

Changing in the River of Change

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by [Zen Gardner](#)

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*No man ever steps in the same river twice.
For it is not the same river,
and it is not the same man.
There is nothing permanent
except change.*

~ Heraclitus

It seems things change more than we think – way more and in more ways.

Even when we're aware of the underlying reality of constant change, we reference new changes by our memory and perception of old changes. And those were based on previous reference points.

We seem to be judging change by points of previous attachment, even though they continually shift. That cannot be very accurate. Nor fully conscious.

While assessing a particular situation, as my mind wandered backward to find context, I was surprised to realize how strongly and easily I was able to reference my previous "points of view".

It jolted me knowing I'm not that person any more yet it was so very available in my consciousness. But that's how the mind

is wired. A lot of information is stored there awaiting activation depending on our perspective and awareness.

Hence we often have to wade through a mire of influences whether we want to or not.

The Subtle Reflex

Everything's shifting. And in shifting ways, in a shifting perception of change.

I realized what I was comparing to was a sort of emotional imprint. I was looking back to different periods of time in my life in comparison to what I'm going through now, consciously conjuring up old impressions in contrast to a current experience.

I found myself doing this for whatever reason.

Understanding, nostalgia, encouragement, comparison. There's so much that flows through our minds as we seek meaning and definition.

But that really struck me. I realized how I frequently use old imprints to gauge comparative changes. Not necessarily bad in itself as there's no doubt something to learn from experience, but I shouldn't compare to times in my life when I was relatively unconscious. There is virtually no basis in comparative reality there once I've woken up to true conscious awareness.

More importantly, these current vibrational changes we're experiencing are completely new, as am I.

Recalling old imprints can subtly reinforce my attachment to them. Looking in relation to an old perceived set point will only let me see so far. It's almost beyond comparing apples to oranges when it comes to perception shifts. They just don't compare, even dimensionally.

Another analogy might be a rock climber who won't fully let go of his gear attached to the lower rungs he made in his ascent. He'll only get so far. As you go higher your perspective shifts phenomenally, but he won't get to those really inspiring views if he won't let go of those lower footholds that got him started.

These memory reference points are psychically embedded in emotions and memory clusters. It's very similar to the crystalline knots a massage therapist works out of muscle tissue that then have to be flushed from the system.

Memory can be an anchor as well as a guide.

Letting Go in a Shifting Reality

It's all good if we let this shifting reality pass and we have solid anchors in conscious awareness.

However a lot of people are fighting these very present and persistent changes, consciously and subconsciously. We've known these major shifts in not just our perception but the dystopian world around us would be hitting, but as we get further into it our minds tend to get fixated on the dark details and less on maintaining our conscious awareness.

That's when blinding reactive mechanisms start to kick in.

It also manifests as confusion. When life seems to be in disarray and we're put on the defensive, which is a major tactic for human control, left brained fear and survival modes start to take control.

That's why it's important to remember what we knew in the light when the times of darkness fall. It's also why we should act in the light while we can still see clearly.

To delay is as good as to deny.

What conscious behavior inevitably calls for is a lifestyle

shift. That's what grabs stubborn souls by the throat. If someone doesn't budge and they keep refusing to acknowledge the evident Truths around them and yield to those arising Truths by consciously making the needed changes in their lives, it can be pretty tough.

And it will only get tougher...

These changes include continually disengaging from the system, letting go of unfruitful and hindering relationships, adopting a healthier lifestyle both physically and mentally, and preparing spiritually and practically for the increasing economic and social storms coming our way.

Defying the Control System

There's really no reason not to disengage [from the Matrix](#). Just begin in stages.

Those imaginary handcuffs of the mind are weaker than cooked spaghetti. It's the habitual fear programming that keeps people from doing the obvious. That's the design, to paralyze humanity.

The awakening cannot be thwarted, but individuals can be seriously hindered, mostly by living in virtual denial. We can't say we understand what's going on and not respond to the call to help change things, beginning with ourselves.

More often than not ours is to simply defy the system programming... disobey, disconnect and disengage from anything ['they' throw at us](#), or our programmed past throws at us for that matter which is often even more profound and difficult to deal with.

But once we do whatever it takes, the rest will follow.

And don't worry, change will continue to happen no matter what. Remember, you are the conscious observer, not the reactive self.

Ironically, all of this life is not about you – it's all about YOU! The real you... not the egoic, clingy muscle false self that reaches out to attach to anything and everything for what it thinks it needs.

And the beauty of it all is that the loving yet firm scalpel of conscious awakening will separate the two for us to where we can get free... if we will just let it do its work.

The choice is always ours. And the rewards for ourselves and others are beyond our comprehension.

Stay free. The cost is only things you don't need anyway...

"The whole essence of Zen consists in walking along the razor's edge of Now – to be so utterly, so completely present that no problem, no suffering, nothing that is not who you are in your essence, can survive in you. In the Now, in the absence of time, all your problems dissolve. Suffering needs time; it cannot survive in the Now." – Eckhart Tolle, The Power Of Now



[Zen Gardner](#) is an impactful and controversial author and speaker with a piercing philosophical viewpoint.

His writings have been circulated to millions and his personal story has caused no small stir amongst the entrenched alternative pundits. His book *You Are the Awakening* has met rave reviews and is available on amazon.com. *You Are the Awakening* examines the dynamics of the awakening to a more conscious awareness of who we are and why we are here – dynamics which are much different from the programmed approach of this world we were born into.