

## **The Death of Big Experiences**

As a deep awakening emerges  
it can be accompanied by the death of big experiences.

Are you waiting for or relying on the “big experience”  
for constant confirmation  
or sustaining some particular state of being?

The part of us that is doing this  
is the very aspect of self that you are lovingly waking up from.

Do not worry.

There is a natural shift into seeing all experiences as big,  
incredible, valid, and even sacred,  
no matter how they initially seem.

This is the heart of awakening.

Take the next bold step on your journey,  
where nothing needs to be one way or the another.

You are aligned, whole, and complete  
and shall always be.

*- Matt Kahn's (6-20-2021 email) w/edits by Lyn*