

Remember Who You Really Are

By: Tracy Phernetton

The Truth *Within* The Process

Together we are here, now, in harmony. All our souls connecting in one spontaneous arrangement of individual flavors. Now, more importantly than ever, we must immerse ourselves in our quiet heart-spaces. The galaxies of yester-now's our communing together to fulfill our true destiny. To fully Remember the Truth. So what you ask, is the Truth?

So many pieces, so many players, and we all have such grand ideas, opinions, aspirations, desires, and unique contributions. So who is the one carrying the Truth? Which player has the best ingredients for Truth? The answer is none, but yet in the same breath, the answer is also ALL. The awakening that I am having today is that it is not our opinions, nor ideas that make our Truths. The concept that has surfaced in my consciousness is that our individual Process is the answer we are searching for. Truth is mine, and Truth is yours. But in no way, shape or form is my Truth "better" or even "wiser" than yours. And now with our brows raising at the thought of a new perception, let us evaluate what The Process is.

This last month and a half has been one of those transitional-awakening periods. Much of us are *moving through* the old thought patterns, and old belief systems quite rapidly. *Moving through...*let us look at this phrase. Moving in Webster's dictionary means: change place or position, advance. And the description of movement is: act or *process* of moving. Now we hear those kind of semantics very often in this "New Age" or "Age of Aquarius" type of settings. How much do you hear, "Yes, you will feel very confused, and down, but this is good, you are releasing the old", "Just follow your heart" or "We are all moving through a huge shift right now." There is nothing "wrong" or "incorrect" with these statements. Really it is the exact opposite; they are so accurate, that I don't even think at times we fully can digest how it is not just some fancy comment, it is absolute Reality. So once again, looking at moving



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through, I see my own personal experience over the last month and a half, and I would now call it, as I view it from the position of glancing back, and I would say it has been my Process. Process in the dictionary is: projecting growth. (Interesting...)

Now, how many times have you wanted so badly to "fix" your friend because what you saw them doing "worried" you. Really, look at it. Your son, daughter, mom, dad, ex-lover, employer. Whoever they were, you worried because something in their "Process" worried you. How does that help relieve the pain of your own process? It feels like it helps, I know. Anything we can do to take the focus off of our own process. But it is only temporary. Why? Because within every process there is a purpose, and a new birth of some sort. So when you watch your friend, lover, mother, etc. rise above their pains, confusions, insecurities, and not only rise above it, but become more powerful because of it, then the question begs to be asked, What the hell were you wasting your time worrying about that person for?

I look farther back at my episodes of fear, when I was still stuck in insecurities and needed a man to love me, so I could love myself. I thought about this for a moment. I was

going deep into thought, as I often do, and I had this moment of clarity (I love those). Then it hit me, if I hadn't made that choice out of fear with that man, I wouldn't have the beautiful, awe-inspiring son that I have in my life today. So what does that mean, I thought to myself, and then I said it out loud to a friend, and his response was, "So fear serves us too...hmmmm..." It definitely got me thinking. So I glanced over my past, and all my so-called mistakes, and poor choices, and you know what? They are all perfect and part of my fulfillment in the Re-remembering of who I really am. My process is my Truth. That is simple. That is easy. Even though when we are "in" the process, it is harder to see it as a gift. But that can become easier, with our new awareness.

One of the biggest poisons in humans is the disease of Judgment. What we do not understand, we fear, and therefore we judge. The most revolutionary idea and belief is to drop ALL judgments. So many see their fellow lightworkers, and see chaos, discontent, and mistakes, and they are forgetting to see past the surface level. They are then missing the gift, I believe. If we only see exterior acts, and then judge them based on our old thoughts/beliefs/fears then what is really going on? Make a commitment to your Self, to move pass the surface, and see the Truth. The Truth is everywhere, inside everyone, and even playing out it every thought/word/deed. It is my Process that has brought me to this moment, and I can reach inside and pull out any of the tools I have gathered along the way. My many different experiences, such as my personal battle with addiction and alcoholism, has given me my compassion for others. With my personal pains within the addiction, from lying to stealing, from driving drunk to attempting suicide, I can honestly look in the faces of others today and know I have experienced my hell, I have felt the agony of destruction and know there is nothing you could tell me that would "shock" me. My life lived has given me my ability to transcend judgments, to let them go for the most part and see the light in every single person, no matter what.

Now if you would agree to believe that my active addiction was my Process, then what can you see differently around you right now? Look at the judgments you are holding now. See them, and let them go, or just attempt to see through them. Look at others around you in your life today. They are here with you on this journey for a specific reason, maybe you know, maybe you don't. If you are carrying any judgments with you that keep you from seeing the truth in your outer world, look again. I challenge you to stop assuming and judging the surface levels, but please also put an end to the labels. Why do we limit our potential? Structure is for the people who are afraid of not having control. If I can sit here and honestly say that my "conflicted" past can bring me to such a blessing, then maybe we can re-evaluate our judgments/fears/worries of the others around us. They are living within The process, and guess what, so are you. So really, by focusing on others, you may miss your own opportunities that you are creating with your Self.

So the answer to the original question is: My process is Truth and your Process is Truth, and it is equal in an individuated experience, that's all. But we must love our own to love each other's. Today, I can honestly say that I love all of you, all of your experiences, and most of all, your Process. And this is only because I have finally re-remembered that no matter what my Process is, it is part of my full remembrance, and I really love that.

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