



JUST WHAT DOES THE END OF THE MAYAN LONG-COUNT CALENDAR MEAN? ONLY TIME WILL TELL.

commonwealth countries—December is a wonderful compilation of moments available to contemplate and promote peace, humanity, love and tranquility.

This December, we also have an opportunity to consider and experience a potentially amazing occurrence on the 21st. This date will mark the end of a 5,126-year era of time designated, by the ancient Mayan civilization, in the concrete form of the Mayan "Long Count" Calendar. This Calendar is part of a unique system of almanacs and calendars that date back to at least the fifth century B.C.E. and are noted for their accuracy in predictions related to our universe. This calendar simply ends on December 21, 2012, raising questions about the meaning of such an event. Additionally, scientists and historians state that an unusual planetary alignment will occur at that time, as our sun will move directly in line with the equator of the Milky Way Galaxy. This formation will not occur for another 26,000 years and scientists question its effect upon our planet.

The ending of the Mayan Calendar has sparked a myriad of reactions from the scientific, religious and lay communities. Universal concerns have surfaced in the forms of modern-day books, movies and TV shows related to the potential issues of 2012. Whether apocalyptic, enlightenment or comical in nature, we have all been exposed to theories, prophecies, worries and hopes regarding the potential meanings

New Beginnings

Despite the flurry of holiday activity, the end of the year is an opportunity to carry the peace, love and joy of the season into the next.

December arrives as a monthlong visitor dressed in fabulous, holiday fashion, nestled in warm robes laden with time-honored tradition and moral guidance. Through December's stories we have opportunities to hear about peace and kindness in a variety of formats. From Pearl Harbor's Day of Remembrance on December 7, which ultimately brought forward an awareness of the importance of human tranquility; to Hanukkah's miracle of

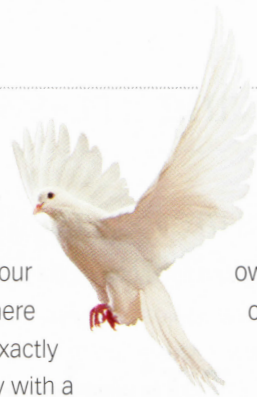
light (along with its historical battle) on December 9, demonstrating the need for fairness and understanding between groups of people; to Christmas' pagentry and celebration of the religious birth of Jesus on December 25 forging a continuing journey of spiritual guidance directed by love and kindness; to December 26's Boxing Day, raising the awareness of the beauty of appreciation and thankfulness typically celebrated by citizens of England, Australia, Canada, New Zealand and other former British

related to the end of the Mayan Long Calendar and the beginning of the next phase of “our time,” our “Age of Aquarius.”

Are high vibrational atmospheric energies causing emotional sensitivities? Are magnetic polar shifts causing extreme weather and tidal changes? Is it the end of a time marked by materialism and competition and the birth of an era surrounded in enlightenment and intuition? Or is all this discussion and chatter just a meaningless combination of hog-wash and barnyard poo? Each and every one of us has the ability to choose as we enter the energies of this remarkable December.

This is our time to act! It is time to take care of our planet, our loved ones

and ourselves. Be kind whenever possible to others and gentle with ourselves. Honor our own special uniqueness as there will never be another being exactly like each of us. Start each day with a realistic and personal self compliment and downplay or disregard any negatives that are self-defeating and from the ‘dark side’ of the psyche. Do your own personal work related to healthy emotional growth. As the day progresses, offer at least eight kind words to others. Let go of the fear of connection and actually look into the eyes of people when you speak to/with them. Allow or create a sense of forgiveness, related to at least one internal event of pain, as most people do not consciously



intend to cause harm. Sit with silence and hear your own breathing for a portion of each day so that you can connect with the energies of the universe. Through our choices, we can work to establish a sense of peace within ourselves, and together create the positive wave to assist and heal our community, our country and our planet—spreading that peace far and wide. ✿

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