

# *Dive Into Your Soul Self*

**How to Improve Your Self-Awareness to  
Find Out What Really Matters To You**



**Linda Sylvester, Patricia Berendsen,  
Moira Hutchison, Nicole Casati,  
Claire Miriam Ostrovsky, Kerry Cummins Blank,  
Chris Jordan, Aanya Cerra**

# ***Dive Into Your Soul Self***

***How To Improve Your  
Self - Awareness to Find Out What Really  
Matters To You***

A Beautiful Life Books

*Dive Into Your Soul Self: How To Improve Your Self -  
Awareness to Find Out What Really Matters To You*  
Copyright © 2023 Norma Swais / At Face Value Media

Library and Archives Canada Publication Data is available upon request.

Print ISBN: 978-1-989146-63-7  
eBook ISBN: 978-1-989146-64-4

All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic or otherwise, without written permission from the publisher.

The information in this Book is for information & entertainment purposes only. Norma Swais / At Face Value Media assumes no liability or responsibility for any inaccurate, delayed or incomplete information, nor for any actions taken in reliance thereon. The information contained about each topic, individual, event or organization has been provided by such individual, event organizers or organization without verification by us. The opinion expressed in each chapter is the opinion of its author and does not necessarily reflect the opinion of Norma Swais / At Face Value Media. Therefore, Norma Swais / At Face Value Media is not liable or responsible for the opinion expressed in such chapters.

Cover Design and Interior Design by A Beautiful Life Books

Printed in Canada

# Table of Contents

**1**

**A Soul's Journey into the Light | Linda Sylvester 1**

**2**

**Who am I? | Patricia Berendsen 16**

**3**

**Liberate Your Inner Truth | Moira Hutchison 20**

**4**

**A Glimpse into Totality | Nicole Casati 38**

**5**

**The Feeling of Infinity | Claire Miriam Ostrovsky 53**

**6**

**Courageous Heart | Kerry Cummins Blank 67**

**7**

**From the Abyss to Bliss: A Plant Medicine Odyssey of  
Recovery | Christopher Jordan 81**

**8**

**Embracing My Inner Power as a Divine Conduit, Healer,  
And Visionary | Aanya Cerra 98**

***1***

# **A Soul's Journey into the Light**

*Expanding Spiritual Consciousness*



**Linda Sylvester**  
R.M.T., S.R.M.T

Many of you know about my near-death experience by reading about it in the co-author anthology "The Art of Healing." Yes, you guessed it, there is more to the story, so here it is!

As my soul was leaving my body, during my near-death experience, my soul looked back at my lifeless body and knew the physical body was safe. My soul continued through a tunnel filled with the brightest electrifying blue-white light I had ever seen, yet my eyes never flinched. I didn't realize it then; I was going through the veil of unconsciousness to the other side. Some people would call the other side the afterlife. Most people with near-death experiences will tell you the first thing they see when they pass over is their loved ones who passed before them. I did see my loved ones but not first. I first saw a hall filled with "my records!" Everything felt surreal and real, close and far, ancient and yet new, at the same time. During my near-death experience, my heart stopped for six minutes, equivalent to six thousand years on the other side. When my soul reached the other side of the veil, it felt like a kid in a candy store; where do I go first? A moment passed, and a wave of immense calmness draped over me, and a glorious, magnificent, beautiful being stood before me. Without a word said, I understood that I was about to dive into the depths of my soul.

As my eyes felt the radiant energy of this magnificent being standing before me, I knew how my accumulative grief, which I experienced from lifetime to lifetime, became my soul's greatest challenge. Can you imagine a continuous conversation between me and this glorious, magnificent, beautiful being of light for six thousand years and feeling time was too short?

Neither of us uttered a word, yet I understood Everything; someday, I will publish my conversation with this "Magnificent One" from the other side. Much of our discussion was about the Twin Flame soul, which I found very interesting. I will leave that for another time and keep you posted.

**The Magnificent One shared with me:** Grief is 214 times more potent than any other emotion you will ever feel. Your life begins with grief, and your life ends in grief. Why? When your soul separates from the oneness to come into this world, your Twin Flame soul self instantly feels a loss of Self, and as you leave

this world to go to the afterlife, your soul feels a loss for Mother Earth.

One of the secrets to eternal life is allowing your soul to cry when needed, despite what others may think. Tears are one of your greatest gifts in life. When flowing, tears cleanse your soul, and if your soul can bathe in these glorious tears without getting stuck, you will stay healthy and rejuvenated. Happy soul, happy life!

**Me to reader:** There are three types of tears. One is called Basal tears. These tears wash over your eyes throughout the day to clear out infections, dust, grit, etc. Another type of tear is what scientists call reflex tears. These tears you don't have control over. For example, when a person cries when cutting up an onion. The third type of tears are the ones that allow you to process your emotions. Sadly, in most cultures, tears are seen as a sign of weakness.

When you hold back tears, over time, energy backs up into your Chakra, Meridian, biological, etheric systems, cellular structures, etc. At this point, the flow of communication from your lower Self to your higher Self becomes stuck. You forget who you are, why you are here, and your life purpose, and you lose the soul's passion for life on some level. When you hold back tears, your sympathetic nervous system becomes your soul's default. Your sympathetic nervous system prepares your body for responding to dangerous or stressful situations. One of the main functions of your soul is to oversee your systems and cells via your meridians; when your chakra system becomes blocked, your soul has the challenge of trying to repair the systems and cells while looking through a dirty window or worse, completely lose communication with your Spirit Self who holds the divine blueprints for your soul.

It could be a hallmark movie, losing a loved one, seeing a newborn baby for the first time, seeing a dog hit by a car, losing your wedding ring, or any day-to-day event that can trigger the urge to cry.

When we become triggered and have the urge to cry, it is like a steam kettle blowing its whistle, telling you it's time to turn off the burner and pour the hot water. When you get the urge to cry, your brain tells you your stress levels are at the max, and you need to cry to release the toxins, emotions, and old stress

hormones running through your blood. When you prevent yourself from crying, all that stress backs up and damages your nervous system.

Most of us hold off crying until we can find a place where we feel safe. However, while waiting to find a safe place to cry, the damage is already done. All of the embarrassment of crying in public, the shame of crying in front of people, the guilt we feel when others see us cry and appear weak, and the energy that triggered us in the first place go deeper into our psyche.

**The first stage of grief** after losing the sense of Self; is when your body denies your soul from crying when it needs to cry.

**The second stage of grief** is the anger stage. When the physical body denies your soul, the emotional body can't process the emotions and becomes frustrated and angry. Again, the energy gets backed up into your systems and causes more damage to your physical body, especially your liver.

**The third stage of grief** is when your personality begins to bargain with your soul. Sometimes your personality bargains with the devil and tries to sell your soul out of desperation to find happiness again, or it makes a promise to God that it can't keep!

When your personality becomes desperate, it is hard to maintain a positive attitude. The what-ifs start pouring in. What if I had done this, my son would still be alive. What if I had turned left instead of right; I might have missed having the accident, and so forth.

**The fourth stage of grief** is soul oppression. The heaviness of all those unexpressed tears weighs your soul from soaring to higher consciousness; this is true during life and after death until the tears are released. When you reach this stage of grief, it might be a good idea to seek help from a professional grief counselor, reiki practitioner, or any holistic healer or psychologist you resonate with who works with releasing grief.

**The fifth stage of grief is depression:** when your soul feels depressed, it is easy for the soul to get stuck in the lower frequencies of consciousness. Likes attract likes, and lower level of consciousness frequencies allows harmful implants, planetary



inserts, cords, curses, soul matrix damage, entity attachment, and more to find a home within your auric field.

For those new to this kind of metaphysical terminology, here are a few vocabulary words you might want to put into your spiritual healing dictionary.

**What are harmful implants?** Harmful Implants are obstructions that restrict your Spirit from ascending to self-mastery. Most of the time, these toxic implants are in the fourth dimension, the etheric realm.

**What are planetary inserts?** Planetary inserts are harmful implants your soul picks up when entering the Earth's magnetic field before entering the physical body. There are numerous planetary inserts your soul can pick up when it incarnates, pending on the soul's karmic debt.

**What are soul contracts?** A soul contract is a spiritual agreement between your soul and others within your soul family to meet at specific times and places before birth to help you evolve as a spiritual being, fulfill karmic debt, and learn life lessons. Your soul's contract will reflect in your astrological blueprint the day you are born. It would behoove to have an astrology reading once a year or learn astrology yourself. If you can see your obstacle in your soul's blueprint, it can make your life much easier. If you can see it, you can heal it!

**What are cords?** There are healthy cords, and there are harmful cords. For example, of a healthy cord, a mother will create an energetic cord from her to her newborn child at the root and heart chakra; this helps the child stay grounded and always know where its soul's home is. The problem is a lot of mothers don't want to let go of their child when they need to, preventing the child's soul from learning the lessons it came to Earth to learn. In a healthy situation, the mother will release these two cords when the child is around seven.

An example of a negative cord is when a being cannot access universal life energy for themselves. It cords another person or persons to become an energy source when they are feeling low on energy. People also use

harmful cords in mind control practices. Whoever controls the mind controls the soul.

**What are curses?** Curses are an expression of ill will against someone. According to Wikipedia, a curse is when a person wishes to create adversity or misfortune that will befall or attach to one or more persons, a place, or an object.

**What is a Soul Matrix?** When the soul begins to awaken, its first step is to connect and integrate the soul, body energies, and heart complex. The heart complex holds the original divine blueprint for a perfect design for the human soul.

**The sixth stage of grief** is Soul fragment retrieval. At this stage, your soul becomes aware of why it is here and its life purpose and divine mission. Every time a soul fragment is retrieved, healed, and integrated, your spiritual consciousness expands.

### **When grief experiences occur at an early age:**

Grief occurs within us when our soul experiences soul loss due to trauma, abuse, war, accidents, shock, high fevers, and so on. The grief experienced within the first seven years of life can trigger different chronic disease patterns.

- **Physically:** it can create immune-system deficiencies.
- **Emotionally:** it can create havoc in the hormonal system.
- **Mentally:** it can create bipolar episodes and confusion, alternate identities, insanity, and illusion.
- **Spiritually:** it can cause your soul to split into fragments. After the soul splits, a person tends to feel incomplete and disconnected.

### **Symptoms of grief:**

- Nightmares and experiencing a lot of sleepless nights
- Loss of interest in life
- Low self-esteem
- Lack of creativity

- A part of the person feels like a misfit
- The person feels like a loser
- Always criticizing themselves
- Deep-seated depression
- P.T.S.D.
- Experience a high level of anxiety
- The tendency towards addiction.
- Lack of empathy

An experienced Soul retrieval Practitioner can help you retrieve soul fragments. To truly call back soul fragments, the Practitioner must address both the (microcosmic blueprint) individual experiences and (Macrocosmic blueprint) planetary experiences when calling back the soul fragments. After retrieving, healing, and integrating your soul fragments, your soul will begin to soar! Your soul will feel like the kid in the candy store; what do I do first? Your soul will feel excited about life again. Your soul will also seek spiritual guidance and spiritual classes. Your soul will begin to ask, "Why am I here?" "What is my soul's purpose?" "What is my soul mission in life?" "What is a Twin flame?" "How can I give back to the Divine Oneness? Etc. Most of all, you will become the master of your destiny!

**Tip:** Look for the answers from within. It's okay to seek guidance from spiritual master teachers who are awakened. However, I would first learn how to find your truth. When you seek guidance from spiritual teachers, ensure their teachings are at least 95% true. In many ways, we function like a highly efficient organic computer, and we need to remember the phrase "Garbage in, Garbage out." I recommend learning muscle testing or using a pendulum in the beginning.

## **The Spiritual Awakening**

Humanity is going through a conscious shift, "The Spiritual Awakening."

**What is a spiritual awakening?** Spiritual awakening is when something triggers a shift in consciousness within you to expand your Spiritual Consciousness. You become aware of your higher Self, different aspects of yourself you never knew you had before; you begin to see through the illusions of humanity and learn how to find your truth and more. One of the biggest challenges Spirit has is to unlearn what your personality has learned as truth while

amid the illusions and releasing the beliefs that no longer serve the Divine Oneness.

While you are going through this conscious shift, it is important to know things need to break down before they can be rebuilt again. On a physical level, you may be experiencing a lot of aches and pains; old issues you thought you dealt with years ago might come up again; you will probably experience relationship changes; people may leave your life unexpectedly, and new people will come into your life when you need them the most.

As you begin to do your inner child work, people will notice that you appear younger to them. The new people you attract to you will be more spiritual-minded. More opportunities for success will come your way by being in the right place at the right time.

As humanity goes through its dark night of the soul, try to stay calm and find ways to release stress! The healthier you eat and keep hydrated, the fewer effects you will experience while humanity's collective soul undergoes this initiation. Most of all, no matter how bleak the world appears, don't give up hope! If you begin to spiral down, sit quietly and have a pep talk with your soul!

### **Here are a few tips to make your Spiritual Awakening easier:**

Each night before you go to sleep and the first thing before you put your feet on the floor, say aloud, "I am who I am, and I am safe, healthy, wealthy, and wise! Thank you! Thank you! Thank you!"

Say to yourself throughout your day, "Everything I require to sustain my life's Divine purpose and mission will come to me easily and effortlessly now! I am Divine love, and so it is!" Thank you! Thank you! Thank you!

Give gratitude each day for Divine Guidance which is there for your asking every step of the way. Always remember you are never alone!

Find a quiet place, at least for fifteen minutes or more, once a day to sit with yourself and meditate. If you don't know how to meditate, learn! Meditation is important during these shifting times. Why is sitting quietly with yourself important? Meditation

is required to receive new information from your spiritual guides, angels, higher Self, soul, and more.

Again, find ways to release your stress and be aware of when you are stressed. Once an hour, take a moment and pause to check your breathing. Deep diaphragmic breathing purifies all of your systems.

Dance or sing as you walk out the door, leaving for work. Dancing will start your day off on the right foot, no pun intended.

Exercise your mind, body, and Spirit daily by learning something new.

Here are exercises that you can do on your own:

### **Exercises for Processing and Releasing Grief**

Take a few deep breaths in and out. Close your eyes. Now envision a beautiful golden Sphere around you extending about six feet in circumference. Gold energy allows positive energy to come into your aura while repelling negative energy. Again, take a few deep breaths in and out. Now envision a beautiful violet sphere around the Golden Sphere of energy, extending another three feet beyond the gold sphere.

### **Sounds for processing grief from your Root Chakra:**

Ra.....Zeek

This exercise releases grief from your root chakra and grounds you. This exercise will help you trust in the Universe that all that is required to keep you safe and secure will be provided for you when you need it.

**First Step:** Call upon your Higher Self and physical inner child to assist you in today's exercises.

### **Intention:**

*"I intend to process and release any stuck energy of grief within my Root Chakra for my highest potential, aligned with my highest possibility, within the divine infinite field of all possibilities, easily and effortlessly now! Thank you! Thank you! Thank you!"*

Take a few deep breaths in and out. Close your eyes and focus your energy on your Crown Chakra (located in the center within the top of your head). Begin to tone Ra as high as you can without straining your voice. It doesn't matter if your sound is higher or lower than someone else's. What matters is that you tone the highest you can for you.

On your exhale, lower the sound of Ra while sliding the energy down into your Root Chakra (tailbone). When your energy reaches the root chakra, change your tone to the sound of Zeek, lower the sound again, and focus your energy on your feet.

Do this exercise 3 times, three times a day. This exercise sounds more complicated than it is. However, if you need to hear a demonstration of how to do this exercise, send me your name and phone number via an email to [Sonicreiki@gmail.com](mailto:Sonicreiki@gmail.com), and I will call you back within twenty-four hours by leaving the sound demonstration in your voice mail.

### **Exercise for processing grief in Sacral Chakra:**

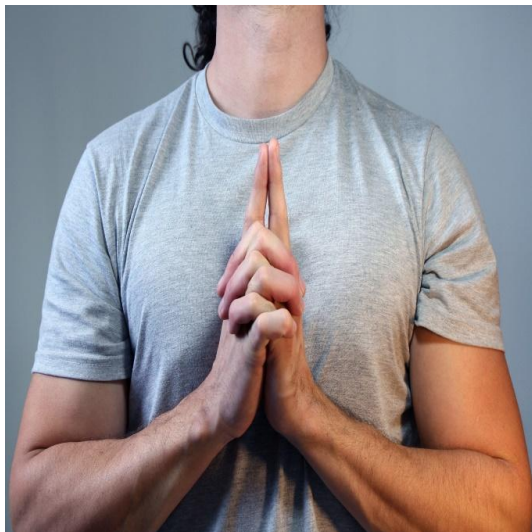
**Location:** about 2 inches below the belly button.

When the Sacral Chakra becomes blocked by emotional and physical trauma, grief, or chronic stress, we disconnect from our passion for life.

#### **Intention:**

*I intend to process and release any stuck energy of grief within my Sacral Chakra, for my highest potential, aligned with my highest possibility, within the divine infinite field of all possibilities, easily and effortlessly now! Thank you! Thank you! Thank you!*

Place your hands in the Ksepana Hand Mudra position before your heart. This hand mudra pronunciation is Say-Pah-Nah-Mood-Druh.



With hands still in position, raise your hands above your Crown, then bring them down in front of you as if you were holding a sword. Repeat this three times, three times a day for a week. After a week, do this exercise once a week for maintenance.

This hand position lets you let go of emotional and physical trauma,

grief, and chronic stress within the Sacral Chakra.

### **Exercise for releasing grief from our Solar Plexus Chakra:**

**Location:** between the belly button and the base of the sternum, just a couple of fingers above the navel.

The effects of grief in the Solar Plexus create stress in our digestive system. We feel like there is a bundle of nerves stuck in the pit of the stomach.

#### **Intention:**

*I intend to process any stuck energy of grief within my Solar Plexus Chakra for my highest potential, aligned with my highest possibility, within the divine infinite field of all possibilities, easily and effortlessly now! Thank you! Thank you! Thank you!*

It is best to stand for this exercise. Take a few deep breaths in and out. Place your right palm over your Solar Plexus, take a deep breath in, and tone the vowel sound of Ee on the exhale.

Do this exercise 3 times in a row, once a day.

The vowel sound of Ee balances energy. This exercise balances your upper and lower chakras. It also balances the meridian system because meridians run over or under the navel.

## **Exercise for releasing grief from the Heart Chakra:**

**Location:** Center of chest

The effects of grief in the Heart Chakra: When we hold grief in our Heart Chakra, it affects our relationship with Self. The Heart Chakra is about how we perceive ourselves. Holding grief in our Heart Chakra prevents us from seeing our highest potential for receiving love.

**Intention:**

*I intend to process and release any stuck energy of grief within my Heart Chakra for my highest potential, aligned with my highest possibility, within the divine infinite field of all possibilities now! Thank you! Thank you! Thank you!*

Take a few deep breaths in and out. Then, take your right hand, touch your right shoulder, and place your left hand on your left hip. Now tone the vowel sound of Ee three times. Sometimes your body will begin swaying. Just go with it. Once it stops, take your left hand and touch your left shoulder and your right hand on your right hip and tone the vowel sound of Ee three times. Again, just let your body sway if it wants to. Once your body becomes still again, open your arms with your palms facing forward and say, "I am open to love."

While smiling, take a few deep breaths in and out. Now say aloud, "Thank you! Thank you! Thank you!"

This exercise balances the electromagnetic field around you. When the electromagnetic field around you is balanced, your immune system becomes strong and has the clarity to know which is friend and foe. It also opens you up to loving yourself with compassion for others.

Do this exercise in the morning.

## **Exercise for releasing grief from the Throat Chakra:**

**Location:** in the center of the neck

The Throat Chakra bridges the heart and the mind. The Throat Chakra is related to expressing yourself through truth, purpose, creativity, and individuality. When grief and loss settle into the Throat Chakra, expressing yourself regarding your grief is



complicated. When the Throat Chakra is out of balance, it affects your listening ability, knowledge, truth, and authenticity.

If you have an imbalance within the Throat Chakra- the imbalance of energy can cause one to experience an unexpected outburst of emotions or the opposite, such as a refusal to speak and communicate.

**Intention:**

*I intend to process and release any stuck energy of grief within my Throat Chakra for my highest potential, aligned with my highest possibility, within the divine infinite field of all possibilities now! Thank you! Thank you! Thank you!*

Take a few deep breaths in and out. Fold your thumb in with the four fingers of your right hand extended, and place your four fingers onto the left side of your neck. Tone the vowel sound of Ee three times. Now switch sides, take your left hand, with your thumb tucked under and the four fingers extended, place your four left fingers onto the right side of your neck, and tone the vowel sound of Ee three times.

This exercise is also great for balancing the thyroid, parathyroid, pharynx, and larynx.

**Exercise for releasing grief from the Third Eye:**

**Location:** in the center of your head, parallel to the middle of your eyebrows.

**Intention:**

*I intend to process and release any stuck energy of grief within my Third Eye Chakra for my highest potential, aligned with my highest possibility, within the divine infinite field of all possibilities now! Thank you! Thank you! Thank you!*

Take a few deep breaths in and out. Focus your attention on your Third Eye. Take a deep breath in and on the exhale, begin to tone Ee, then change the tone from Ee to Om, ending your exhale and focusing on the front of your Throat Chakra. This exercise releases grief from the Third Eye and balances the feminine and masculine energy within you.

Do this three times, three times a day.

## **Exercise for releasing grief from the Crown Chakra:**

**Location:** at the top center of your head.

Your Crown Chakra, when healthy, forms a strong connection with the higher Self. When an imbalance occurs within the Crown, we feel disconnected from people and our Higher Self.

**Intention:**

*I intend to process and release the stuck energy of grief within my Crown Chakra for my highest potential, aligned with my highest possibility within the divine infinite field of all possibilities now! Thank you! Thank you! Thank you!*

Take a few deep breaths in and out. Place your thumbs in the center of the top of your head with your fingers facing upwards. Take a deep breath and slowly exhale the tone Ee while escalating the sound of your voice three times.

Perform this exercise three times a day for a week.

For maintenance of your crown chakra, practice this exercise once a month.

## **Healing Stones for Grieving:**

**Apache Tears** – Helps to provide support while processing grief.

**Obsidian**- helps to process sadness and helps to clear negativity within your auric field. Obsidian is also a grounding stone.

**Blue Calcite** – This stone helps to create clear communication skills; it is calming and cooling. It also can give you peace of mind.

**Blue Lace Agate** – Helps heal grief and loss by allowing you to feel safe to express your thoughts and feelings.

**Lapis Lazuli** – Helps heal emotional traumas, depression, and grief by activating your inner power, hope, and confidence.

**Malachite**- Helps with emotional transformation.

As a grief counselor, reiki practitioner, energy healer, and clairvoyant for over forty years, I have experience and tools to

help you with processing grief. If you have any questions about these exercises, email me and put in the subject line “Dive into Your Soul.”

To contact me for a free half-hour consultation and receive a grief release deep healing soundtrack: [Sonicreiki@gmail.com](mailto:Sonicreiki@gmail.com).



## **Linda Sylvester**

Linda has 40 years of experience as a Reiki Master Teacher, Master Sound Healer, Best Selling Author, Music Artist, Grief Counselor, Founder of Sonic Reiki, and Co-Founder of Wholistic International Network.

<https://sonicreiki.com/>

## **2**

### **Who am I?**

*Discovering the answer is  
an inside job!*



Patricia Berendsen

“Who am I?” is a powerful question. Pondering these three words can lead us toward the realization of who we are at our core. Asking ourselves, “Who am I?” can be a threshold to the discovery that we possess more possibilities than we ever could imagine. It also has the potential to scare us into a self-protective place of avoidance. Self-discovery is a lifetime process.

Each of us is pulled, pushed, and squeezed by the circumstances in our lives. Each pull, push, and squeeze exposes more of who we are. When we are pulled, pushed, and squeezed, what comes out of us? We usually try to put our “best foot forward”. But being under pressure often reveals cracks in the armour we have developed to protect ourselves. Being squeezed gives us and others a peek at “what’s behind the curtain”.

When I work with couples, a pattern frequently shows up. Oftentimes, one person tries really hard to be the “good” partner and to do their best to make a good impression. More often than not, the other person is viewed as the “problem”. However, over time, and with the application of some “clinical pressure”, the “fault lines in the relationship” become visible. Patterns emerge and opportunities present themselves in need of attention and healing. The same thing happens with individuals. It just takes a bit longer to be revealed.

Underneath the armour often lies the intention and desire for a happy, connected, and fulfilling life. We want to find our path away from pain and suffering. The following reflection questions are designed to facilitate deeper inquiry. I invite you to take your time. Be curious. Breathe. Explore. Pay attention to your body’s responses to what you are reading and your responses. Perhaps you will encounter yourself in a different way than you normally do.

You don’t have to explore all the questions at one time. I would suggest starting with one question that “jumps out” and/or that you “resonate with”. You can do this exercise by yourself, with your partner, with a friend, or with a group. If you are doing this with someone else, each of you can journal separately and then share your responses with one another. You can also solicit and receive perspectives from the person(s) who know(s) you well. This can be illuminating, shedding light on potential blind spots or a shadow side that we may not be aware of. Getting the most

out of life involves surrendering. Having a juicy and rich life flows not only from our strengths, but from our acceptance, compassion, and love for all aspects of ourselves... "the good, the bad, and the ugly".

Here are the Reflection Questions to consider.

Does *who I am* change when I am on top of the world? When I am "in my element"? When life is easy and flows effortlessly?

Does *who I am* change when my rope breaks? When my life as I have known it is shattered into a million pieces? When are my hopes and dreams crushed?

Does *who I am* change when I am loved completely? When my acceptance is unconditional? When I can be my truest self?

Does *who I am* change when I am betrayed? When my allies have become my adversaries? When trust has been breached?

Does *who I am* change when I am wealthy? In debt? When my bank account is full? When my bank account is empty? When I have no want for today nor worries for tomorrow? When I am anxious about making ends meet?

Does *who I am* change when I speak my truth? When I dare to give voice to the unspeakable? When my words shape a new reality?

Does *who I am* change when I am healthy? When I am sick? When mobility and memory are trouble-free? When I am bedridden or forgetful?

Does *who I am* change when I am at work? When I rub shoulders with those who inspire me? When I encounter people in the workplace who repulse me?

Does *who I am* change when I am at play? When I lose track of time? When I laugh out loud with abandon?

Does *who I am* change when I am at home? When my family reflects to me my shadow? When I know I have done my best?

Does *who I am* change when I am doing "not much"? When I am at rest? When I allow space for the unknown to reveal itself?

Does *who I am* change when I am passionate? When I am one with my creative purpose? When I am moved by compassion?

Does *who I am* change when my integrity is questioned? When doubts about what I think and know about myself, rise to the surface?

Does *who I am* change when I dare to show my greatness? When I am in my strength/genius zone? When I face my fear of sharing my gifts and talents? When I own my power/superpower?

Does *who I am* change when I know I am enough?

Our fundamental good nature remains constant regardless of the circumstances in which we find ourselves. No matter what goes on around us, no matter what chaos we might be dealing with, our souls are beautiful. Our intrinsic worth and our eternal value are not things that can be validated by what is outside of us. It is an “inside job”. Our essence is just that. It is OUR essence. Who we are matters. Who we are makes a difference. Daring to ask the question, “Who am I?” is a first step.

## **Patricia Berendsen**

Patricia Berendsen RMFT, RSW, RP, SEP

Contact Patricia Berendsen for counselling, training, consultation, and speaking engagements at [info@patriciaberendsen.com](mailto:info@patriciaberendsen.com) or call 5196198801. For more information about Patricia Berendsen [www.patriciaberendsen.com](http://www.patriciaberendsen.com).

**3**

**Liberate Your Inner  
Truth**  
*A Journey of Transformation*



Moira Hutchison



---

*In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit. ~Albert Schweitzer*

---

So many of us become stuck in expectation... what is expected of us as a woman, man, or child. Our society has rules, regulations, and expectations that once bought into and accepted shape who and what we are.

Every so often, something shifts, and the clouds of the agreement clear away, and we can question where we are, what our purpose is, and why we are living the way we are.

Many people accept a lifestyle of lack, need, and want because they have lost touch with the core strength and power that exists within. The truth is that everyone deserves and is worthy of great riches and abundance in all ways, there is no actual difference between the 'haves' and the 'have nots'; the gurus and the students; the followed and the followers; we are all just at different levels of our own journey back to wholeness, back to paradise.

Rather than looking at a person who may be further along on their path to wholeness than you are with jealousy; feelings of lack or acceptance that they are 'better than you' or if you ever find yourself listening to a person who purports that they are better than others, it is time to go within and awaken the guru within, your god self is already in existence, you have just forgotten how to listen and feel the light within.

Inner reflection and tuning into that voice inside is so simple, in fact, it is so simple that so many people overcomplicate the process with their own feelings of lack and unworthiness.

Once on the more awakened phase of your journey to wholeness, it is important to stay alert regarding your ego, you don't want to get stuck into a rut of listening to your ego instead of your inner

wisdom. The way to distinguish between the two is simply a case of viewing where the message is coming from, if it is coming with any sense of negativity, judgment, criticism, selfishness, or personal ownership then it is ego... Inner wisdom speaks from a place of unconditional love, acceptance, and the greatest good for all concerned.

Inner wisdom flows through you; it is coming from your Soul-Self, the sacred space within that exists for your highest good, the absolute best for you. The more you open to this flow and acknowledge that it is divine guidance flowing through you and for you, the more abundant and self-realized you can become.

Be careful not to claim complete ownership for the manifesting of physical, emotional, or spiritual gain; that is the ego talking and it is not showing appreciation for the collaboration between the Universe and your Soul-Self which is flowing through you.

We are in times of growth and re-awakening; it is time for people to wake up to the wholeness, beauty, and divinity that each one of us possesses. There are a multitude of methods and ideas of how to succeed on this path. The most powerful method is for each of us to realize that we are a whole person as we are right now; none of us need another to make us whole. In fact, the more cognizant a person is of their own wholeness; the more success in relationships they will experience.

To have any kind of relationship in life, one must have an impeccable relationship with oneself; there is no room for any dysfunction in your relationship with yourself when you are truly in touch with your inner guidance. Dysfunction in your relationship with yourself can show up in many ways, not maintaining a healthy body, gossiping, being jealous or negative, being a bully, or allowing yourself to be bullied, to name a few.

There are many books, articles, and essays written about how to connect with your inner wisdom or awaken the god spark we each possess, there are many methods and ideas about achieving inner peace and realizing your full potential, there are so many ways that work because what communicates to one person's needs and understanding will not communicate to the next one. However, the one thing that is common to whatever method or path you choose is commitment and trust.

It is imperative that you remain committed to awakening your Soul-Self and trust that everything that happens to you, every experience that comes your way, every environment you find yourself in, and every insight you achieve, it is all **for** you... it is happening just for you to get it, it is so that you can arrive at the full realization that Spirit lives within and through you.

The more you can commune with Spirit and the Soul-Self within, the more you will see that it is all about love, success, prosperity, and abundance for everyone, there is no one that is more deserving than another. If you start having worthiness issues, acknowledge that it is your ego speaking and you don't have to listen!!

It is time to awaken to the spark within – know that you are whole, and you can embrace life with child-like fascination and love.

Always remember to name what you want (never place attention on what you don't want) and then trust that it will come in whatever form is divinely right for you.

## Tips to Help You Find Your Soul-Self

---

*The most important person you meet in life is your higher self. ~Matshona Dhliwayo*

---

Do you ever feel lost and don't know who you are anymore? If so, you are not alone. Many people find themselves in this position in their lives. The good news is that there are several ways to find your way back to your Soul-Self again.

Here are five effective tips to help you reconnect with your Soul-Self again:

### **1. Identify your passions and focus on them.**

When you know what you are passionate about, it is easier to find direction and purpose in your life. If you are not sure what your passions are, take some time to explore different activities and interests.

- To find your passion, ask yourself what you enjoy doing, what makes you feel fulfilled, and what topics get your attention.
- Once you identify your passions, attempt to focus on them each day. It could mean working on a hobby, pursuing a creative passion, or taking steps to achieve a goal.
- Set small, achievable goals to understand your passions and boost your self-confidence.

### **2. Each day do an activity that you enjoy.**

It would be best if you took the time to relax and recharge. If you are constantly on the go, you will eventually burn out. Schedule some “me time” into each day.

- Use this time to do something you enjoy, such as reading, listening to music, taking a bath, or spending time in nature. Taking care of yourself is crucial if you want to find your Soul-Self again.
- Book a spa day, listen to your favorite songs, or go roller skating. Identify the things that make you feel good and make time for them.

### **3. Connect with nature.**

When you are in nature, it is easy to feel more connected to your inner thoughts and emotions.

- Go for a walk in the park, go for a hike, or just sit outside and enjoy the fresh air. You will likely find that spending time outdoors helps you relax and clear your mind.
- Spend time outside every day, even if it is just for a few minutes. If you can, go for a walk in your

neighborhood or take a hike in the woods. These activities will help you feel more connected to nature and yourself.

- Spending time in nature will help you feel more connected to your inner thoughts and emotions. It will also benefit your physical, mental, and emotional health.

#### 4. **Spend time with friends and family.**

Another way to find your Soul-Self is to spend time with people who make you happy. You feel more relaxed and at ease when you are with loved ones.

- Take the time to reconnect with old friends or plan fun activities with your family. Attempt to surround yourself with positive people who make you feel good about yourself.
- Hanging out with friends can be fun to relax and feel more like yourself again.
- Choose friends who are supportive, positive, and make you laugh. Arrange dinner dates, go to the movies, or spend time at home.
- Pets can also be wonderfully supportive companions. If you don't have any close friends or family nearby, consider getting a pet to help you feel more connected. Cats, dogs, birds, and fish can all make great pets. Consider what type of pet would best fit your lifestyle and home.

#### 5. **Cultivate a positive mindset.**

A final way to find your Soul-Self is to let go of negative thoughts and cultivate a more positive attitude.

- Finding your Soul-Self will be difficult if you always focus on negative thoughts. Commit to letting go of these types of thoughts and focus on the positive aspects of your life.
- Think about things that make you happy, such as your favorite memories or people in your life.

- You can also try positive affirmations to help shift your mindset. Repeating things like “***I am worthy of love and happiness***” or “***I am resilient and capable***” can help you believe these things about yourself.
- Focus on the present moment. What is good about this moment? How can you make it meaningful to you?

By following the preceding tips, you will be well on your way to reconnecting with your Soul-Self again.

Remember to be patient and to enjoy the journey. Don't give up on yourself. Believe in your ability to find happiness and inner peace.

Start each day with positive affirmations, take a long walk, and attempt to work on your passions as much as you can to help you successfully find and align with your soul-self.

## Soul-Searching Questions to Help You Get Unstuck

---

*There are two primary choices in life: to accept conditions as they exist or accept the responsibility for changing them. ~Denis Waitley*

---

Being stuck is like being in a dark hole. You want to climb out of it but can't see anything or find a rope or ladder. It overwhelms you with feelings of fear, anxiety, discombobulation, and confusion. The world seems to speed past while you stay exactly where you are.

You may realize the need to get out of your current situation, but you feel held back by an even stronger desire to do nothing to change your condition.

Here are some soul-searching questions to help you understand why you may be feeling stuck:

1. **Are my expectations of myself too high?**

Reexamine your expectations of yourself. You can't do everything perfectly. It is typical to feel disappointed in yourself if you don't live up to your expectations.

- You will lose your joy by comparing yourself to others and having expectations so lofty that you think you are not enough. The depressed state that will follow will keep you stuck in a rut.

2. **What are my goals?**

Living without a purpose is one of the quickest ways to find yourself in a rut. You can't do anything if you have no sense of direction. Since you are stuck in a hole, the only path to go is up. How do you do this?

- Put up a vision board. Pin pictures and words of things you find beautiful and inspiring on the vision board. **Make brief notes of goals you intend to accomplish.** They can be big or small. How will this help you?
- Writing your goals is great, but it is not enough. A vision board is a visual representation of your goals, which makes them feel more possible and more within reach.

3. **How much time do I spend daily on improving myself?**

Are you stuck because you are making no effort to expand your knowledge? Is there a skill you can learn? Reflect upon this. You have plenty of time. Consider how much time you spend on distracting or time-wasting activities.

- Now think of how much of that time you could spend reading something you enjoy, learning a skill or a hobby. Pick one thing to do to improve yourself. Then stick with it and see how much progress you make.

#### 4. **Do my friends motivate me?**

Do you choose your friends carefully? Whether in-person or virtually, the people we surround ourselves with have a more significant effect on us than we like to admit. The key?

Expand your circle of friends. Look at your vision board and pick one goal on the board.

- Now try to make a friend who is in that circle or knows people in that circle. How will this help? Eventually, you will follow along with the tide motivated to live the life of your dreams by surrounding yourself with like-minded people.

#### 5. **How willing am I to step out of my comfort zone?**

When was the last time you did something that you found fascinating? Sometimes it helps to get away for a while. Change your environment for a day or two.

- Usually, we feel stuck because we are too comfortable with where we are physically in life. Do you want a new job? Apply. Do you want a relationship? Get out there. Do you want to travel? Go.
- If you can't afford to go away or don't have the time, do something you would not normally do or do something spontaneous. It helps to spark things up and get you out of your daily routine.

#### 6. **Do I show gratitude for the things I enjoy?**

Gratitude lists can help us accomplish this. Write down the things you are grateful for, even the smallest. Doing this regularly helps immensely.

- You will find some good things that shine through your dark feelings. Tiny sparks of light that brighten a dark hole. Recognize and appreciate those bright moments.

Remember, just because you feel limited doesn't mean that you are. If you feel stuck, move. You are in control of your life. If you take what actions you can take right now, you are not stuck.



Find what you truly want in life and get started. The more things you try, the more likely it will be for you to find your place in this world... celebrate your Soul-Self!

## How to Stay True to Your Soul-Self

---

*One of the lessons that I grew up with was to always stay true to yourself and never let what somebody else says distract you from your goals. And so, when I hear about negative and false attacks, I really don't invest any energy in them, because I know who I am.*  
~Michelle Obama

---

We all know what it's like to feel like an outsider. Maybe you don't quite fit in with the clique at work or feel uncomfortable in social settings because you don't act or look the way everyone else does.

It is tough to be yourself when it seems like everyone around you is trying to be someone else. But it is important to remember that being yourself is one of the best things you can do for yourself and those around you.

Here are a few ideas on how to stay true to your Soul-Self:

1. **Don't be nervous about being yourself.**

Your individuality is one of your greatest strengths, so don't waste it by trying to fit in with everyone else. Instead, embrace your quirks, peccadillos, and differences... celebrate the things that make you unique.

- You can eliminate the fear of being yourself by doing a couple of things: Focus on your strengths and talents and build confidence in these areas. Traditional schools often teach you to improve on

the skills that you are weakest in but try to focus on the things that come naturally to you.... This will help you feel good about yourself and empower you to be your true Self.

- Surround yourself with supportive friends and family members who inspire and encourage you to be yourself. When you spend time with people who embrace their true selves, it will be easier for you to do the same.
- Being around people who pretend to be something they are not will ultimately make it harder for you to stay true to yourself.
- Practice self-compassion. If you make a mistake or say something that isn't popular, don't beat yourself up. We all make mistakes, and we all have different opinions. What matters most is how you learn from your mistakes and grow.
- So instead of being hard on yourself, show yourself compassion and understanding.

## **2. Be kind to others, but don't let them take advantage of you.**

It is sometimes a challenge to stand up for yourself and your beliefs, especially if those around you are pressuring you to do or say things that don't feel right to you.

- Remember that being kind doesn't mean letting others walk all over you. You can be a caring and compassionate person while staying true to yourself and your beliefs.
- Here are some suggestions on remaining kind without the risk that someone will take advantage of you:
  - Set clear boundaries with the people in your life.

- Let them know what you will and won't tolerate and stick to these boundaries, even if it is complicated.
- Don't be afraid to say "no" when you need to. It is difficult for many people, but it is important to remember that you do not owe anyone anything. If you don't want to do something, don't do it.
- Choose your battles wisely. There will be times when it is not worth arguing with someone or standing up for yourself. If the situation is not worth the stress, acknowledge it and let it go.

### **3. Stand up for what you believe in, even if it is unpopular.**

It is easy to give in to peer pressure or go along with the crowd, but it is important to stand up for what you believe in, even if it is not popular. It takes courage, but it is important to stay true to yourself and your values.

- How to stand up for yourself: Start by developing a strong sense of self-confidence. Believing in yourself and your abilities will help you speak up when you need to and stand firm when others try to pressure you into doing something that feels wrong.
- Practice speaking up for yourself in small ways. Start with situations where it is less risky to speak your mind, such as with friends or family members. It will help you build the confidence and skills to speak up in more complicated situations.
- Know your rights. It is important to know when someone is violating your rights or trying to pressure you into doing something dishonest or illegal. This knowledge will give you the strength to stand up for yourself in these situations.
- Learn to trust your gut instinct. If something does not feel right, it most likely isn't. Trusting your gut instinct will help you stay true to yourself and avoid regretting your choices or decisions later.

#### **4. Avoid comparing yourself to others—you are awesome just as you are!**

Embrace your quirks and oddities — they make you special and interesting!

- Here is a way to help embrace your quirks:
  - Focus on your strengths and gifts.
  - Think about the things that make you unique from others, whether it is your sense of humor, creativity, or ability to connect with people.
  - Cultivate these qualities and use them to shine!
- Get to know yourself better. Reflect upon your thoughts, feelings, and experiences. Journaling, practicing daily reflection, or talking to a mentor or life coach can help you get to know yourself better and appreciate what makes you unique.
- Surround yourself with confident, self-expressive people. Being around people who are comfortable with themselves can help you feel more confident in your skin. Seek friends and mentors who will support and encourage you to be yourself.

#### **5. Practice radical self-care.**

Taking care of yourself is essential to feeling good about yourself. Schedule time for things that make you happy, such as your hobbies, spending time with loved ones, or taking care of your physical well-being.

- By taking care of yourself, you will be better able to embrace your quirks and peculiarities.
- Here are some self-care tips and ideas: Schedule time for hobbies and activities you enjoy, such as reading, writing, painting, or exercising. Hobbies are a great way to express yourself and connect with your inner self.

- Book a spa day, read a good book, go for a nature walk, and watch a movie. Focus on yourself, stretch, and relax. You deserve it! Self-care is vital for staying grounded and connected with yourself.
- Prioritize your physical well-being, such as getting enough sleep, eating a balanced diet, and exercising regularly. By taking care of your body, you will take better care of your mind and soul.
- If you want to act like yourself in a world where it is not easy, start by developing a strong sense of self-confidence.
- Believing in yourself and your abilities will help you speak up when you need to and stand firm against others trying to pressure you into doing something that feels wrong.

Practice speaking up for yourself in small ways, know your values and your rights, and learn to trust your gut instinct. Don't compare yourself to others. Embrace your quirks and peculiarities and practice radical self-care. Surrounding yourself with people who are confident and self-expressive can also be helpful.

Remember that you are unique and amazing, just as you are... I trust that the preceding suggestions and wisdom inspire and help you to step confidently forward in alignment with your Soul-Self—this is what the world needs from you.

## How to Boost Your Personal Power

---

*The most common way people give up their power is by thinking they don't have any.*  
~Alice Walker

---

What does personal power mean to you? For me, it is very much tied in with feeling comfortable in my own skin. When you feel comfortable with yourself – you are in alignment with your Soul-Self and not selling yourself short or trying to be someone you are not.

An important way of further developing your own level of personal power is to keep your word and operate from your own level of integrity... For instance, let's say that a colleague asks you to tell their boss that they met their quota (when they had not) so that they would receive their bonus – what would you do?

I am not writing here to judge what is right and wrong but if in the above example, you would feel like a liar then it is important not to go along with something that you feel is out of integrity – in this way, you stay in alignment with your own sense of truth.

Operating from personal power means that you have integrity and operate with honesty and fairness in all ways.

This is also reflected in our relationship with our soul-self. The best way to lose personal power and feelings of truth and integrity is to break a promise to yourself. When you say, “I will not eat any more cookies” and you are in perfect alignment with yourself, the next time you are offered a cookie you will confidently and easily say “No thank you” ... but if you are not in alignment with your soul-self, you may be tempted and potentially “...just have one”.

A short time later you may find yourself in a cycle of beating yourself up, telling yourself off, and feeling angry because “yet again” you have let yourself down – breaking your own word and it does not feel good.

What I am inviting you to do here is to check in with not only what promises, challenges, and goals you are setting for yourself but also what language are you using when you do slip and repeat a not-so-healthy pattern or do the thing you promised yourself you were not going to.

Operating with personal power is an organic process that develops and grows stronger as you find your own level of integrity, truth, and honesty.

If you say you are going to do something – for instance, say you want to get up a wee bit earlier in the morning and exercise for 30 minutes before breakfast... when the alarm goes off and you hit the snooze button (therefore missing the opportunity for your workout) ... I would invite you to look for ways in which you could be physically active throughout your day and above all, acknowledge with unconditional love of self that you are doing the best you can today.

## Final Thoughts

---

*The Soul is the truth of who we are ~Marianne Williamson*

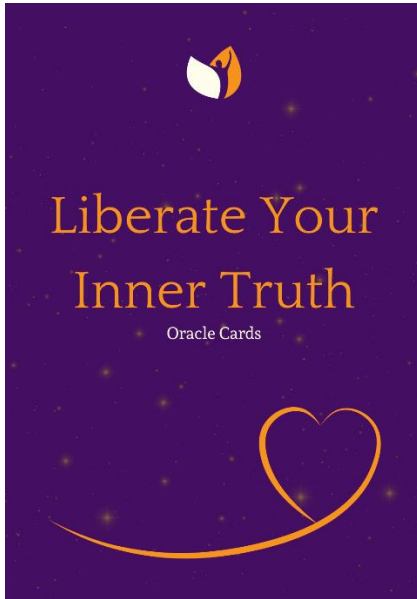
---

The journey to connecting with our Soul-Self becomes the work of each of our lives. To heal, grow, and evolve by living a life that aligns with who we intend and are meant to become... When we do, we feel vital, connected, and like our lives matter.

Your soul is always there for you to connect with, you don't need to reach a certain level of enlightenment or spend hours practicing, your soul is always available to you as a tool of guidance and support.

Aligning with your Soul-Self can help you to live a more conscious, mindful life and can also help you to transcend the ego and tune in to your highest purpose.

Your soul is more powerful than you can understand... it is way smarter than a computer and much more powerful than anything you can comprehend. Your soul is endless, infinite, and timeless and it is waiting for you to say “Hello, here I am”!!



In order to support you in your quest to find your soul-self, I have developed an oracle card deck – Liberate Your Inner Truth – it is dedicated to all those seeking to break free of the invisible patterns that seem to hold us back from accessing our truth while truly living and sharing our full potential.

If you are ready to unlock your inner gifts and talents... The Liberate Your Inner Truth intuitive oracle cards will help you delve into your deepest questions about who and what you are.

The messages revealed can help provide advice, clarity, and guidance regarding current situations that may be presenting a challenge.

## **Moira Hutchison**

Moira Hutchison has been an intuitive guide and mentor for over 20 years... After escaping from a cult (which she was in for 2 years), she learned to release her people-pleasing ways and discovered how to deeply listen to and be guided by her inner guidance.

She guides and supports professionals who are feeling stuck, emotionally discombobulated, and spiritually confused to find peace, clarity, and leadership.



What makes her unique and different in this work is that she has developed the ability to take complex spiritual ideas and interpret them in ways that people find easy to understand and integrate.

Moira works from her home office in Newfoundland where she lives in a beautiful home near the ocean, with her husband and Princess Pumpkin Smudge, the cat.

You can learn more and connect with Moira on her website here:  
<https://WellnessWithMoira.com>

**4**

# **A Glimpse into Totality**



**Nicole Casati**

All I see is her ‘ugliness’ as I sit across from her on the evening train. I’m commuting home like I do five days a week. Not only has it been a long, tedious day at work, but it also happens to be my birthday. Slumped in my seat, breathing shallowly, I am consumed by thoughts and feelings of sadness, hurt, and loneliness.

I can’t even pretend, like I often do, that I’m not in a bad place emotionally, indulging in self-pity. At this moment, as I gaze at this unsuspecting woman sitting in front of me, I believe that nobody loves me. I believe that I don’t matter. I believe that despite all I do for others, I’m still not good enough for the people I care about. And now, my unloving mood is finding its way to this woman who I don’t even know...

Today happens to be yet another year, out of seven consecutive years, in which the spiritual community I’m a member of, appears to be ignoring the fact that it’s my birthday (which they are aware of). The group’s community leaders have neither contacted me nor mentioned my birthday in the celebration section of their e-newsletter that came out earlier this afternoon. My friends’ names are mentioned in the celebratory section, but mine isn’t.

This probably sounds so lame and immature. You might be thinking, “Big deal, so what?” or “Who cares about birthdays?”

The truth is that I care about birthdays, and not just my own. Birthdays have always been important to me even though this might not be spiritual to admit. Right now, it happens to be a big deal for me because I consider my spiritual group to be an ‘extension of my family’ and as far as I believe, families share in celebrations.

The teachers and mentors of this group have always emphasized how celebrating one’s birthday is a special occasion in recognition of the gift that each human being bestows upon this world for being created. It has been the group’s weekly practice to acknowledge and celebrate members’ birthdays; however, mine has been excluded causing me to feel unseen.

All along my only wish has been to also experience what many of the other members have over the years- the customary, two-

minute announcement followed by a little joyful singing during the weekly spiritual connection.

As I have always been encouraged to celebrate along with others and to extend loving kindness, the group teachers have also preached to me that it's not 'spiritual' to expect the same in return. It's not unconditionally sharing to desire the same experience for oneself.

I suspect that my reaction to being seemingly forgotten or ignored is not very 'spiritual' and might be a byproduct of my ego. Nevertheless, the truth is that currently, what I feel seems very real and it's bothering me immensely. As much as I try to 'shake it off', I can't; therefore, I begrudgingly resign myself to concluding that the group's behavior or lack of communication simply means that I'm not cared for enough to be celebrated on my birthday. My mind is convincing me that "I don't matter" and "I'm not important enough". In my doom and gloom, I ponder whether I'm being rejected because there's something inherently wrong with me and if how other people treat me is all my fault.

I ruminate on how I have spent seven years trying to prove myself to this group, trying to prove my worthiness, hoping to receive breadcrumbs of validation from them. I think about how I gave up hours of my life volunteering long days, giving up my personal relationships, dreams, desires, and needs for the mission of the group.

I feel helpless at this moment, as I think about all the times I left this group, only to return in hopes that this time it will be different. It felt like an addiction, like I depended on their approval to confirm that my life matters, that I matter.

### ***Back to the commute...***

I observe how the woman sitting across from me starts to dose off and go into what appears to be an unconscious state of sleep. Her head thrust backward, her hair disheveled, her mouth wide open with drool as she begins to snore, all at the same time! On any other occasion, I might find it comical or even 'cute', but on this day, it ignites a sense of revulsion within me.

As I observe her facial expressions and hear the sounds she makes through her nose and mouth, I feel repelled, while

simultaneously feeling guilty and ashamed for my reaction. Yet, I allow my mind to continue to find fault in her, finding more reasons to judge her. I even count all the wrinkles on her face, as if having wrinkles is a crime.

Different kinds of stories about who this woman is develop in my mind; and unfortunately, none of them are kind. I have fallen into a dark pit of the mind, where I can only see her as unsightly and undeserving of my humanity.

After several minutes have passed with this state of mind, I suddenly become aware of how I'm conducting myself. A soft, gentle voice within encourages me to pause and return to myself, to go inward.

I gradually become conscious of how quickly and increasingly I'm feeling drained of vital energy. I sense 'contraction' and tightening forming in my chest, my heart beating too fast, my eyes, my head throbbing at the temples and my entire body shaking in weakness. My breathing has become so shallow that I can barely detect it. I want to cry out loud...for this pitiful state, I find myself in and for the woman I have just invested most of my energy breaking down with ill thoughts.

That inner voice gently reminds me that this is not who I am. At the very least, my attitude doesn't support the spiritual path I walk.

Nevertheless, the negative thoughts keep persisting, trying to convince me that what I'm seeing is 'right' and continue their attack. Despite their argument, I feel disturbed by this situation and decide to start over in the best way I know.

I close my eyes and enter Quietness (unintentional meditation right then and there on the train). I step into the silence of my heart and pause without expectation (only asking for the truth to be revealed to me) ...and I wait.

Slowly, I begin to gain insight and begin to understand that the belief that I'm unloved and unworthy of being loved has shaped my experience. What I assumed about the woman was merely a reflection of the lack of love I feel within and for myself.

Now, I am adamant that I will not open my eyes until I reinstate the Soul-Awareness of compassion, which is always present, even

though often concealed behind the veils of the sub-conscious mind.

Eventually, through the silence and surrender, the uninvited thoughts of despair dissipate, and space is created to bridge the mind with my heart, allowing me to effortlessly tap into greater feelings of love and compassion for myself. I have full awareness in Presence, with clarity, that there is nothing lacking within me, nor in my perceived circumstances.

I can feel this fresh awareness begin to consciously extend itself to the woman before me. I am ready to open my eyes now with new-found Self-Awareness.

Eyes open, I now see the woman seated across from me with restored sight. She appears so beautiful! Her face shining like the full moon.

As I continue to move my gaze and look around me at the other passengers on the train, they also glow in their magnificence. What just happened? Same train, same woman sitting across from me, same passengers in the coach with me...how is it that my experiential perspective took a 180-degree turn for the better?

As I get up from my seat and walk to the exit door, many of the passengers rush to move out of the way to accommodate my path. They are smiling and wishing me a good evening. As I step off the train and my feet land on the pavement, I rush to my parked car to drive home, excited to meet up with my husband and family who are waiting for me to celebrate my birthday tonight.

In all the emotional inner turmoil and suffering I experienced when I first embarked on the train, how did I forget about my loved ones who were waiting for me? How did I not prioritize them in my experience and instead focus on a group of people who seemingly forgot me?

As soon as I reached home, my inspiration found itself being expressed through the writing of my very first poem, intuitively completed within ten minutes. Never in my life would I have imagined that I would be writing poetry (something 'unknown' to me up until that moment). And then it dawned on me...

I had awakened to the revelation of poetry, the true Grace concealed within my experience.

I felt pleased at how simple this practice had been. A sense of achievement and fulfillment overcame me – the kind that comes from becoming Self-aware and being able to identify a limited perspective and then transforming its reality into one that serves a higher good for all involved. I was so excited that it compelled me to contemplate:

- What else could Self-Awareness from experience reveal to me?
- What if I could elevate any experience through Self-Awareness by seeing it for what it truly is?
- How does Self-Awareness serve as a Guide in my experiences, helping me understand what really matters to me, what my core values are, so that I may co-create a life I love?
- What if I could share my experiential journey with others and help them become aware of their own life's concealed poetry within their experiences, as well?

These are the questions I asked myself for months after my experience, for the answers would be the treasure found within Self-Awareness about who I am and what matters most to me in life.

This is what I imagine bliss-fulfilled looks like! Awakening and becoming aware of the love within all our Life experiences. Remembering what matters the most to us, including our precious Selves, and honoring this awareness by whole-heartedly loving our way home.

Fast forward to a few years later...my new-found Self-Awareness has not only helped me grow and expand in Soul-Consciousness, pacifying the ego's need to prove its worthiness, but it has also allowed me to discover what I want to experience in life...what brings the Being that I am, a sense of fulfillment as I share it with the people closest to me.

### **Lessons learned from that fateful day on the train:**

- While it appeared to be a repetitive pattern and memory with the group that triggered my reaction of believing “I was not important enough to be celebrated”, it was in fact

past emotional trauma from childhood that surfaced and expressed itself. It is important to trace our triggers to the source – to release the stored trauma or limited beliefs from the root with awareness.

- Once we become aware of the power of our thoughts, we choose not to entertain just any thought. And once we become aware of the power of our Presence, we can be ‘anywhere’.
- We are not our experiences. The moment we stop identifying with our experiences, when we stop defining ourselves as the experience, that is the first step to becoming aware of the grace held within the experience of our life.
- The outer reflects the inner consciousness, measure for measure. When I don’t feel love for my Self, I attract those who might also treat me accordingly. This love-less-ness will shadow my reality.
- Trying to control my experiences and setting up expectations for others to fulfill is a recipe for failure. I will always feel disappointed.
- We have the power to choose our perspective for the good. When we raise the frequency of our consciousness, all else is raised with us. We can literally transform any situation for the better – not by forcing it outwardly, but by connecting to it internally.
- We have the choice and ability to change our circumstances – stop hoping for others to change themselves. It’s never about them – they are merely a projection.
- Most importantly, the Subconscious mind is what drives us in thought, emotion, the choices we make, and how we act on them. This is why Self-Awareness is vital to our well-being and living authentically rooted in Soul-Consciousness.
- Consciousness is everything; therefore, Conscious Awareness Sees as I Am, and a Conscious Life not only sees as I Am, but also celebrates one’s very existence in



every moment. It doesn't require external validation or to be 'discovered' and 'seen' by others.

- We must have Self-Awareness to take proper action in life. Remembering that direct experience is the best Teacher in helping us increase Self-Awareness.
- The main themes/patterns of our life experiences are influenced by where we direct our attention. We are the Director who guides energy toward areas of our mind. The key to co-creating our reality and aligning with what matters most to us is to be mindful of external influences.
  - Are we allowing people or circumstances outside of ourselves to dictate where our awareness is directed?
  - Are we disciplined enough to control our minds?
  - Do we allow people and things to influence where our consciousness goes?

Once our awareness is directed to a particular area in our mind, then our individual filters and conditioning kick in to give meaning to whatever it is we experience.

**An effective way to experience a life we love is to take control of our mind** and with the awareness of how it works, consciously direct it. This must become a moment-to-moment discipline.

- Reflecting on that fateful day on the train, I ask if it was the group's responsibility to meet my need to be celebrated on my birthday. I now know that it was not their burden to carry!

I realize that what I thought I needed the group to fulfill for me, was actually not a need but a desire. I had a burning desire to feel special enough to be celebrated or be "chosen" by the group. From this limited perspective, it was an inherent desire to connect with people I "chose", who didn't necessarily feel the same way about me. At the time, I wasn't aware that on my own, I didn't feel special enough to be celebrated; therefore, I 'assigned' the role to the group leaders from a place of lack.

- The distinction between basic need and one's desire is vital to well-being. At the root, I had a desire to have an experience in which I would feel loved and worthy of my existence, if only once a year.
- It's empowering to understand the difference between a need and what we desire to experience because it offers us many more choices of where and to whom to consciously direct our attention... "where the mind goes, energy flows". I didn't have to habitually select a group that didn't seemingly share the same desire as I did, hoping that 'they' would change, which always left me feeling disappointed when the outcome was the same.
- Letting go of controlling how our aspirations are met eliminates inner and outer conflict. Conscious choice stemming from our deepest desires instead of our perception of need, expands our life experience to allow for an amplitude of opportunities that can bring fulfillment because of the resonance of matching frequencies.
- The responsibility to meet my needs and desires by making healthy choices is **Soulfully** mine. The Soul doesn't need to be recognized, nor does it require proof that it is worthy of Being.

It begins with being Self-aware, especially of my deepest core values, and beliefs, and knowing what matters most to me in life. It's about being a Soul-Investigator and uncovering the limiting beliefs nestled in the subconscious that cause me to make poor choices, attracting people and circumstances that don't serve me well.

- Women often need a big excuse or 'good reason' to treat themselves well – like a birthday celebration. Imagine if instead, we celebrated ourselves daily just as we sometimes do on our birthday? Celebrate yourself and life now, for no reason!
- Improving Self-awareness through experience is the vehicle for personal transformation. We can't find that merely by reading about it. We **MUST** live it!

- Everything that matters to us is a clue to the type of feeling we want to experience. It's not the thing itself we want, it's the experience of feeling our Being in its totality.

Many years later I would become inspired to share my experiential insights with other women, with the intention of fostering a more loving, harmonious, and joyful reality with Self and the world.

Today, I am the founder of ***Love Life Your Way, Living by Conscious Design***. A collection of offerings, including guided meditations, hypnosis sessions, and workshops designed for women who are looking to expand their Self-awareness to live their highest Soul's expression using their authentic voice.

My offerings include guided meditations written and narrated by me, with an emphasis on connecting to the feminine energy within. My guided meditation videos are designed to support whole well-being, by helping the listener to relax, release stress, and cultivate a Self-care practice.

This is why I create guided meditations for women...so that they may also be inspired to create a spiritual lifestyle with daily practice of meditation, mindfulness, and creative expression to increase Self-awareness and connect to their higher truth. To learn how to receive loving guidance from The Wise Woman, their Inner Teacher.

---

*"Your world is a living expression of how you  
are using and have used your mind."  
~ Earl Nightingale ~*

---

That day on the train many years ago, had I been aware of the importance of practicing Self-care, I would have probably had an entirely different story to tell; however, I wouldn't change that experience for the world, as it has shaped the woman I am today.

What I learned that day is priceless. I learned that I could go inwards and monitor my inner thoughts and feelings, which serve as signs, to gain more Self-Awareness. With this increased Self-awareness, I gained more understanding of how I want to

experience my life; and how my inner experience not only impacts me, but everyone else as well.

I didn't know my voice then; I didn't even know that I had a voice worth expressing. I didn't truly understand who I was and what I truly wanted out of life to feel good about myself, about being 'here' on Earth. I felt this inner unrest and a lot of shame for having desires to experience more for myself, to experience a fuller, deeper life of my own design.

I recall many times confiding in teachers, mentors, friends, and therapists, my deepest feelings, 'secrets', desires, and hurts, only to be shamed or questioned about why I held certain beliefs and desires. Often, I walked away feeling humiliated, like something was wrong with me and everybody else seemed to 'have it all together'. I was accused of being too sensitive, and too self-absorbed if I voiced a need or desire, and this added to my confusion. At that time, I didn't understand how everyone's subconscious mind works, and that most of the time, 99% of people are operating from this place and projecting their own false selves and 'stickiness' onto each other.

Today, I teach comprehensive workshops on **7th Path Advanced Self-Hypnosis®** in a group environment. **7th Path™** is a system developed by Calvin D. Banyan, MA, a Board-Certified Hypnotherapist and Certified Instructor of Hypnotherapy.

As a practitioner, you learn the tools to conduct 7th Path ® Advanced Self-Hypnosis for the rest of your life, in the privacy of your own mind. Nobody must know "your story", nor will you ever feel that you may be judged for your internal thoughts, beliefs, and feelings. It's between you and a higher power within.

The **7th Path™** is a new form of Self-Hypnosis that can be used to facilitate Self-awareness and spiritual growth. Its holistic approach combines the effectiveness of Self-hypnosis, meditation, and prayer.

7th Path™ is a powerful, life-transforming program that explains how the mind works so that you are empowered to create a life you love by conscious design!

### **You will learn:**

- How the human mind works and how hypnosis works for you.
- How emotions impact your behavior and thinking.
- How to practice 7th Path ® and induce Self-Hypnosis.
- How to structure suggestions to create optimal improvements in your life.
- How to communicate effectively with the part of the mind that runs you.

### **7TH PATH™ Can Help You:**

- Free yourself from negative programming and painful emotions from the past.
- Use a Mind-Body-Spirit approach to help you move forward in your life and maximize your potential.
- Reduce and manage stress levels to support your body's innate ability to heal itself.
- Improve the relationship with your beautiful Self and others.
- Reclaim your life by removing outdated and limiting beliefs.
- Return to True Self and experience the peace and harmony created within.
- Follow your Soul's Path and embrace your calling in life!

For women seeking both practical and spiritual tools, understanding, and gentle guidance to consciously design an intentional and sustainable life you love.

### **Workshop Highlights:**

- Small class sizes for maximum learning potential and interaction.
- Experience being in a hypnotic state.

- Professional student workbook provided.
- Continued ongoing support for all students.

Learn and practice listening to your Heart and Soul, Your Inner Teacher, the One who holds all the answers to your deepest questions.

Self-hypnosis helps increase your Self-awareness, reframe a perspective, release limitations, and be more empowered to create a life you love.

**The 7th Path™ Advanced Self-Hypnosis®** 3-day workshops that I teach resume in September and run until June of the following year.

In closing, you are invited to contemplate these questions...

What if everything that has ever ‘happened’ to you, is a tool personally designed by the Soul to prepare you for this moment in time, toward the unfoldment of your glorious existence?

What if your road has been divinely paved so that you may awaken to your truth, your Soul’s path?

Imagine that by pulling back the curtain and with Self-Awareness, putting back together all the scattered pieces of past and current events, you can begin to see your life’s beautiful orchestration - and the best part is that it’s uniquely yours!

My wish is that every woman becomes aware of who she truly is, a magnificent being of the Universe and All That Is.

Now, I humbly share with you the poem I wrote on that fateful day when I awakened to the truth of who I AM...



---

**A Glimpse into Totality – A Poem by Nicole Casati**

---

***She Sat Across,  
The Long Train Ride Tiring Her.  
Seemingly, She Went into a Mild  
And Awkward Slumber;***

***I Looked at Her, Through Eyes Deceived,  
Unable to See Past Appearances,  
Beyond the Surface of Lies;  
  
Unwanted Thoughts Assaulted,  
Manipulating the Mind to Perceive  
Unpleasantness in Her.***

***I Declared, "This is NOT Who I AM!"  
But The Thoughts Persisted.  
These Foreigners of Which, I AM Not,  
  
Had to Be Stopped,  
From Settling into the Temple  
Housing the Union between Spirit and Soul.***

***Now Closing My Eyes...***

***Travelling Within,***

***I Dive into the Place Where My Heart Lives,  
Where True Love Reigns.***

***I Ask To See Truth.***

***Subtly, the Voice of Heart Speaks,  
Gently, Reminding Me of Who I AM,***

***And I Remember...***

***Now, Opening My Eyes, I See that She Is ...  
Freedom, Beauty, Harmony, Understanding,***

***Loveliness and Truth;  
The Quintessence of Grace.***

***She is ALL-ness, Within ONE-ness.***

***In Reverence, I AM receives a Glimpse into Totality.  
She Looks Back at I AM, Her Eyes Glowing,  
And the Light of Creation Smiles with a Wink,***

***"Welcome Back HOME".***

## **Nicole Casati**

Nicole Casati, founder of **www.lovelifeyourway.com**, is a **Certified Self-Hypnosis Teacher** and **Bio-Energy Frequency Wellness Consultant**. She teaches Self-hypnosis workshops and offers private energy-frequency-balancing consultations.

Nicole passionately assists women in living life to the fullest and achieving their potential through greater Self-Awareness. Her services hold the resonance of balance and well-being.

<https://lovelifeyourway.com/>



**5**

# **The Feeling of Infinity**



**Claire Miriam Ostrovsky**

I love the feeling of infinity... When I was seven years old, I found myself playing in the downstairs bathroom of my house in front of a large, full-wall mirror and a smaller cabinet mirror to my right. I turned the mirrors to face each other, and it was the first time my brain experienced infinity in my visual field with my eyes. Quite instantaneously I was out of my body — my consciousness — a part of me was up in the corner of the room watching me standing in front of those “infinity mirrors”, and I could “see” both me’s. I was standing in between the crossroads of infinity that I had just discovered, being both in my body and outside of my body simultaneously. At that moment I felt like a superhero, expanded on a grander scale of self-awareness and expansion. I felt that I met my soul self at that moment. This aspect of who we are in infinity...

It is with great gratitude that I share my perspective on diving into your soul self to find out what really matters to you.

I truly enjoy helping people on their path to health and wellness. I love assisting and guiding people back to their own power source, their own nature of healing, and feeling better. I am honored to assist people through Therapeutic bodywork including: Massage Therapy, Shiatsu, Cranio Sacral Therapy, Neuromuscular Therapy, Chi Nei Tsang (visceral/abdominal massage), Manual Lymphatic Drainage, Hypnotherapy, and Reconnective Healing, as a Healing arts Practitioner for the past 20 years since 2003. My clients experience transformation for the better and have told me over the years many experiences of healing and resolution to their problems, time and time again. I get to see each client dive into their own unique healing, whether it’s a long-standing injury, or coming in pre or post-surgery for Craniosacral therapy, manual lymphatic drainage, or hypnotherapy.

I once had a client who, when she saw her surgeon for the first-time post-operation, asked in amazement, “What did you do? I have never seen anyone heal this quickly.” Her reply: “Craniosacral Therapy”.

My clients are so precious, and I am honored to work with each one in what is most beneficial to them, in the best support of their ultimate healing.

I have worked with adults and children alike and find it especially satisfying working with families.

I have also been a Hypnotherapist since 2016. I have seen clients reduce long-term medication overuse through withdrawal, reduction, and reclamation of their best life beyond medication. Folks who grew up in abusive and dysfunctional families, healing their minds from the capture of these memories and behaviors. Self-acceptance, love, and renewal of body, mind, and spirit. I have worked with children resolving motion sickness and phobias such as flying on airplanes. Children meeting themselves in each new stage of growth. Adults healing childhood wounding. Pain control and weight control. Folks building their dream homes and dream lives. Healing and mending relationships. Overcoming trauma and PTSD. Holding space for healing for each individual suffering and actualization.

I myself came to the healing arts after working as a victim advocate and crime-scene crisis intervention counselor at the Pima County attorney's office in Tucson, Arizona. I had always been a helper and I liked and wanted to be as helpful as I can be for others, helping people to feel better in difficult and challenging situations.

I was born into a violent family, and as I grew, I began to realize how much of our own suffering can be met and transformed through our own understanding of our individual power to develop the skills to help ourselves. By taking stock of the many influences and cycles that rise and fall, construct and instruct, my goal has been to support others in feeling better and going beyond emotional pain.

My first self-healing practice was meditation. My mom took my sister and I to an all-day meditation class at a kind lady's home. She had a beautiful meditation room with pillows all around; it was welcoming and comfortable. We sat on the floor in a dark room with candlelight. Wonderful scarves were hanging from the walls and ceiling, and we closed our eyes, and she guided us to notice our breath. She explained that we could use a word — a mantra — to speak inside with each in and out breath. I chose the word LOVE and that was my mantra for 15 years. I was a dutiful daily meditator from that initial experience of this class.

I was 18 years old and up until that point I had never experienced so much energy vibrating in my spine! It was as if my spine was moving me. It was truly an empowering and transformative experience.

I was born with a blinding cataract in my left eye from a medical intervention while in utero, into a family of great discord and pain. There was the day-to-day churning with those who suffer and struggle emotionally from the pain of loss and harm. Overpowered by the lack of true knowing of our individual unique greatness in power.

How can you be taught who you really are amid messages of “you are not good enough”, “I hate you”, and “it’s all your fault”? From this painful soup/stew of fear, worry, stress, never enough, always wrong, dominated by fear and devaluation, I saw there must be other ways to see and understand myself beyond this sorrow and lack of recognition.

My vision and brain injury further worsened when I was 5 and 6 years old in first grade. My right eye was patched to “strengthen” my blind left eye. What this really did at this stage of my growth and development was set my right eye into panic. The patching “treatment” was a form of dismemberment. Disabling my right eye/left brain, rendering me totally blind for my first-grade year of school - this set in new brain injury. My brain was taught to shut down and not see from this year-long patching and from that time forward.

The wonderful New Age author and publisher Louise Hay said about childhood blindness or childhood eye disease and cataracts in “Heal Your Body”:

“Inability to see ahead with joy. Dark future. Eye problems in children not wanting to see what is going on in the family.” She gives new thought patterns to solve these problems, and the affirmations she gives are:

“Life is eternal and filled with joy. Harmony and joy and beauty and safety now surround this child.”

Perhaps my being born with eye/brain injury was a bit of a buffer to the chaotic and sadly dysfunctional home I grew up in. I had the recognition that there was love yet not enough presence.

While it was quite obvious from birth that there was something “wrong” with my left eye, there was too much daily trouble to tend to it, until I entered school and it needed to get tended to. I was the little one with my left eye blind. I recently learned from one of my healing helpers about children who grow up in violent homes and experience PTSD post-traumatic stress disorder that it is our human hardwired nature to fight, flee, freeze, or fawn. Fawning is a state where you mostly take care of others for your own survival.

As a child, I was not a fighter. I did not have that instinct. Knowing and instinct instead brought me to a place of understanding at a very young age that parents, teachers, and doctors were not trustworthy. There was a lack of understanding and awareness of the child with the squinty eye who passed, but who wasn't quite up to her own native intelligence.

One of my overwhelming awarenesses in this lifetime is that there is so much suffering. How do we reconcile harm and suffering?

While many suffer from wrong treatments from listening to experts, who tell them what to do and cause harm — even permanent damage to their body systems — there exists an abundance of freedom technologies, “no harm helpers”. There is a vastness of wisdom available in nature. Nature is nurture. Health is wealth. Some of these freedom technologies include but are not limited to: Therapeutic bodywork, acupuncture, energy medicine, homeopathy, flower essences, yoga, astrology, qi gong, breathing techniques, healing arts practices, journaling, art, exercise/ physical training, brain training and so much more. All of these things help you to be more yourself without harming your body. They free you to transform yourSELF. They feel good. They are practices and systems you can utilize to connect to your greatest power, consciousness and health on a regular basis. Your power energy and wisdom grow more abundant when you do these activities/technologies.

Learning about the body and our energy body excited me to no end, and continued to ignite a passion in me that is innate. My desire for a more gentle, non-invasive, non-persuasive, empowering recognition of my own true nature was guided through meditation, the study and the use of the I Ching, The

Oracle of the Cosmic Way by Carol Anthony and Hannah Moog, and through learning about our bodies. How our bodies work, our systems, and the miraculous creation that we are in our bodies in all of nature, really truly is echoed in the inner truth of cosmic creation, as explained in Taoist philosophy.

My own understanding arose on this continuum of the nature of blessings that resolve and dissolve the suffering component of our program in free will. We have free will. We are sovereign beings. We have souls and minds and even bodies that transcend space and time. We have access to wisdom, balance, harmony in mind, body, spirit/soul...infinity.

The fields of religious doctrine, corporate policies, political ideologies, educational institutions, the military-industrial complex, the medical-industrial complex, and any institution that deems itself as more important than your own individual life in any manifestation, word, or deed is not healthy and viable for your best and most optimal life and living.

The enchanted you that you are, resonating and harmonizing as your own unique style, rhythm, harmony, frequency, balance, imprint of delightfully unique innateness. You be your own enchanted you.

Seeking wisdom, trust, and healing, my soul's healing journey was born into injury, struggle, violence, and love. I slowly awakened to my own state of neglect and the things I never learned how to do and realized with the help of my Neurological Optometrist that I was born with brain damage due to a blinding cataract in my left eye.



As I have gone through the perceptual shifts of understanding that growth and life bring together, I have heard it said that life is like an ascending spiral. Much like a romanesco — the gorgeous broccoli-

like fractal vegetable. Imaging the romanesco in its shape and

form is a great example of the Fibonacci “discovery” of the sequences of life.

Our lives, lived over time and through space are like an ascending spiral, and as we circle and cycle around the spiral, we have the great capacity to become wiser and more experienced — both gathering and letting go through cycles and seasons. Through stages of development and templates of essential growth that roll out in ages and stages. Cycles of development. Structures in systems of creation in changing environments over time and in space. Through these cycles, we spiral up and around, becoming more expansive, freer.

It is with great gratitude that I share my perspective on diving into your soul self. Like diving into a pool of water, or taking a shower, engaging energy and movement, and meeting wetness. This will to action, your body meets the water, the wetness surrounding you, the refreshment, brings you into an instant state of transformation. A wonderful experience of life as a state of feeling alive.

This soul and life are in continual undulation, rising and rolling through the harm, help and constancy of love. The interweaving of threads into tapestries, frequencies of space and time. In this grand design, we revolve and evolve along this spiraling path, going up and growing up, greater, wiser, and clearer about our understanding of who we really are.

Your soul’s evolution, your healthy human life’s innate, hardwired, given program is to experience creation in infinite ways through love. In wonderment, we are so many things at once. Our innate circuitry. Our native faculties.

Your Owners Manual. Who are we really? Who are you uniquely? What is your nature, your inheritance, and the meaning of your unique life here and now? What is this body, physically, emotionally, feeling, sensing, growing wiser and smarter? Our brain and nervous system transduce the constant continuum of current information in our living systems. This massive orchestration of the autonomic nervous system, the innate brilliance of your body, to walk, talk, digest, breathe, drink water, and metabolize, to create enzymes, neurotransmitters, the lymph glands including sweat glands, photoreceptors.

All at once the millions, maybe billions of metabolic processes that are happening. Hosting a myriad of infinite biological organisms, unique unto themselves. Symbiotically eating and excreting. Aiding digestion, the health of our tissues and organs, glands, metabolic systems, brains, and moods, all of this human body, all at once heart and soul, mind-body, our inheritance from the creator of all that is.

We have a direct connection through our senses, through our feelings, touching, tasting, hearing, seeing, and smelling. Remembering the experience of love. Allow yourself to align with your inner wisdom.

I like to think of wisdom as a place — a beautiful landscape with gardens and paths interwoven through the landscape rooms from the outside in and the inside out. Entryways of beauty lead to a direct path to a sanctuary, library, reading room, relaxing room, records library, a sacred place of holy wisdom that exists authentically. The wise place inside.

From a soul perspective, we are always experiencing this undulating — many levels at once of the true self, our soul self, our future self, our past selves, and our many infinite perspectives upon which we can witness ourselves.

Almost like that of an air traffic controller, or that of a traffic cop on the street directing and conducting oneself and others through what is in front of them, through the surroundings. Having the capacity to both guide and orchestrate. To lead people safely to where they need to go.

The soul self is a constancy in each experience. However, our transduced traffic cop brain is a receiver orchestrating the movements of the physiology, the energy body, the physical body, brain, spinal cord, appendages, nerves, vessels, veins, pathways, electrical currents, our heart structure, and rhythm as a battery and pump our vessels our endocrine system.

What are the mechanisms of the mind, heart, and soul? The heart is a space, it is a place, it is an alive entity that sees, hears, and feels. It is its own sovereign in relationship to its parts



This is a wonderful orientation to this magical yet until now hidden part of your soul nature. Now I would like to introduce you to your SELF. Meet your SELF.

Know your Soul Evolved Loving Friend,

Welcome home to your inner magical one.

Your own personal Super ELF (Ever Loving and Efficient)

Welcome home!

Become connected and Feel Whole. Learn to authenticate your knowing inside your SELF.

Your Soul Expression of Life Fulfilled. The energy we are, the energy we exist in. The guidance. Guide, dance, meditate, move, eat, breathe, sleep. We live in cycles and circles. A New Dawn every morning...

Another great soul healer for me has been activating my rainbow body. Or activating the wisdom, energy, and power of the Chakra system. Let us learn and experience our rainbow body nature, the beauty and the grandeur of your system of seven energy power centers that, when activated, work even better.

Now, do this, or any time of the day that you think of it:

Think about your chakras and light them up. Image in or Imagine

1 Red / Root / Sacral / Connection to your Family and Ancestors

2 Orange / Creation (above pubis bone below belly button)

3 Yellow / Solar Plexus / Belly / Inner golden sun warming your earth life

4 Green / Heart / Love

5 Blue / Throat / Voice / Expression

6 Violet / Purple / Third eye/ Inner Vision

7 White / Crown / Connection to Source

See, feel, and experience these mini disco balls radiant, illuminated, and resplendent with these colors emanating from you. Connect all these lights inside and outside your physical

body. Feel into your SELF and activate your rainbow body. And make it a disco party! Use your inner vision to see clearly these colors of life inside and outside of your SELF!

Experience the observer. Your observer. The one who knows you the best. Your true self. This is your inner guidance system. This is your gateway and connection to the infinite now through your senses: hearing, tasting, touching, feeling, and smelling the delights of life. The abundant interweaving and complexity of the layers of existence.

I've always thought I had a backward life. That has come online now into my dream-come-true life.

From dream come true life looking back, fresh thoughts of my life in reverse. Stages of development catch up and integrate, new faculties just coming online in the last 6 to 8 months. Reversing the difficult childhood, just now growing into greater strength later in life. Catching up in the stages of development that half my brain missed. Integrating new faculties, new sensory integration. The massive importance of communicating my truth in my experience of harm, struggles, and growth with a disability that wasn't really helped. I recognized this has been a formation in knowing myself. My inner truth and my true self were really my soul self. This eternal aspect of inner knowing and truth guides and leads me towards my optimal functioning and healing in this life.

Only in this last year, coming into my 50th year, and as an adult have I found the true help to understand myself, my process, and this life I have lived. Working toward finding the true help for me. From this amazing place, I have always known beyond my beginnings and wounding there has been a guiding force inside and outside that has connected my higher self, my best self, my soul self, my true self that has guided me with instinct to seek and find the help that makes sense and feels right within me. I have had a resiliency and buoyancy that remains intact. A thrust for survival.

The gift of the pain and struggle is that I have been on a path of knowing from my inner compass, following my instincts, for survival and betterment. Of that, I can only say it is my soul that has been guiding me to this unfoldment.

In my career as a professional helper, I am one who trusts the unique power of the individual to know themselves. Not actually knowing or understanding the true scope of my own damage and trauma, I have had trust in my own intuition and I believe that when we let others or those in authority dictate what is best for us, we disable our own instincts.

I have often said I wish we came with an owner's manual and that they read it to us, starting in kindergarten. However, I didn't get the blueprint for that schema so I'm going to work backwards. Thinking: what is healing? Who are we really? Explaining how our bodies, minds, and spirits exist in time, in space, and beyond. Into the infinite life and daily living of the soul. This brilliant source of you who knows you entirely. All experiences in all time, place, and space.

The design is not random whose essence is our essential presence and consciousness in every way that we be. When we learn to utilize our nature for our innate superpowers, we become our greatest truth. We are meant to live a life of beauty, creation, and goodness. In our essential natures, we have the capacity to access our greatest healing and harmony, the greatest collaboration of our true selves.

What are our superpowers? Your own universal force, your own personal technologies — art, meditation, yoga, journaling, breathing, martial arts, Pilates, running, walking, dancing, lifting weights to get your heart pumping and feeling good about yourself. Learning about yourself even more is an introduction to you and to every human.

Of all the physical practices, swimming is my favorite. I walk now and still love yoga. All of these practices in daily life are grounding, a portal into now, and enjoying the challenges of meeting yourself where you are each and every day. And there is a sense of evolution of learning and growing wiser. Of living with understanding with new eyes new vision, new clarity, and new information about what life is like in these amazing, superpowers that we activate. Knowing how our bodies are made up of light. The grand design is created to be self-healing and receptive.

We always have the ability to observe ourselves from the perspective of our greatest power. We can choose to understand and recognize ourselves in our lives. For me, learning about

meditation, yoga, massage, kung fu, Qi gong, the I Ching — these many wisdom paths. Learning about our energy bodies through shiatsu, acupuncture, and Craniosacral Therapy was mind-blowing, to understand that we have these integrated systems that are full of communication, wisdom, and personality. I was in awe of these healing worlds of conscious and devoted practice.

Having worked crime scenes from 1998-2001, as a crisis counselor and victim advocate for three years, and responding to 9/11 in NYC, I began to experience burnout. I turned to Bikram yoga, now called hot room yoga, to help me rebalance and de-stress from the intensity of showing up on crime scenes, in the middle of people's worst days of their lives, as this was my daily work for three years. Doing death notifications for the police department, companioning a family to court after a loved one had been murdered, or assisting a rape victim at the hospital, waiting for their forensic exam — a myriad of horrible things that happen to people. Up until that point, I had just prayed to be helpful, to be a guiding light in a difficult situation. I started to notice around me that people were sort of dysfunctional. They were laughing at things that I didn't think were funny. And then I felt like I wasn't myself. From then on I became less able to do this work. I gave notice by November of 2001.

By the grace of God, a neighbor where I was living handed me a program brochure for The Integrated Bodywork Shiatsu and Massage 1200-hour program. And, lo and behold, the brochure for the massage school was from the very same place where I was doing yoga! The Providence Institute from 2002 to 2003 in Tucson, Arizona. I held that brochure in my hand, and even though I had not yet had a massage, I knew that was what I was going to be doing next.

That year of learning shiatsu and massage was very challenging. After the previous three years working crime scenes, I worked a full-time, overnight shift at a group home (basically an orphanage for boys.) There were 10 boys in the house ages 11 to almost 18. I didn't sleep this year. I went to school full-time to get a new career to transform my life.

So many ways and things opened up for me, leading to my own healing path. I most definitely decided that I wanted to maximize my own human potential, and my own energy systems for

optimal growth and development. To calibrate equilibrium and homeostasis, to understand truth and strength and beauty, and to be free from the shackles of oppression and depression.

What helps the human condition most with overcoming suppression and dominance? Reconnecting with your SELF.

Self-expression is unique to the art and heart of the individual. Art is soul expression through the senses — sight, touch, sound, taste, smell. The wonderment of brilliant and myriad expressions through the arts is what brings forth love and healing, available to the ailing mind, heart, and soul. These are also very important practices that help me in my healing process, learning, and growing.

The biggest healing of all for me was getting my cataract removed through surgery, and then laser surgery a few months later to remove the opacity of the back of my eye. Four years passed, just kind of coasting until the last 3 1/2 years of vision therapy with Dr. Amy Thomas ([www.azvisiontherapy.com](http://www.azvisiontherapy.com)) — my hero, my ultimate healing helper. She has gifted me with the ability to learn vision in my brain, restoring capacities that I have never had before.

Through vision therapy and training my brain and eyes to see, my left eye and whole brain are learning new vision and creating new pathways of growth and functionality.

Dr. Thomas describes the eyes as yoking, as you would oxen. To work together as sisters sharing the load, sharing the abilities of each side of the brain to connect with the opposite eye. And the areas of the brain where new connections are being established and integrated. Through using various colored lenses and prisms, and The Sensory Learning Program to train my brain to see, I have finally begun to restore my left eye vision in my brain, learning to see more cohesive light through the apparatus of my left eye, which was limited before I was born.

It's been my goal to actually find myself in my ageless and timeless essence. I think there is a great awakening and understanding of this human condition that is happening now. So many have inherited and experienced trauma and suffering that has been directly and unconsciously passed on.

It is the hero's journey, if you will, to clear the past and to comprehend the scope and scale of this life from a soul perspective. Not just looking in front to see what is happening, but looking within to feel, to see, to understand, and comprehend the vastness of our human capacities and these freedom technologies. Looking up and down and all around — most especially within. We all have superpowers. Every single precious soul realizes their own power for transformation, whether it's relief from pain and stress into relaxation and calm, or aligning with one's inner truth and knowing from a soul perspective.

### **Claire Miriam Ostrovsky**

Claire has been a Healing Arts practitioner since 2003.

As a licensed Massage Therapist, Certified Hypnotherapist, Craniosacral Practitioner, certified Neuromuscular Therapist, and Reconnective Healing Foundational Practitioner and a Reconnection-Certified Practitioner, Claire's intent and passion is to assist her precious clients in returning to their own state of experiencing their body and being in their own unique balance of wellness, health and best quality of life.

It is truly an honor to support others on their path of health and wellness.

Claire is available for distance healing with Reconnective Healing and for Hypnotherapy online. Claire is also affiliated with FLOW clinic in Tucson Arizona. [www.livelifeintheflow.org](http://www.livelifeintheflow.org)

For more information check out [www.ClaireifiedHealingArts.com](http://www.ClaireifiedHealingArts.com)

**6**

# **Courageous Heart**



**Kerry Cummins Blank**

## **You're invited on a journey of discovery...**

Did you know that your big beautiful juicy heart is a portal that offers a direct line of communication and connection to your soul?

Your heart is a most magical, exquisite, and multi-dimensional gateway to your innermost self. It's always available when you learn how to listen. And every single person has the ability to tap into their own inner wisdom in this way.

Yes, it takes courage to embark upon this deep dive journey into your soul; tune into your heart, be vulnerable, go against the crowd, and follow your own inner truth. But once you feel the calling, there's nothing else so fulfilling, so enlivening... so life-altering! It's a game-changer, that's for sure.

This is the path that many of us find ourselves on right now, this journey of heart awakening and soul alignment. We're learning to connect to our inner wisdom more deeply. We're dancing to the rhythm of our own beat and opening up to new possibilities of how we can influence and change our personal and collective reality.

On this journey, you restore that most intimate connection with your soul self, that divine spark within each one of us. The sacred feminine aspects of your right brain are activated and your inner senses are awakened; intuition, empathy, psychic abilities, telepathy, creativity, and more.

If these words resonate with you, then you're a part of this wave of awakening hearts too. Like many others, you may be feeling a longing or urgency deep inside telling you it's time to get in touch with a much fuller version of WHO YOU ARE and how you show up in the world. It doesn't matter how you label it, what words you use to describe it, or what community you align with. This goes beyond all of that, right to the very heart of all things... your beautiful heart.

The message I want to share with you is ***you are not alone and there are tools to help you along the way***. This journey of the Courageous Heart is quite a fantastic adventure. I know this because I went through it myself and I've helped many others along their path. It can get pretty wild at times. That's why



it's nice to have a guide with a map of the terrain and a good flashlight.

Can you imagine how it would feel to have an open line of communication with your higher self? To reliably access your intuition? To harness your creativity to manifest your dreams and visions? This is the journey of discovery I'm inviting you on.

*When you learn how to nourish these sacred feminine aspects of your soul, they begin to blossom in wonderful ways...*

I offer support and guidance through that blossoming process. To help you tune in and awaken your intuition and tap into your creativity in fun and magical ways - so you can live your life from a place of deep inner wisdom and knowing.

I create group and individual programs designed to awaken the divine feminine using creative arts practices, inner alchemy, energy work, and wisdom circles. Over the past 30 years, I've worked with thousands of clients to help them clear their energy blocks and raise their frequency to shift into their best alignment. From my experience, I've gathered together a unique synergy of tools and processes that nurture deeper soul connection and accelerate personal awakening.

I teach people how to listen to their hearts, bring healing to their bodies, and access their intuition so they can connect to their innermost wisdom... all by learning how to understand and activate their energy. We all have the ability to do this, most of us have just never been shown how. These things can be taught just like any other skill.

In the programs I offer there are three main aspects that come together to form this special synergy for soul connection.

The first aspect is **Energy work**. This is such a big part of my life and work. I see everything in my world through the lens of energy, which is sort of the other way around from how most people see things. Because the foundational quantum level of all physical things is energy, when you learn to work on this level to effect change you establish a direct channel, almost like a shortcut, to change your physical body, your mindset, and your life. I've seen and experienced miraculous results firsthand many times working in this way.

The energy modalities I use in my work are a compilation that's evolved over time. Currently, my main method is Pleiadian Lightwork, along with Shiatsu and Reiki. Other methods that have had a strong influence on my work are Egyptian Hermetics and Andean mystical arts from the Q'ero tradition. To me, all of these pathways describe how to work with energy in different ways, from different perspectives. The Pleiadian Lightwork is a very high frequency of love that carries transmissions and light codes to accelerate our awakening process. It helps us make and integrate big quantum-level shifts in our physical, mental, emotional, and spiritual bodies more easily. This is the kind of energy work I do with people who are exploring deep-dive soul work.

In my programs, I guide you through simple and effective practices to become aware of and learn how to work with your own energy field. This empowers you to take charge of your life and live from a much deeper place of knowing and inner wisdom. You'll activate your intuition, establish a direct line of communication with your heart center, and begin to consciously co-create the life you dream of.

You'll shift into a greater recognition of WHO YOU ARE and learn to own it! You are an exquisitely fine-tuned, multi-dimensional being of light who is opening your energy centers and coming into a new alignment. One that is heart-centered and honors the truth of who you are.

**Vibrational sound healing** is the second aspect I incorporate into my work with individuals and groups. I use Crystal Tones Crystal Alchemy Singing Bowls and Tuning Forks to help reset the nervous system and help people access deep levels of stillness. These are incredibly powerful tools! Not only does sound have the ability to quickly shift our mind and nervous system into a quieter state, but it can also move through the structure of our physical body. Sound vibrations create visible and nonvisible waves that move through our tissues, cell membranes, lymph and blood fluids, and even our bones, carrying harmonic patterns that help restore health.

Sound healing is an ancient and also cutting-edge technology that modern scientists are just beginning to understand. Many

ancient cultures' creation stories point to sound as the very first impulse of creation.

In my work as an intuitive, I've learned that sound waves can carry energy, light codes, and information that goes far beyond the audible experience of the sound tone itself. These sound energy transmissions can help to raise our vibration, support health and balance in our bodies, and accelerate awakening and soul alignment.



**Creative arts** is the third aspect of my work. This is such a fun and effective way to directly access the right brain, helping us develop the sacred feminine aspects of our being. Exploring colors, shapes, non-linear thinking, imagination, and creating with the freedom of a child with no rules... all of these are great ways to activate our inner sacred feminine and foster that deeper soul connection we long for.

Like many of us, maybe you were not encouraged to develop your creative imagination skills or to listen to your heart and follow your intuition. You may have been *discouraged* from doing those things as you grew up. Even those who were encouraged to develop those skills likely weren't shown the deeper ways to tap into these gifts to navigate and co-create a heart-centered life. It's important to know that these are natural human abilities and are available for everyone who's interested in learning them. With the right tools and guidance, you may be happily surprised to discover how easy it is to reconnect to this part of yourself.

Connecting with our inner child and giving ourselves permission and space to play as we did as children is vitally important to our awakening process - and even more to our basic level of well-being. Embracing the innocence of our inner child is a major key to accessing our hearts and souls! Because of this connection, I've found that creative arts practices combined with energy work and

transmissions open up a beautiful space for soul blossoming to take place.

## **My Awakening Process**

I'd love to share with you a little about my own process of awakening and how it's changed my life.

I went through my first major awakening about 8 years ago in 2015. I had been doing intuitive energy work professionally for more than 20 years by then. Through a series of psychic experiences, I began receiving profound insights about how to heal my physical body, and how that related to my soul's journey. I received downloads and teachings from a group of Light beings who showed up to teach and assist me. These Light beings emanated such a pure high frequency of love that it often brought me to tears just to feel their presence. They communicated with me telepathically and were my teachers and mentors for several years as I navigated some major shifts in my life.

My Light teachers guided me in my inner alchemy work and also assisted me in some client sessions. I was shown new lightwork techniques to clear energy blocks and accelerate awakening in others. I learned specific vibrational healing work to help rewire nervous systems, open heart centers, open third eye and pineal centers, clear traumatic imprints, integrate lost parts and pieces of the soul, and facilitate ancestral lineage healing work. Much of what I learned during that time is what I now call Pleiadian Lightwork.

At the same time, I went through some major changes in my perceptions of reality. My intuition and telepathy greatly increased. I received flashes of insight and guidance very specific to my own inner healing process. These insights arrived through dream time messages, during meditations, while walking, or even just while doing regular daily activities. When working with clients, I found that I could sense and track their root issues much more quickly and clearly than before. I could scan their bodies and energy fields to see what was arising that needed healing related to their soul's development.

In the months that followed, I did my own deep dive into the soul. I connected with my heart center and really began to listen to it and to follow its guidance. This took a lot of commitment

and courage to do. A lot of the time it felt pretty scary and vulnerable. And... I did it anyway! As I learned to allow my heart to lead me, I opened up to experiences that I never would have imagined for myself before. When I recognized that 'ping' from my heart guiding me in a certain direction, I became better and better at acting on it. This established a new level of trust and communication between me and my soul self. As I was doing this pretty intensive heart and mind-opening work, I began practicing creative arts in the form of painting as a way to connect with the soul. I was immediately hooked! What a perfect complement it was for my energy-based work.

Sound therapy and the crystal alchemy singing bowls also swooped into my life during this period. I began working with crystal bowls and toning to clear energy blocks and anchor higher frequencies. This expanded my perceptions yet again and I discovered that these methods exponentially accelerated the effectiveness of the energy work I did on myself and others - Wow!

My personal journey continues to unfold and I'm so grateful for the teachers and guides who have been there to help me along the way. I am a completely different person than I was before. I'm so much more tuned into my heart and now I trust it to guide my life's direction. I live more and more in alignment with my higher self each day. I know I can rely on my intuition and psychic skills as much as any other outer sense to provide me with valid information. I'm also a lot more comfortable with and accepting of who I am, this strangely wonderful and interesting package that is me.

I don't think I'd have put together on my own the wonderful bouquet of cosmic tools I now use in my work. And what a fantastically fun cosmic bouquet of transformational tools it is! I feel really honored to be able to share my experience and this soul connection empowerment work with others. If I'm able to help even one person connect more deeply with their inner wisdom by sharing my experiences, then I am happy.

### **A Map of The Journey into Soul Alignment**

We are transforming and blossoming both individually and collectively into a new alignment, that of a more heart centered and conscious culture. We - you and I, are the ones laying down

new foundations and discovering new ways and means of living. It's a very exciting time to be here!

While everyone's journey of soul alignment is unique to them, there is some common ground in the activations that I've seen people receive as they come into greater alignment with their soul self, or higher self. These are the opinions and impressions I'm sharing, gathered through my studies of ancient wisdom traditions combined with my experience with clients and what I've been taught from my Light being mentors.

I'm sharing this with you because I think it can be helpful to have a map of the terrain, and also to reassure you if you're having any of these experiences that 1) you're not alone, 2) there's a rhyme and reason for what you're going through, 3) you're not crazy, and 4) support is available to you. This is the kind of advanced spiritual and energetic work I offer, to assist and guide people through their journey of metamorphosis. I help them clear energy blocks and traumatic imprints more efficiently and integrate multi-dimensional experiences and expanded states of awareness so it's not so overwhelming.

Although I describe these as separate phases below, they really tend to overlap one another as you're going through the process. This deepening of soul connection happens in a way that's unique and appropriate for each individual. It's kind of like finding the right code sequence to open a combination lock. Fortunately, your higher self knows the code and governs the whole process!

### *Nervous System Recalibration*

A lot of the energy work that I do focuses on the central nervous system. I see the nervous system as a major interface between the cosmic, energetic and physical levels. It is the human bridge from spirit to matter. In the awakening or alignment process, higher frequencies of light and energy begin to come into your nervous system. This helps to clear old patterns of limitation, activate new neural pathways, and expand your perceptions such as psychic and intuitive senses. It takes some time to adjust to this and it typically happens gradually. I see this as a sort of tempering of the nerve pathways to allow higher voltages of electrical energy impulses to flow through them.

Once your nervous system is able to hold the higher frequencies, greater quantities of light can come through to advance your process of soul evolution. This influx of energy and light effect change on the physiological and physical levels of your body too. There is a notable shift in your state of mind and how you perceive your world at this stage.

### *Heart Center Opening*

This is a central part of all inner work, as the heart center is the gateway to your soul self. I'd like to describe a little bit about what a heart center opening can feel like because it's pretty unusual if you've never experienced it before.

Some signs that your heart center is opening are:

- Feelings of expansiveness and love spontaneously flowing through you
- You find yourself emanating love to other people, animals, or nature
- Feelings of gratitude more and more often
- You are sensitive to the feelings of others around you
- You experience moments of pure bliss
- Everything around you looks like it's supercharged, sparkling, and electrified with vital life force energy. Colors look brighter, everything looks sharper, clearer, and seems more ALIVE!
- You see beauty in the simplest and smallest things
- You have a deeper sense of communication with nature

These are just some examples of possible signs of a heart-opening experience. You may also feel greater depths of sadness, this could be the sadness of loved ones, those who are close to you, or someone you simply walk past. It could also be sadness from your community, or of a larger collective event. You may notice that you feel sadness, joy, or other impressions from the Earth, from bodies of water, plants, trees, or animals. All of these things have consciousness, and the ability to communicate with us when we know how to listen. The pathway of listening in this way is

through our heart centers. So, when we go through a heart center opening, often these lines of communication open up for us.

### *Third Eye Center Opening*

When the third eye center opens, the veil between the worlds becomes thinner and you're able to sense the non-visible world in new ways. This sense of inner vision is just as important and valid as your outer vision. It allows you to see what you need to see in other realities and dimensions besides our familiar 3D reality. When the third eye opens it often happens gradually at first, then more frequently as your inner visioning muscles become stronger and clearer.

A common sign of third eye-opening is receiving impressions that bring more information than usual about your surroundings and interactions with people. For example, you may meet someone new and as you're chatting, realize that you can sense that they're upset about something on the inside even though they aren't saying or showing that on the outside. You might receive these psychic impressions as a feeling, a knowing, an image in your mind's eye, or it may come through in another way for you.

This inner visioning and sensing is a skill that can be developed in everyone and cultivated to assist you in so many creative ways for fun and practical use.

### *Belly Center Opening*

Your belly center is your creative center, which allows you to bring to life the visions of your dreams guided by your heart's desires. This center is located around and just below the navel for both women and men. This is where the umbilical cord from our mother gave us nourishment to form our bodies. And this center plays that same role for each of us energetically in birthing our desires into form - whether that's a new project, a new business, a new way of life, or a new experience we want to have.

Modern cultures have lots of rules and limitations on how it's appropriate to express our creative and sexual energy that resides in this belly center. Each of us will navigate our personal pathway of reclaiming our creative power, depending on our upbringing and background. This is an area where I see a lot of ancestral lineage healing happening in my work with clients. These old



paradigms of suppression of our creative power go back quite a ways. Often, we are releasing trauma from our bodies and minds that's been carried through generations. When this occurs, the personal healing work that you do creates a ripple effect through your ancestral lines in all directions.

Some signs that your belly center is opening are:

- you feel more connected and comfortable in your physical body
- You feel more grounded
- You experience more creative or sexual energy flowing through you
- Your thoughts and desires begin to manifest quickly in your life.

This is a big shifting point in awareness, and it's lots of fun to work at this level. That's when you're able to really step into conscious co-creation and transform your life in big ways.

### *Multi Dimensional Integrations*

This journey of soul alignment is a gift that opens up a gateway to a whole new world. It's very exciting! And it can also feel like a lot to process at times.

That's why it's important along the way to allow yourself time and space to assimilate and integrate the changes you're going through. As your nervous system is able to handle and transmit higher frequencies of energy and light, you become more sensitive. Your consciousness expands, and your mind opens to new awareness of reality.

You might have questions like ...

How do I handle increased psychic perceptions and telepathic communications?

How do I keep my vibration elevated in the midst of all this 3-D heaviness around me?

How do I ground more of my higher self into my physical being, or welcome lost parts of my soul when they return?

How do I integrate multi-dimensional experiences of parallel realities into my regular day-to-day?

These are the kinds of things I assist people with in my Pleiadian Lightwork sessions and mentoring. It's incredibly supportive to receive mentoring and helpful energy transmissions when you need it. This can make a world of difference.

Other suggestions to help you integrate shifts:

Remember that sweet self care is a balm for your body, mind and soul. Activities that ground and center you are especially nourishing and will help ease your integration process along. Time spent connecting to nature and earth has a restorative and strengthening effect on our systems. Nature heals and recalibrates us.

Take some time to do a little something like this each and every day. It can be just a few seconds like greeting yourself in the mirror with, "Hello beautiful self, I think you're pretty amazing!" And make it a priority to weave into your week some other nourishing activities too. Perhaps for you it's creative writing, art journaling, or curling up with a favorite cuppa tea and a movie, or playing with your pet. Practicing small acts of self love and kindness go a very long way. Another wonderful support is to seek out others who are on a similar path. It can be really helpful to have like minded people to share these new experiences with.

### **Invitation to Dive In...**

The beauty of this whole gorgeous deep dive into your soul is that it's not just a one-time experience. This is an invitation to a much richer and more fulfilling way to live the rest of your life. And you get to set your own pace, diving deep to access your innermost depths one day and splashing around playfully on the surface the next. Let your heart be your guide!

I encourage you to explore a variety of ways to nurture your soul self. Then you'll discover your favorites and have tools at your fingertips that help to nourish, ground and center you on a regular basis. This can be fun and easy! It doesn't have to feel like hard work at all. In fact JOY is a feeling that the heart really responds and opens up to. So remember to invite lots of JOY into this process for yourself!

A creative arts practice may be perfect when you want to bring your inner child out to play and activate your intuition. A sound bath or energy-balancing session might be just right to replenish your nervous system and quiet the mind. When you want to dive deeper and accelerate awakening, Pleiadian Lightwork may be just the ticket for you.

And don't forget the simple, small daily acts that bring sweetness into your world... lighting a candle with a special intention, watching a sunset, enjoying the moon at night, or whatever makes your heart feel happy and nourished.

And so, this invitation is for you to dive into your big beautiful juicy heart center, your very own magical multi-dimensional portal into your soul...

And listen... listen for the sound of the rhythm of your own heart's beat.

And then let it guide you to dance your own unique dance with absolute joy and freedom to express who YOU are and who you came here to be.

## **Kerry Cummins Blank**

### *Hi Vibe Healing Arts*

Hi there! I'm Kerry!

I'm an Inner Alchemy coach, artist, and energy + sound healing practitioner. I help people tune in and tap into their hearts so they can live and lead from a powerful place of soul-centered alignment.

I create group and individual programs designed to awaken the divine feminine within using creative art practices, inner alchemy, group energy work and women's wisdom circles.

I also offer individual sessions for Pleiadian Lightwork and Sound Healing Therapy and am a distributor for Crystal Tones Crystal Alchemy Singing Bowls.

I'd love to show you how easy and fun it can be to nourish your divine feminine, elevate your intuition and lead from your deepest heart space!

[www.hivibehealingarts.com](http://www.hivibehealingarts.com)

7

# **From the Abyss to Bliss: A Plant Medicine Odyssey of Recovery**



Christopher Jordan

Hello, I'm Christopher Jordan, the person behind the journey you're about to embark on. As you might have gathered from my bio, I'm an advanced Kambo practitioner and a transformational recovery coach, my business is called Healing Spirits Kambo. My work revolves around two intertwined paths: honoring traditional ways through Kambo ceremonies and walking alongside individuals as a coach as they navigate the waters of using plant medicines throughout their healing journeys.

But what exactly is Kambo, and what do I mean by plant medicines? Let's start with a quick breakdown. Kambo isn't just a buzzword or just a word that sounds like it would be a nice place to set off for a tropical vacation; it's a powerful practice that's been deeply rooted in tradition. It involves the application of the secretion from the *Phyllomedusa bicolor* frog to the skin, initiating a process that clears blockages, boosts the immune system, restores our body's ability to heal itself, and fosters a profound connection to oneself through purging. Now, plant medicines—often referred to as entheogens—are substances that induce nonordinary states of consciousness, often for healing or spiritual purposes, fostering a profound connection to one's inner self and the universe, allowing for profound healing and spiritual growth.

However, Kambo stands apart. It's not considered an entheogen in the traditional sense, as it doesn't transport you to an altered reality. Instead, Kambo takes you on an inner journey by removing the barriers that hinder your connection with yourself. As you read further, I'll use the term 'plant medicine' to refer to entheogens, for simplicity's sake, you may also read the term 'plant ally'. Beyond fostering a deeper connection with oneself, Kambo also offers notable physical benefits and strengthens the mind-body-spirit connection, which we'll explore in the following sections.

Now, let me give you a glimpse into my life—the mosaic that has shaped me and brought me to this point. I'm a full-time single father to a healthy, vibrant 11-year-old daughter, who is First Nations, a member of Cote Saulteaux FN, whose homeland is on Treaty 4 in Saskatchewan. Her rich heritage and deep connection to the land not only enrich our lives but also inspire much of the healing work I engage in, a path that's close to my heart.

While I'm not First Nations myself, I have immense respect for First Nations people and stand beside them in their journey towards healing, truth, reconciliation, and justice. In her culture, healing is seen as a generational process, a powerful force that transcends time. It's believed that when we heal ourselves, we heal for seven generations before us and seven generations ahead. Knowing this, I've felt compelled to embark on my own healing journey, a journey that holds a special place in my heart, not only for myself but also to influence her path positively. Colonialism has brought pain and suffering to her people, and by healing our wounds, we hope to break the cycle of generational trauma. When her time comes, she'll have the tools and wisdom passed down from a lineage-committed to healing, truth, reconciliation, and resilience

Additionally, I have a 21-year-old son with low-functioning autism, who is the most amazing human being, loving, and my greatest teacher in this life. I don't even know what his perspective on the world is but I'm certain it's unique, he's challenged and enriched my understanding of empathy, patience, and unconditional love. He reminds me of the beauty in simplicity and the importance of embracing diversity in all its forms.

Over a decade ago, my past choices led to a painful estrangement from two of my other children, a daughter and a son both teenagers now. Despite the immense challenges that arose from those decisions, my enduring faith in the potential for healing remains unwavering. I hold on to the hope of a future reunion with them, recognizing that they occupy a special place in my heart. Their presence, though absent physically, is profoundly integral to my ongoing journey of healing, self-improvement, and reconciliation.

In this digital age, I owe a debt of gratitude to technology, social media, and a compassionate ex-girlfriend with a generous heart. Thanks to these powerful tools and her support, I've managed to rekindle a connection with my daughter, my ex started talking to her first and made the connection. Though our interactions may be sporadic, the opportunity to chat with her is a precious bridge between our hearts, offering a glimmer of hope for a brighter future.

In addition to my role as a parent, I also embrace the title of "pet grandpa" to two adorable companions: Peaches, a spirited 2-year-old Corgi, and Willow, a 1-year-old Guinea Pig. These furry and feathery family members bring joy to my life and reinforce my connection to the concept of family.

Beyond my familial roles, I lead a dynamic life in my free time. You'll often find me pedaling through scenic landscapes on my bike, exploring the great outdoors during hikes, basking under the sun on a serene beach, immersing myself in the exhilarating atmosphere of concerts and special events, training in Brazilian Jiu-Jitsu, oh and watching NFL football. Each of these pursuits contributes to my personal growth and well-being, ultimately allowing me to be a better father, grandparent, sibling, son, uncle, friend, and individual on my path to healing.

My path hasn't always been illuminated; it was once overshadowed constantly by addiction, depression, anxiety, and fear. These shadows defined my existence until I discovered a path to healing that led me through the literal depths of the jungle. The plants and the people who work with them have become my beacons of light, guiding me from darkness to a place of transformation, a being of understanding, kindness, compassion, and love that stays true to the essence of my being...

This chapter invites you to walk with me through the twists and turns of my life, exploring the profound shifts that brought me to where I am today. It's a journey that transcends my personal experiences, delving into the healing potential of plant medicines and the powerful connection they foster—with oneself, with others, and with the natural world. So, let's set forth on this narrative, one that celebrates growth, renewal, and the transformative power that resides within us all.

### Embracing the Shadows

My journey doesn't begin in the brightness of a new dawn; it emerges from the depths of shadows—profound shadows cast by the struggle with addiction, tossing kerosene on anything I loved watching it burn, and the relentless grip of despair that comes along with carrying trauma along with the guilt and shame that comes along with making bad choices. This was a journey that extended far beyond the five tumultuous years that I have often recounted. In reality, my dance with addiction began in my early



teenage years, entangled with challenges that stemmed from the symptoms of ADHD—an unexpected yet powerful force that would shape the trajectory of my life.

This period wasn't just about five years; it was an intricate mosaic of pain, challenges, and battles fought on multiple fronts. It was a journey marked not just by external turmoil but by internal strife—turbulent years of self-neglect, of giving away my energy to everyone around me while failing to care for my own well-being. Amidst this garden of beautiful green life, there emerged a sliver of hope—a flicker that would eventually blaze into a guiding light. That glimmer was the cannabis plant.

Cannabis, initially viewed by me as a recreational escape, would become an unexpected ally in my fight against the abyss. It wasn't merely a means of temporary relief; it revealed itself as a tool for harm reduction, a beacon that illuminated a path toward transformation, it was my medicine. As life swirled in a haze of pharmaceutical prescriptions designed to alleviate the storms of depression, anxiety, and sleep disorders, cannabis emerged as a steadfast ally. It guided me away from the clutches of prescription medications, pointing me toward a route that would converge with the ancient wisdom of Kambo—a medicine sourced from the secretions of the *Phyllomedusa bicolor* frog that lives upon the plants and animals in the Amazon rainforest.

My struggle with addiction had roots deeper and more pervasive than the years spent ensnared in the underbelly of trap houses with needles hanging from my arms. It was a battle waged since my teenage years, a battle that entwined with my roles as a parent and a worker. Balancing the demands of parenting, especially to a low-functioning autistic child, while navigating the tempestuous waters of addiction and the symptoms of ADHD was a Herculean feat, and to be honest it still is some days, there's nothing easy about managing those scattered brain symptoms. but nonetheless, It was a journey that often left me depleted, and drained of my own self-love and care.

Amidst this relentless struggle, addiction didn't hold back its punches. It brought me to my knees with three separate overdoses—brushes with mortality that forced me to confront the fragility of life and the urgency of change. Each overdose was a

chilling wake-up call, a stark reminder that the path I was on was a path to self-destruction.

However, in the midst of this struggle, a profound discovery emerged, altering the trajectory of my journey. The potential of cannabis as medicine unveiled itself, offering a fresh avenue toward self-love. Its clarity and vitality ignited a transformation that freed me from the clutches of addiction, gradually guiding me to a deeper comprehension of my own being. Over time, I found myself better equipped to navigate pain, trauma, and unresolved emotions, as these layers began to peel away, revealing glimpses of my true essence that had long been obscured. It's important to clarify that cannabis acted as a harm-reduction tool. While it didn't completely eliminate addiction binges, the intervals between them grew wider and wider, breaking the cycle I had been trapped in. I was truly in the midst of transformation, embarking on a journey of healing, heightened self-awareness, and the exploration of self-love.

Nevertheless, this transformative odyssey wasn't destined to conclude there. Instead, it eventually took an unforeseen turn—an unexpected pivot that led me to the West Coast, specifically to the sanctuary of an island. It was here that I immersed myself in soul-nurturing practices, hiking, and practicing yoga under the guidance of a spiritual mentor named Kevin. His presence was a beacon of light in my journey, and his wisdom and compassion were like a balm to my soul. Kevin's guidance helped me reconnect with the beauty of the natural world and the inner depths of my being. The island, with its serene landscapes and Kevin's guidance, provided a space for me to heal and grow in profound ways.

But the journey continued beyond the island, leading me to the Vancouver area where I forged a profound communion with nature under the expert guidance of a cherished teacher, coach, and ceremony guide. Amidst the nurturing embrace of this environment, I encountered Rama—a Kambo practitioner, transformational coach, and one of my most revered mentors.

By this point, Rama wasn't a new acquaintance; she had been a guiding presence in my life for a few years. Her influence had already begun shaping my path, gently steering me toward a journey of healing and self-discovery. With her guidance and the

power of Kambo, my trajectory was forever altered. On the verdant shores of the West Coast, Rama facilitated a Kambo warrior ceremony—a transformative experience that involved receiving Kambo three times in three hours. This intensified ceremony acted as a portal, leading me to the lower mainland where I would engage in a profound encounter with the ancient Amazonian medicine, Ayahuasca.

The synchronicity of Kambo and Ayahuasca was undeniable, a harmonious convergence of ancient forces, and spirits from the jungle, that ignited a deep inner shift. This culmination was the result of a journey that had carried me through encounters with Ibogaine, 5meo DMT, and other allies of nature's wisdom. As the echoes of these ceremonies reverberated within me, I stood at the crossroads of my own transformation, ready to answer the call that resided deep within my soul.



It was during this pivotal moment on the West Coast that the spirits of Kambo and Ayahuasca whispered to me, guiding me to a decision that would irrevocably alter the course of my life. The call was clear—an urging to venture to the heart of the Amazon jungle itself, to immerse myself in the traditions and teachings of Kambo in its very birthplace, and to learn from the indigenous people who had cherished and revered this sacred medicine for generations.

This journey wasn't just a physical passage; it was a spiritual odyssey guided by the whispers of the jungle's spirits and the profound connection with Kambo. After years of receiving Kambo ceremonies and deepening my bond with this spirit, and a conversation with Rama to receive her blessing as a sign of respect for her and all she's done for me, I felt compelled to answer the call—to journey to the very source and learn from the wisdom of those who had long honored this potent medicine.

The path led me to Mexico, where I encountered Omar—a Mexican-American master Kambo practitioner deeply intertwined with the traditions and teachings of the Matses and Shipibo tribes. Omar's journey had taken him deep into the heart of the Amazon, where he had lived in a tent, absorbing the ancient wisdom of the indigenous people and delving into the connecting with the spirits of Kambo and Ayahuasca, as well as other medicinal plants that can be found in the jungle.

Under Omar's guidance, I embarked on a profound Kambo certification course that extended beyond the acquisition of a mere certificate. It was an immersion deeper myself and the traditional ways of facilitating Kambo ceremonies, a method steeped in reverence and respect for the frog, its teachings, and the wisdom of the Matses tribe. This experience solidified my belief that when working with plant spirits, it is essential for me to honor and uphold their teachings in the most authentic manner possible.

The journey continued, drawing me back to the Amazon jungle a few months later, this time to advance my training and to receive Kambo in a Matses initiation ceremony—an experience that was profoundly humbling and deeply transformative. Standing in the heart of the jungle, I felt the presence of the spirits of those who had come before me, those who had unlocked the mysteries of Kambo thousands of years ago and woven it into the tapestry of their lives.

This journey, a culmination of years of healing, exploration, and deep connection with nature's wisdom, has led me to this point—a point where I am blessed to share the transformative potential of Kambo and guidance to other natural allies with those who seek healing, growth, and reconnection. My experience isn't just a story; it's an invitation—a beckoning for you to join me on a journey of self-discovery, healing, and transformation.

The path I've walked is not one of perfection, FAR from perfection actually it's been very messy, but of growth, resilience, and a willingness to face the shadows. It's a journey that encompasses addiction, despair, and the tumultuous currents of life, shaped by the symptoms of ADHD, addiction, depression, anxiety, and physical pain that have colored my experiences. But it's also a journey of triumph, of embracing the light within, and

of emerging as a beacon of hope and healing. This path has been beyond messy, immensely uncomfortable, and demanding of the hardest spiritual work, but it's within these challenges that the most rewarding transformations reside.

As you stand at the precipice of your own healing journey, know that you are not alone. I am here, standing as a testament to the incredible power of transformation and healing that resides within each of us. The invitation is extended—a call to embrace your shadows, honor your struggles, and embark on a path of self-discovery, empowerment, and healing. The journey may be complex, but the rewards are immeasurable.

### Kambo: Illuminating the Path to Transformation

At the heart of my profound journey stands Kambo—a sacred substance woven from the wisdom of the *Phyllomedusa bicolor* frog, cherished by the Amazon's indigenous tribes for its remarkable healing potency. This ancient medicine serves as a doorway to a holistic purification, one that transcends the body, touches the mind, and reverberates in the spirit.

Kambo's unparalleled strength lies in its role as both a physical cleanser and an emotional catalyst. Its healing potential is most potent when set against the cornerstone of a crystal-clear intention. This intention serves as the guiding star, illuminating the path of the Kambo ceremony, and aligning the healing journey with one's innermost desires.

For me, this intention is a convergence of past experiences, woven into the fabric of my being, shaping reactions and behaviors. It's the culmination of moments etched into my soul, deeply ingrained yet yearning to be unburdened. This intention drives me to the core of trauma responses, those primal reactions that linger within us, often unrecognized. Trauma, a force that lodges itself within the cells forms a barrier between us and our true selves. Kambo's gift lies in its cellular-level cleansing, making it a potent catalyst to uproot these traumas and catalyze healing.

As I facilitate Kambo ceremonies, the significance of intention remains paramount. It's the cornerstone that draws forth the power of Kambo, guiding the healing journey toward the very roots of our existence. These roots, often tangled with past

experiences, mold our perception of the world and dictate our responses. Kambo serves as a conduit to these origins, offering an opportunity to cleanse the residue of past traumas, trapped emotions, and bad bacteria and transform our reactions.

This transformative journey isn't confined to a physical release; it's a multidimensional experience that engages the body, mind, and spirit. The Kambo ceremony unfolds as a series of carefully orchestrated steps, grounded in tradition and reverence. The process begins with intention setting, followed by a mapacho tobacco ceremony, and prayers. Then small burns on the skin, just the top layer, a doorway through which Kambo's bioactive peptides enter. These peptides initiate a cascade of responses, accelerating the heart rate, inducing warmth, and beckoning forth the purging process.

The release, whether through oral purging or another form, is a potent embodiment of the intention—an expulsion of toxins and emotional debris that have taken residence within. Kambo's cleansing prowess resonates on a cellular level, infusing the body with vitality and clearing the pathways for emotional release. It's within this crucible of release that the intention takes on its full power, offering a space to confront and liberate deep-seated traumas.

Nestled within the intricate tapestry of Kambo's transformative journey lies a profound aspect that echoes far beyond the surface—a remarkable boost to our immune system and the restoration of our body's innate ability to heal itself. As an advanced Kambo practitioner, I hold sacred space for this transformative journey. My commitment extends beyond the ceremony; it's a dedication to the ancient teachings of Kambo, particularly as revered by the Matsigenka tribe. With each ceremony, I honor the spirit of the frog and the wisdom it imparts, ensuring that tradition and authenticity remain at the heart of the experience.

Kambo, however, is more than a physical cleanse—it's an invitation to embrace one's journey, no matter how messy or uncomfortable it may be. It's an invitation to delve into the depths of self and face the shadows that have been concealed. With intention as the guiding force, Kambo creates a portal to

unearth the past and rewrite the narrative, ultimately leading to a harmonious coexistence with ourselves.

The journey of Kambo isn't linear; it's a weaving of experiences, intentions, and transformations that can shape a new reality. It's about recognizing the traumas that have intertwined with our essence, purging them on a cellular level, and emerging into the light of renewal. As I stand at the crossroads of my own journey, I extend a hand—an invitation for you to embark on a voyage of healing and growth, guided by the wisdom of Kambo and the power of intention.

### The Path to Wholeness: A Harmonious Dance with Plant Allies

Within the complicated interweaving of my journey, Kambo stands as a foundational pillar, but the story stretches beyond its bounds—stretching wide and deep to embrace a myriad of natural allies that have accompanied me on the path to healing and self-discovery. Each of these plant spirits, these sacred substances, has added their unique hue to the canvas of my transformation, creating a symphony of experiences that have guided me towards wholeness.

Amidst these spiritual allies, Ibogaine holds a significant place, a guardian of introspection and self-awareness. It emerged in response to a period where I embarked on a profound exploration of consciousness through Ketamine. This phase of my journey was characterized by over half a year of daily Ketamine use—an attempt to navigate the labyrinthine corridors of my own mind disconnecting from my loved ones. This chapter underscored the importance of seeking support when traversing the delicate landscapes of consciousness. Thus, my path led me to Ibogaine—an encounter that would reshape my understanding of myself, my purpose, and the healing potential inherent in sacred substances

Bufo Alvarius, the incredible toad medicine also known as 5-MeO-DMT, played a major role in my journey. It shot me beyond the physical world's limits, unveiling the intricate threads that bind all existence together. This experience didn't just make me appreciate the mind-blowing complexity of life; it hammered home how every living thing is interconnected – a lesson in profound reverence.

But here's the kicker: Bufo didn't just connect me to others, it helped me love myself more. It showed me that all those things we worry about? They're just distractions that don't matter. When it comes down to it, love is the only thing that truly counts.

The sacred vine of the Amazon, Ayahuasca, has become a cornerstone of my journey—a guiding light that illuminates the path to greater understanding. Its presence is not fleeting; I am fortunate enough to have a deep relationship with the mother vine. through Ayahuasca's wisdom, I've cultivated kindness, compassion, understanding, and forgiveness on a soul level. Its teachings have permeated my being, inspiring a shift towards deeper empathy, forgiveness, and connection with all life.

Tepazchouite, often referred to as the Mexican Ayahuasca, intricately wove its enchantment into the fabric of my journey while I was immersed in the Mayan culture of Mexico. This chapter of my story unfolded during my deep engagement in Kambo training. In this unique passage, this lesser-explored ally guided me into profound introspection, peeling away layers that had veiled my connection to source, kindness, compassion, and understanding. Its resonance extended far beyond the ceremonial moments, reverberating through my thoughts, feelings, and actions long after the experience had gracefully drawn to a close. Holding this ceremony close to my heart, it's captivating how these spirits work. Just a week prior, I was with my friend Rachel, who occasionally travels to Mexico. She mentioned Tepazchouite to me, but neither of us could figure out how to spell it. I wasn't familiar, it was a complete novelty to me. Our online search at the time yielded little information. But then, fast-forwarding a week, I found myself in the Mayan jungle, in a ceremony with the same plant ally I had just learned about from my friend. Post-ceremony, while swimming in the ocean, I felt a deeper connection to Mother Earth than ever before. After my Kambo training was complete, I had a couple of days to spare in Tulum, and Rachel just happened to be there with her daughter, It was nice to be able to share my Tepazchouite experience with her.

And then, we have the mushrooms—Psilocybin, these amazing, very intelligent teachers, and a vital thread in my transformative journey. These fungal guides have offered profound lessons, delivering insights and perspectives that shifted my understanding of self and reality, they can certainly take you



through all the emotions. The sacred mushroom journeys have been passages of profound introspection, often unveiling the interconnectedness of all things and inviting me to delve further into the landscapes of my consciousness. A few years back I went on a journey with 10 grams of Penis Envy, it was definitely a challenge, and lots of guilt and shame came out, as well as a message, it was of truth, that it's in our hearts, sometimes we try to mask these truths, but eventually the truth will reveal itself. On this subject, an important note must be emphasized. As these magical plants gain popularity and become easily accessible for online purchase, it becomes crucial to embark on journeys with an experienced facilitator in a secure environment.

Yet, it's essential to remember that the journeys themselves are only the beginning. Integration is the process of weaving the teachings of these allies into the fabric of daily life, the path to wholeness is through integration. This is where the expertise of guides, coaches, and mentors becomes invaluable, offering support and guidance as the lessons are translated into action. It's a collaborative endeavor, requiring dedication, mindfulness, and a commitment to the ongoing journey of growth and transformation.

As I contemplate the intricate dance with these plant allies, it's evident that my path has been a fluid and evolving journey—a journey that has encouraged me to confront my shadows, face my fears, embrace my light, and harness the potential for healing and transformation that resides within us all. The healing journey is not a linear trajectory; it's a multifaceted exploration guided by the wisdom of the plants and the integration of their teachings into our lives.

### Navigating Responsible Healing: Preparation, Guidance, and Holistic Integration

As my personal odyssey unfurled, a profound realization took hold—an understanding that the voyage into the realm of sacred plant allies isn't a solitary escapade. Instead, it is an embrace of a sacred partnership, a journey that demands not just our yearning for transformation, but also our profound reverence, thorough preparation, expert guidance, and deliberate integration. While the allure of these transformative encounters can be intoxicating,

it's paramount to recognize the inherent responsibility they entail.

### The Crucial Role of Experienced Guidance

When embarking on such a profound expedition, having an experienced guide by your side is akin to navigating uncharted waters with a seasoned captain. An experienced guide, one with an intimate connection to the specific plants you are engaging with, offers more than just physical safety. They become a bridge between the human realm and the world of these powerful plant allies. Their wisdom, gleaned from years of cultivating relationships with these spirits and years of training, ensures that your journey is respectful, purposeful, and held within the traditions that have guided generations.

Experienced guides understand the subtleties of each plant's teachings, knowing when to support and when to step back. They can assist in creating a ceremonial space that is conducive to your journey, a sanctuary that resonates with the essence of the plants and encourages a profound connection. Their presence provides the reassurance that you are not alone in traversing the profound landscapes these plant allies illuminate.

### Integration: The Crucible of Growth

Completing a ceremony doesn't signal the culmination of your experience; rather, it heralds the beginning of the integration phase—a time of deep assimilation and transformation. It's akin to sowing seeds after the rain, nurturing the insights gained during the ceremony into a bountiful harvest of growth and self-awareness.

Here, the presence of a skilled integration partner—be it a coach, counselor, or psychotherapist—becomes a beacon of support. Integration isn't merely about processing the experience; it's about weaving the insights into the very fabric of your life. An integration partner serves as a collaborator in this intricate process. They help you decipher the layers of meaning behind the experiences, untangling emotions, and facilitating the incorporation of newfound wisdom into your daily existence. Bonus if the integration partner also has a deep relationship with the plant ally you connected with during the ceremony.

## A Holistic Approach: Mind, Body, and Spirit Rejuvenation

The transformative journey with sacred plant allies isn't confined to any one facet of existence. It's a harmonious symphony of mind, body, and spirit growth. An experienced guide ensures your physical safety, while an integration partner assists in nurturing the blossoming insights and emotions.

The integration process becomes a bridge between the ethereal and the practical, translating the revelations of your journey into actionable steps in the material world. By tending to the holistic aspects of your being—physical, mental, emotional, and spiritual—you fortify the foundations of your healing journey.

## Honouring the Call, Navigating the Path

Amidst the allure of these sacred experiences, it's easy to overlook the imperative of responsible engagement. The journey is best undertaken with humility, respect, and a profound understanding of the immense power inherent in these plant allies. It's about honoring the call to embark on a transformative expedition with the recognition that a strong support system is essential.

Whether you are considering working with Kambo, Ayahuasca, Psilocybin, or any other plant ally, the guiding hand of experienced practitioners and the assistance of integration partners are invaluable. Together, these allies ensure that your journey is one of purpose, growth, and lasting transformation.

## Answering the Call

As an advanced Kambo practitioner and transformational recovery coach, I stand ready to accompany you on this profound voyage. My journey, woven with the wisdom of plant allies and the guidance of experienced mentors, has equipped me with insights to support your exploration. I am here to help you navigate the realms of preparation, ceremony, and integration—each a crucial facet of the transformative process.

The sacred partnership that unfolds when working with these plant allies extends to our collaboration. I am not just a guide; I am a fellow traveler, here to ensure your journey is one of safety, reverence, and purpose. With the combined strength of experienced guidance and skilled integration, we can navigate the

complexities of your journey, fostering growth that encompasses your entire being.

If the call of plant allies resonates with you on your path of healing as it did with me, then I extend a wholehearted invitation to answer that call. My journey has woven through the intricate tapestry of healing, guided by the wisdom of plant spirits and compassionate mentors, and I invite you to walk this path alongside me. If the road ahead seems tangled and you're seeking a seasoned guide to navigating the profound landscapes of ceremony, preparation, and integration, rest assured that my hand is here, waiting for your reach.

As we journey together, remember that the path ahead may unveil challenges and revelations, but within you lies an endless wellspring of transformative power. Embrace the incredible potential for healing, growth, and self-discovery that this voyage presents. The healing embrace of nature is a truly remarkable blessing.

Thank you for joining me on this narrative adventure. I'd be genuinely honored if you chose to follow @healing\_spirits\_kambo on Instagram and Facebook. To dive deeper into the realm of Kambo or to learn more about transformational recovery coaching, visit my website: [www.healingspirituskambo.com](http://www.healingspirituskambo.com). With warmth, kindness, and a deep sense of connection, remember, you're never alone on this journey.

Wishing you profound connection and healing,

Chris Jordan

### **Chris Jordan**

I'm Christopher Jordan, and my journey with plant medicine began in 2015 when I became a patient consultant for medical cannabis users at Best Buds Society in my home province of Saskatchewan. This journey was intertwined with my path of recovery from hard substances, and these sacred plants played a pivotal role in my healing journey.

In January 2021, I, Christopher Jordan, launched Healing Hearts Kambo, which has since evolved into Healing Spirits Kambo. It marked my first foray into the world of traditional ceremonies

with Kambo, where I not only deepened my relationship with the Kambo, which had begun a few years earlier in Vancouver, Canada, but also began administering this sacred medicine. Later that year, I had the profound privilege of being invited to the Amazon Jungle, where I undertook advanced training, leading to a Matsigenka Tribe Kambo warrior initiation deep in the jungle.

In addition to my work with plant medicine, I am a certified Being True To You Transformational Recovery Coach since 2020. My journey is driven by continuous growth and learning, including courses such as "Navigating Psychedelics: For Clinicians and Therapists" and "Navigating Psychedelics: Lessons on Self-Care and Integration."

For those interested in connecting with me, you can find me, Christopher Jordan, on Instagram and Facebook under the handle @healing\_spirits\_kambo. For more information about my work and offerings, please visit my website at [www.healingspirituskambo.com](http://www.healingspirituskambo.com).

This is a brief glimpse into my journey, shaped by my lived experiences and profound transformations. I look forward to sharing deeper insights and experiences in this chapter.

# 8

## **Embracing My Inner Power as a Divine Conduit, Healer, And Visionary**



Aanya Cerra

Each of us comes into this life with specific soul missions. I was born a highly intuitive empath, and my soul mission is to embody and reflect love, to provide an environment with the healing tools and practices needed for others to dissolve the layers that keep them from feeling their divinity within while feeling the presence of pure love.

Many have not yet experienced the true origin of love. This is where I step in and express “love experienced through many mirrors.” You see when I am working with my clients, I can peer through all layers of a person’s energetic field. I see their heart’s essence and inner beauty through the pain and reflect love back to them. Many share that they feel safe with me and feel loved in my presence; while, for others who’ve never truly experienced unconditional love, it can feel uncomfortable, causing them to want to hide due to inner guilt and shame when pure love reflects upon them.

Part of my mission and spiritual journey has been to infuse love in all relations and halt abusive behavior. I know this is my purpose because my earlier life set me up for this so profoundly. I experienced first-hand so much trauma that now I can identify it quickly and help others in identifying and moving through it. I came into this life to experience joy, trauma, forgiveness and to reach the highest possible expression of divine love, yet it’s been a winding road. I share some of it with you here. It has been a lifelong process of diving within my soul self, a devotional deep dive that feels present within each day.

I not only came in knowing the depths of life, but I have and continue to allow the experiences to shape how I sense all of what is in existence.

Consciousness through water’s wisdom has always been integral in my journey, as there was a ripple that took form many years ago that has transformed many times over into waves. My healing gifts have cleansed, communed, renewed, and sustained me over my adult years, and the power of its momentum has only increased over the decades. Please join me as I go back in time and take a ride on these waves of exploration, where the complexities of life carved canyons so that I may flow, leave the essence of my existence in the formations, and find my way to who I am today, embodying the abilities I’ve come in with and

cultivated, in how I facilitate for others, and how I bring forth the divine origin of love.

## **My Upbringing**

My birth parents had a tumultuous relationship. According to my mother, my father was extremely abusive. He would get angry when I cried in the crib and would whip me with electrical wires. One day, after attempting to strangle my mother, she left the state and took me back home to be with family. My father tracked us down and kidnapped me, causing my mother to locate him, retrieve me, and head back home across state lines once again. I became a pawn in their emotional and psychological games.

When I was five years old, my mom divorced and remarried a quiet, intense man who showed very little emotion. He went through the motions of being a husband and stepfather, but he expressed no love or compassion for me. I learned to stay silent around him, and in the next 10 years, I would learn why it was important to be highly tuned into his frequency and intentions. Interestingly, I remember having episodes of déjà vu before the age of five. I would recall, through higher sensory experiences, details from my previous timelines and other dimensions of reality. These metaphysical connections helped me to remember who I am and not lose myself in the turmoil of my early years. I have never forgotten those déjà vu's. They feel like my doorway of truth to dimensional realms.

About a year later, my sister was born. Both my mother and stepfather worked, and we often had dysfunctional sitters. There was abuse, theft, and even gunshots. I remember jumping up off the living room floor from watching TV and bolting into the room where I heard the shots. She was standing there, and I just stared at her with my heart pounding, as she held the gun in her hand. She had shot it in the bed, just about a foot away from where my sister was lying in her crib on the other side of the wall. I will never forget that moment as I fled to her room to check on her. I recall looking through the crib, touching her to make sure she was still breathing, and waiting for her to make a sound.

These and other experiences during my younger years brought with them intuitive insights into the many souls that showed up in my life. I discovered that I could sense dark or dense energy in spaces, as well as people's energy. I could tune into those in



emotional and physical pain, as well as those with purity of heart. I remember quietly looking at people and reading their energy fields and became quite skilled at it.

Being in nature was also a great source of friendship and comfort. I had this amazing tree in my backyard that held such stability. I felt my own strength as I climbed, her branches safely holding me. It was the perfect spot to hide out for hours. When I was upset, it was the first place I went as I could cry without being heard. I'd survey the corn fields beyond the edge of our property in the backyard. The sound of the breeze was calming. It was a mysterious place, those corn fields. While I walked into the corn rows a few times, I never went far, as the whispers of the corn created an eerie feeling! I would often lie in the grass watching the clouds and felt that I was being communicated with. I felt such peace in this. I especially loved the dandelions! My mom would get angry with me for bringing these precious golden bouquets in the house. She claimed they were just weeds, but I knew them to be magical.

### **A Defining Moment**

Around 15 years old, my life took a serious turn at home with my stepfather. He and my mom were divorcing, and I could not have been more grateful. He was a Vietnam War veteran with PTSD and would drink to medicate. Over the years, I went from just being quiet around him to being terrified of him, as he had become increasingly abusive towards me, both emotionally and physically.

One afternoon, he had a particularly frightening outburst, of which I had no warning. Suddenly standing in front of me, as if he materialized out of nowhere, he planted the palms of his hands on each of my temples and began to push with all his strength, squeezing my head in a vice grip. I quickly became disoriented, my eyesight became blurry, and everything turned white as I began to pass out. In those seconds, I could feel that he was no longer present and I remember thinking, *He's gone*. He didn't feel human. Through the pain he was inflicting on me, I could sense the presence of higher energies coming in to assist the situation. Strangely, I felt his trauma, and the fragments of him that he'd lost during the war. I saw him through light, through what felt like the eyes and heart of God.

Even with this spiritual insight, I remained traumatized by his violence for years to come. One day, when he walked into a store that I was working at, I made a conscious decision that changed how I interacted with him going forward. As terror burst through my heart upon seeing him, I dropped to the floor to hide behind the counter and began to shake, unable to regulate my breath. I waited for him to leave then stepped away from the counter to gather myself. I vowed to NEVER allow myself to fear him again. It was the moment I chose to be free of him; and, it was when I realized how many men had tortured me up through age 18. I became determined to free myself of them all.

### **“She Shouldn’t Have Made It”**

Another violent incident happened to me when I was 16 years old. It was New Year’s Eve, and I was innocently leaving a convenience store when suddenly three men jumped me, threw me to the ground, and brutally attacked me. Frightened and confused, I fought for my life as best as I could by kicking and punching . . . and then, there was nothingness.

The next thing I recalled was hearing a female voice saying: “She shouldn’t have made it.”

“I can’t believe she’s alive,” another woman replied.

I couldn’t move. I couldn’t open my eyes. But my mind screamed, “Hey! I can hear you!” (For anyone who has had a loved one who is unconscious, just know that they may not be able to respond, but may actually hear you. Your loving words matter.) I had no memory of what happened after fighting for my life and didn’t know how I got to the hospital.

After some time, I regained consciousness and realized that my mother was in the hospital room. Eventually, she helped me up and walked me into the bathroom so that I could see myself in the mirror.

“You may not recognize yourself,” she cautioned.

As I stared in the mirror and assessed the damage, a young girl, unrecognizable and completely battered, stared back. I was too stunned to cry. In spite of being brutally beaten, I later learned from the doctors that I was not raped. The detective surmised that my perpetrators thought they had killed me and fled the

scene. Looking back on the incident, I know that I was divinely protected, and was able to retain my virginity. For that, I was deeply grateful.

Still, it was a long journey “back to myself” after this attack, especially when dealing with the legalities. It was startling to discover how little help women receive from law enforcement. They had these men on camera. They were obviously guilty of the attack. The main detective even revealed that he felt he knew who they were. Yet, he wouldn’t do anything further. No charges were filed.

“It’s best to stay clear of these men, as they are very dangerous” is all he said.

He acted noble as if he was protecting me, but in truth, he was protecting them.

### **Expanding My Healing Modalities**

Sometime later, at my request, my school counselor facilitated a light hypnosis so that I could receive clarity through any memories I was ready to recall about this attack. I was scared, but I wanted to remember certain aspects and identify the faces of the men who attacked me. While under hypnosis, I floated above the scene of the attack and witnessed my “body” leave my body. Suddenly, I noticed a white glow around my floating body and watched as I became whole again. How I survived the attack had always left me in awe, especially in how my angelic teams and guides were in full assistance. This experience shaped the rest of my life.

From then on, I found that I could easily “see” people’s energy and situations as if I had an elevated view of what was occurring. I began to see through what was being hidden. In truth, it was a relief because it left no questions. I would receive visions and it helped me to have a deeper “innerstanding” of how life situations were unfolding.

For example, at the resort where I worked as an evening “turn down” attendant during high school, I began to experience unusual “activity.” I would hear someone walking behind me or into the rooms when there was actually no one there. I then began to see “people” in the reflection of the windows, walking

past me down the hall, and even through a door! It was all very vivid, right down to the details of what they were wearing.

In my late twenties, while working at a health food store (I was employed there for about 17 years before I started my own healing practice and business), my spiritual gifts accelerated even more through what I was learning. I became well-educated in many healing ways through nutrition with food, herbs, homeopathy, flower essences, body care, and more. I'd grown up with a lot of junk/processed food, so stepping into this world of "health" profoundly changed me. I even began to recall my past lives as a healer!

As the years went by, this awakened me to so many other healing modalities that provided a wide spectrum of education.

While I have always been very sensitive to others' pain and energy fields, I began to experience something new as customers would come into the store. I could see and/or feel their emotional pain with an energetic attachment to a body part or organ. I could also see the reverse. If someone came in with an ailment, I could see or feel the emotions attached to it. I shied away from others labeling me as a "medical medium" but realized this was a powerful way for me to facilitate one's healing process more effectively.

My approach developed into assisting each person in knowing themselves. Over the years, I've been shown time and again the importance of diving into one's emotional DNA to uncover what is hidden. It's an important key to one's wellness and well-being.

These modalities soon led me to new spiritual paths and skills, including animal communication and Shamanic teachings.

Animal communication was special for me, as the animals eagerly welcomed me in as I learned to trust my senses and my ability to communicate with such sentient beings. Their love, humor, and ways of communicating amazed me. I found that they are all different in their personalities, just as humans are. Being able to provide energetic healing and be a translator to bridge their thoughts with their human is an honor. They love being heard and have much to share and teach, all while often "taking on" and transmuting so much of their human emotions and density. It is no coincidence that an animal often has the same or similar

ailment as their human guardian. When a human and animal come together to know each other, to live with and love each other, it is a unified experience. I am deeply moved by them and how they contribute during their time here. I offer great respect to their soul purpose.

Shamanic teachings immediately felt natural and familiar and were a foundational process for me. Embracing it involved deep, ongoing spiritual developments that were a part of my beingness for many, many years. As it evolved in my life, it presented profound clarification about who I am and why I am here. From soul retrievals, journeying to different worlds, developing a deeper relationship with my heart, receiving visions, wisdom initiations, and relationships with nature beings and elements, I dove into disharmonious patterns—all without psychoactive substances or plant medicines. For me, that was not something I needed, or wanted, to experience.

I'd love to now share an experience that is pertinent to what I've shared thus far.

I had decided that I would begin to see clients in my home. We had an extra bedroom space that I cleared, painted, furnished, and named The Healing Room. While I was painting the room, an undercurrent of sadness swept through me because this room was to be our baby's room. My husband and I had not been able to conceive. Our decision to create a healing space felt so final. Just then, I began to hear a divine message come through.

"While you are not a mother to one, you will be a mother to many. This room is not just The Healing Room; it is The Healing Womb."

Waves of emotions rose within my womb and spiraled up to my heart. In that very instant, something caught my attention just outside of the window. It was a baby bobcat—a very rare sight in my neighborhood at that time. I slowly walked closer to the window, then we both stared into each other's eyes. Tears welled up, as I knew this was yet another message of comfort. This stunningly beautiful cat then turned and walked in the direction of the backyard, so I quietly ran to the backdoor, gently opened it, and tip-toed outside. For a precious few moments, I was able to watch mom with her kittens. At one point, she turned her head and looked at me with the longest gaze. I felt that this mama

bobcat had just acknowledged and honored the three babies we had lost. She then gracefully jumped over the wall, returning to the desert with her kittens trailing close behind. I felt surrounded and comforted as I was being assisted in this mourning. It was a process of release as well as celebrating what was to come in the birthing of my new space. Since then, Bobcat spirit has been one of my healing guides during times of transition.

Through the next few decades, my path continued to expand into other practices and modalities, leading me through a cascade of spiritual and healing courses. I learned about chakras, mindfulness, consciousness, heart coherence, energy fields, auras, color therapy, polarity, muscle testing, clearing blockages, shielding, breath, the art of mastering presence, and being a compassionate witness and neutral observer. I became a Certified Usui Reiki Master after several years of training. This was a beautiful process for me, and the first time that I felt I could truly be in divine service.

In addition to helping others, I was healing my own trauma through my Shamanic processes. As a healer, it was important for me to embrace not just my personal and ancestral healing, but my own inner power. The only problem was that the word “power” scared me. Power, in my life experiences, symbolized violence and was often misused, and I slowly learned to reframe that. So around the age of 30, I set out on a journey to face and resolve the deep wounds that still resided in my own emotional body.

### **Getting to the Root Cause**

I instinctually knew where I had to begin—not with my father and stepfather, but with my mother. When I was a child, my mom was all I had. She was my protector, my savior, my confidant, and I thought she was amazing and brave. As I grew in maturity and wisdom, new truths about my mom began to surface.

While she was very charming, and people would comment how amazing she was, most had no idea who she was once she walked away. Emotional abuse, mind games, manipulation, and control were common. She often bragged about her high IQ, yet often lacked self-awareness, empathy, boundaries, ethics, and morals. It was perplexing to me. I would often share my perspectives, but she took it as me betraying her by not agreeing with her. I learned

that my perceptions and thoughts were not appreciated or respected. I noticed that I felt confused while with her, never feeling confident in who I was, or what I was thinking or feeling.

Soon I realized that many of the situations in my life were happening because she created them. For example, she would create discordant scenarios about our family by sharing information and telling me that if I spoke with them, she would feel betrayed, and would never speak to me again. One by one, she purposefully instigated separation from loved ones in my life, including my sister and friends. Trying to figure her out, and make sense of my experience with her was dizzying and sent me down a pretty deep “rabbit hole” to learn about personality disorders. She fit every category of a narcissist and sociopath, which helped me put into context what was happening in my interactions with her.

In light of this new discovery, I decided to do a Shamanic journey with the intention of receiving clarity on how my mom and I got here in this life, and what I needed to learn. While on the journey, I became aware of my surroundings, looked down, and saw my hands and feet. They were dark and weathered and there were chains binding me as I sat in a boat. We were on land, and I could see others in their boats as well. I tried to keep my head down and not look up, as I knew eye contact was not to be made. I intuitively “knew” that I was a slave in this scene from my journey. I heard a person walk toward me and stand next to me. While I never saw the person’s face, I felt my mother’s familiar energy. She owned me.

After coming out of this journey, I sighed deeply as a flood of memories poured out of me from this lifetime. I was grateful to finally have clarity on her belief systems, which were often perplexing. I always wondered how she could have developed such a distorted way of seeing and judging humans. As I “rose” from the density of my mother’s control, the more I healed, the more balanced I felt . . . and the more my mother would become perturbed and create drama. This was challenging, because I still loved her and longed for her approval, and wanted her to be happy for me. More healing work was required.

For a while, I thought that I could help my mom lead a happier life. What became crystal clear was that she was happiest and

most content when she controlled us. Her mental state became more erratic, unpredictable, and paranoid. Over the years, it intensified with her use of overly prescribed narcotics and sedatives by her doctors.

She began to talk about kidnapping my nephew, endangering my life and others with weapons, and attempting to come between my husband and me. That was the pivotal moment when I stepped into my power and I chose to no longer communicate or have a relationship with my mother. I cried and mourned for many years. Not a day went by when I didn't think of her. All I could do was send her love, radiating from my heart to hers.

About a decade later, in early 2022, I woke up at 1:50 a.m. with an intense heaviness in my chest. I checked in with my emotional body but didn't get a clear read on the origin of this discomfort. Later that morning, while in the middle of a phone call with a dear friend, I suddenly felt hazy and nauseous. Another call was coming through. It was my uncle and I blurted out, "I have to go! I think my mom just died."

I learned that a fire had engulfed my mom's mobile home at 2 a.m. and she had collapsed at the door trying to get out. Surrounded in flames, she perished through smoke inhalation by the time help arrived. Feeling devastated and mourning the loss of her once again, my deepest soul wounds were ripped wide open to revisit my pain.

This is where all of my acquired spiritual practices and gifts came into play—and I was about to add one more to my repertoire.

Right after my mother's passing, I strongly felt that I was to purchase crystal singing bowls. I had been vocally toning for a while and found myself realizing that this toning was something I used to do as a child. At that age, I just thought I was singing to what I was hearing. Now, I realize that the tones were healing and soothing me during my young years of trauma. After my bowls arrived, and as soon as I began to play them, I quickly added toning to the bowls. What began to happen was miraculous. It's as if I was a child again, healing those fragmented parts of myself that had been hiding for so long—including the core wounds from not just my mother, but my father, step-father, and other abuses.



I was finally home within my heart and within my body. Harmonic vocal toning through crystal singing bowls is now one of my main healing modalities. The toning comes through as a harmonic love language, and the results are consistently miraculous.

Where I conduit sound, light, and the pure frequency of love ~ cosmic and celestial love.

As a multidimensional healer, I offer many modalities for a beautiful and organically facilitated process by assisting in balancing the nervous system. This opens new pathways for conscious awareness while collaborating with the energy centers, meridians, nadial system, discordant patterns, and above all else, the divine and precious heart – which acts as a conductor to all that exists within. We are supporting a path of divine wholeness - spiritually, physically, mentally, and emotionally.

While my soul's unique blueprint, purpose, and mission have evolved through five decades, my heart has blossomed as I embodied the qualities of true and authentic compassion and the fullest expression of spiritual love and unity. I now innerstand the divinity of power and how it can be properly utilized. Power is sacred and is of the finest and purist frequency. It is strength, yet it is also vulnerability and divine love. I infuse all elements of the divinity of love, power, healing, and creation, as I assist those who are ready to know, love, and trust themselves while healing, experiencing beautiful changes within, and being in creation of new and divine potentials.

Love,  
Aanya

### **Aanya Cerra**

Born a highly intuitive empath, Aanya is a multidimensional healer and sound healer through toning and crystal vessels. As a facilitator and mentor, she assists through foundational processes to bring forth the healer within, to reveal one's true essence, and to bring wholeness and divinity through knowing, loving and trusting oneself. <https://www.aanyacerra.com/>

Published by  
A Beautiful Life Books  
[Abeautifullifemagazine.com](http://Abeautifullifemagazine.com)