

The Cosmic Shift, Unconscious Crazies and Moving Forward

[The Cosmic Shift, Unconscious Crazies and Moving Forward](#)

by [Zen Gardner](#)

August 12, 2013

There's a lot of very interesting information available on this transition we're going through and with many interpretations, and some great advice on how to manage these vibrational changes. My personal take is to stay very alert and aware on every front, most of all with my thoughts and feelings, remaining the observer monitoring what's going on within and without me.

Don't ever forget, your very thoughts and feelings at times may not even be your own but tainted by ingrained programming or some morphed projection from these both occult and hyper-technological insanely driven would-be controllers to steer humanity.

This is especially dangerous when our guards are down.

For me staying on alert also means keeping abreast of the news, the real news. It's watching for trends, not just in the NWO rollout or political news, but following earth and space changes is very important. How our planet and solar system are behaving is intrinsic to getting a deeper sense of the energetic changes we're undergoing. And sensing the spiritual changes around you is also imperative, much of which is intuitive.

Close communication via regular networking with other awake

and aware activists is one of your best resources for keeping your finger on the pulse and grasping the big picture. Once you get rounded well-sourced information on our fluctuating condition the dots connect.

But we have to keep at it, especially now.

Real information is everything. It's our spiritual food. Either we're getting the adulterated stuff or we're getting real nourishment. It makes a world of difference in how we feel and think and affects the very course of our lives and hence the rest of humanity since we each affect everything so profoundly. I avoid raw TV almost entirely and keep it unplugged. It's toxic and completely destructive. If there's something worth watching as in breaking news, fine. But generally you'll find what you're looking for on the net where you can be in control of it. If you have to watch anything, limit it carefully and always mute the advertisements, hopefully instinctively.

It's all part of remaining vigilant and detoxed. It all adds up. Same with steering clear of EMF pollution and using protective devices, changing out CFL bulbs, buying organic etc.

Conscious, Observant Living Is A Must – Beware the Unconscious Crazies

Learning to listen to our hearts, our real consciousness that taps into the central Source, and observe from that point is the key. As things start to pick up more speed as they are now this will be more and more important when mental processes become increasingly affected.

The mind is much like the computer that is susceptible to an EMP blast, a large electromagnetic pulse; the same kind that can stop your computer controlled car, all electrical supply and appliances and shut down the grid. The heart, however, your conscious spirit, only revels in the additional energetic

bursts and will never let you down!

Now that's empowerment – but we have to be careful.

We need to watch out for erratic behavior.

People are going to start unraveling before our eyes. Many will have psychotic type reactions to these vibrational changes especially as the matrix degrades into chaos, and we need to be wary wherever we are. As the system crumbles and basic needs become scarce this will get magnified many times over.

Society as we knew it will morph quickly so being centered and preparing those around us is imperative. It will not be nice, nor make "sense".

It's a very sad reality but we need to be on our toes. People may not be as they "seem" to be, nor as you would like to believe they are or "could" be. And there will be no rational control over them. This will include many of your relatives and loved ones. Not a lot will make sense as things come apart at the seams.

We who are awakened and aware of the greater depths of reality and where this all fits in the cosmic and otherwise scheme of things understand.

They don't. Nor are they willing to accept a greater truth or reference point.

Hence: We'll be witnessing some crazy behavior, to keep it colloquial. Psychologically and spiritually it's much, much deeper.

Make Friends and Help Each Other

This dynamic has changed my life and many that of many others. I spend almost my full waking time on the internet and otherwise discussing in every medium possible with loved ones

and targeted movers and shakers about what's going on. There is so much to learn and there are so many amazing wonderful people who have been researching and compiling empowering information I just don't have time for anything else. I get my walk and take breaks but it's my full time passion because it to me is the essence of what's happening and where I can best help and be the most effective.

Contributing to this massive wake up is all that really matters to me.

I'm a communicator. And I'm not afraid to ask questions, or to thank and try to help those who have contributed so much to this truth revolution. This has led to the best friendships of my life. I wrote to others like myself how many of us seem to be alone when in reality we're most likely where we're supposed to be, yet we're united in spirit.

I received many touching comments to that post as it apparently resonated with quite a few people. Many also said they don't mind the isolation. That's the world they work and learn best in, and I relate to that. Most of the people I correspond with are the same. We savor conscious awareness and spreading it and helping to empower the changes we're led to contribute to. It's an act of love that gives tremendous satisfaction that at least we're doing what we can.

And we do the same in our daily interactions.

These friendships that have come with meeting fellow activists are the best. They're almost like broadening your antenna array to where you can pick up clearer signals and bounce your "readings" off those you love and trust. So often a little inkling or sensation or an email and link from a friend or comment on my site can lead to new realms of understanding and even new researchers and whole areas you weren't aware of and a fresh re-synthesizing of what you've come to learn.

It's just fabulous.

But we have to reach out.

Conclusion – Activate or Else

These energetic changes accompanying this huge scale awakening are not the answer. We are the answer. Those they affect who in turn willingly transform and pass it on, helping others understand and utilize what's going on, are the answer.

You and me.

With or without any new cosmic or otherwise energies, combined with all we're co-experiencing, our mission is the same. And what a great time to be alive as this awakening and all its accompanying energies unfold. Good for conscious humanity, but bad for the matrix whose minions are scared to death of what's happening.

This is why we're seeing the frantic implementation of the control system. Poor puny bastards. It's like a bucket of water on a raging forest fire. Sorry guys, you've already lost. You really think you can fight the Truth? C'mon.

But we do need to keep exposing them so others can see through their false projection and find empowering Truth and Reality for themselves.

Keep On!

We're here to act out our mission, however we're each called. We can follow, we can lead. We can sit by the wayside.

I don't personally condone non-action in the least. We need to be conscious responders. Not inexcusable idiots. That's thoroughly pathetic. I think we've all been through enough of that..and so have the enslaved.

Raise your voice.

Radiate your energy and the change any way you can!

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.