

New Year, New Earth, New US – Janice Coyle

January 18, 2022

New Earth Visioning Project

YouTube Video of Meeting : <https://youtu.be/1rEXWF8pqR8>

OPENING MEDITATION:

Within my own being is the Kingdom of Love. If it is that that seems to be lacking in my experience of myself, in my experience of the world, I do not look outside of my own being for it. All I have to do to find love, is to turn to this great spiritual realm within me. There divine love awaits and is beyond my imagining. It is a love more totally unconditional than I can imagine. It is with me always. It is there when I feel down, it is with me when I feel triumphant, it is with me when I am afraid. It is with me when I feel defeated. Whatever comes into my experience, this love remains unchanged.

Divine love is with me always. It has been with me since before time and will be here when time is no more. This love – this precious encouraging and totally supportive love, is here within me right now, right here where I sit – awaiting my simple acceptance of it. I go now into the silence and open to this peaceful transforming love. And as I welcome it into my consciousness, I become aware it is also the very essence of my being.

WELCOME:

Welcome everyone to a New Year of The New Earth Visioning Project! It is my vision this year's Project will be even more evolved – even more committed – even more inspiring, informative and motivating. For there is a lot going on in the world and the earth and it's people need even more the presence of light-workers – those who are working on creating a new vision for the world and a new US. Becoming New Earth People.

What is a new earth person: This means we have evolved spiritually and are resonating with a higher vibration, a more expanded consciousness, a wisdom, a sense of oneness with all creation – and especially for now – a calm presence amidst the chaos. We will talk about this world we now experience in a few minutes.

But first let's review what we have already done in this New Earth Visioning Project.

For those of you who are new, and as a reminder to we who have been here from the beginning, Let's look at our mission and goals:

OUR MISSION

We are a cohesive power for good through envisioning a New Earth and contributing to its manifestation. To achieve this, we are committed to bringing ourselves into strong, invincible,

and vibrational alignment with our vision. By becoming New Earth people now in consciousness, thought and actions, we are a power that uplifts the way for many others.

OUR GOALS

1. Establish a strong vision of New Earth and a vision of ourselves as New Earth people.
2. Come into alignment with our vision by becoming New Earth people now.
 - a.) We are healed and have released old belief and emotional patterns from the past.
 - b.) We are connected and in communication with nature and Mother Earth.
 - c.) We have discovered and are using our power and guidance in our lives.
 - d.) We have come to know our unique gifts and are confidently using them.
 - e.) We are connected to the highest within ourselves and know who we are.
3. We are inspired by the many points of light creating New Earth and we join in spirit and support. We know we are points of light ourselves.
4. We are offering our own incredible gifts to help others and nature toward the New Earth we are creating with millions of others around the world. In this we support the members of our group totally and unconditionally.

So, what have we done so far in our meetings. Let's review what we did:

LET'S Go to the WATCH AND LISTEN page on the website: and scroll down to the meeting on May 4, 2021

The Perfect Time for Us!

May 4, 2021

The New Earth Visioning Project

What an amazing transformative time to be envisioning what we want in the world: the current radical increase in energy and how the present chaos is a harbinger for transformation. Such an opportunity has not occurred in thousands of years...

Bringing Vision to Manifestation

May 18, 2021

The New Earth Visioning Project

A discussion of the best ways to envision and the quickest ways to bring the vision into manifestation through focused attention, fun, and releasing all that is not in harmony with the vision. Includes stories and experiences with the immersion techniques of learning and getting results.

5th Dimensional People and Our Uniqueness – Janice Coyle

June 3, 2021

The New Earth Visioning Project

A description of people met on a Pleiadian starship and their characteristics. They represent what we can become as we realize ourselves a far more powerful, creative and unique than we ever imagined. In this talk we begin to appreciate our uniqueness, our individual gifts, our own soul tone contributing to the cosmic symphony of life.

Living in A Higher Vibration – Janice Coyle

June 18, 2021

The New Earth Visioning Project

Janice reviews the incredible findings of David R. Hawkins, M.D., Ph.D. regarding the connection between consciousness and resonance. In raising our vibration, we live more meaningfully and joyfully while also being a power that uplifts others and the world.

Honoring Chronic Pain – Rebecca Jarmas

July 6, 2021

New Earth Visioning Project

Rebecca shares her experiences in raising her vibration, strength and hope through lifelong migraine headaches, 4 spinal surgeries, and thyroid cancer. When we honor our pain as a Great Teacher, we shift our perspective from resistance to surrender, which creates space where we can own the fullness of what life has to offer and experience the joyful moments even among the most difficult ones.

New Earth Healing Techniques – Mary Histing

July 20, 2021

New Earth Visioning Project

A beautiful talk by a seasoned energy healer about healing the New Earth way. In this talk Mary Histing focuses on strengthening your conscious relationship with your body and listening to its incredible wisdom. Specific healing techniques are described. Mary will also lead you in a guided meditation where you will have the opportunity to experience your body and come to know it intimately. Highly recommended and fun!

Harnessing the Healing Power of the Nervous System, Brain and Heart – Dara Jones

August 3, 2021

New Earth Visioning Project

This wonderful presentation focuses on how our automatic nervous system, brain and heart have EVERYTHING to do with healing. Learn about practices and modalities that have the potential to accelerate healing and create more coherent states both internally and in our world. Here you will experience several useful practices that have been effective in healing and calming the physical, emotional and mental bodies.

Let's Raise Our Vibrations – Important Follow-up – Janice Coyle & Mary Nelson

August 17, 2021

New Earth Visioning Project

This talk will expand your ideas about raising vibrations and the urgent need to do this in the times we are in. The good news: We have the whole universe and the truths of creation helping us in this noble endeavor. You will come away with optimism, new understanding, many resources, and simple and doable ways to raise your vibration and come into greater peace, guidance and joy.

Introducing Points of Light – New Earth Planning Team

September 7, 2021

New Earth Visioning Project

This is a fun video! We present some remarkable people and organizations doing great things to uplift our planet and all beings – bringing in the New Earth. We call them Points of Light. So much light was shone in this event, some of us wore sunglasses! Look out at the world and see darkness, but look more closely and see a lot of light emerging. Let's celebrate it!

Creating New Earth Using Multidimensional Consciousness – Nusra Sahin

September 21, 2021

New Earth Visioning Project

This is a consciousness-expanding, heart-opening interview with Nusra Sahin, author of *Multidimensional Consciousness and The New Earth*. This book is a manual for those who feel the call to do something good for our beloved Planet Earth. Are you ready to open up to the new ways of doing the light work? Are you one of the helpers of creation? In this interview, Nusra explains the basic teachings of her system which will significantly broaden the concept of what you are – a magnificent multidimensional creator.

Co-Creating with Nature – Janice Coyle

October 5, 2021

New Earth Visioning Project

Nature can lead us into a higher vibration naturally and be our teacher and role model on how to organize and manifest the New Earth. Hear some amazing examples of plant and animal intelligence – how they communicate with each other and long to have the same relationship with us, and the unparalleled ability of nature to heal us emotionally, physically and spiritually.

Moving Beyond Deep Seated Trauma on Our Ascension Path – Mary Histing

October 19, 2021

New Earth Visioning Project

An Insightful talk on the nature of trauma and how trauma affects health and wellbeing long after the original trauma was experienced. Many healing techniques are described. This uplifting talk is healing and leaves one with much hope for healing and becoming free, whole and at peace with oneself.

Alternate Realities and Living in Fifth Dimensional Possibilities – Rebecca Whitecotton**November 2, 2021****New Earth Visioning Project**

Author, Rebecca Whitecotton, leads us in an exploration of the possibilities of fifth dimensional consciousness, where alternate versions of you, unconditional love, and freedom from judgement all intertwine to shape a new way of looking at physical life in the third dimension. By healing regrets about the road not taken, we transform how we look at life's choices and lift each other higher as we engage in community from a place of Dimensional Wholeness.

So, this is what we have done in our meetings and hopefully the meetings have helped you become more like a new earth person and visualize the world we want. In looking over what we did in 2021, I see that the meeting subjects and presentations got more and more deep, more and more practical – especially in our work to heal ourselves and come into alignment with our vision.

We will do even more this year – we will become active and more healed light-workers and new earth manifesters – inspired, alive, whole and connected with each other and the world.

But along with this we need to be calm presences in this world of more and more chaos. We can look out at the world with a serenity, see clearly with discerning detachment.

The truth is the world systems that have been in existence for thousands of years are coming apart. The financial systems are breaking down, governments are at disarray and breakdown around the world. There is a so called “pandemic” with many alternate beliefs about it. Shut-downs, lock-downs, an enormous increase in crime, mental illness, and disharmony in so many places. There is a drastic increase in poverty, joblessness, personal freedoms, and so much more. Our children are effected, households are affected. People are lonely, confused, in fear and don't know what to do.

The main-stream media is rife with reports that bring us fear and anxiety. We don't know what to believe as there are so many differing opinions about almost everything – even in the “alternative news” which usually has a sub-title about being the truth- so many different opinions about what is happening and what will happen. So much doesn't make any sense. So, what to believe? Some people we trust, then they make a prediction or two or three, that don't pan out at all. So what to believe?

These are classic examples of chaos, the chaos we talked about in our first meeting back in May 2021. As discussed chaos is a requirement for transformation always.... This we can know at least scientifically but it can be hard to believe when we look out at such a chaotic world, especially if we look out at it in fear. Fear of losing our money, fear of more loss of freedom, fear of, fear of, fear of.... Name your poison.

One of the problems is that we are looking out mostly at the chaotic part of this world. And guess what, the systems of top/down control and governance, the current unfair monetary, medical and education systems, to name a few, **must** dissolve even more, **if** new, more loving ways of managing this earth can emerge.

This is where **we** come in. We can train ourselves to be the calm amidst the chaos. We can hold the high watch. And what does that mean? I like the quote from the book *Multiply Your Blessings* by August God and Joel Fotinos. They say regarding the high watch:

[Holding the High Watch] simply means standing firm in truth no matter what is going on around us. Holding the High Watch means to see the greatest potential, to imagine that potential is realized, and that this realization has already happened. Holding the High Watch is a way of witnessing, believing more for oneself and/or another [or the world, I would add] than they often can for themselves, remember the truth of who they are — no matter what they think/feel about themselves.

We can hold the high watch without saying a thing. It is an energetic “space” that we choose that speaks louder than words. By just standing quietly in our own highest truth about something, we allow others and our own personalities to recognize and match it

This sounds like holding to our vision and coming in alignment with our vision of a New Earth where love is lord, everyone is honored and encouraged to bring out their own unique gifts, every living being on the planet is respected. Nature is honored and is our teacher.

One of the problems is that we are probably focusing more on the chaos than on our vision. One of the things we can do to help is stop imbibing the negative and fear-inducing media. It is so easy to think there is nothing but chaos out there.

The truth is that the New Earth is emerging – emerging in a million ways. In our meeting on Points of Light we mentioned numerous organizations and people who are creating the new earth: new ways of farming, eating, healing, new ways of building cooperative community, charities that are helping the disadvantaged, and so much more. The people of the earth are creating the new earth – we only have to look out and see it. These things are not mentioned by many of the news outlets... but they are there and there in increasing numbers. We need to focus our attention and energies on the emerging earth – and stay very detached when noticing the chaos.

We will celebrate these Points of Light much more this year. This will help us keep to the high watch.

Transformation is happening, the energies from the cosmos, our Sun is increasing right now exponentially. For example, the Shumen resonances, mentioned in our first talk on May 4,

2021, are going off the charts – this measures the energies coming into the earth through solar flares and other energies.

Our bodies are adapting to this increased energy that will eventually bring us to a new dimension, physically and spiritually. There are physical symptoms occurring now.

In my case, I have had very unique kinds of headaches – just every now and then. Unlike any I've had or read about – it's like a pinpoint ache at the point of the 7th chakra. I notice when it happens that I feel the world- feel the sorrow, feel the beauty also, feel the Points of Light, feel the fear along with its opposite – love.

The increased energies can expand our consciousness and sensitivity. Many people are waking up. The higher energies are confounding some of our systems too. especially in people who live with a lower average vibration. They can be very affected and do strange things and make strange decisions. All symptoms of the changing energies.

Let's talk about this.

Have you had any experiences of these things? How do you feel now? What is going on within you?

Are you noticing changes in others? Do you see people spiritually waking up, coming into a knowing, suddenly being attracted to our interests?

This year we will work to maintain a calm presence amidst the chaos – this can be our gift to everyone else. This is how we can be effective light workers. We can educate when it's time, help others to come to this high watch and see the lights increasing out there. **But to do this we need to be out of fear and into love ourselves.**

And how do we do that?

- Stop imbibing negative articles, newscasts, people. If we sometimes need to find out what is happening, do it for practical reasons, and when we do check in on the chaos, we can embody a high watch - detached, pragmatic, calm.
- We can see something negative – then use our imaginations to find a solution, what can I do about this? How can this change? Be a dreamer, a creator, an inventor.
- WE can begin to DO something – from our hearts. To help create a new world. We will work on this.
- We can support and help the people who are emerging to create a new world...

Again: WE NEED TO BE OUT OF FEAR. FEAR CANCELS CREATIVITY AND LIMITS OUR CONSCIOUSNESS, MAKES US VULNERABLE.
LET'S WORK ON THIS RIGHT NOW.

I found a nice video by Alberto Villoldo, a shamanism teacher, scientist and mystic who has traveled the world learning about the aboriginal religions and their faith in and reverence for nature, the elements and our potential to transform ourselves and bring in a new world. Here is a short video that will give us a mediation and breathing technique to calm our fear and stress.

VIDEO:

https://www.facebook.com/watch/live/?ref=watch_permalink&v=3093378827390928

Let's hold this energy for a few minutes. Let's imagine ourselves as already New Earth people. Close your eyes. Say with me: *I am on a path to step into the highest version of myself. This is only the highest this mind can conceive, But the highest divinity sees possible is beyond my imagining. But I look now on myself living in the New Earth. I look more and see what I am doing? How do I feel? Let's hold this for a couple minutes.*

WRITING PROMPT:

Ok, let's write about this. Take your pen and paper or computer and write down these words and finish the sentence and keep writing.

As a new earth person I see myself.....

Anyone get something or feel anything different in this?

Let's look at the content of the planned meetings coming up:

GO TO WEBSITE and review the meetups already scheduled:

February 1, 2022: Points of Light #2 – Celebrating Quiet Lightworkers

Points of Light are people and groups who are working to create a more beautiful New Earth in many ways around the world. These include individuals, communities and organizations dedicated to peace, environmentalism, communing with nature, peaceful and nature-friendly technology, new ways of healing, teaching children, commerce and trade, self-government, living together in harmony and joy, and much more. Then, there are the quiet lightworkers all around us. These people are patient, helpful, loving and cheerful in the midst of chaos. In this meeting, we especially want to celebrate these quiet lightworkers. These could include family members, friends, the uplifting and positive bank clerk. They are all around us if we pay attention. It is time for us to acknowledge and celebrate these angel people and allow their presence and inspiration to uplift us and be our role models in becoming New Earth people. Let's all share these people you know in your life.

February 15, 2022 – Finding Spiritual Connection through Inner Empathy – Sam Lee

This meeting should be one of the most useful and intimately meaningful experiences we have had. Facilitated by Sam Lee, we will learn about compassionate communication and what empathy truly is and what it is not. Sam will lead us in discovering new ways of interacting with others including: how to communicate through spiritual connection consciously, how to honor our own feelings and needs then the ability to come up with a strategy that meets the needs of all parties. We will also learn how to make a request without it being a demand. We will practice the techniques of compassionate communication in break-out sessions and have the opportunity to experience the warmth of sacred and empathic presence – a presence that helps us feel empowered and safe. It is all about love, consideration and respect for others and ourselves. You will come away with many new ideas and resources to practice in our endeavors to create and experience loving and spiritually connected relationships – the New Earth way.

March 1, 2022: Whale Wisdom, Dolphin Joy – Ascension Teachings from the Cetaceans – June Sananjaleen Hughes

At this amazing meeting, we will feature animal communicator, June Sananjaleen Hughes, author of a number of books including *Whale Wisdom Dolphin Joy- Ascension Teachings from the Cetaceans*. In an interview with Janice Coyle, she will talk about this book and how she came to communicate with the dolphins and whales and receive their profound teachings. We will touch on the joyful and profound spiritually oriented transmissions from the Brotherhood of Cetaceans received telepathically in meditation.

These transmissions offer eloquent words of encouragement and new perspectives in accordance with specific questions from the author or from their own perception. These include beneficial and thought-provoking information on multiple and varied subjects including spiritual connection, communication, multi-dimensionality and ascension. June (Sananjaleen) will offer a beautiful guided meditation where we will go deeply into their sacred waters and commune with the dolphins and whales.

On this night, we will come to appreciate the beautiful purpose, spirituality and wisdom of animals and their mission to help Mother Earth and humankind. We recommend that you read this incredible book prior to our meeting and offer your questions in advance.

“We are the Living Lights of Sound in form, Sacred Geometry in motion.” *The Cosmic Dolphins*

“All things at this moment revolve around the point of forgiveness.” *Dolphins / Wales*

“The Silence of a heart at peace is the Sound of Joy.” *The Dolphins*

Thank you and bye till next time – love you. – Janice

Recourses for Calming Fear and Stress

There are many videos on YouTube for calming stress and fear. Here are just a few that I like:

Being Fearless in Darkness by Alberto Villoldo 6.02 min. – A short intro to the simple breathing technique of calming fear and stress. – the one we used in our meeting.

<https://youtu.be/muFdMfm3HTI>

Daily Rituals – Calming a Restless Mind by Alberto Villoldo 23.57 min. – A longer explanation of the body in fear/stress and how to overcome fear.

<https://youtu.be/S-iH2u9R72Q>

How to Overcome Fear, by Mooji 1.46 min – A simple explanation of the untrue nature of fear.

https://youtu.be/uV_CGpMsEhY

A Simple Powerful Prayer in Challenging Times, by Mooji - A beautiful, gentle and heart-opening meditation to quickly change stressful energy and open to grace.

<https://youtu.be/8sOFaT3UOg8>

Note:

Also found on the website RESOURCES tab under Healing and Wholeness. Dealing with fear and stress are the first 4 resources listed. Or just click this link: <https://janicecoyle.org/healing-wholeness/>