

## **Losing Your Memories, Gaining Your Truth**

By Jim Self

Have you noticed that you are running out of time? Do you feel like you have more to do and much less time to do it? Does it seem as though you just got out of bed and now you are climbing back into bed and yet there are still 24 hours on the clock? Have you also noticed that you are losing your memory? You can't find words to complete your sentences; you can't recall the word for the spoon you have in your hand? No, it's not Alzheimer's and you are not the only one having these experiences. Age, gender and culture also have nothing to do with it.

Those of us who are now awakening are experiencing a *Shift*, an *Awakening*. There is a transformation occurring within us. It is shifting our thoughts, beliefs, and changing the ways in which we experience the world around us. Until now, most have measured themselves by the outside world. Our beliefs about how we look, what is acceptable, what we think, and how we act have all been established by the third-dimensional world outside of ourselves.

Our thoughts create our beliefs, our beliefs create our habits and our habits create our lives. Our beliefs connect the thoughts that run through our experiences forming our conclusions. However, many of our beliefs are created by thoughts of others passed down to us as *truths* and accepted without examination. Unfortunately, many of these thoughts, truths and beliefs do not align with our purpose for experiencing our self or our path to happiness. It has been more important to fit into this third-dimensional world, as uncomfortable as that has been for many, than to develop our own truth and follow our own path.

As many have begun to awaken, there is a new recognition unfolding. As we seek our own truth and walk our own unique path we begin to realize that there is much more to *who we are* than the outside world would lead us to believe. As we begin to look within we realize that we are multi-dimensional, spiritual beings able to align with a Higher Truth. As this transformation occurs, a new recognition unfolds. It is our own truth that creates happiness and adds simplicity to our path.

In the past only a few have experienced this Higher Truth. But now this truth has turned into an adventure sought by many. Because of you and the many others who are now awakening, a new consciousness is unfolding! The third-dimensional world that was defined by the truths, structures and beliefs of those around us is no longer working and is being dissolved. We are experiencing a huge change, a transformation, a shift in conscious awareness. A Grand Awakening!

Linear Time as we have known it—past, present and future—is also changing as we awaken to our Higher Truths. Time is condensing; the past and future are disappearing. We are now becoming aware of a much simpler form of time, 'Present Time', this 'Now moment'. In present time we can make *new* choices. In present time negative emotional reactions from past experiences will no longer influence our choices. Choice in the now moment is neither based on past beliefs or future fears. Therefore, each choice made in the now moment allows us to create on our own terms from the Field of All Possibilities and Well-being.

To further enhance our present time experiences, making this shift even simpler, we are also losing our memories. Memories of 'past time' experiences that influence our daily lives are often coupled with old emotional baggage that adds no value to our new present time creations or desires. Yet we continually project those old attitudes and emotions into our future: "I will never talk to her again." "I have always been a failure." "I will never have money." "I can't trust anyone." What your ex-partner, mother, father, teacher, minister, and ex-boss thought of you ten years ago has nothing to do with you NOW. However, what you place your attention on is what the Universe lovingly provides for you. The Law of Attraction unfailingly delivers whatever we believe in or focus upon. Continuing to carry the emotionally-charged memories of past events only restrict and lessen our new present time choices. Fortunately, our multi-dimensional Higher Aspect knows that these charged memories have no further value. As we shift our awareness from third-dimensional linear time to fourth-dimensional present time, memories which have no value to our growth are being dissolved, creating the awareness that we are losing our memories. Old memories tied to negative emotions are dropping away.

As the beliefs that are not your truths begin to dissolve around you, let them go. New choices are now beginning to replace the beliefs that were never yours. New opportunities are appearing. As you allow your transition to

unfold, your own truths will begin to emerge bringing with them the simplicity and happiness you have long sought.

The ability to **consciously know yourself in present time** is now becoming available to you. Your purpose is to love yourself, enjoy yourself, and remember your 'Self'. You are big, not small. You are significant, not insignificant. You have a very important role to play in this unfolding 'Shift of Consciousness'... bringing Heaven to Earth.

*Jim Self is an international teacher, speaker and author. He has been a leader in the field of spiritual development for over 27 years. He offers us the Tools of Mastering Alchemy as a Way of Life. This work is co-created with the Archangels, Ascended Masters and Teachers of Light. Free DVD and Free Tele-Classes are available.*

*Jim is presenting free local evening classes and weekend seminar '**Creating the Personal Power Field**'*  
[www.MasteringAlchemy.com](http://www.MasteringAlchemy.com)

*This work is copyrighted. You have permission to share this work with anyone as long as you include the above paragraphs. Thank you.*