

# Shift Happens, A Laypersons Guide To Awakening

(Excerpt)  
Gina Charles

## Chapter 1 - Who and Where Are We?

Who and where are we? These questions have crossed most of our minds at one time or another. We've asked ourselves these questions way back when we believed the world to be flat, and we've asked ourselves these questions when we knew the world was round. In pursuit of living my best life, I discovered where I am, and who I am.

Until I was better able to get a bird's eye view of myself and how I fit into my world, I spent a lot of time trying to make the best of this human experience. We're busy educating ourselves, pairing ourselves up, working hard, reproducing, and basically chasing our dreams. That's pretty much what it all boils down to. Aren't we all either openly searching for the life of our dreams or secretly wondering about it?

Some of us may think finding the life of our dreams comes in the way of finding a life purpose. Others may think it comes with learning how to control the experiences of our lives. Maybe some of us gave up on these notions a long time ago and are just trying to get through it. The life of my dreams is built on the knowing that I am already whole and complete, and that I am living in a benevolent construct which I call life.

Without the insight of a bigger picture, we go through the motions of our lives, doing, doing and more doing, and either forgetting to live, or ignorant to the possibility of it. No matter what your circumstance, you have everything you need to get a handle on this human experience and live an optimal life. We did not come unequipped. It's funny how on the outside we could seem different from one another, and yet still be the same all-knowing works of art on the inside. No matter where we think we are, or who we think we are, one of the things we have in common is that we all just want to be happy. If happy was buried at the bottom of a pile of junk in my closet, you'd bet I'd clean that closet out right quick.

The good news is, there is always good news. Alright, I know what you're thinking. Your mind is spewing all the "reasons" why that isn't always true. What if it is true? I haven't lived long enough to see leggings come back into fashion for nothing. I've learned a few things along the way. Two of the most important things I've learned is that most of our thoughts are not true and swimming upstream gets you nothing but tired. Simply understanding and incorporating these two concepts into your life will change your life completely. And I do mean completely. In addition, there are more concepts and practices we can use to slide over into our ideal life. If that's not good news, I don't know what is.

---

The good news is, there is always good news.

---

When I look back on some previous experiences I've had, I'm able to see good things that resulted from them. These past experiences held in them little pearls, gifts, lessons and opportunities for growth. Sometimes I was able to learn my lesson and grow from it. Other times, I was not able to accept and question my way to freedom. I didn't learn the lesson or experience the growth it would have gifted me.

Luckily our little pearls of wisdom are never lost. Those little pearls will find their way into a similar situation. They are out there patiently waiting for me. They will quite often present themselves in the form of someone or something I don't like. Someone or something I deem uncomfortable or undesirable. I now understand, these people or situations are representing an opportunity. An opportunity for me, an opportunity for growth, even though it may not look like one.

Before I recognized these situations as opportunities for growth, some of my life experiences seemed hard to understand. Life felt heavy, confusing and unfair. There were times when I believed getting to where I wanted to be would require an arduous uphill climb, and making that climb felt impossible. There were also plenty of times I did make it to the finish line, only to come up short or frazzled. It was at this point I'd find myself cursing under my breath, brushing the hair out of my eyes and smiling, as not to give anyone the idea that I wasn't in control of it all. There were, of course, some days where everything fell into place beautifully. However, because I had trouble taking the credit, I'd think the Universe/God/Source was mercifully throwing me a crumb.

I searched up, down and all around for the control panel to this ride. Eventually, I realized I hadn't looked inside. Of course! But how could I blame myself? No one ever told me to check my own pockets for what I felt I wanted and needed out of life. The very connotation of the word "need" implies there's something I don't have. I began to consider the possibility that I don't really need anything. It felt plausible to think I may already have everything I need. Up until this point I mistakenly overlooked that. Hey, I was busy. I had stuff I didn't want to do, people I didn't want to see and places I didn't want to go. Besides that, most of us grew up in cultures that taught us to look outside of ourselves for.....well, everything.. :/

Alright, onward and upward! Now we have something to work with. Let's take a look at living our best life from a different perspective. Let's approach our life with the premise that we already have everything we need for the clarity and answers to living our best lives. Our big toe is pressed right up against the starting point of our very own yellow brick road. The journey is the point. What that journey is like, how we experience our adventure, is really up to us.

We have the ability to look inside of ourselves, and use what we find to create the life of our dreams. Life itself is what we are, and the dream is where we are. That life is right now, right here, in this very moment, and in this moment, and this one. That's all we ever have. We have only, the Now.

---

Life itself is what we are, and  
the dream is where we are.

---

When you fill your moment with happy, that is success. That happy successful moment will lead you to another one, and another one and before you know it, you will be the happy little camper you've always wanted to be. We have the ability to do that right now. Nothing gets off the ground until the runway is clear. Let's clear the runway.

We are powerful little pieces of the One floating around in this Universe. Or maybe it's the Universe that's floating around in us. We are already whole and complete. Sometimes we get sidetracked, we forget, we get caught up in misunderstanding and untruths - our own.

This book speaks about seeing through the misunderstanding and untruths. It speaks about who, what and where we are, and what we have to work with. It speaks about how to wake up from the unconsciousness, how to remember, and how to live an Awakened life. All the words are pointing to the same place we all long for. We are all headed toward happy. Sometimes we lose our way, and even that serves a greater purpose. Here we are, and I for one am emptying my pockets for the peaceful bliss and happiness I innately know is in there. Among a few other purposes, I came here to live happily and to have big fun. I can feel that I am heading North. I'm getting the hang of it. I'm glad I took notes along the way.

As a child, a lucid dream sparked a desire for greater knowledge. Behind the scenes of apparel designing, illustration and graphic art there was always the practice of balancing the outward journey with the inward journey. Following her inner Guidance led Gina Charles to writing her first book, *Shift Happens, A Laypersons Guide To Awakening*, a product of three decades of metaphysical practices and inquiry.

For more, see: [www.ginacharles.com](http://www.ginacharles.com)

