

Life as a Series of Awakening Moments

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And each awakening is a Timeline Shift — We are doing this all the time!

A meme on Facebook asked:

“What does it mean to awaken?”

What does it mean to be awoken

There were 188 comments over a 4.5 day period. After skimming through maybe half of those, I wrote my response:

To awaken is to consciously take the first step on the unending path of enlightenment. That step can take infinite forms, which is why there are a seemingly infinite number of definitions here on FB.

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I have written elsewhere that:

If you feel that you have had an awakening, then most likely you have awakened. If you feel that you are enlightened, then most likely you are not enlightened.

[Updated Dec 26, 2020] Formerly titled: ‘The Awakening Matrix’.

What I wrote got me thinking about how my life has been a series of many (innumerable) awakening moments. Each has built on the previous to create the person I am today.

Based on my definition above, the earliest first step toward awakening that I can remember was when I was 15 years old. I am now 65 years old. Half a century later I do not consider myself “enlightened”, but I do feel that I am more awakened than when I started this path. And it seems to be getting better all the time!

Awakening Moment #1 — Becoming Public

When I was 15 years old, I decided that there was more to life, that there was a better life, than what I had experienced up to that point in time. This meant switching from a Catholic high school to a public high school, which was the first public school I had attended since kindergarten.

The awakening knowledge I gained in taking this first step was that I could change my reality. I could have a vision of something that I thought might be better. And I could take action to bring that vision into my reality.

Awakening Moment #2 — Mind Alterations

Shortly after I switched to a public school, I started partaking in various mind altering substances. Personally, I saw this as a kind of self-meditation, to help maintain my sanity through the matrix of high school. In retrospect, I see this experience as another step in my spiritual awakening.

After learning that I could change my physical world and change my life, I was now learning that I could change my mental world, and possibly change my life even more. At this time, however, what I was doing was more of an escape from the world of high school, which I felt I had little control. But I still consider it a significant spiritual awakening lesson.

Awakening Moment #3 — Freedom, Sort Of

When I graduated from high school I felt that I was finally let out of prison. I felt a great expansion of freedom in the social norms of college, even though I was still living at home with my parents and hanging out with old high school friends. (Sorry, I know many people have fond memories of their high school years. Unfortunately, I do not.)

The experience of freedom at this point in my life was an unexpected surprise. I think I learned something about the influence of our social structures, especially through our education system, shapes our human experience. In my case, that structure (high school) severely suppressed who I really was. I was, finally, awakening to the potential that I had as a human being.

Awakening Moment #4 — Frat House Meditation

I learned Transcendental Meditation (TM) about 9 months after graduating from high school, in part because that was the thing to do in the college fraternity I had joined — in addition to parties.

A group of us would actually meditate in the ‘frat house’, which a lot of people find hard to believe. This was, however, the early 1970s, and we would also attend Grateful Dead concerts together in northern California. I also bought and read *Be Here Now* by Ram Dass at this time, and my hair had grown to shoulder length. I was sort of a wanna be *hippie*.

The fraternity experience was more important than college and the summer after my first year I ended up living and working (as a janitor) in Jackson Hole, Wyoming. I had no intention of returning to college.

This awakening is closely related to #3, above, but the real focus is my introduction to meditation. Meditation awakened me to the fact that I could alter my mental reality without external substances. To this day, I feel that learning to meditate had the greatest long term positive impact on my life than anything else that I had ever done.

Awakening Moment #5 — A Total New Reality — This Was Huge

A friend from California knocked on my apartment door in Wyoming one day. He said that he had contacted my parents to find me, and that I needed to return home because I had been accepted to be an exchange student at a university in Hong Kong.

My friend and I hitchhiked up to Seattle and then down the Pacific Coast, and I soon found myself taking my first flight ever and then living in Hong Kong.

I hated Hong Kong at first (culture and climate shock), but I soon grew to love it and stayed there for over two years.

TM became my sole mind altering substance while I was in Hong Kong, although I would occasionally have a beer as the legal drinking age was lower there.

This awakening complete change of my physical, emotional, mental, and spiritual world. It was the best thing that ever happened to me because of all that.

I feel sorry of exchange students today, because the internet is so global that they can be on the opposite side of the planet and feel full connected to home. When I was in Hong Kong, I never thought of making a phone call home because it was far too expensive!

I really had to learn to create my own reality. Fortunately, I had a TM support network, which was already very big globally at that time, to help out. I regularly attended their lectures and my first meditation retreat, held at a Trappist Monastery in Hong Kong.

Ram Dass came with me to Hong Kong and I also started reading (no more parties) many other spiritual authors. Some of my favorites were J. Krishnamurti, Ralph Waldo Emerson, and Jane Robert's *Seth Speaks*.

I basically went through a kind of **shamanic or spiritual initiation** (what social scientists call a **liminal experience**) in which almost everything that I had been stripped from me: my environment, my family, my friends, my foods, my culture, and my comforts. Also stripped from me were my fears and insecurities that I associated with many of those things. I felt lonely, but also free. I felt confused, but also confident. In retrospect, I was learning how to create my reality. And that is something that I was able to use through the rest of my life.

Awakening Moment #6 — Reverse Culture Shock

I finally returned to the US, and was ready to go back to college in a more serious way. I experience reverse culture shock, of course. My friends said I was speaking with an British accent. They had changed as well, but not nearly as much as I did.

My return was another major liminal transition in which I even more fully realized that the world I knew a few years ago was essentially gone and would never return — not that I had any desire for it to come back.

Unending Awakening Moments

I could go on and on describing one awakening moment after another, each contributing to the expansion of my consciousness. In many ways, I have been extremely fortunate to have had the life experiences that I have had.

For example, I ended up going to 8 different colleges and universities in 8 years before finally finishing my bachelors degree. I also had two marriages, children, and a very successful career doing a job that I loved and which took me to interesting places all over the world, though mostly in Asia.

Each new school and new life changing event was a new experience, and a new awakening. Through each transition I learned more about myself, about other people, and about the world we all share.

With all those awakening moments, you would think that I would be enlightened by now!

Maybe I am — at least in comparison to my teenage self. I do not see enlightenment as an end state, but rather as a general description of certain levels of awakening that seem to be “higher” than others.

Awakening Moments as Timeline Shifts

I have come to believe that **awakening moments** occur in every present moment point. We are continually shifting from one moment point to the next. And each of those shifts is an awakening moment.

Most of the awakening moments we experience are so subtle that we are not consciously aware of their impact on us. Others, however, are so huge, that we are very aware that something big has is happening, or has happened to us — such as graduating from school, getting a new job, and moving to a new city.

We can also think of these awakening moments as timeline shifts. We choose timelines in every present moment point. That means we define our past, present and future from moment point to moment point. Again, most of the time, there are only minor shifts from one moment point to the next.

But occasionally there are big ones! Some of those are personal, like my move to Hong Kong, while other are global, like the COVID-19 pandemic.

Each time we shift our timeline, we are entering (or creating) a new reality, a new planet Earth, and a new universe for us to experience. When we experience change in our environment (including our body and mind), this is a result of a timeline shift that we have just made.

by Chad Kainz — <https://www.flickr.com/photos/smaedli/3751340814>.

Every change is purposeful and moves us in the direction of expanding our consciousness. We live in an expanding universe, and there is no other direction that we can go, even if it seems hard for our smaller ego to believe this at times. Our Soul is the main part of us in charge of directing our expansion and our awakening moments.

This year of COVID-19 has been the biggest awakening timeline shift of my half-century life. I am too young for WWII and the Vietnam War. The 9/11 terrorist attack was probably the biggest shift that I had experienced prior to 2020.

For me, it is fascinating to watch the world change in the way it has. Some people are so hopeful for a more “positive” New Earth to emerge, while others are just as hopeful for a “return to normal”. Nothing can ever return to the past, because, as stated above, we are always expanding and awakening.

While the direction of change is always positive, just what the post-COVID-19 New Earth looks like could be very different from what some New Age spiritualists envision. Not that their visions are flawed, but our smaller ego mind can only go so far in knowing what our Soul has in store for us.

Trust that we are all awakening a tiny bit more every moment, and together that will bring the big global awakening transformation that is the promise of our beautiful planet.

Notes

- Email typos, correction and comments to <alanalew@gmail.com>
- Written in collaboration with my [‘Higher Self’](#).

My Writings and Channelings (paywall free for Medium articles) and other writings:

[Higher Self Channeling, New Earth Transformation, Awakening Planet](#)

egchanneling.com

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