

# Sample 1

## Introduction to Part One

### Today's New Energy Awareness

“Eat your breakfast so you’ll do your best at school. You need that energy.”

When you were a kid, didn’t you hear things like that?

Only today’s energy awareness is far more involved. Today we’re bandying around energy talk like it’s second nature.

- “I like her energy, don’t you?”
- “But her friend has such bad vibes. Did you notice?”
- “Lately I’ve been feeling stuck. I think maybe I need to strengthen my Root Chakra.”

Yes, that’s how many of us talk these days. Somehow we’ve become really good at speaking the language of energy. You may even have a hunch that energy awareness could help you get more out of life. (And I think you’d be right about that.)

Today’s new energy sensitivity is good. It *feels* good. Only let’s keep in mind, all that energy awareness has a negative side. For example, have you heard people talking like this?

- “His energy is so bad, I’m afraid he’s toxic. Maybe an energy vampire!”
- “All day long I keep working to ground myself. Except I’m not sure it is making much of a difference.”

And what about problems that don’t seem to have any connection to energy? Problems like:

- “It’s crazy, how hard I’ve been working on myself lately. I tell myself that I’m making progress. But am I? Sometimes I’m not so sure.”
- “How come my relationships seem to be getting worse, not better?”
- “Why am I having this brain fog? It scares me. And I worry, what if other people notice?”
- “Negative emotions are driving me nuts. It’s like I can’t shake them.”

Could be, pesky problems like these indicate that something different is happening to make normal life today no longer quite... normal. Could be, these problems are also related to today’s new energies. Could be, something very important has shifted energetically for all human beings -- even if otherwise observant people like you didn’t happen to notice, not exactly.

Do you remember what it was like, before December 21, 2012? Leading up to that date, the media broadcast it like a big story, how the Mayan calendar was due to end, and something was supposed to change, but who knew what?

How big a story was this, back in the day? More than half a year in advance, Reuters took a survey and found that 1 in 10 people believed that, punctually on December 21, 2012, the world would end.

Do you remember? What did you think would happen? Were you disappointed afterwards, when you woke up as usual and nothing seemed different? After all that hype fizzled, did you give that Mayan calendar even one more thought?

How quickly most of us moved on! But something big really did happen, a new **AGE OF AWAKENING**. I'm convinced, this has been the biggest deal of our time.

You wouldn't know it from media coverage. Or non-coverage. Yet moving into this new era matters more than Jennifer Lawrence's hottest movie in 2012 ("The Hunger Games"); or following the Kardashians and Bruce Jenner (later known as Caitlyn Jenner); or knowing which star won the Oscar for Best Actor in a movie. (That was Daniel Day-Lewis playing President Lincoln, as you may recall if you're a fan.)

**THE SHIFT** that happened for keeps in 2012 has impacted your life more than any performer, any award. Mattered more than who won the World Series or the World Cup. That seemingly unremarkable shift mattered far more, long term, than anything in politics, either. No kidding.

*Well, if what happened was such a big deal, why don't most people know?  
Couldn't it have gone viral as a video?*

No, because it just couldn't. A shift this big and this different and this subtle... doesn't show on the surface of life. Learning about it takes curiosity, an open mind, and practicality (rather than gullibility).

Because you have all that, you can be among the first to benefit from what has changed.

Here's a summary. Underlying your life experiences and mine, the entire planet has begun to operate differently, giving people effortless access to higher vibrational frequencies. Awareness is more fluid, making personal growth faster than ever before, so long as we play by the new rules.

You know how certain rules are needed on a highway, making it safer to drive at high speeds? Similarly the age we're in now comes with important new rules about living, rules that we break at our peril. Rules that nobody told you about. Until now.