

# **Beating the Earthchange Acceleration Blues**

## **Experiencing the Gift of the Shift**

by Azurae Windwalker

**So you've been feeling a bit strange? Chances are you have symptoms of Earth Change Acceleration. High frequency energies are bathing Mother Earth at this time resulting in cellular and DNA transformation. Many of you are feeling the effects yet most do not understand the causes nor have any solutions to the challenges brought about by Earthchange energies. In this article I wish to shine light upon what is happening here on Earth in simple non-fear based terms and explain symptoms. Finally, I wish to give you some healing ways for easing yourself through the Earthchange Acceleration Blues.**

### **The Underlying Challenge:**

In twenty years the Earth's frequency has accelerated from an unparalleled 7.8 to 13—14 on the Shuman Resonance Scale (which is actually the Earth's heartbeat.) What this means is the increased frequency will push out any emotional or physical baggage you have. Thus as you adjust, varying symptoms occur. Huge infusions of Light are transmuting plants, animals, humans and Mother Earth herself to shift us into a bright new era. Many say that through the frequency shift our DNA is changing and we are reconnecting "junk DNA" into more helixes! The Mayans call this time the Fifth World.

I was introduced to this subject years ago by my friend Humble Bear, who makes burial vaults. He made a comparative analysis with a VA Tech scientist studying the Earth's heartbeat. Humble Bear and his scientist friend found several years ago that deaths went up significantly when we reached the earthquake frequency of 18 on the Shuman Resonance Scale. The high energy from an earthquake traveled far across the globe to Blacksburg, VA. through the Earth's body, through rocks, trees, and all material objects including our bodies. Bear's usual two burials per weekend at 12 Shuman Resonance rose to six burials at 18 Shuman Resonance. This shows that those born in 7.8 Shuman Resonance who do not accelerate their personal frequencies in line with the higher Earth frequency may experience fatal growing pains. We see more senseless violence from humans as the higher energy pushes out dark heavy emotions. Like it or not, this is all part of the transformational process as we head to higher frequencies and experience the gift of the shift.

Six months ago at the Amethyst Center in Bedford Co., VA we experienced a profound shift from 13 to 14 hertz resulting in my experiencing several of the following symptoms and furthering my research into "Beating the Earthchange Acceleration Blues!" My experience is that many of the symptoms may last from two to four months depending on how you take care of yourself. Some may reoccur. Following the tips below will certainly help alleviate and shorten the symptoms. The good news is that this process is all part of our evolution into homo universalis!

We can use this gift of the shift and this increased energy for healing and helping ourselves, others and the planet. Eventually low frequency fear based people and institutions that hold us back in the ascension process will either change or crumble. Or some say we might even come to exist in an alternative fifth dimension from them. Life now is an adventure. Enjoy the ride!

### **The symptoms:**

***Take the test. Check out how many of these symptoms apply to you and your friends.***

**Physical** - The physical symptoms include the need for more sleep or on the other hand insomnia; tiredness or lots of extra energy; a need for a lot of sleep and flu like symptoms that do not respond to antibiotics. Also unusual aches and pains in joints and bones as well as sudden shooting pain in head aches not responding to pain killers are symptoms. Pain in the eyes; weight gain or loss or changes in body shape; immune system weakening, lymphatic system changes, diarrhea, stomach ache, bloating and ringing in the ears may occur. Muscle spasms in the back and temporary loss of strength in the hands may occur. Also evident are the eyes and skin becoming darker, ridges on the fingernails, hot and cold flashes, heart palpitations, sweats, migraines, energy rushes, heart palpitations, sinusitis, bronchitis's, and a general feeling of toxicity.

Some of these symptoms are being felt by many people. Many are rushing off to their doctor, herbalist, chiropractor or alternative healer. They are usually told that nothing is wrong with them. This is the truth! For all these symptoms are just temporary and simply indicate physiological changes are occurring which are necessary for ultimate health.

**Mental:** Lack of focus, increased brain burp short circuits, feeling wonderful then crashing into depression, increased clairvoyant abilities, a shortened time between thoughts and their returned results and difficulty remembering past limiting memories as useless data is eliminated from your memory files.

**Spiritual:** A greater alignment with the soul's true purpose, feeling yourself as being part of All That Is, embracing yourself as a multi-dimensional light being, increased ability to communicate with guides, angels, ancestors, and the Spirit in Nature. Also evident are time and dimensional travel in dreams and shamanic journeys, feeling a call to work in alignment with Mother Earth's energies and finding your prayers to be more effective.

**Emotional:** You may feel that something is going on but you don't know what. Now you do! The emotional symptoms include fits of temper, stress or euphoria, loss of emotional centering, mood swings, increased out-of-body experiences and increased intuitive and empathetic powers. Trauma and issues resurface that you thought you had cleared so you can finally heal them. You may experience an inner need to change parts of your life that no longer give you joy or work for you. Often heard comments are about bouts of depression experienced for no real reason. Folks feel a real need to look at past relationships and get clarity on them. And often people feel a great need to purge!

***Dealing with the Earthchange Acceleration Blues involves keeping your personal frequency ahead of the rising energy on the planet thus avoiding toxicity and lessening the symptoms of the shift. Look at it as if your goal would be to ride your surfboard just ahead of the wave of energy. The frequencies of various regions differ widely so adjust accordingly. These tips were contributed from many top level healers who are friends of mine and from my Spirit Doctors in non-ordinary reality.***

**Here are some tips for an easier acceleration:**

- ☼ Practice Earth Sky Breathing which anchors you into the core of the Earth and the Sun with each in and out breath protecting you during magnetic shifts. This twenty thousand year old Cherokee technique is taught in Practical Shamanism 101.
- ☼ Release your heavy emotional baggage and forgive those people and situations that weigh you down. This allows your personal frequency to rise in harmony with the Earth's. A number of techniques to aid this process are taught in Practical Shamanism 202. These include the journey to release painful memories, angel letters and the Cherokee style water forgiveness ceremony. In my healing practice I offer Core Trauma Release which takes you back to the original cause of your pain and self-defeating patterns and releases it through shamanic journey, Neurolinguistic programming, cellular release and Spirit Doctoring. Also you may seek help in transpersonal hypnotherapy. Soul Retrieval helps a lot too as you feel much more energy, peace and completeness when lost soul parts are returned. Contact me at [azuraewwkr@earthlink.net](mailto:azuraewwkr@earthlink.net) for individual appointments.
- ☼ Join a regular meeting of high frequency individuals for support such as our full moon & seasonal ceremonies. Avoid low frequency people who send you fear, shame or guilt. See our Woodland Indian ceremonial schedule at [www.theAmethystCenter.com](http://www.theAmethystCenter.com).
- ☼ Get out in nature and exercise, sit or lie on the ground and harmonize with Earth's energy field. Drum to the heartbeat of Mother Earth. Connect your energies to a tree and have your arms become one with the branches and your feet at one with the roots. Nourish yourself with the Spirit in Nature.
- ☼ Research the herbs that are good for your symptoms. For stress take valerian or Kava Kava. For the lymph system take fenugreek. To release muscle spasms take Valerian and a long hot soak in the tub to which you add Epsom salts. Do this daily. If you are having heart palpitations or breathing problems it is the throat chakra that is opening. If you have not had heart problems before this know that you are not dying. The symptoms will pass in a few weeks. Seek medical guidance if you are unsure.
- ☼ Do tai chi, Yoga, the Tibetan Rites! Dance, the condor dance from Practical Shamanism 101. Dancing is particularly effective because it integrates many energetic pathways easing the flow of the increased Earth energy. Mild exercise such as walking, hiking and swimming are very helpful. Avoid heavily strenuous exercise while you are having symptoms.
- ☼ Work with a high level healer who can attune you to the new frequencies. When your body feels out-of-phase seek help from body workers who can release the heavy energy stuck in your body. Connective tissue work, neuromuscular therapy, and

cranial- sacral therapy can help you integrate the increased energies. You may be prone to distortions in the spine due to changes taking place in the body so chiropractic adjustments may be in order.

- ☀ Release fear knowing that your Soul and Spirit never dies.
- ☀ Release judgments. Harsh judgments against yourself and others will sour your PH. This PH change interferes with the electrical flow within the body and interferes with the transmutation of heavy energy and toxin release. Move into self-acceptance and the acceptance of others to create a biochemical and electromagnetic environment for easy transmutation.
- ☀ Eat little red meat except to ground. Fish, chicken and turkey are better energetic choices. Heavy food creates heavy energy blocks the flow of Light Force Energy. Heavy and greasy food no longer vibrates with your changing body vibration. Find organic locally grown food and eat less of it.
- ☀ Eat as many raw and pure unprocessed food as possible. Eating mostly fruits and vegetables results in a detoxification diet. Heavy grains may be too dense for your body shifts to a higher vibration.
- ☀ Eat produce, herbs and meat from your own medicine wheel, a 50 mile radius of your home that carries your home Earth vibration. Check out the farmer's market. Why ingest food from a low frequency area when your home frequency is so much more compatible you your health? Remember to wash the pesticides from your foods.
- ☀ During cellular transformation your body may need fats, proteins, carbs, vitamins, minerals, or hormones it had not previously needed. Learn how to use muscle testing or dowsing to see what you may need at any specific time. Listen to your body talk!
- ☀ Green drinks are extremely important. They balance your amino acids and are filled with beneficial life force. I take Super Greens Plus and it really works for me.
- ☀ Nourish your stress weakened adrenal glands with Vitamin B complex, astragalus, borage, licorice, milk thistle and ginseng.
- ☀ The Amethyst Biomat helps eliminate toxins which are being pushed out and gives you a spiritual tune up to match the rising Earth frequency. It has been a life saver for me. The Amethyst Center rents and sells these. Contact Penny Best at [peacepen224@aol.com](mailto:peacepen224@aol.com) for help with this.
- ☀ Extremely important is the quality of water you drink. The water we drink allows the vital life force energy to enter and move through your body rejuvenating, facilitating cellular transformation and carrying away toxins. As the process of cellular transformation unfolds you will literally be reformatting your electromagnetic field. Cellular restructuring results in the excretion of waste protein sequences from your DNA. Drink more and better water!

To clean municipal contaminated water you may boil it and put 10 drops per gallon of 35% food grade peroxide. Charging your water up to fill it with all the original health giving life force energy of nature is also a very good idea. Raymon Grace teaches this

method in his Advanced Dowsing, Healing and Empowerment workshops. You may even order a CD from him to charge your water in front of the TV screen as you play the CD. Order these from [www.Raymongrace.com](http://www.Raymongrace.com).

☀ Drink water that is “medicine” that is really good for you and balances your body. One of my Spirit Doctors told me we need wetter water for this transition. I think that the Alka-Life Water Filtration system may fit the bill. It produces top quality water that tastes good too. It’s water has a high PH for superior hydration which alkalizes and detoxifies. It makes water that is a liquid anti-oxidant, increases bicarbonates, has high oxygen levels and assists in balancing your body. Find out more about these through Penny Best at [peacepen224@aol.com](mailto:peacepen224@aol.com)

☀ Cutting down on TV, radio, cell phone and other electromagnetic interferences strengthens your health. Various shielding devices such as my Sun Spiral Energy protective necklaces or Q-link are available on the market. You will find these electromagnetic influences more irritating as you accelerate your energy.

☀ The sound therapy of crystal bowls, Indian love flute, drumming the heart beat, chanting and selected music greatly benefits your health and stress level elevating your personal healing frequency. Ask your Guides and personal healing Spirit Doctors to give you a tune up to help alleviate the symptoms. I do this just as I go to sleep and they work on me during

☀ Ask your Guides and personal healing Spirit Doctors to give you a tune up to help alleviate the symptoms. I do this just as I go to sleep and they work on me during the night. It works!

☀ Do a blood cleansing three times per year. Clear out those toxins that the increased Earthchange energy is pushing out of your system. Dandelion, burdock, red clover, lemon water or cinnamon are a few choices for this.

☀ Engage in ceremony and ritual for change. The Galactic Council of Healers, Earthkeepers and Peacemakers better know as the Brotherhood of the White Light , a highly evolved team of Master Spirit Doctors I met at the Great Serpent Mound, dictated a healing ceremony and attunement especially for healers and wayshowers to Mary Persinger and myself. This allows for easier transition through the Earth Changes with fewer symptoms and a coming to wholeness. The second attunement given two weeks later releases heavy energy and blocks to transformation. I usually combine this with soul retrieval and core trauma release at workshops. If you are interested in sponsoring this ceremony and its accompanying workshop in your area call me at 540-947-2423 or [azuraewwlkr@earthlink.net](mailto:azuraewwlkr@earthlink.net).

☀ Relax, be good to yourself. Go with the flow. We signed on at this time for a reason! Know that all is taken care of. As Dannon Brinkley says, “We were chosen (to be here at this time) and we chose it!”

### **Advice on Experiencing the Gift of the Shift from the Coptic Conference:**

Numerous nationally known speakers gave their advice on working with the gift of the

shift at this wonderful Johnson City Tennessee event to paint an even brighter picture of what we are to expect from the Age of Aquarius.

- **Patti Cocklin**, medical intuitive and healer - “We started out as energy entities. As we experienced lower emotions this lowered our frequency and brought us density. What your body knows is that the negativity you are talking about is YOU! Your cells imprint this negativity so watch your words. Much of the energies we have to heal we came in with. And our mother’s experiences get imprinted too.” *Core Trauma Release and past life regression help this.* Patti continued on the spiritual human in transition or SHIT effect. “Energies need to get chaotic for you to fix it. Trauma always goes to the weakest point.” *So that it is easier to extract negative energy now.*
- **Raymon Grace**, dowser, shaman, healer - “People need to stay in balance in Body, Mind and Spirit in order to survive.”
- **Geisla Hoffman** – Herbalist and intuitive healer, daughter of Hannah Koeger – “The causes of physical and spiritual health are neglect, trauma, congestion, Karma, spirit attachments, emotions, toxins, parasites, infections and DNA transferred disease. There are natural solutions to all these challenges.” A particular warning was for commercial corn products and products containing high fructose corn syrup as they contain GMO-dioxins, the chemical in agent orange. Find her herbal medicine at [www.HannasHerbShop.com](http://www.HannasHerbShop.com)
- **Dick Sutphin**- nationally known hypnotherapist and author - Dick said that “Metaphysically oriented people are generally aware of the vibrational change now occurring. Because they are more sensitive they will lead the others into a whole new world.” He suggested they we go to our Higher Self to connect with a spiritual power group on the other side to help you through the changes. Sutphin also said that as we speed up to 13 hertz or above in the Shuman Resonance we will be living in the 4<sup>th</sup> dimension. *That we are!*
- **Page Bryant** – author and intuitive - “Sooner or later the collective whole will say ENOUGH. We have to heal ourselves, the Earth and take advantage of the new energy. Maybe we just have to get so sick of it we will do something!” “This is a time of Planetary and Galactic Initiation. It is a matter of seeing the possibilities. As we pass that initiation we learn that we have a role in the Universe and accept that role. To experience the energies from now to 2012, ask if your spiritual path grows corn for you. How are the people around you responding to the energies? Who are you keeping company with? If the church, IRS, you job or mate has your power, take it back. You don’t have to live in a situation where you are not happy. Go sit and learn from nature. Make an effort to see the whole picture of what is going on in the world.”
- **Dannion Brinkley** – Three time near death experiencer, author and founder of Compassion in Action. – “It takes 25,750 years for our planet to cycle around the Universe. 26,000 years ago the Earth went through similar changes as now as proven by core samples in Anartica. This is the first time a planet has consciously chosen the Gift of the Shift. Other planets have experienced this but not by choice. ..We were chosen and we chose it! Now we can choose world war or world peace.” Dannion said, “The real gift of the Shift is we are alive and we chose to be here... Be thankful... If it’s not funny, it’s not spiritual. We are

powerful mighty spiritual beings with dignity, direction and purpose.” Dannion continued, “Find out who is in charge of the water where you live. What is in your water? Chlorine in the Number one reason for heart attack. The next wars will be over water. Invest in a water distiller.” “The physical world is only 5% of reality. We really never left heaven. We are here to turn the planet back to the Garden of Eden.”

- **John Davis** – Astrologer and national director of the Coptic Fellowship International –“The Importance of positive prayers in 2008 is essential to help create a new positive Earth reality. A new group of world servers are farmers planting dynamic light seeds for the future of the planet to the next millennium. Positive prayers and thoughts projected into the mind stream of the planet will manifest. An impersonal non-judgmental focus is imperative for each world server ...sending healing and forgiving energy to the many world leaders. ...Please take time to visualize in your own way the positive changes you want to see on earth for all of our children of all religions as nations in this most powerful magnificent day of creative manifestation.” He said “The future purpose and vision of the Declaration of Independence will encompass the future symbology and equality of all religions and nations. All men and women are created equal. All religions are created equal. All nations are created equal. “

### **About Azurae Windwalker**

As a shamanic artist , healer, personal life coach and teacher of Practical Shamanism, Azurae produces outstanding results for her clients. Azurae has a deep understanding of Shamanic techniques having a 22-year successful shamanic healing practice.

Bridging two worlds, Azurae enjoyed a 20-year study of self-mastery as a leading advertising executive in Nashville. She completed a seven-year apprenticeship in the XAT Native American Medicine Society where she became ceremonial leader. She learned techniques to access wisdom directly from the Spirit in Nature, from her DNA and from her Spirit Doctors. Now she shares these ways with students in workshops, art and through ceremony.

Azurae has taught thousands at BodyMindSpirit Expos, universities, Unity churches, and at healing centers. Some of these include Vanderbilt University, Hollins University, Jefferson College of Health, The Tennessee School of Massage, The Heritage Center, Raleigh’s Dancing Moon, & Roanoke’s Lifestream Center. She now directs the Amethyst Center and has five apprentices. Reach Azurae at 540-947-2423 , [azuraewwkr@earthlink.net](mailto:azuraewwkr@earthlink.net) or [www.theAmethystCenter.com](http://www.theAmethystCenter.com)