

Social Contracts, Co-Dependency and Closed Loops of Limitation

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July 18, 2016

There are so many readily available ways to not be our authentic selves.

They come easy, or so we think, since they're so rampant in our shallow societal system. But the price is seriously self imposed, crippling limitation.

Social engineering is a massive subject. That humanity has been dumbed down is a huge understatement. We've been severely handicapped in ways we can hardly discern, hence their disastrous grip and closed self reinforcing loops have such sway.

By design we cannot see what is truly going on.

To transcend any and all of these systems is imperative. This is why the true spiritual masters throughout time have said that transcending mind is fundamental to true discovery and personal empowerment.

The mind plays tricks – seriously distracting ones. The mind breeds such a cloud of all knowing self importance we tend to bend to its every whim.

Beware the mind-field.

Stay conscious and observe...

Distraction Mechanisms – Social Contracts

Man, these are a bitch.

What agreeance we make with others in order to be “friends” or tolerate each other. Heavy duty stuff, and not easy to own up to. Again the root to everything is the willingness [to let go](#) of anything and everything we’re attached to.

A very big deal in every way and one we need to be consciously aware of.

We all do it all the time in order to “get along”. It dissipates as we become our authentic selves. That’s the good news. But disentangling from contracts can be a real tough ride, and not an easy thing to handle with grace.

But it has to be done...

Co-Dependency, The Inner Child, and Shadow Work

All of us are subject to triggers that activate extremely dangerous reactions that completely cloud our minds and hearts.

Our interactions are affected by unresolved past issues, only because we haven’t explored and identified the truth of our upbringings.

Co-dependency born of abandonment begins at birth. It’s passed on by unconscious parents – and all parents are complicit, as were their parents. We spend the rest of our lives looking for acceptance and affirmation as a result, as well as many other entangled issues.

None of us were acknowledged to be the spiritual creatures we arrived as. The portal soon closed and we were born into a world of abuse and engineered survival challenges of every sort. We searched for true love and understanding from the

start, but it was denied.

And we were left confused, desperate, and hungry for true love and spiritual community.

Again, a massive subject that deserves real investigation and application. It's way too much to fully explain here. You can liken these deeper issues to impacted spiritual teeth. They are painful, often infected, and need surgery.

If you dive into this subject and are willing to expose yourself fully and the digging it entails, the healing can begin.

Bringing It Home

I've been going through some serious self discovery for some time now.

It's not all that pleasant, yet it is extremely liberating and empowering. Besides other issues in my life, my recent separation from Elle brought up more things than I could handle at times and I was often overwhelmed with emotional instinctive reactions and just plain gunk that came up.

Even knowing the conscious and detached observer mode is the only true and awake way to handle it, I was flooded with reactions that in turn triggered all kinds of strange crap from my past.

It seems a current, justified feeling and response when going through things like this, but all of it is based in past childhood and otherwise traumas and feelings of abandonment, abuse, learned co-dependency and everything I grew up with.

I've become aware of much over my life time and thought I was getting a handle on this challenge called living, but these past months have made mincemeat of my illusions.

And I'm happy for it, although it hurts like a bitch. I'm

fully committed to going all the way and I guess Universe is helping me along with these very deep and painful tests.

It seems we have to get to the extreme before we really pay attention and look for the true bigger picture in always newer ways.

Face It Head On

All I can say is the quickest way through these types of issues is straight on.

We're at a very poignant time in human history with the veil lifting so dramatically of late.

I'm still in the midst of all this, but I can see the light at the end of the tunnel. It never turns off, we just don't see it in the preoccupation with our selves we naturally succumb to, and the smoke of the burning fires of purification billowing about us. That's just the nature of the transformation.

If we're willing to take it on the chin and face whatever we need to we'll get through it all the quicker. But it's not without setbacks and there's no formula for going through any type of crisis.

The key is honesty and determination, in my opinion. That's what's seeing me through, so far, and being as loving as possible while the flames of hell seem to lick my my every nerve.

Not fun when the fires rage, but learn we can. And will.

Enjoy the ride. All things pass. Try to take it with grace when it comes your way. You'll fall flat on your face many times but just keep getting up. We're all getting through this.

It's just part of the process, and all in love...



[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.