



# WAKE UP NOW!!!



By Stephen P. Weiss, M.D., Integrative Medicine and Classical Homeopathy

## HOPI ELDERS' PROPHECY:

"You have been telling people that this is the Eleventh Hour, now you must go back and tell the people that this is the Hour. And these are things to be considered....

Where are you living?

What are you doing?

What are your relationships?

Are you in right relation?

Where is your water?

Know your garden.

It is time to speak your truth.

Create your community.

Be good to each other.

And do not look outside of yourself for your leader."

Then he clasped his hands together, smiled, and said, "This could be a good time!"

There is a river flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hold on to the shore. They will feel they are being torn apart and will suffer greatly. Know the river has its destination. The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our heads above the water.

And I say, see who is in there with you and celebrate. At this time in history, we are to take nothing personally, least of all ourselves. For the moment we do, our spiritual growth and journey come to a halt.

The time of the one wolf is over. Gather yourselves! Banish the word struggle from your attitude and your vocabulary. All that we do now must be done in a sacred manner and celebration.

We are the ones we've been waiting for."

On September 13, 2012, hundreds of us gathered from all over the Americas, Europe and New Zealand to learn from a host of Wisdom Keepers and Elders, and some of the world's great visionaries. Having been a speaker at both of SEED Graduate Institute's previous Healing Conferences, as well as a former member of the SEED Advisory Board, I was asked to be the M.D. of the Conference in case any of the participants, particularly the Elders, required medical attention. It was a great honor and privilege which



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I immediately accepted. It really was THE conference of the year as advertised, and nothing could have prevented me from attending.

Many of us find these times particularly challenging. The Hopi prophecy, which perfectly summarizes the Wisdom from the Origins Conference, invites us to look inside, to reevaluate the way we walk this Earth and the way we show up in our lives. Sometimes what we see is not pretty. We try to

sugar coat those parts that we deny, but that is exactly the same as taking a drug to suppress a particular symptom—the disease, the rot keeps on festering. The Elders teach us that the root cause of our suffering is our disconnection from Creator/Spirit/God, as well as from each other, and the destruction of and alienation from Mother Earth.

When I initially wrote this article, I described a frightening scenario that was shared at the Conference. Ironically, it did not come from the Mayan Elders—they do not believe that 12/21/12 is the end of the world, only the end of a long cycle of time lasting 5,125 years. That article was a Wake Up Call and a Call To Action with fear the primary motivator. Fear is a great motivator. Or is it? It definitely riveted my attention, and at the same time activated my reptilian brain—the primitive part of the brain that is concerned with survival. Is this the consciousness that is going to get us out of the suffering our planet and most of its inhabitants are experiencing?

Lynne Forrest, author of *Beyond Victim Consciousness*, and one of my mentors, doesn't think so. She teaches a simple, yet very powerful tool that can be applied to ANY situation that is painful. Building upon Dr. Stephen Karpman's work on the "Drama Triangle" (which Lynne calls the "Victim Triangle") and Byron Katie's teachings known as "The Work", Lynne shows us very precisely that the root cause of our suffering lies within our mind and its mental constructs, not in external events, however painful they may appear.

Incested as a child, she realized that the pain she experienced for decades was due not so much to the events themselves, but to the negative thoughts and beliefs about herself she carried as a result of the abuse. Lynne teaches that humanity is, for the most part, mired in an immature

and highly dysfunctional blame game which keeps us stuck, disempowered and suffering deeply. Just like actors on a stage, we take turns playing out the roles of victim, persecutor and rescuer, sometimes quickly cycling between 2 or even all three points on the triangle. The common denominator of these roles is the refusal to take responsibility for our lives and our belief in our elaborate stories, which are false constructs of reality. Only when we step out of this vicious cycle into what she calls Observer Consciousness do we see Reality exactly as it is, without judgment or interpretation.



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In this sacred space, connected to Source/Creator/God, we experience the exquisite peace which is our true nature. We are blessed with free will, and our only choice is who we choose to serve: ego/blame/fear, or Reality, which is synonymous with God. Please visit [www.lynnforrest.com](http://www.lynnforrest.com) for much more detail about The Victim Triangle and her blueprint for ending our self-created suffering.

A great deal of Wisdom was shared at the Conference which, if put into practice, can lead us to the dawn of a new era, which is exactly what the Mayans believe we are in the midst of. On November 10 & 11 in L.A., Marianne Williamson is organizing Sister Giant to birth a new politics of the heart “in which the principles of higher consciousness form a new foundation for political involvement. Sister Giant will provide the opportunity to fuse our love, intelligence, decency and conscience in service to America’s future.” ([www.sistergiant.com](http://www.sistergiant.com)—a live stream will also be available). Additionally, Barbara Marx-Hubbard is spearheading Day One all over the world on December 22 to celebrate the birth of a new era in the evolution of our species. By joining together on this day we will create the most powerful field of resonance, creativity and love we have ever seen, and supercharge the noosphere, the thinking layer of the earth, which will support a collective awakening of consciousness. Contact the Center for Conscious Living in Albuquerque for more information: 505-514-2024.

Practice forgiveness. Life is too short to hold on to past hurts. I have started a gratitude journal which is growing exponentially. It quickly puts me in a heart space which is what we need to anchor in order to make the transition away from ego into a recognition of the oneness of all things. Create a daily personal connection with God through prayer. Always intend for the highest good for all beings. Support environmental causes both financially and through volunteer work. The grassroots organization Protect Our Air and Water, where I served as a volunteer, helped stop the annual open burning of 80,000 pounds of hazardous waste in Albuquerque. Be bold. Playing small doesn’t serve anyone, as Marianne

Williamson taught us years ago. Share this information with your friends and loved ones. Heed the guidance of the Hopi Elders! Love thyself as thy neighbor—with loving kindness. If you really want to be inspired, go to [www.seedgraduateinstitute.org](http://www.seedgraduateinstitute.org) and hear many of the speakers from the Wisdom from the Origins Conference (<http://www.regonline.com/Register/Checkin.aspx?EventID=1131829>). I am happy to help you in whatever way I can. The healthier you are in body, mind, emotions and spirit, the more grace and ease you will experience during this great human and planetary transition. I leave you with a Mayan Salutation: In Lak'ech (“I am another you”)

*Dr. Stephen Weiss has been successfully treating patients of all ages in his Holistic Integrative Medical Practice since 1993. Patients deeply appreciate his genuine, heartfelt compassion and ability to seamlessly combine cutting-edge high tech medicine with numerous effective and safe alternative healing modalities. Please visit our new and improved website to learn a lot more: [www.holisticmedicineheals.com](http://www.holisticmedicineheals.com).*

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*“I can’t ever remember feeling as well as I do now.” – S.D., Santa Fe*