Awakening Your Higher Self

Includes Powerful Techniques for Personal Healing and Enlightenment

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Chapter 1: Welcome to Earth School

If you are like me, then the question may have arisen of what you are doing here and why Earth. For some, it is much simpler than others, living with a contribution of what needs to be made for Earth or simply to enjoy the day to day living. However, in this time we are being called with this question so we can remember why we are here and what the Earth has to teach us.

The Earth is a beautiful, powerful being that has a lot to offer and to teach us. It’s time that we listen to her call of nature and the things that she has to say. The Gaia, or mother spirit of the Earth, has wisdom and teachings that are beyond all of us. More important, she is asking that each of us learn to walk on her with respect and love again – to return to her in a pure form so we stop wounding her and instead work with her.

The call from the Mother Earth is an invitation for us to grow back into the natural. There is also a deeper wisdom that comes from being here that many refer to as the “earth school.” This is one of the reasons why the divine placed the Earth here and asked for it to become a center for everyone. To each person, the Earth school is different, offering lessons that align with who we are and what our spirit wants to learn.

The most important part of being here is to recognize that you are here to learn from the mother and to care for the mother at the same time. You are in partnership with her as a part of your spiritual decision to walk on Earth and to be here at this time. Be cautious of your steps and the things that she has to teach and offer to you. Never go out of line (as much as possible in this time) and look at her with the same love that she gives to you.

There are some things that the Mother Earth wants us to know about our process of being here. They are all a part of listening to everything she has planted into the Earth. More than this, the Earth has a very specific message about change and movement as well as stillness that we can all learn from.

If one looks at nature, there is the ability to see a reflection of what is in each of our spirits and our lives. There is always a time for planting, or birth. This leads to the growth and blossoming, followed by the flourishing of what it is we have created or planted. Eventually, this reaches a climax and leads to a nutritious concept then withers and dies away. This cycle is what the mother wants to teach us. The natural cycles of life and completion allows us to grow in spirit.

As we are here, there is the importance of being a part of all of these cycles and allowing our true nature to be a part of the nature that is reflected in us. As we do this in our own way, there is the ability to learn even more and go into the depths of nature’s cycles as well as the elements that are surrounding us. More important, there is the ability to start listening to the power of each of the elements and what they have to offer.

The Mother offers much more than the basic cycles of nature for us to apply into our own lives. Each of the elements that are here are for us to look at, learn from and to reflect as a part of our true being and nature. I believe that as we move closer and closer to the natural again, we will be
able to have veils lifted with the grass and the ocean and trees that allow us to take in the
messages and stories that have always existed in those areas. And as this happens, we
experience our life lessons and what is true.

This is Earth school. All that we need is what is surrounding us and supporting us to learn. The
voices that are planted into the Earth and that are in the water are waiting for us to return back
home and to clear enough to where we can find our true essence and nature. Within this is the
spirit that reflects in us that allows us to see our light and truth, as opposed to the Western mind
that has taken away from it.

In order to be in Earth school, we are challenged to change. We are challenged to go back into
the natural cycles of nature. What this means is that we have to return to the heart and the spirit.
The message of the now is to begin listening to the heart and to allow anything else that is there
to be rid of and to go back to the Earth as a death.

The challenge is to get rid of the cycles of the mind and of survival. It is to stop the chaos and
the challenges that we have with having to be somewhere and do something. We are being
reminded that the cities and the buildings, the work and the things we have invented are no
longer enough. Yes, there is a space for these as well, but it is not supposed to take us out of the
heart or the Earth. It is to compliment what we can see when we follow the heart.

To be on Earth is to listen with the pulse of the heart. Until we learn to do this, we will
continuously seek. The pulse of the heart is inside us and inside the Earth. It is united as one,
with no separation from the universe, God and from us. We all walk as the I Am with the Earth
and within ourselves.

As we learn, we return to source and to who we truly are. And as we listen through the heart, we
are able to open to the mysteries, truth and to our being and light. In Earth school, we have the
ability to return home – to the light – and to the true essence of who we were as spirit from the
beginning.

The following pages will introduce you to ways to understand and work with the basic and
natural cycles of the Earth for your own life. This includes the techniques of how to die (clear
and heal), be born and to finally flourish in your true self. These are lessons from the Earth and
from the masters that continue to be shown and taught so we can move to our next level of
awakening and ascension.
Chapter 2: What It Means to Awaken

The majority has heard about “awakening,” and what that means for this time. The promises of 2012, the Mayan calendar, awakening to the next dimension, etc are all playing a part in what it means to awaken. Despite the mysteries that have been set about, the ability to awaken is much simpler than the philosophies that have been stated.

To awaken means to return to that which you always were. I look at my own awakening as coming out of a coma. I didn’t know things because I thought that things were a certain way. As things unveiled, I found illusion after illusion shedding away from me. What I thought existed and was truth, really was just a set of beliefs that I manifested for my comfort, wounds or other needs for learning.

The next level to the awakening is finding out what truly lies inside of you. Awakening has nothing to do with the surrounding environment or others. It has to do with who you are. You can become an awakened and enlightened soul just by looking at your heart. There are stories of monks, women and others who choose to live in solitude and outside of everything for years. They reach enlightenment just by doing this. Why? Because they know the key. Awakening is inside of your heart. The light is inside of who you are. No one can give it to you. It’s for you to find, open and to manifest in your life.

There are several ways of defining awakening from the New Age viewpoint and from those who are going through processes of stimulation and activation. The main point has to do with the awakening of spiritual DNA. It’s been found that we have active DNA as well as spiritual DNA that is asleep. As we change, this wakes up, reminding us of who we are and what we came here to do. In Yoga, this similar concept is stated with inversions and looking at your inner self in various poses. These are used to awaken the sleeping powers that are inside of you.

While we are awakening this DNA, different things happen. Your body will change, energy shifts go on and you transform over and over again. This is all done so that you can move into your light and become who you were meant to be.

More important than the process of awakening is your ability to start on a journey or process of seeking, finding and reaching realizations that resonate with you. My invitation to you is to not allow everything to resonate with who you are. Some will and some won’t. You may find yourself twisting and turning down so many paths for awakening or you may be straight, calm and still within yourself to find the same answers. The idea is to use each of the steps as a process of learning and education about who you are, what you are meant to do and the inner truth that you find as your own.

There are several keys and rules to help with awakening. The first is to embrace it and to understand that this is what is happening for the mass consciousness at this time. The second is that it is different from everyone and the experiences are simply a part of the process to help you
become the light that you are. The third key is that it will take time and activations go deeper and deeper as you awaken. After being in this process for years, I’m still waking up to things I didn’t know about the universe and myself in ways that are profound and monumental for my life. Every step of the process is to be embraced.

Not only do I know that awakening has phases and never ends. There are also different paths you can experiment with, play in and awaken to. Once you start the process and work through enough, allow yourself to move into those things that interest you and that you want to delve into. The universe is a space to play in and the Earth and the things that surround it welcome that. It helps you to realize who you want to become.

There is also an invitation to awaken to and with the Earth. We are here and it should be embraced. All of the beauty of the Mother can be learned from and awakened to. Play with the elements, listen to your surroundings and go into the awakening that she offers to the spirits that are walking on her back. The more that you awaken to her, the more you will be aligned with your true nature and why you are here. There’s a clear invitation to all of us to jump into her waters and climb her mountains, all while becoming silent and listening.

Something to keep in mind about awakening is that the first step is usually to let go of the things that stop us from awakening, mainly the clogs. Because of that, I invite you into the world of death and destruction. Let go of thoughts, recognize your emotions and work through the clogs. This is also a part of the awakening that will be explained to you. More important, value each of the steps to awakening as it processes to and from you. There is power in each of the phases that you go through, even if it may seem painful or unwelcome at the time and sometimes when they are more blissful and open.
Chapter 3: The Power of Death and Destruction

When I began to study New Age philosophies, thoughts of the spirit, even Buddhist like nature, I ran into a problem. I felt that there was a falsehood when there was a claim to the light. The keywords that hit me had to do with “being in the light”, “being, peace, love and the I Am.”

Why did I have a problem with it? Because my path was filled with a lot of pain from the past. I couldn’t justify being in the light if I couldn’t acknowledge these other sides that I had experienced, known to several as the shadow side. I didn’t want to deny what other things had existed in this reality that had been created.

It wasn’t until I started digging into philosophies such as Hinduism and the ancients that I began to realize that a lot of the techniques that we have with being the golden light and the white light disregarded the power of the universe.

The basis of Hinduism is something we all practice when we say “Namaste” and clasp our hands together. The clasping of the left and right is a balance between the positive and negative, the north and south poles, the as is above as is below concept. This can be interpreted anyway that you want. But the important part is to realize that there is a positive and negative to everything, both which are regarded as equal.

In Hinduism, there is a god of creation, maintenance and destruction. The destruction is the power of the Shiva, which brings the balance between the positive and the negative.

It is the power of the Shiva, or the destruction, that rules the awakening and the ability to become aligned with the universe. Without this destruction and force of destroying the negative energies, there is not the ability to rise to greatness as there is an imbalance of powers. This is also a part of the mother Earth, the winter that blankets things, covers them up, brings them underground and destroys them so something new and better can grow later.

Everything that no longer serves us must be destroyed. It must die. I’ve heard several times and have lived through several experiences where there is a feeling of something dying. This is something inside of us coming out and being given back to the Earth. It’s a habit, pattern, idea or even a way of living that we can no longer use to serve our purpose.

I’ll tell you my own story. When I was first beginning to awaken, I was working with a teacher who was responsible for the death and destruction of the old. The years I was with him were intense, filled with crying and fighting and anger. At one point, I was doing something with my actions that he saw as disrespectful. At that time, I didn’t recognize it was a pattern. I was making someone a promise that I would deliver something that was next to impossible. Of course, I missed the delivery and lost money and the client and was left frustrated.
At the point of frustration, my mentor came to me and told me that it was my fault. He showed me where I was off in the spirit and in my actions. I found myself looking at the deepest, darkest part of my shadow coming up. My body started shaking, I started crying and there was quite a fighting match over my having to admit to my mistake.

That point in my life felt like a death. I spent the next two days on the bed, crying, sleeping and getting rid of the energies that no longer served me. The process of this death wasn’t simple, clean or beautiful in any way, especially at that point. However, the process of grieving and letting go led to monumental breakthroughs, different ways of functioning and changing my opportunities and abilities into the next best thing. The grieving and letting go was a state that needed to occur. The death of the old habit had to be released.

The beauty and the power of death and destruction came with this process of letting go and releasing those energies. More important, it comes with the aftermath of that breakdown. After working with that negative energy and destroying those forces, realization and awakening came. I no longer had to walk in the same mistake and the patterns began to shift. I was able to see how I could change my life by no longer repeating the pattern and instead by substituting it with a better and more justified way of living and thinking. Rather than destruction, it was a cleansing that we all must go through in order to let go of what no longer serves us.

With death and destruction is a negative connotation that it is “bad.” In reality, nothing is bad. When something that happens that is painful or unpleasant, then it is important to say that it is what it is. It is there for a reason. We can embrace it, learn from it, accept it and move through it in ways that allow us to become more enlightened and able to work with whatever is needed. My invitation through my experience is to allow destruction and pain to move through you, let it die and balance and align yourself with those experiences for something that is beautiful, even if it seems that it isn’t in the light. There is worth in every moment and experience, all which we call to ourselves for destruction or to reach a greater light.
Chapter 4: How Negative Blocks Work in the Spirit

The destruction or cleansing that I refer to has to do with healing. Purification of the body, mind and spirit is the ability to get rid of what is often referred to as negative blocks. Each of us sees these differently and with methods of feeling, seeing, hearing or believing. Many refer to these as entities or demons. Whatever you see or call it by, it has no power over you. It’s simply a matter of releasing and letting go so you can find the right options with the spirit.

There are several negative blocks that come up that need to be released and continuously cleansed out. The more you are aware of what these are, the easier it becomes to release.

1. **Generational blocks / blocks of the family.** The negative blocks that most are unaware of is from the generational blocks or blocks of the family. This is a lot like the DNA that is passed down from one family member to another and comes with both health and disease. There are also mental and spiritual blocks that come. These aren’t acquired without knowledge. Usually, it comes from patterns you pick up, such as your brother telling you things continuously or your mom having a specific attitude or question about things. These create a program in you that may stop you on your path and from what you are supposed to be doing.

2. **Past life regressions.** My approach to past life regressions is that you need to know only if you need to heal a wound or take away a scar. There is no other reason. We are all repeating the same mistakes from this life and past lives. Nothing is the same. Delve into your past lives learn what it is you missed. What happens is a fragment is taken from your auric / etheric field. It creates a scar, leak or other wound that is left unhealed and creates beliefs from lifetime to lifetime. This can be healed with energy work and also with simply recognizing the lesson you need to learn and using it for the better.

3. **Current beliefs and voices.** We all have the voices that says “I can’t,” “I believe this,” “this must be right.” The truth is, we create these as defense mechanisms and for our safety. We create patterns and programs from education, systems we are in, associations with others and what we believe is acceptable in our society. Some serve us, some work as negative energies to block us from our truth. The most important part of your beliefs and voices is to know what serves you and what takes you away from your higher purpose.

4. **Inner programs taught from childhood and beyond.** There are many psychologists that say that after the age of 5 we are programmed outside of our true nature and into the surrounding environment. Educational programs, influences of peers and adults and the environment all impact us. This creates a set of programs and beliefs that may or may not serve us and which leads us to what we continue to recycle. These often turn into old wounds that follow us around and cause us to act in ways that may not serve us or which block us from being in our true light.
5. Accumulation of karma. Every day we make choices and decisions that serve us or that are made out of wanting to learn a life lesson. If these aren’t cleared and corrected, then it accumulates. The important part of karma is to learn the lessons and to let them go. This is the process of destruction that becomes important. Accept and take in all lessons possible so you can move through the process of growth and begin to live your best life.

If you find something in your past that you see as a life lesson, then it is important to find peace with it and to no longer allow it to rule over your emotions, decisions and actions.

There are several other types of negative energies that block us and which create responses such as fear, doubt, anxiety and pain. It is up to each of us to recognize what it is and how it works as well as what we can do in response to the things that no longer serve us.

You are the only one that can recognize your blocks and where they come from. We each have individual experiences that are interpreted through our heart and mind. The blocks that are given are a foundation of how most work with blocks, voices and things that comes up instead of allowing us to progress. However, every experience also holds infinite ideas, emotions, thoughts, beliefs and programs that we have developed as a defense mechanism over time. It’s up to you to go into yourself enough to find out what these are, identify them and to decide how much worth they will hold in your life, if they should hold any at all.
Chapter 5: How Old Wounds Work

A problem which many of us have is that we bottle up or suppress the negative energies that we have. Others will take out the negative energies in ways that are irrational or which doesn’t get to the meat of the problem. We each build up defense mechanisms of how we think things should be, mostly which come as an action and reaction to the old wounds that we have. Often, we aren’t even aware of what the wounds are and how they are building up. This accumulates the wound into something greater. Usually, I see negative energies forming as a ball of gray matter in the aura. Sometimes there are scars, tears or rips that form as well. It is also possible to see the wounds with cords that are attached from one person to another or to an idea that is coming from a certain chakra. This is my seeing from working with wounds; however, it is different for each individual according to interpretation and ways that the symbols are able to work best with how a person can see, feels or is able to interact with another. The negative energies that form are simply wounds, like a scar, that we get when we fall down spiritually or mentally. They can be cleared out with our own healing efforts and methods. However, if they aren’t, then it accumulates. A problem that most of us have is that we are walking around with wounds and tears, especially in our heart, from different experiences that we never clear out.

Instead of solving it, we fall into being a victim of what has happened to us. The more we victimize what has happened, whether it is an illness, a failed relationship or a lost job, the more that the wounds accumulate. We give the wounds power. Maybe you have heard a story like this, or have said it yourself. “I really would like to do this project or make this switch, but my ex-husband just threw all of this on me and now I can’t find the time.” In that moment of thinking like that, believing these things and living in that power, we give wounds and negative energy power. It then grows and grows and grows until it takes over anything that would have been in our light.

The danger of giving the old wounds power is that they can override us. The negative energy builds, much like a snowball effect coming down a hill. It can take over everything we do and become our pattern in life. Many that refer to demons or negative entities are referring to this process. It’s an imbalance of negative energy from the wounds that accumulates and leads into being “possessed,” “taken over,” etc. This is simply allowing other negative energies to attach to the wound one already has. Demons that are located in areas and that exist can only do so with the acceptance of those that are in the area. They are created by consciousness and individuals as a negative energy that everyone accepts.

The accumulation of negative energy moves into the mysteries that we often refer to and are afraid of. My challenge to each individual walking on earth is to stop putting mystery around these things. Evil, demons and other forms of energy have no power. However, as long as we give them power, they continue to exist. They are simply concepts to refer to the imbalance of different energies. To destroy these parts of ourselves and others, it simply takes realization and working with energy to reverse what has happened.
When we refer to “evil,” we are simply talking about energy – veils. To release energy veils, it takes recognizing the negative energies that have accumulated and to begin recognizing and healing them. It takes individuals to come into the realization first, followed by others that begin to attach to this new light and to come out of the darkness that is seen.

If the mass consciousness of individuals did not believe in certain types of victimization or negativity, then entire cities and spaces would change overnight. That is the power of thought and of energy. This is also the power of overriding the evil, or energy veils, that we allow to be a part of our lives. These energy veils works as a type of ignorance that stop us from healing and reaching our true light and power.

If you want an example, go and visit a small town. You will find in that small town that everyone has the same attitudes and ideas. Some are good, some are bad, but they are mostly just belief systems. You will notice that with the bad or negative attitudes and ideas, that everyone carries it. Someone who is walking in a specific religion or way may say that the devil’s got a hold of the town.

In all reality, everyone in the area has accepted the same negative belief or system and has allowed it to attach to their own wounds and ways of thinking. In that same area, you may notice things like accumulated levels of alcohol, drug problems, high divorce rates or low responses to education. Why? They may be functioning the same as every other town in the world. However, the thoughts and belief systems lead to negativity which accumulates into an attached energy held by mass consciousness in that area. The result is a lot of negative energy in one space.

The amazing part of this is not only the accumulation of negative energy. Whenever I am in certain areas, I notice that excuses form around the negative belief systems. Even though things are in a state of suffering and problems, there is the belief that this is a part of the culture. If you look at culture, it is divided into a “cult” that is taken care of. We form beliefs out of the negativity with a group of people. That forms the culture. Is our culture true? No. It is simply belief systems that create an acceptance of a part of society believing something should be a certain way.

The saddest example that I have seen of this is with my time in India. There are massive rates of poverty that are there. When first going there, all I wanted to do was help. After time, I realized that it was the mass consciousness that had led to it. Those in poverty wanted to be in poverty because they could remain victimized and at a certain level of anger towards others. Those that weren’t in poverty could continue to be victims of the state of their city. And, foreigners that visited could say that they helped in the Mother Theresa area as a saint to help end poverty.

What was amazing was that when you asked someone about the poverty there, they would say it was just the way it was. The underground and children in poverty was a part of the culture. What this told me was that everyone was benefiting from the victim mindset and from the accumulation of negative energy. More important, a cult had formed around this negativity
which allowed the mass of population to simply accept the mindset that poverty was high in India.

The question is what would happen if everyone simply changed their mind about poverty and whether it should exist? That mindset alone would open a different fight to clear out poverty and to consider it unacceptable for the mass population, leading everyone into true and enlightened change.

The only way that these types of mass consciousness wounds and negative energies can heal is for individuals to begin taking responsibility to wake up. We all have wounds and we are the ones that are responsible for them. I am as responsible for my mistakes, misguidance and missteps, just like everyone else. I’m responsible for healing and clearing them, just like everyone else. It’s only us and God that we are answerable to, no matter which path we walk on. To get rid of the negative wounds, one only has to clear. It takes time and the process, especially with energy work, requires going through pain and transformation. But keep in mind, if you change your way of thinking, you change everything. As you change your way of thinking, it invites and challenges others to do the same. This takes away the negativity that may be inside of you as well as others and begins to move everyone out of the dark (ignorance) and into the light.

The spiritual process and concept is clear. It’s a balance of energies into a neutral where we walk in light and out of the dark. We are each responsible for creating this process within ourselves and taking that path of staying clear and changing our mind about what serves us individually and with our connections to others in society.
Chapter 6: Starting the Clearing Process

The awakening and clearing process begins with death and destruction. Until the old is taken out, the new can’t come in. Your spirit and your body know to naturally start the clearing process and are continuously try to do this with you. The only thing that anyone is required to do is to accept that this needs to happen. As you allow the changes to occur the more that will clear and help with your transformation.

There are a lot of things that you can keep in mind as you work into clearing energetically and with the healing that you require. First, it doesn’t happen overnight. Death and destruction occur over time according to what you can handle. More important, it’s continuous. We are changing every day, just like the flowers and the trees. Continuing to work with the process of getting rid of negative energies and inviting in new ones is an essential part of becoming who you really want to be.

There are several signs that you can look for with death and destruction as well as different forms that it will show up as you are awakening. Some happen in the known and some in the unknown. Others are simply energy work. This is according to how you work best, what signs serve you well and what is required to allow you to move forward on your journey in Earth school. Following are some of the common signs of clearing.

1. Body changes. There are many who will go through changes in the body as the power of destruction takes over. Gaining of weight, headaches and migraines, body pains and aches and other formats will take place to tell you to get rid of the old.

Your body is a symbol of who you are. We all have a lot of speculations about what the perfect body is like and what we should do with it. The body is simply our temple to our spirit. If you are experiencing pain, illness, disease or other problems, then it is a strong communication to you.

What happens in the etheric realm also happens in the physical. Your aura and body reflect each other. It doesn’t matter what your diet is, how much you work out or what you have decided to do on a daily basis. Your body wants you to know and to communicate with you. Often, when someone is awakening, they’ll have fluctuations in their body. Weight loss or gain, headaches and other problems often occur. Neck pains and migraines, stomach problems and weakness in the body are also common, specifically because these are the energy shifts that need to occur.

The process in the body happens because our spirit has to take us out of our thoughts and the Western way of thinking. The awakening is an activation of the heart and spirit, much like starting the ignition to a car. If the car hasn’t been turned on for a while, then the fuel will need to run through the system and activate. Often, our mind or other areas will block the
activation, thinking it is not right and justifying some type of practicality outside of our awakening.

If you notice body changes, then it is enough to notice it. Simply pay attention and find truth in what this means to you. This sign is a way of you working through your awakening. When you find out what to release, then do it immediately in prayer, energy work or in simply acknowledging what is going on. For example, maybe you have gained weight. This truth to you is that it is because you are holding or repressing energy that no longer serves you. Release it by exercising and losing the weight, specifically with that intention. Over time, the problem will subside and you’ll make the necessary changes.

2. Mental changes. Your mind always changes in thoughts and processes. It also may go back to old patterns and ways of thinking. The mind is incredibly powerful with how you decide to awaken and what you have decided to do with your next step. I’m speaking about all parts of the mind. The conscious, the subconscious, those parts that don’t even feel like they are awake.

The mind works with patterns and habits that you have in your life. It also works to tell you what thoughts and patterns no longer serve you. Let’s take an example. My friend “John” has a mental belief system that everyone should work at a corporation for five years before they decide what to do with their livelihood. In response to this, John starts working at a corporation, expecting to be there for five years. However, there is another part of his mind in the subconscious that wants to paint instead.

What happens to John? He has problems. He starts fighting with himself mentally about where he works, he becomes unhappy, he finds difficulty and he builds patterns that destroy his opportunity so he has to quit or get fired. His mental process justifies first the pattern that he has created, then creates a way to where he communicates through his mind that this will not serve him because his awakening lies elsewhere.

The trick with this form of death and destruction is to pay attention to what you think. What you think comes true. More important, what you think will become a reality that will lead you to your truth – for better or worse. The only difference between our karma and dharma is the way that we think. When we want to learn a lesson, we set up a thought pattern and repeat it until we learn what our dharma is. When we work with dharma, we set with the mental patterns that are awakened and conscious.

Being conscious of what you think means all the time with everything. If you slip for one instance, then you are breaking the boundaries of your true self, then you are going to have to clear again. If I think something negative about myself, it instantly ingrains into my head. That thought will continue to recycle and recycle and recycle. That is because it is uncomfortable and wants out. Until I take it out by changing my thought pattern, it will continue.

Be careful what you think. It will ultimately come true.
3. Scenarios. Scenarios are some of the best ways of communication for reaching death and destruction and bringing out the new. Scenarios are a way of communicating so we really get it without the subtle hints. I constantly ask for scenarios in my life so I can learn, destroy and so I can be reborn. Some great communicators through scenarios are relationships that reflect who you are, finances that build or deplete, environmental areas where certain energy is attracted to or events that cause you to be uncomfortable.

In the illusion and reality that is our life, everything is simply a scenario. We create it. We create and attract everything to ourselves because we want to learn a lesson and because we want to walk in our truth. There is a part of our being that is here to destroy those old thoughts and patterns form lifetimes and from the current time that no longer serve us. We set up the scenarios to destroy what we don’t want.

The first thing everyone needs to do with a scenario is to acknowledge that it is you that has created it. No matter how dark and deep and ugly it is, you created it. It’s your way of really loving yourself because you want to learn the lesson and no longer repeat it.

An example is from my own story. A few years ago, before I was awakened at all, I set up a scenario that could have killed me. I “did wrong” according to the religion I was currently in, meaning I broke the rules and should have been severely punished for it. I managed to have my family mad at me, felt like I was abandoned and ended up homeless and jobless for a while, save by the grace of a friend who let me stay on her couch until I could scrape myself off the ground. This was the worst rock bottom that I had ever hit in my life. I was clueless, I felt completely helpless and I had absolutely nowhere to turn. But, this scenario also gave me a choice. I could continue to stay in the pattern or I could start to switch. I’ll tell you a secret… it didn’t happen overnight. In fact, there are often scenarios that repeat if my spirit feels like I’ve forgotten so I can really master what it is that I have to learn out of this scenario.

Here’s how this scenario works with me to help me learn my truth. I put myself in a situation where I feel a certain way, where I’m looking at myself in a certain light and where I feel completely destroyed. That is where I have a choice that starts in the spirit and allows me to move forward. I can choose to stay helpless or I can choose to find my power. The pattern starts to change until I pick myself off the ground and before you know it, the universe is surrounding and helping on the way, just so the lesson can be learned.

In this scenario, I learned. I could have given in and fallen into a vicious cycle, repeating the same thing until I really hit rock bottom. Instead, I went from being homeless to starting my first business and allowing myself to be open and to learn about the spirit. I went through healings, I found my first spiritual mentor and I began to work on destroying that pattern. As the same scenarios came up, I worked through them by allowing myself to work in my power while finding ways to deplete the negative thought patterns and ideas that didn’t serve me in that situation.

This may or may not be the same scenario for you. The point of this is simple. You set it up. Own it. Look it in the eyes and say, “Okay. You are the demon that I created for myself. Either
I live with the demon or I destroy it.” It’s quite simple. Either you repeat the pattern again and again, or you break it again and again until you come into who you truly are while destroying what no longer belongs to you.
Chapter 7: Spiritual Awakening and Activation

These are three basic ways that we begin to activate, awaken and learn. There are also other levels that are based on the spiritual and which often jolt us while going through other activations. The next level activations and awakenings may come suddenly or over time. If our spirit is ready for the change, then we are going through it. I’ve heard, and maybe you have too, of car accidents and other problems where an individual is jolted overnight. All of a sudden, they see things, hear things and are in tune in ways from never before. This is a part of spiritual awakening and development of intuition that we are ready for at a spiritual level so we can take our true place.

The first type of spiritual awakening that is seen is when our consciousness jumps to another level. Often times, the mental changes that we go through are not conscious in the sense of “thinking.” They are at another level of realization and awakening.

Empaths, psychics, mediums and individuals who carry these gifts are simply awakened to another part of their heart and mind that allows them to connect. As you awaken into higher realms, you will find a death and destruction of the “logical” and the “justification” and will move into processes of the spirit and the heart.

In ancient times, telepathy, psychic powers and the ability to read the mind and communicate without words were normal. We are now going back into a time where this will still be considered normal. This is not something to be afraid of or not to embrace. Your ability to see, feel and recognize the energies that are around you and within you is a great power that you can use, especially if you do so responsibly.

I’ve had a lot of individuals come up to me when they start “seeing” and feeling the different auras. Many hear things, like voices, others will see visions and images or will simply feel what someone else is going through. If you are at this point, then there are two things to consider. The first is that you will need to destroy the voices and old thought patterns that don’t embrace this type of consciousness. You may think you are crazy, try to hide or will simply not stay in tune to this. Don’t disservice the gift that you have!

I’m saying this because I see it in others and have also done it myself. From the time I was very young, I could tell you everything that someone was thinking, could see visions of their pain and would often associate with past lives where memories would come up. I suppressed it for many years, all which led to me believing I was crazy and to this being told to me by others because I attracted that to myself. There are others I know that simply ask for the gifts to be taken away. “No more voices,” “I don’t want to feel,” “this power doesn’t serve.”

There are two paths to take with this so you can destroy the patterns of old beliefs and lack of acceptance and to where you can embrace these parts of your mental being that really do exist. If you recognize the things that suppress your being, empathy, psychic powers, etc, then sit with
it. What is it doing there? Why does it serve you? Why do you embrace those things that reject these gifts? Allow yourself to feel what comes up – the pain, the fears, the voices and the belief systems. Acknowledge why they are there.

After this point, you have the ability to change the mental thoughts and beliefs that stop this part of awakening. This is where you have the power to be responsible for your gifts and to destroy those old beliefs and patterns that no longer serve you. Just like you have the power to create and bring things into being, you also have the power to destroy, just like the Shiva. It is one of the gifts that all of us are given by God.

There is one small key that is often not recognized with empaths, psychics and those working in this realm. Everyone sees it, feels it and recognizes it differently. Just like we all think just a little differently, these gifts also all work a little differently. I may see something about a force or entity that is a color and holds some truth. Someone else may be looking at the same thing and see a different field, like a bright green. This is because we are all angles of light with multi – layers of auric fields and codes that surround us.

This is important to recognize so you can recognize your own gifts as you awaken. You may be responsible for recognizing a certain type of aura or spiritual field while someone else may be interested in a different part. None of it is to be discredited or disowned by you or anyone else. When we all begin to work together with these gifts of communication that are now awakening to us, then we will be able to reach greater healings and peace.

Another way that is used for higher awakening is spiritual release. As I go through my own healings and move deeper into the realms of awakening, I recognize that spiritual release is continuously required. This is a much subtler way of releasing and getting rid of energy. The transitions are noticed when you feel energy working through you, often what is referred to as activations.

Activations come in a lot of different formats, many which allow you to get answers and morph into something else immediately, others which take time to manifest. The reality of activations is that they are there to help you in the subtle bodies and auras first, then come into being when you are ready and when it is time for your higher self to really “get it.”

There are two parts to activations that I’ve learned. The first is that you have to have the room to activate. This means that you have to hollow out certain parts of you that no longer serve you. In some of the work I’ve seen and done, this means releasing old energies, past lives, etc back to where it came from. There are simply things and energies in us that are old and no longer serve us. Let it go. When I’m doing this release, I will find myself walking, going to the ocean, working with angels and spirits and connecting to energies that will release for me. Our best healer is inside, in the universe and surrounding us in nature.

The second part to activation is allowing the new light energies to enter you. Sometimes you will completely feel this, sometimes not. It doesn’t matter. When you empty out energies, it gives room for new to come in.
Activation is something that we can practice on a daily basis. Shambhala is a great method for it. This is a simple meditation where you recognize your thoughts and acknowledge and release them. You can do the same for emotions, beliefs, anything that comes up. Allow yourself to be the observer of those energies and to release what is needed so the new can come in. If you continue to practice this and clear yourself, you’ll find that you are a clear channel to learn more lessons and to awaken to even higher levels.

For those that want to activate even more is an invitation to you to work with surrounding spiritual beings and entities. In my world, I love and embrace the mystical. I completely walk in those realms and am attracted to them for messages and guidance. It’s not more or less important than any other realm. It’s just a way to activate. It’s also a great way to destroy and to bring on the new. Spiritual beings have a subtle and beautiful way of transferring our energy into something greater than we are, without as much pain. They are the true medicine of the spirit and of awakening. Following are a few that I work with, as well as an invitation for you to experiment and play responsibly in these fields.

**Spirit Guides.** Each of us is given a spirit guide from the time of birth and from the universe. Yes, this is your imaginary friend. Embrace it. Spirit guides come as your inner child, often referred to in psychology as that part of you that never grows up. There is also a mirror reflection of your spirit that is there to guide you, almost like the angel on your shoulders that tells you which way to go.

Anyone can connect with a spirit guide and is always asked to. However, they don’t have the ability to help or activate until you ask. It doesn’t require a ritual or dancing or some type of intense pomp and show. It just requires you being present and asking. You may feel a being next to you or you may actually see images around you. Yes, allow yourself to talk to the voices. It’s okay. There’s a beauty in embracing this part of you that is true, real and which helps you to create a world that is your truth and belongs to you. Your spirit guide will give you messages, stay by your side and is known to work with who you are so you can slowly walk on the path that you have set up for yourself.

**Angels.** In the past, the angelic realms have helped me through the toughest circumstances and through the miraculous. The angels are simply “angles,” or light that comes from the universe. In our true form, we are all angles of God and all light that walks in the universe. Angels surround and help you all the time and are responsible for the known and unknown miracles that continuously transform us.

Work with your angels. There is a hierarchy of angels that is there simply to serve, protect, guide and offer assistance. There are also angels that are “assigned” to work with you and to be there when you are in need of help. The key is that you have to ask for the assistance, clearing or activation.

Angels work in different realms for different needs. You can ask for warrior angels for protection and guardianship. You can also ask for others to communicate and guide you if you
need answers and insight. Angels may not just talk to you. They will set up scenarios and let you know what is up through signs and symbols. They work in ways that they know you will understand so you can stay connected to the universe.

The approach you want to take with angels is to simply work with the ones that serve you best. For most, there is an attraction to personal angels that are surrounding and activating you. There are also Archangels, who work closely to God as a messenger and as a form of higher light. These Archangels come in light that is responsible for certain godly attributes, such as guidance, protection, beauty, healing and other forms of assistance. When you are ready, they will come to help you and will allow you to recognize them.

Just to bring this into a reality, I’ll tell you my first few experiences with finding angels. The first was with my spiritual mentor, who worked heavily in the angelic realms. The situation was so casual, where we were sitting on the floor together. All of a sudden, he looks at me and goes, “close your eyes.” So, like a child, I throw my hands over my eyes and wait. He calls angels to the forefront and waits. I felt a swirl of energy surrounding me in the room, almost like a whirlwind. Then he goes, “open your eyes.” I look before me and could see them clear as a tree in front of you. Three beings, one almost 7 feet tall, standing in front of my messy closet, asking how to serve. I was floored. This was one of the first mystical experiences that I remember. He then gave instructions of what he wanted the angels to do and sent them on their way. When he asked what I saw I couldn’t tell him back. Just to make sure I got it, he waited until the next day when he got the idea to go and get some coffee because the angels were there before they departed on their mission. When we went to the coffee house, the attendee randomly decided to give us free coffee and a snack without having us pay for anything. My mentor and I simply looked at each other, and later he reminded me, “I told you they were here waiting.”

Since that time, I’ve continued to work with angels and ask for assistance. Even though I saw them in this experience, I don’t always see them. But there is a feeling around you and often signs and symbols that come your way. As you ascend and work in partnership with them, more will open to you with the mechanics of how they work and how they can help you. If anything else, you can simply ask them to help you in remembering how to work with them and how to ascend.

Another format you may find with angels is with direct guidance to work with another person. There are times when Archangel Michael, Ariel or others will speak to me and say… “Hey, I want to work with that person. Introduce us.” If that’s the case and if you feel a prompt, don’t take it lightly. The angels want to work with you and for you so that you can see the angles of light that allow you to be who you really are. Embrace the invitation and tell them you accept their assistance. They’ll show up and knock at your door.

*Ascended Masters.* I’m sending out an invitation for everyone to begin working and recognizing the ascended masters. I hear a lot that you have to be awakened to a certain level to call on them and work with them. It’s true that you can’t find a teacher until you are ready. The student always seeks the teacher and the teacher always seeks the student.
However, if you are seeking and you really feel drawn to the Christ energy, Saint Germain, Great White Brotherhood, Virgin Mary, Buddha, or other teachers that have walked the Earth, then connect. They hold out open arms to be with you. It’s only us that stay in the way. Talk to them or think of them or ask for assistance. Signs will be sent and amazing miracles will start occurring when you open to them.

I didn’t connect with ascended masters until I was on my journey for about 8 years. It wasn’t open to me and I didn’t understand it. This is what I mean by the power of destruction. There were certain wounds in my heart that were blocking me from meeting with them that I had to get rid of them. The day after that filtered out, I see myself sitting before the Great White Brotherhood, all which are giving me very important messages about who I really am.

I’m sharing my experience with the ascended masters with this one thing in mind. We all hold these identities and energies inside of us. It’s not mystical or mysterious or magical or even something that one has to attain to or reach. It’s already there and up to us to remember. If you want to work with ascended masters, then call them.

They are there to help you reach whatever you need to. They are a beautiful energy brought from the closeness of God to work with us. There is an open invitation from them and to you to begin creating reality according to the beauty that they see. It may not be that you see them or even feel them. But begin working with and understanding their energy and listen to the messages and scenarios that come so you can begin to reach your higher potential and good.

On that note, the ascended masters are not limited to only what we know from our studies. You may find different ones knocking at your door in different spaces. I continue to work with powerful beings, all which change according to where I am. In Hawaii, I find myself connecting to Goddess Pele and the Sister of the Sea to do work. When I’m in India, there is a feeling of being around Buddha and the great Yogis of the past. It’s all welcome on the table of spirituality and none of it is separate from the other. Get the messages, learn the lessons and find a way to partner with those things that resonate best with you.
Chapter 8: Working with the Selves

The best master and leader of your life is you. You know your truth better than anyone else and have the ability to claim your power in every moment. To connect with your self is to master yourself. That is the voice that starts out as a whisper, a warning or as an inspiration. Open to it, embrace it and let it destroy what doesn’t serve you.

There is an amazing mechanic that I have found works with our selves that are inside of us. In different beliefs, there are different types of selves. The ones that we know most is the higher self. This is our spirit that works and lives with the highest good while allowing us to move into the things that we know serve us. There is also a middle self, or the mental, which connects the higher self to us and what we act in. These two have to be in union for us to carry out with what we want to do. The higher self will work through the mental, subconscious and other forms to make sure that we get it in every second.

There is also a connection to the basic or lower self. This is where it all connects and moves through. When we are truly working as a clear channel, our lower self has spirit moving through it as much as the higher self. The basic self has survival skills, needs, wants, desires and is often known as the shadow self. It will do anything to survive and get those basic needs met. Keep in mind, that the shadow isn’t bad. It’s simply another side of communicating that needs to be cleared and open for the dharma to be met.

The key to working with your different selves is to listen to all parts of you. It may look something like this. “Oh, there is an emotion. It comes from my basic self. It’s there because I’m afraid. I’m afraid because I’ve never done this before. My higher self is telling me to do it, but I don’t know. This and that happened to me when I did it before.”

That example is one of the ways that our basic self will work with us. It tells us things that we need to know so we don’t repeat patterns and mistakes. It also works with the higher self to begin to work toward what is in our highest good and what is truly in our spirit.

As humans, this is the most important thing to master. This is what I’ve learned as mastering every dimension. When we can begin to recognize and master our basic self, then partner it with our higher self, then we are able to truly walk as humans and spiritual beings at the same time. The key to working with the “selves” is one of the most important concepts to learn at this time. This is where the true work comes in. I’ll give you some scenarios of what I’ve observed.

1. Higher self disconnecting from lower self. I have seen a myriad of people that I consider healers and masters. They walk in the spirit in ways that leave me in awe, able to see the entire universe and to connect to entities and beings beyond what I understand. I see the same people taking this information and disconnecting it. It stays as knowledge and information that they get from their higher self. But when it comes to turning it into a
reality or mechanic, it halts. There is a block. This block stops them from creating, 
destroying and making the higher self into a reality.

With as much spiritual knowledge as you may gain, it doesn’t do you any good unless you can 
turn it into a reality. If you get channels and messages and work with angels and beings, it’s 
great. If you get those same channels and messages and leave them in the etheric realm, then it’s 
simply bliss that doesn’t manifest. Take your messages and turn it into action. Otherwise you 
are being in the spirit just to be in spirit. Have purpose with every message you get and with 
everything you work with.

2. Disconnecting basic self from higher self. I’m going to confess another story about a 
story that tends to go through my head. “What am I going to do if I run out of money?” 
Sound familiar? The “what am I going to do if” is a huge scenario that we all put 
ourselves into when our basic self takes over and doesn’t connect to our spirit. If you 
hear yourself saying should have, would have, could have or any of the ifs, then you are 
functioning out of a basic self that needs to be destroyed.

How do you destroy it? You connect to your higher self. Let me give you an example. I was in 
a situation where I had a house that I was no longer living in. I had moved, was uncertain about 
money but knew that it wasn’t time to sell the house. Not only that, but everything I had in there 
was taken out by a past tenant and I had no idea how I was going to get it back. I had about 3 
weeks to figure the whole thing out. You bet that I panicked. And in the middle of the panic, I 
stopped myself and asked, “what would my higher self and the universe do?” I simply asked for 
that interception.

Within one week, I had all my things in the proper place, found a tenant and was ready to go to 
the next step. I even had vacation time. Here’s the magic. I didn’t have to do anything. My 
higher self and the universe took over and performed the miracles that needed to happen, I just 
had to follow the prompts to fix the scenario. I combined that with allowing my basic self to 
accept the messages from the higher realms and to put that into action. At times, I got angry, 
scared, upset and rejected the messages. When I did, I brought it to the table and got the 
messages from the higher self. I listened and implemented, all the way from the higher self to 
the basic self, and watched the turn.

All of these scenarios may resonate and work with you, or maybe not. Find your own keys and 
tricks. The beauty of the universe and of the power of destruction is that there is no right or 
wrong way. It all just exists as tools for us to open up, be in partnership with and work through 
those things that allow us to become brighter, better and more beautiful to the world.
Chapter 9: The Power of Destruction

Destruction and creativity are the two parts of life that we can’t deny. If you look in nature, the cycle that continues is to create and be born, maintain and thrive and then to destroy and die. When I speak about how to destroy, I am speaking about release and healing. I’m speaking about letting go so that you have the ability to create and bring in the new. I have found that destruction is necessary in every circumstance so the new can be brought about and so the life lessons can be learned in ways that allow us to work even more thoroughly with what we love. The key is to understand how to do this in a way that is practical, simple and which allows us to awaken.

There is a process that you can use when you are meditating, thinking or even in a space where you are in complete chaos and fear. Allow yourself to have room with this so you can begin to destroy what no longer serves you.

1. Recognition and acceptance. It takes a lot of strength to recognize what doesn’t serve you and to know the lessons that you are learning. I’m inviting you to do it. When I first began on my journey, I decided that the best thing I could do was make a mess. I made a mess of everything. I showed it through art and writing, I wrote it out, I played it out, I even made a mess of my life on purpose, simply so I could recognize and accept those parts of me that were the “shadow,” or that no longer served me.

In art, you need light and dark to exist. You need all of the colors of yourself to be true. That is what creates the masterpiece. Everything that is a part of our lives is welcome to the universe. Every being that is in the universe knows that it is perfect as it is. When you are angry or sad or do something you don’t like, it is welcome. It is the most beautiful thing that you can do with your life. Out of that mess and those things comes a catalyst for change. Out of that change, you are able to correct, learn and become a master of destroying the old and bringing the new.

Recognition and acceptance is simple. It’s saying that there is a part of you that you don’t like and that doesn’t serve you. Almost like trying a food that doesn’t suit your tastes. Then, you can decide what you do with that food that doesn’t taste so good to you.

2. Call it out. Recognition doesn’t work if you feel it or think it is inside of you and needs to stay there. That gives your negative energy power. You have to call out whatever it is that doesn’t serve you. At times, this may look like a negative entity to you. Other times you may recognize it as a fear or anger. Whatever it is, say that it is there. I’m talking about using your voice and saying that there is something inside of you that needs to leave.

Here’s your scenario. Mary really wants to play and write music for her livelihood. It’s her dream and passion. So, she keeps dreaming and being passionate about it and working on how it
is going to happen. And it cycles in her head just like that. Sometimes she writes a song, sometimes she picks up a guitar. But then she gets busy and forgets until it comes around again. The problem with Mary is, what next? You want this, but what will you create? If there is no room for creation, then something needs to be destroyed. If you are in this scenario, call it out. What is stopping you?

Are you afraid of something, is there a voice, what is it that blocks you from being that dream? Nothing in the universe is unavailable to us. We only make it unavailable to ourselves. The power of manifestation is simply not allowing the blocks to be in the way. Call out the things that don’t work for you, however it looks and whatever you think it will be.

3. Bringing it to the table. Bringing it to the table is my favorite thing. This is a challenge for everyone who walks in true spirituality and believes in God. Bring it to the table. That means bring it to God. Bring it to the universe and say that you have got a problem. It’s okay to say that you don’t like something, it doesn’t work for you and it doesn’t serve you. Sometimes that table may include others, sometimes it’s just asking for help from the situation that you are in.

Let me display a conversation that I have a lot with God. I was given a prompt to go to India by my guides and spirit. So I went. When I got there, I had some problems with the way things were. But, to say anything would have been disrespectful. Instead, I brought it to the table. I was meditating in the morning and just laid it straight. The conversation went like this. “Look, God. I know that you brought me here and I know what is supposed to be going. But seriously, there is a problem with me using toilet paper instead of water and I can’t take it anymore. I need some release from this situation.” It didn’t even take 24 hours before a scenario was set up and everyone learned a lesson from it about respect, boundaries, whatever was needed. Including blocks that I needed to fix in my character.

No matter what the problem, there is a need to recognize that God has the answer. It will come in a scenario, a release of blocks and in facing problems. But nothing can be done if we don’t recognize it, call it out and bring it to the table to find a solution. In this way, the universe can adjust and work for us in ways that become miracles.

Bringing it to the table is different than praying. When we are praying we are asking. That gives the universe a decision according to our highest good. When we bring it to the table, we are in a state of purity, honesty and truth about how we feel and what is happening. We are asking for help in a way that serves the highest good and which leaves no stone unturned. God wants to hear from us so things can be made right and cleared out. But you have to let him know.

4. Embrace it. Once there is recognition and calling out, embracing needs to be done. There is no way to release what doesn’t belong to us unless there is gratefulness for it. I can give you 50 million examples where I have placed myself in situations that are sticky, difficult and which could destroy me. I couldn’t be more grateful for them. They have taught me invaluable lessons about myself and the capacity of what I have to do. That
capacity is sometimes with the higher good and spirit and is sometimes out of fear and the desire to survive. Embrace it all. It’s all okay in the universe and there is no right or wrong.

Many of you may have heard people that have gone through some of the most difficult scenarios say that if that didn’t happen, they wouldn’t be where they were. A good friend of mine who knows this principle often tells me the same thing. One day his wife decided to leave him. She took all of his things, put them in a trailer and drove him to another house. She then dropped his things off, changed the locks and left. He hasn’t heard from her since and still doesn’t know what happened. More puzzling to him is the fact that they are still legally married.

But with the principle of embracing the situation, as ugly as it is, is that he is grateful. He knows that if that didn’t happen, he wouldn’t be reaching his greatness now and would have never opened to new things. The embracing comes not only with the situation, but also with the anger, fear, sadness and other experiences that came with it.

Eventually, the things that are the ugliest to us turn into our beauty. That’s the perfection of the universe. Nothing needs to be changed. The cockroaches have the same beauty as the butterfly, all just going through phases in reaching their own perfection. The snow and rain has to be there for the sun to shine and for things to grow. The storms and the destruction have to be there for the new to come and for life to begin in a more perfect and evolutionary way.

5. Release it. Once there is acknowledgement and embracing of the things that no longer serve you, let it go. You don’t have to hold onto anything. In the casting of demons known in Christianity, this is the binding and casting out of something, sending it back to where it came from. You don’t have to hold onto the things that don’t serve you. If you are afraid, great. But even better is that you were afraid and no longer are because you see the other side. If you hold on, you’ll just repeat the same cycle again, trying to find the same answer and getting the same life lessons. Learn it. Let it go. Let it be done.

There are some practical ways that you can release and let go as well as spiritual ways. Letting go in the spirit allows the physical to be set up for the completion of that release. Everyone comes up with different techniques that can be used. Work with the higher powers of the universe, your own universal power and even creative ways that allow you to no longer be responsible. If there is a need to have some practical methods, then write out what you were and no longer are, get creative with it, look at it and recognize it isn’t who you are, it is what you were allowing yourself to act in. Be the observer of the thing that no longer serves you and no longer exists.

6. Acknowledge the process. There is a fine balance between releasing and being in denial. There are a lot of things that I have released in my own life. However, I now use those same things as gold instead of alchemy. I can give 50 million stories about who I was and the processes that I went through. I acknowledge it as a part of my own learning process to change my life. That acknowledgment allows me to turn it into something beauty. This doesn’t mean that I still own the same fears and stories and ideas. Instead,
it becomes a tool to see the human side in myself and in all of us while being grateful and seeing the beautiful in how that process worked.

Always end the day with a thank you. There are powers known and unknown that are helping you, even when you think you are flat on your ass. The universe doesn’t leave anyone alone. That is the process you want to acknowledge. As you go deeper and deeper into your true self, you will find that the same process works over and over again. The more you acknowledge it, the better it becomes and the more you are able to find your own light, transformed from the darkness of the blocks that needed to be destroyed.
Chapter 10: The Responsibility of Clearing

There is a great myth in Hinduism that I completely embrace and believe we can all apply to today’s lessons. In the ancient times, gods and goddesses inherited the Earth. However, there were also demons that inherited the Earth. Both were required to keep balance. At one point, the demons began to destroy all that was beautiful and took over the gods and goddesses, leading them into slavery. The problem became so bad that they went to the Hindu deities and asked for help.

The deities agreed that balance needed to be restored. They took their energies and created an avatar of the Shiva, recognized as the Durga. The Durga was sent to the Earth to destroy the Buffalo Demon that had destroyed the Earth. However, she then became angry and continued to fight and destroy the demons that were surrounding it. As the myth goes, the deities saw this as a mistake. The husband of Durga was sent down and laid on her path as she destroyed things. She tripped over him, which is considered rude. She immediately recognized her mistake of destroying too much and stopped, apologizing for the actions.

There is a time for things that are inside of you to be destroyed. There is also a time for them to be activated. The responsibility of destruction is to be aware. Know what your truth is in the minute and know when it is no longer your truth. At times, you may need to destroy your fear. At other times, that fear may be serving you to warn you about something. Acknowledgement and recognition is a form of mastery that allows you to find answers to what you need to do so you aren’t destroying things that you may need.

How do you know when too much has happened? If you go through the process of destruction, then you will know what serves you. There is such a thing as healthy fear and doubt, used to give us warnings and signals of when not to go forward. Listen to it when you are acknowledging and working with the universe. Allow yourself to go through the processes and to find what is needed for your next steps of release or acknowledgment. Don’t fight so hard with your own negativity that you bring things out of balance and have to be stopped.

Everything that you destroy and create should be a part of a natural process. There is nothing that is out of order and no mistakes that are made outside of the universe. Know when you are working with a healthy fear and when it is time for it to go. Also recognize when your healthy fear has turned into something that no longer serves.
Chapter 11: The Power of Rebirth

Mystics and those who study the supernatural equate our lives with having several rebirths. In this lifetime, we are born into several lives, all which are meant to teach us great things and to help us on our journey. When you destroy something that no longer serves you, you are also giving yourself permission to create and bring in new life. You are toiling the land so something new can be planted inside of you and so you gain access into the greater. The rebirth and process of creating is just as important as the doors that you have closed behind you.

Meaning of Rebirth

In my personal experience, I have gone through rebirths where I have felt like every day is a completely new beginning. At other times, I have gone through even more powerful births where everything that I thought I knew simply ends and completely new things come up. It may come up with scenarios, people, life mission and purpose, career, even relationships. It may be a scenario, a feeling of being different or of simply creating something that never existed in your life before.

The rebirth that you go through is one of the most powerful processes that you can be a part of. It redefines your spirit and allows you to go into those realms that your higher self already wants you to exist in. This part of awakening is the realization that you are something more than you thought you were. There is something greater inside of you that connects to the universe and that allows you to be the being that you came here to be.

When you are going through a rebirth process there are two things that are important. The first is the destruction that was mentioned. The second is allowing the birthing process to come into fruition in its own time. The process is always different, depending on what you are ready for. It usually takes place over a period of time and with scenarios that are set up. You may see something, feel something or be pushed in a direction that seems awkward. This is all a part of the process to help you to continue on your path and journey to rebirthing.
Chapter 12: Connecting to The Cavern of the Heart

The cavern of the heart is an age old concept set by the mistakes about what exists inside of us. Many others say that the heart connection is what allows us to go into and explore the universe. The more that our heart is open, the more that we can learn about the heart and what it has to offer. Your invitation is to begin opening your heart and spirit so you can begin to experience what this means to you.

We are working like onions, peeling back layer after layer after layer. It doesn’t stop. What may serve us now and in a certain cycle won’t serve us tomorrow. This continuous acknowledgment and work of finding our light and truth and stepping into it time after time. This is called getting into the depths of your true self.

I used to be told all the time that we don’t need books or teachers or anything to find out truth. All we need to do is look inside. There is a cavern inside of our heart that connects to the universe. It is our birthright and an umbilical cord that allows us to connect to the I Am and the presence of all that is. Your own mastery and light is in here, not on the outside. There is no guru or teacher or healer that can guide you. They can only teach you how to guide yourself. When you learn to work within your heart center and spirit, you can be responsible with your destruction and creation and can get the answers that serve all of yourselves. For everyone, this comes in different forms and light. This comes in scenarios, messages, body changes and the things that we need to serve ourselves.

Get rid of the blocks and work with the cavern of the heart. That is your answer and your mastery.

The beauty of the cavern of the heart is that is where the rebirth lies. It is inside of us and is a birthing that we call on when we are ready. We are the keeper of our own secrets. We hide the secrets in our heart. As we peel back the onion layers, the depths that are inside our spirit and heart come forward. This is the spiritual process of rebirthing.

As the things in our heart come forward, we begin to change and morph into something else. We come into our power, learn new things, begin to have new patterns, concepts and ideas. This is a time when we may awaken to higher intuition, feelings, psychic powers and more. It may also be a time when we are simply more aware. A friend of mine describes himself as awakening and seeing himself as an outside of others because he can see things that he didn’t before. This all comes from the cavern of the heart and the spirit and develops into our true self for the time.
Chapter 13: The Process of Birthing

Most of us are familiar with the process of a physical birth. When you are birthing your true self, you need to recognize that there is a similar process. This means that it takes time to develop and to grow into what you truly are, depending on what you are ready for. If we wake up one day and are speaking an ancient language, seeing ghosts and ascended masters and playing music instead of running a business, then it will probably lead to a mental breakdown. For some it may work, but process is more important in the awakening and birthing process.

The trick to rebirthing yourself is to give it time and to embrace the process. It is the process that is important. Allow your changes to go through the cycles of development. It may take two years, it may take 20. Water your seeds, tend to them and allow them to grow and develop into what they truly are. Don’t cut yourself short by trying to push out a baby before it is supposed to be born or doing what you aren’t ready for. The process has to be activated from the spiritual and into the physical.

Let’s take a simple scenario. Jane has an idea for a business. She is passionate about starting this business and want to work into it so they are financially stable and making a great contribution to the world. This business idea has come during a meditation and is an inspiration that just hits and that Jane talks to friends, family and others about.

The question is, what does Jane do with this idea? One option is to just start it. Build whatever comes to mind and say that it exists and there it is. What typically happens with this is that there are corners that are cut, ideas are lost and parts of the business don’t flow correctly. The birth of the business is not matched with a sense of respect toward the idea because it is not thought about or crafted in the right manner.

Maybe Jane takes a different approach. Maybe Jane is able to recognize the birth and the new and embrace it. At the same time, Jane requires getting rid of old fears, beliefs or ideas about what she is doing. As things come up, Jane is required to embrace them and to nurture the business until it is ready for the right customers. While Jane builds and develops things, there is also an embracing of each step of the process so the right things are done with creating the new.

When the time comes, there will be labor pains, final tests and finally the beginning of the business. Jane will be able to then work toward growing the child through her rebirth and new career.

One thing to keep in mind with the birthing process is the labor pains. This is where the death of the old and the birth of the new mix together to bring out the new you. In labor, there is pain, letting go and spilling out, much like the destruction. The ability to go into labor, go through the pains and lead into a new life that we see in the physical is similar to what happens in the spiritual. When we are birthing ourselves, we go through a process of labor. There is pain, letting go, resistance and contractions and eventually release.
When you are rebirthing, recognize each of these phases. Recognize when you resist and why. Recognize when you go forward and why. Allow this process to be brought into fruition and to continue to guide you. As this occurs, you will be able to master and take away the things that are blocking you while developing an appreciation for the new and bringing it into full form.
Chapter 14: What Are You Birthing?

Going through a birthing process doesn’t mean you have to start a new business, get into a relationship or have something physical happen. Each process is different. Birthing is an initiation into a new you and into your true self. It happens in phases over and over again. There are times when the birthing process takes place, allowing us to be or to simply feel different. That being is enough. It may not follow with actions until later or until it is truly time. It’s not as important to recognize what we need to do or what actions should be there for our birthing into the new awakening and activations. It’s just as important to be in our true self and into the new us that is coming from the universe and allowing us to be. Recognizing who we really are in that moment of rebirth and finding out what we can create within that, simply by being, is what the rebirth is about. As more of the old pain unravels, new birth will occur, allowing us to continuously be in a spiral of change and birthing that makes us better, stronger, more in our light and a part of the process that helps us to become enlightened.
Chapter 15: Maintaining The Power of You

We live in a time where everyone has the answers. That means that you also have your own answers. You don’t have to learn from the preachers anymore. You don’t have to turn to the books or the belief systems or to the gurus. They are great to get ideas from. But what is more important is what is inside of you. Whether you are destroying, rebirthing or being is the importance of maintaining your truth and who you are.

Let’s get real. Being yourself is the challenge and the opportunity of the day. We can live truth in every second. Let’s use that as a milestone to accomplish. What does that truth mean to you? It means that when you say yes or no, that is what you mean. You stick with it. It means that when you make promises to others or yourself, you do it. The end.

Here’s an example of how this maintenance works. You have a promise to yourself that you are going to live healthy. You make a goal of having a certain amount of calories per day, exercising and of maintaining a balance in the diet that you have. Then, someone comes along with cheesecake. In a matter of seconds, your maintenance is broken. Maybe it doesn’t seem like a big deal. But what you have just done is broken your promise to yourself. You have sold yourself short of how you want to live because of the cheesecake.

It’s your power to master those things that allow you to keep promises to yourself and to others. When you can do this, you have the ability to be more, offer more and to continuously rebirth and destroy without the blocks. Your power is in your truth. It is in the cavern of your heart that only you have the key to and that only you can offer to the world.

The maintenance of yourself is tricky for two reasons. First, if you have made a promise to yourself, you don’t need to be fanatical about it. Second, maybe it is your truth in the second to have the piece of cheesecake.

To be true to yourself means to let go of everything except for the present moment. Live in the now. In the now make that promise to yourself. At this moment, what will you do? How will you allow those things that you have created to manifest into something greater, more beautiful and as an opportunity? How will you allow the life lessons and the negative energies to change into your truth and beauty so you can turn it around.

The maintenance that you have doesn’t need to come with life goals, five year plans or anything but the current moment. It also can come with these goals if you know that is your truth. You find what works for you. There is no one that knows you better. As you maintain yourself this way, you will be able to find the opportunities and desires that you want while working toward the birthing process in the way that fits you best.
Chapter 16: Becoming Pono

In Hawaiian belief, they have a saying that things need to be pono, or made right. This doesn’t mean that there are mistakes, but it means that the energy needs to be fixed and aligned. At times, the maintenance of our own power is sold short. However, there are no mistakes. If you don’t maintain whatever promise you made to yourself, then make it pono. Make it right.

When you make things pono, you go through the process of destruction. You recognize where things went off, acknowledge it, look it in the eye and release it. Then, you break the cycle. You don’t do it again. You are releasing and destroying, birthing in a new energy and you are learning the mistakes that you need to so you can remain in your truth.

To be pono, to maintain yourself and to continue to move forward, you simply need to be clear. Be aware of what you do in every second of the day. Be aware of how you treat others and yourself. Observe what you are doing and what you aren’t doing. If something is off, fix it. If something feels wrong, make it feel right. Be true to it and to yourself. If you let it accumulate instead, the problem simply becomes worse and then everything gets out of line. The result is that someone gets hurt in ways that you never would have wished or imagined.

There is a problem I often see with the maintenance of pono. There are several of us that make something pono. We make it right, solve the problem and find a solution that releases everything. Then after all is said and done, the same pattern starts again. One person goes back to the same beliefs and expectations, you start working with the same cycles and it repeats.

To make something right means you have to continue to make it right. The same thing is going to repeat and come up until you are complete. If I notice something that I have done, I track it. I go all the way back to where it wasn’t right. I ask what I did to make it off. I ask for forgiveness from that point. Then, ultimately, it comes up again. Another scenario arises, usually within 24 hours, to see what I’m going to do. That allows me to become completely pono. After time, that maintenance becomes easy and I know better than to keep repeating the same thing. Lesson learned, gratefulness in place and the next step is in place.
Chapter 17: It’s All Good

In Shambhala, they teach that everything is good. That means that if you eat a piece of cheesecake and break your promise to yourself, then it is good. If you hurt someone and do something you know isn’t right, it is good. Everything is perfect.

Why? Because we are here to learn. Don’t think that you are above or below it all or just existing. You are on Earth school now. Earth is about the process of the cycle of creation, maintenance and death. For this to work there is the decision you need to make to recognize that no matter how bad or good, it is all perfect. When you do this, you can forgive yourself. When there is forgiveness, there is mastery in that lesson so you can maintain the new you and not do the same thing again.

Forgiveness to yourself is the ability to walk in truth. There is nothing that the universe wants more than for each of us to walk in truth. If we slip and fall, we’re still on the path. Get up and walk. The only way to do that is to recognize that it is okay that you fell down and got the bruise. That’s the reality of what we are all working on in Earth school.

**Intention Into Action**

Time to get real. All of this is very insightful. But the truth is, we have to keep to our truth, and that means overcoming obstacles. So, how is it done? Work within the obstacles and walk through the maze. The first step is to set your intention.

Every day when you get up, set an intention. If you are starting a project, set an intention before you start. A great healer that I work with asks with every single thing that I do – “what’s your intent?” It’s the greatest thing to ask yourself when you are doing something and when you are working toward something in your own power. What do you want? What are the results? Be clear, get clear, stay clear.

Let’s show an example of what happens when your intention isn’t set. Here’s a story of Amy, a girl who wants to be a fashion model. Amy didn’t know why she wanted to be a fashion model and had absolutely no intent. But she was drawn to it and so set out on the path. The first thing that happened was she hit a block. She wasn’t the right weight. Then she hit another block. She couldn’t find the right agent. Block after block after block. Eventually, Amy gave up, not knowing why she began the process to begin with.

This may sound like a familiar scenario. We set out on something that we are drawn to. That’s great. Then we continue to draw ourselves to it and work through it. All the fears, the doubts and everything that we don’t work through starts to surround us and stops us on our path.

So the question is what happens when you have an intention? First, you need to make sure that you take action only with the right intention. If I decide to exercise and it’s to look better than
my friend, then the intention is not pure and you will have blocks. Let the intention be about something with your higher self and good, reaching an apex that is better than and contributing to others by reaching more of your light. Make sure your intention is in the highest good.

The next step is to know how to ground your intent. Your intention can be about your higher good. But it won’t do you any good unless you take that intention and take actions with it. Allow your intention to flow organically and to come to actions that you continuously take. If you don’t know what that should be, ask. Do it all the time. State your intention, such as “I have the intention of working in my highest good by helping children.” Then let the signs, symbols and actions come to you. As you do this, work with the actions and get into a flow and process so you continue to reach the goals with your intent.

This process is the next level of the law of attraction. In the law of attraction, it states that “ask and you shall receive.” This is very true. But here’s one more secret. If you ask and receive and it isn’t with the right intent or highest good, then it comes with a lot of problems. For instance, I want to have a lot of money and wealth. I ask and I receive. My intent is only to have the money. What happens? Blocks and clearing, problems with what you receive. All the negative energies and attachments that aren’t cleared come back with the money because it is energy that is attracted back to what I do.

Now take the same instance. I want money and wealth so I can work toward the highest good by helping others and being comfortable with myself. Ask and you shall receive. The universe says, great! We’ll work with that. You get the money and wealth, then you are required to take the actions where you use that wealth and money for the highest good and for comfort. This way, the blocks stay clear and you work with your dharma, instead of your life lessons.

The lesson is to be really clear and specific about what you ask for. Don’t set yourself short by just attracting things to you. Let it be in the highest good, let it be in details. When I was first practicing this with my mentor, he would let me write out no less than a page. What did I want, how much, how many clients, how much money, what did they look like, how would they come. Anything and everything. Ultimately, that’s what I got until I learned the lessons and became even more specific to what I truly wanted for the highest good.

If all that any of us did was to set our intent and act on it, the world would be a better place. If all that any of us did was set an intent that had to do with the higher good, miracles would surround us continuously and the universe would be able to work with us in ways that we could never explain. Intent is that powerful and that important. The actions that follow with it are also as important with maintaining your highest truth.
Chapter 18: Walking with Faith and Trust

The tools that have been given to you are the path less traveled, but the ones that also reap greater and wealthier rewards. Because it is the path less traveled, you are also going to encounter parts of the cycle that lead to your own doubt and fear. It comes up within all of us as we move further and further into the process of what is required for the next steps.

If you have intent with something and you know it is for the higher good, then don’t stop on the path. It’s important to have faith and trust that the universe is working for and with you and that they are assisting you with the changes you are going through. I know that this sounds really ideal and is something that sounds like it’s out of a religious book. I’m talking about the practical steps you take every day.

To have faith and trust means to be committed to whatever it is that you set your mind to. If you have decided that you want to find a soul mate, for instance, then set the intent on what you need for the right person to show up at your doorstep. If there are blocks that come in, don’t lose faith in the intent. Instead, separate out the block or the negativity and recognize it for what it is. Get rid of it and keep the same faith and trust.

Faith and trust is a mechanic, not an idea. It’s a way of sticking to your truth and maintaining the power of you. It’s the ability to look inside of the cavern of your heart and to walk with your heart and spirit in a way that you believe is for your betterment. With this key, you will be able to move mountains, walk through the deepest forests and come out of any situation with knowledge, truth and with all intent that you hold being met.

The Power of Free Will

Choices and thoughts hold power. A lot of power. Especially when they come from the heart, patterns that we have and the choices we make in the heat of a moment. The free will that you have is the greatest blessing you can receive from the universe. It’s one of the main universal laws and holds our choice of how much light we chose to be in within our lives.

Maintaining your light means continuously choosing what is right for you, despite what it may seem. Everything else is a test. You have the free will to decide whether your intention will come true or not. You have the free will to reverse your intention and switch it around. You have the free will to go against or for a truth that may or may not fit.

Everything is up to you. That is what is shaping the world as I write this and as the minutes tick by.

What does it mean that everything is up to you? Let’s take an example. Sarah and Brian were in a relationship and had every intention of becoming married. They were setting everything up and totally going for it. All of a sudden, Sarah started to have doubts in her mind about Brian
and whether it was the right choice for her. Even though her intention and action was to marry Brian, something happened where the doubts got in the way.

Her free will and power of choice ultimately could change the course of what happens. At this point, Sarah had a choice. Trust that marrying Brian is the right choice or trust that her doubts are the right choice. Either way, the work is the same. The mastery of free will is to look at both sides. Know why the doubts and fears are coming up. What are the voices and stories that come up for Sarah? What does she believe is holding her from the marriage? Maybe she has found that she no longer loves Brian and it isn’t her truth. Or, maybe it is a doubt from her past about a relationship or marriage that she has had.

Once Sarah looks into both sides, she can choose. The truth that she holds determines the reality that is created after this of whether they get married or not. Most times, we stop our intention and our reality from occurring because something like a doubt or fear comes up. We use the power of free will to change our reality and to begin living in a different type of truth.

Master your free will and what it means. Look at the things that need to die and need to be born. This is the only way that you can take ahold of your reality and work with what is necessary to get your truth. The rest of it doesn’t matter.
Chapter 19: The Meaning of Enlightenment

There is no such thing as those that are worthy and those that aren’t worthy to reach enlightenment. The universe is a matrix, not a hierarchy. There are many mystics and gurus that speak about reaching enlightenment and never reaching it. If you have to strive and search in the journey, then you are simply finding gold at the end of the rainbow.

The truth about enlightenment is that you can just be who you are and you are enlightened. In our purest and original form, we are a part of God and light. We are a form of source that was brought down to grow and to experience, to learn and to live in Earth school.

Be in light. That is what enlightenment is. It is nothing to seek, nothing to do, nothing to be a part of. It is simply being in light. This key is something that no one can offer but you. No one can find but yourself and no one can practice but you. That is your responsibility. As you are in your light, you will be able to learn the lessons of earth school and to begin to work with the natural process of death, rebirth and maintenance of your true spirit.

Recognizing You

Every individual that I have worked with on my journey has told me the same thing. Recognize who you are. That is where the secrets and all the truth lies. Let me show you what this doesn’t look like. “My name is Roy and I work as a customer service representative. I have been married for two years and I have a dog. I like water sports and traveling.” This has nothing to do with who you are. This is what you do.

In our greatest form, we do nothing. We just be. I give you permission to stop. Stop going somewhere, doing something, building something. Just be. Stare at yourself in the mirror and recognize what is going on inside of your eyes and inside the cavern of your heart. Get with your program and no one else.

As you awaken, you will recognize so many secrets about yourself. I started to find out things that I liked and disliked, ways of being that I was into that I could have never imagined in the past. There were new attractions that I had, things that I liked and disliked, tastes that transformed. As I recognized myself, everything changed about who I was. The same happens with anyone who is going through a process of awakening and enlightenment. I even started dancing in styles that I wasn’t familiar with, just from some type of activation that set at some point and led me to do it. Awakening becomes simple when you allow yourself to be.

It’s important to recognize what you are awakening to as you awaken. Know what is changing and embrace that within you. It may mean that you have to adjust the activities that you do, the places you go, even where you live. It may also mean that you live with finding things that you can no longer be around or with. This is all a part of the work that we all do. It’s all a part of the
process of remembering who we are and clearing things out so we can live in our truth all the
time.

Now is the time to remember who we are and the light that we belong to. There is no gray line. Either we live in the process of nature and change or we step out of our light. That’s the challenge we each have now.

On that note, we can’t only go and awaken to a certain point and become comfortable. Even masters and gurus are ascending and awakening. Even they are working through problems, death and rebirth. No one is out of the game. We are all going through it and have to maintain the process, over and over again. That’s the earth school.

A great friend of mine told me that the process of awakening is always about hills and valleys. Sometimes we are in bliss and with the universe and with it. Other times, we are in the valley, just waiting to rise again. At that point, it’s time to shed so we can get back to the hill. It’s also time to accept that we are underground from our true mastery and enlightenment and that is also okay. That is how things are learned.

Embrace it all. The process in its pain and in the beauty that it holds for you. The more that these lessons are learned, the better it will be for each of us to create a world that is worth living in for the generations to come. It’s up to each of us to work within the light of ourselves so that can be brought into the world. If we don’t, then no evolution will be made.
Chapter 20: Defining Your Blueprint

The idea of becoming you is actually almost a joke. You are always you. You were born as you and you will die as you. Your spirit always exists in pure form. When you are becoming you, there is a removal of the veils that have held you from yourself. There is also the ability to recognize, maintain and remain in the power of what it means to be you.

The blueprint has several levels to it that we can explore and discover as a part of ours. If you work with someone in the prophetic realm, they can tell you what your blueprint and spiritual DNA is. You can also find it in the cavern of your heart. Once you find these things, it is up to you to maintain them.

The first part of your blueprint is your soul contracts. These are forms that you have set energetically and in the spirit that you are responsible for this lifetime. Maybe in this lifetime you are designated to build sustainable energy for homes and architecture. That is your soul contract. At a certain time, you will be drawn to do the work and will fall into it so it completes. You don’t have to be awakened or aware to your soul contracts. You will be led to them by following your higher guidance and your true self.

Another part of the contract that we have is from our spirit. This is our true blueprint in its natural form. This is what we were originally created from and is what exists past all time. We each have the ability to unravel enough to where we can see our true form and spirit. In this form, we carry skills and recognitions of past lifetimes as well as the makeup that we have for this lifetime. For example, you may be a spiritual motivator or organizer, networker or teacher, warrior or healer. That is your spiritual blueprint. You always carry it with you.

You will recognize your spiritual blueprint because you will do things that are natural to you. You don’t need training or guidance, education or assistance. You just do it and it is easy. Your spiritual contract is united with your soul contract and both work together to complete the tasks of this lifetime. The more you activate, awaken and get rid of the old, the more that your blueprint can fall into place.

Many that walk in this lifetime never fulfill their blueprints because of karma and a lack of clearing. Just a note, that this is how important it is to remain clear and to continue healing yourself of the past.

There are also other blueprints that are connected to us and that we are responsible for. Soul mates, contracts to the land and places and other spiritual connections are all a part of this. Deeper in the spirit is the Akashic records, also used as the blueprint of the universe. This contains all of our information as well as information of the universe and how it is connected together. We are welcome to tap into these libraries of information if we see it associating with our blueprint in any way.
The Challenge of Power to Society

With my travels and experiences, I have learned a great and invaluable lesson about maintaining the power of you. There are many of us that are called to serve and to work with others. I’ve seen the poverty and suffering as much as anyone else. But I’ve also recognized something else. We can’t fix society if we don’t fix ourselves. We can work all we want, but it takes a change in our energy, aura and complete being to evolve with society. If each person developed from their heart and spirit instead of their head, then the room for poverty and suffering wouldn’t exist. We would each have the ability to take our proper place in the light and create the existence that needs to be.

The perfection of this world is how imperfect it is. The suffering, poverty, everything that we see, is a reminder that we need to do better and be better. If we are truly to evolve, then it is our challenge to be the light that is inside of us. The world is waiting so they can also be the light. As we master ourselves, it spreads to the world. If we cut ourselves short of that, then it won’t reach or resonate with others.

There are many times where I’ve recognized the key of being in my light and not doing anything to transform things. Transformation begins with changing ignorance into knowledge. Healing comes when there is recognition of what needs to happen and what needs to be unblocked. In some instances, all that is required is that we maintain and stay in our truth. There is a certain beauty that comes with holding that space, as well as miracles from the universe in beginning to change and resonate what is around us so it also walks in that light.

That doesn’t mean that we always just have to be. Of course reaching out is good to evolve society. But the secret is simple. As we evolve with our own awareness and consciousness, it changes others. It allows them to meet the same challenge.

We are all connected and in this together. Our responsibility to ourselves is also our responsibility to the world. What I do right now in my room may affect someone in Australia who is suffering in another way. When you are walking on that path, recognize what that means and acknowledge what you are doing. Then, change and transform it so it is for the better and for your light.

Never forget those you don’t know and those you do know. It’s all connected and inside of us. Master yourself and you will change the world.
**Take the Next Step!**

Boost your lifestyle by taking the next steps! The Omatrix offers a variety of courses for lifestyle, business, marketing and other ways to boost your life into a well-rounded amount of enjoyment.

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“When you educate, empower and enlighten yourself, you change the world”