changes that will be happening, this is a time you'll really want to be as fit and healthy as you possibly can be, so your body can make the shifts it needs to in absorbing the new energies with ease.

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How to Help Bring on the Event

The hundredth money principle applies here. The more people there are who wake up, the sooner the Event will be able to occur. A critical mass is needed.

Knowing the power of group energy, there are groups currently meditating together on a regular basis to focus on the Event and help shift humanity toward it.

Jared Rand holds a daily meditation group with people from around the world, focused on awakening the collective and bringing in the reality of the New Earth. They meet on the phone every day at 3 pm EST by calling 641-715-0857, code: 303471#. If you are unable to make it at that time, the playback number is 641-715-3579 (same code).

There is also a weekly meditation hosted by the Prepare for Change website that meets on Sundays, at 7 pm GMT. See their instructions [here](#).

You can, of course, also include a focus on the Event and creating the New Earth in your own personal meditations. You can spend time sending light and love to all the trouble spots in the world, to specific countries, to people who are involved in bringing down the control factions, and to the galactic forces fighting for our liberation. All of it helps immensely.

Whatever you choose to do, do it with love and compassion for all Souls currently living on Earth. We are all in this together, we are all one Consciousness, whether we agree with each other about what's important or not. Even those who will not be choosing to shift into the Fifth Dimension need our love and support for their further evolution as Souls, wherever they will be going.

And remember, there are increasing numbers of us awake and aware of what is in process on our beloved planet Earth at this time. Tune into this collective energy whenever you feel dragged down by negative energy and let it gather you in to give you love and support.

Together, we are returning to Love--our birthright. And, together, we can all make it through these exciting and sometimes challenging final days before the Event!

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