

## Are You Ready?

I believe humanity has reached a major crossroad; we are at a turning point in the midst of unprecedented times in human history.

For just a few moments objectively consider how many people you know who have had major stress and life changing experiences within the past six months? Now look beyond family, friends and acquaintances, also look at the local, national and international levels.

Most people agree that the physical, mental and emotional drama and stress in their lives is reaching a breaking point.

Mainstream media capitalizes on fear through portrayal of cataclysms, death, destruction, alien attacks, meteors, atomic warfare and natural disasters. Obviously fear sells. But never before has so much focus been placed on a specific date; one that is substantiated by ancient calendars ending and prophecies pointing to the end of the world in December, 2012. What does this mean and what will it look like?

No one knows for sure, but most feel a major shift is coming. Exactly what that will look like is uncertain. Will this shift take place on the physical, mental, emotional, and/or spiritual planes?

I recently attended a seminar presented by a psychic. People wanted to know, “what is my life’s purpose?” They asked, “Can you tell me what my main blocks are so I can live the life I truly desire to live?” No one asked “what do I need to do to acquire more stuff?”

In my private work I find people are hungry for knowledge. They want to uncover hidden parts of themselves that hinder their ability to be joyously present and to live fully purposed lives. The message is consistent and repetitive “I feel a sense of urgency deep within to take action”. Logically the next question would be, “action with what?” Some will be drawn to find their life’s purpose, some to gain knowledge, some to uncover unconscious patterns and embrace them. There will also be those that feel pulled toward Self-realization.

To achieve any of these things, we need to listen to the clear promptings from within, commit and take action! You may then ask, “How do I stay motivated to do what I committed to.

We will choose to be motivated by our Divinity, or we will be motivated by the collective unconscious. The collective unconscious will guide you to buy more, work more, and watch more TV; anything to deny your inner prompting to take the action that will support your personal growth and enlightenment.

In order to stay motivated to act we must have inspiration. Each of us needs to figure out what inspires and motivates us. For the last twenty-four years I have been studying with a teacher I love and respect. From the very beginning he would smile and say, “when the time comes for Humanity to fully transform, you will feel it deep within.” In March, 2011 he said for the first

time “This is it. Game on. Are you ready? If not then get ready!” Inspirational and motivational to say the least!

We have a community that is full of talented gifted teacher’s, seminar leaders, body and light body workers, breath instructors, spiritual counselors and healers. Are you taking full advantage of everything that is available for personal growth? If not, what will it take for you to be motivated? Inspired?

Each morning upon waking, before your brain fully engages, ask yourself, “What action can I take today to accelerate my awakening process and support humanity waking up as well?” When you get an answer, make a commitment to yourself. Take action. Find inspiration. And always remember to have fun!



Rex Montague-Bauer is an intuitive and skilled healer and life coach, utilizing energy field work, stillpoint breathing, integrative writing and spiritual counseling in his private practice. His unique healing modality is an experiential process that has evolved from 28 years of personal, private and group work. Living his passion, Rex teaches and empowers others to recognize their oneness with God and to live joyfully in the present moment.

For inquiry or to schedule a private healing session in Holland, Ann Arbor, or Lansing, MI. call 517 449-1177 or visit [www.stillpointbreathoflife.com](http://www.stillpointbreathoflife.com)