

**PREPARE FOR INTENSE CHANGE!
Predictions for the Year 2020**

Published in the 2020 Predictions Issue of the Sedona Journal of Emergence

Lady Portia and Count St. Germain

**Star Hinman, Spiritual Messenger for
Lady Portia & The Ascended Masters
Copyright 2019**

In this article, we are presenting two sections of information, including predictions and overviews of 2020, by both Lady Portia and Count St. Germain.

Lady Portia's Summary Overview of the Coming Year 2020:

Dearest Ones,

Know that you are entering a powerful period of change which is NOW affecting even the physical/material world circumstances of your lives in many unexpected ways. Stay positive in your focus, even in the midst of all of these challenges, which will be created by so many changes happening at once. You can choose to focus on positive themes such as the one we have given to you in the article titled "Expect A Miracle," or any other items that assist you in keeping a positive attitude. This is important, because your consciousness is so extraordinarily creative and powerful in these higher frequencies of energy.

(Note: This article is now available to read, or download and print, on the Articles Page of our website at <https://starbird1.net>)

You can expect important foundational changes in your lives, as well, including changes in your physical bodies. Be open to these changes! Do not fight them out of a sense of fear. Know that everything is going to change, and you can either "go with it," or fight it. But things are going to change – in powerful, new, and exciting ways. This will be beneficial change for earth, and all of you, as you stay aligned with Light – and we cannot over-emphasize the importance of this concept!

Overall, we would say that this process will be, and is, beneficial change in the circumstances of people's lives – as well as world events. Although some things, including the effects of this process, may seem abrupt and even unsettling or frightening, remember to hold your "center point" in the light and refuse to be moved by fear or any of the lower energies or emotions.

Many people will simply have to become accustomed to a faster rate of change in their lives and material worlds – which are sometimes found to be based on old, lower frequency energies. As these old and encrusted creations fall away, the NEW is born – so you have now "the birth of the New!" Know that all of these changes have been residing in the realms of

causation, and now it is time for all of this to descend into the “world of form” – which is your physical experience on Earth.

The populace needs to be prepared for this process to occur, to expect a faster rate of change, so that they will know what is happening and understand that these changes are meant to be BENEFICIAL! We expect that those who run higher frequencies of energy within their physical bodies will be affected first – then it will filter down to more, and eventually all.

Trust! Don’t fight the process. See the higher good in all of this as it occurs! Set your intention to align with your highest levels of guidance in order to receive support in the spiritual, emotional, and mental realms, as well as receiving practical levels of guidance in your physical-world lives. Stay out of fear as much as you can – since this is a lower vibration, and not beneficial in this process.

“See the Big Picture”

Know that this entire process is about much more than only individual lives – it is HUGE – affecting all creation on earth, from highest to lowest. As the energies move from higher frequencies of the spiritual realms to more “material” or “solid” earthly realms, prepare for all to change! And receive it gracefully, if you can.

You are all on the forefront of a powerful “change process!” Do what you can to minimize stress in the physical body, mind, and emotions. Remain calm and stay aligned/connected with the energies of your spiritual guides and teachers, as well as the guidance they provide. We would like for all of you to be aware that resisting or fighting these changes out of fear only delays your progress and makes some of the effects of this process of “adapting to change” more distasteful.

“Trust the Process”

Trust! Trust that you are being guided, and go forward with confidence in all that you do. Be aware of your reactions to stress and try to minimize this process, according to your own individual needs. You may find that the changes appearing in your lives are, indeed, beneficial to you. You may even decide that you like them!

Old, outmoded forms (material objects) may, literally, be replaced by shiny new things which operate much better in your lives. We would advise being graceful in your acceptance of change. “Go with the flow,” as many of you like to say. And, above all, listen to your spiritual guides and teachers, because they will give you valuable guidance to smooth the way before you.

You, the earth, and all her life are in such a powerful phase of this process of change now. With each full moon, the energies and their effects will become stronger and more noticeable. Equinoxes and solstice points become powerful foci of energy and change.

Remain steadfast! Remain guided! Request, accept, and act on the guidance you receive from the higher realms. Above all else, keep a positive attitude! Change does not need to be fearful, it can bring positive changes into your lives, as many of you are both realizing and seeing with your physical eyes as it manifests on Earth.

Lady Portia's Live Channeling at an Event:

"Evolving Beyond Duality in The Year 2020"

Greetings, Dear Ones,

We have a very important message for you today, which we believe will greatly assist all of you in successfully navigating the energies and events of the year 2020. We will be speaking to you on the subject of evolving beyond the present duality, where people become so easily divided into opposing camps who absolutely despise each other.

Our message to you today is to be aware of this dynamic, and simply choose not to participate! By making this choice, you are avoiding the fragmentation and polarization of your consciousness, and all of the consequent damage to yourself which this entails, and is brought about by taking sides in what you view as "positive and negative" opposing views.

Let this lesson be learned throughout your being, and allow it to burn its way into your hearts! Remember not to allow your consciousness to be polarized into beliefs in good and evil, right or wrong -- because this type of judgment fragments the consciousness and the attendant negative emotions produced by focusing on these things can destroy the wholeness of who you are. In addition, this reduces your ability to be a force for good and healing. Intend to see the oneness of all things, and focus on this! Look beyond the beliefs in good and evil, right and wrong. This is a lower state of consciousness, and the emotions that come with this destroy the health of your own bodies and weaken your minds. So, remember the words that we have said to you today -- so that your consciousness may be whole, in light and truth.

Do not look out on the world with only your physical eyes and ears, for then you will see much division into "good and evil, right and wrong" -- the duality that still exists on Earth. But we are bringing you this message today because we know that many of you are very focused on being in a state of health in the physical body, and this is influenced by the energies of your other "finer energy bodies," the spiritual, emotional, and mental, for these greatly affect the state of your physical body, as you all know. But sometimes you forget this, and so we are very intent on bringing you this message today because we feel that this is exactly what is needed at this present moment on the Earth, when there is so much fragmentation and polarization into "good and evil, right and wrong," and the attendant judgments and emotionality which often accompany these things.

We see this especially within your political arena, with each political party proclaiming that they are correct in their beliefs and assertions, and demonizing "the other," those who are of a different political belief. Bless all of these people, when you think of them, and be sure to keep

your consciousness at a level above this lower level of consciousness, because of the destructive nature of such negativity.

In your present society, there are so many challenges, and there are so many of these levels of judgment and polarization where you could participate, and that is why we are warning you about this today -- in order to strengthen your consciousness in the sense of oneness, love, and light. We know that many of you have been interested in, and asking questions about, the subject of how to create and sustain a level of health and well-being, particularly in the physical body. And that is precisely why we have chosen to have this discussion and bring these messages today.

In order to facilitate the creation of a state of health within ALL levels of yourselves, it is very important that you choose to stay in a state of wholeness, love, and oneness, and do not allow your precious life energy to be fragmented and divided against itself! Because, as you so well know, a house that is divided against itself cannot stand, and this applies, of course, to the well-being of the physical body.

Do not allow your attention to be captured by all this negativity which is constantly being broadcast over the airways, as this is extremely destructive within human consciousness. That is why we are bringing this warning against participating in what you are witnessing as the deep divisions in your political arena. It is so important that the light workers do not fall victim to this level of consciousness and descend to this level of polarization into "right and wrong," or "good and evil." You are all well beyond this level in your consciousness and in your knowledge.

That is why we thought "a word to the wise" is in order here, because of the extremely deleterious effects which this type of indulgence in fear or anger, or any of these lower emotions, really, can have within your physical bodies. We want to reiterate and emphasize, for all of you, the importance of thoroughly studying this subject. Do not simply have it be only "a passing whim," but be sure to make this a part of the ongoing way that you live your lives, because we believe that this situation is going to get worse before it gets better!

This path into division and separation, unfortunately, has not run its course. And it is going to get considerably worse before it ever turns around and begins to "come back together," as you would say. And that is why we wish we could deliver this message more broadly to the population.

We see so much of this polarization: the separation into groups hating each other. And this is doing great damage within your society as far as polarizing people into different camps who absolutely despise each other. And this has not run its course, dearest ones. That is precisely why we bring you this message of caution in these times of such upheaval and so many loud voices talking -- each one trying to influence human consciousness to take part in this polarization into different camps who hate and despise each other. You cannot completely stop this process at this point in time, but you can decide not to participate in this polarization

into “the far ends of the spectrum,” so to speak: good and evil, love and hatred, right and wrong.

Realize the significance of the process of polarization and what it accomplishes in destabilizing and damaging the fabric of your society – not to mention its effects within human consciousness. When you are not “one in consciousness,” you are “a house divided,” which is greatly weakened and gradually falls into decay and dismemberment, and eventually devolves into the ashes of a lost civilization.

Now, I am not saying it is going to go that far in this civilization which you have here, but I have seen it happen many times upon Earth – in the Roman times, just to name one, and many others. And so, I bring this caution to those who listen to my words, because it is a great temptation to the human being when you see these exaggerated states of emotionality, to take part in one of these camps and decide who you think is right and who you believe is wrong.

And so, I am just cautioning you, as you come into this time of your political elections, when all of this is now on everyone’s mind. It is filling the airways and news media, and it seems that everyone is focused on this subject and talking about it. This is going to get much worse before it gets better, I would say, and you are all well above this level of consciousness. But you see, it has a great “drawing power” to the human attention when there are so many loud voices speaking their views, and especially with so much emotion, because this is a well-known fact about human beings that you are “like a moth to the flame” when it comes to emotion and emotionality. And the more dramatic it is, sometimes the better you like it!

That is one of your strong points, you see, when it is used in a positive way, but we do need to bring caution here, because you are coming into such a time of extreme polarization. And this is going to continue for quite some time until and following your elections, so that you are really going to be tested in your ability to hold your center and what you know as far as not participating in this extreme polarization of human emotion and human thought.

This is going to be very tempting to many people! They will not be able to resist it, I’m afraid. And it is going to do great damage to many people, because, as has been mentioned, this type thing does not affect only one, it affects all. It is a contagion which can spread within the society and affect all members of the society except for those who are consciously holding to the light.

That is precisely why I am advising my students to be well-prepared for this and to be wise – and to hold the position of wisdom which is to stay well above the fray and realize what you are doing to yourselves if you drop down into the midst of this polarization, because it is very destructive to the human body, and of course the finer bodies, as well (spiritual, mental, and emotional).

And you know this, but sometimes you forget it, and so I thought it best to advise my students to be watchful for this type of thing, and to stay well within your center of peace and wisdom,

and what you know about how to run your own system -- free of all of this debris which is now, and will continue to be, circulating.

Every time you turn on your televisions, you will be susceptible to taking in this very heavy negativity, if you are not aware of it and “fore-armed,” as they say. There are many who will fall victim to this type of thing and be none the better off for it. This is a serious situation on the earth at the present time, because it is being so destructive in the lives of many people, and they do not realize what is happening within themselves! They do not realize, and they will not realize, until it is too late, indeed, what is happening – the deleterious effects of all of this very deep negativity that is coming forth from the deepest levels of the human psyche. This is, of course, the debris that is being brought to the surface so that it can be removed -- by being blazed into the Violet Transmuting Flame.

It is a “war in consciousness,” I would say, and many “on the other side,” here in the ascended realms, see this and we recognize it. We warn humanity, whenever we have the chance, about this type of thing. Few listen to the message -- I will tell you. It is very hard to get the attention of human beings on a subject such as this, because you are notoriously “creatures of emotion!” You are drawn to emotion and emotional events, emotional outbursts, and all emotionality, truly.

And so, we do not wish to see the damage which this inflicts affecting our students, and Count St. Germain has been most adamant about the importance of bringing this message to the students, and he has been quite busy in doing so, as well, with many whom he instructs. And I expect he has spoken to all of you about this in the other realms. If you have not heard his voice here in the material realms, nevertheless, be certain that he has delivered the message in the higher realms to each one of you. And you have listened, but I felt that it was important, as well, to bring this message and to instill this knowledge in the deepest parts of the very human consciousness where you now reside in the earth plane reality.

And so, we will have more to say to you on this subject as time goes along, because this is all in a state of development. This is in the beginning stages now of where you will actually see this going in the coming year, and there will be quite a few changes happening on the Earth as a result of all of this. I cannot go into this now because we are not permitted to give too much information about what is getting ready to happen, but I do wish to warn you to stay out of this, because it is going to become quite intense and very destructive to many people who do not have the knowledge about this process and understand the effects that it can engender within the human form – indeed, the very physical parts of who you are and how you manifest into physical reality. And so, I am here today speaking with the very physical parts of you, to make sure that you fully understand where you stand with all of this and to urge you to maintain your heart center of peace and calmness through all that you will shortly see occurring in all of these political scenes and many other things as well.

I greatly appreciate your kind attention today. But above all, do not wait too long to attend to this! You need to begin to practice now, how not to be affected by whatever negativity you may hear going on, and to put your “firewalls” up to protect yourselves against things like this. And that is another important point that I would mention to all of you: to work with putting some protection around yourselves against this type of rampant negativity, because few people have protections which are adequate at the current time.

This often happens with very sensitive, evolved, and advanced beings, who think that they can live in a state of peace and harmony, and they tend to live in a fairyland of beliefs in energy, even though they are here on the earth, which has not yet ascended. And that works sometimes – and sometimes it does not work! In what is coming for all of you, that will not work. And so, Count St. Germain is very adamant that this message must be delivered in human words to human ears, so that you can begin now to build your firewalls, your bulwarks, whatever you wish to call these levels of protection that you need around yourselves. Because living in this fairyland of “peace and grace and goodness,” that is not going to be sufficient for the coming year, dearest ones. So please do attend to this, and heed my words, because these are not idle words, this is not idle gossip – you can “take this to the bank,” as they say, because this is going to happen! It is going to become much more intense, and you need to develop your strategies, your methods of dealing with this, so that it does not become destructive, indeed disastrous in your consciousness, and especially within the physical bodies.

And so, we are here with you, as usual, to enjoy these moments in your time with each of you. As always, it is our distinct honor and joy to be here with you and to be able to partake in the earthly energies, even for this brief amount of time. It is a great joy to us to do this with you. You have our love, our blessings, and whatever wisdom we might bring occasionally. Be at peace, dearest ones, and hold the center point within yourselves!

I AM Portia, and with great love I have given you this message, namaste –

* * *

Live Channeling at an Event:

Count St. Germain’s Message Regarding the Year 2020

Indeed, it is our great honor and joy to be here with all of you today, and we greatly enjoy coming and speaking with you. This is Count St. Germain who will take a few moments of your time now to give some important perspectives on your coming year of 2020. There is so much happening now on the Earth that it is often a great challenge for people to be here, as many of you have noticed, I’m sure. And we have been asked to give some information about what you might possibly expect in your coming year of 2020.

Can you believe it? You will be in the year 2020! And we will do our best to describe what you might possibly experience in the midst of these very strange and different energies which you are going to encounter in this year, which will be unlike many others you have seen unfold on

the earth. This will occur, because this year is going to be very dramatic. And I do not mean simply regarding emotional drama. It will be dramatic in every sense of the word!

There will be drama in unexpected events. People will be jolted out of their seats by what is going to happen this year, because a great percentage of what will happen is going to be completely unexpected. You are going to have a few, as they say, “curve balls” thrown in during the beginning phases of the year, which are going to change many aspects of life upon Earth. And I cannot say exactly what this will be (*), but you will know it when you see it! (*Channel’s Note: This is due to universal laws regarding what may be revealed in advance to humanity.)

And so, these approximately two or three events, will affect the remainder of the year, because people do not expect what is going to happen, and it is going to, as you have said sometimes, “throw everyone for a loop.” In other words, it will throw them into a state where they do not know how to react, they do not know what to do. No one will know what to do, and people will be in a state of shock, basically, because it will be that dramatic. And this is going to shake up your society, and it is going to shake loose some of these entrenched encampments of “one division against another.”

And so, it is going to affect that, too, because this type of thing makes it harder for people to sit in their opposing camps and simply continue fighting each other when an event such as this, of this magnitude, occurs. And then people don’t know what to do or how to proceed. And so, there’s going to be quite a bit of confusion on the part of many political leaders, and also religious leaders – it is going to be quite extensive.

Obviously, we don’t want to see you be totally taken aback by this, and that is why I am able to give you this message today, so that you will be braced and ready for this type of thing when it happens, because it is going to be very shocking for many people. It will affect nearly everyone in the United States, and there will be many world events, as well, which are quite unexpected. Some of these will be viewed as having a positive nature – others will be viewed as a very negative nature.

There will be changes and disruptions in energy systems and energy supplies, and this is going to be a year unlike any other, so that many people are going to feel as though there has been some departure from everything that has gone before. And that is a good way to describe the energies of the year 2020, because it is the changing of a decade, and often that does promote this type of dramatic departure from all that has gone before. Yes, that is very good description of the general nature of what is going to happen. Just be prepared for abrupt change, and new things emerging of a very unexpected nature. These will be unsettling things for humanity.

And chaos will increase, but this is not necessarily a bad thing, because, as you might have noticed, there is already a very high level of disagreement, and so this level of chaos is going to have the effect of dampening down this level of political disagreement and division. And so, that is what I see happening with the political parties

Monetary systems are going to come under some stress, but they will weather this just fine in the long run, so I do not see anything deleterious in the effects on the economy. There will be some bumps and things, but all in all I see the economy moving in a relatively smooth rate compared to all of these other things that are going to be happening. And you will find that many people are going to do quite well against the backdrop of all of this.

You are all, in your individual lives, going to have some fantastic opportunities to make progress, and some of this will be in ways that you do not expect. And so, this is going to be a very good year for all of you, I believe. I see you doing some wonderful things in your lives, and many of you will end the year much happier than you are at the present time. So we are delighted to be able to deliver some good news for those of you in this room and give you some encouragement, because I know that there have been the challenges for all of you in various ways in the past year.

Some of this has been quite distasteful to all of you, and so I don't expect that things will continue in this way. I see much more encouragement and "getting the good breaks in life," if you know what I'm saying. And you will just find that things seem to work out better for you, and some of you will find a great return for financial investments that you have considered. And so, economically some of you will be feeling very encouraged by the economic conditions in your lives, and stresses and strains will be decreasing to almost a nonexistent level for some of these things.

I don't want to get too specific, because then I would take all the fun out of it, if you know exactly what is going to happen. But suffice it to say that economically I expect that all of you will be doing better in the coming year, unless you miss certain opportunities that will be given to you to steer things in this direction.

Weather events are going to continue to be very upsetting, particularly in this same timeframe where you are now (September) in the next year. There are going to be some devastating weather events which will be more severe than what you are seeing so far in the present year. Two or three things are going to happen that are going to cause quite a bit of physical and financial devastation in some areas of the country, and it is going to be very shocking to the people that are involved in this.

There will be some fires as well – particularly one very large fire happening that will be very upsetting for many people. There is going to be war in foreign countries, but this will not affect the United States – but two, or perhaps three, of these foreign countries are apparently going to have a great conflagration among themselves. The chances of that are very great, but it will not affect either the economy or the well-being of anyone in the United States, because troops will not be sent to these areas. There will be the rising sea levels, as you know about, and this is going to affect two or three of these coastal cities quite a bit, and they are not prepared for this, unfortunately. They will not be ready for these events by any stretch of the imagination.

There is a possibility of the World Bank having a problem in the second half of the year and the possibility of two or three countries having severe financial downturns, depressions you might say, in two or three of these countries, quite unexpectedly. This is going to shock the people in this country into a different state of awareness, realizing that they need to be careful with the economy of this country, because this type of thing is like wildfire when these things start to happen. It can easily spread beyond the boundaries of just one or two or three countries, but I do not see it affecting the economy of the United States in any significant way, due to the guidance of your political leaders.

There will be a change in some of the political leaders, as well, in the second half of the year 2020. There will be unexpected changes in the elected leaders in some of these political positions, and this is going to shock many people, and they will just have to adapt to this. There will be big shakeups in some political parties – a whole reorganization in the Congress, it looks like – a lot of things are going to change with that, and I feel that it will be good. It will bring more of a sense of stability to the country. Many things will be clarified.

Well, that is all for now. It has been our distinct joy to be with all of you,

As always, Count St. Germain

Star's Note:

Lady Portia and Count St. Germain would like to assist us in the process of accepting and adapting to this rapid, and sometimes challenging, period of change in the year 2020 by bringing a positive, and very powerful “point of focus,” which they have done in their article, “Expect A Miracle!” This is now available to read, or download and print, on the Articles Page of our website at <https://starbird1.net/category/articles/>

* * * * *

All rights reserved. This article has been copyrighted, and may not be reproduced in any form, either in whole or in part, without the express written consent of the author.

