

Experiencing Reality Shifts & Time Being An Illusion

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01 Make it as natural as everything else.

Usually when people approach this topic, the first thought is to assume that in order to experience these shifts, it requires something special or different from what we are already doing. This immediately separates these types of reality shifts from any other shifts into another parallel reality. Make seeing reality in this way as your new normal, as something that naturally occurs for you. Why is this natural for you? Because of your true nature- your true self. Truly, experiencing these shifts is just as simple and straightforward as anything else. It is especially natural for you because of your capabilities, and the infinite consciousness that you are one with. It is okay if you cannot fully accept or believe this right now. Make it a priority every day, to be aware of (to remind yourself of) of this truth.

02 Going within to remember who you truly are.

When we remember who we really are, we are more likely to accept that this can be easy and natural for us to experience. If we continue to get caught up in the logical and linear way of viewing things, this can cause us to look for answers and seek confirmation of things working on the outside.

Remembering who you really are is a lifestyle, a complete shift in how we perceive ourselves, the world, life, and others. This means it is also a complete shift in how we view the clock, time, the calendar etc. The more we question how long something takes to manifest, and are not willing to be patient and persist, the more we are getting caught up and lost in the illusion. This does not mean that the construct of time is not important in certain aspects, but we no longer allow it to determine what things mean for us, or see it as an opposition. I used to set the intention every day that because I am one with this infinite power and divine love, that I would experience it naturally and effortlessly more and more.

03 Accept that it is okay if you don't feel or believe any of this right now.

It is completely fine if you do not feel or believe any of this in this moment. This is normal and it is not a requirement. You will eventually feel the trust and faith you already carry within. For now, release any self judgement towards yourself. Remember, you are already one with the power that experiences these kinds of shifts effortlessly- you are not separate from it! So don't treat yourself as such.