

MY LIFE AS A TIMEKEEPER

My life as a TimeKeeper began in a now moment, when I realized its importance to consciousness.

What is time?

Time is very different in the human realm. It's all about the number of seconds, minutes, hours, days, months, years, and centuries. It's used to track birthdays, anniversaries, due dates, future dates, past dates, times to go to bed, get up, to eat, go to and from work or school, take medication, watch a TV show, take something out of the oven - that sort of stuff. Calendars and clocks were created to track these things. We, as humans, look to these devices to stay on track and to remember. We use them in every aspect of our lives. Think about it, if you didn't have a clock or a calendar you would probably use something to try to track the time on your own by marking the number of sunrises or sunsets on something. You could use a landmark of some sort to track when and where the sun rose and set at different times of the month or year

and maybe put a rock there. Then you could look at the shadows for insight about what time of the day it might be. If something important happened you could put a circle or image next to a particular mark on your tracking to help you remember.

Why does it matter when something happened in the past? Why does it matter when something may happen in the future? There really is only NOW. This is a difficult concept for the human mind.

What are concepts of time?

As we raise our consciousness our concepts of time changes. We realize that there is only now. We realize all realities are happening simultaneously. All aspects of us are here now. We can access any of those aspects because they are always available to us. This too is a difficult concept for our human brains. It doesn't make any sense at all because of all the time tracking we do.

According to the calendar or clock this will happen or happened on this date/time. That's what makes the most sense to us. This concept is ingrained in our very DNA. If there was no time, how would we track when to work, when

to pay a bill, when to celebrate, go on vacation, come back from vacation, or even know how old we are?

Our bodies and time.

What if we didn't know how old our human bodies are? What if that didn't matter? Would we still age? We would still mature like a seed to a plant. We only really know how old a tree is when we cut it down and count the rings, otherwise it is just a tree. If we think about rocks, crystals, mountains, oceans, rivers, deserts, beaches, planets, suns, solar systems, and universes age isn't a factor at least not a negative factor like it has become for human bodies. Aging is a great thing for babies and children, but then at some point it becomes negative and our bodies begin to reflect our beliefs about aging. If we didn't track our age, how would that change our aging process? Would we just mature from infant to adult and then the aging process stop? There is no need for the aging process to cause us to decline. How many times do you look at a tree and say..."that poor old thing, it looks so old, it's not worth much anymore, it's probably just going to die soon"? Just

the opposite, the older the tree the more majestic it appears and the more value it has to the forest around it.

We as humans are obsessed with knowing or discovering the age of things and people, we even use scientific processes to determine the age of something if it's unknown. The age will often times determine its value. Is it an antique? Is it prehistoric? Is it just trash? It could be any of those categories depending on its age. Human bodies are valued the same ways. We go from cute and adorable babies to wrinkled and old. What if we didn't know how old are bodies are? What if we didn't use calendars? What if we had a different concept of time? Would we create a different way of living our lives? Would we let go of the ideas of aging and stop the aging process?

Time Keeping vs Time Tracking

Time only exists in some of the dimensions. Linear time allows for the birth and death process which allows for humans and other species to experience levels of consciousness in these realms. Humans are able to make choices and create realities in the 3rd, 4th, and 5th

dimensions to add to the experiences of the Source. It also allows for physical travel. Without time, traveling is not the same concept. There is no movement because you know you are everywhere all at once. It's just a matter of focus. Take your body for instance, if you focus on your foot you are completely aware of where it is in relationship to your body and your environment. You may not be aware of your hair while you're focusing on your foot. Your hair is in its own part of the body and space, still existing, still growing, doing all the things hair does - you are just not focused on it and aware of it because your complete focus is on your foot. Later, when you are no longer focusing on your foot you may notice the wind is blowing through your hair and you move your focus there. Rarely do we or could we focus on every individual cell or particle that makes up our bodies at exactly the same time. Our human minds don't have that capability at this point. Our bodies are so complex, trying to focus on each and every organ, process, cell, particle, DNA strand at the same time would be incomprehensible. The same is true for every aspect of what makes up our consciousness. We are everywhere, we are everything, we are in all things, there is nowhere we are not. The human brain cannot fully grasp

this concept. The closest we can come is to focus and try to understand individual parts of our complete consciousness. This is where linear time helps the human. If only this version of ourselves exist in this now, and it only exists for a certain length of time we can understand that and use time to track the different aspects of this lifetime and the lifetime of other things in our awareness. Time gives us the ability to divide life and history into sections to remember, celebrate, grieve, fear, feel anger, regret, feel hope, and sometimes alter the memories to create more fear, anger, regret, shame, or grief. Time can also reinforce beliefs that can be manipulated over time to cause us to forget or mis-remember who and what we truly are.

Consciousness and Time

We are consciousness. We are timeless. We are everywhere. We are everything. We are love. There is only love. There is only now. The role of the TimeKeeper is to hold space for the now to exist. When we as humans focus on only the now we are able to come into our hearts and love fully. We are able to peek into the truth of who we truly are. We are not this time controlled existence. We are infinite. We are

experiencing this existence in time, but we are not of time. We are love. We are now and always have been and always will be. There is no time because there was never a time we didn't exist and there will never be a time we cease to exist. We are. I am.

Now is all there is. Everything is in the now. All aspects of us are in the now. All aspects of our consciousness are available in this now. As humans it's difficult to fully be aware of our consciousness. We are everything. We are in everything.

Focusing and Creating

Because we tend to focus on time in sections, parts, aspects, categories, histories, possibilities, hopes, dreams, fears, wants, and needs, we don't realize we have everything already.

By focusing only on the now, by staying in the now, by realizing the now, we can create in the now. Creating in the now is knowing that it already exists, we already have it, we are already what we want to be, we always have been.

Staying in the now is keeping time in the now. Time is a concept. We can change our focus and our concept of time. Time doesn't need to control us because it doesn't exist. Only the concept of it to make it easier for us to focus on smaller parts of existence.

How does time limit us?

What is possible for us to perceive without the constraints of time? We can be anywhere without traveling. We can instantly create anything, no waiting, waiting is a concept of time. We already have anything and everything we want or need.

What is the Now?

- Break it down to smaller concepts like your body and all the organs, particles, cells, your DNA, your etheric body - this all exists without your effort, control, and thoughts to manage. Just because you are not aware of every aspect of yourself doesn't mean they don't all exist now and that you are not in everything. You are pure divine consciousness. Consciousness is everything and everywhere always.

- Bringing your self into the now. Thoughts about the past or future cause fear, anxiety, pain, judgements, entanglements, feeling of lack or wanting. If you are feeling these things you are not in the now. Bring yourself back to the now with a few conscious breaths. You will feel the awareness of all that you are and have the realization of the consciousness that is you. You are love, you are consciousness, you simply are.
- Being aware of being in the now. Just being. Whatever you are doing, focus on that alone. If you are drinking a cup of tea, savoring the taste in your mouth, on all the different parts of your tongue. Feeling the liquid as you swallow. Smelling the aroma. What does the color look like, are there any textures you can see? Feeling the warmth of the cup in your hands. Feeling your body accept the liquid as healing or light, whatever you have intended for the tea to bring to your body. Stay with your focus only on enjoying and celebrating drinking this cup of tea.

The more we practice being aware of being in the now and bringing our focus into the now the easier it will be for us to spend more time here and now.

Focusing on the now with joy and consciously creating is our role here as masters.

Trying to Control Time

We have human tendencies to want to figure things out. Control how and when things are going to happen to insure they will happen, on schedule, on time, and in the right order. There really is no way for us to do that. We can stress ourselves, get into lack, fear, or entanglements with the control. We will only end up creating anxiety for ourselves and limiting the possibilities for the outcome. When we are in the now, when we create in the now, when our focus is on the now - we are in our heart. We realize we already have everything we want or need. It's always been there.

Creating reality without Time

I'm being reminded of Star Trek technology :

- The HoloDeck - Any one could create for themselves an experience of the reality they wanted. That reality would only be limited by their imagination. They could be anywhere, anytime, with anyone, with anything, wearing anything, doing anything, experiencing anything of their

choosing. It was all in the now. Then they could leave that reality and return to a different now moment aboard the ship. All of the realities they created are available to them at anytime they chose to experience them. They all exist in a different now moment.

- The Replicators seemed to be just a container to focus on and to bring particles together to create any object, item of clothing, food, or beverage into the physical form. It could be done without the container, but it makes more sense to our human brains to have the container to create the items. Anything you want to create already exists, it's a matter of focusing it into your awareness.
- The same with the Transporter and the Communicator devices, these were physical devices that help the human brain comprehend teleportation and telepathy. Teleportation and telepathy do not require time.

Removing the element of linear time will allow for instant manifestation - because everything already exists. The human mind simply cannot focus on an infinite amount of 'things' at one time, so anything that is not in our awareness doesn't seem to exist. Everything exists now,

every experience exists now, if we focus it manifests into our awareness, our reality, our now moment. Time is part of the illusion that separates us from the focus. We are in all aspects of everything. Nothing exists out there. It's all within us, there is nothing outside of us, only within. We are everything we wish to be, we already are, it's all within us, it always has been, it always will be, we are all things, we are in all things.

There is only love.

In the embodiment of love and consciousness we are in the now moment. We need nothing, we have everything because we are everything. Nothing is separate from us. For our human perspective, this will be a matter of staying in our hearts, free from entanglements of doubt, lack, limits, judgements, and fear. Without the entanglements we are free to experience anything and everything. We are free to create, create, re-create, and create again. No limitations.

Time, if you want to call it that, is more of a spiral instead of linear. It has no beginning and it has no end. Every aspect of you is represented in this spiral, this multi-dimensional spiral. All things are happening, have

happened, and will happen in this now moment. Not quite a human concept. It might help to think of a spiral staircase. Each step is an event. You can look up or down the staircase, you will see all of the staircase at once. Depending on which step you put your focus, you will experience something different. Trying to experience all of this at once for us would be like each step had a different TV screen showing thousands and thousands of movies at the same time. Each one with its own remote. When we are in the now we are focused on just this life. But when we are not in the now moment, we can get distracted by what's happening in a show on a different step, and then possibly a few other shows - none of which are really happening right now. Trying to focus on all of those other shows can be at the very least distracting or can bring us into frustration, fear, anxiety, stress, or feelings of lack and limitations because we are unable to stay heart centered, worrying about missing some details, not being able to keep track of what's happening next, or what happened that we might have missed. When we are focused on things that coulda, shoulda, or woulda happen, then we try to figure out what to do to fix the things. There is nothing to fix, nothing to control, nothing to do. Everything in this

now moment is perfect as it is. It's the distractions of things that aren't happening that are causing the discomfort.

Bottom line...stay in the now. The now is where the joy, love, abundance, magic, and miracles are happening.

And so it is, and so it is, and so it is.

Dawn Smith