What is All This Shift Sh*t About Anyway?

When I was a teenager, there was nothing I loved to do more than to hop in my Jeep and go drive the back roads of Pennsylvania. I loved it so much in fact that I have more memories of my Jeep being brown than black due to it constantly being covered in mud.

My love for nature and the freedom of the open road has never left me, and as strange as it might sound, the recent eclipse has stirred up some deep-rooted memories of what freedom, creation, and expression really mean...at least to me on a personal level. On a VERY personal level in fact.

My dreams lately have been so incredibly vivid and where I normally wouldn’t remember things, the finest and apparently most significant details are there with me, even on throughout the day. I feel as if, no matter what, there is something refusing to let me let go of this information I am supposed to have at this time in my life. I FEEL it in every inch of my being. And I imagine this is what it feels like to truly trust your own intuition for the very first time and to literally surrender to it completely.

My usual M.O. is to get continuous downloads and know I’m getting some juicy and quite useful stuff I can be aptly applying to my own life, and so I journal the shit out of it
with the full intention to do just that. But then something happens…or rather does not, and often times I just end up sitting on these gems after some justification that I’m waiting to throw them in a future book I’m “going to write” or saving it as “program material” for clients I don’t even have within my circle yet.

Do you see the issue here? While it’s great to have plans, goals and a pool of resources to contribute to as well as draw from, we need to also realize that when we are always living from a space of becoming, that we never actually get there…we never actually become what we want because we do not ever let go of that space of “still getting there-ness”. We, of course, need to do the work and the healing, however, we cannot expect there to be this glorious moment of revelation that tells us it’s time to take the next step. It is US who decides when we are ready; no one else.

And so this brings me to what everyone in the spiritual community is calling The Shift or perhaps more commonly, “The Great Awakening”. From an un-awakened, individual perspective, the world looks like complete chaos and a world impervious to compassion or positive change. That is only a perspective of what the outer reality is offering; one possibility and it’s not looking good. And when we focus on the changes occurring on such a granular level, we make it quite difficult to not only connect with others to be able to offer and receive information but to even clearly see into their world at all. And this leaves it even harder to see any other perspective. This reminds me of the difference between “being awake” and someone who is “woke”.

Imagine having a can of paint dumped onto your windshield of your car and trying to see inside; yeah it’s kinda like that. You see, we are all the world unto ourselves, each a unique dimension of Source expression that has merely tricked itself into temporarily believing that it is separate and fragmented, and therefore we experience that on a level of humanity as a
deep sense of unworthiness, confusion and need to love and be loved. So, in essence, that is the illusion we are here to overcome, not that EVERYTHING is an illusion. If everything was an illusion, then there would be no Source, and since we know everything comes from Source, then everything is definitely not an illusion. The only true illusion is that we must hold onto the ideas of reality that we are presented with from outside sources that do not resonate our own Truth.

All I hear throughout the New Age community so often is so many “should’s” that insist we must always be for or against something, or must in in a battle with something. I admit to being overwhelmingly lost in the need to have every last book and attend every last festival and try to meet every last spiritual mentor, and honestly there’s nothing wrong with that, but when you lose who you are, in the attempt to find who you are, well that kind of defeats the entire purpose.

Anything that doesn’t feel good is an indicator that you are living within time. To some that may instantly confuse, to other, it may instantly resonate. I won’t get too deep into it, but all things happen simultaneously and like an old picture show there is only the moment of now and life simply is all these “nows” spliced together to appear as happening in a linear progression. But now you know better...I hope. And I also hope you pay more attention to how you seem to “lose” track of time when you’re having fun or in a good mood AKA high vibration. It is literally because good feelings; positive emotions take you OUT of time. I can and will write a whole other article on what you can do with that another time...

So, back to the Shift and how to so many all over the world see chaos when some see order. How is this possible when we are all in the same world? It’s because again, we are not. We are all our OWN worlds, and we decide what we. When you respond to another’s opinion or perspective you are merely interacting with their world, not your own. And this is such a useful tool in helping you work out conflicts and karma in
your current relationships and ancestral lineage.

For so long we have been living in the energy of the Mind and to me “The Shift” simply represents humanity moving into the energy of the Heart, so that we are best prepared to integrate it all in the Solar Plexus or our Seat of Intuition. But honestly, I feel that the entire point of this energetic upgrade is for people to recognize their own power and reclaim it so you are reminded that there is no higher source of truth that your higher Self; therefore it’s pushing YOU to decide for yourselves what this sh*t is all about!

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