



Preparing for the Event

Vidya Frazier, updated September 2023

Note: I originally wrote this document in 2018; I am now revising it to include new information that has recently been posted. Most of what I've written is based on reports given by a man with the code name "[Cobra](#)", who states he is a member of an underground group of world-wide governmental and military agents devoted to turning around the state of corruption and control existing on the planet. They call themselves the "Resistance".

Cobra has evidently been especially valuable to the group, in that he has reportedly been in direct contact for many years with benevolent Pleiadians who have also been devoted to helping free humanity from dark forces that have been in control on the planet for eons of time. Evidently, these galactic forces have been working together with the human Resistance agents for some time now – in the skies, on the surface of the earth, and within it. Together, they are often referred to as the "Light Forces".

In 2012, Cobra created a [website](#) to report the progress of these forces in freeing humanity. Some of the information he gives on the site is in code for these forces, and some is designed for those in the public who wish to follow what he can report to us. People following his reports now number in the thousands around the world. Many of them join him in live conferences he offers several times a year.

One of the subjects Cobra has reported on over the years is what he refers to as "the Event", a powerful solar phenomenon which he claims will be happening soon and will have a monumental impact on the entire planet and on humanity as a whole. It's a

subject that could sound like science fiction, except that there are others who have also described this phenomenon as well, in their own intel, including whistleblowers from governmental agencies, and from what's referred to as "the secret space program".

In addition, this cosmic event has also been noted by religious scholars who have read prophecies about it in a variety of spiritual texts written throughout the ages, as well as within the mythologies of many ancient cultures. Some state that it is something that happens about every 25,000 years.

Much of the information in my original version of this document is still the same. However, certain important aspects of it have changed. In the last five years or so, a great deal has reportedly happened to change the plans of the Light Forces and what will now apparently be occurring at the time of the Event. You can read directly about these changes in the transcript of Cobra's most recent interview [here](#).

However, if the subject of the Event is new for you, it is probably helpful to read this document I've prepared first, to get a general idea of what the whole subject is about. I have briefly inserted the changes Cobra has recently reported into this. I have also listed at the end other sources that have described the Event, so you can do your own research on the subject.

It is to be noted that, as always with this kind of esoteric information, there is no certain knowing at this time about its veracity or the actual details involved. It's always important to use your own intuition in deciding what may sound true to you. But, if nothing else, you might agree that the subject is certainly interesting! And, if accurate, extremely important to be aware of.

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The Event

There's been a lot of excitement on the internet over the last number of years about what's been called "the Event" – sometimes also referred to as the "Compression Breakthrough". Much has been written and channeled about this phenomenon that's been predicted for humanity and the Earth for quite a while now.

If this is the first time you're reading about the Event, much of what you'll read here may initially sound unbelievable to you – perhaps, in one way, too good to be true. In other ways, maybe somewhat frightening. 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. Even if you can just accept the *possibility* of what is described here, again, it might help prepare you for it if it does occur.

Shift to the Fifth Dimension

The Event has generally been described as an integral part of the phenomenon known as *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 world, as the corruption within our governments and corporations become all the more visible and activated. Much separation and division among people has occurred. It's important to be aware that this all is occurring so it can all be clearly seen and finally resolved. Nothing based in corruption, greed, hatred or oppression can survive the Shift that is occurring.

But it's important to 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

Initially, it's important to simply try to wrap your mind around how the Event has been described. From all descriptions, it will bring radical, unexpected changes to everyone on the planet. Although the changes will be overwhelmingly positive in the end, the huge shift of consciousness that will be occurring will undoubtedly cause a great deal of confusion and fear in those who have no idea what has occurred. It's therefore helpful to have at least some intellectual preparation for it beforehand.

What Exactly is the Event?

It is said that the Event will initially manifest with a gigantic "solar flash" streaming from the galactic central sun toward the surface of the planet. (The galactic central sun is a mass in the Sagittarius constellation.) The high-frequency energy from this powerful flash will permeate the earth and humanity, raising the vibration of all living entities on the planet.

It's difficult to predict exactly what will actually happen at the time of the Event; but sources say 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.

And it will be the beginning of a collective ascension process – a quantum leap in spiritual evolution for humanity. It will be the catalyst to mark the beginning of the building of a new Earth and a long-predicted Golden Age.

Experiencing the Event

Initially, Cobra described how most people who were prepared for the sudden shift in frequency would experience the Event as overwhelming bliss and would need to stop whatever they were doing to take in the changes that would be occurring within them. If we were prepared – mentally, spiritually, physically and emotionally – when the wave initially hit us, we would probably only want to focus on what was happening internally for us for a while.

All interest in things such as our computer, our phone, or eating would fall by the wayside. All we’d need do is breathe through what we were feeling and absorb the energies of profound love and light, as our body attempted to assimilate them. The experience of bliss might last through a number of days afterward.

He described how the light coming on this wave would be unbelievably beautiful, creating a sense of “heaven on earth”. Everything would look and feel lighter. We would sense that nothing would never quite be the same again. We would realize that this was what we’d been waiting for our whole life, whether we’d been aware of it or not. It would be what we incarnated to experience. It would feel like we’d finally come *Home*.

At some point afterward, our spiritual gifts would begin revealing themselves to us. We might discover telepathic abilities that were natural to us, along with clairvoyance, clairsentience and clairaudience gifts we never knew we had. Our mission for this lifetime would also become abundantly clear.

Also, he indicated that there would be a general rise in consciousness of *all* humanity on the planet, even those completely asleep. Everyone would have their own individual experience of healing, release of the past, and inner transformation that would happen over time. However, there might be some people who had been living in a great deal of negativity who would be hit so hard that they might not be able to survive the new frequencies.

Current Changes in the Predictions

All of this is still probably basically true. Most people will likely experience huge beneficial changes when the Event occurs. However, according to Cobra's latest report on all of it, the previous predictions by the Light Forces about the timing and about people's experiences were not quite accurate for two reasons: First, they had misjudged the power and control of the dark forces on the planet which have turned out to be a great deal stronger than they'd previously realized. And, secondly, they over-estimated the depth of spiritual awareness of lightworkers on the planet.

Therefore, the Light Forces have had to hold off the Event for a period of time. (They can evidently control the timing of the Event to some degree with their advanced technology). Cobra's current prediction is that it will now probably occur sometime in 2025.

In addition, he is predicting that the experiences of *all* people on the planet are probably going to be a lot more rocky, chaotic and disorienting than the Light Forces had previously thought – even for conscientious lightworkers who have done all they could to prepare themselves for it. Although all the positive changes will still be occurring for everyone, it is assumed now that the impact of the new frequencies hitting the planet will likely be more disrupting and disorienting than previously predicted.

Galactic Help

However, it is reported from a number of sources that humanity has been receiving a great deal of assistance in shifting in consciousness to prepare for the Event from a wide range of galactic forces. Many lightworkers, and in particular those who consider themselves "starseeds", have tuned into these Beings and have felt their loving presence and guidance.

In fact, there are some reports that claim many of these Beings are already here on the planet in physical form. If you're new to this information, again, it may sound like science fiction – but do your best to tune in and see if the information might actually resonate with you. There are increasing numbers of credible whistleblowers from secret space programs run by the US Navy and Air Force who have, in the past few years, courageously come forward to reveal information about galactic presence on the Earth.

A surprising amount has actually been recently revealed within congressional hearings. You can easily research this. You may also learn through other sources that dark alien forces, as well as benevolent ones, have existed with us for thousands of years, in our

skies, inside the Earth, and also on the inner planes, using highly developed technology to keep themselves hidden and in control.

However, there is now also evidence that these dark forces have now either escaped off the earth or are truly being eradicated. Those that are left know their days are numbered, as their frequency cannot now keep up with that of the Earth and humanity as it rises toward the fifth-dimensional vibration.

Until just recently, all of this information has officially been kept from the public, mainly due to a small group of elites known as the *Cabal* (or the *Deep State*), 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 controlling financial, political, religious, and health institutions, and through mind control. Most of this can be seen all too well now, in looking back at what occurred during the pandemic.

However, in the past few years, ever-increasing numbers of the Resistance members or the "White Hats" in the military, intelligence agencies, and space programs, with the help of the galactic Light Forces, have been involved in wresting control from these dark forces, mainly behind the scenes. Cobra and numerous other independent journalists have been chronicling this news for a while now. And there is evidence that they are now finally succeeding in bringing the Cabal members to their knees. A great portion of the human population has also finally been awakening to what has been going on with the Deep State, as well.

What Will Happen after The Event?

So, with all this happening, and if all goes to plan, it is said that, directly after the Event, we will see the following things occur on the physical level:

🕒 **The arrests of the Cabal.** This process may happen beforehand. In fact, according to a number of whistleblowers, it might have already begun. They claim there has been a great deal of new activity – arrests and tribunals – occurring in Gitmo in the past number of years, as well in other similar places around the world. It is also said that many of the powerful political and corporate figures we see on the news are actually either doubles or clones of those who have already been arrested and put to death. These figures will also be arrested at the time of Event.

🕒 **Disclosure of information through the mass media.** This will include the releasing of 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 galactic races.

🕒 **The re-set of financial systems.** This will happen across the planet, along with the release of prosperity funds for all humanity.

🕒 **Introduction of powerful new technologies.** These will include technologies that have been on the planet for decades, held by the Deep State, but not available to the public. They will provide amazing health benefits and free energy for everyone in the world.

🕒 **First contact.** We will finally have physical contact with the many benevolent non-terrestrial Beings who have been assisting humanity toward liberation and ascension, They will help us in creating the New Earth, with new political, education, and health care systems.

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 sooner. As stated above, Cobra is now predicting that it may take place sometime in 2025 – mainly because the sun will be in Solar Maximum at that time; evidently, this will be necessary, due to the sun's major role in the Event.

One important condition for the Event to occur is the number of people that need to be awakened first, both to who they are on a spiritual level, and also to the disclosure information that has been streaming across the internet for a number of years now (even

despite all the censorship occurring within websites, youtube videos and social media postings). The more awake people are, the less chaos and disruption the Event will create.

It is clear there is finally a tremendous spiritual awakening 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 all happen in perfect Divine Timing.

There are some saying that it's possible that the Event won't just be a one-time event, that there could be powerful solar pulses that hit us both before the main pulse occurs, and then afterward, as well. So it could be more gradual a process. This could even happen over a period of a number of months. There's no knowing at this point. But the main thing is that it is in our near future and most of us alive now will be experiencing it. And, as we approach it, we will be experiencing more and more positive energies streaming onto the Earth.

What does all this mean for us at this time?

So, although there may be even more chaos, fear, and disruption than we're experiencing now when the Event occurs, it is nonetheless 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?

It's not likely. The Event will not be a free pass into 5D. It will probably only be the *beginning* of the Shift into the Fifth Dimension. Yes, we will all be assisted into a much higher frequency of love and wholeness. Our entire lives will eventually change considerably for the better. 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 any third-dimensional identities, 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.

The Polar Shift

AND – in addition, in the newest report from Cobra, there is another huge factor we need to be aware of. He indicates that not long after the Event, a colossal cleansing of the Earth through a physical polar shift will likely be happening (something that has also apparently happened every 25,000 years on planet Earth – a type of cleansing of the planet). Others too – scientists and governmental sources – have described this impending polar shift.

So there apparently won't be time once the Event has happened, to do much more than prepare for this monumental upheaval. He says that, initially, the plan was to have the Event occur a few years before the polar shift would happen; but because the previously-mentioned miscalculations occurred, the time in between these events will now be much shorter. To learn in detail what all will be occurring to prepare us for the polar shift, do read his latest [interview](#). It sounds as if we will be greatly assisted to be ready for it, but that it will also take a great deal of work on our part.

Assisting Others to Align with the New Energies

Meanwhile, because of the enormity of the changes the Event will bring about, many people will be freaking out, not knowing what is going on. So, 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 human trafficking and pedophilia. There is already abundant evidence 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 on the Earth itself, and within all social, financial, political, educational and health institutions.

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 even 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 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, in doing this, 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, getting past any of these emotions is not 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 believe yourself to be an inherently flawed person, inadequate and inferior in certain ways. 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. It's been named by many as the "inner critic" or the "superego", and is generally assumed to be a natural and innate aspect of the human psyche.

However, according to a number of sources who speak about the negative alien controlling forces that have been on the planet for thousands of years, this negative

programming tendency within humanity is something that was at one time implanted into the human brain by these forces. It was not part of the original human blueprint.

Cobra has explained that it is actually a type of ancient AI technology, and calls it the *Primary Implant*. Attached to the pineal gland on the etheric level, 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. Others have referred to this technology as *Wetiko*; some have also called the technology the *slave self*.

Whatever it is called, it is important to understand that this negative critical voice within us is a foreign technology implanted in our biology, 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.

The good news is that the hold these negative forces have on us is now greatly weakening at this point. Humanity is slowly being liberated by the Light Alliance; and, if we do our part to free ourselves as much as we can, we can experience this more and more. Check to see: As time goes on, you may begin to naturally feel freer of negative emotions and beliefs about yourself and not have to do healing work as intensively as you once needed to. And you'll probably see that, with the advent of the Event, this technology will probably 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, understanding 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, anyway. 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, additionally, 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. Rather than waiting for outer circumstances in your life to change so you can be happy – you can instead 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 can prepare you well to greet the Event when it occurs – and be ready to fully 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? It's really time to do this. Even if these people aren't ready to do this with you, you can heal your part of any rift or wounding with them inside of you. It's time to let all that stuff go and get on with your life.

If you are with a partner or spouse, is this relationship truly nurturing you at this point? Are you feeling deeply loved and respected? Do you feel able to grow spiritually and shift into the deepest aspect of who you are while being in an intimate relationship with this person? 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 arising 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 Paths

One phenomenon that is causing relationship issues for many at this time are the powerful waves of the Light that have been streaming onto the Earth over the last number years. They have been causing an increasing divide between those Souls who have decided to shift toward the Fifth Dimension at this time and those who have not.

In one way, it could be seen as something the pandemic has caused, and this certainly seems possible. The divide between the vaxxed and unvaxxed even at this point is still quite powerful and fixed. But in another way, the division could also be understood as

something that was already occurring even before 2020, due to the high energy waves of Light that began streaming onto the planet a number of years before. Even then, people – especially lightworkers – were realizing they were on a very different path through life than many people they had formerly been close to.

No matter the cause, 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 for their further evolution 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.

In any case, 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 paths to take in which you can continue to discover the essential truth of who you are as a divine multidimensional Being – and as simply Consciousness, itself.

The Importance of Meditation

However, if you've just been a dabbler in 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. We're all different – there's no one way. 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, due to all the fake news being reported these days – both by the mainstream media and the alt media). 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.

In particular, 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 certain 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 immediately 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. Also, as you may know, there are earth changes and weather-related disasters that are still being created by the negative powers-that-be. So, with preparation, you can maybe relax more, 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. Do a liver cleanse, a parasite cleanse – or any other cleanse that feels appropriate for you.

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 monkey principle seems to apply here. The more people there are who wake up, the sooner the Event will be able to occur. It's said that 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. For instance, the welovemeditation.com website offers a variety of mass meditations every week, depending on what is occurring in the world.

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.

Of course, 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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