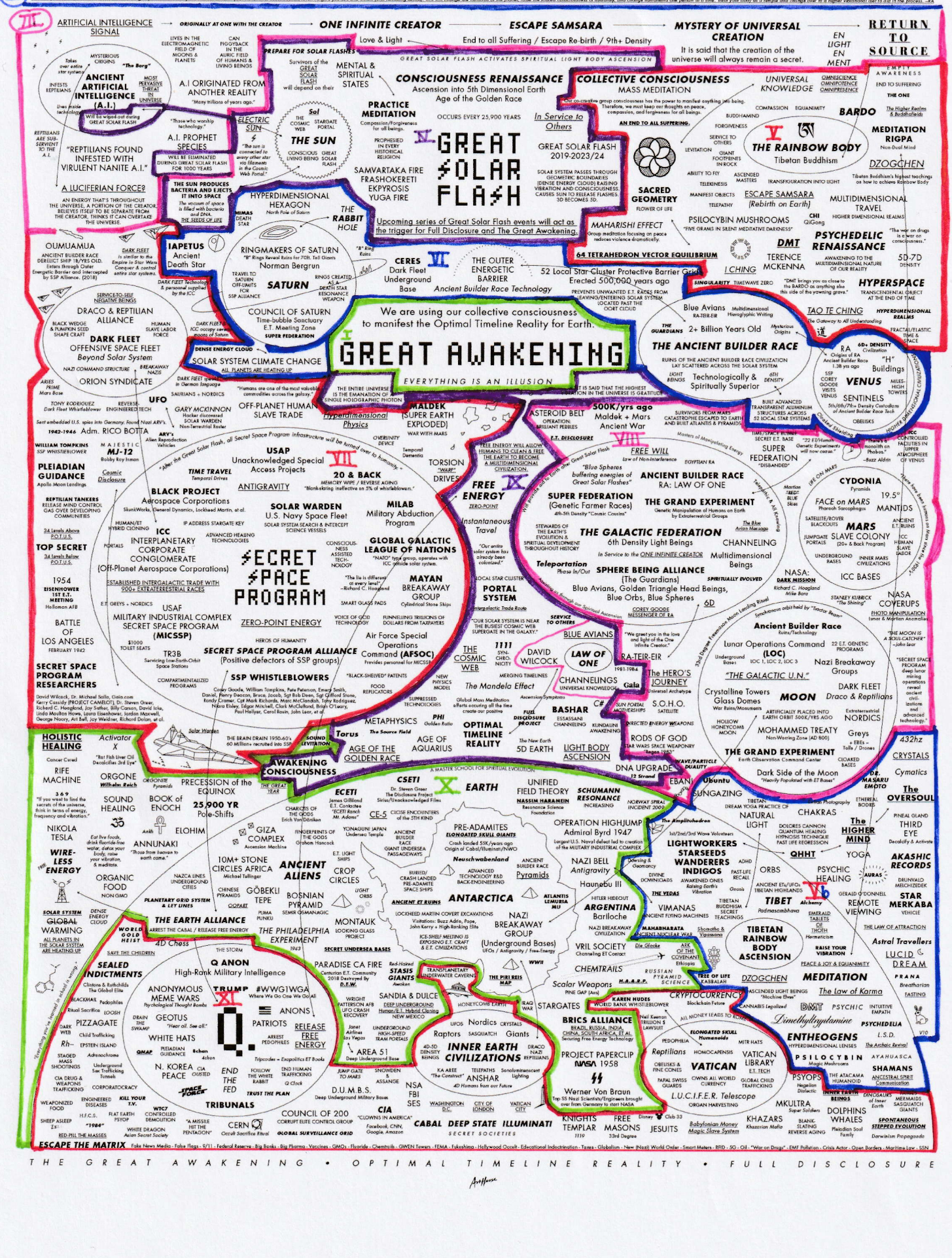Increase your service to others and be more loving to yourself and everyone in order to raise your vibrational consciousness level. Forgive yourself and others (fun releasing karma). This will change the vibration of the planet, raise the shared consciousness of humanity, and change humankind one person at a time. Treat your body as a temple and change over to a higher vibrational diet to aid in the process. –RA