

The Aquarian Shift: What will be Different?



By Santokh Singh Khalsa, D.C.

I first heard of the Age of Aquarius from a song in the musical “Hair.” I was a teenager in the 60’s and it sounded really cool. I then started hearing about it again from my teacher, Yogi Bhanjan. He came to this country in 1969 and started teaching Kundalini Yoga, a type of yoga that had never been publicly taught before.

He could see that many changes were coming that were associated with the shift to the Aquarian Age, and it was time for people to have the tools they would need to transition from the Piscean Age that we had been in for 2000 years, into this new age.

What are these ages? Astronomers will tell you that the Earth rotates on an axis and that this line going through the center of the earth has a slight wobble to it. It goes through a little circular wobble about once every 24,000 years. This cycle has been broken into 12 parts associated with the 12 astrological signs, based on which constellation the axis is wobbling towards. From around 2000 B.C. to 0 A.D. we were in the Age of Taurus. From 0 A.D. to the present we have been in the Age of Pisces.

For the next 2000 years we will be in the Aquarian Age. We have been in the transition from the Piscean Age to the Aquarian Age for the last 50 years. The official beginning of the Aquarian Age is November 11, 2011 or 11/11/11. Some people have set this date as December 21, 2012. Considering that this is a 2000 year cycle, no matter which date you accept, we are in for lots of change in the near future!

Why is this so important? Many people go their whole lives not caring or knowing if they are a Pisces, or a Gemini, or what their moon or rising sign is. This change to the Aquarian age is so important because it

changes the astrological conditions for the entire planet. **Every person on planet Earth has been and will be affected by this shift.** Let's investigate what will be changing.

The Piscean Age has been dominated by hierarchy, and power. The key phrase for this age was from Shakespeare's Hamlet, "To be or not to be." To make a successful and happy life, you needed to resolve this question. The key to the astrological sign Pisces is "I believe." During this age, in order for you "to be," you needed to find someone or something to believe in.

When you found that thing, you attached yourself to that thing and were guided how to live. This could be a religion, a political ideology, a charismatic leader, work, etc. The keys to life were hidden and secret in the halls of power and in the monasteries and ashrams. But you didn't need to know these secrets, only to follow leaders and guides who did. This created vertical hierarchies as a result, and it was essential to find your place in the pecking order.

This has been the foundation for human consciousness for the past 2000 years. **Everything that you have learned from your parents, and they from their parents, going back 2000 years, has been colored by this Piscean frame of reference.** And now that is all changing.

The Aquarian Age will be dominated by networks, and information. The key phrase for this age is "Be to be." The key to the astrological sign Aquarius is "I know." This is the age of information. Nothing is secret anymore. All information is available at your fingertips. Where the Piscean age was organized in a vertical, up and down structure of hierarchies, the Aquarian Age is organized in a horizontal network, opening the world up to true equality.

During this age, the focus is no longer on your identity and existence ("to be or not to be"), but on accepting yourself as a whole person ("be to be") who does not need to believe in something outside of yourself. You are ready to accept that you have the knowledge and wisdom within yourself. It is no longer necessary to attach to something outside yourself, but to become a leader of one: yourself. Instead of being a railroad car that is pulled by an engine, you become your own engine. It is your responsibility to stay on the tracks and to keep moving forward.

With this understanding, it is easier to comprehend what has been happening in the world over the last 50 years. On the inner level, since the 1960's, there has been a huge movement towards personal transformation: self awareness, self improvement, yoga, meditation, tai chi, alternative healing, natural foods, etc. There has also been a major increase in depression, suicide, anxiety, stress, and drug use, both pharmaceutical and recreational.

In the outer world, we have seen amazing changes: civil rights, environmental consciousness, women's rights, gay rights, global consciousness, etc. We have also seen the rise of fundamentalism, terrorism, partisan politics, racism, xenophobia (the fear of the "other"), and general fear mongering.

This shift is bringing out the best and the worst in mankind. Some people are preparing for this shift by opening their hearts and minds and embracing this new age, and some people are intimidated by the changes that they don't understand and want to return to a "golden age" in the past, or to circle the wagons and trust only those who are like themselves.

Transformation is never a painless process. When you fast or cleanse to purify your body, at first you feel worse, because toxins get stirred up in order to be eliminated. Once these poisons have been cleared, you feel lighter and more energized. Now imagine that every person on planet Earth is going through this shift. We are heading into a time of radical change. It is a time of great potential growth and expansion, but it is also a time of great potential pain and suffering. **The more that you understand what is happening, the more that you can go through all of the changes without losing your balance and stability.**

What can you do to help make this transition into this new age of information and consciousness? Here are some suggestions:

1. **Have a daily spiritual practice.** Every spiritual tradition has one thing in common: a daily practice. This can be many different things: yoga, meditation, chanting, prayer, contemplation, exercise, journaling, etc. It is not important what you are doing, but that you do something almost every day, and do it with an intention to let go of your blocks and focus your consciousness. Kundalini yoga and meditation are the most powerful tools that I have found, but everyone must find their own pathway and collect the tools for their own toolbox.
2. **Don't give in to fear, despair, or anger.** There is so much happening that can trigger these emotions: the media, the environment, politics, terrorism, etc. If you understand that these emotions are all symptoms of the Aquarian shift, then you can go through them without losing your center.
3. **Don't be a victim.** You have the power to change your life. Don't give that power away to anyone through blame or resentment. You are responsible for your happiness and grace. Don't buy into any view of reality in which you are not 100% responsible for making your life work. The Aquarian Age is all about empowerment and consciousness.
4. **Be a source of light.** The more people who consciously choose to embrace the Aquarian shift, the easier this transformation will go for humanity. It is a spiritual truth that a small percentage of people who have shifted their consciousness can influence the rest of humanity. If you are reading this, then you are most likely one of these pioneers. Find a way to spread your light: teach, heal, create community networks, serve, sacrifice, love. Welcome to the Aquarian Age!



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