

Slipping Into The Cosmos

[Zen Gardner](#)

You might be feeling a strange sensation lately – like slipping into other realms of thought, perspective or consciousness. It can be manifest in very mundane incidents, and it can be very perceptually profound. It's not easy to identify, never mind classify.

Nevertheless, the shift is on and it's hitting people in different ways, and most may not be fully aware of what's going on.

While world events can make us feel so disempowered and degraded, something else is urging us on. It's very strong, subtle and beautifully powerful. The energetic and information supply line we're receiving is a huge boost, but more than that there's a connectivity we're each experiencing, a sense of not just awareness, but a collective desire to help bring about a shift in the world to which we're being subjected. What we're experiencing is deeply coupled with this innate hunger to be connected to each other, and to the wonderful spiritual and vibrational sources with which we're aligned.

Intuitive connectivity with kindred souls, Gaia, and ultimately the wonderful, overarching Cosmic Universal Reality is what our hearts crave, however one may perceive or even explain it. Huge forces are at play and we're in the midst of and participants in this changeover. Hence some of the forces you may be sensing.

Ear to the Ground

This is how the native Americans knew what was coming. Listen to the earth. She resonates. She does not lie. She is constant and trustworthy. She is honest, and when she shrugs there's a purpose.

Such should be our attitude toward all true natural resources, both physical and spiritual. As well as our interactive relationship with these marvelous sources. This is a time to connect with what is trustworthy – family, true friends and trusted sources, and the true understandings we're being given. Much of this is intuitive but it's nevertheless just as, if not more, profound.

Listening is key to our spiritual strength. The encouragement available is almost overwhelming when you tap into it. Without that sense of trust and grounding we're going to feel "lost at sea" and very confused and disoriented. Dig into it.

Forget the Past – Now Is All That Matters

If you're suffering from personal condemnation from past failures or unconscious living, you're not alone. None of us are up to the perfection level we innately sense should be our standard. However, it's not meant to be that way. Nothing is expecting perfection or "attainment" of any sort. We are encased spirits in human form attempting to grasp the Universe. Parts of us get it, and other parts are digging their heels in. This conflict is our predicament and challenge.

It's apparently meant to be part of our growing process.

We can only assume these events to be so because this is what we experience. While we realize we're living in a contrived matrix of deceit, our rooting and budding within this earthbound form is a very natural process. As we grow, we leave previous forms behind. Letting these go can be a dilemma but it's actually quite simple.

Let them go. Release them. New awarenesses and awakenings are budding and that's all that matters. While we can always learn from the past, we must not be condemned by it. Time is a river, and it moves on, just as you are not the same person

dipping your foot in the river now as you were before, nor is the river the same. It moves on.

All is in flux.

The Practical Application

While this all may seem somewhat esoteric, it's not completely. The decisions we make, as well as personal resolutions, are what determine our current reality. Our next decision is based upon our current understanding. That's how we grow.

When we find ourselves awakened in a hostile environment it's only natural to want to escape. When we're confronted with untruths that beg to be addressed, we do so naturally. Not to offend, but to inform. As well as stand our conscious ground.

It's not always easy, I know that. My point is that to respond consciously is being true to our response-ability. It's that simple. Those who do so will see their lives directed accordingly. Those who don't also will – but with a much less enlightened outcome.

We Each Are the Difference

When you look at society today it's important to realize it's an accumulation of social and spiritual cause and effect. All built on individual responses. This of course explains the mass media; mass educational indoctrination drastically affects our current populace. Our separation from it also does.

We need to break free from these accumulated influences. And have confidence in doing so. There are lot of psycho-spiritual influences working on each of us, and they're important to identify, but more importantly shun their current and after-effects. We are free conscious being here having an experience. Learn from everything, deal with what needs to be

dealt with, but most of all we must affirm our absolute freedom.

Slip on by to the other side. It's a fun ride. Unhook the hinderances and let it go!

Give it a go; now's the time to do it as the winds pick up. Leave unneeded baggage behind now. You'll be glad you did.

Much love, Zen.

[More from Zen Gardner...](#)