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by [Zen Gardner](#)

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Many people ask about this or something similar so here's some thoughts on the subject. I don't mean to tell anyone what to do, as that's completely contrary to consciousness and conscious development, but I will share my understandings at this point and my passion for Truth and you can do what you like with it.

Question:

"What do you say to people who have woken up but can't leave the system because of family and friends?"

This and those like it pose a very broad question since we're all different and need to be led of our own convictions. However, the answer is fundamentally similar in every case.

Do what consciousness tells you.

There's really no time for fiddling around once you've found what you know to be the Truth, which is always something clearly outside the realm of what you've been indoctrinated with. It's always life altering. And if it isn't, you didn't hear correctly or it fell on deaf ears.

I don't want to be counted amongst the deaf or unresponsive. Do you?

Especially when you found out that that's exactly what perpetrates the big lie you found out about—a compliant, non-

awake populace.

System Dependence is the Name of the Game

That's the trouble with the "system", it teaches dependency, hierarchy, and rote knowledge, where your choices are carefully narrowed down to "acceptable" alternatives within carefully confined parameters.

That's why people feel like fish out of water when they wake up. They never learned how to truly think freely, nor did they have the knowledge tools. Instead, most everything was reversed, scrambled, confused and filed away in seeming useless obscurity.

The result is not just a marginalization of empowering Truths into the catch-all dustbins of "conspiracy theory" or wing nut stuff, but worse yet, the system does not cultivate original thought or true personal freedom or responsibility.

The real Truth is not an option in such a controlled environment. Oh, you get smatterings of truths, but drawing awake and aware conclusions is not an option to humanity's would be Controllers.

The Wake Up Starts with a Bang – But You Have to Keep It Going

When someone awakens to the true nature of the manipulated world we live in, as well as the vast resources at our immediate conscious fingertips, it takes some doing to fully realize what that information means, as well as the vast implications on your personal life.

It can hit hard and may need some time to be digested.

How it affects each of us individually is really a question of simply putting what we've learned into action and trusting the Universe for the consequences.

I don't think there's time for much else. In fact, there never

has been.

If you know the Truth, what are you waiting for?

While many are hoping for some kind of soft-pedaling of any kind of action call, it's not a set formula. You just find out, and you react. And just that takes some doing, breaking off the rust of your True Self to animate and start to call the shots that were previously hindered by life long programming.

Stages of Development

For me the full wake up took on many stages of development, but the full blown realization of the vast extent of the manipulated lie and its fleshed out intricacies was a head splitting explosion that blew me past the pull of convention's gravity so fast I'm still grinning from ear to ear as I zip through the universe..ha!

The point there being, the wake up takes on many forms and evolves. What gives the wake up traction is commitment, putting feet to your realizations.

You think TV's bad? Turn it off. Banks are a rip off? Get out except for perhaps necessary operating funds if need be. Trapped by the ownership of housing, "might needs", and all kinds of dumb stuff?

Dump everything you can, if that's your understanding. Knowing "stuff owns you" is fundamental to consciousness. We all get there, but it depends on our enthusiasm...or "spirit in us".

How many respond to just that?

Do What You Know or Face Confusion

Until people put into action what they already know, there isn't gonna be much more to follow for them. Just a lot of flailing about in frustration because we don't do what we already know we should do and are looking for excuses or

compromised solutions to assuage our guilty conscience and hopefully preserve our personal status quo.

Sad, but true.

That also includes getting right with people, making relationships honest, and disengaging from situations of compromise. It takes courage.

Know You Are Nobody—Yet Everybody

All this is a whole lot easier when you realize you are nobody. There's nothing to defend.

Your old senses of self were the very strings the lying matrix played upon. Get conscious and the sirens of the system don't affect you except peripherally.

That's a biggie.

Conscious awareness is number one realizing and seeing through the higher level of awareness that is detached from this life's experiences, and thus free to discern and identify without attachment what your life experience is.

Seeing through those eyes will bring tremendous peace and understanding.

Get Along But Don't Compromise

Don't fret the next steps. The universe is so vast and full of infinite possibilities there's something for everybody. Our job is to find it for ourselves and when we find it, act on it. No, it's not the "safe" way, or the "accepted" way.

At all. We do have to break free.

In reality the parasitic system has been sucking you dry and lying to you and everyone you love. You now no longer owe it any allegiance and can and should disengage any and every way you can. No guilt trip necessary. You are doing what is right.

Period.

And that is not contingent on relationships, financial security, self image concerns, or what have you.

So get any and all attachments possible out of play. Happily. You are freeing yourself from the spider's tentacles.

There's Real Peace in Commitment

When you've resolved to go ahead and "make the break" with convention and stand up for what you know is right, it leads to a new lifestyle. How do you think these wonderful websites were formed of like-minded people who found each other and decided to make an impact with videos, interviews, articles, participation in events, etc?

How were Gandhi, Martin Luther King or other world truth bearers including the present day alternative luminaries birthed from their previous lives?

Something gelled, made total sense, resonated, and they just committed. These truth enthusiasts on the internet also somehow found each other and it clicked. It's all about responding to the need and call and openly networking...true response-ability.

The Truth Glasses

I read this fantastic analogy and it's never escaped me.

Finding out the whole truth is like putting on these amazing truth glasses, much like the movie "They Live".

Here's how they work:

#1. You gotta want to put them on.

#2. You can't force someone else to put them on.

#3. Once they're on, you can't take them off.

If you've found and put on the glasses, that will make total sense. If you haven't, keep searching.

Let your heart lead you.

In the words of Lao Tsu:

At the center of your being you have the answer; you know who you are and you know what you want. – Lao Tsu

Love, Zen



[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.