The Eleventh Hour

We are living in exciting Times. There is a constant buzz of activity in books, e-newsletters, documentaries and other forms of media reflecting a major transformation, a shift in consciousness. This shift is affecting all aspects of our lives: it is affecting how we identify and interact with our selves, our families and our communities.
During times of transformation, old patterns are challenged and dissolved. New perspectives are initiated and formed in replacement. This process of transformation may bring up feelings of both elation and trepidation. These feelings are normal and to be expected in times of great change. It is important for us to maintain a sense of balance during this shift so we can adapt to these changes more effectively.

The following wise words spoken by the Elders of the Arizona Hopi Nation come to mind. I hope their wisdom brings you to a place of knowing and of peace.

Many Blessings,
Jeanne Ohm, DC

You have been telling the people that this is the Eleventh Hour.
Now you must go back and tell the people that this is the Hour.
And there are things to be considered:
Where are you living?
What are you doing?
What are your relationships?
Are you in right relation?
Where is your water?
Know your garden.
It is time to speak your Truth.
Create your community.
Be good to each other.
And do not look outside yourself for the leader.

This could be a good time!
There is a river flowing now very fast.
It is so great and swift that there are those who will be afraid.
They will try to hold on to the shore.
They will feel they are being torn apart, and they will suffer greatly.
Know the river has its destination.
The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our heads above the water. See who is in there with you and celebrate!

At this time in history, we are to take nothing personally, least of all ourselves. For the moment that we do, our spiritual growth and journey comes to a halt. The time of the lone wolf is over. Gather yourselves! Banish the word struggle from your attitude and your vocabulary. All that we do now must be done in a sacred manner and in celebration. We are the ones we’ve been waiting for.

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