

Have you noticed?
The shift, I mean?

When I look around at financial markets, technology, economics, politics, geo-political systems, weather, and geographical upheavals, I can't stop but wonder at the degree of impact each one of these has on everyone, and the coincidence of it all happening now at the same time. I then look closer around me to see what is happening in people's everyday lives: disease vs health, relationships in person vs facebook, family vs divorce, children being acknowledged and nurtured vs ignored, and fulfilling jobs vs living job to job trying to make ends meet and looking for happiness; and I wonder the exact same thing. What is going on? Is it the 2012 Mayan End of Days fast approaching?

Or is it more a matter of consciousness, or lack thereof – from the individual to the global?

- Go with the flow
- Look after number 1
- Put your head down and just get your job done so you can relax on Friday
- It's Miller time
- Freedom 55
- 2.5 kids, house with a picket fence, car in the garage
- Assembly line / manufacturing style of business and education

These are a few examples of how our society's expectations and its definition of success has created the perfect conditions for the vast majority of our population to be operating (definitely not living) in an unconscious manner. But then, what does it even mean to be living unconsciously? I believe it means operating without really questioning the reasons or motives of others and self. For example: Who determined in the last 50 years that humans were not smart enough to be potty trained before age 2? What is the reason behind how your mom or dad treated you as a child, and does it justify how you should treat your child, either as a direct copy, or the complete opposite? When your boss trashes something you believe to be important do you slam a few things, talk behind his back and then get drunk that night while people tell you seemingly supportive platitudes, then go on with life? When you think you're hungry, do you stop and ask yourself if you are actually hungry or is there something else bothering you?

Could this be a cause of why so many people are suddenly so sick – riddled with cancer, high blood pressure, allergies, heart conditions, obesity, pain that has no cause (according to the doctor) etc? Maybe our bodies are trying to tell us something and wake us up?

Of course, many of us think that we are living consciously, carefully weighing pros and cons and making the best decision we can. But, upon which ideals are these "conscious" decisions based? A belief system put in place by or in reaction to your family, friends, and associates? Or, is it your true self, the real you, the beautiful, happy, creative you?

So what does your personal evolution look like?

Mine is one that was completely unexpected: becoming a healer. My name is Robbin Zrudlo, and I am a Reconnection™ Practitioner, bringing light, energy, and information to your body, mind, spirit and soul.

Here I am, working with people as physical symptoms are eased or disappear completely; as they are impacted emotionally; as they are energized; as they are presented with new opportunities, as they are immersed in light, information and energy in ways that are not understood, but have far reaching results; and as they wake up and live a conscious life.

If you would like to try something different with regards to your healing or your evolution, reconnect with me at www.healandevolve.ca, 613-263-2554 or through Vitallife Integrative Medicine in Westboro and the Glebe.