

The Energies of 2016



Every year has its very special vibration and energy, and the 9 year is truly one of note. If we all lived up to its potential we could suddenly have world peace. That is how significant it could be!

Our purpose at the moment is to determine and understand the energies of the year coming up, as this will have considerable effect on people, and will be different from last year. The yearly cycles are really how the planetary cycles are affecting humanity. They are interpreted, therefore, from humanity's point of view.

Each year's energies are challenges and opportunities. We are challenged to align ourselves with the planetary purpose while living our individual cycles.

The more Soul conscious we are, the more aware we must be of these universal energies. We have a great opportunity to unfold our life and consciousness in more expanded, more inclusive ways.

What this means is that we need to take advantage of the opportunities presented by the year's energies. We do this through intention, love, interest, sympathy, compassion and identification.

Alignment with humanity is essential and achieved through Soul identification in the larger sense, the group sense. If we relate to Soul beyond the idea of the individual Soul, then we automatically are aligned to humanity. This is what is basically meant by group consciousness. In this alignment the Soul within us perceives itself in others.

We have to do our spiritual accounting this year. We've learned some things which we have to acknowledge and integrate within ourselves and we've probably missed some opportunities during this cycle of 9-years. By *learning* I mean that we have expanded our consciousness and, as a result, we can function more fully in some way as a soul in incarnation. The personality, of course, has learned some things, meaning that it has acquired some awareness that it didn't have before and also perhaps had some new experiences. But that isn't true learning unless it facilitates the expression of soul through our physical, emotional or mental bodies more powerfully, more lovingly or more intelligently.

In a 9 year we ask ourselves: what are the lessons I have learned or can learn from the past 9-years and it's still not too late to learn from our experiences through conscious realization, meditation, contemplation and reflection. What has it all been about? How can I, as a soul, or we collectively as a soul called humanity, express our true nature more

fully as a result of our recent experiences? What are our experiences showing us? How are they answering the questions that we've been pondering? Our questions are always answered, but sometimes we miss the subtle responses. Do we want to see what is being shown to us or are we avoiding our next step?

Another issue of the year is that of releasing the bonds that hold us in the past. What are we stuck in or just repeating that has no conscious purpose for the future? Doing the same thing in the same old way is definitely not soul consciousness and gives little or no opportunity for the soul to express itself. What can you change that would serve your higher nature better? What patterns, habits, addictions and attachments are needing to be released? You don't have to change everything – you couldn't even if you wanted to. However, there are some things which the soul is urging you to release and let go of.

Ask yourself: what is the source of the greatest challenge or difficulty in my life now? If it's finances, then look at what you are doing and not doing in that area and what attitudes you have in that regard. If it's relationships, what is blocking a finer or better relationship? Look within yourself rather than at another person, for what has to change. The reason there is difficulty is because the soul is attempting to express its Beauty, Truth, Goodness or Unity in that particular area of your life and it is being hindered in the process. Also ask yourself: what is the source of my greatest joy in my life right now? How can I incorporate more of that because joy is contagious, it radiates and shows the true beauty that you are. Joy comes from the soul being able to express itself.

9 is a year of reaching out, extending your boundaries, being inclusive. It demands a universal outlook, which means considering the greater good for humanity and the planet. It is coming into right perspective with regard to your place in life, so that individual or group purpose is known, first of all, and then secondly is seen in light of a larger or greater purpose. Goals serve a purpose, but purpose always serves some greater good than the one whose purpose it is. When this is connected to and lived, there is alignment with the Life Force, resulting in empowerment.

9 is selfless and altruistic. It is humble, tolerant, patient and forgiving. Without this consciousness, the opposite qualities will be present. Particularly watch out for pride, narrowness, self-centeredness, criticism and negative judgments of all kinds.

This is a year of completion, and therefore one of transition. This year and next go together as the end of a cycle flows into the beginning of a new cycle: completion and initiation. For some it will be a crisis time, and therefore an opportunity. Crisis always provides a new opportunity, even on a personality level.

Another way of expressing the idea of the yearly cycle is to see their specific opportunities:



1. The opportunity to learn something in particular, which results in expansion of consciousness as well as more effective living in some aspect of life, and
2. The opportunity to serve along some particular line of expression, thus fulfilling some real need that exists in the world. By serving in this way, we are in fact developing group consciousness because we are sensing a need within humanity and are responding to it from a Soul level.

For humanity there are several things. And only an up-to-date assessment of humanity's current needs will reveal where we are collectively stuck. Maybe more to the point would be, where are we not stuck?

There is a principle I would like you to be very aware of. It is this: whenever an energy is present, it affects everyone in its presence. But the way it affects different people will be determined by the consciousness of the person. They will perceive it either as a challenge or they will see it as an opportunity. Being aware of different energies and the quality of the energy will allow you to be objective in any situation and to see it for what it is without judgement.

A big question to ask in a 9-year is: has my or our purpose been achieved. What can I or we do to complete our purpose that we have been serving. If you are unconscious of what your purpose has been then at least reflect and find out what purpose you have been serving. And be honest about it if it has not been your higher purpose. Then do the other thing required of a 9-year, which is to let go of the lower in favor of the higher.

We must above all review the nature and quality of our past relationships. This involves assessing whether or not we need to forgive ourselves or others, whether we need to understand the purpose and meaning of any relationships, whether we need to bring healing and wholeness to any relationships. We want to determine if we have withheld something which we need to give, or receive something we have refused. We also need to learn what past relationships have tried to teach us. And finally, we need to assimilate, as Souls, the experience we gained, and then, as Souls, give the love, empowerment or understanding that the situations have demanded.

The past is not finished until we can face it with complete acceptance and gratitude. We can bring it into the present to do that by recalling it and re-imagining it from a Soul perspective.

Look at the [Soul cycle you are in](#), and relate it to your Personality cycle to see the theme of the year. But particularly note the Soul cycle because it tells you what the theme of the Soul's expression is in your life right now. Then see how both the soul and personality cycles are enhanced by the current universal year.

The ultimate goal of the 9 is of the highest. It is to serve all of humanity by expressing love and understanding in a universal rather than a personal way. While we are talking about a personality influence, the 9 actually carries the force of Spirit, and demands very, very much. "Being all things to all people" is the true motto of the 9. It takes you out of yourself. Even in a negative sense it doesn't support depression or that kind of narrowing energy. Rather, it will pull you out of yourself to perhaps cause a scattering of energy or added demands which can cause a lot of stress. Impersonality or Soul centeredness is the way to handle it all. So don't take things personally, you are a soul expressing through a personality and doing the best you can.

We want to take this opportunity to wish you everything you need in your life for your best growth and evolution. Love yourself and love others. We are grateful that you're part of our Soul Journey Family. May you be blessed in 2016.

From our hearts to yours,

Bonnie Schneider

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and Barbara Craven, your technical support.

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**If you wish to learn more about your individual Soul and Personality cycles
that affect you personally - [Click Here](#).**

