

Upgrade to the Next Level of Now

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All things are new. The old systems and paradigms are crumbling before our eyes and minds. Outdated mechanisms of knowledge and understanding have shifted and are passing. For those who are open and ready, it's an amazing time for letting go.

It can be conceived as timeline or dimensional shifts and bleed-throughs if you like. For those experiencing and tracking these changes you will understand, others may sense something fundamentally different but are having a more difficult time just yet, but all will continue to progress. For those wanting to move with this energetic shift it will come, and more understanding as well as awareness will seep in. It can be subtle, or sometimes one psychic or transdimensional experience can trigger a big leap forward.

While we have so much in common we are all on unique paths. There's no "one way" but there are commonalities that we all experience.

This energetic shift simply requires letting go into it, because it just is. As sure as we're alive and Source eternally exists, our progression is assured one way or the other. The move "forward" is always there if we're willing to move into it, but even if we hang back the overall field is moving anyway. This gets to the crux of our learning experience here, as there are several paradoxical aspects to

all of this.

Those who've been seeking and learning and growing and working to bring about a better world as well as a more realized self expression have gone through much. While our most profound realizations are incredibly simple, all we've gone through to get there has been essential. Each of our paths are distinctly individual, yet we are a form of collective soul at the same time, each yearning for mastery of our being with the best possible outcome for all. This obviously does not apply to all those we share the planet with at this point, but the opportunity is available to all.

While many of us have striven to bring truth and openness to a deliberately darkened world, we've gone through many stages in the process. We've been the dreaming child, the system slave, the dropout, the student, the philosopher, the hungry researcher, the activist, the warrior, the preacher, the pundit, the angry cynic, the tired observer, the insider, the outcast, etc. The list is long, but these stages, whatever they've been, were essential to our development.

We eventually learn we cannot impose receiving the truth on anyone, only offer what we individually have learned, and it's up to others what they do with it. Increased communication has been one of the driving forces for this recent acceleration of awareness that's sweeping the planet, in addition to other unseen influences. For those engaged in these activities it's right at whatever level they've chosen, but we must be aware of being drawn back into their vibrational level. We need to help in whatever effective way possible but we can't force it or interfere with free will, despite the fact that the matrix operates this way.

It operates on a judgmental frequency. Source does not.

Whatever our outlook, a rising tide lifts all boats.

And the tide is rising.

The Dissolving Past

Not only is the external structure collapsing, albeit somewhat violently, old manners and frameworks of perception are dissipating. How much each old system is sustained depends on how many cling to these often self-projected or believed paradigms, as nothing can override our choice to progress or hold on to the status quo. This is causing a separation of worlds in many respects, as realities split apart, much like worlds or timelines.

This is real.

This is not always obviously manifested externally, certainly not to the satisfaction of the skeptic or naysayer. It is evident, however, in changed lives, raised and lowered vibrations, new discoveries and ideas surfacing, and new social trends taking hold. In fact, it's quite remarkable once you can perceive them.

A Place Called Now

For the sincere seekers, our search has been for meaning, for the full experience of living, and the Truth that permeates all things. We look for answers to the fundamental questions of life and eventually come to realize we've contained them all along in our heart of hearts . We have a knowing about a Source that emanates from within and without and have always been set out to connect with it.

It appears in the timeless state of Now. We get glimpses of it; our feelings draw us towards it, and our hearts long to experience more of it. A certain amount of information helps us along the way, but the reality we seek is beyond it, as what we perceive through this limitation only provides arrows pointing towards the unspeakable which we experience in moments outside of time.

This has long been known, yet even this experience is transcending the old concepts and belief systems. We've

accumulated many helpful understandings from past teachings, yet in the light of this truly new energetic shift even those are outdated in many respects. Reference points can be anchors if we're not fully conscious, which is clearly seen in the fullness of a truly fresh Now experience.

The Now is a portal. It's always there, it's always here. The Now is the ever present zero point everyone is striving for, yet it is always with us. It exists – over and over, yet timelessly. It's we who have the difficulty in turning into it fully. Again the paradox, finding no time while inhabiting a world seemingly bound by time.

The Now just is, yet we struggle to find it, to understand it, as it slips through our fingers. Or so we think. In fact we're flickering in and out of it continuously. Sometimes we can feel its ecstasy, sometimes not. We know we should live in it, yet time sweeps us along like the current of a mighty river, only allowing temporary glimpses of the majestic Now. Our minds then scurry to understand what only the heart can perceive, our ever present conundrum in this denser world of duality.

How do we escape time and explore this amazing realm of Now? It's not always easy, yet it happens spontaneously with little or no effort. Mind gets in the way to make work of it, or identify when it is happening. Filtration mechanisms working overtime dull our nowness. Concerns and habits shroud our sensibilities. Circumstances and physical conditions blind the senses. Ever new as well as old ephemeral belief systems cloak our awareness.

Yet inspiration opens the door continually. Imagination lights the way. Each of our developmental stages were paving stones that led up to now, and they will continue, albeit in continued transformational manifestations. Yet those too must be let go of in deep energetic and forgiving ways in so many respects so as not to hold us back from previous perceptions.

Everything Is New

The truth is we can all be more in the Now than we are, but the inspiring realization is we're there a lot more than we think we are. Besides always being in it whether we're fully conscious of it or not, our lives are filled with breakthrough Now experiences.

Techniques such as meditation and more quiet time and deep experience in nature enhance this, while moments of emotional release, insights and creative imagination and inspiration abound in our lives, often spontaneously, resulting in the same. Making room for more of all of these aspects being a higher priority than ever in our lives soon goes without saying, once we're really serious about this transition personally as well as for all of humanity and our planetary condition.

Therein lies a commitment to be made.

The Letting Go

We each experience a great falling away of many things in this process. Old unfruitful relationships, locations, living conditions, modes of expression and cherished belief systems. All of these shift or evaporate altogether. Let them pass. The new will manifest almost immediately and in many cases concurrently.

While we may experience times of isolation and solitude, it's all a wonderful growing opportunity. It can be quite an emotional journey facing ourselves honestly and seeing former close acquaintances or beliefs fade from our lives. The beauty here is that our true friends and family become manifest.

And we are many.

Depending on our rate of acceleration as well as preparation, this shifting process can be a bit disconcerting. While our previous efforts may appear to have been off course or

pointless in light of what we learn down the road, they weren't. Many ideas and concepts and viewpoints will prove to have been quite off course in relation to what we come to learn is true, but they were what helped get us here. It's seeing that and letting the old go that are at issue.

It's easy if we're malleable and trusting. Call it faith in the divine nature of it all, but that is something we can all be securely confident of, despite the seemingly bizarre nature and consequences of many of the choices that have taken place on this evolving planet.

There are no mistakes. There is no condemnation except what we personally ascribe to. Outside of us everything is beautifully neutral. There is no judgement. We invent and comply with that, in accordance with separation. When we realize all is One in different facets and stages and in the process of expansion we don't judge, we accept, and in love, seeing the wonder of Creation both seen and unseen.

The Paradox of Three Dimensional Life

Yet paradoxically there is the part we are each here to do, most of all to truly awaken and raise in conscious awareness and enduring unconditional love. The ultimate solution. Nothing to wait for. Just be it. The rest will follow as we let go of old triggers toward less fruitful endeavors. It's very tempting to get into the fray and all things reactive and fight it out in our minds or on the streets or in the staged informational platform at their low density level, but it's to no avail and only muddies the waters.

Steer clear. Don't feed the miasma. Be aware of it but don't even touch it. It's a tar baby designed to short circuit our connectivity to Source and who we truly, deeply are. That's what they fear. Not our activism or exposure, although that's all part of it. It's us getting the real understanding of our true power as well as what energizes them and keeps them in business, which we then refuse to supply as we rise to a

higher vibration with much more effectiveness.

That's non-compliance.

Get free. Stay free. Help raise the planetary vibration. Share love, speak truth, live in the true joy of real Knowing that transcends these tricks and traps and manifestations of ignorance. Live according to your passion. The world is starving for love, kindness, gentleness, hope and happiness. We're awash in it if we look around. Don't let them drag us down to their level.

Creation keeps expanding and learning, and we are an amazing and integral part of it all!

What a wonder!

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.