

The Third Wave of Conscious Awareness

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discover that unique gift that only we can contribute, and give it to the world.

For most of us, discovering this truth is no small task. I can offer these suggestions:

If you have two choices, choose the one that makes your heart feel lighter. If you find yourself losing your sense of time because you are so absorbed in what you are doing, do more of that.

If you are doing things that leave you feeling tired, depleted and empty, find a way to stop. (If you think of this as saying yes to something lighter, it's easier to say no.)

Next, pursue those healing modalities that really help you to get rid of belief systems that no longer serve your personal evolution. We all have BS (belief systems) to deal with, and until we untie the lines that bind us to these beliefs, we will be

stuck on the ground in our hot air balloon of evolution.

There are so many modalities available to us – tapping – the emotional freedom technique, network chiropractic, reiki, crystal healing, hypnosis, chakra balancing, cranio-sacral therapy; I could go on and on. Not every system is for everyone, but all of these systems work brilliantly for some of us. Find the one that resonates with you and

embrace practice with it. Clear your BS so that you can get totally in touch with your truth.

Then go out and give your gift to the world.

As we do our work, discovering our gifts one by one, the group consciousness expressed in our economic, political and social realities is transmogrifying at a stunning rate. We need to, and will, evolve brand new ways of govern-

ing, systems of economic exchange, and ways of relating to each other on earth. All of these changes depend on us getting in touch with our gift; that which we will contribute to the new earth. It is happening right before our eyes.

For a few years now I have been hearing the phrase "Give the best that you have to give and take what you need." I'm beginning to understand what this means now that I can see each of us doing exactly this; freely giving our best with the full expectation

and assurance that what we need will be freely given by someone else.

So here is the to do list: Work on identifying your truth; clear your BS; find your gift; give it freely. Once we have been doing this for – oh, three or four years – we're going to find ourselves in heaven on earth.

Katherine Baxter is a writer, spiritual counselor and innkeeper. You can learn more about her at www.HarvestoftheHeart.com or by calling (206) 612-3011.

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