

The Path Forward

A Shift into a New Era

**By
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Very few are expecting what is coming.

– Author’s observation

Namaste: I bow to the divine in you.

– Hindu word

Cowardice asks the question: Is it safe?

Expediency asks the question: Is it politic?

Vanity asks the question: Is it popular?

But conscience asks the question: Is it right?

*And there comes a time when one must take a position that is neither safe,
nor politic, nor popular – but one must take it simply because it is right.*

– Martin Luther King Jr.

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Acknowledgement

This book could not have been written without knowledge released by Kryon (channeled by Lee Carroll). I read *Kryon Book One* the year it came out in 1991, and have been reading and listening to Kryon ever since.

I reached out to Lee to make sure he was okay with my sharing some of Kryon's knowledge in this book. He said it was fine, and he only requested that I include the Kryon website address (www.kryon.com) so that readers could find Kryon's information directly.

I also highly recommend that you visit Kryon's YouTube channel. Search for "Kryon Official." Listen to these podcasts first: New System, New Part of You, and The Journey of the Human Soul. Those are three of my favorites. There are hundreds to choose from. Kryon's website has additional information associated with his audio channelings.

Lee Carroll has dedicated his life to releasing information from Kryon. He has been doing this non-stop since 1991, and very few people know who he is outside of the new-age community. Although, he is recognized as one of the 100 most spiritually influential living persons. It is a tribute to him that he releases Kryon's information free to the public on his website and YouTube channel.

Introduction

The title of this book is *The Path Forward*. That path is unknown because we are creating it together. The future is fluid, and it changes based on our collective consciousness and collective decisions. But what I do know is that a better world is coming. The light is expanding in our collective souls and is steadily displacing darkness on the planet. For this reason, our future is bright, both figuratively and literally.

I'm an old soul and have been writing about the transformation of humanity since 1990. Back then, my writing about the future was based more on hope and faith than knowingness. I had a knowingness of my soul, but not necessarily knowingness of the future of humanity. Today, I can say that the future has changed for the better. Humanity is evolving spiritually in a good way, and that direction is going to continue to be positive.

By viewing daily news reports, it may not look like humanity is evolving. In fact, it currently looks like the opposite is occurring. There are protests and refugees throughout the world, and wars are lingering in the Middle East, Asia, and Africa. However, signs of peace are also there to see. War in Central and South America is at an all-time low. Plus, the Internet is steadily exposing evil, such as the sexual abuses exposed by the #metoo movement, racial discrimination, human trafficking, and pedophilia.

This book explores how humanity is steadily moving toward the light and away from darkness, and how that will impact our future. It is a metaphysical book and includes a fair amount of "woo-woo." You may have to expand your awareness and belief system to accept some of these ideas, especially when I write about the consciousness shift in Chapter One.

I will be making projections into the future that are based on my expectations and from sources that many consider unreliable, such as channeled information. I will likely be proven wrong most of the time, but in many cases, I will be correct in the general outline of what will unfold.

My purpose for writing this book is to expose the spiritual shift that is currently unfolding on this planet and to give you confidence that the eventual outcome will be

worth any hardships you have to endure. It won't be a smooth path to peace and harmony, but it will be worth it.

The second purpose for writing this book is to give you the incentive to help. There will be a myriad of ways to help with this transition into a new era. Everyone will get to choose how or if they will help. Once the changes begin, everyone will become aware that a transition is underway. If you read this book, it is unlikely that you will sit on the sidelines and not help in some way. After being exposed to what is happening, it will be difficult to ignore that you can help. Even if you choose to stay on the sidelines, you will now consciously see it unfold from a wider perspective and understanding.

The third purpose of this book is to create a bridge of knowledge, whereby the spiritual is bridged with all aspects of life. Some of you will not enjoy reading all of the topics. The reason for this is that I will be intertwining new-age spiritual knowledge with modern economics, politics, and social systems. These are not topics that are normally combined. However, in order to understand where we are going, they must all be discussed.

Don Durrett
January 2020

Chapter One: Consciousness Shift

The consciousness shift is difficult to explain because it is difficult to understand. I will try to explain it. We perceive consciousness as something that is nebulous, without form, and impossible to measure. That is not true. Consciousness is energy. In fact, it is pure energy. I'm not talking about the energy that we use to drive our cars or heat our homes, but the energy of our soul and the mass consciousness. The soul and the mass consciousness can be considered pure energy, because they do not dissipate. They always exist.

The soul is connected to the mass consciousness, which can be thought of as a grid or field of energy. Thus, the mass consciousness is an energy grid whereby everything is connected consciously. And when I say everything, I am including animate and inanimate objects, including the earth, air, and water.

Everyone and everything is connected energetically through consciousness entanglement. This entanglement can be thought of as the mass consciousness. And because the mass consciousness exists, nothing can exist separately in isolation. Moreover, all matter is conscious and connected to everything else. Everything on the planet is conscious and energetically connected.

To repeat, all consciousness is energy and is interrelated and interconnected. Moreover, all objects are conscious. You probably think this is impossible because a piece of wood or a piece of glass can't feel pain. But what if I told you that someone could use their consciousness to make that piece of wood move, or even disappear? How can they do it? By consciousness entanglement.

That previous paragraph is not yet understood by most scientists. To them, consciousness entanglement is an unproven theory. However, to metaphysicians, such as myself, it is common knowledge. Study the history of yogis in India, and you will find that what they are able to do is only explained through consciousness entanglement. For a yogi

to make an object appear or disappear is child's play, and very easy for them to do using their consciousness.

What you need to understand is that the dynamics of this mass consciousness field is determined by our consciousness. This energy can literally do anything. However, it is only a potential until a soul, or the mass consciousness, manifests an outcome. Consciousness energy is only capable of doing what consciousness is ready to do. As the saying goes, there are no accidents. Everything we perceive is manifested in some manner.

The only reason why the human body ages or requires nutrition is that our consciousness believes it is required. There are people on this planet who do not age and do not eat. How? They changed the dynamics of their energy field using their consciousness. In regard to aging, they manifested a different outcome than the average person.

For the past thousands of years, since the time of Lemuria and Atlantis, the energy field (mass consciousness) on this planet has been somewhat static. During our modern era of the last 10,000 years, it has been very difficult for people to change their energy field. Instead, their soul vibration was pretty much the same from their first breath to their last.

That has now changed. Actually, it began changing in the 19th century, but it has reached a level where we can now individually change our DNA. This gives us the ability to vibrate our energy field – our aura – at a higher vibration. And, as we each vibrate higher, we can now activate more of our DNA.

Our DNA is in every cell of our body. Everyone's DNA has its own unique vibration, as does every organ in our body. We each have our own unique energy field, which is a macrocosm of vibrating energy and vibrating energy fields throughout our body. These combined energy fields encompass our aura, which can be thought of as our soul, which is pure energy.

There are two parts to our energy field. First, there is our soul. Second, there is the mass consciousness, which creates the entanglement, through which we are connected. These facts probably wouldn't mean anything today, except that, starting in the 1960s, the energy field of the mass consciousness started to change and vibrate at a faster rate. This allowed more advanced souls to begin to incarnate on the planet, pushing the vibration

steadily higher. Then, in 2012, we reached a threshold. You could also call it a change point. We reached a vibrational level that was high enough to push us into a new era. That new era began in 2013, but was not really felt until 2019 and 2020.

I don't think it is a coincidence that, right when humanity reached a vibrational level that supported DNA activation, the COVID-19 virus struck. This is the year when humanity goes in a new direction. Beginning now, all humans have the ability to activate their DNA to a higher level.

It's a new world. Welcome to the new era. Those who shift into this new vibration will know it. Some of those around them will notice a positive change, and some won't. Humanity, as a whole, won't notice for about a decade. But, steadily, more and more people will shift with this new consciousness. And, as they shift, they will impact the mass consciousness for the better. Light will steadily replace dark. Love will steadily replace hate. A new world, a new era, is being born.

The energy field of the mass consciousness has now shifted to the point where it is now vibrating high enough that nearly anyone can change their energy field. People can now raise their vibration high enough to activate their DNA to new levels. This is truly a historic event in the cosmos and the most significant event to occur on this planet in thousands of years, and perhaps ever.

What does it mean that you can now change your energy field and change your energetic vibration? The possibilities are nearly endless. Self-healing and slowing the aging process will become common in the near future. Many people will become more psychic and highly intuitive. Also, our behavior will change in a positive manner as we begin to recognize our connectedness to each other. This will lead to virtuous traits of being more compassionate, loving, grateful, humble, considerate, gentle, gracious, kind, and friendly toward others.

How does one raise their vibration and change their energy field? You do it with your consciousness, which has to become more spiritually aware. You have to connect with your higher self. You can do this by speaking directly to your higher self and then listening for direction. The key is believing (or knowing) that your higher self is on the other side of the veil is listening. Then you wait for a response. This is how you learn to be spirit-led.

After you accomplish learning how to be spirit-led (instead of being ego-led), your higher self will lead you to a higher state of spiritual awareness. This will lead to your cells vibrating higher and your DNA activated at a higher level. Currently, your DNA is likely operating at only around thirty percent. In this lifetime, you can increase it significantly, perhaps to thirty-five percent. Amazingly, this wasn't even possible for nearly all of humanity until 2019. Once a human reaches approximately thirty-three percent DNA activation, amazing things will begin to happen.

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Our soul is only partially embedded into our body. In actuality, our soul surrounds our body as an energy field. Again, this field is called our aura. Our soul is composed of indestructible, pure energy. The main portion of our soul exists on another plane of existence which is non-physical. These non-physical worlds are also called spiritual planes or spiritual dimensions. We currently live on the physical plane, which is an illusion, because it consists of vibrating energy that was only created for experience. The physical plane is analogous to a video computer game. It is the same concept: a temporary virtual reality.

Anything in the physical universe is an illusion. The only thing that is real is consciousness, which is non-physical. Consciousness can create and manipulate physical objects, but physical objects cannot create consciousness. Physical objects are created from consciousness. The soul is one form of consciousness, but so is a physical object. However, they are not the same thing. The difference is that a soul can evolve spiritually, and a physical object cannot.

If you think that I am making all of this stuff up, consider this: the Pleiadians, who will make themselves known soon, live with their DNA activated at eighty percent. On their planets (near the Pleiades constellation), they do not make objects from raw materials, such as steel and aluminum. Instead, they create whatever they need from consciousness. That is our future too, but it will take us generations to evolve to that level. However, within a generation, we will know, as a civilization, what I am writing about in this chapter.

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A physical object is alive and has consciousness because everything has consciousness. How can this be? Because everything is connected to the Creator. And since we are also connected to the Creator, we too, are connected to everything. Intuitively, we think this is impossible. How can we be connected to the ground we walk on, or the air we breathe, or even the chair we sit in? How? Because it's interrelated energy.

We think that our bodies are solid and that the ground we walk on is solid. It is not. It is possible for a human body to increase in vibration and walk through a wall. It's also possible for a human body to increase in vibration and move to another location instantly. That location can be somewhere else on this physical plane or a non-physical plane. Consciousness makes this possible because consciousness can control the dynamics of energy, which is the foundation of life.

When our soul leaves our body after this lifetime, we will once again exist in a non-physical world of some type. These non-physical worlds are even vaster than the physical universes, and they are all controlled by consciousness.

At all times during this lifetime, our soul remains connected to our higher self, which is the larger part of our soul. When we incarnate, we only take a small portion of our soul with us, because the human body cannot hold all of it. Said another way, the soul has too much energy for the human body to contain. As a side note, recognize that who you think you are is much vaster than you realize.

The important point to understand is that our soul is vibrating energy and connected to everything via consciousness entanglement. Everything on this planet is interrelated energy that encompasses the global mass consciousness. This global mass consciousness impacts each of us, and it sets the tone for our collective decisions.

The global mass consciousness consists of an overall vibration. This vibration is real, and it comes from the vibration of the collective. Kryon (channeled by Lee Carroll) started releasing information in 1989 and called this global mass consciousness the energy grid. He has also referred to it as the field. Kryon said that this grid was changing as humanity vibrated higher. He said this would continue and thereby impact the global mass consciousness in a positive way.

For the last thirty years, Kryon has steadily educated humanity about this energy field and how it is impacting civilization. He has meticulously explained how the energy field (mass consciousness) impacts our DNA and drives humanity to higher levels of spiritual awareness. The energy field is the Creator, and the Creator is leading us to positive outcome.

Science has not yet been able to prove the existence of this global mass consciousness energy grid. Most of the people who know about it are in the new-age community, such as myself, and now you. Steadily, over time, more and more people will come to learn about it.

The vibration of the global mass consciousness is an energy that impacts everyone's soul. Our soul is connected to the global mass consciousness, which makes us connected to everyone else.

The global mass consciousness is all-encompassing and pervasive. You can think of this global mass consciousness as part of the Creator. Each soul is connected to and part of the Creator, and there is no separation between anything.

So, by being a part of the global mass consciousness, we are also a part of the Creator. This underlying foundational consciousness of humanity is what impacts everything. Moreover, as individuals become spiritually aware, they are able to tap into this consciousness and impact it in a profound way, thereby creating the consciousness shift.

Kryon has said that all it took to create this consciousness shift was for less than one percent of the global population to become aware of the truth of their being – what I am explaining in this chapter. Thus, a very small group of people was capable of creating enormous change for the betterment of humanity. And that small group is increasing in size every day, as more people find their soul and higher self, using their consciousness. This can also be called enlightenment, which essentially means the ability to see the light – the truth.

This is a planet of free choice, so the Creator allows us to make our own decisions. This freedom of choice means that each soul decides when to become enlightened. For this reason, the future is not deterministic. Instead, it is based on the decisions we make today as individuals and as a group. And every decision we make in this lifetime as

individuals is in some way related to the decision to become enlightened. Reread that last sentence slowly, and let that fact sink into your noodle.

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What is known at this time, since the future is not deterministic, is that the probabilities are extraordinarily high that this civilization is on the path to enlightenment. This probability is based on occurrences that have happened on other planets. Almost always, when a planet crosses a threshold of spiritual awareness on a mass consciousness level, the end result is planetary enlightenment. We crossed that threshold in 2012.

Will you become enlightened in this lifetime? It's possible. Now that the energy field of the global mass consciousness has become more dynamic, anything is possible. What you will need to do is flip the switch to change from an egocentric viewpoint to a higher-self viewpoint. Once you flip that switch, anything is possible.

Not everyone is ready to flip that switch. Living through the ego is what most people prefer, and they are not ready to turn that off. However, once you recognize that the ego is a dead end, you will flip the switch and begin to live through the higher self. And once you change to a higher-self focus, there is no going back, because your awareness will expand. The ego will be recognized as a limited experience and soul-inhibiting. Your awareness of this limitation will drive you back to the higher self, which you will know is the only way forward.

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Now that the vibration of the mass consciousness has increased to the point where our DNA is now dynamic, more and more people will begin to have an ah-ha moment of the ego's limitation and the soul's limitlessness. People will begin to see that the soul (the higher self) is the only path to choose.

For many, giving up the ego will be next to impossible. In fact, it will take several generations before everyone has chosen to be higher-self-focused. The ego encompasses all of the temptations that make life so much fun. Giving up that fun for a higher purpose is not chosen easily. Most souls have to spend time to get ready to make this change. It's a big change, to decide to live for others instead of yourself.

Why would anyone want to give up the ego when it is so much fun? Because the ego is severely limited, and it's a dead end when those around you are exhibiting profound abilities. Those new abilities included enhanced intuition, self-healing, communication with your higher self, activating your DNA, mining your Akash (past-life experiences), slowing the aging process, and expanding your spiritual awareness. All of these abilities are only found through the higher self.

You might be content with your current life and don't care about these new abilities. Well, that is fine, but at some point, you will begin to recognize that, if you truly want to help humanity, then the ego has to be pushed aside.

Getting in alignment with the Creator's plan and our own personal mission in this lifetime can only be obtained by following our higher self. Why? Because our connection to the Creator via our higher self is the only way to get that awareness. The ego is a trap because it does not have the answers we seek. As I said before, it is a dead end.

And what is the Creator's plan? It's really pretty simple: learn to love yourself and learn to love humanity. The ego will never lead you down that path. That said, we must have compassion for anyone stuck in the ego. We must recognize that, at some point or some future lifetime, they will flip the switch from being egocentric to higher-self-centric.

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Each individual can only make choices that are within their capability and within their Akash. For example, an individual may think they have the free will to spend all of their time having fun. In actuality, for most people, if all they do is pursue having fun, it will usually end badly. Their soul will allow them that experience for a while, but it is a dead end. Their soul knows, from their Akash, what needs to be learned in this lifetime, and the odds are low that having fun all the time is on the agenda.

An individual may think they have the free will to have fun to their ego's content, but what they really have is the free choice to experience the limitation of their free will. Unless we are in alignment with the higher self, what usually occurs is that we get to find out what doesn't work in our life, and it usually ends badly. This happens because what the ego wants and what the higher self wants are usually two different things. Ultimately,

and it could take several lifetimes, until the soul leads an individual away from the ego and toward the higher self.

What is important to understand is that the Creator does not care which choices we choose – there is no judgment. The Creator knows in advance all of the potential choices we can make, as do we. We accept those potentials when we incarnate and do not perceive them as bad outcomes. Instead, they are lessons and, once they are learned, we can move forward.

Ultimately, the soul will evolve to a higher state of consciousness. This is inevitable because our core is love and connectedness. We can try to ignore this core using an egocentric viewpoint, but, eventually, it gets our attention. Why? Because each incarnation is planned with the sole purpose of evolving our soul. We don't incarnate to have fun; we incarnate to evolve.

When I say that our free will is limited, I'm talking about the soul's agenda in this lifetime. If the soul has an agenda that is counter to the ego's agenda, quite often, the soul (higher self) will prevent the ego from carrying out its plan. I am sure you have learned through experience that what you want and what you get are not always the same outcome. That is the soul's agenda in action.

What the soul allows is for you to select from a limited number of choices to achieve an outcome. This is how everyone lives. We all have free choice to select experiences that fit within our agenda and align with our Akash. However, the soul is very diligent in limiting these choices.

Some people have a vast array of choices and others, much fewer. Education and money can expand these choices, but conscious awareness can play an even larger role as a determinant. The more lucid one becomes in one's knowledge, the more opportunities arise. Conversely, if an individual makes a lot of poor choices, they can find themselves with very limited options.

The choices that individuals make impact humanity in a profound way. The Creator allows humanity, as a whole, to decide the direction it wants to go through its free choices. Each of us, through our choices, gets to choose how humanity evolves. This is why humanity matters, and why humanity truly is one large family.