

# The Year of the Empowered Human

The Lion People through Ellyn Dye

Are you having fun yet? The roller coaster ride of the centuries continues apace into and through 2016, providing enough breathtaking dips, unexpected turns, and abrupt, upside-down twists to thrill you all as you move along on Earth's version of Mr. Toad's Wild Ride. If you bit off more than you could chew before it began or if you are still munching on something that no longer agrees with you, you might be feeling a little nauseated about now. Just remember that as with any good, scary amusement park ride, screaming is just another part of the fun, and everyone not only signed up for it but also stood in line to get the ticket to be here!

Because the ride is still in full swing, change and challenge continue to be key for 2016, as are amazing technological advancements and opportunity, open hearts, compassion, and empowerment, all at a pace that will cause heads to spin (and some to grin)! As always, the severity of the challenge depends on the amount of human resistance to the change. Whether the rug is pulled out from under you or you feel compelled to make a difficult change, the more fun you can have with any challenge, the easier it will be.

Humanity and the world continue to move through a great transition; therefore, change and challenge will continue on all levels. As you know, humans tend to view change as challenging, even changes they initiate and want.

The great human illusion that change can be prevented causes more pain than any other unrealistic expectation. Many humans believe that change is always bad and preventing it is good. Neither was ever true, because change is a constant and cannot be stopped. Those who cling desperately to the past and to the known and who try to prevent the future — often loudly or violently — not only do themselves and others a great disservice but also engage in a fruitless waste of energy. The momentum for change is unstoppable, and if we can tap into it individually or collectively, it is actually wrapped in grace. God/the Universe/All That Is truly rolls out the red carpet for anyone willing to move (even with baby steps) past his or her fears, embrace change, and be more loving.

Yes, some of the changes will bring great challenges. Severe weather events will escalate in some locations and arise in others as weather patterns continue to change. Many people around the world will experience challenges and life disruption associated with volcanic eruptions, earthquakes, tornadoes, tsunamis, fires, mudslides, hurricanes, and flooding as Mother Gaia continues to shrug her great shoulders and stretch into higher vibrations, releasing pent-up energy and realigning herself while



fulfilling items on the bucket lists of millions of people. Crops will be affected by these weather changes and events, as will animals, birds, and aquatic life, and there will be a ripple effect.

Personal violent storms and eruptions will also continue under the influence of the tidal wave of energy pushing you forward. Every person on the planet is being squeezed like a tube of toothpaste. Unsupportive situations and relationships are becoming too uncomfortable to tolerate as the winds of change push everyone toward more freedom and true expression of the self.

Have you experienced your internal or external transformational ordeal? During this transition time, every person on the planet will reach a point (or points) of feeling that the chrysalis is suffocating and constricting — the chrysalis being the way you have defined yourself, your belief systems (BS), your life circumstances, or your relationships. A great internal struggle will ensue, and beautiful butterflies will finally break through or break down. Even with breaking down, the breakthrough will ultimately arrive, but it will be slower and more painful. You are writing and directing this script, so it is all up to you!

All of the magnificent systems that you have collectively created to run or support your lives — governments, banks, medical and wellness organizations, energy distribution facilities, educational institutions, and so on — are being squeezed into ever-tightening chrysalises, and they too will have to break down or break through. To continue to exist and thrive, everything from the individual person to relationships to corporations to governments must respond to these demanding energies and adjust in whatever ways are necessary to better serve the greater good. Again, you can write these scripts to make the necessary adjustments in either an easier or a more difficult way. Be sure to choose and to send out your focused intent. With more massive systems, it takes more people focusing on easiness to bring that about, so be very careful about the energies you contribute consciously or unconsciously to any change scenario.

## Expect to be Wowed

While some might get bogged down in the drama of all this continuing inner and external turmoil, others will revel in the wonders that come online. Technology will advance at head-spinning rates, changing lives in unimaginable ways. Virtually every aspect of human life will benefit from new technologies and discoveries, but the most stunning advances and benefits



will come in the fields of medicine, energy generation and distribution, personal electronics and computing, and transportation. Phone watches, virtual-reality games, laser and other noninvasive surgeries, three-dimensional printing, and assisted car parking are just the beginning. Minds are becoming unleashed (and unprogrammed), and who knows what wonders they will create.

New technologies and discoveries can and will make life much easier and better for many, but they can also bring new ways of wreaking havoc and creating damage. Appropriate cautionary measures will be required. Examples abound of the down side of, say, the wonderful Internet. While the Internet connects so many people around the world and provides unprecedented access to information, it also provides a platform for online gambling, websites that assist in infidelity, all kinds of hacking, and identity theft.

As new advances become available that benefit the many, there also will be backlash. The old energies die hard, and those who benefit the most from the old ways will not relinquish the power and wealth quickly or easily. This is especially true in those countries where money and power have become the highest priorities. Even with everyone aligned, large systems and ways of being do not change overnight, and there might be a number of false starts and erroneous side trips.

### **Step into Your Power**

The most exciting part of 2016 is the opportunity for each of us to truly step into our power. Over the past few years, you have all been slowly and sometimes painfully identifying the ways you have given your power away, and you have slowly been taking it back. For many of you, the hard part is ending, and it is time to start using your power, your consciousness, and your very presence in a conscious way and with intention and focus to cocreate the world that you want for yourselves and the greater good.

Humans are divine, powerful beings. As the veil has slowly thinned over the past few years, your powers have started manifesting, even if most of you have been too distracted by all the drama around you to notice.

It is time to stop playing follow the leader and start following your own hearts and leading yourselves. How can you do that? First, let go of the drama. Stop being wooed by violence and victimization, and disengage from the distractions that are provided nonstop by the mainstream media. When disaster happens around the world, instead of being sucked into the twenty-four-hour news cycle (which focuses on victims and disempowerment), sit quietly and send love to the situation. Join with others, and send love. Have you seen pictures of people fleeing a war-torn country to try to create better lives for themselves somewhere else? Send love. Have you witnessed people losing everything in a major flood? Send love. If you can do something else, such as sending money or supplies, or if you have the ability and skills to help in person, then by all means do that. Often when disaster strikes far away, there is nothing you can do to physically help the situation (hence the disempowerment). So send

love. Wallowing in confusion, fear, and anxiety literally makes the situation worse.

Remember that you can always do something that really will help, even from your living room sofa: Send love. Sending love is doing something. Let go of the idea that sending love and prayer is meaningless. Sending love is, in fact, the most powerful and helpful thing you can do. Love and prayer have amazing power. If you send love and ask the loving beings around you to assist those who need help, magic things will happen.

The prevailing belief system (BS!) that humans are inherently bad, flawed, limited, and ineffectual has served those "in charge" for many centuries and effectively consolidated the wealth and power of the world into a few hands with little or no opposition from those who blindly believed and obeyed. That belief system has kept most people in an ongoing, debilitating, disempowering state of fear — fear of themselves and of each other. How long are you going to continue to believe that BS?

As the veils continue to thin and transparency becomes the norm, shocking revelations will be made about revered leaders. Who will you turn to when your leaders are shown to be liars, hypocrites, and puppets working for those who hold the wealth and pull the strings? If you cling to the idea that meaningful change must come from leaders, you will not only be wrong but also miss the greatest of opportunities available to you.

### **Empowered Human Action**

Step boldly into faith in yourself and your fellow humans. Step boldly into your own inherent superpowers. Shed the outworn BS and step boldly away from your limiting self-doubt. Step boldly into the idea that you can make a difference by using

What does an empowered human action look like? What is it like to send love? Is there a hurricane heading toward a populated area? Sit quietly and tune into that amazing hurricane. Talk to it! Bless it and thank it for the massive cleansing that it brings. In your mind, wrap it in a big fluffy cloud of love. Do the same for all the people who will be affected by this mighty storm, wrapping them in love and white light, and surround them with the intention that their losses will be minimized.

Talk to Mother Nature, and request that the storm move out to sea, if possible, for the benefit of all. Last but not least, let go of the outcome and how you think it should be, knowing that your request will be honored for the good of all. The idea that your ancestors talked to the sky gods, the rain gods, the wind gods, or Mother Earth herself might seem silly and primitive to some, but they were smarter than modern humans in understanding that there is consciousness there and that cocreation is possible. In all things, nature wants to support humans, but the humans must participate in the exchange.

