

New Energies For a New World

by Sarah Timpson

We are living in exciting times. Since the beginning of this millennium the subtle energies being transmitted to the earth from the higher dimensions are changing. The alignments in the heavens are different and the energies transmitted from the star systems are of a higher, more powerful frequency. These energies change the way matter relates to spirit, the way the physical world relates to the spiritual. These waves of light are having the effect of raising our vibration, assisting us in connecting with the higher aspects of our being, expanding our consciousness and accelerating our spiritual growth. We can connect with these energies easily through meditation, awakening our light bodies, by blending with our soul and by opening our channel upwards to the higher dimensions. We are going to look at how these exciting energies are going to affect our lives and how we can use them to best assist us.



These waves of light that we are receiving at an energy level are very powerful, very transformative and yet very subtle. Their effects have been building up prior to the start of this century and will be felt over the next one hundred years or so. This light will affect us all in different ways. Over the course of time people's lives will change and the way we relate to the spiritual world will be different. At one level we may feel the effects as an increased desire to slow down, to take time off, spend more time outside enjoying and appreciating nature, being reflective and enjoying those pursuits that make us take time out for ourselves. We may feel drawn to spend more time pursuing those things which improve our health and vitality, such as meditation, yoga, t'ai chi and other healing arts. We may want to add more beauty and harmony to our environment and bring increased order to all aspects of our lives. Perhaps the first keynote of these energies is that we are drawn to spend time on ourselves, to improve the quality of our inner and outer worlds and to do things that enhance our own self worth.

These energies will also lead us to greater spiritual awakening, encouraging people onto their spiritual path and moving those already on the path to far greater growth and awareness. We are

finding it easier to connect with the higher parts of our being – our higher self, our soul, and the Spirit within us. We are awakening our light bodies so we can play effectively with the subtle energies and expand our consciousness. These energies stimulate us, increasing our physic abilities, deepening our intuitive senses, opening our channel upwards and connecting us with the beings of light that are here to assist us. We are then able to channel their wisdom and guidance.

Another keynote of these waves of light and energy is that they add light to all aspects of our lives. They strengthen all those forms, structures and relationships that are working well and can hold light. This light makes those forms more cohesive, able to endure, grow and expand through these times. Those aspects that are less than peaceful and harmonious need to be resolved, for they will not hold this light easily and will gradually fall away and leave our lives.

Each aspect of our lives is made up of subtle energies and requires a certain set up of energies to remain stable and function well for us. As we feel the effects of the waves of energy transmitted to the planet raising our vibration, we may feel that the old energy set-ups are no longer in alignment with who we are. Another keynote of working with these energies is being willing to truly let go of those things that no longer serve us. By letting go of them easily it will seem like a gradual process of change. Trying to hold onto them when their time with us has passed can cause much turbulence and difficulty. We can know that nothing will leave our lives unless something much better is going to join us. Now is a very positive time to release the old forms and create new in our lives – these energies are very much supporting us in doing this.

As you look out at your life what things do you sense are no longer holding energy and vitality for you?

What forms in your life have had their time with you and are now ready to be released?

On a global level it is the same. Those institutions that are based on high values, such as serving humanity, who operate with integrity will hold a lot of light. This light will intensify and make them stronger, more prosperous and able to expand. In those civilisations that are based on corruption, greed and cruelty there will be either a gradual shift into higher values or as we are already witnessing, more sudden dramatic changes to bring about a new higher order.

We ourselves can focus this light on all our projects to add to their success. I have included a meditation at the end of this article



that connects you with these energies and you can then focus this light on anything that you want illuminated and stimulated. This focus will intensify these energies and can vastly increase our ability to manifest and create transformation. The forms that we create will be beyond our dreams in their expansiveness and power. These energies will also speed up the process of turning energy into matter and becoming form.

To create these results it is important for us to be willing to follow our inner urges – for this too is another keynote of these energies. Once you have focused these energies upon your goals and intentions, it is then important to follow your intuitive guidance and be open to the signs that are there to lead you in the right direction. You can use these energies to assist you with small things in your life as well as big projects.

I had a clear example of this in my own life. Over a year ago I could sense that the stables where I kept my horse were no longer energetically right for us – I felt it was time to move on but didn't know where to. My horse is very sensitive to energy and so finding the right place for him was very important. I focused these energies onto finding the perfect place for "C.K." and stayed open to what might come up. The following day I was coaching someone and a well-known rider's name kept coming into the conversation. I thought nothing of it until a few days later when the idea of phoning this rider about having C.K. came into my mind. My first thought was I couldn't possibly phone him because he was far too famous! Anyway I did call him and asked if I could keep my horse at his stables. C.K. now lives in this wonderful peaceful stable yard which he loves and as a result has since gone on to compete internationally and win several competitions for Great Britain – something I would never have dared dream of.

On a day to day level, to really be "in the flow" it is important to follow the energy at all times – sensing what the energy is guiding us to do next. If you cannot feel this easily then throughout the day get quiet and tune into your inner guidance to sense what is the right thing for you to do next. I usually find it is the thing I most want to do anyway but often it may not be what I am expecting. We have to be willing to suspend our judgement of what we should be doing and follow this guidance. At all times there are energies that guide us to do certain things – to rest, to take action on things, to call certain people. If we remain in tune with these energies, life can seem so easy and we can feel energised and supported at all times. If we ignore these inner messages life can seem a struggle, we often feel drained and our enthusiasm and sense of purpose will diminish.

An easy way to increase your sense of these subtle energies and indeed another keynote of this time is to increase your connection with your soul. Your soul is a part of your being that is with you at all times. Since the Enlightenment era and the writings of Descartes and other enlightenment philosophers, we have been led to focus on our sense of self as separate from others and separate from our soul. These energies are changing this belief and we are gradually shifting into a realisation that by connecting with our soul and carrying out its wishes and desires, that life becomes a lot easier.

Our soul is a wise being of vast intelligence that wants what is best for us. It is concerned with our happiness, our growth and our evolution into the light. It is with us to assist with every aspect of our life and is always leading us to greater wholeness and love. It is an all-loving being of immense power. By consciously

connecting with our soul through the day it is much easier to follow the energies. All you have to do is intend to make this blending with your soul, sense its love and light surrounding you and trust that the connection has been made.

Our soul can communicate with us by taking energy out of those things that no longer serve us and energising those paths that are for our highest good. It communicates through the still, quiet voice of our intuition, through our dreams, and by dropping thoughts into our mind giving us that sense of “aha”. Our soul makes us feel positive and happy about those things that are right for us. If you are having difficulty deciding on which option to take in a certain situation, get quiet and tune into your soul. As you think of the choices available get a sense of which choices you feel positive about, which feel light, joyful, expansive and seem to hold a lot of light. This is how your soul communicates what is best for you. The more often you do this process, the easier you will find this and it will always lead you to your highest good and greatest joy.

By increasing your connection with your soul you will notice that you feel and act in more loving ways - another keynote of these times. You will focus on what is good and beautiful about people and situations and your heart will go out to those in need. Instead of entering power struggles with people you will view them from a place of love and compassion, which allows you to act and think in different ways. This leads to an improvement in all your relationships at every level. During this turbulent time in

the world we are constantly challenged to focus on people’s good and see their beauty at a soul level.

From this state of compassion we are led on to another keynote – that of group consciousness and group work. People are getting together to hold a focus of love and light for the planet and all of humanity. They are networking and finding ways to work together for a greater good. The Internet is facilitating this change in our thinking. So much information is available on it for all and it is so easy for people from all over the world to share information, ideas and to unite. As we open our hearts we are able to see ourselves not as separate beings in a separatist world but as one, united in a shared consciousness. This will increase over the next one hundred years until humanity has shifted into a “heart centred” world.

Lastly, these waves of light will also lead us all towards our higher purpose. They contain the energies of Higher will and purpose that are gently nudging us to carry out our soul’s purpose. We can recognise this our purpose because it is something we love to do. This fulfilment of our purpose brings us a sense of joy, aliveness and a strong desire and motivation to pursue our dreams and intentions. We are being propelled in this direction. We can use the energy present to help let go of our present situations and move to a more peace filled way of life that truly fulfils us.

Enjoy the energies!

Meditation to connect with these higher energies of light and love.

1. Spend time allowing your body to relax, focusing on your breath and letting your thoughts gradually slow down. Sense your mind letting go.
2. Call your soul to you, allowing yourself to blend fully with your soul’s light. Sense your soul as a radiant sphere of light surrounding all of your body and your energy fields, creating a cocoon of light around you. Sense the feelings of love, peace, calm and also expansiveness. Feel your soul’s heart connecting with your physical heart.
3. With your soul, rise up a shaft of white light into the higher dimensions up to the soul plane of light. See this with your inner eyes as a beautiful sea of light where you sense all other beings, including the Masters and Enlightened Ones, as light and energy. Spend time here enjoying this place, drinking in the energy here.
4. Allow your awareness to be drawn upwards and sense the energy of three star systems above you. They are forming almost a triangle of light – the stars of the Pleiades, the Great Bear and Sirius.
5. Bring your attention first to the Pleiades. Open yourself to receive this wonderful transmission of powerful energy. You may see it as light perhaps of different colours, feel it as heat or energy circulating around you or you may feel nothing – even so know that it is happening.
6. When the time is right, gently release your connection and focus now on the stars of the Great Bear. Receive their seven individual rays of light opening you up to Higher purpose and Higher will. The Great Beings manifested in these stars are transmitting the seven rays of Higher will which align you with your soul’s wishes and desires.
7. Again, gently release that connection and finally bring your attention to Sirius. Allow yourself to receive this transmission, perhaps feeling it as a cool light, a very transformative light.
8. As you quietly let go of this light, see again these stars forming a triangle above you. See or sense a column of light drawing you up between these stars, upwards to the Pole Star. Move up this column and connect directly with the Pole Star receiving its energy into all your energy fields. Sense the beautiful light radiating from this star surrounding you.
9. From here, bring into your awareness any projects or situations in your life that you would like to transform with this light. Hold them in your awareness with this connection with the Pole Star for as long as you feel guided.
10. Gradually, travel back down this column of light and return to the soul plane. Spend time here fully integrating these higher energies you have received, before coming slowly back into an awareness of your physical body. Sense your soul’s light still surrounding you as you come gently and slowly back.

© Sarah Timpson runs a selection of meditation courses including Awakening Your Light Body, Creating Transformation with the Seven Qualities of Higher Will and Preparation for Ascension. She also runs meditation holidays in Spain and coaches clients individually. She can be contacted on 01932 576 349 or visit www.the-wayahead.co.uk/meditation