

**Navigating Our Own Creation**

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Douglas College Writing Contest

## THINGS WE HAVE CREATED

The human experience in 2024 is driven by our creations and inventions that we have birthed from within. We transform fleeting sparks of ideas into physical, tangible things that make our lives easier, faster, and better. Everything we could need or want is right at our fingertips, there is an app and a device for everything. This is such a unique time because that seems like an ideal world, where everything is so easy, comes so fast and is so accessible. Or so we think, and so we falsely believe.

Truthfully, we are sold lies, false realities and false expectations of what our lives should be like. We are told to go to university, get a degree in a field that will provide job security, tremendous benefits, and a respectable pension. We are told that this will set us up to enjoy our lives in about 40 years. This story promotes the house, the kids, the white picket fence, the cars, the external image of success. We are told to ignore the voice inside of us, our wise inner guidance system, our intuition. This voice is shouted over and drowned out by the flashy attention-grabbing world we have created. We are told to look externally to fix our problems. The newest gadget, device, face cream, and program is guaranteed to make it all better, or your money back (but actually not really ever).

Our present world and the human experience has become so complicated, and it is ironic to think about how much we have advanced our science and medicine but how this has also caused devastating destruction to our planet, our bodies, our oceans, our streets, and our people. The world we have created has mastered the art of stealing our time, life force, and attention. We are the most connected we have ever been, and yet the rates of mental illness, anxiety, and depression has skyrocketed, all thanks to this unique world we have created.

### **THINGS WE HAVE FORGOTTEN**

We have forgotten just how magical human beings are. We are the only life form that can turn thoughts into things, reason our way through situations, access a higher level of thinking, and tap into what connects us all. We have become completely disconnected from our bodies, our vessels, our first and only true homes. Returning to our magic, unlocking a life that is nothing like what I described in the previous section happens through our bodies. Through our breath, our sound, and our movement and we have forgotten that. The key is to move the energy within us, to liberate the frozen pockets of pain within ourselves, leading to a transformation like no other. This unique world we have created is built to block out this important fact. It is designed to distract us, control us, suppress us, and hope we never wake up from the illusion. The best things in life are simple, the best things in life are created and birthed from delayed gratification. When everything we could need or want can come to us so quickly, we lose so many important qualities that are required to build an exceptional and empowering life. The secret is to remember. We came to this world with everything we could ever need inside of us, all we have to do is be reminded.

### **THINGS WE MUST REMEMBER**

We must remember that the world we have created in 2024 is not set up for our success. Frankly, it is set up for the complete opposite. To support and foster our unknowing, our asleep-ness, and our autopilot functions. We must remember that the body has the answers. We need to remember our true power, our true nature, and where we really come from. This information and knowledge must be sought out, it is not readily available in our world today for those who are awakening and who are absolutely sick to their stomach with the world we have created, knowingly and unknowingly. Our true power lies in waking up, becoming aware, doing the

internal work, and filling your being with the information and embodied knowledge in order to transform yourself, and transform the world. You, the reader, can do this. This is how.

### **THINGS WE MUST DO**

We must seek out what our most aligned and magical life looks, sounds, taste, feels, and smells like. We must seek out how the world really works; and uncover what is true behind all the false rules of this 3D reality, which were created to keep us stuck and controlled. This is driven home by biased and controlled media systems, financial systems, education and government systems. We must rise up above the facade, and seek out what drives us, what we are passionate about, what lights our heart and soul on fire. We must be willing to try new things, to take risks and chances we normally would not take. We must reconnect to our hearts, to our soul, and our breath and we must learn to come back home, to trust ourselves and the voice inside of us. We must disconnect our inherent worth from every external element and material item that society tells us determines our worth. We must spend more time in silence, in nature, alone, and unplugged. We must discover, build and trust our intuition, our inner guidance, our inner compass. We must go back to where we came from. We must learn how to untrain ourselves from the instant gratification model because once you become aware of all this, and aware of how the world truly works, there is no going back. This is a forever journey once you so choose to embark on it.

### **GOING FORWARD...**

People are waking up. People are becoming aware of themselves, their actions, their wounds, their pain, their programming, their conditioning, and their past. They are seeing how it is affecting their present-day lives and reality. It's magnificent to watch, and to experience personally. This is a practice that I have fully embraced and have committed the miniscule

moments of my daily life towards exploring and uncovering. I have developed my inner witness, my higher, evolved self who is there to help me and provide me with guidance when I call upon the source of it all and provide me with the insight to share these words with you today. More and more humans are coming into this awareness, coming back to their power, remembering who they are and where they come from. Innately, viscerally, and somatically. This is occurring while our world continues to run on destruction, fear, greed, instability, and unpredictability. However, it is important that we have the contrast and duality, and the truth is, life is rooted in unpredictability. We truly do not know what is going to happen tomorrow, in the next few hours, in the next minute, or in the next second. It can be quite jarring to consider but reassuring to remember that we have influence over this. The present moment is such a magical and beautiful thing to tune into, to release the hurt and pain of the past, and let go of the fear and anxiety about the future. In the present moment, nothing is wrong. It just is. It's fascinating to see people wake up, to witness them in their exploration of who they are, who they truly are. Not who the world told them to be, not what they think they should be, not what their family has told them to be. Humans who awaken to their true, pure, clear, innate power are unstoppable. They are so grounded in who they are, in their bodies, their knowing, their souls, their hearts. They have clarity, they know how the world works, and they know what the true meaning of life is. It is so important that this work gets passed on, shared and embodied so that more humans can turn towards the power that is within them. We have everything we need inside of us, right now, in this moment. This is what will change the world, this is what will bring the change we need so badly. You, the reader, have everything you could possibly ever need in your lifetime, in your body, right now. For some of you, that is extremely hard to believe, and you will reject this, but for others this rings as truth, and both are so welcome. The present world we have created is built

to steal our power and attention, to make us think that we need more and more material items to feel better and feel good about ourselves but only the opposite is true. Our outer world is a direct reflection of our inner world, and once you come to that realization, once you become aware of that fact, it is extremely difficult to become unaware. To fall back asleep. And we begin by waking up.