



## A New Year's Guide for Energetic Beings 2017

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### Opening

The end of a calendar year brings hope of a better year to come. We encourage ourselves and each other to look ahead to the possibilities waiting for us in a new year yet it can be challenging to separate ourselves from our histories of looking forward to better years year after year and, sometimes, finding a bit (or a ton) of disappointment instead.

The famed year of mysteries and amazing opportunities for human evolution was 2012, and I taught a lot about the opportunities and challenges it stirred. It was not, as most believe, the end of

something. It was the beginning of a process that continues today and will unfold for thousands of years.

If you believed that it brought an ending, you might have wondered would come next when it became clear no disaster accompanied the end of the Mayan Calendar. Even those who chose not to be afraid of the possibilities might not have had a sense of what is to come next – we are living in uncharted times. More than other years it might have seemed that we have free license to look ahead with a renewed sense of optimism about what will, can, or might come next. The big things about 2012 that might have happened didn't: the poles didn't shift, there were no life-changing catastrophic weather events, and there was no rapture-like event that changed everything and made some of us into happily flitting angels and others of us conscripted members of eternally-damned chain gangs or something equally unfun. Originally published January 1, 2013, his article remains deeply relevant and is intended to give you some perspective on what exactly did happen and is still happening from the bird's-eye view – how your soul, spirit guides, angels, and ascended masters see it – and offer some ideas about where to go next.

## **The Challenge of History**

The end of a single year calls up the ends of all previous years. As we age our goals change and if we are not adapted to a view of ourselves as energetic beings then we can accumulate regrets as we age. The challenge of history is to rewrite it given the truth that we are each works in progress. It is not wishful thinking or head-in-the-clouds fantasy or delusion to look at our lives as unfolding stories of energetic, conscious beings trying to figure out how to live as humans. Doing so is not a convenient way of dismissing harsh reality in favor of some pie-in-the-sky ideal that holds us as continually perfect and free from responsibility and accountability for our choices and actions. Instead, it reflects the way our souls, which are portions of Divine Intelligence, view our journeys. This perspective is shared by angels, ascended masters, and spirit guides as they are organized around and focused on supporting our souls' learning journeys as humans.

*You are not the sum of your experiences.*

*You are not a black or red tally of your human accomplishments and failures.*

*You are not your job and how great or not great it is relative to others' jobs.*

*You are not your home, your vehicle, or your possessions or the lack of these things.*

*You are not the aggregate of what others have told you about you whether positive or negative.*

*You are not what has gone well in your life and you are not what has gone less than well in your life.*

But this is the kind of thing most of us think we are. It's a normal human blind spot that reflects our adaptation as energetic beings to living in physical bodies and perceiving ourselves as separate from Source, Divinity, Creative Intelligence, Goddess, God, All That Is, or [insert your preferred name here]. It is a normal feature of that incarnation process that we forget that we are energetic beings first. We can tend to identify with the features, relationships, and events of our human lives to the point that our normal and natural need to have a spiritual center and feel a part of the universe is left out. And if we think we are our any of the features, relationships, and events of our lives, it's just about impossible to develop a center that will strengthen us in ways that carry us through feature, relationship, and event changes in our lives without leaving us feeling in emotional dumps, pits, troughs, and gutters.

*The challenge of history is to see it for what it is: a report of a series of events and choices with meaning assigned as to why they happened and what it means that they happened.*

There are two element to history: event and meaning. As you review any particular year or period in your life, be aware of these two elements. Choose to see that while events happened the way that they did, the meaning you assign to them is entirely up to you. Conventional wisdom tells us that history is written by those who win the battles and wars. What if you opened to a new vision of winning when it comes to your own historical battles and wars? What if you could see your particular struggles as necessary for what your soul came to Earth to learn? Perhaps the most important question: Are you willing to view your life through a new framework and see it in radically new ways?

If you accept the premise that you are an energetic being learning what it means to be human over the course of many lifetimes, then you set yourself up for success in this business of rewriting history. This view is necessary to be able to rewrite history and explore the idea that what you thought an event meant might be just one interpretation and not some Great Big Deity's absolute truth. *It is necessary because it is the parameters of what is deemed possible by your mind that determine the kinds of meaning assigned to the events of your life.* For example, if your mind tells you that anything other than 1<sup>st</sup> place equals losing, then you can't see that coming in 2<sup>nd</sup> or 3<sup>rd</sup> could be interpreted as a mark of success when it comes to improving a skill or your confidence. With the belief about being 1<sup>st</sup>, can your mind measure improvement? No – it is focused only on the specific outcome it has already defined as success. What if you've been learning and doing this activity for 2 years and are competing against people who have been at it for many years? 2<sup>nd</sup> or 3<sup>rd</sup> place could be seen as a wonderful position to be in when all is said and done, given a realistic appraisal of the context.

This is just one example and you can come up with your own. Anything you hold against yourself or over your head from the past can be thought of in a new way as can anything others hold against you from your shared past. All meaning that causes you stress or to judge yourself that you have assigned to why an event happened is a candidate for review in this process of rewriting history. The challenge of history is the meaning you have assigned and insist upon granting it and the challenge of the present moment is to be open to new interpretations.

This past few years, the invitation to relive history in order to see that you can change the meaning attached to your memories and emotions has come to a head. No life-shattering event happened externally for the collective but you relived something from your personal past that hasn't sat well with you ever since it happened. You've been seeing, in fact, the amazing power you possess as a creative, energetic being: *your history was not just a creation at some point in the past but it has stayed with you because you have maintained the meaning you assigned at the time of its occurrence, whether in this life or another.*

This was the blockbuster event of 2012! It happened inside you and, actually, for your benefit only. Each person has been invited to rewrite history by reliving a piece of his or her own personal story and confronting the opportunity to change his or her mind about why it happened. This is the nature of these times as you learn about yourself as a Divine creator: you and you alone are the determiner of what your history – and, therefore, your life and your entire journey – means.

One wonderful thing about the last few years has been that as you relived that situation from the past – whether in memory/feeling or in a relationship or dynamic cropping up in your life now that repeats something from the past – you have more tools and probably more self-confidence now than you did when it happened. You are removed from it in time. The structures in your life have been updated and your consciousness has been, too. You are now in a better position to assign a more reasonable narrative or meaning to the events, given that you are more experienced than you were when it happened. Perhaps you are also wiser! (That's a joke because you most definitely are.) But when the thing repeated itself or you felt that same old feeling, you were confronted with the chance to change your mind, rethink why it happened, alter your perspective, and/or reframe what it means about you then and now.

If you didn't take the invitation of 2012 when it came up, do it now. It's never too late to rewrite history to reflect the truth of yourself as energetic being/work in progress. Please keep in mind that your brain and mind should not be allowed to determine what something meant or means about you. The mind judges and is, therefore, often looking for something to be wrong so that you can turn out to be wrong, ill-prepared, lazy, codependent, afraid, stupid, or some other undesirable trait that is surely the definition of failure and worthlessness. Meditate. Get into your body. Get into and clear out your heart of stuff you've been carrying that doesn't help you and doesn't belong to you.

Consciously develop or get in touch with your center. Check out the tools described and listed later in the article for ideas, tips, and tricks to support this.

## **What Love Is, Where It Comes From, and Who is Responsible for Giving it to Whom**

This is the core of the human journey. All human experiences, ideas, beliefs, motivations, and attitudes reflect where a person and collective are in the process of learning what love is, where it comes from, and who is responsible for giving it to whom. Opening to and focusing on this is the fast-track to evolution for humans now according to the ascended master and guides with whom I work.

It's simple, isn't it? Part of you might even be able to finish the thought before you're done reading it. It makes sense to us and yet it is difficult to open to and shape our lives around it. Doing so requires that we surrender identities as people who have been hurt by self and other. We perceive our egos must die or lose something if we are to open to this notion and explore it as a truth that governs the unfolding of human experience and life. Some spiritual traditions on Earth teach that we must lose or surrender ego and all its attachments, and yet ego is important to a healthy overall sense of self. We are not going to become healthy, productive, fulfilled, and useful members of Aquarian-Age societies if we shame, dismiss, or let go of our egos. Instead I invite you to align ego with the rest of your being.

In some vocabulary this could be seen as aligning the mind with the heart, and this is often how I teach this to and explore it with clients and students. Many of us have become aware that the heart often wants what the head does not and vice versa, and so this is a great way to work with this notion. Yet I also find it important to be clear that intuition is separate from heart and mind and that intuition, when trusted and listened to, gets us closer to and connected with our guidance teams and, thereby, our souls. Developing and learning to trust intuition is therefore for many an evolutionary leap beyond awareness of heart and mind and one that can serve each of us well.

## **Looking Ahead**

If your history doesn't mean what you long ago decided it meant then you're free, right? (Please go ahead and celebrate this in whatever way suits you best, and then finish reading.)

If you're free to interpret the life unfolding around you as you will, what does it mean? Well, what do you *want* it mean? Are you willing to work with yourself as a work in progress? Can you admit

that you do some things well and other things not so well, and that each reflect time, energy, attention, focus, and dedication to developing skills or avoiding them? Are you willing to own all of your experiences as those of a being learning to express free will and deal with/navigate the results?

Are you willing to give yourself the benefit of the doubt as a being learning about being human? Or will you cling to your historical ideas of yourself as someone who has made mistakes, blundered, failed, and/or lost? Will you maintain or decide that you are someone who has hurt self and other and doesn't deserve forgiveness or a second chance?

The best part is that it's entirely up to you. *The decision is yours and you have the power to determine the next opportunities that come your way.* They will be based in the vibration that you choose to work with and embody now. You can choose to berate yourself for who you have been (holding yourself to a stern or strict standard or judgment) or to give yourself the benefit of the doubt and choose to learn from your experiences that seem to have been mistakes or miscalculations. You can choose to vibrate in the direction of giving yourself a break and beginning to observe all that you have experienced as the laboratory portion of your Divine journey to learn what it means, requires, and costs to live life as a human. When we are born we have already forgotten our true natures as Divine beings. We begin each human life in ignorance of our true energetic, spiritual, and Divine nature as we seek to rack up human words, thoughts, and deeds to add to our knowledge banks about what it means, requires, and costs to be human. We do this so that we can come to remember what love is, where it comes from, and who is responsible for giving it to whom. We do this to have individual experiences that can inspire fear of all kinds so that we can grow through them into being loving. Becoming the source of love for yourself is why your soul has you going through all these lives. It needs to see how you'll experience the process and deal with your feelings and vibrations.

If you take this learning journey into account and choose to view your unfolding life past and present as a lab course, you put yourself in a position to actually learn what you came here to learn! Whatever you're vibrating opens or closes all the right kinds of doors for your desired and needed future. Again, which it is is completely up to you.

## **Creating a New Year**

### **Setting and Working with Intentions and Goals**

Intention is everything. Without intention, nothing happens. Most of us for most of our lives have unfolded according to the unspoken intentions we carry or, better put, the unintentional commands our energetic fields vibrate. Each person is constantly broadcasting energetic cues to the universe and these determine what experiences, relationships, opportunities, and everything else that comes to

him or her. If you're not intentionally broadcasting, know that you are still broadcasting! It's still happening and it's happening constantly. Learn to look at the circumstances of your life and extrapolate the messages that you are vibrating to the rest of creation. Drawing people who won't listen to you? Maybe you're vibrating that you feel don't deserve to be heard. Surrounded by people absorbed in their own egos? Perhaps you haven't yet given yourself to fully develop yours or be willing to take up space. And so on – each and every thing that's imbalanced or weird or undesired in your life is a manifestation of what is happening in your energy field of which you may or may not be aware.

It is entirely normal to set an intention and begin working toward it only to find parts of the self rising up in self-sabotaging protest. Parts of you don't want to change even as many parts of you do! Focus and commitment are needed. Learn to view them not as adversaries but parts within you that do not know what you know and perhaps cannot learn what you as a whole need to learn. Give the part of you that can get grounded and centered the reins of your life and learn to stay focused on your goals. Consistently and constantly returning to them is the best advice I can give you in an article such as this, and I do regularly guide people through the grounding and centering process described here. See the New Year deals at the end of this document and feel free to contact me to discuss the variety of services I offer to support this evolutionary process.

## **Tools**

The following three tools can support you in developing your conscious awareness. Set the intention to use these tools and then commit to returning to them on a regular basis, preferably daily. It's okay to take a day or two off now and then, and you should remember that none of them will work if you are pressuring yourself or making a big deal of doing or not doing any or all of them. Give yourself the benefit of the doubt that you are a work in progress and give yourself permission to explore the right role, place, duration, and frequency of these and other tools in your life. I can tell you from my experience that they work – and are the foundation of my life as a channel, medium, intuitive, past-life fragment integrator and healer, astrological consultant, energy worker, and consciousnessnaut – and yet you must develop your own relationship with these processes and habituate yourself to them if they are going to be of use to you. They will be part and parcel of the Intuitive Skills Development Level I Course I'll teach beginning in March of 2016.

1. Grounding: Living with energetic cords in the Earth from the bottoms of your feet and your root or 1<sup>st</sup> chakra is a wonderful way to begin to reshape your consciousness. When you are grounded you have less inclination to allow your mind to run and run away with your life. This needs to be done over time so that you train yourself to align with the energy of the Earth and allow it stabilize your energy field until you are practiced at it – until it is second nature to you. This is perhaps the single greatest tool you can employ, from my perspective



more important even than meditation because it enables meditation, and a lack of it can directly prevent being able, willing, and open to meditation. See <http://tdjacobs.com> for a free 13-minute MP3 meditation to download to get the process going (look for and click on the green pic on the homepage).

2. Meditation: In my universe, meditation is less to calm the mind than to repurpose it as you strengthen and give confidence to other parts of you. Focus and clarity are major benefits of meditation and they lead to a lessening of stress over time. Don't expect to meditate once every 3 or 4 weeks and get any benefit. The free 13-minute MP3 on my site linked to above is brief enough to do twice each day – morning and night – and if you do it this often you will notice a shift after a few times to a week. Most of my own meditation to focus, clear, and repurpose my mind comes through preparing food, playing a musical instrument, and especially bicycling. *Ensure that a narrow definition of meditation doesn't keep you from doing something meditative.*
3. Clearing Your Field: Grounding to the Earth will help you get to know your own energy signature and what is going down in your own body. Meditation will support you in focusing your conscious awareness where you wish it to go and encourage all parts of you to participate in your life (instead of your mind running the show alone). Clearing your field is a critical adjunct to these two processes so that they can be more effective. We all absorb energies of others that we store and experience as emotions. For instance you might meet someone who is grieving and your heart goes out to him or her. If it even never fully comes back you might find a bit of that person's grief on/in you and sometimes even believe that it's yours. This is especially important when it comes to past relationships and super especially can't-overestimate-it important when it comes to family past and present. Sit down while grounded and get into a meditative space and work with the affirmation/command, "All energies that do not belong to me I send down into the Earth," and release them to the Earth. And then thank the Earth for receiving these energies that you cannot use and do not need that might be gumming you up a bit. Do this affirmation until you believe you have the right to be free of these energies, perhaps even saying it "from" your solar plexus, or 3<sup>rd</sup> chakra, which is above the navel and below the rib cage. In my personal experience, it is not uncommon on certain days to do this affirmation 20+ times until I believe I have the right to be free of others' energies. Essentially, I do this until I feel something leave me and my clients and students have the same experience when they do it consistently over time and come to believe it. Your energy field is for you! The clarity of your consciousness depends upon your ability to think, feel, and sense straight and if you want a centered part of you to run your life then you must regularly clear your field.



## About the Author

Tom Jacobs is an Evolutionary Astrologer, Energy Worker, and Channel helping you understand what your soul is here to do and how to make it happen with grace, ease, and joy. Book your private consultation, get a Soul's Journey Soundbite MP3, and explore intuitive coaching and astrology tutoring by visiting [tdjacobs.com](http://tdjacobs.com). Jacobs offers 15 books including the groundbreaking [The Soul's Journey trilogy](#). Hear Tom's original audio on [SoundCloud](#) and subscribe to the 142-episode archive of his popular The Soul's Journey podcast via [tdjacobs.com](http://tdjacobs.com).