



Awaken my Friends

An excerpt from my evolutionary novel “The Mystic Paradigm”

What would a utopian and evolved world look like? *The Mystic Paradigm is a futuristic novel about positive evolutionary change in our world. We are now entering a new awakened era. Many people are becoming more conscious and aware. I truly believe this change will help us shift towards a more balanced and harmonious society. It is through our new myths and stories that we change our consciousness. My story explores what a utopian world would ideally look like and what new challenges we may face in a conscious and awakened society.*

“Awaken, my friends. That is all that is asked of you. Be aware. Be conscious. Take the path of Love. Walk lightly on the earth. Teach these things to others. Forgive yourself for all the detours and distractions, for there will be many. Forgive others for the same. The shadow abounds; it is part of us. We have secrets, we have pain, and we have great joy and love. All things have energy and move in divine flow.

As you have been taught, combine divine love and grounding earthly energy. This makes up the balance. Be deeply grounded to the earth. Keep a strong balance between Earth and Spirit. You are of the earth and must remain grounded.

You are here to experience what we call the ‘Earth School.’ That is your purpose as divine spirits. Take time as you raise your vibration. Send healing energy deep into the Mother Earth. This healing of the earth is a powerful balancing force for all of life. For within this new paradigm, we are the caretakers that we intended to be. We have the opportunity to bring our divine energy to the Mother Earth and help her regenerate even more.

A new conscious energy is bringing us on a spiritual journey to experience unification with Earth and with the Divine. Be ready, for this unification continues to weave a matrix of energy in which everything is embraced. Our cells are being changed in such a way that, as we evolve, we will find the very essence of life changing. The combination of the physical body and our spiritual vibration is the key.

Everyone carries their own story, their own experience. It is essential that we live the whole experience, the ups and downs, so that we grow. Balancing Feminine and Masculine spiritual energies are another key—you need both soft and hard, the yin and the yang, spirit and earth. It’s about working on your own evolution one day at a time as an individual. We deal with our own separate self, but can return and connect with the One.

Be aware of the relationship between thought and behavior. Find the middle way, working between mind and matter, body and spirit. New paradigm leaders guide people to their own truth, and their own path to spirit. This is what you all are.

Remember the alchemy of life, the four elements: Earth, Air, Water, and Fire. And also remember the essential fifth element: that of the Universe, of the Divine, the Essence of All, the

One. Celebrate these things and connect with them. These are the ancient ways, but are also the new ones.

Clearing of old karma is essential, both as individuals and as a collective. Do not let it hold you back, but work on this as part of the ongoing journey. It is part of the sacred path. Forgive yourself and forgive others. Let go and heal.

Be aware of the natural cycle of life and death. Be in the dance of life, the circle of life, the sacred wheel. Prayer and meditation are a key to moving loving energy and connecting with the Divine and with each other. Love is the key and the goal.

Mistakes are made; it is part of the journey. Remember to always be love-in-action. Your actions on this sacred Earth are essential to bringing you to a higher level.

Remember the path to enlightenment is a journey. The ends and the means are the same. It is a path that combines the physical and the spiritual. Although we are separate physical beings and spirits, this is false on many levels. There is an illusion of the separate self, but in reality we are One. We come from the same energy. We are connected to the same Divine force, and we return to it again and again.

Remember that life is always changing; it is impermanent. Be mindful and accepting of this. Most of all, Love. Love yourself and love each other. Be gentle. Have a gentle firmness when it is necessary, but operate from the heart, for it is the heart that is the force that connects us all.

Be strong within yourself. Do not follow anyone. I am here as your friend and as your guide. I speak with the wisdom of the whole. But you are the leader. You are the power. You are all powerful mystics. You are all shamans and healers. Find the connection within yourself. Connect with others, but find your truth within. Blessed be to our new world.”

Get more information and further excerpts from my newest book on my website at – [“The Mystic Paradigm”](#). Available on Amazon.com in both Kindle and Print editions.

Brian M Heater is an author, activist, new thought counselor and conscious living advocate