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### ***The “New” has Arrived—And It’s an Inside Job***

By Ellyn Dye

With the Lion People

Are you having *fun* yet? Have you let go of the *old* and fully embraced the *New*? That was the challenge of 2013, and the same challenge will continue in 2014, so you will have many opportunities to practice until it becomes second-nature. And it *will* take practice. The most important thing to know about this NOW moment is that *Everything has changed*. Yes. *Everything*. The *NEW* has arrived, even if the evidence shows up incrementally. Have you embraced it yet?

You have set yourselves an enormous task, to voluntarily and consciously shift from one long-standing and familiar paradigm (that only served the few), to something totally new and seemingly contrary to what you have always known and believed (that will serve the many). What amazing Beings you are to decide to play this game! And with blindfolds, no less. It has never been played before in this way, so you must do it all without a manual. And that is exceedingly hard when everyone has been taught so well to play by the Rules!

In the New, you make up the rules as you go along, based on Love. Then you use the “Universal Feedback Loop” of your outward manifestations and emotional equilibrium to gauge where you are going and how it is working for you, and to make any necessary course corrections. All this makes for exciting, exhilarating—and, yes, chaotic and terrifying—times!

Some of you are out there having enormous fun, creating the life you have always wanted. You have let go of the old paradigm, the old matrix, and with deep courage and trust, you have taken the leap into the New. And now you are marveling and reveling in your new-found ability to create and attract joy, ease, abundance, and love in beautiful ways that you never imagined possible. That is wonderful, and you are blazing the trail for everyone else!

Some of you still look “out there” and perceive that the infamous December 2012 gateway came and went, and *nothing changed*. Some of you are despairing about the future and wondering if meaningful change will ever come. Some have not been able to perceive that the New has arrived, because you are still focused on the old manifestations; still doing what you did before; still operating under the old rules, beliefs, and assumptions; and still only “seeing” what you are used to seeing! The doors of the prison have been blasted off their hinges, yet some of you have not been able to perceive it, because the old paradigm is strong and continues to demand your attention. *The good news* is that if you can shift your perspective and focus a very small amount, you will begin to perceive the New and see opportunities to experience the freedom you have longed for.

And there are many, many more, who are somewhere in-between those two ends of the spectrum. You are experiencing moments of incredible fun and creativity, living in the New, and then you seem to be “called back” into the old paradigm by family, friends, your news shows, and your own old habits, thoughts, and beliefs. The matrix of the old paradigm is a very sticky wicket, indeed, and it is very difficult to navigate when you find yourself walking with

one foot stuck in the old, like Super Glue, and one foot in the New. It can feel like being caught in a giant rubber band: You make forward progress and then seem to snap back! *The good news* is that as you walk steadily forward into the New, those slips backward become increasingly fewer and less severe, and that rubber band will eventually break altogether.

People are so very funny sometimes! You probably hate that idea, because you take yourselves So. Very. Seriously! It would be much easier if you could laugh more, especially at your selves and your “human condition.” You have taken on this amazing experience, and you make it so hard on yourselves!

Sometimes you pray and pray for *CHANGE*, and when it comes—when you actually start to receive what you have been praying for—you become distressed, get caught up in fear, and beg for it to stop! And when it stops.... you look around, you do not like what you see, and you start to pray for change again! You create a continuous loop! Sometimes your guides must push you, kicking and screaming, to exactly what you have always wanted! Resistance does not prevent change, but it slows it down considerably and may, in fact, prolong your suffering.

You also make it hard on yourselves when you forget Who You Really Are and the incredible power you hold! Oh yes, you have heard that you are all divine, powerful Beings, creating your world in every single moment, consciously or unconsciously. You would love to believe that, and sometimes you do! But when something happens that you do not like, do not understand, and did not consciously plan (and sometimes, even when you did!), it is so easy to fall back into the old habits of powerlessness and victimhood. There’s that rubber band again! It is too true that “old habits die hard,” as evidenced by how you sometimes cling to the feeling of powerlessness, when each of you really does have a deep inner knowingness of your true innate power! Remember that only amazing, powerful Beings would take on such a difficult paradigm shift. Only amazing, powerful Beings would dare to play this game, and do it blindfolded!

So... if the New is really here, why does the world “out there” seem like it is getting worse? The nightly news will show that there is tragedy and destruction everywhere. There is much good that you do not see, but yes, there is much disruption going on. You know all about this, already, but it is periodically good to review. Everything is undergoing a massive cleansing. As the Earth and humanity are increasingly bombarded (or, perhaps, *embraced?*) with higher-frequency energies, Mother Gaia and every human on the planet is using those energies to let off steam, so to speak, to release long-trapped low-vibration energies. These low-vibration energies come from all the negativity—hateful and fearful acts of violence, fear, guilt, betrayal, resentment, bitterness, vengeance—that has saturated the very cells of the planet and everything on the planet, including her humans, for many centuries. It must and will be released. It cannot exist in the New Earth. This process will continue in one form or another until enough has been released for all to exist in the New Earth.

The cleansing process also includes the dismantling or restructuring of everything in the old paradigm that no longer serves the greater good—it will affect the economy, health care, government, religion, technology, energy, food production, businesses, communities, relationships—just about everything in life. While this is a good thing—because dysfunctional systems, entities, and relationships cannot exist in the New—the restructuring process can

create situations on the personal, national, and global levels that are disconcerting and uncomfortable, at best, and disruptive and chaotic at worst.

Of course, the release of so much long-stored negativity and the reactions to such universal restructuring can often be expressed in very dramatic ways—explosions, eruptions, sudden storms, lashing out (of high winds, tides, and tempers), meltdowns, and breakdowns, of a planetary and/or personal nature—which can, themselves, cause destruction and create more fear, shame, guilt, betrayal, resentment, bitterness, vengeance, etc., which must then also be released.

The key here is to remain detached and refrain from experiencing and contributing to the negativity loop! Your perspective, including not only where you focus your attention, but also what you believe about what is happening, plays a crucial role in what events you experience, how you experience those events, and whether you are feeding the fire.

This is where the idea of “creating your own reality” comes into play. If you judge what you see as “bad,” you will certainly experience it that way. If you look for the worst, that is what you will find. If you are looking for a fight, you will find that, too! If you focus your attention on everything in the world or in your life that you do *not* like or want, you will be amazed to see that suddenly there is much more of it! If you focus on the “evidence” that the world is getting worse, you will definitely see more and more evidence! *The good news is that the opposite is also true:* If you focus on what you like, you will see more of it. If you trust that every sad event has meaning as well as a “silver lining,” you will start to see that, too! This gives a funny twist to the old saying, “What you *see* is what you get!”

So, if your world in 2013 has not become more effortless, abundant, and fun, what can you do to shift that in 2014, in the midst of ongoing disruptive events and energetic clearings? How do you determine if you are focusing on something that is not supporting you, and how do you change your focus? How do you begin to see and embrace the New and stop looking at the old or seeing with “old eyes”? And how will changing your focus change your life for the better?

Here are a few exercises that you can practice to change your focus and your perspective, to continue breaking the grip of the old paradigm and the old ways of being, thinking, and seeing, and begin thriving in the New Earth. Try these out for a month, or a week, or even a day, and see what happens and how your life changes as a result. Of course, issues in your life must still be addressed appropriately, even if you are changing your focus!

**Focus only on the good things around you.** This will, indeed, prove to be quite a challenge for some because, whether you can believe it or not, some of you have become almost immune to seeing anything good! And for ample reason! But start actively looking for good things, even if you can find only one. If anything that you would judge to be “bad” comes into your mind, sight, or experience, handle it or dismiss it and walk away, and look for something good. If nothing else, look for a flower, a bird, a fluffy cloud, or pause and feel the warmth of the sun on your face (without worrying about whether or not you have sunscreen)! At the end of that day, week, or month, see how you feel. Look again at what you see “out there.” Very likely, you will be surprised to find that “suddenly” things are looking better!

**Focus only on what *you* are doing out in the world, how you are acting, and how you are feeling.** Do not focus on or worry about what anyone else is doing. It has always been easier to critique what others are doing than to observe, critique, and possibly change one's own actions, which is why magazines and television shows devoted to celebrities and gossip are so popular! Watch what you do and say for a week. Look at your emails and social media posts. What subjects do you choose? What posts and comments do you make? Are you generally positive and optimistic or negative and pessimistic? As you turn your focus away from others (whether they are in magazines, on television, in the news, or in your own life) and focus on what *you* are doing, you may be surprised at where you have been placing your attention and how you are acting toward others and yourself. As you make discoveries, you may find that it is easier to make changes in your attitudes and in your life. In addition, you may find that as you detach from what others do, you are no longer emotionally affected by it.

**Hit the PAUSE button before making a negative judgment.** Withdraw your immediate judgment of people and situations, and take a wait-and-see attitude. You will very likely discover—although perhaps not immediately—that those “bad” people are very much like you, and that many “bad” things that happen are merely opening the door for really “good” things to come in. Remember that the old has to be dismantled or restructured before the New can arrive, and dismantling something can be messy and unpleasant, indeed. Think about how a home remodeling project progresses: The “sudden loss” of all your kitchen appliances and running water seems “bad” when viewed without its context, but that is not the case when new and better appliances will be hooked up in a day or two! You are all going through the “Mother of all remodeling projects”! Trust (or pretend!) that the reason you are “losing something” is so that something better can arrive! Then watch it happen!

**Begin to experiment with the idea that everything “out there” is an *inside job*!** Play with the idea that you live in a holographic world, where everything “out there” is a reflection of what is inside you and where you are placing your focus. If you have a strong emotional reaction to something in your life or something you hear about that has happened “out there,” your first step is to ask yourself why you are having that reaction, especially if it is not something happening directly to you. Look past the immediate answer, that you are a caring person, as that is a given! *Ask yourself:* What is inside you that resonates with the situation and creates a strong emotional reaction; what is the fear that comes up; what erroneous or outdated beliefs, assumptions, or expectations are being triggered? Then address that issue in *you*, and turn away from the outside manifestation. Watch what happens when you do that. There are many things “out there” being collectively created, and perhaps, in conjunction with appropriate internal work, you could withdraw from some of those manifestations?

Perhaps you can draw a distinction between what other people are creating in *their* worlds and what you are creating in *yours*? Can you give those others credit for being powerful creators, too? Perhaps they have chosen to participate in extremely dramatic or even violent events for their soul growth, while you have chosen to participate in other kinds of events? Perhaps you have raised the vibration in your world so that those things do not happen, while others have not yet done so? Be aware that as your vibration shifts, your life shifts, too. It gets better and easier!

This is not to suggest callousness or denial of other people's pain and suffering. Love and compassion are always appropriate and needed, but emotional attachment holds you in

the old paradigm. By all means, wrap those people who have suffered mightily in an earthquake, a hurricane, a flood, and, yes, a shooting, in a large bubble of love and pray that they be given assistance and comfort. These efforts really do help tremendously, more than you know! Send money or goods for tangible aid, if you are moved to do so. Follow your heart and take whatever action you feel called to do. Then let it go. Recognize that the event took place in *their* world, and not *yours*, and trust them to resolve it. Exercise your healthy boundaries. If you look, you will find many things in *your* world that can benefit from your attention.

Even though the 24/7 news cycle brings tragedy from around the world right into your living room—and often quite “in your face”—every minute of every day, remember that *your* life requires your attention, and you can only be in charge of your own world, your own life, and your own perspective. Reliving someone else’s trauma over and over, as the news coverage encourages you to do, serves no one. It does not help them, and it takes your energy and conscious attention away from where you can actually make a difference: your own life and the lives of those around you. You are not responsible for saving the world; it is impossible! You cannot change anyone else or prevent others from experiencing their life lessons or soul contracts, especially a stranger across the country or the other side of the world. But you *can* work on changing yourself, your perceptions, and your life! You can work on shifting where you focus your attention, shifting what you “see” and how you perceive it, and shifting your beliefs, habits, assumptions, and expectations, to free yourself from the old and live more in the New.

The beauty of the New Earth is that as you take responsibility for changing your own world for the better, you actually help to change everyone else’s world, too, because everyone’s world is connected. But the key is to let others take responsibility for *their* lives, while you take responsibility for *yours*. Grab your courage, take action, and make the changes you want! Even taking one small step at a time brings huge changes. If you are still trapped in the old paradigm, look and see where and how you are still attached to it, where you are paralyzed, overwhelmed, and not taking action or allowing change. Sometimes the biggest changes come from changing your mind, your beliefs, and your world view.

The time is approaching when you will have to choose, and you will have to take action. It will simply become too painful to remain in the old, and you will have to take the leap into the New, trusting yourself, and trusting the Universe to support you. The tide is rising. If you cling to the dock, you may soon find yourself under water. If you let go of that old familiar dock piling and swim away, you will find that the Universe will help you float! You may even get picked up by a luxury liner and meet the partner of your dreams! You are creating your world in every moment, consciously or unconsciously. If you are doing it unconsciously, you are merely re-creating the old from auto-pilot, and very likely feeling stuck and waiting, ever more impatiently, for the New to “arrive.”

When you consciously let go of the old and begin creating the New, by actively engaging your focus, attention, perceptions, and your issues and actions, and allowing your guides to assist you... that’s when the Magic starts and you begin to have fun! *Life is totally an inside job.* Everyone is familiar with the expression, “As above, so below.” Its lesser-known, yet equally important corollary is, “As within, so without.” You will have peace in your life when you have peace within. You will have love in your life, when you have love within for yourself and

others. You will have abundance in your life, when you have the feeling of abundance within. You will have ease and grace, when you can let go of control and allow the New to flow.

The only prediction we can make for this upcoming momentous year of 2014, is *Continuing Change*. Yes, 2014 will bring more major upheavals and more chaos, as the required and much-needed changes continue around the planet. Yes, there will be many opportunities for much fear and drama. Yes, all your unresolved “stuff” will continue to come up to be noticed, healed, and released. And most certainly there will be much more uncertainty for everyone and everything!

Will it be “good” or “bad”? That will depend on YOU, oh powerful creator Being—on where you place your focus and attention; what you allow yourself to “see;” what judgments you place on it; what outdated beliefs, assumptions, and expectations you are clinging to; and how you respond to change (with grace and ease, or kicking and screaming the whole way). You really have gone through the Gateway, you have crossed the Portal, you have entered and are in the act of creating the New Earth. You really are in charge now, whether you perceive that at this moment or not, and *you* will decide how your life plays out! The biggest change may come from merely changing your mind. Will you cling to the dock that you know, or take the leap of faith and sail off to an amazing new adventure?

Whatever you do, and however you choose to do it, by all means, please, *have fun and laugh as much as possible!*

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Ellyn Dye is an intuitive coach, motivational public speaker, and author. A near-death experience in 1985 expanded her psychic abilities and introduced her to some very loving—and humorous—Guardians of humanity and the ancient wisdom, the Lion People. They provided her with a vast array of information about life on earth and the evolution of mankind, and opened an ongoing dialog and collaboration that has grown stronger over time. Ellyn publishes a free monthly email newsletter, *Tunnel Vision*, about the Great Shift of the Ages we are undergoing. She is also the author of the metaphysical fantasy novel, *The Search for the Crystal Key*, and she is working on a new book, *Creating Heaven on Earth. . . One Soul at a Time; A How-To Manual for Ushering In the Golden Age, from the Perspective of a Near-Death Experience*. Find out more about Ellyn, her NDE, and her products and services at [www.LionMagic.com](http://www.LionMagic.com).