

The background of the cover is a vibrant blue, ethereal landscape. In the center, a woman with long, flowing hair and a shimmering, light-colored dress stands with her arms outstretched, holding two glowing, golden spheres. She is surrounded by a soft, golden glow. Behind her, a wide, multi-tiered waterfall cascades down a rocky ledge. To the right, a set of stone steps leads up a hillside. The sky is filled with soft, glowing light rays and a large, bright sun or moon in the upper left corner. The overall atmosphere is one of spiritual connection and enlightenment.

# Understanding and Connecting with Your Spiritual Self

by Rev. Lisa M. Gawlas, CHt

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This book is dedicated to the ever present and ever flowing love of All There Is.

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## Introduction

Two aspects make up your life. One is your physical mind (ego), and the other is your spiritual mind (love).

A little background: As the human race lost its awareness and connection with its Spirit, the physical mind took over its physical existence. The majority of people on earth today go through life using solely their physical mind (ego). The ego is fear based. It was designed to help the Spirit (who only knows love and not fear) to experience matter... to have a mechanism to protect the physical body.

However, as humans became separated from Spirit... the ego took over, projecting in fear. And so we live our lives in a fear-based mode. Fear of job loss, fear of no relationships, fear of others hurting us, and fear of not being connected to Spirit. The fears are so vast and so many that the list could go on and on.

The more we fear, the more fear manifests in our lives. For example... if we always fear losing our job, chances are we will experience many job changes. If we fear being “dumped” in relationships, chances are we will experience many relationships that all seem to “end.” If we fear the lack of material gain, we usually experience financial losses. And it goes on and on.

We want material wealth and spiritual wealth. That appears to be a huge conflict of interest. Material wealth comes from “want” or the fear of being without the material comforts of life. We can have all the money in the world and still not be happy. Spiritual wealth knows that all is provided in our life as it is needed, and there is no room for “want.” Yet, in no way does this imply that we cannot have both. We can! It is how we approach the desire that is important.

There are those who really aspire to have freedom that money supposedly brings—yearning to have a full bank account—and they set out to achieve that goal. Usually there comes a time when they look at all the money they have and yet still feel empty inside—like something is missing. They still have a need that all the money has not filled.

Then there are those who aspire to attain the freedom that only oneness with God (or their higher powers) can bring. They put aside their desires for those things that money can provide and pursue their own true nature, which in turn fills the bank account of the heart. Their physical bank accounts may not have much monetary value, but these people will never be without a smile or in a state of want. They know their riches far outweigh any monetary gains in this world.

If we are rich in spiritual wealth, we cannot find a reason to be unhappy, no matter what our bank account may look like. When we are filled with spiritual wealth, we do not even look at the bank account because we already have more than money could ever buy!

When we project from the spiritual mind, we already know that we have all we need in life. We truly understand what is important in life without the first desire of material wealth. We no longer fear what we can or cannot gain in life... instead we look to see where we can give. When we give through Spirit, we always gain.

However, if we give with expectation of receiving, we are now giving through ego... because we expect to be rewarded for what we have done.

Our Creator, God, gives to all of us in every moment. His love and guidance are ever present. He asks for nothing in return. Whether we choose to believe in God (or whatever name we have for that ultimate force of creation) or not, whether we choose to seek his love and power or not.... he loves us and blesses us in every moment. He loves us so much that he allows us to be whomever we choose to be on this earth and allows us to create our own experiences in our lives. He loves us so much that he allows us to stumble and fall, yet is always there to take our hand to pull us up and kiss our cheek for comfort.

Can you imagine living your life this way? Not trying to control anything, but allowing your life to happen as it should?

When our ego is in control of our life, it fights the emerging spirit within. It fears losing control of our life. It will create all kinds of scenarios within our mind to keep us from growing spiritually... and keep us in a state of want.

So we end up with a bright and shiny car/vehicle (body) with no motor... nothing to really move us forward in life. We arrive at a point where we start to question. We seem to have this wonderful vehicle, but yet it is empty. Something seems to be missing.

Maybe we have spent our entire lives questioning the aspects of God. We have either joined churches, synagogues, monasteries, become an atheist.... wherever our continual search for truth and answers has led us. Yet, we have come to a point in our lives where we know there is more. Something is missing.

We start to feel a life-force overhead but have no idea how to connect to it. How can we allow this massive Spirit into our vehicle (body)? The confusion can really start to set in. The churches do not want this integration to take place. If this happens, we would be fully empowered and no longer in a state of "want or need." What good is a church without followers? Why would we want to follow something that no longer fits into our heart?

So we start to reach out... maybe we learn meditation. This is not an easy feat because the ego gets scared and will do all it can to distract us, constantly pushing thoughts through our minds... creating itches and areas of doubt and disbelief to distract our stillness... assuring us that what we are experiencing is not real... creating its own scenarios to divert our attention from the Spirit within.

So now what? How do we know what to believe... where to go... what is valid? Now we may start to seek outside of ourselves.

There are thousands of books now being written on this topic. Many are valid and helpful while others are confusing and misleading. A book is written for masses not individuals.

You are an individual and only a small part of the masses. When you need individual attention, Spirit will lead you to your best source of mentorship on the earth plane. Someone who will assess and meet your awakening needs with the guidance of Spirit.

Because you have chosen to read this book, it is safe to say that your Spirit has guided you to me. I am just one of many people here on earth who is dedicated to the awakening spirit of all. I neither wish to put myself above anyone nor declare myself any better than anyone else. I am not. I just happen to be the source that your awakening Spirit would like to guide you at this crucial and magical moment of your life.

My desire is to join you... with confidence and trust... with that wondrous Spirit within, so that you may seek all that you wish within yourSelf. To offer you your own personal tools that you already possess within to invite Spirit into your vehicle (body) and gently move your ego over so that it equally welcomes the heart of Spirit. And, allow the ego to realize it is not being taken over, but working in harmony with the Source of all life!

In doing this, you will naturally learn to communicate with your spiritual guides, your higherSelf, and our creator (God). Not as a one-sided conversation, but as a two-way form of communication.

The more you get used to listening within, the more Spirit will merge with your life. As Spirit merges with your life, you will start to live in a state of unconditional love and non-judgment. Trust will become embedded in your heart, and fear will become a thing of the past. And your questions and doubts will cease to be.

You will notice as you start your journey through this handbook that I have added a few elements from my own past to help you relate and understand. I have also added excerpts from a spiritual forum that was a major catalyst toward my understanding and growth. It was in this place that I could ask my many questions and seek answers. Equally, I grew into me as I did this. As I began to understand the answers to my questions as well as the answers to other's questions—including the experiences that we were sharing—I expressed it all through this forum. I feel that sharing these milestones of my own spiritual unfolding with you in this handbook will help with your own understanding of what is to come.

I have also included channelings that I received as I attempted to understand unconditional love and trust as well as the whole concept of channeling (receiving information from unseen sources). The majority of these teachers that channeled

through me came to me from the star system known as the Pleiades, also known as the “Seven Sisters,” which is located in the belt of Orion. If you want to know more about the Pleiadian beings that come selflessly to help humankind to awaken to their full potential, do a Web search. There is a lot of information out there. Remember to process all information from your heart, so that you can always recognize your truth in anything you read.

Thank you for your trust in me. I look forward to walking this part of your journey with you.

Today is a gift... What you do with that gift is up to you!

## Reading and Learning from the Heart

You have learned to read books by now. You see the words on a page, process the information through your brain, and assume you know the intended meaning. Most books are okay to read this way because that was their original design. However, there are books written, both new and old, where you need to learn to “interpret” the information on the pages. What is real and true within the information? What is real and true for you?

When you learn to turn down or even, at times, turn off that logical part of your human makeup—your brain—you need to learn how and where to process information again.

It is at this time that you will learn to read with your heart. Your heart should be your central processor for information that you receive from any source or stimuli. It is where your Spirit is. It is the source of all your truth. The heart is born of love and does not know or accept lies, deceit, or trickery (such as the ego does to maintain control).

You look at a book as black and white, empty space, and the written word. You may tend to read the words and skip over the white space. When you do this, you are missing the most important aspect of the book.

The author’s energy is contained in the white space. It is here that you will be able to feel and know the truth of anything you ever read. You can feel the truth or the misinformation; you can understand the broader picture as it relates to you. It is the most valuable aspect of the book or printed material that you have.

The way to read the white space is very much like learning to read Braille. Because a blind person cannot see what is written, they must feel it. They feel it with their fingertips. You will feel it with your heart.

The next time you read anything (including this Handbook), imagine that you cannot see what is really being said in the material you are reading. Leave the words on the page, look at the white space. If you desire, trace the white space with your fingers (there are chakras there too) and allow it to sit in your heart. Do not analyze it, do not think about it, just feel it. Feel what is being said to you. Are your warning systems going off? Do you get a sense of warmth and comfort as you take this information in? Whatever your heart is giving back to you as you attempt to understand this with your heart, trust in that. Your heart will never deceive you.

You will come to find that there is information that you have come across that seemed pointless or hard to read or absorb, but then you went back to it later and took it in like a sponge. Trust that it was not yet time for you to understand what was being offered. What interested or disinterested you a year ago may very well not apply today. You are changing. You are learning to process at different levels. As your energy systems become enhanced, you will process more and more at the deepest level of

your being. You will know without a doubt what is right for you and what is not. Trust in yourSelf at all times.

In closing, I would like to make one important point about reading, especially those esteemed "Holy books" that are out there in various religions. Most (not all) of these books are written with a shred of truth (so that your processing mind will accept them) with a lot of human filler added to the books. The Christian Bible (the one I am most familiar with) is filled with violence and fear. It was designed to create followers for its intended religion and has done what it was intended to do.

Learn to read the white space. Read these books again with your eyes closed and your heart open. The truth will astound you.

## Developing Patience

Do not be so rough on yourSelf with impatience. Unfortunately, impatience is part of our lives. It is totally natural. We live in an impatient world with very little tolerance. So the thing you want most in life, union with your higherSelf and God, understandably you want it now! You have yearned for this for lifetimes; your heart cries out to be there already.

You did not only learn of separation in the last few days, so it will take you time to reprogram your way of thinking and reacting to your desires and changing world. Your own desire and dedication will propel your speed of understanding and assimilation of things from this point forward. Your physical body needs time to adjust to the changes. Your logical mind needs time to develop trust, understanding, and union with your emerging Spirit. Not to mention the fact that Spirit also needs to learn to work in harmony with your body and mind. It has been repressed for some time, and now it shall find its rightful home within you. This will all come—I promise you.

As I look back to my early beginnings, I remember that I would pray to just wake up one day and understand it all. I wanted to be connected to everything right then without all the work I had to do. Even as I was doing the most intense work of those early days, I never recognized the magic that was happening. All I felt was my own impatience and desire. But that desire eventually overcame the impatience. After almost a whole year of work, I felt I was no farther along than the day I started. Sure, I understood this term or that term, had more validity in what I was doing, but always I wanted more (still do, actually). Then somehow, from somewhere I cannot explain, my impatience grew into understanding. I cannot tell you when it happened, it just happened. It was as if all the work that I had been doing came together without me even noticing it. I could not see the changes, but every person around me could see and feel the changes—and they told me so.

I went from a very confused, inquisitive, and at times demanding person to one of trust, direction, focus, and amazingly enough.... patience! I had patience. I had never owned that feeling in my life. Now, it is how I live, in patience, love, and trust that all is as it should be.

All things in their most perfect time, and not a moment sooner... or later.

## Embracing Your Past

There seems to come a point in everyone's life where they start to question their place in this physical world. Questions like, "Am I doing what I am really supposed to be doing on earth?" or "Who am I really?" or "I feel like I should be doing more, but have no idea what that is."

These questions are all valid aspects of your innerSelf starting to stir. These types of questions are usually the catalyst for your beginning and continuing search to know more.

As you begin to understand and embrace the emerging Spirit and changing view of life, please do not think for even a moment that your path to this point was wasted. Everything you have done and experienced brought you to now. It formed who you are, where you are, and why you are here. All those experiences will congeal into what you shall be and do as you approach your full awareness of Self. You will take the value of your past and enhance your future steps with what you acquired along the way. To truly be your best!

Again, using me as the example, I will give you my scenario. I spent the first twenty years of my adult life in sales. It did not matter really what I sold (and I sold everything from caskets to pest control and everything in between). What really mattered was that unwittingly, I was preparing for what I now do today.

Anyone in sales knows you have to learn to deal with a vast number of personalities and egos. If you are to be successful, you must learn to relate and interact with all walks of life. You have to develop a feeling of equality between yourSelf and the one to whom you are selling. If you put yourSelf above or below potential customers, they will feel this and not buy from you. If your approach is harsh or weak, again, potential customers will end up moving to someone else to purchase what they want. If people do not trust you, you might as well pack your bags and move along.

I used to think sales was wasted time. I hated what I did, but I was good at it. However, looking back from today's vantage point, I embrace it all—every mistake and every milestone. My sales experience really helped me to understand people, the various approaches to them as individuals, dare I say to even "read" what their needs and desires were before I offered them any "package." It all brought me to now.

So if you ever feel like there was a part of your physical life that seems unimportant, wasted, or of no value, I say hush that thought. Embrace it all, learn from it all. It all brought you to now, and you will use those skills you developed along the way for all you attempt to do.

## Ego vs. Self

Consider for a moment the struggle of Self integration within our embodiments and that aspect of ourselves that resists this natural occurrence in a struggle that will never be won—only delayed—by that of the Ego.

Ego in conflict with what I call SELF (Simultaneously Evolving Life Form) has been a source of confusion for many as to what exactly is involved in the struggle. The confusion lies in the fact that Ego feels it must display its mastery over our logic systems.

Ego is supposed to be a defense mechanism—designed to filter information and act as a "censor" in the event we encounter such trauma that may threaten our psychological health. Unfortunately Ego has grown to love its position of power and fears the growing power of Self that it senses within.

Ego fears its demise in the unknowingness that it will never be conquered, only integrated. As the Self blossoms, the Ego moves into a higher level of defense and begins to bombard the intellect with a series of conflicting thought impulses to create confusion. This confusion may manifest itself by guiding us down "a road to nowhere," obsessive behavior, negative thought association, or simply Ego may convince us that we are imagining real experiences.

We may see this conflict as Ego representing third dimensional thought...and Self representing fourth or fifth dimensional thought. It is a conflict of dimensions. Because we are currently experiencing life in a three-dimensional plane of reality, it is likely we will respond in a three-dimensional manner.

The key to learning to differentiate between these conflicting promptings is by learning to recognize the Ego or the Self thought. In the most simplistic form of learning to exercise the mind "muscle," it is necessary to observe thought once it has risen to the forefront of our mind. If the thought is full of a combination of different viewpoints moving around the target thought, then this is most likely an Ego thought. If the thought seems to stem from a physical sensation such as a "feeling" and sits at the forefront of our mind in an almost solitary state, then this is most likely a Self thought.

Once we begin to consciously screen thoughts as they manifest, the division becomes clearer and the cloud of confusion begins to disperse.

## Fear

We are all birthed of the light...

We are all stardust...

We have just forgotten...and covered our light with the cloak of darkness.

This cloak is layer upon layer of fear.

Earth is cloaked in fear.

Earth is a plane of the vibration of fear.

Now then, fear is not just fright....

Or being scared of something in the night...or darkness...

Fear is like a dust particle....made up of a vibration....

A dust particle of fear...is for example, fear of getting wet in the rain....fear of the traffic light turning red before we get to it...fear of running late for work...fear of not being able to find our keys...fear of another whom we think might not like us.

These are the particles that really do not seem the obvious fears. Yet these are the particles that crystallize in layer upon layer that we cloak ourselves within...mistakenly holding onto the cloak for warmth...and lest we appear naked to others. And as our cloak builds denser and denser....we vibrate at the vibration of fear. This vibration is like a deep sound that we forget to know is there and grow used to as a companion.

Bringing the light in is our way of forcing pinholes of light through the cracks of fear.

As the light increases, the pinhole turns to a hole...widening the cracks in the folds of the heavy cloak...until pieces of fear start falling off in chunks...revealing the light that was always glowing from within.

This creates the distinctive feeling of changing....and even creates a fear of changing.

We may attempt to "plug" this hole, as it almost seems as if something is "wrong."

Others may sense the changing and may even move away lest we infect them with this threatening influence upon their warm cloaks of darkness.

The morale of this story...is to perhaps not try to change those obvious fears that we hold...for they are dense and solid...but to concentrate on the dust. Remove those dust particles and the chunks of fear will eventually fall away. Erode the cloak. In order to do this it is necessary to observe those little fears, like the ones in the example that bubble up to the surface and sit, hidden almost, from the mind's eye. You will be surprised by the intensity and the sheer amount of non-obvious particles of fear you manifest in every moment.

By observing our Self-propelled particles of fear, we have the opportunity to not let them coagulate and thicken upon our cloak of darkness that hides our light, but to cleanse them into shining examples or even release them to allow them to do what they may elsewhere.

Many have been taught to release fear but often do not realize the influence of these

particles and the speed they move at to "fix" this crack in the fold replacing it with these tiny, seemingly irrelevant particles.

By learning to observe these small fears, we are able to help facilitate the re-emergence of the light body that lies beneath and the real cloak of light that has always been the true provider of warmth on our life journey.

## Prayer and Trust

Anytime your body feels heavy, your heart feels heavy. Do not look to God and ask, "Why have you done this?" Instead look to yourSelf and ask, "Why do I feel this way?"

You try to live a life that is honorable. But what is it that makes you conform to the ways you see life as honorable? Where do you get all of your views on what is good or not good through the eyes of our Creator? Is it because a church has told you what you are supposed to do... so that God will be pleased? God loves you no matter what.

For example, suppose you are living in a now loveless marriage. You feel that you cannot get out because that would go against God, nor can you seek out the love you desire because that too would go against God. God would not see you as a better person than someone who chose to cheat during a loveless marriage. These are human things... human lessons... and more than likely motivated from the soul realm or past life influences. You see, God experiences life through you. You in effect are God. So if you would like to say God is not helping you... then you really have to say, what have I done to not have what I want manifest? Why am I stuck here not enjoying life and conforming to rules that are now hurting my heart?

What you send out is what you get back. Energy always finds its way back to its source for ultimate fulfillment. And prayer is a very powerful source of energy. People pray for things they want, be it for others or themselves... it makes no difference. When you pray for "something," aren't you essentially saying, "I don't have"... "I'm afraid I won't have"... "Please don't let me be without"?

We tend to pray in negatives... so what happens... we have energized the negative, and that is more than likely what comes back to us... the true core of the prayer. And then we blame God because our truest feeling within, which was the lack of what we desired, manifested itself.

I will give you an example of my form of prayer and see if you can tell the difference.

Recently I took my daughter shopping for a winter coat. If you looked into my bank account, you would see that I have very little money by society's standards. Most people would worry about that (those who care about paying their bills anyway). However, I know that my account always has enough in there to meet my needs, no matter what it may look like today.

I am also cautious about my spending. Knowing that a coat was not up for debate and was something my daughter had to have, we went shopping.

I live on my energy readings and now the spiritual course that I offer. This is my source of income. When we realized that her coat from last year no longer fit and "old man winter" was here, I realized that I had not made a sale in three days. So I breathed in

hard, thanked God for caring for my needs (at least I did have enough money to buy her a coat at that moment) and drove my daughter to the mall.

I sent out a request to the universe to allow me to have enough readings to cover the cost of the money I spent during the evening. And I spent without reservation (well, not too much reservation). I even threw in a second set of pierced holes in my daughter's ears. All in all, I still spent less than I planned when I left the house.

By the time I returned home, I had sales from new clients for readings—enough to double what I had just spent. By the following morning, my income had tripled what I had just spent on our little shopping trip.

What if I had done the reverse and said to Spirit, "I will purchase my daughter's coat when I get the money." By doing that, I would have empowered the fact that I probably would not receive the money and created a negative flow. I am sure that my negative energy would have found ultimate fulfillment, and my daughter would still be waiting for her coat.

Instead, I trusted that the money would be replaced... and it was... threefold!!

Be clear in your heart as to what a "need" is and what a "want" is. What we want is not always what we need, and our needs (both basic and recreational) are always provided.

The next time you prepare to pray try giving thanks that all of your needs (or the needs of someone else) are being met. Do not ask for anything...instead give thanks that it is coming in whatever way the universe sees fit. Give thanks that you know the higher force is in motion in whatever is of the highest good of all involved. Feel it deep within so that you know it is true.

You will notice that you now start to feel filled from prayer. Filled with our Creator's love and wonder. And, you also feel that no matter what, it will all be okay.

## Excerpt from a Forum: Spirituality vs. Religion

I would like to share a lesson I recently learned.

In talking to someone one morning, I realized that in all my readings, whether in a book or on a web page, none related to a specific religion. It then dawned on me that some time ago while trying to lay down the teachings of my Catholic religion I was asked to lay down my beliefs and be filled only with the knowledge provided by Spirit. I agreed.

Not long ago, I thought I wanted to join a church. I reasoned that it would be good with my spiritual awakening to belong to a church. Although I have found several I am interested in, I have not attended any. I assumed I was being lazy, but today I realize that other teachings would distract me from what is being provided by Spirit. I even looked at the multitude of books I am acquiring—none are religion based. There are times that I receive e-mails about different religious teachings and am compelled not to look at them. This morning I now fully understand why.

In the same vein, I would like to share an experience that happened a few days ago when I entered a bookstore. With the above realization, I know there was more to this event than I understand.

I purposely went to the bookstore in search of the book *God I Am*. When I entered the store, I knew immediately that the book was not there. I could feel this inside. I decided to ignore the feeling and look for the book anyway. As soon as I walked into that store, my heart started to pound, which is Dream Weaver's, my new guide, body signal that he was there with me.

I started to look through the used books and suddenly felt an overwhelming sadness fill me. I gave up my used books search and went around to the new section. I was afraid I was going to cry, the feeling of sadness was so strong. Then, I felt that I needed to get out of the bookstore. But, not heeding my inner urgings—I was bent upon finding this book—I continued to look for the book. I picked up other books that I thought would be of interest, but quickly put them down.

My guide stayed with me through the entire store while my heart beat roared in my ears. As I left the bookstore, a rush of relief went through me, the sadness lifted, and my heartbeat returned to normal. In retrospect, it almost felt like every book in that store was screaming at me, and I could not catch my breath from all the noise. Leaving that store was the best thing I could do!

I do not understand the event, but I do understand the lesson. It would be nice to know that others have had this same experience...and share it!

The following is one of the responses received... which was perfect:

You stated, "I do not understand the event, but I do understand the lesson." This is my response. "There is always more than one lesson to be learned from any one event. If you don't understand the whole event, perhaps there are more lessons?"

## Abundance

Some time ago, I talked to a psychic who charged eighty dollars an hour. She justified the amount by saying that God said we are to have “abundance.” At the time, I was a novice in the spiritual arena and figured God thinks we all should have lots of money... always, but I wondered why I was missing out on this abundance thing.

I have since seen candles and trinkets that offer an abundance of love, happiness, money... so much prosperity. Now, as I walk my path and experience my own understanding of what God wants for us, I find it hard to believe that it is lots of money or even the comfort of things we really do not need.

Recently at a wonderful woman's group meeting, someone said (while we were talking of receiving abundance) that she needed a new couch and chair. Something inside me cringed. I thought about what she said all that night and the next day. Finally, in my own heart I realized that the meaning of Abundance has nothing to do with money or things or “stuff.”

My idea of Abundance is waking up every morning and feeling the love of God beat in my heart, allowing myself to feel that love, trust in that love, and live my life in that love.

When you become Abundant with the love of God, you realize just how Abundant your life really is and that you will always prosper with that love.

I know, personally, I do not have everything, but I do have all that I need... and I thank God for it daily!

## Trust

There is a lot of talk about protecting yourSelf prior to going into meditations or trance-like states, but I have to ask why?

Do you think that God has to be always reminded to protect you? Do you not think that when you ask the first time for protection he will not continue to keep you in His loving care? And why do you ask for protection in the first place? Are you afraid? If you are afraid, then you have not worked through your fear and trust issues.

You may want to travel to other dimensions, yet you go there with a fear. When you go to a friend's house, do you first ask for a police escort while you visit? No, because you already trust that your friend will be kind to you... and yet... you protect yourSelf when visiting Spirit. If while you are visiting Spirit in another dimension you encounter something uncomfortable, do you not think that you have something to learn from that experience, that maybe it was part of the plan for you to encounter such a thing? So many say they trust in God, but how many are truly trusting in God to keep them safe at all times? It is good to be cautious, but do not be afraid.

When I first started this spiritual journey, I always "protected" mySelf, because I was told by others that it was what I must do. As I learned of Spirit more and more, I did not feel the need for "protecting" because I am always protected... always. I have never been afraid because I trust in this process with all my heart, knowing that what I see or experience is in my best interest or the best interest of others. We experience no-thing that is not meant to be... including something that we may deem uncomfortable in our meditations or journeys.

So I have to ask, why all the fuss about protection? Shouldn't asking once be enough? If not, where is your trust?

The following (in italics) is a message from Franklyn, one of my Spirit guides, concerning Trust:

*Greetings my beloved friends,*

*I come today to talk to you about trust. Listen to the word. Close your eyes and feel what that word means to you. Say it to yourself and ask your inner guidance to allow you to feel what trust is in every cell of your body. Can you feel it? Write down what that feeling feels like to you.*

*Now I ask you, what do you trust? Do you trust yourself? Do you trust your neighbor? Do you trust your higher guidance, guides, and angels?*

*How much do you trust in that trust? Do you find yourself questioning your own actions? Are you trusting the universal love to flow thru you in every minute? Do you trust that your brothers and sisters that you cannot see are at your side loving you, guiding you,*

*protecting you at all times?*

*Do you feel any sense of doubt in your heart? It does not matter what the doubt stems from, if it is there, then you are not fully trusting All There Is.*

*TRUST means knowing that in your every second, all you ever need is already provided for you. That no matter what you do, the love of the One Source is flowing through your veins with unconditional love for all that you are... all that you are becoming.*

*When your body becomes sick, do you question its sickness? Saying oh, why me? There is a process in our communication. If you do not hear us one way, we will find another way to get your attention. Your body is a great attention getter. A sickness is actually a healing in progress, but until you trust in that, your sickness will linger. Trust that you can communicate with your body. Trust that it will tell you what you need to know. Trust that when you understand what it is trying to tell you, the sickness will go away as if you never had a sickness before.*

*Do you trust in unconditional love? Do you know what unconditional love is? Can you feel it? Can you feel it for all that it is? Close your eyes and feel the unconditional love of the One Source flowing through your veins. As you feel that love, allow yourself to trust in that love. Not just in that moment, but in every moment after that. In allowing that trust to form, you are also allowing your fears to be released, for there is no fear of any sort when there is unconditional trust in the unconditional love that is you.*

*Trust is a big issue on the earth plane. In order to raise your vibration in unconditional love, you must also raise your trust. You cannot do one without the other. Spend your meditations in trust. Ask your guidance to help you with the trust issues you may be carrying around like old baggage.*

*When you trust All There Is, you realize there is no-thing to fear. When there is no fear, all there is is love. Unconditional love without fear and totally guided with trust... it is vital to your future.*

*Help is all around you, all you have to do is ask.*

*Many blessings of love from the One Source,*

*Franklyn*

## Excerpt from a Forum: Finding Our True Identities

Sometimes I think we can take for granted the gentle words we write upon this forum—in our quest for Self—and the impact they have on another.

Last night, as I bid good evening in the thread called “Head Food,” I was left to ponder the words of one of our wise participants who said, “We create our realities.” Although I have heard those exact words many times before from a variety of people, they struck me and I took that thought to sleep with me. It was still with me when I woke up the next morning and went outside for my clearing. I continued to think about it...and expanded on it. In order to create our realities, we have to know our hearts first... and understand the reality and importance of what we want created in the first place.

As I read another participant's request for understanding, or perhaps interpretation, of the name she was given in a meditation, I kept hearing this statement: It is her soul name. But, at this point, I have not shared that with her. As I contemplated her desire to know the meaning of this name she was given, I realized that when I was given my soul name, I did nothing to find out its origins. So, I made that this morning's project.

And oh! the amazement that buzzes around my heart and my head! Shawanah is my name in spirit. I was given this name just days after my arrival in Virginia Beach. I understood it to mean “Temple of God” (from within my meditation) and left it at that. Now, in the last several days, I have found a profound connection to my soul and decided to explore the name.

Shawanah is a Native American tribe that settled in Lancaster, Pennsylvania in the 1700s. The tribe settled into Susquahanna. Interestingly, I was born and raised on the banks of the Susquahanna River, not far from Lancaster.

Now, in seeing one reply to the participant's query, I had to stop a moment as I came upon this website with this tiny bit of info: Shawanah, Ojibwa Nation; signed Surrender #251, part of Sarnia Reserve, May 6, 1885 (Canada 1891: vol. II: 227).

I know that my paternal grandfather was a full-blooded Indian, whose heritage I never heard of and in time forgot the name. Now, in doing research, I find that the Shawanah Indians scattered to Pennsylvania, Carolina, and Virginia. Is it me or is it coincidental (synchronistic?) that during a seven-year period in my life, I moved from Pennsylvania to Carolina to Virginia! I now almost feel like I have been collecting lost parts of mySelf in my travels.

Even to this realization, I decided to pick up Barbara Marciniak's book entitled *Family of Light* to continue the read as well as to contemplate how I am going to create the reality I finally know I want. The first thing I read when I picked up her book was how important it is for each of us to explore our family tree in order to learn more about our values and who we really are. Coincidence or synchronicity?

## Meditation

This is one of the most vital aspects of awakening that we have. It is how we commune with Spirit.

Please do not overcomplicate this very special communion. We do not have to breathe deeply until we feel faint. We do not have to sit in positions that contort our bodies. There is no right or wrong way to enter a state of meditation.

All meditation is a state of awareness. A place within ourselves where the body becomes still. The mind becomes still. A place where our earthly features slip quietly into the background...and Spirit is allowed to reveal itself.

I have found in the course of my own trial and error that what is written in most books and manuals just does not work for me. I cannot sit with my back straight as an arrow... that hurts! When I tried this, all I could think about was how uncomfortable I felt.

Then I tried lying down. Well, that is good for sleep but not that place of stillness (with awareness) that I wanted to reach. No more lying down for me!

I started hopping around my house, using this couch or that chair until I found my ultimate resting place—the bathtub!

This breathing thing also added to my discomfort and distraction. Most books and tapes told me to breathe in from my nose and out from my mouth. I tried and tried. I felt like I had to keep remembering which hole I was breathing in and out of. I do not like breathing in or out of my mouth. So I decided to just do what felt natural for me—in and out of my nose.

Then I came to the task of how deeply to breathe. This was equally distracting to me. I do not want to feel like a balloon... worrying about how much air to fully inflate or worse... burst! So, again, I let my own body tell me what was the right amount of air needed for my intended quest... meditation.

Although what works for me goes against everything I have read, my special meditation place is in the bathtub with my back sort of bent. But lying there in very hot water, I feel comfortable and soothed. I let my breathing adjust itself until I feel deep relaxation and trust that my body knows what to do. Unfortunately, it took me two months to figure this out, but I finally did, which is the important thing.

There are various levels of meditation. Trial and error will help you find the level that is best for you so you will be able to remember what is being offered in your meditations.

If you are highly sensitive to outside stimuli, you may need to go fairly deep to not be distracted by the world around you. If you are used to noise and able to tune it out, then you may be able to relax and let your mind receive what is being offered without paying

attention to the world around you. This is a personal level that you will need to work out for yourSelf. After the first few times of doing your meditation, you will naturally know. Just ask your guides to help you, and they will. Even if you currently do not have conscious communication with them, they see and know all that you are doing and are there to help you.

If you have children at home, you may have naturally taught yourSelf to turn off unwanted noise around you. I have found that learning to "tune out" my children when they are fussing with each other or demanding attention has naturally taught me to tune out noise that is not needed in my surroundings. By already having this ability of "tuning out," I have found that my own level of meditation is light without any distractions from my surrounding environment.

A little word of caution about the deepness levels. If you go too deep, you may not be able to recall what you have learned. You may go out of your body (an experience in itself), and the return if not gentle and planned, may be shocking.

Once you have found your perfect place for meditation, have relaxed and quieted your mind and body, and reached a level that is comfortable for you, now what? The rest is up to you. Meditation is a place of unlimited potential. Call on your guides to meet with you and make themselves known. Be aware of how your meditations are taking place (whether visual, audio, by feeling, or by smell). Learn to know that magical inner world that exists inside. Do not try to be like anyone else or have someone else's experience. Learn what is yours alone. Develop what is your own. We do not all experience the same things in the same ways. You must get to know and understand how you communicate in this place of stillness. Do pictures come to you? Do you hear any sounds? Are you filled with a special feeling? Can you smell anything?

You might want to try visualization. Imagine you are at the ocean. Can you see it? Hear it? Smell it? Can you feel the sea breezes? Pay attention to all your experiences. Do not feel bad if you experience one thing but not another. Grow with what you do experience. Allow yourSelf to trust those experiences. Know they are as real as the world around you, even if they are something you created. Your place of meditation becomes your own level of reality.

You may want to create a place that you go to all the time as you enter meditation. Then invite your Spirit guides and totem animals to come and join you in this place. Know that this is just the beginning of a very beautiful and magical adventure.

### **Some simple meditation techniques:**

- Becoming one with your breath:
- Find a position where your body is comfortable and at ease. Set the lighting to a comfortable setting. I would strongly advise no noise at all... this is a place of stillness and communion... not a time to listen to music or any other stimuli. I

would also advise wearing loose or no clothing, whatever is most comfortable, and no shoes. The body becomes very "aware" as it relaxes.

- Now that you are comfortable, close your eyes and... just breathe. Imagine that the air around you is a brilliant and loving white light. As you inhale you are breathing in this white light... you can see and feel it as it travels into your body and down into your lungs. You feel the comfort of this white light traveling down your body as you inhale. Do not think of anything except the breath. If a thought floats into your mind, acknowledge it, then let it know you will get back to it later... and send it on its way. Do not stay and talk to the thought, but do not ignore it either.
- As you exhale, imagine that you are releasing the stress that is held within your body... moving it up and out with your exhale...replacing it with the soothing white light. You might want to see this release as a gray mist moving out of your body... being released with the exhale. Each inhale replenishes this area with the white light.
- Simply breathe in the light... exhale the gray mist. Do this until no more thoughts come into your mind... where all there is is you and your breath.

From this point, you may start creating within your own sacred space.

Some people have a hard time keeping their eyes closed and following their breath. That is okay, but you must teach the eyes to relax. I would suggest a candle meditation.

### **Candle Meditation:**

- Light a candle (any candle that you like will do). Position your body so that it is comfortable, and just look at the flame of the candle. See it dancing about. Do not think about the flame... just watch. If a thought should pass by, acknowledge it and tell it you will get back to it... and let it go. Keep watching the flame... do not worry if you are blinking or not...allow your eyes to relax and do what feels natural for your eyes to do as it watches the flame.
- Become aware of the colors of the flame.... and watch the colors dance with joy as the flame flickers about. Allow yourSelf to feel like you are one with the flame. Feel the movement of the flame within you... feel the colors of the flame as if you are those colors. Notice that you are no longer just looking at the flame, you are the flame.
- Allow yourSelf to trust what is happening within that flame.

With any meditation... when you are finished (ten to fifteen minutes at a time is fine) make detailed notes of what you just experienced. Do not worry about these notes while you are in meditation.

Watch yourSelf grow!

## Healing

Healing, a natural side effect of awakening.

By addressing this area of awakening I do not mean to belittle or berate any of the wonderful healers out there. That is neither my intent nor desire. I strongly feel that the healers of the world are greatly needed for those who cannot or will not help themselves.

Simply defined, healing is a process of releasing. Plain and simple. When we store things inside of ourselves, we create illness, both physical and mental (such as depression). Some of these things that are hiding within ourselves come from prior lifetimes, and we carried them into this lifetime to deal with. These things can be as simple as a hurt we experienced from childhood that we buried or as seemingly complex as not getting over a tragic death in a prior life.

As you begin to meditate and find communion with the world of Spirit, you will see that you start naturally to begin to release things from within and the healing process comes with ease.

When I started my own journey, I asked Spirit from the beginning to help me to heal. To help me to find those hidden areas within myself that needed my attention and understanding. I would always couple this desire with an opening prayer in my meditations: Help me always to walk in the light of God and to always know when I am not. In doing this, I could see the love of the repressed emotions and events, which eventually gave way to always seeing the light (or lack thereof) in others.

We tend to overcomplicate things in life. Equally, we tend to rely on others with things we can naturally do ourselves.

Healing yourself is a natural process. It does take time, patience, and trust in the universe and what they are showing you, but as you continue to commune, you will see more and more of your fears and hurts released.

You will naturally start to feel healthy—both physically and mentally. You will become aware of what brought about various conditions in the first place and guard yourself against the experiences again.

We are all our own best healers. It is our natural ability and birthright. Remember you have asked various guides before your incarnation to help you with this aspect of awakening. They know where your blocks are, where you store your "stuff" within, and they know the best possible way to help you release and understand that which you tried to bury. Call on them for assistance. They will come with love and gentleness.

All you ever need is right there within you, all you have to do is look!

## The Challenge of Self-love

Do you feel it is much easier to love someone other than yourSelf? Why do you think that is? Is it that you really think other people are more lovable than you are, or is it that you feel selfish loving yourSelf above anyone else?

As we begin to dig into our own emotions, we may be very surprised at the changing answers to the above questions. They seem to be vast and deeply embedded in our psyche.

The most essential element of our awakening journey is to embrace ourselves. To love ourself (our whole self) with the same unconditional love that we give to our Creator. (We are, after all, our creator incarnate.) You will also find that your whole view of love changes as you embrace your own incredible love of yourSelf.

As we start to develop this relationship with ourselves, I would strongly suggest turning off the television. There is so much noise that is distracting to embracing our wonderful, incredible selves, and we are constantly challenged—especially by this media—to not love ourselves the way we are.

We are bombarded all day and night with messages from the television that tell us how ugly and imperfect we are... how much we need to change. We need just the right clothes, we need different makeup, the food we eat is not as good as someone else's food. Turn off the television.... and leave it off.

We cannot truly love another until we love ourselves. Truly love. Even our love becomes preconditioned by the media.

I will be covering true love or unconditional love in another section. But it does go hand-in-hand with this section as well.

We are magnificent beings. Our design and makeup are flawless. We are given an outer layer that forms our “appearance.” That form is reflected back to us in the mirror.

Look at your form; see your own beauty in that mirror. See that beauty that comes from the inside and leaves a bright and radiant film on the outside—your glow. Know that whatever mistakes you have made up to this point, or will make in the future, do not matter. Your mistakes do not stop your glow—your own radiant light of perfection in form.

If you are not yet able to see or feel this radiance within you, I would suggest some exercises.

## Exercise:

- First stand naked in front of a mirror, as full length as you can find in your home. See your body, really see your body. Do not judge it, just see it. See the whole form that makes your outer appearance. Just stand there and look without judging, move around so you can see your sides, your back, and look down at your feet. Take note of how you feel when you view various aspects of your body. Again, do not judge these feelings. Allow them to be felt for whatever they mean to you. Spend at least fifteen minutes doing this...longer if you feel like it.
- When you have seen all aspects of your physical body and allowed your feelings to merge with what you were seeing, write it all down. Sit down and start from your toes and work your way up to your feet, marking down any and all feelings associated with your appearance.
- Once you have addressed the feelings of each part of your body, next understand where these feelings stem from. Again, do not judge your feelings as good or bad, negative or positive, they are your feelings—period.
- Once you have explored your body, your feelings towards your body, and where these feelings stem from, next go within. Meditate! Call on yourSelf to help you with these meditations. Go deep inside yourSelf. Look at that aspect that you project to the world. The non-physical part of you. Look at your personality and how you project it toward yourSelf and others. Look at your heart and feel what is in there. Look at everything that is within you, again without judgment. Now, feel what these aspects of your non-physical makeup feel like to you. Once again, make a list, and understand where these feelings stem from without judging anything.

As you are looking at the inside or outside of you... let it be okay if something makes you feel like crying, and then allow yourSelf to cry. As you are crying, understand the source of these tears. Are they happy tears or are they sad tears? Where are they coming from? What is their source and message to you? Allow yourSelf to cry until your whole body feels cleansed from these tears. If a story starts to form within those tears, understand the story, journal it when you are done. Then move on to the next area of exploration.

These tears will help to free you of the baggage you are carrying as well as to enhance those aspects you allow others to see.

Do not worry if at first you find it hard to connect to any parts of yourSelf. This exercise may seem easy, but really it is one of the hardest ones. We spend our lifetimes looking to others instead of looking within ourselves. Be consistent and vigilant with this exercise. I assure you, you will connect. You will cleanse. You will find acceptance of your whole Self. You will naturally light the fires of your inner glow for all to see. And trust me... people will notice. Some may embrace your changing Self. Some may run

for cover, because this is your power, your shining light, and it could be beautifully blinding.

Do this exercise as often as you can... maybe once in the morning, once in the evening, everyday. Do this until all you can feel is love, pure vibrating love of yourSelf—unconditional and without judgment.

You will find that as you move yourSelf into acceptance and unconditional love of yourSelf... you will never, ever feel empty or lonely again. You are the love you always dreamed of. Embrace your power, embrace yourSelf!

## Unconditional Love and Non-judgment

For me, this was one of the most confusing and most difficult aspects of my own development. I hope that through my own lessons, unconditional love and non-judgment can become easy for you to embrace.

### **Unconditional Love:**

Unconditional love is really a very simple thing. To love without conditions. It may sound simple, but to implement it in our lives is not simple because we have not been programmed to love this way. We live deeply in conditional love. Even if we do not speak it out loud.... we condition our love, right down to the simplest thing.

Let's take "relationship" love. Do we not always place conditions on the love we give? If I love him more, maybe he will love me more. Maybe he will not cheat; maybe he will see my goodness—maybe...maybe. This sets a tone of expecting something in return: To give of mySelf and to get something back.

We even set conditions on our children. I think all parents have felt this thought at one time or another: "After all I have done for you..." or "I have given up so much so that you can have..." By doing this, we have unwittingly set conditions on the loving actions of ourselves, such as: I love you, you better appreciate it. You better listen, you better do what I say since I am loving you like this. Or how about this line for the grown children, "I didn't raise you to be like this or that..." By doing this, we condition our love to what we expect out of or from our children.

If we really are brutally honest with ourselves (and to fully awaken to your fullest potential, you do have to be brutally honest with yourSelf)... we have conditioned our love for ages.

Do not look at this as good or bad. It is a causality of the human condition...of living. It is what we have learned up until now. It is what we have come to expect for and from love.

Can you imagine giving of yourSelf without any expectations whatsoever in return? To truly love your neighbor, I mean really "feel" love for your neighbor, for no other reason than they too are an aspect of God, a mirror into your own soul? A vessel from which you can learn no matter how they choose to project themselves in this world?

### **Judgment:**

Which brings me to judgment. We have learned to judge and condemn—almost from birth. Was labor hard or easy? It was labor... period. Why judge it? It brought forth new life. That is what it was designed to do. How your (or another's) body reacted to that bringing forth is not a place for judgment, but a place for honor and grace.

If we express our displeasure with someone for having a child who, in our opinion, is too young or too old to have children or maybe not worthy, then we have judged the conception and the birth. What of the child? Have we judged the child also?

Imagine saying, "Another life shall come into this world with learning lessons of its own. Another aspect of God that we shall learn from." In this way, all life is honored. Not one over another. In this way, the child will feel that wondrous energy and feel embraced by it, not woeful for its arrival.

I will share with you my greatest and most humbling lesson in judgment. I was really confused on this whole subject matter and asked my guides to help me with understanding what judgment is.

One day as I was out running errands with my two children (then 16 and 9—or something near those ages). It was pouring rain. We decided to go to a diner to eat supper. As we sat there, a very young couple came in out of the pouring rain with a baby all bundled up. I could not believe anyone would bring a newborn out in the awful weather! I no sooner thought that thought when I heard my guides say, "Lisa, you are judging. You don't know why they have that baby outside." I was humbled and saddened at mySelf for judging like that.

So now it is time to integrate both aspects of unconditional love and non-judgment.

### **Integration:**

The understanding of unconditional love was coupled on my journey with trying to love mySelf. I felt like a very flawed human being, unworthy of anything good especially God's love. After all, my Catholic upbringing told me every Sunday that I was unworthy of God's love. I believed that. Why not, these people were my religious teachers? Of course this teaching equally magnified every (presumably) wrong thing I had ever done... and I felt like most of my life was spent making mistakes... so I just knew I was an unworthy candidate for God's love... and of course, Self-love.

I became totally blocked in this area. I was unworthy. Period. I could not see anything within mySelf worthy of God's love. I could not understand why I could not acknowledge why I was blocked or where it came from. I was frustrated beyond belief. I would argue with my guides about this whole thing. I could clear so much and forgive so much (in others, of course) but not within mySelf. My guides decided to bring in the big guns to help me. The Blessed Mother came to me in my mind's eye one day as I was composing an e-mail. I was certain I was making this visual up... but decided to meditate and call on her, just to see if I was now crazy.

She came in an instant. For the next couple of days she would only repeat a part of the communion prayer of my Catholic upbringing: "Lord I am not worthy to receive you..." The first few times, I was sure I was making all this up... and spent more time trying to understand if this was real than I did in listening to what she was trying to express. I

certainly felt like she would have so many other better things to do than come to help me.

But she would not go away. Any time I decided to meditate, there she was—loving, vibrant, and without judgment, constantly sending out this message. Then one day it finally hit me... like something inside of me just exploded and went everywhere. I cried. I became angry, very angry. I released in what felt like an hour-long minute...a lifetime of repression. Of course, I am worthy. How dare anyone ever tell me I am not a person worthy of God's love!

Once I moved past this deeply embedded blockage, the Blessed Mother visited again within a day or two. This time she came to ask me to "lay down all my beliefs." Wow, that is not easy! I spent 38 years believing something that someone else told me was true. She assured me that I would then fill up with the truth of Spirit... the real truth.

When I finally accepted her request, I said, "Okay, I will lay down all my beliefs, but please help me. I don't know how to do that." Somehow, some way, through the magic and mystery that can only come from Spirit, I became empty. I believed nothing. It felt as if someone completely stripped my insides.

Slowly but surely, I was a clear and open vessel for the true understandings of Spirit. I was shown my own worthiness. It was like watching a picture show of my entire past life... all those little things I had done or had the opportunity to do but missed (which is okay) that seemed so irrelevant, so minute in the whole scheme of things, things that were quickly forgotten along the way. It made me realize that we tend to think that only the "big things" that we do are what are important. That is not true.

I found that it was from this space of emptiness that I could now refill mySelf with my own truth. My own unconditionally loving aspect that does not judge.

This you can do as well.

I would like to note that this unconditional, non-judgmental love does not mean that anyone should become a doormat for the world to step on. Not at all. Build your loving boundaries. Understand that others have their own lessons to work through. Their lessons are not your lessons. Remember that. This will allow you to be tolerant and non-judgmental without allowing other's issues or lessons to affect you. This is your personal power. Your personal space of unconditional love of yourSelf that spreads outward in harmony with others.

## Unconditional Love

### Patterns of the Love Frequency (by Franklyn)

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Greetings dear friends,

I come here to talk about patterns. Do you see the pattern of the love frequency?

That is the first gentle knowing and need to reach out and say hi to someone. To get together or know the “other” a little more... and then so much you feel the need to talk or be with them almost always. This is tuning into the love frequency.

The love frequency can be greatly misunderstood because you think of love as being between male and female. Love has no gender... no restrictions. It seeks out that love that others share with you. It helps you to “remember” when you communicate on this frequency. Love is a powerful emotion and can be greatly misunderstood by those first experiencing it. This is not a romantic love, but love unconditional... love of the One Source uniting you in your glory of being—of love.

Many are sharing the excitement and joy of establishing new friendships. Friendships that seem to go deeper in your heart than normal. Some are feeling uncomfortable with this emotion. I say... do not be! Let your love flow from your heart out to the universe into the other hearts. As you do this, you will start to remember, to have more “knowings” than you did prior to establishing and allowing this new relationship using this frequency. The bond of these new relationships will become so strong... do not allow it to scare you or confuse you... just go with it and grow with it. Share all that is in your heart to share.

A new world is emerging, and this communication frequency is vital for you to nurture and understand and utilize.

I end this with the love of the universal light that surrounds you and the key to opening the frequency of knowing the love.

Franklyn

### The Love Frequency (by Franklyn)

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There is a peace that is coming... you all can feel it. It warms over you like the morning sun. So many are feeling the love that was sitting in their hearts... waiting to be awakened. You will use this love... the vibration of this frequency.

You can communicate with each other on the vibration... and many of you are doing so

now.... you will find the communication stronger and clearer as the love pours out of your heart and into the universe.

You will touch people in so many ways. As your thoughts of love breeze through another's mind in passing... it will stir something inside... and help in their remembering... their need to learn more.

Touch and be touched... Love and be loved.

Franklyn

### **Feel what is in your heart... by Franklyn**

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Greetings my dear ones,

So much is happening on the earth planes. Many of you are feeling the shift that is now taking place. Your world seems chaotic, but it is restoring balance to who you truly are. There are many confusing feelings flowing through many of you. As you climb higher on the frequency of love, you will find more and more that the inner parts of you need clearing to fully understand exactly what the frequency of love is all about.

Make no mistake, you are all climbing higher. You are learning to integrate into each others thoughts and plans. Not on the human plane but of that in Spirit, in the 5th plane. As you climb higher, more and more doubt is thrown into your beings. What will you do with this doubt? Run? Or face it for what it is? No one ever said this would be easy, but it is not as hard as some make it out to be either. Your heart remembers what unconditional love is, it knows how to use and communicate on the vibration of unconditional love. Talk to your heart, listen to your heart, feel what is in your heart. Do not allow the cloud of misperception to stop your progress. Be clear on what is in your heart—the love, the unconditional love.

There are groups forming all over the world. These groups communicate through the love frequency with each other even when they are not aware of the communication. There are some that are still sleeping within your groups, but as you raise your vibration of love, even those sleeping will hear the message. The time is now to clear your emotions of the past and raise your vibrations of love and use the highest level of love to send out the messages, to help in the awakening of your brothers and sisters. If you are unsure how to clear your emotions so that they are pure, ask your guides, your ascended masters, the angels. They are all waiting and willing to help you in every way they can. The time is now to change and transcend your thoughts and vibrations...do not wait another day.

Many blessings of love from the One Source,

Franklyn

## Excerpts from a Forum: Unconditional Love

It is wonderful to see this thread flow into the beauty that was intended simply by the title of this thread.... and hope you do not mind me sharing the dance being created here about love at the soul level.

I believe love at the soul level is pure... untainted by human emotions and expectations.

Integrating that love into our humanness is not easy... it filters through our egos and our subconscious and becomes tainted by our own conditioning and expectations of what we believe and are taught about "love."

When I hear sayings from the Bible that we (humans) were created in God's image, I do not think it is the human body that is being referred to (I believe that would be pretty arrogant and insulting to other life forms), but the image stated is Love. We are love in motion.

To live in the purest sense of love is not easy. It takes much work in repatterning ideas and beliefs and eliminating expectations. Not easy indeed! I am going to breeze along with this little thought of mine....

Minutes ago, I went to the dictionary to look up a word. The first word I saw was the word "song bird," which when I first came to this forum was a part of my higherSelf that loved verse.

As I contemplate comments on this forum on the word "child," I cannot help but think that in hiding (or losing) our inner child, we are in fact hiding a part of our soul...the part that is pure love and untainted and still aware of All It Is... allowing us to forget All We Are.

My heart knows it is unfathomable to my mind. My mind thinks that love is a mystery. This saying has a very romantic connotation to it, but I have got to think that if our mind (which is where the ego is) is not capable of knowing pure love (love being the expression of God in all His creativity), and our heart (where the soul is) does not believe it can share the wonder of pure love with the mind (ego), that would seem to mean that integration would be impossible...or at least not worthy of sharing the wonder and majesty of pure love with the host ego for this incarnation.

Personally, I think the mind is very capable of understanding pure love, if love is shown and explained gently. As our mind begins to understand, the fear that guards the gates of the ego begins to take a rest, and integration begins... and love becomes spiritual (pure) yet maintains its logical (guarded) side so that the two may work together in harmony...instead of at odds.

This allows for unconditional, non-judgmental love, but yet does not mean anyone should be a doormat for those who are led by ego and allowed to consume what they

are given so freely.

We cannot possibly love others without loving ourselves because when we love others, we are sharing an expression of ourselves (key word here is sharing and not giving). Therefore, if we have no love for ourselves, then we have nothing to share.

## Spiritual Guides and Teachers

This is a subject that is so near and dear to my heart, I try to offer my understandings without being biased. Spirit is such a loving, uplifting, powerful force that I cannot even approach this subject without tears of love in my eyes.

There are three forces that are always present and helping us: Our spiritual guides, our spiritual teachers, and our higherSelf or soul energy.

### **Spiritual Guides:**

Our spiritual guides have been with us since before we were born into this physical life. They know our life plan better than we do (since they are not clothed in matter and have no ego to distract them). They know what we planned for ourselves in this lifetime, the experiences we wished to experience, and the goals we wished to achieve.

They have helped us in selecting our physical bodies, our current families, and know how it should all unfold (if everything goes as planned). They studied our bodies and genetic makeup of the bodies that we will use for this lifetime of incarnation. They learned to communicate with that body so that they could communicate with us when we incarnated to help guide us in our most perfect directions for the course that we planned out before incarnating.

Much planning went into our lifetime with these incredible beings.

So now here we are, on our path, cloaked in matter, drenched in ego, and for the most part, completely unaware of whom we truly are. We each see ourselves as a human in a world that seems out of our control. We forgot that really we are a spirit experiencing matter. For the most part, we have lived our lives as if we have no real control over it. We pray usually to a God or Force that seems "out there somewhere" asking for answers and not really hearing any, not realizing that there have been force(s) that have never left our side. These forces are known as our spiritual guides. They have helped us in many unseen ways. That chance meeting, that sudden inspiration—it all came from those incredibly loving beings who agreed to take on the arduous task of guiding us as we experienced matter—to be sure we experience what we set out for ourselves.

(Keep in mind, not everyone listens to their inner guidance. We do stray off course at times. Sometimes we stray so far off course and have become so drenched in ego that the only real option is to exercise an exit point [which is death usually by an accident or sudden illness] and return Home to start planning a new life based on the errors of this one.)

For those who become aware of those little promptings within, it usually comes with a desire to understand and know more. At this point, our guides are jumping up and down. They cannot wait to commune with us on a conscious level. They will move Heaven and earth to help us with this communion—all we have to do is ask.

They will open the doors of communication that are best suited for each of us. Some people hear them, some people feel them, while others see them. There are even those who do all three. One is not better than the other. The important thing is that we are making contact and opening up communication. We must trust what is coming from inside of us to explore. Our guides will help each of us to achieve the best form of communication there is. After all, we all practiced this prior to incarnation, so it is already part of our sleeping memory.

Our guides have a strict set of rules they follow. They cannot interfere in our free will, which means if we are heading down a path that is a dead end and filled with drama, they cannot stop us if our will is to explore that dead end. They can gently try to sway us away from that path, but they cannot stop us.

They cannot "lead" us, hence the term "guide." If we want to know how to get from point A to point B, our guides will suggest many ways for us to achieve that goal, but they cannot do it for us. We are the ones who must put what we want into action. Our guides can help with "chance meetings," but we are the ones who will have to do the work to achieve the goal.

If you really want to understand unconditional love and non-judgment, meet your guides. They are exquisite! Their patience will confound you (at least it did me).

### **Spiritual Teachers:**

Our spiritual teachers are a bit different. Our teachers are only with us when we need their wisdom. They help us develop whatever their chosen aspect is. They come for as long as we need them to be there, then they leave. That is not to say they will not return if we still seek their teachings or friendship, but there will be a time when we have learned what we needed, and they will allow us to fully grow into that area of our life on our own two feet. This is both a joyous and sad occasion. If you are like me, you will form a deeply loving bond with these magnificent beings, and miss them when they leave. (I do not want to imply they just turn their backs on us. They never would, but eventually their presence is less and less when we begin using our own resources and wisdom to implement their teachings.)

### **HigherSelf:**

As we grow to communicate with our guides and teachers, something magical starts to happen. Suddenly it seems we are no longer calling on our guides, because now we just know what needs to be done. Our movement becomes very sure and purposeful. We no longer hesitate and question. The Song of the Universe is played in every molecule of our being and we hear it! We do not even think we are listening and yet we can hear it all. *We just know.* That is because, while our guides were guiding and our teachers were teaching, our higherSelf or soul energy was settling into its rightful home (that ninety percent of our brain that was not being used).

So now here we are, empowered fully with our Source. Our soul energy. That aspect of us that is God.

## Body Signals

Once we have achieved communion with our guides, there is that lingering part of us that continues to doubt our connection. Body signals are an incredible form of validation as well as communication.

Ask your guides, (one at a time if you have more than one) to give you a special signal using your body to help you know they are there and present with you. Ask them to repeat this signal anytime you are together. I assure you, they will do this.

Once you ask them, pay attention to your body. See if anything out of the ordinary or odd seems to take place. When you recognize that something did happen, confirm back to your guide what you felt, then ask for this to happen again, so that you may be sure.

You will begin to find these signals take place every time you and your guide(s) are together. For me, they began their signals the moment I started to call on them in meditation.

Then I noticed something equally amazing. As I learned to trust in these signals, when my guides needed to talk to me, they would send me their signal, and I would immediately open contact with them. (You will also find that the more you talk to your guides, the less you really need to meditate to achieve this communication. It will come to just intention, and you will have your connection.)

Then I noticed that during various situations, I would also get their signals. Sometimes to validate what was taking place, sometimes to warn me to pay closer attention to what was taking place.

I would like to share some of my own body signals, so that you can have a better understanding of what to look for.

My Spirit guide, Ramus, who has been with me forever, uses chills. But I only get chills on the left side of my body, from head to toe.

My teaching guide, Jill, rumbles my tummy (as if I was hungry).

My dream interpreter (an intensely powerful energy) named Dream Weaver makes me feel like one big heartbeat (actually a very cool feeling).

My teacher from the Pleiades, named Franklyn, always sends me blue lights. I see blue lights floating around, both with my eyes open or closed. (Although he no longer teaches me, he still sends the blue lights. I think he uses them to show me that I am doing what he came to teach... unconditional love).

Enjoy the journey, it truly is magical!!

## Chakras

Chakra is a Sanskrit word which means "wheel." The Chakras are similar to wheels in that they are spinning vortexes of energy.

The Chakras are the areas through which the mind, body, and Spirit interact as one holistic system. They are energy centers within your body designed to transform and transmit energy throughout your body. There are seven major Chakras that correspond to specific aspects of your consciousness and have their own individual characteristics and functions. Each has a corresponding relationship to one of the various glands of your body's endocrine system, as well as to one of the seven colors of the rainbow spectrum.

Working from the head down, the Chakras are as follows:

- The top of the head known as the **Crown Chakra**, associated with the color violet, governs intuition, awareness, and spirituality.
- The forehead just above your eyebrows is the **Brow or Third Eye Chakra**, associated with the color indigo, and governs your senses, visual intuition, telepathy, meditation, and inner sight.
- The throat area called the **Throat Chakra** is associated with the color blue and governs the ether (allows the voice of Spirit to speak through you), self-expression, energy, and endurance.
- The area between your shoulders and also between your lower rib cage and the bottom of your throat is called the **Heart Chakra**. It is associated with the color green (as well as pink) and governs air (your lungs are located in this area as well), compassion, love, respect, and it is the home of your spiritual energy. I also like to refer to this area as an equal processor to the brain since it is the home of Spirit.
- The next area is that area just above your navel (belly button) and just below the rib cage known as the **Solar Plexus or Navel Chakra**, which is associated with the color yellow and governs your passion, personal power, and is the storage of your life force (prana). This is also where all your "gut" feelings come from, and your intuition usually projects from here.
- The next is the area just above the pelvic bone and just below the navel called the **Sacral Chakra**, which is associated with the color orange and governs emotions towards others, sexual energy, and your reproductive organs. This is also where your sexual desires and fantasies as well as "attractions" stem from.

- Last but far from least is that area below the pelvic bone called the **Root Chakra**. It is associated with the color red and governs your earth connection and your lower limbs. This is what grounds and connects you to the earth energy, your mother.

I would like to add two other sets of Chakras that in my own mind are equally important:

- The palms of your hands are one set. Your hands are constantly sending and receiving energy. Have you ever noticed how much you can pick up from another with a handshake? Or how much you can feel when holding hands with someone?
- The soles of your feet are another set. You can pick up all the subtle energy that comes from your mother, the earth. She is constantly sending out signals. All you have to do is learn how to process the signals and truly connect to that incredible source of love and information... Gaia (earth).

The subject of Chakras is vast and varied. I do not wish to add complication or confusion to your incredible journey. Just knowing that they (the Chakras) are there is good enough for now. I know there are many who will disagree with me on this point.

We (humans) tend to overcomplicate and worry about everything. You can and will learn your own energy centers. How they function, what they mean to you on a personal level, and how to make them and keep them healthy. This too comes with time and your own understanding of yourSelf.

I do not want to bog you down with too much information from my own personal experiences. I find too much information only adds to confusion and more doubt. Trying to process and understand too much becomes burdensome.

I want to bring everything down to simplicity. Simply go forward with faith and trust that all you need to understand will come together in its right time. You are not alone on this journey. Not by a long shot!

## Automatic Writing

As we become more aware of our higherSelves, we seek release and understanding of this energy. I would suggest you try automatic writing.

Take a pen and paper (or computer and keyboard) and shut off your mind. Do not think a thought, just allow yourSelf to be open to any information that comes through. Call on the highest forms of the universe to write through you. You will find that words start to flow through you. Most times you do not even really know what is written until you go back and read what you just wrote.

This is a wonderful way for your own soul energy to communicate to you. I have found that in the beginning we are not aware that it is our soul or higherSelf communicating messages we need most to hear, we just write.

I would like to offer you the last thing I have taken as a form of automatic writing, before I discovered that "Songbird" was indeed mySelf and expressed herself in poetry—as I have for as long as I can remember. It is how I have worked through my life issues.

I do want to add this. When doing automatic writing, do not judge. Do not judge it when it comes out, or afterward.

## The Song of the Universe

It is the song of the universe  
That fills you thru and thru  
It is written in the wind  
It is written within you

Listen carefully to each exciting beat  
Let your mind sing in glee  
Let your heart sway with love  
The song is being echoed for the whole world to see

The song that fills the universe  
Is happy beyond your dreams  
Listen carefully to the tune  
Not everything is as it seems

There is a purpose for this song  
For those about to hear  
It sings of the prophecies

Predicted over the year

It is with intent and conviction  
The song is being heard today  
It wakes up the sleeping part of you  
That on purpose was put away

So listen carefully  
Dear children of the light  
The song that fills the universe  
Gives way to your birthright

Songbird  
(Lisa M. Gawlas)

## Energy- From Channeling

### Being Rewired

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I would like to introduce Ahnourah. She is an entity from the Pleiades. I worked with her energy for a short but powerful time. Again, her message is timeless, because what she speaks of is ongoing. When I got this message, I stared as the writer and she just took over for clarity of thought. Her words are in italics.

Ahnourah is working on the Pleiades... actually upon their beamships... and is in charge of the BioChemical Engineering (among other things). The message is that we are being worked on... mostly in our sleep time. They are enhancing our neurotransmitters... a rewiring so to speak.

*Ahnourah: There may be times, when you wake up from your sleep time and find a bump or bruise or maybe a small pick on you or your loved ones. PLEASE do not be alarmed... no one is harming you. This has all been agreed to prior to you incarnating. Some are now becoming consciously aware of our work. There is ongoing work being done to your DNA. Again, it is nothing that was not agreed to and nothing that is harmful. You may find soreness in your neck, shoulder, and back areas, or have frequent headaches. You may notice that you are sleeping more, or lacking energy throughout your day and taking naps... We promise this is only a temporary condition.*

*Some of you are starting to notice pauses in time, or that you are now able to tune into frequencies you have not felt before, like having a foot in two separate realities at one time. This is part of the enhancement of the neurotransmitters within your brain as well as the work of your DNA changes.*

*I share this information with you because many are starting to fear. Fear will only slow your progress. Many changes are taking place, both inside and outside your being. Know that it is all being done with unconditional love and honor for what you have endeavored to do in this lifetime on earth.*

*With honor and love,*

*I am Ahnourah*

You will notice that Ahnourah stepped in and took over the message, and I opted to not change it because I will not add words that are not mine, nor change hers.... However, I did make her message italicized.

## Understanding the Energy Around You

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I did many channelings in my relative beginning, which helped bring me to where I am today. The channeling that follows, although short, is very powerful when fully understood. It concerns reading energy:

I had the oddest two experiences this week with my own energy that I would like to share with you. I also want to share parts of a conversation I had with Aphranzu in relation to this subject.

One evening, after feeling perfectly fine, out of the clear blue, I felt as if someone just sucked all of the energy out of me. I was instantly tired and exhausted. I found out later that there was a discussion about me at the place where I was living: a room at the Salvation Army Homeless Shelter (an experience within itself). It was in that moment that the managers decided to terminate my stay there.

It was in this reflection that I realized just how much we can pick up by paying attention to our bodies. As a dear friend described this little wipeout of energy...it was the universe's way of letting me know I can now rest after a month of hard labor.

Well, today, I popped into Wal-Mart to get a new keyboard and a quart of oil. I did not make it ten feet inside the door when something smacked me in the face. I looked around and I felt bombarded with the weirdest energy from the signs all around. It was as if I were seeing 150 television commercials all at once that were enticing me to buy their products. I was completely overwhelmed. All I could do was look down at the floor, find what I needed, and leave. But, the energy bombardment did not stop. I heard all the thoughts floating around the store. The feeling was so intense that my knees got weak. I hurried in and out of the store.

Next, I drove to where my daughter played Pokemon with about thirty other kids. I had the same sort of reaction there. So, I decided to just sit in my car and think.

I tuned into the energy that was jumping around in my body and then just became still. In the stillness, Aphranzu decided to pay a visit. He touched me with his own energy and I became one big heartbeat, just like Dream Weaver does to me.

I asked Aphranzu about this energy I was picking up on and what it meant. He has since paid another visit so that his message would be clear.

*Aphranzu: You are to read this energy, it will be of vital importance in times to come. There are vibrations all around you if you choose to pay attention. Feel your feet upon the ground, listen to the direction of Gaia. She shares her wisdom for those who listen.*

*You will always know what to expect if you just listen to the energy around you, in you, under you. There are no secrets. Every thought and every intention is in the air----*

*listen, feel, understand this communication of energy.*

*As you learn to understand and communicate this energy around you, you will be prepared for all that will come. But you must learn how to read it. The learning is something that only you can do, no one can do it for you.*

*There are many waiting for you to ask for their assistance and will be glad to help you, but you MUST ask for it with the highest good of all in mind.*

*You will soon be faced with many changes. Understanding the language of energy, your energy, will keep you safe.*

*Many blessings of the One Source,  
Aphranzu*

## Energy and the Way it Communicates

One of the most important aspects of understanding the world of spirit is to equally understand the world of energy. Not as a complicated science project, but as the bodily makeup of every-thing, both seen and unseen.

There is not a thing in creation that is not energy vibrating at its own level of frequency. Even something as mundane as the car we drive is compressed energy. Our brains take this energy and process it into what we experience as matter. What we are actually doing is reading that energy, filtering it through our logical minds, and externalizing it as matter.

Each cell of our bodies is energy. The water we drink is energy. The wind that blows is energy.

There are more subtle forms of energy, such as our thoughts. The moment we form a thought, we are releasing energy into the universal world of consciousness (known as the collective consciousness... where energy gathers as a whole).

Energy, once created, cannot be destroyed. It lives forever. It can be reconstructed and change form, but it never ceases to be once created. When you release energy into the universe, that energy will always find its way back to its source. Which means... if you think a thought, you release some of your energy. In order to remain whole, that energy, or energy of the likeness, must find its way back to you, and it does. This is the Law of Energy. What you put out is what comes back to you.

### **The Law of Energy:**

I want to be very clear on this. Understanding this aspect is vital, not only in your understanding, but to life in general. I will give you some examples. First, let's say you think a thought. Let's say you think, "Why is my life always a mess?" You have now given energy to the ongoing fact that your life is a mess. So, energy being what it is, finds its way back to you, one way or another, to continue to make your life appear as a mess.

I will use mySelf in this example. When my children were young and I was working, at times I would call off from work. I started to use the excuse, "My children are sick." I did this three times. Each time my children did indeed become sick. I did not know a thing about energy then, but I learned quickly never to use that excuse again. The energy I sent out in that "excuse" found its way to the source I targeted it at, which equally came back to me because I had to now deal with sick children.

Even our thoughts of others, that are never expressed verbally, are sent out to their targets. If you think a negative or loving thought of another... they will feel it. They may not know where this feeling is coming from, but they will indeed feel it. For example, did you ever just experience, seemingly out of nowhere a sudden surge of emotion?

Maybe you just felt overwhelming love. More than likely, someone was thinking loving thoughts about you. Or maybe you felt instantly irritated, but did not know why. Thoughts are indeed a very powerful form of energy.

All energy is alive. If energy is alive, then it can and does communicate. Sadly, we do not live in a society that embraces communication. So many people are talking, but how many are really listening?

We are taught to talk to our plants. It is proven that talking to them adds to their quality of life. But we are not taught to listen to our plants. So we never really take the moment to hear what they are saying back to us.

The same thing with our prayers. We are taught to pray. Many pray all day long. But again, this is usually a one-way form of communicating. Our creator communicates with us all day long. All we have to do is listen with our hearts to hear His messages to us.

Which brings me to understanding the communication of energy.

### **The Communication of Energy:**

We really have two central processors in our body. Our brains that process the physical world around us and our hearts that process the spiritual world around us.

When we learn to communicate with our hearts, as opposed to our brains—which were designed to allow our bodies to function in the world of matter—we really start to hear, see, and feel the world around us.

Our hearts know innately the communication of energy. Our hearts are where Spirit lives and projects from. This communication with energy comes in various ways. Sometimes it comes to us in feelings.

Say, for instance, you are talking to your plants, and the plant would really like a drink of water. You may suddenly feel that you should give the plant some water. You heard this communication, processed it, and acted on it.

Maybe you suddenly become irritated and try to understand why. Then suddenly either a person or an event comes into your mind. More than likely this was the source of your irritation. You communicated with the energy received, asked its source, processed it, and understood where it came from.

The last time I went car shopping, I found a car that interested me. The car was “pre-owned” but in good condition. I know nothing about cars, but when the salesman raised the hood, I told him that the battery needed to be changed. He assured me I was wrong. Even after I bought the car, I felt I should change the battery, but I trusted the salesman. Two weeks later, I was in Canada and my car suddenly died. When I took my car into the shop, the battery was running on .37 volts—a far cry from the 11 it should

have had. I was amazed that the car even ran long enough to get me to the shop! That car communicated with me, but I chose not to listen (which is always our choice, and we usually end up paying the price for that lack of listening).

What I am explaining here are all forms of feelings. They are sudden and seem to come out of nowhere, so we do not trust them. If we trust our feelings completely, our lives will be easier.

There is another way that energy communicates. This is not always so easy to understand. But as you practice, like with any other language, you will learn to understand.

### **Dreaming Energy:**

This is known as the universal language. It is the dreaming energy. This form of communication uses symbolism and metaphors that relate many times to your own experiences so that you may understand the dream. Everything dreams...everything.

Your physical body is made up of a massive energy field. Within this field are all of your dreaming body parts; your mind's energy; your spiritual energy; and your past, present, and future energy. They are all there within the energy field, moving and living as you do. Your energy field sends you messages all the time. When you constantly ignore these messages, the messages get louder and many times will manifest as illness or disruption in your life.

Again we are not really taught to listen, just talk.

When we learn to hush up and listen, this is where the real magic lies. It is where all of our questions become answered and where we "know" what to expect as we move through life. Where we can help those around us who have not quite developed this listening skill...yet.

We learn to tap into the dreaming energy. To understand the symbolisms in our life. To feel how the metaphors that come to us relate in our life. To truly understand what the world around us is saying.

To learn this language, you must turn down the brain and turn up the heart. Your heart knows how to interpret these things. It is your natural ability. It is your greatest resource.

The higher you move your energetic vibration (see "Your Changing World"), the clearer the communication becomes. Not only does the communication become clearer as you start to clear your own energy pathways, but you will find that you can now communicate on higher levels. You can learn to read and understand all the energy around you.

Energy has its own frequency. You cannot be at a 110 voltage level and expect to be able to plug into a 210 voltage outlet and work. You will only be able to communicate at the level of your current energy field. So as you move higher in vibration, you can communicate with all that is vibrating at that level. You are a source of God, so your potential has no limits. It is up to you how much of your energetic body you wish to clear and raise. The more you do, the more you become, the more that is open to you. This is the Law of Energy.

I will conclude this chapter with my own story that will hopefully bring clarity to what I just said.

### **Be Patient:**

When I was just starting to comprehend this exciting, confusing, and at times extremely frustrating new world of understanding, I could not feel a thing. I would get so sad when people would talk to me about energy. What the heck was energy? Someone would put a crystal in my hand and ask me what I felt. I felt a crystal in my hand, period! I could not feel anything other than the matter that was sitting in my hand. (I felt guilty if I adopted a plant, I was sure to kill it. I never had a green thumb, and I was horrible at remembering to water the poor things.) Anyway, I became sure that I would never feel anything more than a crystal in my hand and could not feel energy. But I never gave up trying. I did so many experiments—all trial and error. I tried to learn my skills through books. That, I found, was impossible. What worked for others was just not working for me, which compounded my feelings of frustration.

I can be very headstrong, and I do not like someone to say they can do something that I cannot. I knew that if someone else could feel energy from a rock, then surely somehow, someday, so could I! I put down my books and just called on my guides and the spirits of the rocks and crystals and did what felt natural to me. Let me assure you this did not happen overnight. Maybe a year into my path, my vibration started to raise enough (I had tons of baggage I was carrying around and was weighed down from the weight of it all) to allow the communication of the crystalline kingdom to come through.

I had to learn and understand the way things communicated with me, on my own level. I had to study diligently and continually to learn. But I did. I am only three years into my path of awareness. Prior to those three years, I was a clueless person going through the motions of life and always asking the question, "Why me?"

When I say that you can do all that I can do and more (didn't Jesus say that too?), it is very true. I am no different than you. There is not a thing that I have learned and explored that is not also available to you. There are avenues I have yet to touch in this incredible world of wonder and spirit. Perhaps one day, you will come back and teach me these unexplored avenues.

## Déjà vu

Have you ever started doing something and had the feeling that every movement of what you were doing was done already, somewhere, at some other time? You can almost second guess what is going to happen next because you feel like you have already experienced this. This is what is known as déjà vu.

Déjà vu is a form of subtle memory recall. This memory stems from the time you were still in spirit and planning this lifetime. From the Life Selection Area, you and your spiritual team chose your body, family, and experiences for this incarnation.

Because you knew you would forget who you were, where you came from, and what it was you were supposed to experience, you gave yourSelf little reminders so that you would know that you were indeed on the right path. When you were in spirit viewing various scenes from this life that were part of your plan, you encoded various points of your path into your soul memory for you to become aware of in the physical life. A memory that, once experienced in the physical, is supposed to mean, "Wow! This is so familiar, I must be doing the right thing." This is déjà vu!

Whenever you experience this incredible feeling, smile, deeply relax, and be assured you are doing exactly that which you planned before incarnating!

## Living Library

Many times I have heard the term that someone is a “living library,” but I could not quite grasp what that meant. Then I started to hear the phrase “being given the keys to the library.” Again, I was puzzled. I really thought I would wake up one day and just know everything. So as I was reading these two things in a book, I called on my friend and spiritual teacher, Franklyn, to help me understand all of this library stuff, and to find out when I was going to just wake up one day with tons of knowledge (said with a chuckle). The following is what I have come to understand.

The living library is the earth. Everything we ever need to know is upon this earth. We are the books that hold all the information. Each one of us holds our own special contribution within our pages to this library, to share with those who seek the knowledge we store.

For example, I will never wake up one day and know all about crystals the way one person might, or about the various religions as someone else does, or about the many specific subjects some seem to excel in because we all have our own special books to offer one another. Everyone, as a whole, makes up the living library and mother earth is the storehouse for the knowledge that is available. The key is knowing the information stored inside yourSelf.

## Your Changing World

The one thing that will always remain true, no matter what path a person is on, is that “like attracts like.” As you start to explore and develop that spiritual aspect of yourSelf, you will find yourSelf seeking out more and more of like minds. Not only will you be seeking others out, others will equally be seeking you.

You may even find that your entire (or close to entire) realm of past or current friends or relationships no longer fit into your new emerging world of Self-discovery. These people whom you may have been very close to at one time may seem to fade into the background of the tapestry of your life. Please know and rest assured this is all perfectly natural.

As you change, the world around you changes also. It is the Law of Nature. As you begin to raise your vibration (energy level), you naturally seek out those who vibrate at the same rate of frequency that you do.

I would like to explain what I mean by that.

We are all energy vibrating (or flowing) at various speeds or frequencies. Our brain processes this energy as matter. The deeper we are immersed into the world of matter, the heavier our energetic fields become, which slows down the rate of vibration. This is due to many different variables, one being the ego. As we live our life centered in matter (the physical world) we project from ego, which is fear. Fear is a heavy weight attached to the body, slowing down the speed of vibrations. Many people view themselves by what they have in this world, material matter. We feel “in lack” if we do not have this or that, or spend valuable energy trying to get this or that—again, adding to the weight of our energetic bodies (also known as a light body: light is energy).

If you look around at the people who are in your life currently, those whom you consider your closest friends or relationships, are all mirrors of yourSelf. They may have their own issues and desires that differ from yours, but the underlying theme... you are vibrating at the same speed and level of frequency. (You are all 110 outlets with a lot of extension chords plugged in draining the energy from its source.)

As you begin to discover your sense of Self—that incredible aspect of you that is God incarnate—and begin to explore and release yourSelf from the world of matter, that heaviness that was keeping your energetic vibration low starts to lift. You start to unplug some of those extension chords. And as you work through your earthly issues and set them free, you become lighter and lighter, and your vibration increases.

As you raise your vibration, you may look around at the ones still at the same spot you were in when you started, and these relationships no longer seem to fit into your life. Do not feel bad about this. Do not think that because you no longer have a desire to be near these people, this is an act of ego. I assure you, it is not. You are changing from a 110 outlet to a 210 outlet that is clear and not overloaded with "issues" or extension

ords. You will naturally seek out those higher frequencies. It is the Law of Energy—the law of like attracts like.

You are becoming your true light body. As you raise your vibrations and understandings to the world of Spirit, others will start to seek you out to aid them in their awakening path. As you begin to attract others who need your aid, give from your heart. Always remember to be humble. The teacher will always remain a student, because our greatest teachers are our students! Nothing is ever one way.

## Change

Some time ago, I felt that the tide of my life was at low ebb. Many of the things that made my life feel secure were going or gone. I felt that I was losing almost everything that mattered to me. After a while, I finally realized what was happening to me. A cleansing was taking place in my life.

Then, my hard drive was wiped out. I felt like the last little stitch of “my stuff” was gone... all gone. All my pictures, all my e-mails, addresses, saved files—just tons of “stuff.” I realized it was the last of the “former attachments” I possessed.

I felt naked and without weight. Even though I did not realize it at the time, I was ready to grow into my new skin without the old “stuff” getting in my way.

I soon realized how wonderful a blessing was taking place, when it dawned on me that no matter what has happened in my life, my daughter was always totally unaffected. Many of the miracles that I thought were provided by my guides actually came from hers—or a combination of the two.

It is wonderful to understand that there are more blessings surrounding us than we ever realized.

I know more change is heading my way. I can feel it vibrating on the ground and moving closer. I look forward to the arrival of whatever may come, because I now see and feel the beauty in all that is happening.

I share this with you in the event that a day comes when you feel that the bottom seems to drop out of your life. If this happens, look at the miracle that is really taking place... and be assured that every need will always be met... and you are ever loved and cared for in every moment. It may be hard, but embrace the change!

## Excerpt from a Forum: Weeds and Flowers

Recently, I was thinking about flowers...and realized just how easy a flower is to love. They radiate their brilliant colors and aromas to our being...speaking of love through all that they are. We look at and admire the flower for the love it shows. We tend to them selflessly in our gardens.

But what of the weed that grows right next to the flower? We do not see the beauty within that weed. Instead we pluck it or buy weed killer without a moment's thought. There is no less beauty in that weed than in the flower...yet we choose not to see it because it is not as colorful or full of fragrance. The weed radiates just as much love as the flower, yet we do not see it or feel it because it does not stand out as the flower does...so we pluck it!

Do we not do this to our fellowman as well?

It is time to feel and know the beauty and love of "all that is of God" and not be so hasty to pluck what we are taught by society is only a weed and therefore unlovable.

Just a thought that needed to be shared....

## We Are All Equal

As you grow into yourSelf, keep your mind open. Do not put any force above you. Do not look to a Saint or Ascended Master as someone better than you. We are all equal—different, but equal.

When you put someone or something above you, you have (unintentionally) reduced your capacity by making yourSelf insignificant as compared to another. You diminish your own ability.

This is not as easy to do as it may seem. When Sananda first appeared to me, I had no idea who he was. I was able to recognize energy signatures (vibration levels) and knew he was a very powerful and extremely gentle energy. I would not allow anything less than the highest of beings to work with me, not because I think less of anyone else, it is just what felt right to me. I was rather insistent on this.

When Sananda first appeared to me, only about six months into my awareness, he called himself "Your Shepherd." I liked that. It felt comforting to me, familiar even. I allowed him to teach me. I learned to channel his energy and would relay his messages to others. I then became curious about who he really was, and asked him for his soul name. He replied, "Sananda."

That question answered, I was now curious to see if anyone else channeled this name and did a web search on Sananda. You can imagine my surprise to find out this was Jesus! There came all those Catholic feelings again right back to the surface. What would Jesus be doing teaching me—a peon in the whole scheme of things, a nervous wreck about everything. Surely I was mistaken. So I called on Sananda and asked if this was true. I was humbled, more deeply humbled than I can ever share. He said he knew I would have such a reaction, so he had to gently allow me to form a friendship with him and allow him to teach me. He would never allow me to put him above mySelf. I was to see him only as my equal, my brother. This took a lot of work, and reprogramming, but I now call Sananda my friend and teacher.

I have asked him many times about his life as Jesus, but very rarely will he talk about it. He has told me that the history of his life has gotten so distorted through time that it is beyond fixing now. He did not come here to save the world and create followers. He came here to teach people how to unite with their soul and with God and to live Heaven on earth. He came to empower us, so that we may do as he did...and more. He has shown me how to do what it is that I do, and he will extend his hand and his heart to help you too.

So many people call on Jesus for salvation. He can do no more for you than your guides can. YOU are your salvation. Put down the books and open your heart!

## Spiritual Awareness-Choosing One-ness

Our minds are powerful entities. What we "think" truly becomes what "is" in our reality, but we need all the pieces of the puzzle of "awareness" to create the harmony of mind, body, and Spirit that we desire. I believe that the largest puzzle pieces come from the habitual way we think.

Choosing spiritual awareness is a way of life. It is not something we can practice an hour or two each day and expect major changes. We change our awareness as we change the way we perceive life and the way we react to it. It is a learned behavior, a way of life, and achieved differently in each individual.

Helping you to choose and live within your own awareness is my goal.

Thoughts are a powerful tool in the journey toward one-ness. Negative thoughts, self-doubt, excessive (and usually needless) worry, and depression can destroy your health and your attitudes. I can teach you to release negative thoughts.

When we do the best we can to work through our problems, we must release what is left to God or the universe. Then, if we will picture ourselves as well and whole, we are one step closer to obtaining our goal of one-ness.

We are creatures of habit. It is not easy to change learned behavior that is deeply embedded in our psyches. Being judgmental is one example of a learned behavior. We learn it from family members, co-workers, television, and others around us. The act of being judgmental creates negative energy, which finds its way back to its source and may embed itself in our subtle body.

One alternative to being judgmental is to just accept actions of others even if they are negative, hurtful, or insensitive. That is not the best alternative. In developing an attitude of awareness, we can attempt to understand the deeper meaning or reason behind a negative action or comment. If we can open our hearts and minds and allow in the concept of understanding, we may see the action or comment in a different light. This is one step toward changing our attitude and creating a foundation for awareness as we become one with all.

Another step is to create a balance between the subtle body (mind) and the physical body. There are a variety of ways to create harmony on all levels, with the main target being the physical body and mind. Each course of action is as unique as the person receiving it.

### **Environment:**

Our environment is a major factor in creating awareness. Soft, soothing music refreshes the soul and subtle body and creates calmness within the physical body—a useful tool in creating an attitude of peace.

**Water:**

Water, something we take for granted, can also calm the physical and subtle bodies. When water is in motion, it expels the unwanted energy from our bodies and sends it off into the universe. Swirling water helps to release frustration that has built up during the day. It cleanses the aura, especially when enhanced with Essential Oils and Dead Sea Salts. A fifteen-minute soak in a Jacuzzi with its pulsing motion and intense heat can relax the muscles and bring peace to both the physical and subtle body— and help create an attitude of stillness. If no Jacuzzi is available to you, sitting beside a river, rushing stream, or other body of water or listening to the recorded sounds of the ocean can reduce stress and bring peace to the physical and subtle bodies.

**Meditation:**

Meditation is another form of relaxation and releasing. Lying or sitting quietly, breathing deeply until a state of relaxation is achieved, and releasing all thoughts out of the mind enables the body to relax and the mind to free itself of worry and stress. In this state, we are able to more easily commune with our higher Selves and God. And, during this time of meditation, we can picture ourselves as well, whole, and happy.

**Hypnosis:**

Hypnosis, or guided meditation, is another step toward awareness and release. If major blocks build up within the mind and body and throw them out of sync, emotional and physical havoc can be created. This is when hypnosis becomes an important tool of releasing. It allows the body and mind to calm themselves in harmony. Then the subconscious mind can be addressed, where every memory, habit, and belief is stored. The block can be identified, understood, and released, allowing harmony to return to the mind and body.

**Massage Therapy:**

Massage therapy is another valuable treatment tool to create an attitude of stillness and well-being in the physical and subtle bodies. Each cell of our skin is alive, as is each organ, muscle, tendon, and nerve—all things that make up the body. When a trained therapist massages our physical body and is attuned to what our body reveals, the therapist can use their "inner listening" ability and knowledge to understand what is wrong in the body and how to promote healing.

As we embark on the journey of awareness and one-ness and use the tools at our disposal, our attitudes change. We may begin to see love and beauty where we saw none previously, we may have more energy than we had previously, and we may begin to appreciate the wonders of life and nature and all things that God has provided for us.

By removing negative thoughts, behaviors, and habits, our thoughts can change into positive, loving energy. Again, this energy comes back to its source and embeds itself in the subtle body.

## Closing Thoughts

As you now take the time to absorb all that I have offered in this handbook, I would like to offer you some closing thoughts. This handbook is meant to be a very basic understanding of the spiritual awakening process. It is designed to help you in developing into your fullest potential. There is a lot of information that I have not included in this handbook, things that I feel would confuse more than aid the developing relationship.

In order to grow, you do not have to understand it all at once. That would be too overwhelming and create too much confusion within your heart. I know from my own personal experience how much we want to know it all...now. We want to experience it all...now. Trust me. There is a wonderful and magical process at hand. One that will bring you to your own enlightenment. But it is a process. One that you must grow into. A newborn baby is not born walking and talking and wearing adult clothes. The same applies to the developing mind and heart of spirit.

Be excited, be diligent, but do not be in a great hurry. All things in their right time. Allow your mind, body, and soul to come together with all that you are and will experience. Celebrate within your heart and with others the new experiences you will achieve. Always remember to thank the universe and all that is contained in the universe in coming together to help you in this most special way.

Do not ever put a mile marker next to anyone but you. Do not look at how long or short the time was for someone else (or you) to achieve something. This will only serve to add frustration and grow an ego (yours or someone else's). This awakening and integration of your Spirit is unique unto you. Allow others to hold your hand, but know this: anyone in service (both in the physical and non-physical world) will never lead or judge your actions, they will always be there to support and rejoice in your growth and accomplishments.

Enjoy the magic, enjoy the union, enjoy the freedom, and most importantly, enjoy being you!!

Thank you very much for your faith and trust in me, in spirit, but most importantly, thank you for your trust in yourSelf and your emerging Spirit. You are awesome!

Namaste

### **Namaste**

An ancient Sanskrit understanding and greeting.

The greeting is done with hands together in prayer position at the heart and a gentle bow to the other person, which says silently:

**I honor the place in you in which  
the entire universe dwells.**

**I honor the place in you which is of Love,  
of Trust, of Light, and of Peace.**

**When you are in that place in you,  
and I am in that place in me,  
we are One.**

## Building Your Own Energy Field

Find a comfortable position, whether it is in a comfortable chair or lying on the floor. Take a deep breath, relax, and quiet your mind. Empty it of all thought. Once you have reduced your thoughts to a stray one once in a while or none at all, focus on your breathing and your energy. Imagine your incoming breath as a white light. When you are able to see and connect with your breath, enhance that connection and build your energy field in you and around you. This will also keep you focused on a task.

As you breathe in the white light, imagine that you are taking that breath and placing it in your solar plexus (that area between your navel and your rib cage). Imagine that each time you breathe into that area, you can see the light expanding in your solar plexus. See it sort of like an invisible balloon that you are blowing up with light. With each in breath, see it getting larger and larger... no longer just inside you but now expanding through you, around you... until you can see it in at least a five-foot radius around you.

Once you have that white light flowing from within you and around you, take a part of that light and breathe it up into your heart. Visualize as you breathe out that you are taking a piece of that white light and now placing it in and around your heart. Do this until you can feel your whole heart filled with this white light.

Next, breathe this white light from your heart to your head area, do this until you can feel your whole head surrounded within this light.

Next take this energy and have it travel down each arm (one at a time)... feel the energy flowing down through your arms and coming out of the chakras on your palm, forming a ball of energy on your palms.

When you have successfully placed two balls of energy (one in each palm), place your hands near each other... feel that energy. Take notes (afterward) about how that energy feels to you (is it subtle or strong?). Do not judge it, just connect to it. Each time you do this (do it the same way each time), take note of the energy within your external palms. See if it changes (do not worry if it does not).

As you continue to do this, you raise your own energy to a very vibrant level. One that you can now feel. One that you can now connect with on both the internal and external levels. What you are doing is connecting with your own power source.

Enjoy this exercise!

### **YOUR MULTI-DIMENSIONAL SELF:**

There are equally alternate worlds co-existing with us at the same time... at higher vibrations (higher than the third dimension that we vibrate within) so that we cannot see them when we just use our five senses.

I want you to see your multi-dimensional Self. Our soul energy is massive. We think that we are only experiencing one life. We have lives in many dimensions....we are just aware of our earth life with our five senses. The mirror will help you to see your other selves. This might be a little scary at first... because we are not used to seeing anything but our human form. Just trust and allow this without judging or worrying. Try to do this with a child-like curiosity.

Go to a mirror where the lighting is very dim... not dark... but not bright either. Preferably have a solid background behind you such as a white wall with no other distractions such as furniture or anything that may be in the mirror with you. Stand or sit in front of the mirror and allow your vision to relax. Try not to blink. (This may take some practice because the moment you think that you will not blink, you want to blink.). Do not look at your eyes, instead focus on another area of your face like your forehead. Do this as long as you can without blinking.

This is also a good way to start to see your aura. Only focus above your head and it is okay to blink, just not too often. The key is to allow your eyes to relax so that you are not fixated on an image... but allow whatever else is in the mirror to appear for you.

This helps to blend your inner sight with your physical sight.

## The Spiritual Void

You are going to find that as you go along with your spiritual discoveries, while things seem to be really picking up for you, and you are becoming very excited about your progress, suddenly, seemingly out of no where, you hit a void—that pause in time where your meditations no longer seem to be working. You may feel like you cannot connect to anything. More than likely you feel like you have just taken one giant leap backwards.

Please do not be alarmed or discouraged, you have just entered the spiritual void. This is a time to allow your mind, body, and soul to integrate and assimilate all that you have learned.

As you learn to commune on deeper levels with Spirit, you are actually downloading information that your conscious mind cannot consciously process. You may find that you have meditations that you cannot understand the meaning of. It all has meaning. It is just a matter of catching up to the conscious understanding of it all.

The void is a deliberate down time. A time for everything to settle into its intended place within you. This down time varies from person to person and could go from a day to a week or more—whatever is needed for your integration.

You will find that the more you learn, the more often you hit the void. Bless that void, because it is saying, “You are progressing. Now assimilate what you have learned into your Being.” Do not look at this time as being stuck or places of frustration. Look at it as your milestones and school breaks. And remember, this too shall pass.

## The Side Effects of Spiritual Awakening

As you continue to progress on your path of spiritual development or awakening, you are going to find that a lot is going to change within you. You are starting to turn on your inner lights, raise your energy, and move out old debris. All this work has an affect on the mind and the body.

You will find that suddenly you are experiencing changes in your sleep patterns such as: restlessness, waking up two or three times per night, or feeling tired after you wake up and then feeling sleepy off and on during the day. Or you may find that you sleep for about two to three hours, wake up, go back to sleep for another couple of hours, wake again, and go back to sleep again.

Waking up with sudden bursts of inspiration is very common and normal. Keep in mind, Spirit is in a space of no time. It is one constant now, and Spirit needs no sleep since it has no body like you and I.

When I am overly tired, I ask my guides to please allow me a good night's rest, and they have been gracious enough to allow it when I request it.

Keep in mind also that the middle of the night is a wonderful and clear time to exchange energetic communications. The electric field around you is at its lowest, since everything around you for the most part is sleeping. People are not using their lights or televisions. Businesses are not consuming energy like they do in the daylight hours, so the field that Spirit needs to get through is much thinner in the wee hours of the morning.

The most common symptom found in almost everyone sooner or later is activity at the crown of the head: Tingling, itching, prickly, crawling sensations along the scalp and/or down the spine. This may also be experienced as pressure on the crown, as if someone is pushing their finger into the center of your head. As you commune with Spirit you are bringing down information through your crown chakra, which causes your crown chakra to open.

This opening and the sensations that go along with it can range from a few days to a few weeks. Do not be overly concerned about it, as distracting as the sensations may be. Bless them because this is just an indicator that you are now opening up to receive divine energy.

Since healing within is a natural and at times spontaneous effect of awakening, you may also experience sudden waves of emotion—crying for apparently no reason or feeling suddenly angry or sad with little provocation. Or you may feel inexplicably depressed, then very happy. It almost feels like an emotional rollercoaster. Accept your feelings as they come up and let them go. Go directly to your heart chakra, feel the emotion, understand its source, bless it, and then let it go.

Always remember to replace anything you release within yourSelf with white light. Once this feeling is released, just breathe in white light to that area where the feeling was coming from. In this way, you remain whole at all times as your body is releasing old

emotions. Keep in mind that you do not need to get too involved in analyzing these issues. That will just keep you stuck in reliving experiences. Acknowledge where they came from, bless them for what they showed you, set them free, and then just breathe.

You will also find that many aspects of your "senses" will be changing, such as your vision. You might experience blurry vision; shimmering objects; seeing glittery particles; or seeing auras around people, plants, animals, and objects. Colors appear more vivid. The sky might look teal or the grass an amazing green. When your eyes are open or closed, you may see white shapes or twinkles of light in your peripheral vision (these are your guides).

Also your sense of hearing changes—increased or decreased hearing. Other symptoms are hearing white noise in the head, such as beeps, tones, music, or electronic patterns. Some hear what seems like water rushing, bees buzzing, whooshing, roaring, or ringing. Others have what is called audio dyslexia: you cannot always make out what people are saying, as if you can no longer translate your own language. You will start to find that you may even tap into other dimensions and hear bits and pieces of random conversations. I find this happens to me especially as I start to fall asleep.

Your sense of smell and taste will change as well. Aromas become more pungent or pleasant. You will start to smell things that no one else can, which is usually an aroma gifted to you by spirit (such as flowers or perfume), or you may be again tapping into another dimension and smelling what they smell. (I used to smell chicken wings all the time. I don't even like chicken wings!) You will also find that your tastes change. You will want food that you once could not stand. Or be repulsed by food you once loved. This is all perfectly natural. You are changing. Your body is adjusting to the changes. Bless it all and just go with the flow.

The last thing I want to touch on in this book is a range of physical manifestations such as headaches, backaches, neck pain, and flu-like or cold-like symptoms as well as digestive problems, muscular spasms or cramps, racing heartbeat, changes in sexual desire, numbness in the limbs, and various other things.

Again, keep in mind, your body is changing. You are changing. It all has to adjust together and work itself out. And trust me, it will work itself out. As you learn to pay attention to your body and the way it reacts to various changes, you will begin to know where you are growing. When I have an energetic upgrade (raise my energy to a higher level of frequency), I always get a cold. It is my body's way of adjusting to the change. When I get a fever, I allow the fever to run its course. It is simply melting away old debris.

You will find that as you progress, these symptoms become less and less and then happen only very rarely. You will also come to find that you can be in a room filled with flu sufferers and you are completely resistant to the flu virus, because your body has been upgraded and you now have your auto-immune system running in high gear.

I have only mentioned a hand full of things, the most common and most confusing ones (at least from my experiences).

Bless it all, embrace it all, and know you are growing and changing into the real and exquisite you.