

# You Were Born for These Times



*“Every adversity,  
every failure,  
every heartache  
contains within it the seed  
of an equal or greater benefit ”  
– Napoleon Hill*

What if the very challenges of these times are providing opportunities for you to remember your true nature, connect with your fundamental inspiration, and sense your core purpose? What if there is great potential value in the situations you are sorting through, problems you are solving, decisions you are making, and plans you can put in place that are completely different than anything you or your family has faced before?

We are truly living in dramatic times, with so many temptations to indulge in grief, anxiety, and anger. Amidst all these emotions, people can sometimes feel divided. They can feel justified that their views of truth are clearly the best, being fact and science-based; it's therefore obvious that conflicting views must be incorrect. But is that assumption necessarily true? Or might truth not be as synonymous with certainty as we sometimes presume?

A friend of mine recently wrote, “Never has it become more apparent that you can be standing next to another person and be existing in two completely alternate realities.” Which leads me to wonder [whether quantum uncertainty might be driving the Truth Wars?](#) As far as the term “Truth Wars” goes, it's referring to an idea that most people don't (yet) associate with the way people are likely changing reality,

based on what they're focusing on. Just as we can experience Placebo Effects, we can also get embroiled in belief-based disagreements that play out in reality as we keep finding the proof and facts and scientific evidence we think we need to support the beliefs we already have. So these Truth Wars are quite likely very old, and they've likely been happening throughout human history.

I hope people can realize that no matter what's happened, miracles can (and do!) happen in an instant, and they happen all the time. I sometimes refer to [quantum jumps](#) as "the science of miracles," since we are now finding scientific theories and experimental evidence to support that we can expect to sometimes witness different histories than we remember as if we've jumped to another physical reality. We can experience healing and health regardless of what has happened, and it helps to have a solid goal in mind.

For example, one thing that got me through finding my way out of longhaul covid was experiencing the idea that longhaul covid might be a gift and blessing—that perhaps it was offering me something I'd never find any other way. I saw and felt how it aged me about 30 years instantly, with lots of details about how and where I'd get arthritis, and tremors, and loss of balance and loss of vision and hearing, etc. I then realized all these things as well as allergies and asthma could be backed off, by listening to learn what the body needs to heal.



And miraculously, my dawning realization that I needed help and healing coincided with the moment when I sent a message to FutureMe last August 2020 to me this year, in late August 2021. With 20:20 hindsight, I can now see how I wove together possible realities when I sent love and blessings to my future self, with this message in [my conversation with FutureMe](#):

*Dear FutureMe,*

*I've been sheltering in place for more than five months, and all travel plans have canceled. It's hard for me to imagine what you're going through now, but whatever it is, please trust that all is well, and you have a great deal of love and support! And always remember to let God do the 'heavy lifting.' It's enough each day just to show up, and do what you are able to do, and care for who and what you are able to care for.*

When I received this message from myself, I experienced an extraordinary sense of feeling both sides of this two-way communication of love, gratitude, kindness, compassion, and faith. I benefited on both sides of this exchange, having received a flash of insight that this moment was coincident with profoundly pivotal moments in my life. Shortly after sending this FutureMe message I received a flash of insight, which influenced my path of healing starting in autumn 2020. And I received a simultaneous flash of insight and inspiration in autumn 2021, when receiving this message from my earlier self, and acknowledging this remarkable connection.

My favorite question, "How good can it get?" provides an open-ended invitation to invite and to sense wonderful opportunities in every aspect of our lives. Sometimes, these are opportunities we've not experienced before, and sometimes there are perspectives we've not yet fully considered. We've reliably witnessed some truly amazing reality shifts over the past twenty-plus years of reporting them in [RealityShifters](#), and any time you'd like to remind yourself of some of the

remarkable changes we've witnessed, I welcome you to browse through a few issues, and restore your sense of wonder.

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Cynthia has a degree in physics from UC Berkeley, an MBA degree, a Doctor of Divinity, and a second degree black belt in Kuk Sool Won.

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<http://www.RealityShifters.com>

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