

Nancy's Tuesday class, #12 (November 10, 2009)

Key Topics: Eternal Pattern, 5 levels of awareness, chakras, miscarriages, Indigos, the 4 dimensions

Other: I used to love the class you had at the end of the year with so many people.

Nancy: Yes, I haven't done those for several years. Everything had begun changing and moving so rapidly, that I didn't know how to put the information out and make it sound sensible.

Other: Are things that happen in a shorter period of time easier to predict?

Nancy: Yes, much easier. It's hard today to see a whole year because the movement is so fast and the Indigos change things so rapidly.

Other: Can you talk about rewriting your eternal pattern?

Nancy: The eternal pattern doesn't change except in its adaptation to time. When you get in different times and situations, you learn a different aspect of that pattern. Each pattern has a plus and a minus on it. For example, with power, it can be powerful, powerless, or empowering. I hope everyone learns from my work that we all have choice in all levels of our lives.

On a mass level, mankind has completed a level of awareness, and now we are headed for high tech. We have to be careful that high tech doesn't take away our humanitarianism. That we become what we are working with: machines, calculators, and automated systems. We don't want to become computers; we want to keep our humanistic side alive. Otherwise we become robots. That we don't want.

Other: question about Blues.

Nancy: The rapid changes going on in the universe and with time are changing the habits of those of us with other colors. The Indigos don't have patterns that need changing from former times. They know what to do without having to worry through the change process. It is an interesting time, but there is no manuscript for it. That's what makes us so uneasy and anxious.

Other: Is this a bad time or a good time to be pregnant?

Nancy: It's a good time. When you are pregnant you take unusually good care of yourself. That's a good thing right now.

Other: What happens with a miscarriage? Who is in charge of all that? Is it the souls coming in or the mother or what?

Nancy: It can be either of them, or it can be both. I see a lot of indications of developmental challenges with both sides. Sometimes the mother has irregularities going on in her system, and the child gets a fear about it and says, "I'm out of here." Then the fetus will naturally abort. Sometimes they get frightened and lay in a distorted position in the womb. I've seen twins where one takes over and gets a comfortable space in the womb, and the other one has to take what's left. When they are born, the same dynamic carries forward. I have been lucky enough to be old enough that I have seen many, many examples of all kinds of things that explain human behavior that we otherwise wouldn't know how to explain. It is not a cut and dried process.

It could also be the mother. She could have some process going on where, all of a sudden, she realizes she is afraid or not ready, etc. And then she miscarries. The embryo agrees and is willing to depart. Other times the mother may want to abort and the child can't or won't because it has a purpose. There is no standard explanation that applies to all situations.

The Indigos coming in now (as opposed to 20 years ago) are psychologically clearer than the early ones. They know far beyond their years. The question for them is whether they will be able to balance things with the speed of time. That all depends on how well WE (other colors and older generations) can allow them space.

Other: Don't you think Indigos come into the world with special gifts?

Nancy: Yes, some do. But there have always been gifted children with each color. We are coming into a time where "genius" is going to be average, compared to how they used to be. The transition in evolution right now is phenomenal. Most people have no idea how incredibly fast mankind is progressing and changing because we are doing it unconsciously. Those of us who are older can watch how fast it is. Today's children are gearing up to travel even faster. What we accomplished in 20 years, they will do in 5. In our time, many of us could not do what children do today. For one, things hadn't been invented. Two, some of us would have been punished for what normal kids do today. The beauty of it is that it is evolution in action. The sad thing is that for those of us who are older, we can't understand the changes. We also have been so culturally trained that we only want to see the good so we don't understand that EVERYTHING has two sides: the plus and the minus. The good and the evil. The hard workers and the lazy. That we will always have. The Earth is paradoxical. As long as we are on Earth, we will always have two sides. Your choice is what you do from your heart. Not what you are told to do, but what you do from your heart.

Other: Can you talk about the dimensions?

Nancy: The first dimension was about passivity. Things just evolved and happened. In the second dimension, man had to do everything with his muscles. Now we are moving toward high tech. This dimension is about bringing peace and harmony between the mental and the physical. The mental we call "thought." And the physical we call "heart" or "heart and soul." There is no such thing as right or wrong. It is just that one is higher than the other one or vice versa. These children are introducing a whole new ball game to us, which is adding "spirit" to the process, meaning that they will be looking more universally at things than we do. It will appear more impersonal, but what they really mean is that things are open for discussion. That's what we have to learn.

Other: So the 4th dimension is spiritual. It's more high tech.

Nancy: Yes, and it's about BEING. That's why the high tech is important. With things we don't want to do physically, we'll push a button to have the doing part taken care of. We will just want to BE. It's incomprehensible because we have never done it before.

In this dimension we were taught that we could always think a thing and then it would happen. Sometimes it did, and sometimes it didn't. It depended on how consistent the other person was with their thought and their faith. What's the difference between thought and faith?

Other: One demands action and one (pause...)

Nancy: Does faith create change?

Other: general discussion about faith

Nancy: How many of you think you don't have faith? In the next dimension we are coming into, you have to learn to BE. In order to get thought and action working, you have to be in a state of openness.

Other: Does faith have the openness?

Nancy: The high tech is required in order for us to practice long-term acceptance to things. The gift of life is choice.

Other: Can you talk about the 5 processes?

Nancy: Everyone has 5 processes: the ego, mind, body, emotions, and soul. It is important to have an ego. It deals with the world. What is important is to HAVE an ego. What is NOT important is to have ONLY an ego. The mental process defines what the ego sees in the world. We see things, not as they are, but as we are. We do not make a statement that encompasses everybody. We make a statement that encompasses us. To define something, you have to drop your feelings. You feel things cellularly. Man is not a simple piece of machinery. Awareness encompasses many things. If I can make you aware, you will find your own salvation; you don't need mine.

Other: Can you talk about, like, if you have a plan but something "out there" is blocking your plan? Can you talk about how to work with that?

Nancy: My statement is that if you can understand how to use your own alchemy, you can eliminate blocks from your environment or you can bring it into your environment with thought. You can also do it through sensation. For instance, when you sit down to meditate, how do you do that? What do you do when you say you are going to meditate?

Other: Start breathing.

Nancy: Then what do you do?

Other: Do the mantra.

Nancy: You can. But what are you doing when you are using a mantra?

Other: Thinking.

Nancy: I haven't seen anyone meditate who doesn't have a system, a procedure. And all of the 5 areas are included in it.

Other: How can we use our own alchemy?

Nancy: If you want to be aware, you have to know the steps and how to work it.

My take on the chakras is that when a baby takes its first breath, the first thing to open up is the root chakra, which is red in the language of color. The root chakra brings about action, so when you become aware, when you reach to shake hands with somebody, what do you feel? What part of your body goes with the hand going out? It will be different for different people. Some people's first instinct will be to pull back, so they straighten their back and pull their hand. Others people will move from their throat and chest. This is awareness. What makes that happen?

Then the energy goes to the second chakra, which delivers the energy from the root chakra to all parts of the body and then head. Then we move up to the solar plexus, which is where we assume other people are accepting us. Have you ever started getting excited about meeting someone, but then when you do, you want to pull back? That comes from the third chakra. This one (gesturing at something) just explodes physically. This one puts it through the cellular part of the body. This one opens up the door to the outside world. That's why in Japan the monks will always take the left hand as their spiritual hand and the right hand as their physical hand. So they will take their thumb, which is ego and put it behind the hand, to protect it. Then they take the right hand and protect the left. The physical hand always protects the spiritual. The physical thumb will protect the spiritual thumb. Then they put it over the solar plexus which is the incoming process from people, places, and events. They put it there and walk that way so no worldly elements can hurt them. They are protected and protecting their spirit. So they remain unemotionally involved. The throat chakra is a translator that takes all this energy and translates it to the intuitive (or the brow chakra), which the Indigos are born on. The brow chakra works out fears and phobias. So when we are afraid of something, we need to look at our intuitive process. Sometimes it frightens us or overwhelms us. Sometimes we can be looking at something intuitively and get frightened or scrambled. We don't know how to listen or what to do. Then it goes to the crown chakra, which then takes it back down through the body so it can come back up again. The solar plexus and crown chakras can bring balance to all of them and change your process.

I have been studying it on my own time, and that is what I have gotten so far. The solar plexus allows people, places, and events in your environment to be digested and then accepted or rejected. The intuit takes the universal energy and molds it into action for physical awareness.