

The Bigger Picture

Are these unprecedented times special?



Robbert Zoon

1. Can you feel it?

“The more real you get, the more unreal the world gets.” – John Lennon

Are these unprecedented times that we all experience now the beginning of a major transformation process? Do you feel this way? Well... you're not the only one. Millions of people around the world experience this now.

What we see as a time of crisis, can be very different when we zoom out. From a wider perspective, we are now moving into a new era with higher vibrations that allow humanity to evolve. The transition of eras usually causes uncertainty and chaos.

The story about humanity evolving and moving into a wider reality (aka the great awakening) is now shared by many conscious teachers, artists, progressive scientists, authors, and ancient wisdom keepers.

I really feel the need to summarize this epic story. Although it has been quite a challenge to write this short book on such a big topic, it sure helps me to understand why we see so many strange circumstances during this pandemic. It helps me how to navigate these uncertain times and it makes me realize how special this current moment in time is. So for me, this short book is meaningful. Maybe for you too.

Oh and before we start...I wanna thank all my friends and family who did not understand me lately. You really motivated me to write this book. Thanks!



2. Balance is everything

“It takes both rain and sunshine to make a rainbow.” - Proverb

This short book takes us on a journey. From our daily life to a macro perspective, and back to our micro reality. Let's start by focussing on three key elements.

Life contains cycles that balance the opposites. These cycles are everywhere, on a micro and macro level. Like yin&yang there is a balance in day and night, the tides of the sea, the moon cycle, and many more.

The underlying layer of everything in our physical reality is energy. All differences and contradictions that we experience in our daily life, have an underlying layer of positive and negative energies, high and low frequencies, light and heavy vibrations. On this deeper energetic level, everything is connected. All is one.

The underlying layer of our physical body is also energy. This main energy in our body is called spirit, being, light, or soul. This energy also moves in cycles. The non-physical spirit energy moves into a body and eventually back to the non-physical form. Then again into a new physical form (body) and so on and so on. This is also known as reincarnation.



3. Let's zoom out

"What you see, is not all there is." – Jim Carrey

Now... let's use these key elements and see how they relate to our lives. We may start to see the bigger picture.

To find the bigger picture we need to zoom out. Then we see a large cosmic cycle of time, a cycle that relates to all planets in our universe. Scientific astronomy calls this cycle a Great Year, with a total of about 26,000 years. The Great Year is divided into 12 periods that we call Ages, each Age last 2,160 years.

But why do we focus on this cycle? Because every Age carries specific energies and they affect life on a physical level, also our lives on planet Earth. Positive and negative energies, high and low frequencies, light and heavy vibrations.

This means that every 2,160 years there is a significant change in energies that affect all living beings on our planet. In the full cycle of 26,000 years, there is eventually a balance in the different energies of all 12 Ages.

And it's important to know that around the transition of Ages and its different energies, there are often intense and chaotic reactions on a physical level.



4. Are these unprecedented times special?

“The new is already here, the old is just making a lot of noise dying.” – Eckhart Tolle

So how to relate this information to our current unprecedented times? Well... back to the cosmic cycle of the Great Year. According to scientific astronomy the Saturn-Jupiter conjunction of 21-12-2020 aligned at zero degrees Aquarius. This is seen as the end of the Age of Pisces and the start of the Age of Aquarius. This only happens every 2,160 years.

We know that the change of Ages also means a significant change of energies in our lives on planet Earth. The vibrations of the Age that we just entered are much higher and lighter than the energies of the previous Age that we experienced for the last 2,160 years. These new higher energies are having a positive effect on us now. So we are all part of a huge transformation! Isn't that special?

However... we know that around the transition of Ages there are often intense and chaotic reactions. So after this recent shift in Ages the scales need some time to find a new balance. I guess that's what we are experiencing on a global scale now.

“The new is already here, the old is just making a lot of noise dying.” (Eckhart Tolle)

Let's look at these two different Ages and how they impact our lives. It can help us to understand reality better, knowing that the different energies balance the full cycle.

Age of Pisces

In the Piscean Age that started 2,160 years ago, we were able to experience a lot and it was a necessary step in our development. We gained much prosperity and the process of individualization has been essential. All this was effected by the lower energies of the Piscean Age which also led to power and control, self-interest, separation, money, and greed. The masculine energy, the ego, and rational thinking were in charge. We experienced a lot of ignorance and darkness.

The beginning of the Piscean Age was also the beginning of the Roman Empire. Which soon led to the biggest religion, the Catholic Church.

Age of Aquarius

On 21-12-2020 we entered the Age of Aquarius. The vibrations of this Age are very different from the energies of the Piscean Age, almost the opposite.

In this Age it's all about connection, we will re-unite. It will be the Age of sharing, common interest, and remembering that everything is energy. That on that deeper level we're all connected, all one. The feminine energy, the heart, and our intuition will be in charge more. Compassion is the new currency.

5. The great awakening

“Awakening is not changing who you are but discarding who you’re not.” - Deepak Chopra

On the previous page I forgot to mention one important part about these two different Ages. I did this on purpose so it gets our full attention. Because this is maybe the most special part of the whole book. And at the same time the most challenging part to understand. So if you can open your mind a little more, I try my best to explain it.

In the Piscean Age we experienced ignorance, the Age of Aquarius will bring us the opposite... spiritual development and more consciousness. This ignorance is like a veil that has been pulled over our eyes to blind us from the truth. This was needed and meaningful because it was part of all our experiences in this Piscean Age.

But the high vibrations of Aquarius will now make the veils disappear so we can wake up and experience a wider reality. We will remember the bigger picture of life. Who we truly are and how we are connected to many higher dimensions and beings. We will remember the law of reincarnation and karma. We will start using our ‘old skills’ such as intuition, telepathy, instant manifestation, and many more.

With this new consciousness and abilities, we can take back our power and create a new world together, balancing out the big problems in our current world.

Let me finish this chapter by explaining the main stages of the awakening process, of becoming more conscious. Each person goes through these levels at their own pace. That’s fine, no need to judge it as fast or slow, good or bad. Everyone is doing their best from their level of consciousness.

Awakening often starts with frustration and disbelief. You sense that something is not right. It’s like a splinter in your mind. Parts of The Matrix movie (episode 1) explain this properly. The next step is switching off your autopilot system which makes you see the world and your existence differently. You pay more attention to the quality of life, personal development, and self-care knowing that happiness starts within.

Now to really get to the higher steps of the awakening ladder you have to find out what is holding you back and how to let it go. Facing your backpack filled with heavy experiences from the past (pain, trauma) is maybe the most challenging part of the process. The more you can let go, the higher you rise. The easier you climb the ladder and connect to the higher vibrations that help you flow through the river of life.

6. How I see reality now

This ain't the end, no. It's the birth of a new age – Jeangu Macrooy

People who are very conscious and intuitive can already connect to these new higher energies and experience this wider reality. I sometimes experience that too.

Let me explain briefly how I see reality and our future. For sure the three key elements in chapter 2 are true to me. Reincarnation included. The concept that I have more than one random life so my spirit can have many different experiences, makes much more sense than what Western culture, Christian dogma's, and my school teachers told me.

So to see myself as a spirit having a human experience (instead of the other way around) is a game-changer. It's like taking off my virtual reality glasses after many many years. The idea that death is merely me leaving of my temporary body, is such a liberation.

What I also find fascinating and comforting, is that every person holds a part of the universal source in the heart. This 'little space in the heart' is where we are all connected and where we can find all the answers we seek. Ancient wisdom keepers and also the scientists of Heart Math Institute know this.

Of course, I still have my daily challenges on a micro-life level. But when I zoom out and see the bigger picture, I understand life much better. Especially all the negative and sad parts of life. And since the beginning of this fast-changing world in 2020, I understand this even better.

Thanks to ancient wisdom from India I can find the right words to explain how I feel.

Why do we have to experience all this ignorance? We need to forget who we are for a while, only to realize and remember who we are. Duality teaches us that there is a contrast in anything. This is also explained as 'the game of life'. To dive as deep as possible into such ignorance and such darkness and still find your way back to remembering who you are, that takes true mastery.

What is the meaning of all this? We come to this planet as spiritual beings destined to experience a variety of situations in order to grow and evolve.

And how do I see religion and spirituality? Religion is the belief in someone else's experience, spirituality is having your own experience.

One more thing I like to share... my idea of God. The vision of God to be a man with a long beard judging our lives as good or bad has never resonated with me. To me,

the word God means everything there is. Like the source energy of all life that comes in many forms and variations. My spirit (aka light, being, soul) is just a fraction of the source, a part of the whole.

From this super macro perspective, I can even understand these memes on the internet that I sometimes see. Such as:

- * We are the universe playing hide and seek with itself.
- * We are Gods with amnesia.
- * Life is a game of energy.

Well, what I know for sure is that I feel a strong need to connect to others and pay more attention to my heart. In 2020 with all the increasing polarization and unnatural circumstances, this feeling became even stronger.

So you know what I did? In October 2020 when the second wave of the pandemic hit, I threw all my doubts aside. I started to bike around in my town greeting everybody along the way while wearing a big heart. I have been doing this almost every day for more than 5 months. What an incredible experience that was!

I called it the 'heart experiment' so I could start slowly and be less vulnerable trying to make a heart connection with everybody. But most people saw it as *you're spreading love around town. And you are the man that loves everybody.* Well haha...

I couldn't help it. I guess the high vibrations of the Age of Aquarius made me do it.



7. How to navigate this time of transformation?

What you focus on will grow, what you think about expands. – Law of nature

How can we navigate this transformation? My answer is... I don't know. Everybody is different and I believe that everyone plays a different role in this life. So let me just share what resonates with me, maybe it's also meaningful for you.

What is really true to me, is the law of nature as mentioned above. 'What you focus on will grow, what you think about expands'. Quantum physics confirms this.

And this old wisdom of Socrates is also true to me. "The secret of change is to focus all your energy, not on fighting the old but on building the new."

Of course, the circumstances can be very tough, challenging, and triggering these days. The beginning of this new Age is like the mother's labor pains during childbirth. But the bottom line is that we always have a choice of how to think and how to act. Do we focus on resistance with the need to go back to the old, to what we find familiar and comfortable? Or do we focus on flow, and trust that there is something much better coming our way? A more beautiful world that our hearts know is true. We have the chance to evolve or to repeat our actions.

The bigger picture shows me that everything is perfectly unfolding now, all according to the natural process of transformation. It's like the caterpillar who needs the restrictive cocoon to transform into a butterfly. The universe is balancing out the old low-frequency beliefs (control, fear, personal interest) with the new high-frequency beliefs (freedom, love, common interest).

The old systems are collapsing, that's why they are getting so load now? I believe that the more intense and restricted the conditions get in the outside world, the more people will wake up to their true nature inside. And if you are challenged by others? Well... don't wish them bad, wish them consciousness.

We will remember that the energy of our light and conscious intention is so much stronger than the lower vibrations. Low and dense energy can never overrule high and light energy. The bigger picture tells me so. That's why to me the most logical response to the chaos of these times is to show up with more light.

Our planet and all beings are naturally shifting because of the new energies. We as humans also play a role in this transformation by consciously raising our vibrations.

And you know what happens recently? When I'm in nature and close my eyes, there is a soft voice whispering to me. I think it's the universe. This is what I hear...

"Not to spoil the ending for you, but everything is going to be okay. So please don't worry, I've got you."

Sources

The great work of many inspiring people enabled me to write this short book about the big story of our time. I'm very grateful to all of them, let me mention a few. Their work allows you to dive deeper into the bigger picture.

The Volunteers - this short video made by Everyday Masters is full of wisdom. It's created in 2017 and I feel it's especially about our time now. You can watch it on YouTube. <https://youtu.be/qylkyAo1U7I>

Time Bender - this book by Tijn Touber really brings you into a wider reality. Tijn is a great storyteller, journalist, and yogi who combines facts and fiction in this exciting novel. More info at <https://tijntouber.com/nl/products/time-bender>

HB, een nieuwe tijd breekt aan – this book by Ronald Jan Heijn and the online platform 'Hello Aquarius' is a great inspiration to me. Ronald Jan is a conscious pioneer and I highly respect his compassionate responses to extreme situations. More info at <https://www.hbhetboek.nl/>

Cosmic Woman – this book by Tessa Koop and her activities on Instagram helped me to focus even more on my cosmic awareness. And to feel comfortable sharing this consciousness with others. More info at www.cosmicwoman.nl

The Invitation – this free monthly guidance by Juno Burger helps you to face your favorite problem. It can really help you become more conscious and make you flow through life. More info at <https://www.junoburger.com/en/the-invitation/>

More about the compassionate and intelligent heart

- Heart Math Institute – scientific research on heart intelligence
- Living in the heart – the book by Drunvalo Melchizedek
- The power of the heart – the movie by Baptist de Pape

More about quantum physics and the zero-point field

- Dr. Joe Dispenza – many books and videos
- What the bleep do we know – movie and documentary

And I'm grateful to many other inspiring people such as Lorie Ladd, Eckart Tolle, Deepak Chopra, Dolores Cannon, Bram Vermeulen, Jim Carrey, Charles Eisenstein, Christina von Dreien, Neale Donald Walsch, Rumi, Carl Jung, Joseph Campbell, Hapinez, Coldplay, Keane, India Arie, The Matrix, and many more.

Thank you United Photos and Unsplash for using your photos.

Feel free to share

My intention with this book is that it becomes a 'best sharing book' instead of a best selling book. So if all this is meaningful to you, feel free to share it. Thanks!

The more we share for the higher good of all, the better the world will become. This book is free for everybody. If you appreciate my effort in creating all this, you can of course donate. Whatever feels good for you, I'm grateful for any donation. 21% of all donations received will be given to a sustainable reforestation program.

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