

# 2012 predictions — should you be afraid?

## Advice Line

by Dr. Betty Phillips



You may have seen apocalyptic movies foretelling widespread disaster and the end of the world on the day of the winter solstice December 21, 2012. The Stress Monster is licking his chops and sharpening his fangs, knowing that the world is beset by violent climate changes, economic disasters, political upheaval and wars. His eyes glisten with eager anticipation as he thinks about your frustration and discontent, the worry in the pit of your stomach, the anger in your heart, your sleepless nights and health crises. Should you be afraid?

Science has documented cycles of time and events related to the interconnected nature of all parts of our earth. Two major cycles of world time culminate in the year 2012: one 5125 year cycle and one 25,625 year cycle. Every 5125 years, Earth's position in space creates an astronomical alignment with the sun and the galactic core of the Milky Way. Although this has been termed the end of a world age, it is obvious that the world has been in continuous existence and mankind has not perished.

We are already in the midst of the changes predicted for 2012. Galactic alignment changes are slow-moving. The winter solstice of 2012 marks the height of this change period, although the great shift started in the 1980s and will not actually be finished until 2016. Only a few moments of reflection are necessary to perceive the destructive changes already occurring

throughout the world.

Gregg Braden's book *Fractal Time* (Hay House, 2009) provides a reasoned analysis of the 2012 issues. Predictions foretell a major upheaval culminating in the 2012 era, including the prophecies from the Hopi, the Maya, the Aztecs, the Hindus, Nostradamus, Edgar Cayce and others.



Historical reference points for the 2012 shift find evidence of multiple wars, over extended economies and collapsing civilizations.

It is clear that we are already experiencing some of the negative changes predicted years ago. In the face of dwindling resources and catastrophic world problems, do we attempt to wall ourselves off and wage war against each other, or do we work together in a global community to solve common problems? Ancient predictions seem to clearly detail choice points. Predictions from the Torah in the Bible Code include the

important choice point question, "Will you change it?"

The importance of individual choices is highlighted by the current world crisis and the predictions of 2012. Experiments conducted over time have demonstrated that world conditions can be altered by small groups of people acting together. The

Institute of HeartMath demonstrated a link between coherence in the human heart and the magnetic fields of the earth. This link first became obvious when satellites detected a rise in global magnetism beginning 15 minutes after the first plane hit the World Trade Center 2001. The change clearly reflected heart-based emotion, in this case horror and dismay, but demonstrated the connection between the Earth and its inhabitants. You can learn to generate heart coherence, [www.heartmath.org](http://www.heartmath.org), and you can participate with others in developing positive world coherence in the Global Coherence Initiative, [www.gcoherence.org](http://www.gcoherence.org).

You can find additional info about 2012 issues in the Advice Line section of my website.

Back to my original question: should you be afraid? My answer is a resounding: No. You should be informed and aware but not afraid. Psychologically speaking, fear and anxiety lead only to a continuation of this negative state, people start hoarding resources and become defensive and hostile. If you've ever suffered from anxiety, panic attacks or been traumatized, you will be acutely aware of the negative consequences to your mind and body. Should you enjoy life? Absolutely: yes. Peace, love and joy should be savored when they occur. In my articles and in my psychological practice, I have been and will continue

## Need advice?

Send Dr. Betty Phillips questions about individual, relationship, marriage or family issues to [BettyPhillips@BellSouth.net](mailto:BettyPhillips@BellSouth.net) or 466 Eagle Point Road, Pittsboro 27312. Questions can be anonymous. Betty looks forward to hearing from you!

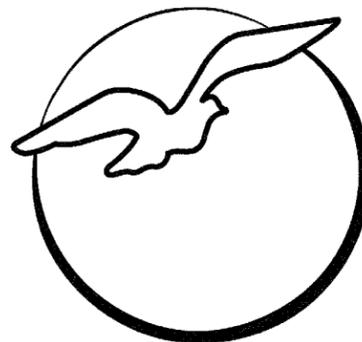
discussing methods to increase heart coherence, gratitude and appreciation, all the positive emotions which increase our personal psychological comfort and happiness and also radiate out into the world around us. As awareness grows of the power and importance of individual and collective heart-based coherence, positive outcomes will multiply. To answer the question posed above, "Will you change it?" the answer will be: YES.

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