

About YouAreTheShift: My Journey to This Moment

The Before: A Life Lived in the World, But Not of It

I was born in the 1960s, into a world that never quite felt right. Like many, I followed the expected path--worked hard, provided, did the right thing. I spent years as a supervisor and aircraft instructor/mechanic in the Air Force, helping people grow through structure and accountability. I took pride in doing what was right, especially when no one was watching.

But deep inside, I always felt like something was missing. I tried to control everything around me to make sense of it all. And while life looked 'normal' on the outside, inside I was searching.

The Awakening: Seeing Through the Fog

Everything began shifting about a decade ago. Little by little, I started noticing the cracks in the world--in the systems, in the media, in the truths we were fed. I spent countless hours researching, going deeper than I ever thought I would. The rabbit hole was real.

It was painful.

But it was also liberating.

Eventually, I found myself embracing new perspectives--heart-mind living, energy alignment, and higher consciousness.

I realized I wasn't broken. I was waking up.

I started seeing the signs: 1111, 555, 888. I learned to stay in the now. I shifted from fear to trust, from mind to soul.

The Inner Work: Remembering Who I Am

I let go of the need to fix the world and instead focused on who I was becoming. I stopped trying to carry others' burdens. I started trusting that every soul is on their own journey, even if it's hard to watch.

About YouAreTheShift: My Journey to This Moment

My wife Robin and I both changed profoundly. Our conversations deepened. Our awareness expanded. We faced health battles, intimacy shifts, and emotional healing--but we kept showing up for ourselves and each other.

Each day became a lesson in patience, presence, and purpose.

The Mission Now: You Are The Shift

This platform is not a brand. It's not a business.

It's a signal.

A signal for anyone who's felt the same way. For the ones who see through the illusion. For the hearts that know something big is happening, but can't always explain it.

You are not crazy. You are not alone. You are the shift.

Through videos, insights, and grounded truth, this site exists to help others move from disorientation to alignment.

Not by giving answers. But by reminding you of what you already know inside.

What's Next

My role is still unfolding. The RV, the tech, the restoration--I know it's coming. Until then, I keep showing up.

Because this isn't just about waking up.

It's about remembering who we truly are.

And if you found your way here, maybe you're remembering too.

Let's walk this together.

About YouAreTheShift: My Journey to This Moment

With strength,

Patrick