

HOW TO MASTER YOUR LIFE
A MANUAL FOR PERSONAL, PROFESSIONAL, AND PLANETARY
SUCCESS:
THE SPIRITUAL HUMAN INTEGRATION SYSTEM



**Es tempo a dare alla luce, illuminare il mondo.
It is time to give birth to the light, and illuminate the world.**

**“The significant problems we have cannot be solved at the same level of thinking with
which we created them.”**

—Albert Einstein

**We must solve the problem by changing our thinking, or, we must undergo a Paradigm
Shift. Welcome, to the New/Old Paradigm.**

**—Jodi RedHawk
Founder, Visionary, The Healing Community Centers**



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Message from the HOPI Elders—2001

"You have been telling the people that this is the Eleventh Hour, now you must go back and tell the people that this is *the* Hour. And there are things to be considered:

Where are you living?
What are you doing?
What are your relationships?
Are you in right relation?
Where is your water?
Know your garden.
It is time to speak your Truth.
Create your community.
Be good to each other.
And do not look outside yourself for the leader."

"This could be a good time! There is a river flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hold on to the shore. They will feel like they are being torn apart and will suffer greatly. Know the river has its destination. The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our heads above water. And see who is in there with you and celebrate. At this time in history, we are to take nothing personally, least of all ourselves. For the moment that we do, our spiritual growth and journey comes to a halt. The time for the lone wolf is over. Gather yourselves! Banish the word struggle from your attitude and your vocabulary. All that we do now must be done in a sacred manner and in celebration. We are the ones we've been waiting for."

“WE ARE THE ONES WE HAVE BEEN WAITING FOR.”



ACKNOWLEDGMENTS

First and foremost, I would like to give thanks to God/dess/Source/Creator, Adoni, Great Spirit Mother and Father without whom, this book wouldn't exist.

Next I would like to honor and give thanks to all the human beings, their spirits, and guides, who have contributed to my life in any and all ways. You all have been my teachers, and without you, I would not have learned all that I have so that I could teach, and write this book, to assist in helping our global human earth family to awaken and live in peace, prosperity, abundance, freedom, and joy. This includes those of you whom I have hurt, and those of you who have hurt me. I love you, I'm sorry for the hurts, and, walking in the truth, I also am grateful to you for agreeing to walk with me in the ways that you/we did—sorrows, joys, and all. Know that you are in my heart, with only love and light, for each of you has taught me some of the hardest, yet most valuable lessons here on earth. We both signed sacred contracts in Light and did so in great service to all the people, human and non, that call Gaia home. We did it for the people, so that Light, Love, Unity, Peace, Harmony, Beauty, and Joy could be known by all. What I can offer as a result of our journey together is Medicine for the people. I honor you, and am blessed by you.

I also give honor, thanks, and appreciation to our Light family, specifically to my guides, my soul group/my "parea" (which means "my posse" in Greek). Thank you Debbi Demos! My Light Team, The Healing Community Centers Light Team, most especially my Pleiadian, Hopi, and Mayan Team; Hawk, Owl, Eagle, Grandmother Spider, Grandmother Moon, Turtle, Jaguar, Lion, Tiger, Buffalo, Bear, Whale, Dolphin, and Wolf, Mother Mary, Ixchel, Kali, Mary Magdalene, Archangel Michael, Gabriel and Uriel, Gwendolyn and the Faeries, all Angels Archangels, Goddesses, Gods, Mother Earth, Great Spirit Creator/Source/God/dess, and all of my tremendous Light Team, for continually, unflinchingly, showing me the way, keeping me strong, pristinely informed and grounded. Thank you for demonstrating, and, my favorite expression, *stupidly obviously* constantly *showing* me your active presence, support, love, nurturing, patience, and an awesome sense of humor!

There are too many to thank, so for Those of you who I have not named—I love you and appreciate you.

Last but certainly not least, I give gracious, humble, loving honor to you, the reader. Whether you know it or not, you contributed to this book. Without you, I couldn't have written it. We are all part of the one vast, great field of energy called God/Love/Light/Source, our energies coexisting, comingling, transmuting, transforming, living, loving, adventuring, being...

This is why I often refer to this book as “the” book (or “the how to manual”) as opposed to “my” book. Yes, I wrote it, but I didn't come up with the information—the concepts and information are simply universal truths. I'm the messenger, the interpreter, the editor. This information came from you, the reader, the spirit behind the reader, the spirit that is a part of the one universal life force, the Light, the collective consciousness/Creator/Great Spirit/God/dess/One Mind. Thanks for helping me to put it all together for all of us!

How to Master Your Life
For Personal, Professional, and Planetary Success:

The Spiritual Human Integration System

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CHAPTER 1

This book was written for you by me and your/our spirit family, as medicine, to help you and those you love. I say “medicine” because everything in life that helps us is medicine. This is a very old concept that all of us humans used to know when we lived in tribal community together and understood our connection to all beings (not just human), the planet, the cosmos. Medicine was herbs, food, ceremony, ritual, laughter, music, etc., not just a specific concoction created for a specific malady. Medicine was also the growth and lessons learned from painful situations; kind of like the saying, “hindsight is 20/20” – or, as I say, turning your pain into your power. The Alchemy of Ascension and of healing, turning the lead that is what you fear or that pains you, into gold, that which matures and empowers you. That is Medicine.

This book can also be an effective tool/medicine for you if you have someone in your family—your child, brother, sister, aunt, husband, wife, friend, etc.—that has a physical/mental/emotional illness/imbalance and who can’t, or won’t, read it. You can read it on their behalf, and apply the medicine.

It is important to read this book fully from start to finish in order to most efficiently and effectively receive, and subsequently utilize and apply, the information/medicine---which will translate to changes for the better for you, your immediate family, and your world family.

Each chapter of this book builds upon the one before it. Each chapter will discuss in detail, one of the four steps/keys/medicines, for your healing, awakening, empowerment, transmutation, transformation, and Mastery of your life.

Although this book is written to assist individuals on their personal and professional journey, it is also written for the benefit, health, empowerment and well-being of the whole, the Highest Good for our One World and Universal family. The impact that your changes and growth will have on you will transcend your personal sphere and be a direct link to the healing, health, growth, transformation, evolution and changes throughout the world. How? The microcosm is reflected in the macrocosm, or, the whole is made up of the sum of its parts; you are your family, your neighbors, your community, your world, we are all one. More detail on this to come.

This is why it is so useful, necessary, and important to align every day with Light/Love and the “Highest Good in all ways and for always,” which means physically, mentally, emotionally and spiritually, in the past, present and future, because all exist at the same time. When we align with the highest good it means, “THE” highest good, which includes all beings, the earth, and the universes. We are recognizing that we are not separate from “all those living beings,” human and other—from the oceans, mountains, rivers, trees, horses, chickens, cows, butterflies, caterpillars, lions, birds, stars, planets, and the universe, but that everything and everyone is a part of YOUR highest good, as well as you are part of theirs.

Aside from being a “how to” manual for transformation and inner peace, the premise of this book encompasses three major interrelated themes.

- One: Peace, which is a word that I equate with freedom, health, wellness, justice, and empowerment; physical, mental, emotional, spiritual, personal, professional, and the collective (which again, includes all beings and the planet).
- Two: Health: physical, mental, emotional, spiritual. Health maintenance, prevention of illness, and using the information in this book as an adjunct treatment of any illness and dis-ease; because it teaches you how to manifest anything, and what it means if you are not able (divinely and sacredly not “allowed”) to manifest your goal.
- Three: Energy. We all are energy beings. We are billions of individualized energy, or light/spirit/soul beings that all come from the same one original Source of loving energy called many names: God, Goddess, Source, Creator, Creatrix, Great Spirit, Adoni, Yahweh, etc. That is why when we work on ourselves, and do our individual healing,

transformation, and health maintenance, we are doing this work for the whole: our children, mothers, sisters, fathers, brothers, friends, pets, trees, oceans, polar bears, all beings that inhabit Gaia, Mother Earth. It is through understanding and honoring our energetic, or, spiritual heritage, and the universal truths that come with it, that we can most powerfully bring physical, mental, emotional, spiritual safety, peace, and health to ourselves as individuals, families, communities, nations and a planetary family.

It is so important for all of us to let go of the bass backwards paradigm that it is a selfish egocentric luxury to take care of oneself; it is selfish and immature not to. It is in fact, our RESPONSIBILITY to have regulated self-care, manage our stress, heal, learn, grow, and evolve, and we can do this with joy, light, love. And have fun while we're doing it too. It is our responsibility to do this work because when we do, we are raising our vibration, therefore raising the vibration of the whole.

We are also able to offer that much more to those that we love and care for, personally and professionally—a healthy happy, balanced, peaceful mother/father makes a better mother/father, and healthy parents have the ability to pass this health onto their children. A healthy happy and balanced employee is more productive, increasing the productivity and wellness of the company.

We cannot drive very far in our car on an empty tank, so why would we expect our human beings to drive on no fuel? Taking care of ourselves physically, mentally, emotionally, spiritually, is filling up our tank, so we have plenty of fuel to carry out our day to day responsibilities—taking care of our nuclear family, business family, community family, global family.

If you are atheist, if you are skeptical of this information and someone suggested you read this book; know that they did so because they love you. See if you can approach reading the material with curiosity and an open mind – you're just learning about something different than you are used to. You don't have to agree or accept anything. One of the greatest gifts we can give to ourselves and those we love is an open mind. This book contains universal truths which are non-denominational, ascribe to no religion, yet are the foundation of all science and religions, because this book is about energy; which is God/dess, Truth, Light, Love, and science.

We are many energy beings, contributing to the One Energy Source from which we are made manifest. So whether it is positive or negative energy, we are affecting the whole. If you are in fear, doubt, control and illusion, see if you can open up to a new adventure, which can even be ridiculous fun; spirit family has a great sense of humor! The bonus will be that if you apply this information/medicine and your other sources of support, you can actually have even more control, joy and peace than before. I will explain how and why that is as we go.

Everything is about **choice**, so it begins from here. Choosing to feel the fear, and do it anyway, whatever “it” may be, is the wisest, most selfless, caring, responsible, mature, courageous, brave, admirable, honorable, and conscious decision you can make, and only you can make it. It is only by making the **conscious choice** to open to a change in thinking that we can undergo a Paradigm shift, evolve, transcend, ascend, and travel a new path, the path of true freedom.

One reason why conscious choice is wonderful is because we are all one, and the thoughts/feelings/emotions that each of us individually have, carry a frequency and vibration, all contributing to the vibration of the whole, the Collective Consciousness/One Mind/Unified Field. So when you are strong and you choose strength, you are sending that message/vibration out to the world, and the universe. You are picking up the UPS, the “Universal Phone System,” and saying, “Hey everybody, let’s all be strong. I’m sending all of you strength to do and successfully accomplish what you fear you can’t, so that you can heal, grow, be happy, make progress, and accomplish your goals. You **can** do it! You’re a Rockstar!” Likewise, when you don’t do something because you are afraid, you’re picking up the UPS and saying, “Hey everybody—don’t do anything that you are afraid of, just stay where you are, stay small and scared, that’s safer. It’s not worth it. It’s too much risk. You can’t do it anyway.” See how that works?

Concomitant with conscious choice (really before it) comes conscious desire. Sometimes we human beings like to play the victim card, fool ourselves and lie to ourselves when we have to do things we don’t like; things that aren’t easy or are scary. If you really want to have a life of peace, health, joy, and prosperity; if you want to realize your full potential and achieve your dreams—whether that be finding your soul mate and raising a family, getting an education, overcoming depression, trauma, addiction, mental illness, physical illness, or transforming the lives of millions with an innovative yet risky business endeavor, you must first be honest with yourself about what you truly desire.

Peace and health have nothing to do with being lazy or being a victim. This book is about WORK, hard work, dedication, discipline, strength, courage. I am not going to tell you that from reading this book and following the instructions, *in a few instances*, that healing, transformation, and peace will be yours easily and effortlessly in two weeks, because that's unrealistic. There is spiritual bypass or shortcuts. But what that means is that when you get to the other side...you're *there to stay*.

Integrating with your own spirit, healing from minor or major physical, mental, emotional trauma, realizing your full potential, all require serious steadfast, unwavering commitment, discipline, dedication, trust, faith and work. So before your commitment, dedication, even before your trust and faith, there must be *desire*.

If you don't desire something, you won't be committed or dedicated to it, or have the trust and faith to see it through. You must be honest with yourself if you truly desire peace, happiness, and to be free from the constraints and illusion of a limited human ego/mind. Then be honest with yourself about your loyalty and your *ability to be loyal* to your desire and the potentially challenging road ahead to achieve what you desire.

This book is not a cure all. You may have a chronic or terminal illness (when I refer to health, illness, or, dis-ease, I am always referring to all types,—physical, mental, emotional, spiritual). Understanding and utilizing the medicine/information in this book may, or may not alleviate you from your illness/imbalance, but it **can** bring you to a profound understanding and acceptance as to why the imbalance/ illness is in your life; which will help you to face your challenges from a place of wisdom, strength and power.

This book discusses how the mismanagement of emotions (our emotional pain) can become physical pain and illness. I don't want you to interpret that as, emotional imbalance is *a/ways* the reason for physical illness, because it's not. There can be multiple reasons for why something seemingly negative is in our life. Sometimes a physical ailment is present because there is information for us to learn (and perhaps then teach), not because our emotions are blocked.

This book is about mind/body/spirit integration and health. That means accessing and utilizing *all* resources—sometimes our body/mind needs the assistance of the benefits of modern medicine for physical, emotional, and/or mental health.

An important note on mental health: I also talk a lot about doing the work of attaining mental/emotional health, and how difficult it can be (and with the help of the information in this book and your other resources, it *is* possible to heal from minor or major trauma, depression, addiction, etc.). Sometimes however, it is *not* possible without the aid of some kind of neurochemical balancing assistance, whether that's western medicine or herbs, Naturopathy, Homeopathy, Orthomolecular Medicine, etc. If you know that you suffer from depression, anxiety, borderline personality disorder or any mental illness that requires medication, please don't feel like you are a failure because you "can't get it together" without the help of medicine in order to have some kind of bare minimum of balance/peace. You are **not**. You are no different from a person who has diabetes and needs to supply their body with the necessary chemical in order to maintain healthy blood sugar levels. Would you tell a diabetic that they are a failure because they can't process sugar on their own and need to take medicine in order to have healthy bodily functioning?

Ok then 😊 If your life seems to be a mess, your relationships are dysfunctional, you are anxious, depressed, suicidal, manic, etc., please use the medicine in this book to find help. You may need chemical balancing assistance in addition to the various therapies that can help with these challenges. "New age stuff/spirituality/yoga" etc., are all great and wonderful and have ginormous potential to help create change; however if you are lacking healthy, balanced brain chemistry, the most powerful healers/healing agents in the world won't be able to help you (unless it is written in your blueprint for that to be your answer – and that's rare) because your imbalanced brain won't be able to process and utilize the information. It's like, if you're starving and I put a yummy bowl of nutrition filled black bean & broccoli curry soup in front of you, but you have no arms and hands, how are you going to get the nutrients from the bowl into your body?

You're missing the tools—arms and hands—necessary to get the food from the bowl to your mouth. You can see the food, you know you need it and it's good for you, but all you can do is look at it. The same is true for those of you who experience mental imbalance/illness and don't have any chemical balancing assistance. You don't have the chemical tools to utilize the "food" of information, so you may perfectly well understand the concepts of self-help/empowerment, and can even explain it to others, but fall short on being able to ingest and therefore utilize it. So you must help your brain and provide the chemistry that is missing, to help yourself.

I equate peace with freedom and justice because when we live in the belief system of a human ego only, with no spirit, it is limiting, it is being imprisoned and chained by an illusion, and this is unjust. Believing that we have no control over the chaos that happens in our lives, or in the world, is an illusion. We do have control over it. We have control over how we *choose* to respond to it.

This is what it means to have peace, to have freedom. Being enlightened, free, and at peace does not mean that we have all our bills paid, laundry neatly folded, the perfect job, the perfect spouse, the perfect pet, the perfect house. It means simply to not be chained, limited, or controlled by life, even, and especially, when it stinks. Thinking and feeling like we are victims, at the whim of our circumstances, prohibits our overwhelmed human brains from functioning or doing anything about it. You did not get dealt a bad deck of cards, you chose your cards (more on this later); you do not need to live in an illusion that there is nothing you can do, because you are not just a human. You are also a very very powerful spirit, every single one of us is.

This book is about **answers and solutions**, how to find them and use them. Finding answers can be painful, tiring, annoying, confusing, irritating work sometimes. Other times it's silly, joyful and tons of fun.

Ask yourself: *Do I really want to heal? Do I want to do the work to heal, to achieve freedom, peace, health, my full potential, my goals and dreams? Is that what I want?* If your answer is “no”, that's ok, it really is, you earn points for honesty – and, you've come this far, might as well read the rest of the book anyway. It's short, will make you laugh, and, it might lead you to a yes.

There are no coincidences. My job here on the planet is to help our human family to wake up to the truth of our individual and collective divine being—heralding in love, light, peace, joy, prosperity and abundance, in All Ways, for Always, for all nations, races, creeds and beings.

If you are reading this information right now, it is because you are meant to.

If you want to live in a peaceful, joyful, place in your mind and body and if you really want to see the world be a beautiful, prosperous, loving, safe place, then do the following: be the warrior, the lion, the eagle, be your own parent, be an honest, responsible, mature, wise adult. Be your own

leader, healer and Master; gather your strength, courage, power, commitment, discipline, and make the *choice* now to open up to the truth. I don't make promises lightly, but I promise you, if you do this, the truth shall set you free.

A BRIEF INTRODUCTION: WHO IS THIS NUT?

I go by Jodi RedHawk, but my original/legal last name given at birth, Marciano, is where I get my love of all things Italian. I have also been nicknamed Rocky, Kali, the Cosmic Scooby Doo and the Sassy Shaman. Kali, a Hindu goddess, works to assist people in destroying old, unhealthy ways of living from a limiting human ego, so that the dawn of a new day, new health, new birth, may arise. The Cosmic Scooby Doo helps balance the chaos with some lighthearted play at our own dramas. The Sassy Shaman adds a dash of sass to ensure that people don't get lost in being too serious.

My journey of life has included invaluable education and experiences, which I bring to my private practice (Ascension Holistic Health), blending Eastern, Western, Native American, Earth Spirit Shamanic medicine and working with our Ancestors/Spirit Family and Light Team.

After graduating with my BA in Psychology, I moved to Boston; an avid and passionate pre-med student, with the intention of going to Harvard and becoming a Neurosurgeon. Since I was old enough to think, it had been my passion to understand where those thoughts came from—what was at the core, what was the starting point of it all? I wanted to dissect the brain until I found it.

Then amidst my (die hard) atheist, very scientific medical pursuits I “coincidentally” (there are no coincidences in the way we humans have been taught to think of them – coincidences are one of the ways that spirit sends us messages - synchronicities) learned about and attended a weekend workshop on energy medicine, simply learning to feel, “see” hear, listen, read and interpret the human/spirit/energy field, without touching the body. I had no idea what this was, what I was supposed to be doing, or what was supposed to happen. It felt peculiar to me yet at the same time curiously known, right, like an old favorite pair of shoes that haven't been worn in a long time but when you put them on they “fit like a glove.”

I did the energy scan on my partner. When I scanned her lower abdomen I felt somehow discordant in my body, and there was a cold energy in my hands. I couldn't get the words ovaries and uterus out of my head. When we completed the exercise, and discussed our respective findings, I told her about my experience. She said, "Oh, I had ovarian cancer, and had a full hysterectomy." I was dumbfounded and at the same time this strange occurrence was oddly familiar. In its energy I was home. I struggled with my passion for neurology and wanting to pursue modern medicine, yet knew beyond a shadow of a doubt where my calling was.

That was many moons ago, in 1991. I have since learned how to accomplish extraordinary things because I gave up being atheist, living from a limited belief system, and opened my mind to a new system: Spirit. And I established a conscious strong relationship with my own spirit, God, and spirit family.

This has allowed me to "operate" on people's brains, hearts, livers, ovaries, etc., in a much safer, non-invasive, educational, patient-empowering, holistic team approach. It doesn't require one stitch, it's a lot less expensive, and there are no contraindications or side effects—pretty cool! I want to stress that because I went the holistic route does not mean that I am against surgery or modern medicine. I actively work to marry the two, as they are powerful allies.

I am a light worker, spiritual warrior, healer, teacher, shaman, medicine woman, speaker, author, coach, visionary, and founder for The Healing Community Centers—a newly emerging global franchise for world peace. It is a revolutionary organization created by spirit family to assist in accelerating and manifesting peace on this planet.

(www.thehealingcommunitycenters.org).

My private practice, Ascension Holistic Health, is located in Hyannis, MA (Cape Cod). In addition to networking and gathering the core co-creation startup team for The Healing Community Centers, I work with individuals and groups and everything that I do is done by co-creating with Spirit. I utilize multiple modalities of energy healing/mind/body/spirit shamanic medicine, acupressure, chakra's, sound healing, and the Spiritual Life Coaching Program, a course based on this book. This work helps people to maintain their integrative health, to reclaim their power, rebirth and transform their lives, or to provide palliative care and help people understand the message and be at peace with a chronic or terminal illness. My area of specialty and expertise is in assisting those with PTSD, especially from childhood, and guiding

them along the path of reparenting and integration for healing and reclaiming the truth of who they are.

I incorporate the silly and the serious, the wisdom of the ancients with the wisdom of today, and one of my favorite sayings is: "It's all about the balance, baby." I teach self-love, self-empowerment and evolutionary consciousness through the journey to one's soul, with the love/light of our universal truths and mind/body/spirit integration. I help people understand how to integrate with their own limitless spirit, apply and utilize this information/medicine for self and collective healing, empowerment, transmutation, transformation, and transcendence of limiting human ego. The results of knowing, implementing, and living this information can be monumentally life changing, beautiful, powerful, magical, and fun.

We are all Goddesses and Gods walking on this planet, and we just need to wake up and remember that.

If we truly are invested in planetary peace, we don't have endless amounts of time to address our emotional wounds. The longer we take to grow, heal, evolve, awaken to our higher consciousness, and raise our personal vibration the longer it takes to reach tipping point, critical mass, global peace. It is part of my role on the planet as a member of Team Light, a spiritual healer, teacher, medicine woman, shaman, sister, mother, auntie, daughter, cousin, colleague, friend to help assist in the *acceleration/quickening* of our human and planetary awakening, evolution, and ascension.

I'm going to skip over some of the time-consuming "sugar coated steps" to healing (or Kali, my inner Hindu goddess, is going to do that for you).

- Do you want to be happy?
- Do you want what you have always yearned for, longed for, desired at your core—Peace, self-confidence, contentment, joi de vive (joy of life/living), personal and professional success, abundance on all levels—physical (which includes financial)—mental, emotional, spiritual?
- Do you want to offer your children, your grandchildren a safe and prosperous world?
- Do you want to teach them how to fish so they can have plenty to eat, in all ways, for always?

Then don't waste time with the sugar—let's get to work.

My job is to help you, along with other sources of support (books, seminars, family, friends, therapists, doctors, medication, support groups, spiritual community, etc.), use your fear to your advantage. Use that energy and transform it to empower yourself and command your adventure here on earth called Your Life. As the saying goes—poop or get off the pot! Bite into the bitter herbs; they will help you to digest your “food”/emotions, so that you can extract from them what you need (the learning/lesson/medicine/wisdom) and get rid of what no longer serves you.

My job is to help alleviate and bring an end to the suffering, violence, and fear that consumes and claims the hearts, minds, and bodies of many by illuminating the darkness of illusion with the light of the truth of our spiritual heritage. I provide keys to open the doors to the timeless wisdom of our cosmic ancestry and the tools to navigate what's on the other side of those doors.

My deepest desire and reason for being here on the planet is to assist in bringing to all humans, the opportunity to realize their full potential, not just the privileged. I'm here to help make that happen, and bring that opportunity to our human family through the medicine in this book, the individual and group work that I do, and through The Healing Community Centers.

ARE YOU READY?! WHAAAT? I SAID, ARE YOU READY?!

FEAR. Lol, gotcha. Haha! What are you most afraid of? Fear of not being good enough, being judged, abandoned, rejected, victimized, taken advantage of, not accepted and loved unconditionally just for who you are? Whatever it is that you fear the most, is what currently is, has been, or will be, presented to you so that you can elicit from it the pearl/the lesson/wisdom and remove any blocks it may be causing in your physical, mental, emotional, or spiritual energy flow and success.

Both a pearl and a diamond are created by the friction and pressure that is exerted upon them. Whether we like it or not, this is true of us human beings too. Meeting challenges, fears, and obstacles as opportunities to become stronger, clearer, wiser, more responsible to become the master of our destiny is being empowered—a courageous, strong rock star!

Any problem or challenge is being presented to you on a silver platter for you to see it—it's nothing more than a lesson and/or test here on earth school. Start changing your language and your view of a problem and call it a lesson, or, as I like to call it, a "wisdom making opportunity" because that is exactly what it is. The minor "problems" that you face are practice lessons, the major ones are final exams, so that you can graduate to the next grade of spiritual human integration.

When you get to the point where you can ask yourself the following kinds of questions: "What's the lesson in this situation/Why did I write this part of the script of my life? It's time for me to shine my pearls and diamonds, making them (myself) even more dazzlingly beautiful! How can I use this situation as an opportunity to make myself a better person? What is the medicine I am making here? In what way might this situation be serving the highest good? When you can ask yourself those types of questions, you're walking in your mastery shoes.

Inner peace, personal success, professional success, world peace...all of these are rooted in the effort of acting conscientiously, consciously, being present and mindful. Standing in the shoes of a healthy integrated spiritual human being means we have the ability to approach conflict with a sincere interest to learn from and understand the situation, so that we evolve.

If we want peace this must be done—we must question, go into that uncomfortable place, or the problems will only get bigger.

This is the true work of peace, for peace is a verb, not a noun. Peace requires we get uncomfortable, step outside our comfort zone. Yes, this can trigger unresolved issues from painful circumstances in our adult life and/or core issues or PTSD from childhood, triggering our inner child/shadow side/wounded self. Lovingly listen to and nurture your inner child, develop a trusting relationship with her/him in order to heal this precious child. Be mindful that sure s/he's not running the show, but rather the adult you is, then let him or her know that s/he is safe, and can go play, and you, the mature, wise integrated adult will take care of the situation. (If you need to do inner child work, now is the time to do it.)

Emotional pain, fear, and insecurity can feel so all-consuming it can dump you into paralysis. If you are in that space, find help to deal with your pain. Then apply the universal truths in this

book, beginning with Key #1: you are a spiritual being, having a human experience, you orchestrated these challenges/conflicts/lessons for your own growth.

This one piece of information (which is covered in full in the next section) when partnered with your other support systems will empower you to alter your entire life. It will help you to let go of attachment to outcome. It doesn't mean you won't ever fear again. It does mean you will be able to move through your emotions, accept where you are (non attachment) let go, and move on.

There really are no cutting corners here. I want to emphasize that you can't skip over your stressed out feelings and emotions. It's a dirty messy job, this work of healing, and the hard emotions (shame, guilt, fear, sadness, anger etc) can be really difficult and scary to feel, but they're just emotions, that's all. Just a bunch of neurochemicals having a party. And once you feel them they will pass. They can't hurt you, unless you keep burying them, then like irritable bowel syndrome, they'll break out from the slightest of discomforts, and hurt you and those you love.

"...Between 60–90% of all physician visits are for stress related complaints."

—**Newsweek** magazine article, *Brain Check*, Sept. 2004
Herbert Benson, M.D., Julie Corliss and Geoffrey Cowley

"..What happens in the mind of man is always reflected in the disease of his body...."

—René Dubos

Where does stress come from? Aside from trauma (physical, mental, emotional), it comes from unsafe, unhealthy, and poor living conditions. It comes from basic human needs going unmet. It also can be from the mind, a mental imbalance that can be the result of a genetic imbalance from birth, or a chemical imbalance resulting from trauma. Skipping over your feelings is like cooking a cake with no baking powder—it will not rise without that key ingredient. Embracing your authentic spiritual heritage, along with feeling and honoring your emotions, will yield quite a fully risen cake.

If you ignore your emotions—this will feed stress—your cake won't rise. Since we are all one, you won't be helping anyone else's cake to rise either. This will stunt your growth, block you

from achieving goals, make life more difficult, maybe even miserable. Physical imbalances will become worse, and new ones will be created.

This creates an ongoing fight or flight response in your system. Here's what that is:

“This is the body’s response to perceived threat or danger. During this reaction, certain hormones like adrenalin and cortisol are released, speeding the heart rate, slowing digestion, shunting blood flow to major muscle groups, and changing various other autonomic nervous functions, giving the body a burst of energy and strength. Originally named for its ability to enable us to physically fight or run away when faced with danger, it’s now activated in situations where neither response is appropriate, like in traffic or during a stressful day at work. When the perceived threat is gone, systems are designed to return to normal function via the relaxation response, but in our times of chronic stress, this often doesn’t happen enough, causing damage to the body.”

—Elizabeth Scott, M.S., About.com

“A set of physiological changes, such as increases in heart rate, arterial blood pressure, and blood glucose, initiated by the sympathetic nervous system to mobilize body systems in response to stress. Also called emergency theory.”

—American Heritage Stedman's Medical Dictionary:

—43% of all adults suffer adverse health effects due to stress.

—An estimated 1 million workers are absent on an average workday because of stress related complaints.

—Nearly half of all American workers suffer from symptoms of burnout, a disabling reaction to stress. Stress has been linked to all the leading causes of death, including heart disease, cancer, lung ailments, accidents, cirrhosis, and suicide.

—**75-90%** of all visits to primary care physicians are for **stress** related complaints or disorders.

Trauma, living in an unsafe, unhealthy, unfulfilled life, fear, disempowerment, unmanaged and unresolved thoughts, feelings and emotions result in stress. This causes the fight or flight response, putting our bodies in a state of emergency.

It's time for us all to wake up and stop living in a hell that doesn't need to exist, stop pretending that we don't need a spiritual community, and stop being a closeted spiritual person. Everybody is hungry for the same things: knowledge of spirit, love, and to belong to a family, group, community, etc. Awareness and application of the unity, power, freedom and truth of our existence are our answers to our suffering.

Not feeling your feelings is a dangerous form of stress. Conversely, drowning in your emotions is just as harmful as not feeling them. It is always about *balance*. Love yourself, laugh at yourself, and continue to work through your emotions to maintain balance.

The only way to truly be healthy is to feel and express your thoughts, be conscious, give them some screen time. Honor them, process them, then *move on*, so you don't wake up in the year 3000 with a perma pout. Give your thoughts, feelings and emotions a voice, use your *voice*, it is your source of power.

There is no shame, no blame, no guilt, and no fault. We are all here together on earth school learning lessons. It is okay to make mistakes, it's a real bummer, but a mistake is a lesson, a wisdom making opportunity. That's why this is a JOURNEY. We aren't born knowing all the answers, because that's what we're here to do—learn.

Acknowledging, feeling, honoring, and releasing your emotions frees your body, mind, and spirit from the congestion and blockage produced from unattended and unresolved thoughts, feelings and emotions (otherwise known as stress). When the shades are open, the light can come into the house. When your body/mind is not shaded by unresolved feelings and emotions you receive fuel/energy/light/love, reducing your stress, raising your vibration, frequency and consciousness. Then you can you can have your cake rise and eat it too—achieve your goals, reach your highest good for health, happiness, peace, contentment, personal and professional success, prosperity, balance and harmony. For always. Good stuff, right?

In doing this work you are directly impacting the achievement of planetary health and peace—which means the ending of the traumatic events that are currently taking place in our homes, communities and countries—the end of things that are occurring at the hands of our fellow human family, our brothers and sisters. If you really want to make a difference and end violence,

murder, torture, hunger, poverty, oppression, depression, homelessness, disease, victimhood—then heal yourself first, “Physician heal thyself.” You’ll raise your vibration, which raises the vibration of the whole.

This is what it really means to know that WE ARE ALL ONE; the whole is made up of the sum of its parts. As you do your work to create and raise healing, clarity, consciousness, harmony, peace and abundance for yourself, you leave that in your wake for others, helping them to do the same...and do it faster.

For those of you who are not familiar with the term vibration or light, we are spiritual/energy/light beings, having a human experience. Not human beings that have an occasional bizarre, wild, freaky beyond explanation spiritual experience. This is the illusion that a large percent of our world family is currently operating under, and it is time for that to change. And it is changing, which is why you are now reading this book. There *are no coincidences*. It is time to destroy the illusion of unconsciousness, fear, separation, and distrust, and remember the truth of consciousness, love, unity, and trust.

Spiritual being, human being, tree being, fish being—every single thing carries a vibration and an energetic frequency. Anything that you could possibly think of on this planet is composed of molecules, atoms, protons, neutrons, electrons, all of which carry a vibration or a charge—either positive, negative or neutral.

This is where science meets God. Science is God/Goddess, Spirit, Light, Love, Source, Creator, whatever word you resonate with to embrace the concept of where we come from and where we go when this physical vehicle ends its life cycle, when we die. I use the term physical vehicle and human being/body interchangeably to drive home the fact that we are an energy being first; our human being is our vehicle in which our spirit/soul/energy being resides in order to have experiences here on the earth. Everything is energy, even when our body dies there is energy; when matter decays this is an active cellular biochemical energetic process, so even in death, there is life.

Energy or, God is all around us, it is us. It is measurable and quantifiable. But the real deal is that if we stopped wasting so much time trying to *prove* spiritual phenomena (or God) by measuring and quantifying it using *human* theories and equipment and walked instead in faith

with our cosmic equipment, our heart, which unites us with our soul, we would see great changes in our world, and fast.

In working to prove Spirit, we are actively living in fear and doubt, sending a direct message to the universe, to the angels, God, our spirit family, that we don't believe in them. Well then how in the world can we expect to receive our Spirit family's messages of love, light, comfort, support, guidance and information, when we are directly telling them we don't believe in their existence? Would you choose to have a conversation with someone who point blank said to you "I don't believe you exist." Riiiiight.

Throughout this book I will be referring to "our spirit family," when I do, I am meaning our spirit Mother/Father who is referred to by many names, God, Creator, Creatrix, Great Spirit, Yahweh, Adoni, Allah, Goddess, Source, etc., as well as spirit soul group members, friends and guides. Guides can be people that we have known who have gone back to spirit, animals, butterflies, hawks, trees, rocks, oceans, the wind, whales, planets, etc. Everything on this planet and in the cosmos has a "calling card." an energy and a medicine/gift/knowledge to offer - angels, ascended masters, saints, fairies, Goddesses, Gods, everybody in spirit who works with us, or, the whole "parea." (For those of you who skipped the Acknowledgements, "parea" is a Greek word that means "posse.")

What and where in the world is faith? In order to find your faith, you *must trust yourself*. That's why I always say trust and faith. If you face your life with the truth as an integrated spiritual human being, work hard, and put your best foot forward, then trust you're doing your best, even on those days when the best you can do is diddly squat! "It's all about the balance, baby." Have compassion and trust in yourself; you'll get back on track. Walking in Faith means walking in truth, honesty, integrity, respect, courage, wisdom and honor...for *yourself*.

If you are skipping steps pretending to yourself that you are doing your best, when you know you're really not, then don't have faith, because faith is the reward for those who work hard and trust in themselves. It is not a free handout from your savior, because your savior is not some other person or being that is going to do the work for you—it is *you*, which is great because then when you've arrived at the top of the mountain, *you* get the prize, not someone else. And it's all yours, you don't have to split it with anyone. And that prize is better than anything money can

buy, even pizza or chocolate, because money can't buy self-worth, self-confidence, self-esteem, self-love, and inner peace, no matter what the ads say!

When we choose to live in the energy of doubt, we are acting in complete opposition to trust, truth, to our Source, God. When we set out to *prove* it's the antithesis of what Source is about. It's the opposite of faith. Faith needs no proof, because faith comes from our hearts. Faith is not a scientific theory, mechanical instrument, or computer program. So get out of your head, work hard, trust yourself, and listen/see with your spirit equipment from your Creator—your heart, your intuition—for your proof, your faith.

Understanding we are all part of an intricate matrix of energy helps wrap our poor, overwhelmed human brain around the concept of spirit. It doesn't matter what religion or spiritual tradition is practiced, or not—there are some universal truths/information. Information that when understood, applied and utilized, becomes wisdom. Wisdom is medicine that can help us on this journey of life to achieve peace and our peak potential—physically, mentally, emotionally, spiritually, both individually and collectively, as a human family and earth family.

The baseline of these truths, or, information, is that we are energy/light beings. Our spirit/soul and our human are both energy. Our human is simply a more dense and complex system of energy; a bio-electrical, chemical energy being made up of dense matter: muscles, bones, organs, etc. If we take a slice of our skin, muscle tissue, liver—if we take a slice of anything for that matter—a couch, a frog, a tree and put it under a microscope, what we will see, at the bottom of the barrel, are molecules, atoms, protons, electrons, neutrons. Energy.

Recall that when you hold two magnets close to each other—if the negatively charged end of one magnet is being held near the positively charged end of the other magnet, they will magnetically attract each other, be pulled together. If the ends with the same charge are being held close, then the two magnets will forcefully repel and be pushed away from each other.

Can you see with your eyes what is causing this reaction? No, you can't. However, you can *feel* it in your body, as your hands feel the force of the attracting or repelling energy exerted upon the magnets. This encompasses one of the universal truths—as a human being one of the ways we can access our universal/spiritual information/guidance is by *feeling* it in our body. This is why, in order for us to achieve enlightenment and peace, it is so important to understand that

we are an intricately intertwined Triad Being—we are a MIND, a BODY, and a SPIRIT. We are not just one, just two, we are all three. To get the biggest bang for our buck we want to utilize all our tools—mind, body, spirit.

Our own spirit, our guides, angels, Creator, talk to us in many ways, and one of the most common is through our body, through intuition, like when we have a “gut feeling.” This is important information coming to us from our own spirit and/or spirit family. We can’t see it with our eyes, hear it with our ears, or touch it with our fingers, but we can feel it in our “gut.”

Here is where life gets fun—if we understand the concept of why a magnet either attracts or repels another magnet (it’s energetic charge/vibration), then we can attract or repel energy to or from ourselves.

Unlike a magnet, however, we have the ability to consciously choose to change our vibration/charge with our thoughts. We can consciously choose to vibrate at a higher level, attract and pull in more energy that is a higher frequency, which will help us to succeed in all areas of our life. Or we are unconscious of our vibration, therefore we don’t choose at what level we vibrate, which means we may repel energy that would help us, attract energy that can harm us, and in general, be a bio-electric ball of chaos and stress, wondering why our gall bladder is malfunctioning, our blood pressure is skyrocketing, and our energy level is plummeting, even though we think we are doing “everything right.”

A simple example of how your thoughts can change your vibration and cause an effect in your body is muscular contraction. In your brain, you have a thought: “I want to pick up the book.” This thought causes an immediate change in your chemistry and molecular status, because in order to pick up the book, you have to contract certain muscles and relax others. In order to do that a chemical reaction has to take place (hey, to all you healthcare practitioners, remember the sliding filament theory? Love it!), which involves the exchange of information, or, chemicals, which is energy. As a result of this energy exchange, one group of muscles contracts, while allowing the opposing muscle group to relax, which is the chain of events that must occur in order for your arm to move and pick up the book. When that chemical reaction takes place, it involves a change in the polarity/charge of the cells. That change is measurable, quantifiable, and real—it’s vibration, frequency or, energy, God!

Another example of how thoughts can change our vibration, be related to our mental/emotional well being and alter physical health, is biofeedback and blood pressure. One well-known example is how stress, or, unmanaged negative thoughts and feelings can increase blood pressure, and how positive thoughts and feelings can decrease it. This happens in the same exact manner that the muscle contraction does—a thought in the mind produces a chemical reaction in the body, which then causes an effect in the physical being. Biofeedback is a great example the power the mind has over the body—power of both disharmony and imbalance, and harmony and balance.

What happens when you cry? You experience something upsetting, which creates the feelings of sadness and grief, which creates physical tears that come streaming out of your eyes. This causes your eyes to be puffy and red, snot to come pouring out your nose, making it puffy and red, and if you are wearing makeup, forget it. Do over! Your entire face has been rearranged because of your thoughts. Our thoughts really do create our reality and have an effect on our physical body. And we need science to prove the mind/body connection...?!

This collection of positive and negative charges that our human being and spiritual being are composed of is what is called vibration. We vibrate at a certain frequency, depending upon the energetic status of our physical (human) being and our spiritual being; this vibratory frequency is our energetic/spiritual calling card (or our nametag).

The energetic status or vibratory frequency of our physical vehicle changes, and is dependent upon many factors. The most important one, and the one that has the most effect, is our state of mind. Our mental state/thoughts produce feelings and emotions. Feelings and emotions are chemical reactions to our thoughts, and these chemicals/feelings/emotions have a direct effect on our physical systems—circulatory, digestive, reproductive, etc., for the better, or worse.

Think about how antidepressants are called “happy pills.” The change in status from feeling unhappy to happy is resulting from what? *Chemicals*. These carry a charge, which is energy.

Our spirit also vibrates at a certain frequency. This is why it is necessary to integrate our human being/intelligence with our spiritual being/intelligence. Our spirit has access to a different frequency, one that has access to universal truths/information, tools and resources, like our

spirit guides. When we are unaware of our spirit, and all the information available to us through it, then we cannot possibly operate at peak performance, or, our highest vibration.

This is why it is so important to go to the root cause of our stress, suffering and dis-ease. A large percentage of dis-ease is created because of a disempowered overwhelmed dysfunctional mind and belief system. The most powerful way to address all dis-ease (minor, major, physical, mental, emotional, violence, perpetration [of individuals and countries], victimization, victimhood, cancer, heart disease, diabetes, digestive disorders, etc.,) is to look at **why** these problems exist. Some of the time it is genetic, but more often it is the direct result of the unmanaged stress of living; combined with a physically, mentally, or emotionally toxic environment/diet/planet, but most especially it's caused from a spiritual void. The lack of unity, community, love, joy, passion, a sense of belonging is destroying our human and earth family.

This lack of awareness of our spiritual heritage is largely responsible for the excess of unhappy, depressed, isolated, dejected, unfulfilled, mentally and emotionally isolated people. So many people in our world are fearful, feeling lost, hopeless, and powerless to help themselves. Much of the time that belief system is validated for them by their family, friends, community, government or neighboring country.

This grief-filled list of dejected people is not in reference to some oppressed group in a foreign land, though it is them, too; they are your neighbors, your children's teachers, your coworkers, your accountants, your lawyers, and some are you, the reader. If it is you, the reader, you are not alone, sweetie. You have this author as your spirit friend loving you right now, and you have a whole para of people not in bodies loving you.

We must unite together and affirm the end of spiritual starvation and feed each other the food of our spiritual heritage.

Operating on this earth as a human being without conscious knowledge of our spiritual medicine/information and family is like trying to build a house alone, with no resources. To build a house well and with the greatest ease we must have resources, know how to use them, and it really helps to have a team. Think about how hard it would be to try to build a house alone, without the proper tools, resources or help; it is equally unrealistic to expect to attain inner peace, harmony, health, and enlightenment with no support. We need to be open to receiving all

of our tools, resources, spiritual intelligence, human intelligence, and our team—human and spirit, to build as our brother Dr. Martin Luther King said in his Nobel Peace Prize lecture, “our One World House.”

CHAPTER 1
THE FIRST KEY: REMEMBERING THAT YOU ARE A SPIRITUAL BEING HAVING A
HUMAN EXPERIENCE, or:

The Subtitle for this Key is: How to keep your proverbial shorts on during some of life's more challenging situations, or, plain and simple like it or not, the sometimes beautiful and sometimes pain in the ass, *Truth....*

**“We cannot solve the problems of today at the same level of thinking
we were at when we created them.”**

—Albert Einstein

Which means we must change our thinking to solve the problem, or, get rid of the word “problem” and insert “lesson”, since there are no problems, only lessons and tests. This is the quintessential meaning of The Paradigm Shift. We must consciously change our thinking from the old system that says we are a human being, with limited abilities, that occasionally experience inexplicable phenomenon: ESP, and all that falls under that umbrella—clairvoyance, clairaudience, clairsentience, etc., lots of clair's here—don't worry, you can still qualify for ESP even if your name isn't clair...! To the new (original) system - consciously knowing that we are multidimensional spiritual beings who have chosen to incarnate and take a journey here on earth in human form, with unlimited, infinite abilities to manifest and create.

You orchestrated not all, but many, of your joys, sorrows, challenges/conflicts/lessons for yours, and sometimes others, spiritual and human learning, healing, growth, evolution, and for you Lightworkers, to serve Light. You are the architect of your life. Like an architect designing a house, there can be shifts and changes. Especially after the people move into the home, live in it a bit, and decide to remove one room, add another somewhere else, change the painting to wallpaper, exchange hardwood floors for marble, etc., but there is always a baseline of 'information' that remains as the unchanging blueprint—a floor, a roof, support beams, etc.

The same is true for your human life. As a spirit you created a basic blueprint/script for your human life, i.e.: you are Polish, a musician, a parent, etc., these things remain constant, like the roof, the floor, support beams; yet there are shifts and changes that can occur after you move

into your 'house'/body as you live your life, and decide to consciously (and unconsciously) make some changes. This is why it is called 'free will'.

Free will is us, as individual spirit beings and human beings having our own independent ability to make **choices**; no ultimate spirit parent is going to tell us who to see, where to go, what to do, when to do it, how to do it, or why to do it. It's our journey, our lessons, our choices.

It is time to install the new program, the new system, or, the new paradigm, (which is really the original one) into these human brains of ours. That new paradigm is actually ancient knowledge that many of us in our human family, but not all, don't know about simply because we have not been brought up with it. Why didn't we get brought up with it? Because our parents didn't know it, and our parents didn't know it because as spiritual architects we, as a collective spirit family, designed it that way. Believe it or not, on purpose, we wrote in our own individual and collective scripts that we would not remember this information, until it was time. Well, it is written in the "Big Script" that it is time for us to wake up and remember it; individually and collectively.

The truth that transcends any organized religion or method of spiritual celebration, that is the spark behind the smoky mirror of illusion in this human life, is that we are a multidimensional spiritual being, a light/energy being, that quite consciously and purposefully incarnated here on planet Earth as a human being. We incarnate to have some specific and predetermined, and some TBA, "to be announced" once here, experiences, for the purpose of learning, growing, evolving, and serving, there are no coincidences. "Coincidences" are synchronicities events that occur as a message to us from our spirit family. Welcome, to Earth School.

I promise you (and I don't make promises lightly) that if you can grasp this higher consciousness concept, use and implement it with the other keys, **utilize** your support systems, and run with the information; after some initial hard work in your remembering process, when you have truly mastered living your life from this higher consciousness, or, living life with the knowledge of the truth, you will experience the most magical and beautiful changes in your life, beyond your wildest dreams. I know because I've done it – there's a reason why the phrase "You Can't Make this Shit Up" is associated with me – big LOL. And I've helped and watched other people do it. The thing is, Spirit Family has a great sense of humor – and once you start hanging with them, you'll see that – they LOVE to present us with jaw dropping synchronicities not only as ways to

guide and support us, to be a demonstration of the reality of their existence, and, to make us laugh.

Any new skill is hard at first. Like how to ride a bike is hard at first - it's a little scary, things can feel uncertain, you can get thrown off balance, fall, and get banged up a bit; but then over time and with practice you get the hang of the pedals, brakes, and balancing everything together. Then it seems bizarre that there was ever a time you had to focus on riding the bike, because now you just get on it and ride. So too, is remembering and living the truth.

The reason the first key is so important, and why remembering this long forgotten information is vital to our peace and success, is because it changes **everything** about how we perceive, and therefore choose to respond, to life on the planet; our individual life situations, circumstances, and events, and those that we experience as a collective global community. When we are fortified with this information, we have so much more data, in fact, we have the essential data, with which to comprehend this journey of life.

Higher consciousness information is critical in helping us to rise above our pain, oppression, suffering, transform our pain into our power, accomplish our goals, excel, and prosper, physically, mentally, emotionally, and spiritually, individually and collectively as a planetary, earth family. Remember that the land, oceans, lakes, rivers, streams, air, and all the creatures that have a home in these environments on this planet suffer as a result of our human unconsciousness. We share the earth with all these beautiful elements and beings, we do not own the earth, she is not a thing, nor are her non-human inhabitants. Yet it is up to us, the humans, to heal ourselves, and therefore the planet, Gaia, and all of the other beings who reside here.

Like the cake, but this time we'll make it apple pie---this first key is the essential ingredient that makes that apple pie so phenomenal—all the other ingredients, or, keys, build upon this one most foundational component—and without it, the pie will not rise, nor be as juicy and delicious. And guess what? Breaking News: God really does want us all to live a life that is juicy and delicious, and to rise to our highest potential!

WHAT EXACTLY DOES IT MEAN TO BE A SPIRITUAL BEING HAVING A HUMAN EXPERIENCE?

By you being responsible and taking charge of your life and destiny, by desiring and choosing to be open to new information and expand your horizon of knowledge through the *utilization and application* of this information/medicine, you are directly bringing to yourself some of the most important foundational skills you need to succeed in all the ways you desire. You are also critically assisting in the achievement of the transformation, ascension, health and success of your family, friends, community, and the world. With true integration of the body, mind, and spirit comes individual healing, awareness, freedom, evolution, and peace, through the elements that make up love: compassion, empathy, forgiveness, respect, integrity, honor, reverence, light, patience, humor, joy, courage, wisdom, and strength.

We must heal ourselves first individually, which will empower us to then heal and prosper in our relationships, families, communities, businesses, states, countries, and finally, globally. We cannot aspire to achieve personal, professional, or planetary success, harmony, abundance, peace, if we ignore the basic foundation from which it is birthed: the people and the souls who create it. This can only be accomplished through waking up and uniting the mind, body, and spirit, and supporting each other in doing this. We must consciously desire and choose to operate from the wisdom of the soul, of truth, light, love, unity, trust and forgiveness, of self, and others, as opposed to living unconsciously, from illusion, dark, fear, isolation, distrust, separation and blame. Living these principles, and using all the information and assistance that comes with them is what will bring us a united, safe and peaceful world.

None of this can be accomplished in a world devoid of Spirit, because how, as a human being, do we face, feel, and heal pain that for some, is so unthinkable, or so old, so familiar, and so great, that the mere fleeting thought of feeling it sends us reeling? How, as a human being, can one understand and forgive torture, rape, murder, lies, genocide, deceit, betrayal, starvation, natural and human created suffering and disaster? Take a look at the world today, we aren't, and we don't, it's "an eye for an eye and a tooth for a tooth", not, "forgive them father, for they know not what they do." The answer lies not in your brain, but in your heart and soul, and you just need to do a little brain surgery to marry all three.

Understanding and therefore healing from the horrific events, both natural and human created, that we have experienced on this planet becomes possible when we involve our whole self— human and spirit-- because as a spirit, we have available to us an entirely different realm of information (like our blueprint and contracts) and tools that help our human to heal from and understand these atrocities, and the debilitating, incidents of physical, mental, emotional, dysfunction, abuse, and violence.

Before I continue with the tools and information for how to do that, I would like to share a brief personal history with you, because I want you to receive the comfort of knowing that these “theories” and concepts aren’t things I just talk about, they are what have kept me on the planet. I want you to really get that when I say understanding and applying this information really works, I say it because I know from personal experience...and let me tell you, the tests I have been put through are no small joke!

I have known, very intimately, absolute despair, agony, loneliness, anguish, depression, confusion, sadness, rage, numbness, betrayal.... the list goes on. I’ve had a delightful dark night of the soul! I’ve experienced so much pain and suffering in this life, that sometimes I think to myself it’s a good thing my brain was healthy enough to establish a strong working relationship with my spirit and spirit family, otherwise my pain would have shattered my body into a million pieces (which it almost did – Fibromyalgia) – but, to drive the point home, I designed it this way...

Just because I’m a spiritual healer and teacher does not mean that I have had a peaceful life – actually, on the contrary – those of us who come to the planet to be medicine women/men/shamans/healers/lightworkers usually have a pretty tough set of tests we have to go through. And we don’t all have the knowledge of our destiny when we’re going through the tests – some do, some don’t. Just like the average human, I was, at one time, “asleep” to every single thing I talk about in this book, and an atheist.

Like so many of you, I grew up in a very dysfunctional family (unfortunately, the norm for so much of the planet). As a baby I was adopted into a family with mentally ill parents – a mother who was Borderline Personality Disorder, which basically means she was incredibly emotionally abusive, most especially to me, so much so that as a child I use to wish she would just hit me and get it over with. My father was a Pedophile who I was sexually abused by, yet whom was loved by all the parents of the kids on the basketball and little league team, classic. There was

screaming, and I mean *screaming* in the house just about literally every day. I was embarrassed to show my face in the neighborhood because you could hear my mother screaming halfway up the road.

I lived in constant fear and vividly remember being 6 and trying to figure out how I could kill myself. Getting raped more than once as a teenager didn't help. By 15 I was busy getting as drunk as possible at parties, hoping someone would slip a drug in my beer that would end my misery.

The irony about all of this, is that the roots of my personality are that I'm a happy person – shy to begin with, until at 14 I consciously decided to change that behavior, because I knew it wasn't the real me. But I've always been "the social butterfly" made people laugh, am a goof, love to play practical jokes, and in general, the kind of person that people would say "Jodi, how do you do it? You're always *happy*! Haha! That's because once outside of my abusive prison, it was safe for me to be me. But inside I carried deep, deep searing scars of emotional and mental torment, pain and loneliness. All I wanted was to be loved, and to love.

I carried that pain with me into adulthood, where, unresolved, it brought me into some really fantastic dysfunctional relationships with mentally ill people, which of course I didn't realize they were unstable until after a time of living together. And so time and again I would find myself saying "WTF"?! Being abused and accused of sick and twisted stories, being betrayed shockingly, horribly...allll that nasty, attacking, negative darkness from another person.... because I had "married" both my mother and my father over and over again, getting emotionally pummeled, torn down and abused, until, thank God, it was time in my script for me to wake up and remember myself!

But just because it was time for me to wake up didn't mean the shit was done hitting the fan! There is my whole Healing Community Center journey of craziness that I endured as well – part of my shaman training. For 14 ½ years I gave up a "normal" life, as in, an income and all that affords, temporarily closing my practice in order to dedicate myself 100% to researching and finding the family to build the HCC – and that has meant a lot of very challenging, often unsafe, dangerous and scary situations. But, whatever I had to do, whatever the crazy path was that I, my spirit, and spirit HCC team laid out for me to hunt the team in the manner that was in the highest good, I said I would do. And by the way, that is what produced this book.

In researching and hunting for the family for the HCC, I have been through some really scary experiences, in which I was so shockingly betrayed and violated physically, mentally and emotionally by people, and the battle being so constantly uphill, with no break, the buildup and toll of stress from the experiences gave me Fibromyalgia – a debilitating disease with no known cure that affects literally all systems of your body, sometimes mildly, sometimes critically. Most especially it causes extraordinary pain, all throughout your body, causes extreme fatigue and weakness, and pretty much feels like the saying, “death warmed over”. It feels like you got hit by a train, thrown up in the air, thudded to the ground, then got run over by the train. Seriously.

There have been many days when I couldn't take a shower. Days when *if* I could take a shower, it was the only thing I could do, because just doing that caused me indescribable weariness, fatigue, exhaustion and pain. Days when brushing my teeth made me cry because I could hardly use my fingers and arm because of the pain. I had to visit the hospital a lot, and most of the time as an emergency visit. I was really sick, my body felt like it was 2000 years old, beaten, bruised and battered.

At the writing of this book, I still am crossing the Fibromyalgia Rainbow Bridge. I will get to the other side, because it is my destiny to. And in the meantime, when the “Fibro Monster Death Grip” pays a visit, I apply all these principles in this book, and I know that this “chapter” of my movie/blueprint is serving Divine Purposes.

And, I love and forgive my parents, and all the people who have I have been betrayed and hurt by, holding them only in light, love and peace in my heart – because I utilize and apply the medicine that I am giving to you – we all signed sacred contracts with each other. I still don't talk to my parents because they are mentally unhealthy and toxic, so I needed to set a boundary and take care of myself. But I love them from afar and in fact, as I talk, so I walk; I talk to their spirits, honor and thank them for the sacrifices they made prior to incarnating, for my lessons learned, wisdom made, and the powerful medicine that I could make as a result of the critical roles that they played in my life. Actually I talk to their spirits regularly and send them a lot of love and light, especially because I know that they are suffering, in pain and I want them to know peace.

So that is an example of what it means to be a spiritual being having a human experience - remembering, living, and teaching the truth: that we are spiritual beings that, for very specific reasons, chose and signed contracts with others to come here and have certain experiences—

yes, even things like rape, cancer, mental illness, etc., and the unthinkable acts of violence and terror. This is the only path to personal, professional, planetary healing, transformation, ascension, and success; ending the vengeful ping pong match of terrorism, violence and fear, between individuals and countries. Utilization and application of this higher consciousness knowledge is the key to opening the door to our hearts and healing; providing access to incredible and profound information and wisdom in a way that is not possible when we operate only from our human being/intelligence and don't include our spiritual, universal information, family and intelligence.

Some of that intelligence is, we have numerous incarnations, or, lifetimes, and sometimes in spiritland we choose to sign a contract and come here and have violent experiences. However, the human being also has free will and we can consciously choose to align with love and light, our spirit and spirit team, and sometimes, if it is in the Highest Good we can change a contract. The greatest danger is when we choose to remain unconscious, and are therefore in alignment with fear and dark, which is when violence, specifically uncontracted violence, occurs.

Many of us, like it or not, have been here on the planet as an unconscious human, (remember though—your soul knew this, and orchestrated it) and have acted in ways that have caused others physical, mental, emotional, pain. Sometimes we come back in another incarnation to balance that experience and so are on the receiving end of violence, but not always. Sometimes we incarnate as a violent person because we have contracted with another soul to help them to learn a lesson involving violence, and we have agreed to be the violent person.

There are many reasons for why we incarnate with the experiences we do; what is important to understand is that your soul chose to come to the planet to have these experiences and to learn from them. So start taking responsibility for this, no one is a victim. We are all each other's teachers and students—no matter what our level of human or spirit, education is, we write our scripts before incarnating, which involves contracts with other spirits, so that we can teach and learn, learn and teach.

Sometimes our soul desires a challenge—and the challenge is for the soul to be at such a high level of education/mastery, that it can get through to a particularly dense, unconscious human brain (like Homer Simpson!). Our human and soul must operate as a team; it is a collaborative effort—our human must cognitively question, desire and choose, and our soul must work to effectively communicate to and with our human.

(An excellent book that goes into this concept in detail is “Journey of Souls”, by Michael Newton, I can’t recommend this book enough! Thank you Michael for your hard work.)

It is because we are living without this pertinent information, this universal truth, that we live and operate in the consciousness of fear, darkness, lack, retaliation and all those side dishes that can result from fear: jealousy, victimhood, immobility, apathy, addiction, meanness, self-centeredness, narcissism, intimidation, arrogance, prejudice, hatred, shame, violence etc.

When we are not living in alignment with Light, Spirit, God, with the truth of who we are, we live in fear and hide our most core selves from each other, for fear of getting hurt, (for whatever the myriad of reasons we are insecure and afraid of getting hurt) and being rejected; we do this with family, friends, colleagues, acquaintances, communities, etc., eventually becoming, yet again, global, and generational. Whether it is harmony and balance, disharmony and imbalance, peace or violence, it begins inside of us, and extends outward, like the ripples from a stone thrown into a lake.

We have lived long enough in a world in which we know all too well how to extend our fears, putting up our walls of protection. It is time for all of us as a collective human family, to take responsibility for ourselves and each other, remember who we are and where we come from. It is time to embrace our true identity as a multidimensional spiritual being having a human experience. A human that knows integrally, the innate and profound power of the triad being. The individual who embraces the marriage of mind/body/spirit, heaven and earth, our oneness with the trees, animals, rocks, grass, birds, oceans, lakes, the earth... and really it makes so much sense that we are one with the earth, when you think about the fact that our human being can only survive by receiving the nutrients of Mother Earth and her “blood”/ water---what’s in the vitamins we take? Iron, selenium, zinc...these come right from the earth—and our very body is composed mostly of water. It is time for our human family as a collective to stop living in an illusion, giving up our power by choosing to align with and listen to an old paradigm; a system that has us walking with a cane in a swamp of fear, when we have two legs that work, and are walking on a pristine path of flowers.

It is time for us all to feel the fear and do it anyway; to stop living in victimization looking for someone else to swoop down and save us, and for each of us to align with opening our own door to the life altering power of the truth. The truth of our existence is our strength and clarity,

and brings us the knowledge, tools, and resources, the *medicine*, that we need so that we have the *ability to respond*.

It is time for us all to support each other to wake up, grow up, and start obtaining our empowerment and self-confidence from the only pure and true place that it can come from: the internal sources of each and every one of our very own heart and soul, as a powerful and divine light being. A celestial being that is part of a luminous, loving, light Universe, as opposed to the currently more prevalent (and misguided) method of seeking our safety, healing and empowerment via human ego external methods like: title, profession, finances, material possessions, gurus, the latest self-help movement, holistic vitamin, yoga, etc. You, with your human brain and spirit brain are your own savior.

Everything - books, herbs, drugs, teachers, workshops, etc. - and everyone - your human friends, family, teachers and guides, and your spirit friends, family, teachers and guides (that includes ascended masters, archangels, and God) *everything and everyone* are all just here to assist you, not to tell you what to do and do it for you. In the Christian Bible it says, "God created man in his image". Although this negates the feminine aspect of Source, it is true, and therefore, I have a newsflash for you: God is a Creator....do the math. You are a Creator, you are the only one that knows what is right or wrong for yourself, no guru or book or spirit can tell you that. They can give you information, but it is always up to you to choose and decide what you will do with that information. And by the way, God/Creator/Source is both our Spirit Mother and Father, who made us in HER and HIS image. Spirit Mama and Papa.

With this level of assimilation of the very matrix of our individual and collective existence, we can halt the cycle of pain, isolation, depression, addiction, disease, violence and remove the illusion that we are separate from each other. This then allows for us to unite together, affirming our interconnectedness, and rendering us incapable of committing violence against each other or any creature with which we share this earth that is our home.

As Troy Chapman, incarcerated at the time of this writing, says in his essay, *Through My Enemies Eyes*, "I developed the ability to see things through the eyes of my enemies, and saw in them the same fear that had so long governed me. The same confusion, the same grasping for security, the same hunger for love; I saw their humanity, and this ruined me.... I realized I do have a choice. Indeed, ***the freedom to choose how to respond may be the total freedom we have.***"

Troy addresses a concept that is vital to understanding ourselves, and therefore our success, which is a crucial step in harnessing the potential for healing and peace: he saw his enemy's humanity: fear, anger, confusion, loss, pain, and the desire to be saved from it. In order to achieve world peace, we must begin with our own inner peace, and then we can extend this to our family, friends, neighbors, co-workers, and, most importantly, our enemies. The knowledge and understanding that as we suffer, that is how another person also suffers, and that is **always** what is behind their acting out and harming another, even if, and especially if, they are mentally ill with imbalanced brain chemistry.

As we want to be soothed of our hurts, so do they, and this is where we humans get lost, and then get violent. When we can connect this information in our mind, body, and spirit, we can then relate their experience to our own, thereby forging the ability to have compassion, empathy, and forgiveness, a desire to connect with another, and be a part of a healing process as opposed to a spiteful, vindictive, vengeful process. When you can combine true compassion with the truth, the spiritual wisdom that the person who hurt you has done so because s/he is hurting and wounded, and you wrote a contract with them to get hurt by them (or vice versa); then you are really operating with a full deck, can learn the lesson, make some kick ass medicine, heal, forgive (self and other) grow, evolve, and find your treasure chest of freedom in peace.

The answer to Global Peace depends upon our individual and collective desire and ability to consciously choose to align with awakening to the truth of our life here on this planet, how we got here, why we are here, etc., acting upon this wisdom and doing the work necessary to heal, wake up and evolve, so that we may all live harmoniously and prosper in a peaceful, united world.

We decide in spirit, along with our soul group, guides, angels, God, or, our Spirit Family, what basic experiences we will go to earth to have, in order to learn, evolve, heal, grow, and/or serve the Light. We write our blueprint, or 'script' for our own "play"/ "movie" of our life on earth. Just like prior to the building of a house, the architect draws a basic blue print: size of the house, style, number of rooms, etc. Also like the building of the house, there can be changes or shifts to the original blue print, but for the most part, the foundation of the original plan (i.e.: floor, roof, support beams) is followed. Each step builds upon the last, giving the house a more complex and diverse overall composition than the one before it.

As planning continues, and the various people needed to actually build the house in material form are gathered (carpenters, plumbers, electricians, etc.) the house becomes more and more alive, gaining in structure and function. Just like the development of our lives, it grows and changes with time, according to the experiences, thoughts, motivations, creativity of the architect (that's you!), and those who the architect works with (the people and events in your life).

Sometimes the architect will change a room, add or remove one, choose a different building material, etc., shifting the entire ambience of the house. Perhaps the interior decorators will provide a flourishing array of colors that the architect had not anticipated, is hesitant about, must contemplate, and decide if it is right. Whatever the decision is, it will have an effect on the atmosphere of the entire house.... what decision is made could change the entire 'life' of the house, altering the type of person who would be attracted to buying and living in it.

Always however, is the basic foundation of brick and mortar, support beams, a roof, etc. There are some parts of the blue print that are solid, and must remain. This is no different than our human life. There are certain aspects of our blueprint that are the foundation, the brick and mortar. There is a certain layout of rooms/experiences that we write for ourselves, and there are also shifts and changes that can occur to these prewritten scenes, or prewritten number of rooms in the house.

Living and acting upon, applying, this knowledge is what I call "living the knowing", which is synonymous with "walking the talk", and, "the truth shall set you free". When we live our life in this energy of knowing that we are the writers of our own screenplay, we are the architect of our life, it gives us power, because now we can no longer cry victim and wonder why things are or have happened the way they do/did.

It gives us the power to understand situations that otherwise are inexplicable, or even unforgivable—because now we can and must take responsibility for our life, add a dash of light/humor, feel our feelings, vent, stomp our feet, hit pillows, and say, 'well, I wrote a winner script for this crapshit scene which sucks the big wazoo, and I don't like it, but I know I orchestrated this scene for Bob to hurt me so that we could bring a teaching to each other, for

my and his evolution.... so, my spirit and spirit family, will you help me to see what's the lesson here, so I can know it, learn it, evolve, and move on to something better!'

And here's the best part: you can even THANK Bob's spirit! (Like I thank my parents spirits). Because when you know that you and Bob, in spiritland, prior to incarnating on earth, designed this script, in love, and light, for your own evolution, (and/or in service to Light) then you can't in all harmony be mad at Bob, because you designed this scenario! And in fact, Bob agreed to play a hard part—because in spirit, we live the knowing that we are one, and we don't want to hurt each other. So part of what brings the ease of moving beyond getting hurt by someone, is knowing that you signed a contract with that person, and s/he agreed to play that part in the screenplay of your life—and it's hard to be a spirit and agree to play a painful role in someone's life, so thank your spirit friend for agreeing to do that. Now, whether or not Bob is conscious enough that you can actually have this conversation with his human is to be considered, however you can always talk to his spirit and make this acknowledgment.

One of the reasons we choose to incarnate is to learn how to balance with wisdom, living as a spiritual being having a physical experience, how to manage living as a light being, in a dense (human) form; how to unite our human intelligence with our spiritual intelligence. Accomplishing this task is dependent upon many factors, some of which are: the level of our spiritual evolution (or, what 'grade' our spirit is in), the lessons that we came here to learn, the role we play in "The Divine Plan"/the DP, and our human brain/mind, which must consciously choose the light, or, to unite with our own spirit, God/Light/Source/Angels/Guides family. This is Free Will, or, Conscious Choice.

This process can take time, particularly because at this time on the planet, in most cases we purposefully "program" or, write the script for our human brain to not remember a lot of our spiritual knowledge, especially from past lives, as our human would not be able to process all this information. This is part of the challenge for our spirit, to communicate effectively with our human, getting the attention of our human, in order to pass on information, and facilitate a harmonious, strong, conscious relationship, uniting the human brain/mind intelligence with the spiritual intelligence. Since many of us have grown up in, and currently live in a society that does not teach us of our spiritual heritage or knowledge, our poor human grows up having no concept at all of our direct connection with our own spirit, spiritual information, Light Family,

Source, and the support/tools within this structure, wondering why things happen the way they do, and feeling helpless, a victim, at the mercy of “such a crazy world”.

Well, the world is crazy at the moment, but we are not at its mercy the way that we think we are when we are operating only as a human being. When we transcend the human mental, emotional experience, and remember every day to speak to our own spirit and spirit family, align with the highest good, and the truth of who we are, a spiritual being incarnated in the body of a human on/in earth school, for the purpose of learning, every aspect of our life is illuminated, and the world is a *very* different place.

Problems become lessons, understood as teachings that we created for our own, and others, healing, learning, growth, service, and evolution. When you can face any problem that is given to you with the understanding that it is an opportunity to grow, mature, learn, and you wrote a contract for this experience, for whatever the myriad of reasons is, which you sometimes will know, and sometimes may not know, that you brought this to yourself for this purpose, as an opportunity to grow, learn, serve, transcend, evolve, then you have accomplished the paradigm shift. This = Freedom/Enlightenment/Illumination, and now you get to party like the true Rock Star Diva God/dess Queen King Princess Prince that you are!

Life is very different when lived from this plane (and the Free bonus is that the lessons become easier and gentler) as it greatly reduces, and in some cases completely removes, disappointment, fear, frustration, feeling victimized by what appears to be lack of control in a crazy world/chaotic situation, feeling the need to be in control, being attached to outcome, fear of rejection, insecurity, shame, blame, etc. Because when frustrating, angering, sad, confusing, unfair things happen, you know that it is happening for some purpose, some reason, and/or as a lesson, which means really, if there is going to be someone to be mad at, it's yourself, cuz you wrote the damn script! It will often times also completely eliminate, or at least greatly reduce chronic or sudden illness/imbances of any nature, since our emotions are housed in our body, and if left unattended, become illness.

If you want to earn the title of Master, then you have to do the work for it. To be the Master of your life, your destiny, to achieve and LIVE the victorious success that you seek, requires the attributes, characteristics, and excellence of a Master. A **Master** knows when to use discipline and calm the internal swirling waters of anxiety and be patient, how to patiently and consciously

listen to others, sifting through what they say, and trust in SELF to make the final decision, when to summon strength, courage and intelligence to take calculated risks, when to rest, reaping the rewards of hard work, and celebrate the beauty and lightness of being. Demonstrate to yourself that you are the Master of your Destiny, and you will be demonstrating this to the world and the Universe, which will respond to you as such.

THE PARADIGM SHIFT AND CONFLICT/RESOLUTION/COMMUNICATION

SELF TALK

First you have to learn how to lovingly and powerfully communicate with yourself, then you can easily transfer that skill to another. Loving ourselves is the hardest lesson of all, so everything after it is cake. Since you now know that “problems” are lessons/wisdom making opportunities, any conflict or difficult communication you use to call a problem, you can now view as a learning opportunity, whether it is talking to yourself or another.

This means you must **consciously change your thinking**, i.e.: from a foundation of struggle, resistance, non – acceptance and power/less thoughts that are aligned with illusion, victimhood fear and dark, like, “I have a problem, I’ll never be able to do this, it’s too hard, forget it, I can’t do it, I’ll just quit since I won’t be able to do it anyway” to a foundation of courage, acceptance and *powerful* thoughts that are aligned with truth warrior hood, love and light, like, “There is something here for me to learn, there is an opportunity to grow and become stronger and wiser, I **can** do this, I can be strong and wise and fight with the power of love and light and master what is being presented to me”.

Another example is changing your thoughts from putting yourself down, shaming, doubting, blaming, hating, judging, feeling sorry for yourself for making a mistake, which can then result in running away from taking responsibility for your mistake. Now this is a sinking ship and a never ending downward spiraling cycle, because then you feel shame not only about the mistake, but now it’s been doubled by the shame of avoiding responsibility and running away from your big

bad deed, *and* you feel shame about hurting the person or people you may have hurt as a result of your mistake...oy!

Next on the menu of dysfunctional and harmful communication that can result from unloving, powerless self-talk is the Hollywood story the dysfunctional ego creates to project at and blame the person you hurt, twisting the truth to make it look like the person you hurt is actually the one at fault. Now there is a real pity party, a big fat mess, and a surefire recipe for disaster for everyone, yourself included. How about this entrée instead: be a mature, wise loving forgiving, person, **love, forgive, and accept yourself**—as though you are your own son or daughter (because you are—more on this later), have compassion for yourself, you're just learning, you just had a stupid pain in the ass life 'calculus' lesson, that's all, you are still loveable, you're fine, you're just learning.

This will then clear you of such diseased emotions and thoughts as, shame, blame, self-hatred, self-pity, and enable you to take care of **yourself** around your mistake, so you can take care of the person/people who have been hurt and affected by your mistake. With this option you will now not be trapped by dark and fear, but be freed by light and love, which results in a direct IV injection of compassion and strength in your heart which will pump that good stuff up to your head so you can just open your mouth and hold yourself accountable, take responsibility, apologize for your mistake, and nurture and care for the person/people who you hurt. And guess what? Life goes on, and everybody, starting with you, has been loved. Win-Win.

So let's go back to the principle of "we are all one": If you judge, hate, blame, shame and put yourself down, you are hurting yourself, as sure as if you hammered your thumb on purpose, and, you are therefore judging, hurting, hating, blaming, shaming, putting down, and hammering the thumbs of others. Not so win-win anymore.

First **vent** then remember this is an earth school *lesson*, not a *problem*, change your vocabulary and your thinking from feeling confused, powerless, a victim at the mercy of your challenging/fearful circumstances, and thinking **powerless** thoughts that support this, like, "I'll never be able to figure this out! I can't do it, it's too much, I'm too tired, I can't think" to being your own healer, leader, warrior, a master, taking responsibility for, and knowing that you created and orchestrated these circumstances for a myriad of reasons, and your own evolution, and acting upon the situation from this mindset, using **powerful** thoughts. In other words,

'walking the talk', saying things to yourself like, "Come on, you CAN do this, it's just a test, it's just a lousy earth school lesson, they're just emotions, they will pass, you're ok, everything is ok, you can make it through this, you are making medicine and accruing wisdom."

"OTHER" TALK

Here's a cheat sheet for easier communication: remember that you are a spiritual being having a human experience, everything is an opportunity to learn; act from this knowing, speak from this knowing, particularly in a conflictual situation, get grounded, be sure your inner child is not the one driving your car, and that your empowered integrated adult spiritual human is. Speak and share your truth from your heart, directly, without judgment, because judgment is sleeping human ego, speak your truth with compassion, empathy, integrity, respect, strength, and from this mindset, your conversations will be much easier, fluid, and more effective.

If the other person cannot meet you in this same space, then that is when you set your boundaries and limits, end the dialogue, and in some cases it may also be the transition to the ending and parting of paths of the friendship/relationship/business partnership/marriage. You know the saying, "it takes two to tango" well, if the person you are trying to tango with never learned the steps, it's not your job to teach them. Set your earth plane boundaries, love them from the light, ask for them to receive all that is in their highest good, and walk on, in peace, light, and love.

I want to address a toxic notion that I have witnessed in the "New Age" community. Being enlightened and coming from love does not mean "just love everybody no matter what", just be loving in the face of their ignorance, disrespect, injustice, anger, abuse, boundary trampling or stupidity, giving up your identity and your power and letting people walk all over you and your boundaries in the name of "love". That is not love. That is dysfunction.

Being healthy, enlightened and loving means knowing that each person is right where they are supposed to be on this earth walk, and if someone cannot treat you as your equal, without judgment, with respect, integrity, compassion, etc., it's a fact that that is where they are, and that is ok, don't judge them, know that you signed a contract in spirit with this person to learn from her/him, to be the student and the teacher at the same time, VENT about the situation to your family/friends/support system, and then set clear boundaries, take care of yourself, speak

your truth directly with empowerment, respect, compassion, etc., and move on, because it's *not okay* for you to not be treated with respect, compassion, love, etc.

They may even try to blame you for everything, that's ok too! Who cares! You know your truth, and that is all that matters. You don't need to waste your time convincing them; have compassion, don't judge them for where they are in their development, because when you are armed with the *truth* then you know that the only thing that really truly ever matters, is that *you know your truth, it is not your role to teach them to see your truth*, nor do you ever need to defend or prove your truth to anyone (co-dependency and enabling is part of the old paradigm). They will see it *if* and when they are ready to; it's their journey of awakening here on earth to navigate and reap the rewards or consequences of their choices, not yours, so just focus on driving one car on one road of life, YOURS.

When your bottom line is that you trust yourself and receive your love, self-worth and self-confidence from yourself, then you will never fall into the trap of caring what somebody who is not treating you with respect thinks. Guess what else? I have a universal permission slip for you. Being enlightened, being loving, does NOT mean that we don't set boundaries and powerfully enforce them, it does not mean that we don't get mad, get angry, say mean or stupid things, be sarcastic, or just in general act like an idiot sometimes! We are not robots; robots can be programmed to not get angry because they don't have emotions and feelings. We are human, we do.

Appropriate anger is healthy; it is our mind telling us through our emotions that something is not right, that we are not being treated with love, which means respect, kindness, honor, integrity, patience, compassion, etc. Our emotions are healthy; they tell us how we feel about a situation. They become unhealthy, excessive and problematic when we don't listen to them so they get stuck and become tumors, ulcers, etc., or when we go overboard and don't control and monitor ourselves, get lost in emotion swampland, and don't do something about the situation that is causing them.

Understanding, ***applying*** and ***utilizing*** this information will bring you individual healing and peace. When you do this, you are raising your consciousness, and therefore your vibration, which gives you the power, knowledge, and ability to do many things, among them, communicate effectively and efficiently, which is one of the major problems in our world today—

to manage and/or resolve conflict peacefully, through empowered, authentic, wise, heart centered communication, whether personal or professional, via understanding that no matter what the conflict is, you and the other person are both spiritual beings, and therefore are as one, and you have contracted to participate in this exchange/lesson/conflict/wisdom making opportunity, here on earth.

The Pain of Awakening

A method in psychotherapy for reducing/extinguishing people's fears is based on the principle of extinction. In the method called flooding, a person is exposed to a fear provoking but harmless stimulus until the fear responses to that stimulus are eliminated. For example, a person with a fear of heights would look out the window of the 8th floor until it is no longer an issue, and she can actually enjoy the scenery. A person with a fear of snakes would expose himself to snakes (in a myriad of ways – books, documentary, and live, like working with someone who cares for snakes) until he can enjoy the beauty of snakes.

Flooding can be very stressful, because when people fear something, being exposed to that which they fear is very uncomfortable! However, this is also the quickest and most efficient method of reducing/extinguishing the fear. This method is quite often employed by our spirits, in order to facilitate our growth and evolution, which is why especially as you awaken, you may feel like your world is in chaos—because you are being engaged in flooding, constantly being exposed to that which you fear—so that you can extinguish the fear—break the illusion—and remember the truth. Each presentation of the snake/that which you are frustrated/irritated by/afraid of, is merely a test for you to master—it is your spirit giving you flooding so that you can extinguish the fear response of the illusion that you are currently living in, and master the truth, harnessing your true potential as a creator, God/Goddess here on earth.

There is another method of reducing/extinguishing fear called counter conditioning, in which a pleasant stimulus is paired consistently with a fearful one, counteracting the fear. As in, being met consistently day after day, week after week, month after month with being seen, wholly loved, validated, nurtured, supported, all the while taking the risk of being your authentic self, being vulnerable, addressing old wounds by asking for help, receiving it, standing in your power and your truth, risking the human ego fear of failure and being rejected. This is how our human family once operated, and will again.

Earth is currently in a time called The Quickening/Acceleration and Ascension, and therefore many people, in particular the teachers/light workers, are experiencing Flooding. So remember, most of your current challenges are simply a part of your own design to flood yourself and engage in *forced exposure to a fear producing stimulus, in order to extinguish the fear response, F.E.A.R.—FALSE EVIDENCE APPERING REAL—the great ILLUSION*—for the purposes of accelerated growth, healing, evolution and enlightenment.

Most of your challenges you designed for various purposes, and especially in the depths of doing the work of awakening, you can be flooded with mentally, emotionally, physically, spiritually multilayered and multidimensional challenges/ fear producing stimulus', so that you will more quickly release your fears and attachments, more fully awaken, therefore mastering your lessons, and graduating to the next level/grade of spiritual/human integration. The next level/grade is dependent upon your mastering the lessons of the current level you are in—no different than elementary, middle, high school, etc. You, we, are in Earth School. You have an individual journey with accompanying lessons, and we all as a collective family on earth (including all the critters, creepy crawlies, fishies, plants, trees, etc..) and Mother Earth herself have a journey together with accompanying lessons.

This is why it is so important for all of us to do our own individual work, diligently, and let go of shame, blame, fear of not being good enough, or having enough, fear of trusting ourselves, living in low self-esteem and seeking our validation as a worthy human being outside of ourselves, looking for someone or something to save us, fear of the path...because the longer we take to understand the lesson, the longer it takes us all as a class to graduate, which means the longer it takes to end the violent phase we are in on Earth, and transition to living in love, joy, light, unity, prosperity, abundance, harmony, peace.....oh, and FUN!

Concomitantly, the FASTER we let go of the old tapes/file/Paradigm, and insert the new tapes/file/Paradigm, step into trust, step into remembering and living from the truth of who we really are and why we are here, love ourselves, then the FASTER we graduate and receive what we are all so afraid to work towards and hope for, for fear of not receiving it—our HAPPINESS! Which is attained through freedom - mental, emotional, physical (physical refers to everything and anything physical of the earth plane—which includes our current method of

currency—money) spiritual freedom. This means booting up the new system—the system, the Medicine of LOVE & LIGHT!

The system that reminds us that we are not at all a victim of our circumstances, but that we are the creators of those circumstances and our lives.

WE CONTROL OUR DESTINY.

We can even fast forward destiny, IF it is in the Highest Good. It is time to delete the old program/system, and insert the new one. Just like your computer will not function well if it is operating on an old system, so you must delete the old system from your head's computer, and enter in the new one.

True mastery and success requires the **action** of thinking, feeling, acting, and speaking, from the wisdom of the union of the mind, body, and spirit, even, and especially, when it is frustrating. We are human, and we must feel, honor and express our feelings, *in balance*. But it is what we do with them, how we express them, and how we resolve them that is the key to our peace, and subsequent success.

This is where we must support each other, because 'no man is an island' and part of being healthy means reaching out to our family, friends, community, nourishing our mental, emotional selves with the vitamin of feeling loved, comforted, supported, seen, feeling like we **belong**. It is critically important to find your support system if you don't have one. It is an unhealthy and destructive old dysfunctional human ego created paradigm that has established this warped notion of idolizing people who don't ask for help "and he did it *all by himself, never asked anyone for help....*". Ask anyone who has struggled and sacrificed to accomplish "it", whatever "it" is, alone, if they were happy that they were an island, relying upon no one but themselves, if they were peaceful, content, and doing it in joy.... right. Now go call your friend to say hi and tell them the book you're reading told you to.

"Staring up into the heavens, in this hell that binds your hands, *will you sacrifice your comfort, make your way in a foreign land?*" (*The NEW PARADIGM*)

“Wrestle with your darkness, angels call your name, can you hear what they are saying, will you ever be the same?”

“Remember, remember, never forget, all of your life has all been a test, you will find the gate that’s open, even though your spirit’s broken, open up my heart, and cause my lips to speak, bring the heavens and the stars down to earth for me.

“Don’t let the fruit rot under the vine, fill up your cup and let’s drink the wine...”

Thank you, Madonna...

Yes, let’s drink of the wine of life *together*—the TRUTH, which *shall* set us all *free*.

CHAPTER 2

KEY 2: FEEL TO HEAL; TRUST YOURSELF/INTUITION/GUIDANCE/THE PROCESS

“We must BE the change we wish to see in the world.”

—Gandhi

‘Living the knowing’, is what I see as the essence of Gandhi’s powerful quote, regarding the fact that “we must BE the change we wish to see in the world”. This means **consciously making the CHOICE** to utilize and apply whatever information you have for any given situation, and taking action on what you would like to see done, and DO it.

If you take the information about Universal truths, and live it, you are being the change you wish to see. That means everyday life, decisions, questions, frustrations, joys, sorrows, goals, driving to work, going to the grocery store, etc., you will view from this evolved, enlightened, conscious perspective.

Don’t do anything on the earth plane without aligning with the Highest Good, your spirit, and spirit family. If you do this, coupled with your other support systems (/friends/family/spouse/books/spiritual groups/church/conferences/therapy, etc.) it will alter your entire life, and help you to let go of anything that you are holding on to (and maybe have been trying really really hard to let go of, and having trouble doing it) which is preventing your progress; attachment to outcome, disappointment, fear of rejection, fear of not having enough, or being enough, etc., because you will understand that you are no longer a victim of life’s circumstances, since you are the creator of your life, and therefore your life circumstances.

A message from Spirit MamaPapa

“The lesson is to love yourself as I do, love yourself as your own child, for I am you, you are me, there is no separation to this infinity. If you feel guilty letting yourself feel love, compassion towards yourself, remember that this is an illusion, and simply part of human ego confusion. If you dislike yourself, you dislike me, your brother, your sister, your children, the very ones you want most to know about the joy of being free. The peace and balance on the earth plane you seek cannot be delivered to you until you know how to love yourself.

Your transformation from the caterpillar to the butterfly, your graduation, is in knowing your self-worth, your joy, your divine nature. To see yourself as I do, this is my deepest desire for you.

To let me LIVE through you and you live through me. That is what this whole experience is about. I experience the world through you. You experience the world through me. We are one. You are all one. When you feel shame at feeling good about yourself, you are saying it is shameful that anyone you know who feels good about herself/himself, should be ashamed. Do you see how important it is that you understand that to love yourself IS to love another? To doubt yourself IS to doubt another? When you accept yourself right where you are, celebrate your growth, and let go of judgment of yourself, you are accepting and celebrating everyone else's growth, and allowing others to be divine, just as they are, right where they are, accepting them for being on their path, without judgment. When you judge yourself for not having done something or having done something, in a manner that you deem 'wrong', you are judging others, and therefore holding back your growth and theirs.

Let go of judgment my children, love yourself, forgive yourself, and remember that you are just learning. You have come here to bring the greatest lesson in all of the Universes, and that is how to love. Not just how to love, but how to BE love incarnate. And by doing so, transmuting and transforming darkness into Light. Honor and acknowledge your strengths and your weaknesses—they are BOTH your gift and medicine to your family. By denouncing your gifts that you come here with you are denouncing to help serve your family. Proclaim your greatness, speak of your talents. When you do so, it is not egotistical as your current earth plane dimension has taught you—rather it is to be commended, as you are telling your family “this is what I can do to help you, this is my gift, my medicine, my contribution to you and to all our community.

Accept and love yourself around those things that are challenges for you – what you would call your “weaknesses”. By doing so, you demonstrate to others that there is no judgement and no need to be “perfect”. Perfection as you think it to be does not exist. Perfection exists in the beautiful infinite unfoldment of creation. You are all in an ongoing process of creation. Know this. You are indeed, perfection, just as you are. Shine. Shine your light from your heart upon yourself and watch how it will bounce back upon you as others mirror you back to yourself.

I love you infinity”

A note on the old dysfunctional paradigm of not acknowledging your gifts and talents. By pretending you are ‘less than’ to yourself and therefore others, you are not helping—you are hindering. This would be like a heart surgeon thinking that she is humble by saying to a heart attack victim:

‘I guess, that maybe I might be able to help you, but I’m not really that good of a surgeon really, I’m ok, I guess’

Is that the surgeon that will make you feel confident, safe, nurtured, cared for, that can fix you, or your daughter/mother/brother’s heart? Or will you feel comforted by the surgeon who comes to you and proclaims her talents, that she is excellent at what she does, and very certain she can help heal your/your loved one’s heart.

Make the choice of a Master, a Warrior, a Goddess, a God, a Leader, a Healer, and consciously choose to stand in confidence and purity of loving yourself, trusting yourself, forgiving yourself, honoring yourself, celebrating yourself as the greatest thing on earth! Yes, YOU!! YOU ARE FANTASTIC!! JUST AS YOU ARE, RIGHT NOW, PERFECT!

“Bask in my love and know that it is you—your own love-- that you are basking in the love of, as we are ONE.”

If you doubt yourself, you doubt Source/God/ess/Great Spirit, those you love, you doubt your children, you doubt your sisters, your brothers. If you trust yourself, uplift yourself, celebrate yourself, free yourself, then you uplift, celebrate, free those that you love, your children, your sisters, your brothers, God, who by the way can then get in your door to help you. You are in control of your destiny, and if your door is closed, the people, energy, beings, spirits who are available to help you cannot get in.

So here is where step 2 comes into play:

We all have at times experienced the multitude of ways life can bring us to our knees, and we feel helpless, dejected, fatigued beyond description, where we question our decision making skills, our very existence, and whether or not we do in fact have the reserves and the ability to

make it. This is also known as “The Big Bad Catastrophic, *Dark Night of the Soul*”! During these truly painful moments, and the lighter level day to day variety of difficult human emotions, the way to regain balance is to vent, remember that you must CHOOSE to feel the feelings, ask for help, from your human support system and your spirit support system, ***trust that you will receive it when it is time, and remember that this is a lesson and an opportunity to grow, it is temporary and it will pass.*** The ultimate end of this lesson is when, with self-love and trust, you choose to be patient, not be in resistance, accept that you are in earth school class receiving a lesson opportunity, (and/or a Lightworker making medicine for the people) and know that help/your answer will arrive exactly when it is supposed to according to the DIVINE PLAN, not, your human’s plan.

We are not meant to be on this journey alone—so get over thinking that it is ‘weak’ to ask for help, it is weak to not ask for help. It is not weak to feel sad and it is not strong to suppress your feelings. When you suppress your feelings, you are killing them, which means you are hurting yourself, and those around you. You may as well get a hammer and hammer yourself and those you love, because this is how harmful it is to deny your feelings and pretend everything is ok.

If you want to truly be prosperous and succeed personally and professionally, you have to take care of yourself first—you cannot offer nearly as much to others when your tank is on low or empty, which is how most of the world currently operates, which is bass ackwards! Think of how much more energy you have on those days when ‘everything is going your way’, and you are happy! That’s because you are being taken care of, your tank is FULL, so you have so much more to offer all those who are in your sphere of life—your children, friends, spouse, business, employer, patients, customers, etc.

This is why it is so important to give yourself permission to honor, feel and express your feelings. Remember that lingering in your feelings is just as unhealthy, and that you want to set a time limit for your temper tantrum, so you stay in balance. Feel the sadness, cry, feel the anger, express it—pound your pillow, go to the woods, grab a tree branch, bust it on the rocks (mother nature understands, and is there for you), call your best friend/family/spouse etc. Release these feelings so that you can then open up to your spirit and walk in those shoes—walking in the peace and harmony of knowing that “this is a test, this is only a test, of the spiritual human integration system” and that whatever your problem/question is, if you apply all of your tools (marrying your intellect of heaven and earth—spirit and human) then you

absolutely will receive your answer/resolution/shift, WHEN IT IS TIME—this being the most important final key to pull together all the others, Divine Timing, discussed more in its chapter.

Our family from China sums up this concept of recognizing that the challenging/painful/scary situation you are facing is actually an opportunity to grow, in the most pristine and stellar manner:

There are two symbols/words that together create their equivalent word for “stress”. The top symbol means danger, the bottom symbol means opportunity..... How about that?! Thank you China family! Beneath the danger, lies opportunity.

This honesty and willingness to ask and receive is truly the work of waking up and living in the light--THIS--your effort of conscious choice to speak your truth and trust in yourself and others, is the work that we all must do to achieve peace on a Global scale. Again, as Gandhi, has so wisely guided us with his sentiment, “We must BE the change we wish to see in the world.” Peace—inner peace, and global peace—is a verb, first, before it is an adjective, it requires action to achieve, and it is worth the effort!

In being your authentic self, feeling and expressing your thoughts, feelings and emotions you give others permission to do the same, therefore accelerating the healing, growth, strength of the whole, because the whole is made up of the sum of its parts. If you stay small, you assist in keeping the whole small. If you grow big, you assist in expanding and growing the whole. You are teaching, in the very same moment that you are learning. This is the balance of yin and yang, contraction and expansion.

This work that you are doing of awakening is sacred, it is your transformation, evolution, transcendence, ascension, rebirthing. This is your rebirth, you are emerging from the womb of darkness as an integrated spiritual/light human/physical being, and like physical birth, it is scary. It is no coincidence that one of the many books on healing from our deepest wounds is called *The Courage to Heal*, for courage is a prerequisite and an absolute necessity to waking up and living a healthy, successful, empowered, prosperous, abundant, love filled life.

The ultimate goal, both personally, professionally, individually, and collectively, is freedom from the nullifying and endangering illusion of separation and isolation, which breeds victimization, depression, oppression, loneliness, fear, racism, hatred, prejudice, etc.

Integration of the Universal truths, living as a triad being, knowing that we are a mind, body and spirit, knowing our spiritual heritage, that we are all One, results in the raising of consciousness, self-empowerment, prosperity, abundance, joy, peace, light, in all ways, through knowledge and education, giving the individual being (that's you!) and the collective being, a healthier and more functional manner in which to handle the challenges of life.

If we do not address the root cause of why we, as human beings, act from fear, don't act because of fear, commit violent acts and crimes, live lives that are not in alignment with who we really are, and implement change from here, we are simply applying a Band-Aid to a deep and bleeding wound. The answer to all of our problems, is remembering, uniting, with, and living with our spirit, and spirit family, living the knowing/the truth, the Light. The way to peace, the answer, lies in the marriage of our hearts, souls and minds. Because as another angel upon the planet has so wisely guided us to remember, "We, (human beings) were **designed** to love, and to **be** love, energetically and otherwise." Susan Saris, Raven Moon, Spiritual Healer and Teacher, Angel of the Light.

Sometimes this work of death (dying to the old "human" way of thinking/acting) and rebirth (living consciously from our spiritual information, thinking and acting from this integrated mindset) and evolving can be so hard, and trying, and during those times is when it is most important for you to remember that you are growing—and THIS is what growth/birth looks like.

Don't force yourself to let go of the emotions or move to the next level—it is a normal and natural part of the rebirth/awakening process to sometimes feel very confused, lost, uncertain, overwhelmed, and you just need to sit in that space, feel those feelings, **BE in the lostness, and know/TRUST that *when it is time for you to finish feeling/being lost and confused, you will.***

You have no idea how much growth goes on subconsciously when we are lost. When we are in that space of being scattered, unmotivated, it is actually a time of respite, because we are not capable of doing the endless day to day run here, go there, do this, do that, do, do, DO! So it can be a FORCED break, so that our human can integrate with our spirit, the current lesson, on a subconscious level. Until then, don't resist, but accept and allow yourself to be lost, and utilize your support system of human and light family/friends/therapy, etc.

It's about **balance**. Allowing yourself to sit for days on end overwhelmed and in the quicksand of excessive emotions is just as unhealthy as not feeling them. Monitoring our personal process is part of being our own parent, a healthy and responsible human being, a warrior, feeling our feelings and emotions responsibly. Give yourself a time frame for being confused, lost, sad, angry, etc., and be conscientious of when that time is up, it's time to pull up your bootstraps, and move forward!

Giving yourself the structure of a time frame will actually help you to get more out of your emotions, because you can give them your full attention, diving into feeling them wholeheartedly, without neurosing about the life "to do list": "I really need to do the laundry; I really should empty the dishwasher; I really should mow the lawn; I really should be organizing the kids winter clothes...". Putting everything else on hold so you can feel is powerfully giving yourself permission to be lost in the process because you are taking care of yourself by knowing you won't stay lost forever, just a few minutes, hours, or sometimes, days. This is what it means to be healthy: we must set responsible limits and boundaries for ourselves, for our health and safety, because nobody else is going to do it for us.

Sometimes, in conscientious balance, we have to let some things get out of balance, like the laundry, the housecleaning, etc., so we can find our balance. The world won't fall apart because your kids are wearing dirty jeans, which no one else knows except for you! No earthquakes have ever been caused by dust bunnies in the corner, cobwebs on the lampshade or a shaggy lawn. Give yourself the time, space, boundaries, and energy to 100% address how you feel, and you will be amazed at how quickly you are able to return to life, healthier, clearer, and stronger than before.

When the bird hatches from the egg, the caterpillar becomes the butterfly and makes its exodus from the cocoon, when the human baby is born into the world from the safety of the womb, none of this is pretty—birth is miraculous, painful, messy, beautiful, scary, unknown, unpredictable, stunning, and when treated with the sacred knowing of what it is, ultimately, the most profound and rewarding experience and gift you could ever give to yourself, and your family.

If you struggle with allowing yourself to feel your feelings and express them, and feel the old tapes starting to play, "I'm being selfish, I'm just whining, nobody wants to hear that, It's nothing

really...” just remind yourself of each of the four keys, and also remind yourself that if you want to call yourself Master of your Life, Creator of your Destiny, then you have to walk the talk. Just like any Masters and PhD program, (by the way, this IS a PhD program—Personal Human Divinity) you WILL be given practice lessons, tests, and final exams, and in order to master the information, you will have to **act** as a master, from a place of discipline, integrity, honesty, truth, respect, light, love (for yourself and your process!), maturity, courage, patience, dedication, discernment, strength, responsibility (which is the ability to respond), wisdom, and the knowing—knowing this difficulty you are experiencing is simply one of your lessons here on/in earth school, and if you want to graduate to the next level of beauty, light, love, magic, heaven on earth, than just love yourself, have compassion and patience for yourself, and know that you will master the darn lesson and get it over with when it's time! Talk to your spirit, your guides, Source, breathe, pray, meditate, journal, utilize your support systems, pay attention, be on purpose, listen to what your spirit family will say and watch what they will show you.

WHO ARE MY SPIRIT FAMILY/GUIDES AND HOW DO I TALK TO AND HEAR THEM?

Who are these guides and how do they talk to you? Guides are everyone and everything; they are very diverse and have specific functions and medicine/knowledge/tools to help you. Guides can be the spirit of an animal, bird, insect, trees, flowers, plants, rocks, water, air, fairies, elves, gnomes, angels, archangels, ascended masters, saints, stars, planets, a person you once knew on the planet, a relative, friend or pet who has “gone home” and of course our Source/Creator.

Our spirit family is just like our human family, which we will look at it from the standpoint of a general analogy: as a human we can have sisters, brothers aunts, uncles, grandparents, cousins, friends, neighbors, classmates, teachers, assistant teachers, coaches, counselors, etc., and of course, our parents.

Some of these people we are really close to and spend a lot of time with, and some of them we only see occasionally for specific circumstances, like holidays, or when we need a certain kind of help for a project (like Uncle Mark who is the person who helped you learn how to ride your bike, or Aunt Sophia who taught you how to make things out of clay, your music teacher who taught you how to play the flute, etc).

Ideally, as a child, parents want you to have interactions and learn from other people, but your parents are always there for you to show you the way. This is what our spirit family and Source is like. Our Divine Mother/Father is always with us, helping us, but wants us to engage and have experiences with the whole family.

Great Spirit wants us to be empowered, and know our great and diverse family. Isn't it wonderful to know that you have so very many family members to call upon?! And all with their own specific medicine/gift/knowledge for you. For example, Eagle assists with becoming a warrior. Ask Eagle to help you with your awakening/healing process. Talk to Archangel Michael, if you are feeling weak and need the assistance of strength and will and/or protection. Archangel Faith, if you are depleted and can't find your strength to trust yourself and have faith, call upon her, she will help you cope, get back to center, and trust and have faith in yourself and your process.

Sometimes we have one guide that works intensely with us for a period of time, just like a high school teacher. Then we complete the work/grade, and move on to work with another guide in the next grade. Other guides are like our aunts, uncles, grandparents, etc., they will visit us periodically and be a steadfast core part of our soul family assisting us for our entire journey.

The first step in learning who your spirit guides and family are, is to tell them that you would like to know them. Something like, "Hi my spirit, my spirit guides and family, I would really like to know you, could you help me in learning how to know who you are, and how to communicate with, and hear you? I'm totally new at this and have no idea what the heck I'm doing, so if you could help me out here by showing me with clarity, ease, and efficiency, what I need to know, I would really appreciate that. I love you, and I know you have been helping me all along, even if I didn't realize it, and I appreciate your love and support." As with a human relationship, it is important to nourish and acknowledge others for what they give, and the same is true for our relationship with our spirit family.

Don't worry about how you say things, your spirit family knows where you're at, and they are really loving and laid back, they're not going to penalize you for saying shitcrapdamnpoop, or any other choice adjectives, improper grammar or confusing sentences! Talk to them just like you would talk to a human friend/coach/mentor.

How do they communicate with your human? Both your own spirit and spirit team communicate with you in many ways: intuition/Insight, de ja vu, dreams, sometimes direct visual/auditory/tactile messages, particularly repetitious ones, visions, bodily imbalances (pain/dysfunction) or, as I call them, memos—because that’s what they are—any message from your spirit/guides/angels/source, is a memo, giving you information to help you proceed on your journey, in your decision making, etc. I call them memos on purpose, to drive home the fact that they are no different at all than you receiving a memo on your desk, in your email or voicemail from a teacher, mentor, colleague, friend, etc., giving you information.

Insight/Intuition, also known as “The third eye”, is one of the ways our human receives information from our spirit, and light family. Insight, I view as synonymous with our heart. Because it is by being in alignment with Source/Creator/Goddess/God (who IS Love), from whose heart our own hearts have come. Being in alignment with the Highest Good, our own spirit, and spirit family, helps us to be good “receivers” of our spiritual information. “Follow your heart”, we’ve all heard that expression; listening with your heart, paying attention to your “gut feelings”, is what is meant by “seeing” with your third eye.

This is also the quintessential meaning of the union of the mind, body and spirit; because spirit talks to us through our mind and in our body---“GUT feeling” it’s called that because we literally FEEL a physical feeling in our body. That feeling is our spirit and/or spirit family talking to us loud and clear, with a megaphone, **don’t ignore it**. And if you do ignore it, which we all do sometimes, you will reaffirm for yourself after the fact of whatever it was you ignored, that aarrghhh, damn it, *you should have listened!* Oh how many times I have said that! Not so much anymore though, because I learned.

“‘Here is my secret,’ said the fox to the little prince, ‘a very simple secret: It is only with the heart that one can see rightly; what is essential is invisible to the eye’ “. Thank you, Antoine de Saint Exupery, the brilliant author of “The Little Prince”.

I always say, our “Human has a Good Idea Outline, but our spirit has access to the Divine Plan Map”, which takes into consideration ALL events. Your human (eye) can only base decisions on the events that it knows about, whereas your spirit (eye) has access to the universal events, the D.P./Divine Plan, so don’t you want to have as much information as possible in order to make your decisions? This is why you want to develop your relationship with your heart, your spirit, and Light family, because they do have the major scoop on the Divine Plan and will ALWAYS

give you the update *when it's appropriate*, which ties into the fourth key, Divine Timing, which you will read more about in Chapter 4.

For example, your human makes an agenda, an outline for the day. You are going to work, have a meeting at a cafe at 2:00, picking up the kids at 4:30, dropping them off at 6:00...and so on. You go to your meeting at the cafe, which unbeknownst to you because you didn't get the...MEMO...has been cancelled—BUT you are now prepared with universal knowledge—and you understand that finding out at this time, in this way, IS your memo! Right after you find this out, someone you know and have been wanting to reconnect with for some time, walks over to your table and says...Mary? Now, because your meeting has been cancelled, you and Mary have time to talk, which is very important, because it leads to other connections and happenings that are positive and perhaps instrumental for both of you...THIS is why you shouldn't be disappointed when things don't go 'your' way, or, the 'human good idea outline way', because you never ever know what is in the D.P. And in this instance, it was in the D.P. for you to have a meeting with Mary.

So next time you are in a traffic jam, or have a cancellation, or some human let down because of an unexpected change of plans, or turn of events, any outcome that is not what you in your human mind expected, remember, there is an entire universe out there working with you, and that "change of plans"/cancellation/traffic jam/different outcome is simply your MEMO that the agenda is different than what your human thought it was—so be HAPPY that you have just been updated of what the plan is! Align with the Highest Good, and ask your spirit and spirit family for guidance regarding what it is that you are supposed to be doing.

Keep in mind also that no answer IS an answer—the answer is that sometimes what you are supposed to be doing, is simply NOT DOING, as in, this time is just for you, to chill, relax, breathe, get grounded, and/or refine your skills of patience (yeah, LOL, big eye roll here...) You will be a lot happier and healthier if you choose this response, vs. the human one of disappointment, frustration, annoyance, AND, when you choose frustration etc., you lessen your ability to receive your memo for what the change of plans is pertaining to.

Remember one of the keynotes—which is to feel your human feelings first, so let yourself be annoyed, but don't hold onto it—feel it, let it go, and step into the Truth, which is that your human plan did not have all the necessary information, and your spirit/guides are now providing you with the rest of the information, the most updated and pristinely aligned with the Highest

Good/Divine Plan. To do this is the quintessential meaning of the phrase, “Go with the Flow”, the flow of life, and its continuous mystery of unfoldment.

Receiving guidance/information from Spirit often comes in the form of “coincidences” - seeing, hearing, speaking, the same or similar words/concepts/things repeatedly —PAY ATTENTION. I call this a PARF. “Pay Attention, Red Flag”. In other words, you are getting a huge memo, from your own spirit, and/or guides, angels, Spirit Family, don’t ignore it.

For example, you continuously see the # 8, or you keep hearing about Texas, everywhere you go you see the color red...these are messages to you from your spirit/spirit family. Look into them—if you don’t understand them, find someone who can help you interpret the language of the soul—mind/body medicine practitioners, shamans, healers, acupuncturists, “Dr. Google”, or at the very least talk to a friend. It is often in simply telling the story that we make the connections and understand the message. Often, life can seem like a big puzzle, with one piece being brought to you at a time.

Sometimes our spirit family, who has a great cosmic sense of humor, will be more aggressive in giving us messages. Sometimes they move things, hide things, or break things! Sometimes they will play with your computer! Your cd, your radio, your jewelry! Often times they will block my internet connection because there is something else I am suppose do be doing, and once I’ve done it, my internet connection is “mysteriously”, re-established....

The fairies especially like to play in this way, and they also really like to help you, so call on them in particular for finding things. My faerie guide Gwendlyn is so awesome, and we have a long established relationship, so that by now I know that if I ask her to help me find something, 99% of the time when I ask, I find it within literally 3 – 30 seconds, more often than not, it’s 3! After asking Gwendlyn to help me, if I have looked for 5 minutes and not found it, then I completely let go of wanting to find it, no matter how important I think it is, because I know it’s just not in the highest good for me to find it at that moment. This really alleviates an all day long process of energy draining time consuming unhealthy neurosing over finding that something!

By the way, the Faeries always want me to pass on this nice technique to all of you – they are very happy to help us – and literally ever person that I have told to do this when they can’t find something, comes back and is totally awed, amazed and psyched that “it worked”!

There are lots of spiritual resources, books, workshops, healers, psychics, etc., who can help you to learn about your guides. As a healer who works a lot with our Earth non-human family, I always recommend “Animal Speak”, and “Nature Speak”, both by Ted Andrews (thanks Ted), they are both a tremendous resource and tool for help from our non-human earth family. You can also always ask Google. Google is a very helpful spirit guide, ha! Ok, but seriously, our spirit family works with us through Google, just like they can bring us messages through other people/beings. You can Google “animal spirit medicine wolf” for example, and a number of websites will come up bringing you information.

And before you Google, if you are looking up Wolf medicine, ask your spirit, Source, Wolf, and anyone else who might want to join the party, to guide you with clarity, ease and efficiency for exactly what you need to see/hear/know right now – because it could be different yesterday or tomorrow. Be specific—of the list of websites that come up, which one will be most helpful for you? Is there more than one? What paragraph? Etc.

There are tarot/oracle cards for our Angel family, faeries, Goddess, etc. Remember, ask your guides to help you find your earth plane information for them, *with Clarity, Ease and Efficiency*. And, as with any new skill, it is a process and will take some time for you to learn your spirit family and develop a strong working relationship, so be patient with yourself.

If you feel like you are not receiving guidance, or have been struggling to succeed in any aspect of your life, and you feel that you have or are experiencing “Failure”, know that there is no failure, there is only learning—we are all always learning, everything is part of your journey, and all is happening exactly as it is supposed to. I will discuss a bit more on how to communicate with your spirit family in Chapter 3, as it pertains to manifesting.

Failure, isolation, depression, shame, violence, in this world, occur when three principles are active: living in the illusion of a fear based reality as opposed to love, believing that we are separate from each other, and being unaware of our spiritual heritage, information and family. Fear and separation are the backlash of an era in which people have lived in an illusion, and forgotten the truth of their deep rooted connection to the earth, the stars, the planets, each other, the universe, God/dess/Source/Creator.

So align with the Highest Good, feel your feelings, express them, let go of them, and **trust** yourself that you will hear/feel/see your intuition, from your spirit, your guides, Source, *exactly*

when it is Divine Time for you to. Trust your process/journey, and know that you are on your path; so that you can move on to the third Key: How to Manifest: Letting Go of Attachment to Outcome.

CHAPTER 3

KEY 3: HOW TO MANIFEST: LETTING GO OF ATTACHMENT TO OUTCOME: DO EVERYTHING YOU CAN ON THE EARTH AND SPIRIT PLANE, THEN LET GO!

“What the caterpillar calls the end of the world, the master calls a butterfly.”

—Richard Bach

This is where you really start making headway—when you can manifest your goals on the earth plane by applying the first two steps, doing everything you can on the earth plane and the spirit/heaven plane, then let go of attachment to the outcome, trust in the fourth key, Divine Timing.

Doing everything you can on the earth plane means being honestly and powerfully proactive, yang, assertive, responsible, disciplined; doing all that you know how to do in order to accomplish your goals, whatever they may be, whether personal or professional: planning, strategizing, actively pursuing all that you know that can help you, as well as taking care of your physical vehicle (your body), eat in balance, drink water, get your rest, meditate/pray, exercise, etc. Access and utilize all resources for both personal and professional means—individuals, groups, books, organizations, money, etc. Research, network, utilize your support from your human family/spiritual community/teachers/coworkers/friends, etc., do the hard stuff and the easy stuff to ‘get the job done’.

Sometimes you may have to give up some things, put in extra-long hours, and walk out of balance for a temporary period—achieving your goals can sometimes mean great sacrifices, however, there is always the reward to follow your hard work. If you are certain, in your bones, (no faking! You’ll only hurt yourself if you try to “convince” yourself that it’s right and ‘in your bones’) that it is right for you to pursue this goal, then be diligent, keep your trust and faith in yourself and your process/journey, follow your heart, do everything on the earth plane AND

spirit plane (spirit plane is covered next) then no matter how long it takes, if your goal is in the highest good, you will succeed in manifesting your goal/bringing your heaven to you.

It is important to remember though that there **are shifts and changes**, and it could be that in pursuing your goal, doing everything you can, you've given it time, and you begin to feel truly, in your bones, your intuition, which is your spirit talking to you, that it is no longer appropriate for you to pursue that goal, it is no longer in your highest good. That's ok, because you will have learned valuable lessons and gained information in the process, and perhaps made important connections and touched the lives of others as well. There is a world of difference between quitting and honestly knowing it's just not meant to be anymore, and it **is meant to be** to follow a new path.

Doing everything you can on the spirit/heaven plane means involving your spirit and your light/spirit family/team in every step of what you are trying to achieve. It also means MAKING the time to meditate/pray, breathe, be present in the moment; you must MAKE time to listen, and talk to your own spirit and your Light Team/Spirit Family/Guides. Be specific, talk to them the way you do friends, colleagues, etc., and know that you'll get your answer when it is time.

This means not only talking to your Light family throughout the day, but setting aside time every day to sit with them. Any relationship that you desire to be strong, you must spend time attending to, nurturing, taking the time to learn the other person/people, and they you; this includes your relationship with your own spirit, and spirit family. How do you expect your spirit family to guide you if they haven't heard from you in years, and know you don't know how to dial the phone to talk to them?!

Also like a human relationship, there are times to speak, and there are times to listen. I call this "Yang meditation/prayer, and Yin meditation/prayer". You want to be sure to tell them what's going on, and you also need to be quiet, and listen, so that you give your spirit family the opportunity to speak to you. Remember, they are spirit, so sometimes their speaking to you will be in the form of you *feeling* them through the gentle silence of serene peace and love. Don't expect to hear words or instant answers, although you may receive that, but often times what your human needs is to just rest peacefully in the energy of your spirit family, listening to the chorus of the birds in the forest, the trickling brook, the caress of the summer breeze on your face.... these are also ways that spirit talks to us, and we will only hear this, if we are quiet.

Notice what happens when you are quiet. If you are sitting outside and you have just posed a question, notice the wind, the birds, the ants – notice if a Blue jay flies over your head, and what you were thinking about when Blue jay flew by? Which direction was Blue jay flying from and going to (East, South, West, North)? What time of day was it? These are all ways to understand what the message is and how Blue jay is helping you. Then go home and ask Blue jay and spirit family for guidance, look up Blue jay, and the meaning of the directions, and watch the story unfold....

One thing that can really help to get the message, is a technique that is used for understanding the meaning of a dream. First, it's helpful to put yourself in the role of observer – because that's just always easier. Pretend you are helping a friend/client/patient – if another person were telling you your story, what would you say to them? By the way, people think that because I do this work that it must come really easy to me to understand my own messages/dreams – haha! Nope. I'm human – and it's always hardest to things like this for ourselves – how do you think I came up with this great tool for you? Yup – this is what I do.

Describe the situation in general terms – for example – you were sitting by a lake and a squirrel suddenly appeared on your left and ran up a tree, sat on a branch, and then looked at you. What is happening here? In general terms: a being showed up next to you and then sat down - squirrels live in trees – trees are where they sit to be comfy and “hang out”.

Translation: a member of your spirit family came to hang out with you and bring you medicine/a message – now go read Squirrel medicine.

It's ok if you are not accustomed to speaking to your Light Team, or you have no clue as to who your guides are, what they look like, how many you have, if they are a Grandparent, a pet that has gone home, a Bear, an Angel, a Faerie, a Mouse; just ask them to help you. Tell them you would like to know who they are, tell them you are ready to receive their help and want to develop your relationship with them. You know, like, “Hey you guys, can ya help me out here? I'm new at this and don't really know what I'm doing—maybe one of you could introduce yourself to me – in an obvious way so I hear/see you”. Spirit family is totally chill—you can talk to them just like you talk to your human family and friends.

Ask them to help you, and to help you hear their wisdom with clarity, ease and efficiency. They will make themselves known to you. The key here is to just talk to them like they are your best friend, because they are, and like they are sitting in front of you, because they are. Call a board meeting with all of your guides—tell them the basic “who, what, when, where, why, and how’s of your needs—who you need, how you need it, why you need it, etc. They are as real as any human team that you work with, so treat them that way.

There is no right or wrong in how this is done, your guides will not be angry with you if you ‘don’t do it the right way’, they are your friends and family, they love you, TREMENDOUSLY, and are here to support you.

There is a ridiculous notion circulating around earth that in order to be spiritual and sacred we must be serious, calm, serene. This is absurd; throw that illusion out the window with the rest of the compost to be rebirthed by mother earth into roses. Who do you think created anger, sadness, sarcasm, silliness?? God! So when you talk to your Light Family, if you are frustrated, annoyed, discouraged, sad, etc., with the way things are going, tell them—and don’t hold back! Waking up means feeling and being our authentic selves, and this means feeling and expressing our feelings, honoring and validating our human experience, not denying it. We are, after all, human beings, in addition to spirit beings, and our human has emotions that should never ever be stuffed down the toilet, that is dishonoring yourself, your family, and God.

The very basic formula for what to do on the spirit plane for manifesting is simple, and you can add many things to this foundation, (from any spiritual/religious) tradition such as burning of sage and/or other herbs, incense, special prayers/rituals, holding a special stone/cloth, jewelry, wearing purple, etc., but the most important facet of any prayer/intention/request for spirit, is your heart.

Breathe, feel your human body, be present in the moment, (this is also called being grounded) and center your presence in your heart, and in the frame of mind of love, light, purity, integrity, and desiring what is right/sacred, and in the highest good; state in your mind or out loud that you are aligned with light and love and all that is in the highest good, in all ways, and for always. I also refer to this as “the tube”. We all have a central tube of light, which is part of our spirit, that extends from within our human body, down into the ground, into the center of Mother Earth, up through our body, and out into the heavens, into the center of Source. It is our spirit, but more

than “just” our spirit – it is like our spirit's own personal highway that is a continuous feedback loop from self, Mother Earth to the cosmos and Source.

This is our own personal connection to the Divine. This is where all things are kept sacred. Like when we need to vent —we are in the “tube”—so none of our human anger energy goes out to the person we are venting about and angry with. Or, when someone asks us to hold them in our prayers – that is in the tube. This sacred tube of light is composed only of your pure spirit and source. Think of it as your own little piece of heaven. Your ray extending out of the sun.

Once you are grounded/aligned, whatever it is that you desire, state that to your own spirit, claim your power as a Creator and state to your Spirit Team that it is *your intention* that whatever it is that you are desiring, **is** in the highest good. It is very important for you to state that what you request be in the highest good, because now you are acting as a **creator**. And that is what our Divine Mother/Father wants for us to realize. That we **are** creators. If you *ask* for your desire/goal to be met, or ask that it be in the highest good, this is very different than *stating as Creator that it is your intention* that it **is** the highest good.

The next step is the hardest – but when you really get that you want what is whatever is in the highest good it's actually pretty easy. Let go of attachment to the outcome, by knowing that what is in the Highest Good is what will be, and that is Divine, and Sacred.

Remember that we are all spirit—so anytime you have any interaction on the human plane, speak with the spirits of those humans before/during/after your interaction or meeting. Waking up is knowing that you have two families—an earth plane family, and a spirit plane family. Talk to both of them.

For example, if you have a meeting, align yourself with Source, your spirit, light, love, the highest good, your spirit, your guides, the spirits and guides of those who you will be meeting with, and tell everybody that it is your intention that the Highest Good bring harmony, efficiency, light, clarity, and unity (and whatever other attributes you would like to see) to the meeting. Tell their spirits exactly what it is that you need from their humans, and tell them that you want the communication to be clear and efficient. Ask everybody to guide you, and everybody else, with exactly “who, what, when, where, how, and if necessary, why”. What do you need to say? How do you need to say it? Who do you need to say it to? Etc. I say “if necessary, why”, because it

isn't always important for us to know why. Ask them to put you next to exactly who you need to be next to, exactly when you need to be next to them, etc.

This is how you access your spirit plane information to bring the most power to your action of achieving your goals, ANY goals, on the earth plane. Imagine how much more precise your communications can be when you are having people's spirits guiding you?! It's like a cheat sheet! I can't tell you how many times people have said things to me like: "Oh my God how did you know/I can't believe you just said that to me right *now?!?*"

For example, one time I was running late, and had a client for the Spiritual Life Coaching Program on her way to my office. I talked to her spirit, and set my intention that it be in the highest good that she not arrive at my office until 15 min later than our scheduled time. I stated that it was my intention that it be in the highest good, that *she* would be running late, through no problems or hardships on her part, but that she just wind up in unexpected heavy traffic. I wanted an iced coffee, so I asked her spirit to have her drive by a Dunkin Donuts while in the traffic jam and get one for me! (This client is also a friend). She called me 5 min later telling me she was running late because of unexpected traffic, was pulling into a Dunkin Donuts to get a coffee and did I want one?! And this is just one *minor* "magical" story I have out of hundreds!! Magic is nothing more than having the right tools and information at the right time and knowing how to use them.

Part of taking all the necessary steps on the spirit plane is to begin each day by greeting and saying good morning to your spirit and spirit family. You can do this and set a simple, general, yet all powerful intention for the day by saying something such as, "Good Morning my spirit, and spirit family! I love you and am aligned with Light, Love and The Highest Good, in All Ways, for Always, Guide Me, Protect Me, and Show Me The Way."

By aligning with the Highest Good, in all ways (physically, mentally, emotionally, and spiritually), for always, (past, the present, and future), you are powerfully stating to your spirit, and spirit family that you are setting the intention, putting energy into, and stating to the universe that you will accept and *attract to yourself, only* all that which is in your highest and best interest, because you are walking on your path awake, and on purpose.

Envision yourself in a bubble/a “womb”/an “egg” of white light – and that nothing can penetrate this sphere of light that is not in your Highest Good.

What’s really cool about this part is that, again, knowing the truth helps alleviate the pain of when things don’t go our human way. Because if you walk in the energy of attracting to yourself *only* that which is in your highest good, and your car breaks down and causes you to miss your hot date, well, as bizarre as that may seem to your human, guess what? Yeah, you know the answer; *it was not in your highest good to be on that date*. And there are usually a variety of reasons as to why, and insights to be learned from the experience as well. One of them is generally, your spirit and spirit family giving you an, actually, easy opportunity to practice your newfound wisdom of the higher consciousness.

Talk to your Spirit family, make a list and tell them exactly what you need. Act as if you are the president of your own company - treat them like your board, your business, with various departments, because they are your board, and they are part of your business here on your earth journey. If you need a certain amount of money by a certain time, just like you would put this request in to the finance department of your business, do this with your Light family colleagues. Every single human being has a Finance Department, a Human Resources Department, a Marketing Department, etc., in Light. Spirit Fam has your back.

Your guides cannot help you to get what you want unless you tell them exactly what it is that you need, when you need it, etc. It’s like, you know, if you want a yellow couch in the living room, you can’t just sit at home and wish for it—you go to the store, give money, and request that it be delivered to your home. You give your phone number, the address, the day, and the time that you would like it to be delivered. If you don’t give the store all this information, how will they know who, what, when, where, to deliver it to? Then when it gets delivered, if you don’t open the door, the delivery people can’t bring it in, and if you don’t tell the delivery people where you want it, they’ll just plop it anywhere! You have to tell them you want it in the living room, against that wall, etc.

The key is to understand that your spirit family is just as real as your human family, and like your human family, if you don’t talk to them and tell them what you want, need, etc., how will they be able to help you? Also like your human family, there is reciprocity; so when you talk to your Light

family and ask for help, put in requests, etc., instead of giving money, you give appreciation, gratitude, thanks and love, and it doesn't hurt to ask them what you can do for them.

In order to manifest, in addition to making your intentions/requests as specific and clear as possible, you want to feel in your body the feelings of having achieved your desired goal. Truly feeling how a desired outcome feels in your body is a large part of manifestation—because we are a mind, **body**, and spirit, a Triad being. So we must incorporate all three. When you ground **in your body** the **feelings** associated with the accomplished goal (joy, pride, completion, etc.) then you are living in that reality, and helping to bring that reality to yourself.

For example, you want to buy a new car; feel how it feels to own that car, drive that car, sit in that car, feel yourself opening the door of your desired car, etc. Don't get stuck in this mode; concentrate on feeling these feelings, and at the same time, include the other Keys, trusting the process, and Divine Timing, and that is when you say, "ok spirit and Light Family, I'll be waiting for your memo!"

This is how to manifest, which means letting go of attachment to outcome; you can't manifest if you are *attached* to the goal happening. When you can say to yourself, 'I am aligned with the Highest Good, and it is my intention that buying my new car is in the Highest Good; I am a responsible person, and I know I am doing everything I can on the earth plane and spirit plane, to make this happen. Now I leave it up to you my spirit, and spirit team, I trust, and I know that you will inform me of everything I need to know, when I need to know it, how I need to know it, etc, and if my goal is in the Highest Good, then it will be made manifest; if it is not made manifest, then it was not in the Highest Good!' Period. End of story. It really, truly, is as simple as that.

Let go of attachment to the outcome, or, another great word for that is, surrender. Because you do not have the Divine Plan Map in your human head, it's in your spirit's head, and your spirit and spirit team will tell you all that you need, in time, **as you need to know it**. Also, remember that great saying, "it is the JOURNEY, not the destination"? Guess what? Oh My God it's TRUE!

If you don't get the desired outcome that you were looking for in an appropriate time frame, or longer, and you also don't have absolute clarity in your gut and bones, that "gut feeling", that you need to keep working toward this goal, this is when you stop, reevaluate, reassess.

Recognize that your spirit is now giving you the updated Divine Plan Memo. That memo being, time to switch lanes. Stop driving down the one you've been on, it's not meant to be, and start driving down another one.

Don't get lost in the quicksand of human ego confusion; stand firm in these Universal Truths, like a tree with your roots securely planted in Gaia, Mother Earth. If time has passed and you are not seeing progress, and it's not in your gut to keep following through, then that is simply your MEMO from your spirit/Light Family that achieving that goal was not part of the Divine Master Plan, so now it is time to have a meeting with yourself and your team, reassess, and ask them, ok, "what's next you guys?"

This does not mean that your attempt to achieve the outcome was in vain, **because life is a journey, and there are valuable lessons and experiences that happen along the way**; it may be that your journey to the outcome included very important lessons/events/experiences/connections with people or organizations etc., that you otherwise would not have experienced, and that is what was important, not the outcome. Again, this is the essence of the meaning, "Paradigm Shift", *changing your thinking* about a given situation.

Yes, this simple truth, which makes life so much easier, really does apply for everything-and anything we need/desire: job, car, home, food, relationships, etc., - even for those situations where you have invested much time, energy, and money; because again, you don't know what the Divine Plan is, and what lives you may have touched, or those who touched you, or lessons that you learned, wisdom and medicine you have made, how you have matured and grown, if you hadn't done things the way that you did.

Speaking of manifesting, if you don't have a spiritual community, this would be the time to manifest one. There are many ways of connecting with and celebrating spirit—find one that resonates with you. We all need a tribe – gone are the days of "the lone warrior". We are meant to live, learn, cry, vent, rage, love, be silly, be serious, celebrate, journey, and laugh TOGETHER.

Remember, in order to find your spiritual community, talk to your spirit and guides. Ask them to help you find your tribe. Do NOTHING on the earth plane without consulting the spirit para—remember your human has a Good Idea Outline, of where to go and how to get there, but your

spirit has access to the Divine Plan Map, (which is far superior to Google's Mapquest!) which has the most direct route, and always knows about any construction or traffic delays to send you around; although sometimes it is in the Highest Good for you to be sent directly into that delay. Always include Spirit Family in on everything you need to do on the earth plane. Expect to be guided, know that ALL answers are revealed to you when it is time, and watch how you start to 'magically' end up at the right place, the right time, and you 'didn't even try'! (I don't even go to the grocery store without bringing my posse along).

After doing everything you can on the earth plane, and everything you can on the spirit plane, and you are desperately trying to do that hairy part -- surrender -- Yikes! You can do it-- let go of being attachment to the outcome (yes, this can be very scary at first) go back to step 2, and **TRUST yourself** that you **will** receive all the information that you need, **when it is time**, and that everything will unfold *exactly* as it is supposed to – that is how you let go – Trust.

Often, especially as we are being tested in order to 'graduate' to the next level, things do NOT go as we would like them to—on purpose, as a test of our ability to trust that exactly what is meant to happen, will. Trust yourself, trust the process, remember that you as a human do not have all the information—that's why this life is a JOURNEY, because it is constantly unfolding. If we had all the answers right now, there would be no journey.

Trust that you ARE powerful and connected to the source of all information, and EXPECT to receive absolute guidance all the time. When you don't get an answer, remember, that IS an answer, and the answer is, it's simply not time for you to receive what you want/the information you are looking for —no matter how much you in your human mind may think that it is so ridiculously clear and stupidly obvious that you should receive what you need/ the answer NOW...obviously, if you're not getting it, it's NOT in the Highest Good for you to receive what you need, or what you need to know—yet.

This is the essence of Key 3, Letting go of Attachment to Outcome. Pay attention, listen, watch, feel, use all of your senses. We receive guidance in many ways, as discussed earlier: intuition, repetitive info coming your way, visions, dreams, etc.

This letting go of attachment to outcome is exactly what the “caterpillar calls the end of the world, and **the master calls the butterfly**”, because it can feel scary, unfamiliar, and chaotic. However, Master, Surrender, because you already are the butterfly, you just forgot.

Remember, you are not an isolated being. You are part of an infinite family of light and you don't know what's going on out there. So when things don't go the way you wanted them to, there are reasons for it, which sometimes are, and sometimes are not, revealed to you. The faster you can truly integrate and live by these principles, the faster you will bring to yourself all that you need and desire on all levels, and the faster you can bring this to the rest of your family, ending suffering, dis-ease, imbalance, imprisonment, and witnessing the miracles that come with the hard earned work and graduation of living the knowing, living from trust, unity, and love.

Hold all in balance, have loving compassion for yourself, be disciplined and honest with yourself, feel your feelings, and set a boundary around that so you don't wind up in the middle of the ocean, ask for help and choose to allow yourself to RECEIVE it with love and gratitude for yourself, and those offering it, yet do not look for anyone to save you and spoon feed you the answers. Remember and understand the truth, which is that you are part of One infinite, powerful, limitless family; you **are** a Creator.

We are very powerful—all beings are—more powerful than we have ever really thought possible—and it is time to know the multidimensional truth of how powerful our choices are that we make, and the infinite beings that are affected by our choices.

Soon we shall see the effects of this truth, as we witness the miraculous outcome of when we *live* these spiritual truths as a cohesive unit, an earth family, and the beauty that will follow as a result of this collective choice.

CHAPTER 4

KEY 4: DIVINE TIMING

“It’s all about the Balance, Baby.”

—Yours Truly

The recipe for success is:

KEY 1: REMEMBER YOU ARE A SPIRITUAL BEING HAVING A HUMAN EXPERIENCE

KEY 2: FEEL TO HEAL; TRUST YOURSELF/GUIDES/PROCESS

KEY 3: MANIFESTATION: DO EVERYTHING YOU CAN ON THE EARTH PLANE, EVERYTHING YOU CAN ON THE SPIRIT PLANE, THEN LET GO OF ATTACHMENT TO OUTCOME

And then, The final Key! The last ingredient in the delicious cake of truth, the final piece to peace, truth, light, enlightenment: accomplishing all of the previous steps by wrapping step 4 around you like a blanket, understanding the “Highest Good” and “Divine Timing”. If you understand and **apply** these simple truths, it brings you, and IS freedom. It allows you to exist in peace; even though your human may not be so happy with the current set of circumstances, and thinks something else would MOST CERTAINLY be much more in the Highest Good.

Now that you are the butterfly—fly with your newfound wings of wisdom, and enjoy life from living off the beautiful mysterious, ever changing currents of the wind. For like the butterfly, you are the master of your wings, and direct where you fly to; however, you never know when there might be a strong gust that transports you to someplace you didn’t expect to be... though the wind may ruffle your wings a bit, if you keep your balance, you’ll get there with great success and grace.

Understanding Divine Timing is to remember and live the knowing that you are part of a multi

dimensional Universal Family, and the three previous keys, bringing them all together by saying to yourself, “I’m not going to sweat this, because I know myself, I trust myself, I am empowered; I know that I’m doing everything I can, and so now I just need to be shown when it is time for my fruit to be borne.” Maybe it will be immediate, maybe it will be in three days, three months, three years. The point is that when you can let go of the human need to know, and know yesterday, you are living from a higher vibration, the vibration of the spiritually integrated human; and this will bring you great joy, light, love, beauty, abundance, prosperity, and peace, on all levels, physical, mental, emotional, spiritual. Remember, it may not come all at once, just like no one learns how to ride a bike (or learn any skill) instantly – they practice, practice and practice.

You are not an isolated being. You are part of an infinite family of light. Sometimes we have to wait for a member or members of our soul group to get to the point that we are at, in order for us to move forward. So if you’re not moving forward the way you want, you know in your bones that this is the right path for you, you’re doing all four keys, and still nothing is happening, then remember: sit back, relax, trust that you’re doing everything you can; there is a bigger plan that you don’t have complete conscious access to, and progress will happen when it is divine time.

It may just be that one of your soul group teammates is still working on mastering one of their core lessons, making medicine, and you agreed to wait to move forward until they were done with this. See, it’s not always about you! It’s like you and a few friends are going on a trip together, you are driving in separate cars, and you all agree to meet at 6:00 at Barbara’s Fancy Rest Stop on Highway 66. When you’ve all eaten and it’s time to leave and get back on the road, if some of your group still haven’t arrived, you’re going to wait for them before you start driving again, because you all agreed to stay together. You aren’t not driving because there is anything wrong with you or your car; you’re just waiting for the rest of your gang to show up. This is the essence of Divine Timing.

Understanding the information in this book is simply a matter of you remembering the wisdom of forever, which your soul knows, and which is imbedded in every single cell in your human body and brain. Everything that you read, you already know; you are made of energy, the universe is energy, we are all part of the One great source of energy known as God/Light/Creator/Spirit/Goddess/Source. This book is written to help you to open the dusty drawer that you have kept this information in for such a long time, waiting for the right moment to open the drawer, blow off the dust, let the light in, and say, oh yeah! I remember that! Or, for those of you who already know it, a useful reminder tool, encouragement and validation.

If we do not each look deeply into our hearts, minds, and souls for what will be the most powerful, comprehensive, and efficient solution to the dysfunction and violence that exists in our world today, and take the necessary steps to act upon this knowing, we will only continue to hurt ourselves and those we love. At the heart of every country are the hearts of people, and what every person needs, is to be understood, loved and to love; awakening to and living by this information can give each and every one of us exactly that, because this information is truth, and truth, IS Love.

It is time for our human family to receive and remember the illumination of truth, that we are a unified multidimensional spiritual family of Light, having a human experience; that it matters not the color of our skin, what country we are from, what our faith is or isn't, what we eat, how we dress, who we marry, how much money we make... for we are all One.

The answer to personal, professional, planetary peace, health, prosperity, success, and abundance lies in the evolution and birth of a higher consciousness and the subsequent activation of each one of us living as a spiritual/light being having a human/physical experience, consciously connecting to and with our own spirit, the one that created us, and all others, as One.

Each of us must forge our own path to elevate and evolve our own consciousness, reclaiming our empowerment, so that, like the sun's rays, we can each emanate respect, healing, compassion, empathy, love, forgiveness, dignity, and live in harmonious, abundant, prosperous, joyful, peaceful community with all peoples and beings, bringing the blossoming of a new world.

May you have the Power of the Wind, the Peace of Love, and the Joy of Light.

Blessed be, blessed be our Mother Earth and all of her children, blessed be Grandmother Moon, blessed be Grandfather Sun, blessed be our sisters and brothers, star family, stars, planets, blessed be all that lives throughout all the Galaxies, as One.

In Love, Light, Prosperity, Joy, and Service, In All Ways, and for Always, to you all, My Family, Wake Up, Embrace your Beautiful Divine Selves and Embrace the Truth, for if you do, *it will set you free!*

Es tempo a dare alla luce, illuminare il mondo.

It is time to give birth to the light, and illuminate the world.

Namaste

Aho, Mitakuye-oyasin, We are One.

Shalom.

In Light and Love,

Your Sister,

Jodi RedHawk

AN ENDING STORY...A LITTLE TALE ABOUT JOD REDHAWK AND HOW THE SEED FOR THE HEALING COMMUNITY CENTERS: A GLOBAL FRANCISE FOR PLANETARY ASCENSION AND WORLD PEACE: CONSCIOUSNESS EDUCATION AND INTEGRATIVE HEALTHCARE CENTERS FOR THE INDIVIDUAL COMMUNITIES OF THE WORLD (HCC) WAS PLANTED IN HER PEA BRAIN, AND WHAT SHE THEN DID ABOUT IT....

Once upon a time, a long, long, long ass time ago...I received a beautiful and sensible vision from our Ancestors and Spirit/Light Family....it came directly after I received a profound and transformational healing experience at a retreat called Michigan Womyn's Music Festival. Michigan was a place like no other: workshops, classes, everything from self empowerment, basket weaving to shamanic journeying, musical performances, arts & crafts, and much, much more; and It all takes place under the stars on this special, sacred land, all of it outdoors.

Everybody was there because they wanted to learn, heal, grow, be in community, in a safe, welcoming community, where things like violence, fear, racism, homophobia, classism, bigotry didn't exist. If you were hurting physically, you could go to the area set up for physical medicine, "The Womb" and receive care. If you were hurting mentally/emotionally, you could go to "The Oasis" and receive beautiful, loving, kind, compassionate care.

Michigan was unbelievable...heaven on earth. The day that I began my drive home from this paradise, on Sunday, August 17, 2003, I was thinking to myself about how fortunate I was to have experienced this empowering, transformational, heart warming place where everyone knows that they are each other's sister, where lasting friendships are formed in an instant...a place so filled to the brim with mental, emotional, physical and spiritual nourishment that we all cried to leave, and eagerly anticipated coming back a year later, to a place we all called "home"...

As I was driving, and simmering on all of this incredibleness, I thought to myself, Oh my God....if EVERYBODY on the planet had a Michigan Womyn's Music Festival, NOBODY would be killing each other because they would all know they are all each other's sisters and brothers!!

And THAT, my friends, my family was the beginning of the dawn of a new era. The era of The Healing Community Centers -- because that thought led to another, which led to another, which led to another, which finalized with a crescendo sunrise in my little pea brain with...."OMG, ("OMG" didn't even exist yet...!) I have to put Michigan Womyn's Music Festival into a BUILDING and put them all over the world!"

And then the chorus of Angels sang and cracked open my skull, ok, my 7th chakra, and, the rest, as they say, is HERstory.

The rest of my drive home I was consumed with, devoured by, my drive, passion and knowing, that THIS, was that "something" that I had known all my life I needed to do -- I had always known there was something *big* I needed to do, I just didn't know what, until then...

I knew that it was my job to take this information, carry it sacredly in my womb, and go on the greatest quest of my life -- find the human beings who incarnated on this planet for the very purpose of birthing, building, and maintaining HCC.

I began work immediately, writing down the vision, networking, going to business events, and spreading the word. I did this while seeing patients and running my healing practice. After 6 months of doing both, my instructions from HCC Light Team were that I needed to make finding the HCC core startup family my number one priority; I needed to close my practice. I simmered on this, evaluating and assessing, as I always do to be absolutely certain that this cuckoo crazy idea was my exact guidance. Sure enough I got my confirmation loud and clear. Spirit family broke my hand.

Why was this certain? Because at the time I was in the beginning of transitioning my practice from Massage Therapy to Mind/Body/Spirit Energy Medicine. The majority of my work at that time was still Muscular Therapy. You can't do Muscular Therapy with a broken hand. !SHAZAM! Jodi RedHawk you are right. You need to close your practice!

I didn't have a wealthy old aunt or uncle who left me a nice fat Swiss bank account, and having been a student for most of my adult life, I didn't have much of a savings account either. \$500.00 to be exact.

Right - how do you start a Global organization for Consciousness Education, Integrative Health Care and World Peace without an income?! Or a car, or a phone, or a home, since, pretty soon, my itsy bitsy \$ was gone and so along with it most of the earth plane basics for survival. The one thing they left me with was my computer -- the world wide web...the unifying field...

Well, you fly with the angels, go where you are needed, listen to spirit, never give in to doubt or fear -- feel them, cry, freak out, panic like a rock star yes - give in to them and quit, No.

I have had 13 groups come together over the years - each one dissipated before getting very far. Disappointing, yes...*and*, it is simply a part of “making medicine”, everything I talk about in this book, and the creation story of HCC...which will be made manifest in *exact* cosmically Divine Time – Key 4.

In February 2018, as requested by spirit family, I officially reopened my practice full time in Hyannis, MA, and continue to network for the core co-creation team.

I have seen and learned many things. I have been many places, some scary, some dangerous, and at times even life threatening. I have also learned volumes. For all of you, for HCC and the world. Some of what I learned I put into this nice little book that you just read.

I have dedicated my life to creating this organization in the most powerful, pristine and pure manner; grounded and guided in Light and Love as guided by our Ancestors and Spirit Family, so that we give the most efficient and powerful tool to our world family for humanity's evolution and living in peace with all beings who share this planet.

As a member of Team Light, one of my roles is to work with acceleration. That is why HCC is global. Globalization is the fastest way to end violence and suffering. Globalization is the fastest way to evolve everybody's consciousness and get our global family on the same page, in the shortest time frame.

The Healing Community Centers is YOURS -- she is OURS -- she is the daughter of Grandmother Spider, come to weave the web of light to unite the tribes of humanity. This daughter needs her village to come together to raise her up so she can raise you, your family, friends and community up.

"One person can achieve success; together, as a unified team, we can Triumph." Yours Truly

You are invited to be a part of birthing this historic organization if that is resonant with your heart and soul – being a part of the core co-creation team, donating your time/money/expertise/building/office space/skills/car, etc.—\$100,000,000.00, \$1,000.00, \$100, \$75 \$50, \$25 even \$1 matters—not just physically, energetically. And to help spread the word -- you never know who you know, who then knows this person, who knows that person, who knows Oprah, Warren Buffet, Larry Page (Google), etc., sisters and brothers whose destiny it is help blast HCC all over our world....

All the HCC Core Creation Team Roles have already been assigned - when we all sat at the nice round table in spiritland and had a pot o tea & spirit Twinkies and came up with this grand scheme, we chose and assigned roles—lawyers, PR, HR, Finance, Birth Mother (that's me, LOL) etc.—it's just a matter of opening up our mouths, and Divine Time to find each other.

If you feel the call to learn more, or join the party, I seek the tribe for birth and delivery: project managers, admin, HR/PR/ computer/website assistance, grant writers, funders, fundraisers; all the family who are out there with the skills, tools, and resources to build and run an organization. Btw, if you love being involved with start - ups, this would be start up heaven.

I am the devoted, Mother, the Keeper of the Web, who seeks her village family to raise this daughter for all; who will grow from the collective nourishment of all of her stewards and co-creators to become the Tree of Life for all of Gaia's children, bringing peace to all who call this planet home.

For more detailed info please visit www.thehealingcommunitycenters.org

Facebook, <https://www.facebook.com/thehealingcommunitycenters>

Send me a friend request at <https://www.facebook.com/jodi.redhawk>

Or send me an email and tell me you would like to receive a copy of the Shaman's Executive Summary: jodiredhawk@gmail.com

Namaste, A-hoa, Shalom, Amen

In Gratitude, Unity, Harmony, Peace, Light and Love, Your Sister, Jodi RedHawk

