

A Call to Consciousness, Unity and Transformation



Nicolya Christi warns that change is needed and will happen whether we are ready or not. So why not make the inevitable easier for ourselves by dealing with the layers of emotional trauma that have built up in this and previous lifetimes

As human beings, we are on the cusp of an era of peace, a time the Mayans refer to as the 'in-between', the time of transition between the World of the Fourth Sun and the World of the Fifth Sun. Millions of people around the globe have taken part in ceremonies and gatherings to pave the way for the smooth transition to this new era. As we pass through this transition, we are experiencing ongoing Earth changes including social chaos, environmental destruction, war, financial instability and political restructuring.

The Mayans prophesied 21 December 2012 as the date for rebirth, the start of a new world. Astronomically, it is also signified by the solar meridian crossing the galactic equator and the Earth aligning itself with the centre of the galaxy. At sunrise on 21 December 2012, for the first time in 26,000 years, the sun rises to conjunct the intersection of the Milky Way and the plane of the ecliptic, forming a cosmic cross. It is said that this alignment with the heart of the galaxy in 2012 will open a portal for cosmic energy to flow to the Earth, cleansing it and all who dwell upon it, raising all to a higher level of vibration. This process has already begun, catalysed by the Harmonic Convergence in August 1987 and further compounded by the total solar eclipse on 11 August, 1999.

So, as the Mayan Calendar nears its completion in 2012, we are poised at a pivotal time in human history as we shift 'ages' from Pisces to Aquarius. There are intense and powerful energetic shifts, excessively high frequencies and planetary vibrational transformations taking place. To adapt to these and other astronomical changes our bodies are

altering their frequency to correspond with the changes of the earth's resonance.

Many sensitive people are feeling the impact of all these planetary shifts at a physical level with challenging physical symptoms, including exhaustion, dizziness, shaking, memory loss, headaches, nausea, a need to withdraw and general ups and downs with overall health. Perhaps you have noticed that it feels like there's not enough hours in the day and that whole sections of time seem to be disappearing.

According to historian, anthropologist, Mayan priest and spiritual guide Carlos Barrios (Eagle Clan), 'We are living in the most important era of the Mayan calendars and prophecies. All the prophecies of the world, all the traditions, are converging now. There is no time for games. The spiritual ideal of this era is action. Many powerful souls have reincarnated in this era, with a lot of power. This is true on both sides, the light and the dark. High magic is at work on both sides.'

Change is needed and change will happen, but it is up to each one of us to choose how difficult or easy this experience will be. These changes have to be experienced on both a personal and group/global level. Human beings need to come together to amplify their individual light and raise their vibration, in order to be able to support each other and the planet.

As our planet experiences these intense shifts, then so do we. Many of us are feeling an urgent need to heal ourselves, find ourselves, come home to ourselves, to know and live our Truth. In these

incredible times we are able to do so with lightning speed. Many therapies have emerged in the last five to ten years to facilitate rapid transformation as we literally race against the clock to 2012. Even if our conscious mind has no concept or understanding, our unconscious mind and our psyche is aware of the fundamental importance of humanity's need to 'wake up', to 'awaken'.

According to spiritual sources, it requires a specific amount of people to have done so in order for the collective shift of consciousness to take place in 2012. Those who have done this will assist the 'mass' when they 'wake up' at some point in late December 2012, perhaps scratching their heads and wondering what is going on! My sense is that the real and fundamental changes, shifts and transformations will be stirring deep within the collective unconscious and that over a period of time, world consciousness will unfold in ways unknown for aeons. Seeds are being sown pre 2012 and the blossoming is post 2012.

Why Past Life Therapy? And why now?

Many therapies have emerged, offered to us by the higher dimensional healing legions, to assist our rapid and thorough healing and transformation. I work as a Clairgnostic – which means I 'know' without knowing how I know. This 'knowing' currently calls me to two main areas of personal healing and transformational work, namely Spirit Releasement Therapy (SRT), a process by which those who are unwitting 'hosts' to earthbound spirits are released from these uninvited 'guests,' and Past Life Therapy (PLT) – the focus of this article.

Even though PLT as a method of healing has been around for some time, it has become a significant key in the process of coming 'Home to the Self' in a necessarily accelerated way as we hurtle towards this 2012 threshold.

Experiencing a PLT session (or several) can produce profound results and life-changing experiences in both our relationship to ourselves and to those with whom we are connected. Long-term ailments, fears, phobias, blocks, dysfunctional patterns, feelings of unease with or dislike of others, allergies, déjà vu, addictions, depression, obesity, low self-esteem, extreme emotions, poverty, suffering, victimhood, and perhaps even conditions like anorexia can be effectively and successfully treated and eliminated by exploring our past lives.

We are being guided by the higher dimensions to clear the past. We cannot move forward until we do so. Conventional psychotherapies and counselling focus on our historical stories from childhood, even womb experience, yet we carry all that has gone before into the womb and into the world when we are born.

Is it just Karma?

We can spend many years in traditional therapies and gain much understanding of the reasons why certain patterns recreate over and over again. However, despite all this knowledge, the patterns often remain and people begin to believe that they have to learn to live with them and just appreciate the insights they have gained. These insights allow us to chip away at the outer layers of our issues, but tend not to take us into the core of these issues, which often originate from our past lives.

Many times I have heard those that I have journeyed with explain away their anxieties, suffering and discontent saying 'It's my karma' and to a large degree, yes, that may be the case. And we have this life now to balance past thought and actions. Through past life work we can go back and remember the forgiveness we gave to or received from others in the bardo (Home) and how we forgave ourselves. Why is it that we forget that the forgiveness and therefore resolution

we may currently seek, we have already experienced?

Following a past life session, we can seek out those in this life who we recognise from our regression and either physically or mentally offer our apologies and ask for their forgiveness. For those we need to forgive, we can do exactly the same, for when we explore a past life we also see the wisdom and the gift of the experiences we had no matter how harrowing or traumatic.

A wonderful example of how deeply healing and transformative this work can be is when those with whom we share our current lives and with whom we may have been in a disharmonious relationship suddenly behave differently towards us, with a softness and acceptance that was not there before the regression. The reason for this is that we are all telepathically linked and as we free ourselves from old patterns and consciously settle old scores, so others can do the same without ever knowing that we have journeyed back in time healing old wounds and clearing old contracts between us.

Antagonists/ Significant Others - a curse or a blessing?

Upon our arrival here in the third dimension we are like a blank canvas with our soul's mission intact and in place ready to unfold. In order for us to catalyse our 'divine plan' in terms of the life we have mapped out for ourselves whilst here on earth, we must first encounter the 'triggers'.

These are our families and authority figures who will set the scene to allow our ancient wounds to be reopened and remembered, so that we may resolve and integrate on a personal


level what we have come here to heal. This allows old grievances to rise to the surface, to be experienced, expressed, misunderstood or unmet by others. This forces us to seek ways of understanding and integrating, which is where therapies of one kind or another become very helpful.

There are great bonds of love between those whom we have entered into 'soul contracts' with, those with whom we do battle, as we each fulfil our contractual roles. When we come to a point of realising our antagonists are our teachers, not just as a mental concept, but by feeling it in our hearts to the point where we can bless them, this is a great moment on our personal journey. For it shows that we have completed those contracts and the gift is to be able to enjoy the deep love we hold for that person in our heart and soul, with all feelings of emotional charge gone.

We have forgotten the truth

That pure and intact wholeness of being and awareness of purpose that we each incarnate with is lost to most of us by the time we hit puberty, usually years before (see panel: Our first Loss). Instead of the pure bundles of love we arrived as fresh from source, by adolescence we have lurched way over to the other side of the spectrum carrying deeply painful feelings experienced as hatred and disdain of self or fear of others or of the world. We no longer have any concept of our authentic and true self, which remains buried under the layers that began to build when we were infants. Instead we develop what psychotherapy terms an 'adapted' self, which is a psychological defence mechanism that we put in place from the earliest age in order to survive infancy, toddlerhood, our childhood and teens.

We forget the truth of who we are, why we are here and what we came here to do. We lose our sense of autonomy and uniqueness. We become strangers to



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ourselves and because this cycle repeats throughout most of humanity, we find ourselves surrounded by people who have also been through this experience of soul amnesia.

Often one is most in touch with the true self when first in love, when a baby is born or when a loved one is very ill or dying. In other words, extreme emotional situations will call the heart forward before we find ourselves again slipping back into the numbness of our everyday lives. The question of how to live from the heart, (the true self) all the time is answered by stepping onto the path of self-awareness, self-development and self-love. As we embrace a more psychologically aware and spiritual practice, we do not need to wait for highly charged emotional experiences to open us to ourselves and others. We begin to remember and get to know

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ourselves for who we truly are living that each day. For this specific reason, profound healing methods like PLT are needed.

Using what happens to us from infants to teens as an analogy of the 'layering' process that takes place (see panel), we can say that a similar process occurs when continuous incarnations build upon the previous ones. In times gone by, we did not have the consciousness or tools at our disposal to explore and heal past lives in the way we do today. An important component of depth healing includes reaching back into the past to seek out the original wound, which can require us to make several past life journeys to reach the original core wound.

Healing so far back in time can propel us forward like a rocket in terms of our development. Imagine a bow and arrow and how far back the arrow must be taken, to the maximum point of tension, before it is released to travel as far forward as is possible at tremendous speed. This is vital and necessary if we are to heal ancient and current traumas that to this day may still dictate and control our lives.

Ancestral wounding/ Ancestral healing

Anyone who is on a path of self-discovery, self-awareness and self-healing has stepped forward and volunteered to help heal the ancestral lineage in which they incarnated. These souls have chosen to be the 'torch bearers,' the 'light bearers' for their ancestors.

Every family has a pattern, for some it's alcohol, others it's illness, others poverty,

others abuse and so on. The 'torch bearer' for any given family has volunteered to take on and work through the family pattern: the 'It ends here' pledge.

For the ancestors that are being healed and freed of karma, it means that if they choose to reincarnate, their vibration and consciousness will be raised enough to come to earth and to continue to learn, grow and evolve in the new vibrational field and consciousness that will be our planet in post-2012. Thanks to those 'torch bearers' who stand at the front of the ancestral and current life family, offering to clear these historical patterns and traumas through themselves, ancestors and loved ones who have crossed over will have a choice of whether to return to the 'new earth' or to move to somewhere else that will support their journey back to union with Source.

Often, I can see an enormous crowd gathered behind those with whom I work. As with my own healing journey, at any given time, I can sense what is being worked through at an ancestral level. Recent examples are the womb healing of women ancestors and the exhaustion of both sexes, which is the result of the harshness and hardship of their lives in other times.

Our ancestral patterning runs deep and it takes great self-awareness and self-discipline to discern 'what is mine and what belongs to the family pattern which is releasing through me.' Often the ancestral wounds mirror our own, exaggerating and exacerbating our own experiences.

When one is sensitive enough one can distinguish between what may be a past life trigger and what is an ancestral clearing moving through. I often sense and see great crowds gathered behind me, looking to me to utilise what is available in this third dimension to heal their acquired third dimensional wounds. If ancestors have a chance for someone who is incarnate to represent them, this can be as good an opportunity as being here themselves, for as we look to our departed loved ones for guidance and healing, so too do they look to us for the same.

Forgetting to remember

Every memory we have ever had, every life, every experience is stored in our unconscious and is accessible through an approach like PLT. We are also able to access these memories through dreams, visions catalysed by altered

states of consciousness induced, for example, by holotropic breathwork, shamanistic practices, rebirthing and meditation, to name but a few.

As we connect more and more with our true selves, we begin to form a bridge between the conscious and the unconscious mind and spontaneous memories from this and former lives can arise. When this occurs we can be sure that the psyche knows we are strong enough, emotionally mature and grounded enough to sit with, process and integrate what is wanting to be known to aid our development. At this stage, one is usually working deeply on oneself with the support of a skilled life guide, therapist or spiritual mentor.

There is a growing number of people, whose feelings of personal discontent and alienation from the ways of the world provoke the very questions that those who wield the control and power are most afraid of. These are the people who will find truth, both within and in terms of the dysfunctional way the planet is run. This is when the real meaning and purpose of our lives unfolds. We remember 'for what purpose this life' and in so doing we become forces for personal and planetary consciousness, unity and transformation.

Post 2012 we have the opportunity to shift from a third dimensional consciousness to a fifth dimensional consciousness. We need to do as much human healing in these next four years as we can, not just for ourselves, but also for those we are sharing this planet with, those that have gone before and for those to come. I don't believe we will wake up on the morning of 22 December 2012 and experience the world as vastly changed. However, I do sense that the blueprint for humanity's collective journey on this planet will have upgraded and shifted, been redefined. I see 2012 as the threshold, the gateway for this new blueprint to anchor, and in time we shall bear witness to it establishing and beginning to create the transformation foretold by all great spiritual traditions throughout the history of our world.

My understanding is that our collective mission is to recreate heaven on earth. Once this is achieved then ascension is a wholly natural phenomenon. I do believe that through a lack of consciousness on a collective level we are headed for disaster. Through gnosis, I know that these next four years hold the key to a new world vision and every one of us who is engaged in raising our own consciousness or facilitating that in others, is helping to ensure this next step for man/womankind is made possible.

Our First Loss - Ourselves

We can spend whole lifetimes with an underlying sense that 'something', 'someone' is missing and we search for that something/someone in the lyrics of a song, the lines of a book, in the arms of a lover, a film script, and so it goes on; the never ending search for that 'missing' something. Rarely do we realize, even though we may have heard or read about it as a psycho-spiritual truth, that what we are missing is ourselves.

As an infant, in the 'preverbal' stage of our development, the environment impacts in a profound way. Our parents or primary caregivers impact on us enormously and very quickly we begin to become conditioned. We are here on the earth to learn about emotions, feelings and love. We act out, attract, recreate and project all that needs healing in us.

Locked in our cellular and soul memory is our historical, as well as ancestral trauma and patterning. It is only if we become conscious, aware adults that we can begin to journey back in time, through this life and further back into other lives.

Owing to our vulnerability and dependence as infants, we are at the mercy of environmental factors and entirely dependent upon our primary caregivers. We look to them for cues as to 'how it works' in this dimension and we begin to mimic the behaviour of those around us in order for our survival needs to be met, to fit in and not be rejected. One woman I journeyed with described an awareness she had of learning not to cry as an infant in case she was sent away, like her brother, because her mother could not cope with a crying baby.

We are born with highly developed survival instincts and adapting our behaviour begins the moment we perceive a threat to our survival and well-being. We are highly intelligent beings during infancy and in that preverbal phase we quickly learn what pleases our caregivers. During the first two years of our lives we start to become conditioned and we learn how to hide our true needs and feelings. In so doing, we begin to 'forget' our personal and worldly purpose – what we really came here to be and to do. We start to lose our connection with that place of 'knowing' within. We lose ourselves and the truth of who we are.

The degree of conditional love or presence we experience from our parents or caregivers will dictate the power of the internalised emotional 'charge' that anchors into our energetic, mental, emotional and physical bodies. The energy of this unfamiliar emotional

charge impacts our delicate and fragile, newly unfolding inner self. Because it is an unknown energy to us in our current incarnation, we do not know how to express it and we are not encouraged or shown how. Therefore we internalise this charge, which builds layer upon layer, until the reason for the original 'charge' is lost to conscious memory, buried under further accumulated layers of internalised, negative and unexpressed emotional 'charge'.

In order to free ourselves, we need to trace back through these accumulated layers to the original charge. At this tender age, we are unfamiliar with this emotional charge because in the world of Spirit we do not experience emotion – we are pure Love. As infants we are able to cry and scream as a response to our basic survival needs. As we develop into toddlerhood, we start to feel impulses to cry and scream as a reaction to this 'charge', of which we have no intelligent understanding. For example, at 18 months we do not have a thought that allows us to say how upset we are at being shouted at for misbehaving. Parents or caregivers tend to 'react' and shout back, become stressed or even hit us, thus blasting more negative emotional charge into our energetic, mental, emotional and physical bodies.

This cycle continues throughout our early years into young adulthood. By our teens, the majority of us are filled to overflowing with painful emotions and this is where patterns of self-destruction and destructive behaviour really begin to come into play as we turn those powerful, excruciating emotions in on ourselves. Due to the lack of a safe place to express our painful feelings, we project these emotions onto others.

More and more often these strongly charged emotions are being projected onto innocent bystanders, beginning with bullying at home, on the streets, in the playground and, as we are increasingly seeing, in the growing gun and knife culture amongst adolescents and preteens.

This sad and traumatising cycle continues beyond teens and into adulthood until we reach a place in our lives where we seek professional help through various forms of therapies. Without help, it shows itself in domestic violence, crime and terrorism. Nation against nation, brother against brother, sister against sister. We have only to look at the heart-breaking cruelty to animals and nature to see where much of this unconscious, devastatingly powerful 'charge' gets projected.

Heaven on Earth: for the self and for the collective

We live in a time where we are able to fully remember who we are, where our edges are, where the healing is needed and equally as important, we have the means by which to achieve this. Because of this exciting and never before experienced course humanity is taking, many highly evolved souls have been incarnating since the latter part of the 19th century, increasing dramatically in the 20th century.



My sense is that the 21st century is bringing in a whole wave of very highly evolved souls who do not have to experience clearing or preparation work that the earlier waves had to do. However, amongst humanity stand many, many evolved souls, who not only have chosen to commit themselves to finding heaven on earth within themselves but remain dedicated to that as their worldly mission.

This has required great courage, humility and honesty in each of these people as they peel away the layers of the conditioning and impact of the environment that they have been raised in. Such souls are also processing much for the collective, including acting as channels for the intense frequencies bombarding our planet at this time. This can be likened to lightning seeking out trees in order to earth a charge.

more information

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- Nicolya conducts Future Life Progression sessions, a process that takes one into future existences to remember why they are experiencing current life issues, which have their roots in past lives and how to resolve them through the understanding and knowledge held in those future lives.
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