

# The Mirror and the Choice

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The concept of judgement has many meanings but there are two basic types as I see it so far. One is a very necessary operational function whereby we make continual choices – what to think, speak, and decide upon for personal adaptation and decision making. The other is a more polarizing determination in the heart or mind by which we classify, categorize and even label external ideas, situations and people in a more static sense. These can blend into a mix that's difficult to unwind, never mind untether from our egoic selves and operational identities we take upon ourselves, but it's very doable.

The fascinating aspect of this is very similar to language. Judgement, like words, can either be empowering and liberating or very deleterious to our spiritual condition as well as those around us. This is especially true regarding those whom we deem to “judge” if we project such low vibrational information to others via thoughts and resultant words and actions. But much more so it affects our own spirits which we emanate, thus leading to attachment to similar low vibrational energetic “clusters”.

## **The Mirror and the Choice**

*“When you judge others, you do not define them, you define yourself.” – Earl Nightingale*

The incredibly empowering and liberating aspect of a detached observation of ourselves in this process resides within one simple understanding. Everything we perceive is a mirror of

our own created reality, including any external or shared realities we've chosen to accept and adopt. It's all choices. There's nothing external to "blame"; we choose the reality in which we live.

The agreed upon denser and darker collective "reality" is simply a group energetic construct, and again a reflection of individual consciousness' who've agreed upon something that appears "convincing" or "believable" in some way, shape or form, thus "solidifying" it in a sense. Although we're inherently much more enlightened and aware and capable as beings that have access to true reality in several dimensions, being born here in a 3D reality it is very easy to identify with this lower destiny framework and thus forget who we truly are.

We chose this challenge, and we were very adventurous and courageous to do so. We accepted the challenge of separation knowing it would be a struggle to live in forgetfulness and then to truly awaken and remember who we are. This is the thrill of being on this amazing planet, a very special experience to be savored and enjoyed to the maximum. When we remember this is simply an experience, a sort of adventure or test to come here and go through all of this, everything becomes extremely clear.

Polarity, or dualism, is illusory from the standpoint of our true nature within much more profound realities, yet it exists here for our learning. The difference between the dark and the light provides contrast in which we are able to discern the workings of this 3D construct, as well as the forces that manipulate it. But we're not to dwell on that continually, but to let our true nature supersede this experience and thus help bring the overall energy to a much higher dimension.

All energy seeks to expand – – as the light, so the dark. Each collects according to what vibrates or resonates in tune with it, due to lessons to be learned by those with that proclivity

or fascination for the workings of lower dimensional power and control games. Again, all to be learned from individually, whether due to some form of karmic or fractal resolution, or simply new hurdles to learn and grow from.

## **We're Here to Learn and Remember**

Even more than seeing these machinations for what they are, we are learning about ourselves by what draws us or gets its grip on us. Much of the trauma we've experienced being born and raised in this 3D reality appears to be inescapable – whether it was parental abuse and neglect which led to a lifetime of related traumas that need understanding and undoing, or later compounded stages of issues that developed due to the earlier years of contamination. It's all a mirror to learn from and thus release collected energies that are holding us back.

It really doesn't matter where it came from. Now that we're aware of these influences, previous unconscious actions and addictive repeat loop behaviors then become a choice, whether to continue on subjected to them or not. This is the challenge we all face. Without dealing with our own states of being we really cannot understand the external group projection, never mind others individually.

Hence judgement is a very base form of unconscious energy.

This is where judgement of the wrong sort comes in. What affects each of us, and how, is the learning opportunity. It's not a time to attack and condemn, but a time to humbly learn for ourselves why and how what we perceive affects us the way it does. Proof that this is the case lies in performing this exercise, and noticing how what once triggered us loses its power. The reaction is gone. The memory of it might be there but as we get free from base reactivity, and the grip these aspects that once bothered us grows increasingly weaker and with greater facility – and joy.

Hence the mirror. What we see is what we're projecting, or

reacting to, often lying unconsciously dormant within each of us. An amazing opportunity to learn and get freer with each experience. No judgement, just learning and inspiration. Harsh or defining judgement only limits ourselves, it has nothing to do with the other person or situation. We get to know ourselves by not just what turns us on and inspires us, but what “ruffles” us and upsets us. All wonderful opportunities.

Besides, how can we presume to know what’s best for someone else? Maybe they’re living something out they need to for some reason in their own learning and growing process. We don’t need to tune into it if we don’t want to, that’s our freedom of choice. They’re having their experience to be lived. To fixate on something so-called negative, that is something of a lower nature, is to feed into it. This is a very common mistake and it’s rooted in the wrong type of judgement, not seeing the true bigger picture of what is transpiring here.

Our greatest possible effect is to live in our natural higher dimensional environment.

## **Dark vs Light, Perspiration vs Inspiration, or Fear vs Happiness?**

All of the above. Love has become something of a worn out, ill defined idea which is why I’ve not included it. Happiness and inspiration however are tangible. We run on those. We think that’s a special part time state of being we get treated to once in a while, but really it’s our true “normal” level of being, contrary to all we’ve been taught consciously and subconsciously in this 3D control hologram.

When we realize this, everything becomes extremely simple and clear. What makes you happy? Think it, say it, do it, create it. What inspires you? Think it, say it, do it, create it. Let the rest go.

The boundless worlds are ours for the making by remembering and realizing them. Don’t let the dead end anchors of wrong

judgementalism and blaming the mirror hold you back. Learn from them and move along – the path is a moving walkway ready to draw you home.

Cut loose and be who you truly are! As we do whole new worlds will open up and a new reality is born within us. It's extremely contagious and the path to performing the highest good for others here! The boundless energies that were once duped by staring at the dark and pointing out what's "wrong", as most of us have done, will be released into an orgasm of change individually and collectively in a way we only dreamt was possible.

Realizing the so-called dark side is only another vibrational process doing its thing in this unfolding of Universe, as it's meant to do, is extremely liberating. It's all a program that's running like a multilayered sorting software package. When we truly wake up to this reality and remember who we are and that this is simply a sort of adventure land playground to be explored and enjoyed, life becomes what it already was all along!

The dream within a dream is seen for what it is.

Remember.

In joy and inspiration, 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.