



## Susan's Blog

~ *Living Life Completely and Well* ~



# The Years 2021-2025 ~ The Dark Gets Darker / The Light Shines Brighter

## Part I: Become a Light-Bearer

*(First in a series of three teachings on this blog about the years 2021 to 2025)*



For nearly a quarter of a century, beginning with my *[Soul and Service Trilogy](#)* in 1997, I have been teaching and writing about the transition of the Piscean Era to the Aquarian Era – the ending of one 2,000-year era (the Piscean) and the beginning of the next 2,000-year era (the Aquarian). This transition is also referred to as the “Cosmic Shift” in human consciousness – when our planet and humanity as a whole will transition from [the third and fourth dimensions, where we currently reside \(the Piscean Era\), and take a quantum leap into the edges of the fifth dimension of the Aquarian Era.](#) The transition has been foretold in various world religions and cultures, anticipating a “Golden Age” of Light, peace, and unified consciousness.

### **The Next Four Years: 2021-2025**

Despite the proliferation of teachings now available on this subject from a vast array of sources, many individuals struggle to understand the transition and do not recognize the profound way in which it is affecting our lives at this unique time in the history of Planet Earth. Having being born into this time of this transition, it is essential that we play *our* part in this radical shift of consciousness that is destined for humanity and for our planet.

In the final years of the Piscean Era, the dark will get darker simultaneously with the Light becoming brighter. **The four years between 2021 and 2025 will be a particularly disruptive and dangerous time, as dark energy rises to the surface to be changed into Light.** During these four years, there will be a breakdown involving energies of the

extreme right and the extreme left; this breakdown will lead to a *breakthrough* that requires the presence of inner spiritual power. During this time, **many people will wake up, drop their illusions, face their fears, and take responsibility for their lives with no blaming.**

In 2025 (some spiritual teachers say this process takes place between 2025 and 2030), humanity will shift from being dominated by emotions, idealism, and devotion to authority (Piscean qualities) to being illuminated by the Light-filled, collaborative, higher-mind-centered aspects of the Aquarian. In this process, humanity's collective consciousness will be born.

### **The Midpoint of the Transition**

The Aquarian Era began in the mid-1700s. Subtle Aquarian energies began arriving with the onset of the Age of Enlightenment, the Industrial Age, and the Age of Imperialism. Intellectuals such as Voltaire, Rousseau, Thomas Jefferson, and Benjamin Franklin were wayshowers for the emergence of the collective mind that challenged the religious philosophies of the Piscean Church.

The transition from one astrological era to another takes approximately 500 years. The Piscean-Aquarian transition began around 1760 and will come to completion around 2260. The year 2008 was the midpoint of this 500-year transition. The years immediately preceding and following 2008 have been particularly contentious, evidenced by the tug-of-war between the pull of keeping life as it was in the Piscean Era and the equally powerful pull to welcome the innovation of the Aquarian. In other words, we didn't arrive at the turmoil and suffering of our current world overnight. It has been building for some time, becoming more concentrated and extreme with each subsequent year, and will continue to do so through the year 2025.

### **Within the Crisis: A Seed of Transformation**

Although the Piscean Era began with the arrival of the love and wisdom teachings of Jesus, the practice of these teachings deteriorated over the centuries into conflict and disregard for human and planetary life. **The human tendency is to be inert and relapse in its spiritual development. Often it is only a catastrophe that can serve as an impetus to move us forward.** Catastrophes shatter the human psyche. In this shattering, what was once believed to be true spirals into chaos. The psyches of individuals, and the collective psyches of groups and countries, can simultaneously move into chaos during and after a crisis.

Yet **embedded within a crisis of any magnitude is a seed of transformation.** Within the seed is the potential for the psyche to be reintegrated at a greater level of wholeness. When a way of life is halted by a crisis, a space for the unknown opens up. **What at first was experienced as a tragic loss later proves to be an impetus for growth and an**

**opportunity to serve others with compassion.** (See the teachings on “kabooms” on my blog [here](#) and [here](#) to explore this phenomenon further.)

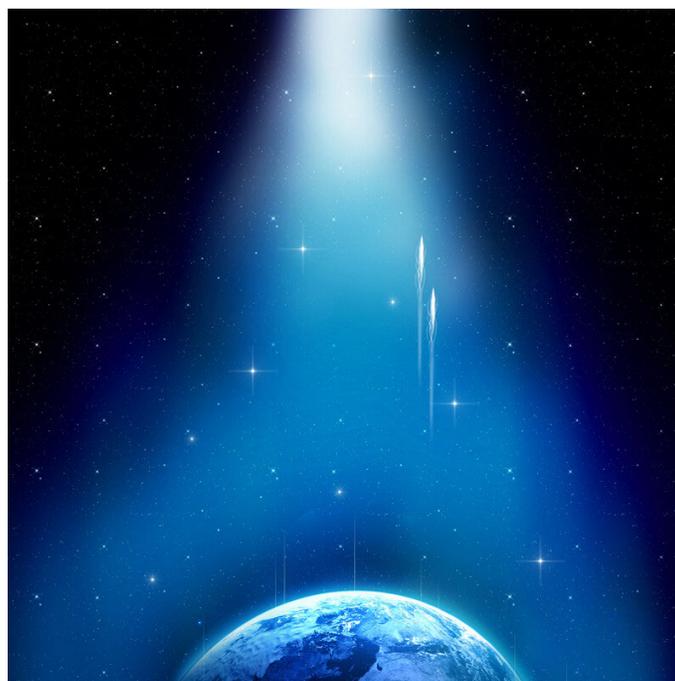
### **Becoming a Light-Bearer for the Age of Light**

Individually and collectively, these volatile years are leading humanity to a *choice point* – a moment of great significance for the survival of Planet Earth. **In 2025, humanity will make a decision to accept or reject the opportunity to start anew in the Aquarian Era.**

During these several years leading up to 2025, the number of *Light-Bearers* – spiritually evolved people who embody Light – has increased dramatically and continues to do so. Light-Bearers are wayshowers, shining their Light into and through the darkness and tumult of this time. Collectively, they form an enormous Light that transmutes lower vibration energies into higher ones. *The fact that you are reading this teaching now indicates that YOU are one of these Light-Bearers.*

How do we take up the role of being a Light-Bearer? In what way can we radiate Light for humanity and for our planet? In the following teaching from [\*To Show Another Way: How to Learn, Heal, and Serve at a Time of Crisis on Planet Earth\*](#) (published in May 2020), I explore the “Self-Light” we are each born with, how we can keep this Light strong, what to do when we find it growing weaker, and, ultimately, how our Light radiates in service to others and Planet Earth.

Humanity and our planet need your Light more than ever during the next four years. Are you ready to participate in the evolutionary leap that is our planet’s destiny? Will you accept the opportunity to help usher in the Age of Aquarius – the Golden Age of Light? The choice is yours.





# Radiating Light to All That Is

Chapter Five, Teaching Four from *To Show Another Way:  
How to Learn, Heal, and Serve at a Time of Crisis on Planet Earth*

Many years ago, I had a friend who was a physician. I noticed a remarkable phenomenon whenever I was in his presence. Whether we were walking in the neighborhood, taking a trip (whether by land, sea, or air), or informally visiting friends or relatives, we repeatedly encountered people in the midst of a life-threatening crisis or accident. These events didn't occur when I was by myself or with other people, and they stopped happening in my life when my friend moved on. What struck me about these synchronistic events was the feeling I had while watching him tend to those who were seriously injured or emotionally traumatized. He seemed to give himself into what he was doing with love, care, compassion, and competence. He was present in the moment as he **showed another way**, radiating *Self-Light* to those he served.

## Self-Light

As human beings, we each have the capacity to generate and radiate Light. Spiritual philosopher and self-described "practical mystic" David Spangler refers to the generative source of Light and its spiritual presence within us as "Self-Light." He writes that this Light is naturally within us – it is not Light that we bring down from the higher realms. Although we can also bring Light down from above and extend it into the world, it is essential that we acknowledge the Self-Light we are born with and allow it to radiate forth into the world from within us.

Research shows that the eyes are the most sincere part of our face. When we see a person's eyes glisten, it is highly possible that we are witnessing that person's Self-Light. This may be why the eyes are often referred to as the windows of the soul.

How paltry is our awareness and understanding of the power of our Self-Light! Spangler notes that we too often disown or do not recognize our Self-Light:

What we forget is that we are that Light...the sun that burns away the fog. The Light is in all of us, but it can be dimmed. If this were not true [if our Light could not be dimmed], we would be living in a very different world, one in which nature is honored and partnered with care and love, one in which the stranger is simply a friend we have yet to meet, one in which each individual represents a

potential for discovery and growth, one in which community and collaboration, as well as the honoring of each person's uniqueness, are the hallmarks of life. We want such a world. We pray for such a world ... the Light fuels our hope for such a world.

Our Self-Light exists within us as an expression of the will of our Soul – our Higher Self – and can increase or decrease. It increases when we accept the presence and purpose of this Light, when we view Earth as a school in which we learn, heal, and serve, and when we are compassionate, loving, and caring. When our Light is dimmed by doubts, angers, prejudices, hatreds, or apathy, or we turn to outer temptations, distractions, addictions, or self-neglect, *it is crucial that we ask the Light to illuminate the darkness and show us another way.*

*At times our own light goes out  
and is rekindled by a spark from another person.  
Each of us has cause to think with deep gratitude  
of those who have lighted the flame within us.*

~ Albert Schweitzer ~

## **Generating and Radiating Light**

We radiate our Self-Light in many ways – in the Light of understanding and wisdom, in the Light of beauty and truth, in the Light of meaning and purpose, in the Light of compassion and love, in the Light of prayer, and in the Light of service to ourselves, others, and Planet Earth. When we infuse our life – its activities, its relationships – with Light, we simultaneously bring heaven and earth into closer proximity. In other words, when we radiate Light, we bring heaven and earth closer together in every activity we engage in – walking down the street, driving our car, caring for nature, relating to wildlife and pets, conversing with a stranger, caring for our family, writing letters, speaking on the phone, sharing our feelings, taking a class, working at our job, talking with our boss, interacting with the clerk who checks out our groceries, and so forth. Imagine how uplifting and meaningful our life would be if we radiated Light every day in this way!

## **The Light of Compassion**

Radiating the Light of Compassion – our heart's tender opening to the pain and suffering of others – is critical at this time on Planet Earth. When we hear the call of compassion in action, we recognize *this call begins with ourselves.* We nurture our

spiritual growth and cultivate compassion for others when we are first and foremost kind and caring toward ourselves.

Self-inquiry questions help us explore the role of compassion in action in our daily life. We can ask, “What is this for? What is the purpose for my doing this (or not doing this)? What is my intention for this action? My motivation? How can I **show another way** by saying or doing the right thing in the right way at the right time and for the right reason?” Many spiritual teachings suggest that we examine our thoughts and actions with the intent to *do no harm*. This extraordinary principle can be applied in our personal, interpersonal, and work life. We can apply it to all that exists on our planet. In the words of His Holiness the Dalai Lama, “Love and compassion are necessities, not luxuries. Without them, humanity cannot survive. With them, we make a joint effort to solve the problems of the whole of humankind.”

## **The Light of Heaven**

An awareness of how to respond purposefully to the ongoing crises of our world emerges when we invite the Light of Heaven to infuse ourselves and others through prayer. Prayer enables us to stand strong when we are buffeted by outer extremes of weather; by cultural, social, and political change; and by inner tensions of fear and distress. Prayer is a powerful response to humanity’s cry for help.

Before praying, we pause and connect our heart with the Light of Heaven. The Light of Heaven, also referred to as God’s Light, is prayer’s sacred power. Prayer manifests as a point of Light shaped like a star. Those who accept a prayer’s point of Light within their heart will “wake up” to their spirituality and welcome knowledge, wisdom, conscious knowing, and sacred service into their life.

Years ago, I discovered a Buddhist prayer that radiates Light to others with purity and integrity. The prayer consists of this simple sentence: “**I pray for \_\_\_\_\_’s highest possible evolution.**” The prayer does not focus on what we think the person needs, such as relief from his or her suffering, or a change in the person’s behavior, attitude, health, or circumstances. Rather, **the prayer invites the Light to support and guide the person’s highest possible evolution at this time in his or her life.**

## **A New Reality**

We stand on the threshold of a new reality that is emerging on our planet. In this new reality, we recognize that all is energy. We welcome Light as the energy of Spirit, the energy of the Soul, the energy of life. We awaken to our spiritual origins. We know that our world is destined to radiate with Light in its many forms – understanding, wisdom, beauty, truth, meaning, purpose, compassion, and love. In this new reality, we literally stand in a waterfall of Light. As we radiate our Self-Light, we rekindle the spark and

join with the Light in all we encounter – **showing another way** to ourselves, to others, and to our precious Planet Earth.

*If you light a lamp for someone else  
It will also brighten your path.*

~ Buddha ~



## ***To Show Another Way: Applications***

Respond to two or more of the following suggestions:

1. Describe a time when your Light dimmed or went out and was rekindled by a spark from another person. What did you learn from this experience?
2. Describe a time when someone shared that you had rekindled their spark. What specifically happened and what insights did you gain from this experience?
3. Ask yourself: “How might I daily radiate Self-Light as I walk on the sacred path of harmlessness, especially during challenging situations and interactions throughout the day?”

***Coming Soon!*** Part II of this teaching – exploring the legacy of the Piscean Era (positive as well as negative) and how our *heart* can help us weather the storm of the years 2021-2025

**Reference:** Trout, Susan. *To Show Another Way: How to Learn, Heal, and Serve at a Time of Crisis on Planet Earth*. Alexandria, VA: Institute for the Advancement of Service, 2020.

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