

Energizing Possibilities

2012 is a blank slate for opportunities. Caryn Hacker-Buechel explores the positive messages found in the Mayan calendar and planetary alignment predictions.

Amidst the crystal ball dropping, the glam gleaming and the kiss-kissing, we welcome the new year, 2012, with its un-breathed potential, wistful hopefulness, Mayan Calendar mysteries, possible polar shifts and unusual planetary alignment.

The Mayan Calendar is a unique system of almanacs and calendars that date back to at least the fifth century B.C.E. and were utilized in Mayan communities. One of these calendars, the "Long Count" calendar, is said to predict the possible end of civilization

(as we now know it) on December 21, 2012. That date will mark the end of a 5,126-year era of time marked by the Mayans (known for their advanced astrological and mathematical intelligence) in this concrete format.

Additionally, historians and scientists alike explain that the end of the Maya 52-year cycle, which began in August of 3114 B.C.E. (at the approximate time of the first Egyptian hieroglyphics); our sun will move into direct alignment with the equator of the Milky Way galaxy (Gregg Braden, *Choice Point* 2012). This planetary line-up could be nothing more than an unusual moment in time (which will not occur for another 26,000 years), or there are those who theorize that it could be much more as the energies and magnetic strength from this unusual configuration create significant shifts in weather, energy fields, electrical currents and, for the sensitive, heightened intuitive abilities. "New York Times" bestselling author and internationally renowned scientist and lecturer Gregg Braden suggests that "...with these facts in mind, the December 21 solstice of 2012 appears to be a great cosmic window of opportunity." With the celebration of this New Year, we enter the possibilities of 2012.

Theories are plentiful regarding the potential outcomes. Some are apocalyptic, but most are encouraging. Many suggest that the limitations of contemporary human consciousness will give way to a balanced period of enlightenment and tolerance. Feelings will



re-emerge as important building blocks for human interactions, as thoughts take a previously resisted back seat. We females will be encouraged to utilize our gender traits and allow what we perceive to guide our decision-making. Men will need to become more familiar with their intuitive sides and possibly develop their abilities for communication based upon deep listening. What a fabulous image of the future!

Physics teaches us that everything is made up of energy and that energy vortexes surround us, both individually and our planet as a whole. Even our thoughts are made up of energy and create an impact in the world around us. In the book "Water Crystal Healing" by Masaru Emoto, the crystal composition of water molecules is changed by the vibrational impact of music alone. He suggests that the healing effects of energy and vibration are under-explored and under-used, and since we are 97 percent water, could be used to treat disease.

Lynne McTaggart's ground-breaking book, "The Field: The Quest for the Secret Force of the Universe," suggests that we can influence these energy forces and potentially alter the course of our planet's future. If this is true, our intentions, through thinking and behavior, are vitally important as we begin to design our plan for 2012. World renowned author and speaker in the field of self-development, Dr. Wayne Dyer, suggests that this is an important time to consider the "power of intention." In his book by the same name, he proposes that "intention" is not something you do, but rather a force that exists in the universe as an invisible field of energy.

According to Dr. Dyer, conscious mindfulness of the energy emanating

from our true intentions needs to become a daily focal point. This is the Law of Attraction of which so many seekers and new-age spiritualists speak. Dr. Dyer states this simply in his video "Spiritual Solutions to Every Occasion." The concept is simple and follows the scientific principles of positive/negative energy. "You will get back what you put into the world," states Dr. Dyer. "If your behavior and thoughts send out messages of 'What can the world give me?' The energy of the world will say to you 'What can you give me?' and will take from you. If you ask, 'How can I be kind and loving to others?' The world will say 'How can I be kind and loving to you?' and that will manifest into your life by bringing kindness and love."

The challenge is now yours. Only you can take the next step into intention. Mindfully listen to your own inner voice and outer behavior as you ask the universe to assist you with your hopes, plans and desires. We are in a tenuous time. However, research shows that we can affect our future through recognizing and altering our vibrational energies through intentional thinking. Listen for your own negative thoughts and change them. Ask the universe or your higher power for directions to foster peace and love and be an exemplary voice on this path. Try to change the world through kindness....one bully at a time. Let's make 2012 the best year ever!

Caryn Hacker-Buechel, ACSW, DCSW, began writing books and articles for growing minds during her 30-year career as a psychotherapist and motivational speaker. She is the author of the children's book: "A Bully Grows Up: Erik Meets the Wizard." She lives in Naples.