

## *The Twenty First Century*

It's no news that we are on our way to a new Millennium of earthly experience, but have you stopped to think even for one moment that the decisions and actions that each of us makes will largely influence the outcome of our future?

With all the predictions of doom, gloom and destruction, we are still here. Many people were both fearful and apprehensive as the world approached the eve of the year 2000, expecting all sorts of disasters, from a total electronic crash to our own Warragamba Dam bursting its walls of containment. What is it that compels humanity to expect the worst? Is it just a sign of the times or does it go deeper than that?

Let's take a closer look at how we, citizens of modern so called civilized nations live. Realistically speaking most of us live in abundance of our needs, that is, in regards to the necessary things in life. And yet we seem to have an insatiable desire for more and more. In medicine we have progressed in leaps and bounds over past decades and yet we have an undeniable fear of illness and death. When we dare to look at humanity objectively, it appears that on the macro level there is an epidemic of fear which permeates and then proceeds to stifle the joy and success that is so much an inheritance of life on this planet.

Edgar Cayce, known as the sleeping prophet said that our thoughts have the same impact on our health, prosperity, happiness and consequently our universe, as do our actions. We now have scientific proof that our environment, thoughts and emotions affect our DNA. Carolyn Myss, the internationally known medical intuitive has written many

books on this very principle of modern health. Gregg Braden further ascertains these principles in his book, *The Isaiah Effect*. The psychiatrist Victor E. Frankl, in his famous book, *Man's Search for Meaning*, discovered from his years in a concentration camp that if we have a reason and if there is meaning in our lives, then we can overcome all obstacles.

More than ever we need to adopt a more positive attitude towards our lives, our neighbours and our environment. We need to focus on an abundance of all good things for all peoples of the world if we are to turn the tide away from hate, sickness and destruction and steer it towards love, health and prosperity.

Let us take a walk back in time to see if we can make any sense of it all. Allow your mind to travel back to past civilizations, to the times of the Ancients; the Romans, the Greeks, the Trojans. To heroes like King Arthur and the Knights of the Round Table. This was no doubt a time of glory *and* insignificance, a time of abundance *and* poverty, a time of heroes *and* traitors. Does this have a familiar tone? Why of course it does! History has a way of repeating itself, we all know that, it's common knowledge. The challenges that humanity faces today are similar to those faced in the past by our ancestors. They also had to deal with sickness, wars, hatred and limitation. And yet, the question begs to be asked - what have we learnt from our past, if anything?

Humanity has evolved to a level of existence that demands a spiritual approach to life. We are tethering towards a higher level of consciousness. Going to Church on Sundays no longer does it for most of us and the evidence is in the shrinking numbers of attendance. We need to reinstate the spiritual back into the religious. Religion has gone amiss because at some

stage both ministers and those being ministered to, lost their way - they forgot about the Spirit. Our spirit is our lifeline to God, The Almighty, Allah, Buddha or whatever name you choose to give to that Higher Consciousness that resides in everyone of us as the soul, life force, chi - it is all energy. Deepak Chopra and others of similar minds speak of 'quantum energy' - that inter-connection which links us not only to each other but also to our environment. Our own Australian aborigines and other indigenous races have known this for thousands of years - and yet we continue to kid ourselves that *we* are the civilized ones

We now find ourselves at a point in our evolution where we need to acknowledge that we have been going about the business of living with blinkers on. We need to acknowledge the misconceptions that have been a major part of our lives thus far. When we can accept the mistakes of the past without blaming others or circumstances for them, then we will be able to move on and to live in the manner for which we were all destined. We were not born to be miserable and diseased, we were not born to be hungry, cold or unsheltered, or fearful. Our lives from the very beginning were meant to be lived in love, abundance, peace and brotherhood.

More than ever this century demands right living. If we are to survive, then as individuals we need to make a major shift from the 'you and me' mentality to the 'us' mentality. We need to move away from the fear of lack to the realization that with sharing there is plenty for all. We must forego our fear of insecurity, death and sickness and live in a way that manifests love, health, peace and success for all people.

*Are you ready to embrace this new way of living?*