

## Awakening to Zero Point

For some, the nightmares continue. Everyday news of economic forecasts and job loss, the contentious battles over healthcare coverage, the ongoing war in Afghanistan, and the severe climate changes are creating ripple effects in our psyches and our sleepwalking lives. It all seems like a nightmare without end as we watch the scenarios repeat themselves like a broken record. In fact, that's exactly what the nightmare is; it is a broken record that needs to be smashed so that we can wake up. We could also call it a merry-go-round ride that's gone haywire and won't stop without drastic and individual intervention.

Many still do not realize that they are in this endless loop and they're still trying to apply old solutions to old problems, be they healthcare, education, crime, economics, or energy. Because the loops have been replayed so many times, they now run on autopilot and many participants have lost their ability to manually take the needle off the record or just destroy the record to move on to a more compact solution. This is the turning point: to either stay on the merry-go-round and play the same old endless-loop records without ending the nightmare, or to make a sharp right turn and find another path to trod on.

The new path has no predefined endpoints. It won't take you to somewhere that has been trodden before. It won't offer you solutions to your problems or end your personal agonies. It is an explorer's path and its ultimate direction is for you to choose. Chances are that you'll find others on the same new path, in the same dilemma. It is now everyone's task to redefine that direction and walk with likeminded folks to where you feel most comfortable seeding new ground. Once you've jumped off the accelerated merry-go-round, you can't go back. But you can move forward, possibly dizzy for a time being. But the more you walk and breathe the new essence of the journey into your system, the more your head will clear and will help you to find new fertile ground to cultivate.

These new people on your path share your pain: they are also awakening from their nightmare. So they may be as confused as you are. Survival means coordinating efforts and cooperating with one another. It also means depending on each other's skills and expertise. Those skills may have been lost on the old merry-go-round, becoming automatic and rote, and moving toward obsolescence. Most riders forgot how to work with one another to solve problems and stay aboard and balanced. They instead tugged in opposite directions when they wanted to force a chance, keeping the broken record skipping over the same spot to no end, or the merry-go-round from making a smooth stop.

The jump-off or fall-off point for those who are still running in circles will likely leave many with physical bruises and a bad case of emotional and spiritual dizziness. For those already off who are ready to advance into the nexus, you will meet those people who will more than willingly work with you to build new foundations, be they large or small. The key is waking up and getting out of the grind and the groove into a quiet, unhindered space of calm, balance, and universal awareness called Zero Point.

Once you've awakened to zero point, you'll meet similar people from all walks of life who have awakened as well. They will offer you a ride and many unexplored opportunities if you are willing to cooperate and help coordinate the emerging ventures. To assure your ticket for these new adventures and your ride into the unexplored wilderness, offer a helping hand and you will find that the path will be less intimidating than expected, and will most surely have a welcome ending.