

List of Great Shift/Shift Blogs #1 (August, 2014) to #54 (March, 2025)

Russell Boulding:

The domain name for my Preparing for the Great Shift website expired on March 15, 2025. The final January 2025 update to the website is available in the [Wayback Machine internet archive](#) and the [Great Shift ebook chapters](#) can be downloaded from there. I actively maintained the Great Shift website that I created in 2005 until 2021. Most of what I wrote in newsletters on the website and the free eBook titled *Preparing Ourselves for the Great Shift: A Guide to Cosmic and Global Aspects of the Coming Dimensional Shift in Human Consciousness* that I released in 2008 was relevant at the time it was written, but feels to me to have limited relevance in 2025 as I compile this archive. When I say limited relevance, I mean that if there is going to be a general collective shift in human consciousness in a positive direction the earlier information isn't necessary for however such a shift might take place.

The 54 Shift Blogs listed below, written between 2014 and 2025 and [47 Newsletters](#) written between 2005 and early 2014, variously titled *Great Shift/Earth Changes Update*, *Great Shift Update*, *Pretty Good Shift* and *Great Shift*, chronicle my own changing understanding of the nature of multidimensional reality and share the fruits of experiences on my own spiritual journey of awakening. I make these available because if you have found yourself here, you may find something that is useful for your own spiritual journey. I continue to write occasionally from a multi-dimensional perspective on my [Miscellaneous Meanderings](#) and [Spiritual Practices for a World Falling Apart](#) on the Medium platform.

Most of the links below are to the [Archive on aWeber](#), the service I used to mail the Blogs. In mid-2016 seven Blogs were first posted on the Preparing for the Great Shift [Facebook Page](#), created in 2016, and then sent out as a group to the mailing list. I have included the FB link for the individual posts and also added the FB link for a few mailings that generated more than a few comments on the FB page, and to one post that I made only on the FB page.

If you would like to get in touch with me, my email is jrussell.boulding@gmail.com.

Shift Bog #54 Concluding Reflections and Passing the Torch (2), March 16, 2025

Shift Blog #53 [Personal Update: I'm an Anchoring Lightworker Again, February 10, 2025](#)

Shift Blog #52 and EEH Newsletter #106 [On the I and All of Us Aspects of a Collective Shift in Human Consciousness February 16, 2023](#)

Shift Blog #51 [On Being/Becoming Gaian June 22, 2022](#)

Shift Blog #50 [On Living Unsustainably with Mindfulness February 6, 2022](#)

Shift Blog #49 [On Holding Positive Potentials in Our Hearts January 2, 2022](#)

Shift Blog #48 [On Feeling Stress as a Spiritual Practice September 16, 2021](#)

FB Post [Songs for Humanity and the New Earth, September 1, 2021](#) [*This turned out to be a short-lived project, but perhaps I will return to it someday*]

Shift Blog #47 [Personal Reflections on the Journey from Mid-Stream August 29, 2021](#)

Shift Blog #46 [A Pause in Forward Movement: On Healing, Holding the Frequency, and Engagement February 23, 2021](#)

Shift Blog #45 [Human Potential, Holistic Health, Ascension, and Disclosure Paradigms at a Fork in the Road September 16, 2020](#)

Great Shift Blog #44 [A Multidimensional View of the Coronavirus April 30, 2020](#)

Great Shift Blog #43 [Getting from Here to There \(2\): Holding the Frequency, March 11, 2020](#)

Great Shift Blog #42 [Getting from Here to There \(1\): Ways a Shift in Human Consciousness Might Happen, January 23, 2020](#)

Great Shift Blog #41 [On Carrying the Load Lightly, August 21, 2019](#)

Great Shift Blog #40 [On Death, May 23, 2019](#)

Great Shift Blog #39 [Through the Refiner's Fire, March 31, 2019](#)

Great Shift Blog #38 [On Reading the Energy of Words as a Form of High Sense Perception, January 14, 2019](#)

Great Shift Blog #37 [On Creating the New Earth at the Family Level, June 20, 2018](#)

Great Shift Blog #36 [Signs that the Shift is Happening \(2\): Women Speak Truth to Power, March 10, 2018](#)

Great Shift Blog #35 [Signs that the Shift is Happening \(1\): Gender Identity and Relationships, January 28, 2018](#)

Great Shift Blog #34 [On Reading the New York Times through the Lens of Unity Consciousness, October 14, 2017](#)

Great Shift Blog #33 [On Living in the Moment and Unity Consciousness, September 8, 2017](#)

Great Shift Blog #32 [On Being in the Energy Flow, August 2, 2017](#)

Great Shift Blog #31 [On the Great Shift on Earth and the Multiverse July 6, 2017](#)

Great Shift Blog #30 [On Individuation as the Second Motion in All That Does, the Omniverse and Multiverse, June 17, 2017](#)

Great Shift Blog #29 [On All that Is and Does and Love As the First Motion in All That Does, March 2, 2017](#)

Great Shift Blog #28 [On Being Joyful for No Reason, November 22, 2016](#)

Great Shift Blog #27 [On Balancing Feminine and Masculine Energies, September 22, 2016](#)

Great Shift Blog #26 [On Telepathy and Serving as an Emotional Pressure Relief Valve, September 16, 2016](#) ([FB link](#)—*this post generated more comments and shares than any other on the GS FB page*)

[Shift Blogs #22-25:](#)

Great Shift Blog #25 On Mind and Heart Intelligence, August 14, 2016 ([FB link](#))

Great Shift Blog #24 On the Game of Duality and the Dance of Polarity (2): Some Personal Experiences, August 11, 2016 ([FB Link](#))

Great Shift Blog #23, On the Passing of High-Vibrational Souls, August 8, 2016 ([FB link](#))

Great Shift Blog #22 On Being a Bodhisattva, August 2, 2016 ([FB link](#))

[Shift Blogs #19-21:](#)

Great Shift Blog #21: On Making the Shift in Our Physical Bodies, July 8, 2016 ([FB link](#))

Great Shift Blog #20: On the Game of Duality as it is Played on Planet Earth as of 2016, June 24, 2016 ([FB link](#)) [*FB suppressed this post during the pandemic because it contained links to site that were considered disreputable. I'm not sure exactly which links triggered the*

suppression but I'm guessing there were several. I only discovered that it was made available again when I scrolled through looking for posts with comments to add to this index. It is the only other post I made that generated a significant number of comments.)

Great Shift Blog #19: On Timelines and Consensual Realities, June 23, 2016 ([FB link](#)—*this is another post that generated a significant number of comments*)

Great Shift Blog #18 [On Evaluating Information About Multidimensional Reality, June 15, 2016](#)

Great Shift Blog #17, [On Personal and Collective Timelines, May 31, 2016](#)

Great Shift Blog #16 [On Soul Evolution and the Cosmic Eternal Now, April 30, 2016](#)

Great Shift Blog #15 [On Healing Family Lineages, March 31, 2016](#)

Great Shift Blog #14 [On The Game of Duality and the Dance of Polarity and Unity Consciousness, February 15, 2016](#)

Great Shift Blog #13 [On Keeping a Flexible Frame of Reference, January 15, 2016](#)

Great Shift Blog #12 [On Being Careful Where and How We Focus Our Energy, December 17, 2015](#)

Great Shift Blog #11 [On Coexisting and Overlapping Consensual Realities, August 31, 2016](#)

Great Shift Blog #10 [On Physical and Energetic Healing, July 27, 2015](#)

Great Shift Blog #8 [On Reality and Illusion, February 17, 2015](#)

Great Shift Blog #7 [On Manifestation, January 28, 2015](#)

Great Shift Blog #6 [On High Sense Perception, December 17, 2014](#)

Great Shift Blog #5 [When Will the Shift Filter Down to the Physical? November 15, 2014](#)

Great Shift Blog #4 [On the I and We Aspects of Oneness, October 26, 2014](#)

Great Shift Blog #3 [On Karmic and Non-Karmic Energies, September 15, 2014](#)

Great Shift Blog #2 [On Inhabiting Multiple Energetic Realities, August 20, 2014](#)

Great Shift Blog #1: [Changes August 2, 2014](#)