

RE-SOURCE

Part 1

Restoring inner valYOU



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PART 1:

RESTORING INNER VALYOU



1 RE-MEMBER

To remember who you are, you first have to recognize what you are not. Understand how your identity was shaped, what type of CEO you are, and how to use your GPS to get your life moving in the direction you desire.

2 RE-PLAY

To “know thy self” one must replay their life from an expanded perspective of love, this allows for a more whole experience of the past. The process of change and evolution becomes playful and loving rather than scary and shameful.

3 RE-WRITE

You aren't the Author of your life, you are the narrator and co-author. Learn to use the practice of turning L-E-F-T (Love, Energy, Focus and Time) ASAP (Allow, Surrender, Align, Practice) so you can begin narrating the story you want to live.

4 RE-STORE

Learn how to use experience as a tool of restoring the self after a lifetime of Inner Dissociation. Restoring your Inner Divinity is a process of deconditioning your mind and body. Practice patience. Returning what was, so you can make space for what is, and is to come.

PART 2:

RESTORING OUTER VALYOU

5 RE-SEED

You never needed to be programmed, you needed to be nourished and cultivated, just like a seed. As we restore our unique seed of divinity within, we allow ourselves to come into fruition; naturally gifting the world with our unique gifts.

6 RE-CONCIEVE

More and more we are collectively realizing it is time to reconceive how resources are acquired and allocated to raise the quality of life for all living beings. No one person has all the answers, to conceive a new plan to reform society will take conscious, collaboration, and action.

7 RE-CREATE

When citizens truly unite, the governments can't fight. Our energy and our labor is what props up societies, not the validity of the societal structure itself. It is time to come together in C-E-L-E-B-R-A-T-I-O-N and reform our world!

RE-SOURCE Definitions

RE:

Restoration of a former state. Latin Root for again, back.

Source:

Intelligence in form. Earth is the source of food, food is the source of nutrients to the body, conscious the source of experience etc.

Natures Values:

Universal resources required to sustain Embodiment.

Divinity:

Connection to Natures Loving Intelligent Source Creations.

Dissociation:

Disconnection and distrust of Nature's Loving Intelligent Source Creations; preference for conditioned personal or collective values.

Consciousness:

Pure awareness rooted in the sacred reverence for all life, connecting all life, intelligently supporting all life.

Conscious:

Inner, limited Awareness supporting gift of diversity and evolution.

Embodied:

Conscious in Human Form.

Collective:

See spirit definition.

Conditions:

Survival needs.

Conditioning:

External World Internalized. Diverse as life itself, conditioning is what your life experience taught you and it shaped your preferences.

Soul:

Intelligence guiding the desire for inner & outer life congruence.

Spirit:

Collected, Collective or Cultivated Energy presently gathered inside or outside.

Energy:

Existence itself.

RE-SOURCE Acronyms

- 1. PEACE** Present, Embodied, Attunement, Co-Creating, Everywhere
- 2. PROBLEM** Presently, Responding, Observer, Boundless Energy Momentum or Passive, Reactive, Obedient, Bound, Lost, Energy, Momentum
- 3. GPS** Inner Guiding Perceiving Spirit or Outer Guided Preference System
- 4. ID** Inner Divinity OR Inner Dissociation
- 5. CEO** Conscious Embodied Observer OR Controlling Entitled Owner
- 6. IOU** Inner Outer Unity OR I owe you, you owe me
- 7. TBD** Trust, Boundaries, Distribution OR Total Body Darkness
- 8. ASAP** Allow, Surrender, Align, Practice
- 9. LEFT** Love, Energy, Focus, Time OR Lost, Energy, Focus, Time
- 10. SOFTEN** Stuck, Outside, Fighting, Turn, Energy, Neutral
- 11. BIG** Breath, Inner Divinity, Grace
- 12. AND** Access, Nature, Depth
- 13. OD** Opinionated Disagreement
- 14. DUDE** Diverse, Understanding, Disagreement, Evolves
- 15. CELEBRATION** Connected, Eternal, Love, Embodied, Birth, Right, Attention, Tune, In, Others, Nature
- 16. BUT:** Better, Understand, Truth
- 17. LID** Love, in, Diversity or Lost in Division
- 18. STILL:** Silent, Truth, Inside, Loving, Life
- 19. ALL:** Always, Loving, Light

INTRODUCTION

This eBook is about unifying the naturally occurring RE-SOURCES inside and outside of you for an improved life experience.

Words are a tool people use daily to navigate their world. You know as well as I do, words help us to increase understanding and ease OR dis-ease in connection. To ensure, YOU and I, have the same understanding of the keywords used in the book, such as “Divinity” review the definition page.

I happily admit that all the RE’s, YOU’s and RE-SOURCE Acronyms are registering pretty high on the cheesy scale, thank the brain. Acronyms and subtle deviations from the norm, like spelling words meaningfully rather than “correctly,” stand out increasing learning, retention, and most importantly your ability to integrate through actYOUlizing your understanding.

I gave myself the authority to write this eBook, but only the reader, YOU, can give it any credibility. It is intended to be written as self-evident, as you read it you won’t have to check sources outside of your mind, body, and life experience to determine the validity of what is being shared.

You don’t have to understand how your body and nature work together, for them to work together. You don’t have to understand photosynthesis and the unconscious mind to breathe air automatically, nonetheless, both impact your ability to do so. Similarly, you don’t have to understand the reproductive system to have a baby, yet through understanding it you have a better chance of intentionally conceiving a life.

By bringing awareness to how you are consciously, subconsciously, and unconsciously co-creating your life with the world around you, you gift yourself the opportunity to align with your desired life experience.

From an expanded consciousness rooted in love, we collectively have the power to change the world by choosing to place our energy and focus on co-creating a better quality of life for all. “Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it's the only thing that ever has.” Winston Churchill

RE-SOURCE is a way of being intentional with your life and all life. It’s not a quick way to fix surface problems, rather how you define and perceive problems will change as you verify this information for yourself. **May the Divine Spirit within us evolve our souls until suffering is just an experience, not a collective state of being.**

Rights re-served as Divine Intelligence intended. Every part of this book may be used or re-produced to increase the quality of your life if you will it so.

I love you, be well and enjoy.



RE-MEMBER

“None are more helplessly enslaved
than those who falsely
believe they are free.”
Goethe

Awakening with the Sun & Moon

Breathe intentionally as you Imagine, Sense and Feel:

You are surrounded by darkness anticipating the light, your eyes focused East, the sun rises. Sunlight dawning new life as the darkness of the world is condensed to shadows. Light and dark casting new perspectives, new colors, new vision, **for it is in the dance of dark and light the world takes form.**

Walking East towards the sun, you notice **it rises slowly, but steadily.** You observe all the people and things around you cast a shadow. While walking towards the light it is easy to see shadows cast by everything else, but you. You don't often see your own shadow; the warmth and wisdom of the sun cast it behind you, as you, yourself begin to rise and awaken. Continuing to walk towards the light, continuing to mostly see the shadows cast by "outside."

The sun is directly overhead now, hardly a shadow cast, **you bask in the full light of the sun.** Fully seen, fully integrated into the light. For that moment all is right in your world.

The sun begins to set behind you. You continue East, your shadow cast in front of you now, asking to be seen. The warmth and light of the sun at your back, still glowing inside you, as you bravely observe your shadow. Less distracted with the shadows of others, **curious as you watch the shadows dance.**

As the sun sets, your shadow merges with the darkness all around you. Fear of the unknown is but a temporary impediment of darkness, never a match for the power of light. **Surrendering to the dark,** cold world, you glimpse the light of the moon. **Returning to presence,** you welcome the moon as your teacher.

In its whole state the moon lightens the darkness, shining brightly on the usually hidden night life below. The moon skillfully maintains its light energy by **moving through darkness in cycles,** naturally shifting in size to safely meet the darkness night after night bringing it light.

Like the moon, you will learn to gracefully and lovingly shine light into the darkness of each day, accepting your own and others shadow for what they are, the darkness of the unknown. **The dance of light and dark is the dance of known and unknown influences in your life.** When your inner light integrates the darkest night within there is **nothing to hide, nothing to present. You become a celebration of a unique conscious bringing the light of love to the world.**

Spirit of Creation

The pursuit to understand what *already exist* is called Science. Understanding something Scientifically or Intellectually is entirely different than experiencing it. Understanding getting shot is a painful experience requiring a recovery period, is not the same as experiencing the pain of being shot and requiring a recovery period.

Do you see and feel the pain of humanities untreated suffering? If you aren't in a suffering state yourself, can you think of people you "know" who are? It is apparent collectively, universally a recovery period will benefit all.

Whatever you believe is true, is true to you. You will instruct your life on your beliefs, accurate to reality or not. Beliefs limit and discourage Divine connection.

Words, thoughts, and beliefs are too limited to contain or completely understand *Natures Intelligent Spirit of Creation: an ever-evolving consciousness rooted in the sacred reverence for all life, supporting all life.*

Your soul will never stop knocking on the door of your conscious attunement, yearning life after life, for the embodied existence Divine Intelligence intended:

Peace or Present, Embodied, Attunement, Co-creating, Everywhere.

You don't have to believe in past lives to accept DNA is a reality. We have an ancestry traceable through our DNA showing our evolution through time and space. So even if this life is your only experience of life, your body carries a story of before. In fact, I am using language that was developed before anyone alive today uttered a single word. To write this I am using a tool of cognition developed before I, or YOU existed. Your mind, like your body is a co-creation that matters.

We are NOT THE CREATOR. We are matter co-creating with all that was, all that is, and all that ever will be.

Diversity & Congruence

Consider how nature's intelligence **NOURISHES** humans through diversity and keeps humans **SAFE** through congruence. Let that sink in. Diversity & Congruence are facts of life, undeniable felt realities of human existence.

Have you ever been emotionally hurt by someone disagreeing with you? Of course, if you are sharing something and it registers differently than intended, especially if you expected them to have the same feeling or belief as you, you are bound to disappointment. **Simply by honoring and accepting the nourishing quality of diversity of action, thought, belief, emotion, and perspectives in all others we have the ability to bring conscious curiosity to connection, rather than fear or the perceived pain of differences.**

What do humans fear most? Judgement. Check for yourself, why don't you say and do everything you want to do at all times? Most will determine either fear of negative judgment, which includes not wanting to hurt others, or lack of resources. What do humans love most? Receiving positive or accurate judgments of themselves from others. YOU easily share what you feel will be judged positively. Being supported, appreciated, and loved is a survival need.

You don't need to understand neurobiology, physiology, or the endless philosophies and psychologies dedicated to diagnosing and “fixing” the human condition. **You need to** learn to understand and regulate yourself. **You know** what it feels like to be regulated, comfortable in a state of ease and congruence with yourself and the world. You also know what it feels like to be dysregulated, uncomfortable, and in a state of disease or incongruence with yourself and the world. **Both Diversity and Congruence are required for survival.**

If I instruct you to get more comfortable, right now, just move your body in a way that makes you even more comfortable than you already are, you naturally know how to adjust your body. **I don't have to tell you what to do, you know how to move into comfort.**

Congruence is felt through the senses and regulated unconsciously prompting our instinct to conform for safety and survival. Have you ever been in a conversation with a complete stranger, said something, and immediately knew whatever you said they did not agree with? That is because you are unconsciously energetically reading every person you meet. **As you receive outside energy and vibration you automatically process it unconsciously (through autonomic nervous system), subconsciously (through past experiences) and consciously (through present state of observation).** This is why learning to differentiate what energy is generated inside of you, and what energy is generated outside of you, combined with a clear understanding of your real survival and connection needs is crucial to self-regulation. **Consistent self-regulation leads to self-realization or alignment with your highest expression of life congruence.**

The person that easily allows and honors diversity within and without, experiences congruence in their day-to-day life. **The more accepting you are of the variety of life choices present outside of you, the more opportunities of harmonized connection you receive.** However, if diversity or differences threaten your sense of self and ability for inner, outer congruence you are guaranteed to experience many incongruences and or soul-numbing conformity while trying to survive a diverse world. There are infinite ways of being, unfathomable volume of beliefs, and billions of preferences that exist whether you like it or not.

All that to say, you don't need to be told how to be you, you need to listen to yourself and allow your unique existence. Do you exist as you are, or do you “act” like you want to be perceived in a given moment (dissociate)? **Diversity is a gift that gives you permission to be as you are, no act required.** There are many varieties of flowers, and they all require different environments to flourish. Similarly, you flourish under certain conditions and only through your own conscious awareness can you determine what those conditions are. The flowers don't apologize, and you don't need to either, or do you? **Forgiving the self and others for being diverse, complex beings, filled with dark and light is a gift of awareness.** A gift you gift yourself.

Conditions or Conditioned?

You were born and remain a dependent consumer of life's resources for as long as you live, do you not? You may be able to Love unconditionally, but you can't live unconditionally, at least not in a human body. **Most of the conditions needed to sustain your particular human life are universal to all human survival** (air, water, nourishment, sleep, touch, body temp regulation), **yet the conditioning that directs your mind and life course is as diverse as life itself.**

Conditioning is complex and covert because it is tied to your specific subconscious programming. If you don't like the conditions of your life, then you can change the conditioning of your subconscious mind. The subconscious mind influences you to feel that you “NEED” things when in reality you just “WANT” them based on conditioning. **Conditioning is the external world internalized.** Common sources of conditioning are family, society, culture, past experience, heightened feeling etc; they culminate into micro and macro beliefs known and unknown to you which run your life. You don't actually need much to survive and thrive. You either condition yourself or the world conditions you.

In fact, what you are conditioned to believe you “need” may actually be incongruent with your desired life experience of **PEACE**. **Discerning the difference between the conditions of your life, and the chosen and unchosen conditioning running your life is what the rest of this book is about.** Right now, just acknowledge to yourself: on a daily basis *are you most pre-occupied and driven by other people's problems and perceptions of you, your own problems and perceptions of you, or Divine Intelligence which solves all problems and is perception itself?*

Energy Matters

Have you ever said any of the following: "My energy is low today; I don't have the energy for this right now; Their energy was off; I don't like their energy; I love their energy."

Energy and Matter are a fact of life. You are energy condensed into matter or form with electric currents that carry information interacting with the chemistry and frequency generated inside and outside of you. Your internal energy radiates out from within your body, and you receive energetic information from outside at **ALL** times. **The world is an interconnected, bi-directional co-creation.** Your energy influences the world, the world's energy influences you.

You don't have to be a mind reader, telepathically, navigating through life to energetically experience someone's state of mind. Similarly, you can walk into any gathering and feel the "vibe" or the "spirit" of the connection. You consciously or unconsciously absorb energy (**accept & receive**), fight energy (**reject & receive**) or transmute energy (**neutralize & transform**). You know when you feel aligned with the energy of a person or environment, the question is, do you know why you feel aligned?

Energy, like life, is a cultivation practice. Thoughts and Emotions carry an energetic charge, they are fluid and temporary although reoccurring due to subconscious programming. When thoughts and emotions reoccur overtime, they create a strong energy state in your body. If you practice the energy of peace, you will cultivate the state of peace. If you practice the energy of insecurity, you will cultivate the state of insecurity. **This is true for any mental and emotional state, what you practice is what you experience. Desired or not.**

Energy awareness becomes a powerful tool for self-regulation: energy you don't want you can intentionally neutralize and transmute, and energy you do want you can intentionally cultivate and nourish expanding its existence within and without.

Your ability to co-create fulfilling and congruent life experiences increases as your internal and external energetic awareness increases. You project and emit your energy, and if you don't clearly know what energy you are projecting then you also won't clearly understand what energy you are receiving. This is why denial, and unconscious needs are so harmful to the human energy system. **Denial of energy doesn't stop its existence; it stops your ability to understand and transmute its existence.** You give, receive, and cultivate energy automatically, how consciously and intentionally you do this is up to you. How skillfully you work with energy, depends SOULy on how often and intentionally you practice.

Who or What's the Matter?

Some problems are universal when experienced (like starving). Some problems YOU consider a “problem,” and someone else would experience your “problem” as a “gift.” Universal problems threaten survival. Preference problems can FEEL life threatening but aren't. Majority of problems are simply just Preferences for reality to be different than it is. Collectively there are billions of differing personal preferences, right? That creates infinite opportunities to learn from preference “problems” natural to your diverse life experience. You will learn how to RE-WRITE Preference Problems in Chapter 3. For now, consider:

How have you cultivated the practice of problems in your life? How are “PROBLEM” emotional states impacting your energy level?

Emotional State = Energy State

Passive, Reactive, Obedient = Bound, Lost, Energy, Momentum

Presence, Responding, Observantly = Boundless, Loving, Energy, Momentum.

Denying the existence of unmet needs or preferences by not addressing them and instead entering passive, reactive or obedient states **deepens problematic life experiences, it doesn't stop them from existing and expressing.**

As with all things it's just a matter of if your “problematic” energy will express consciously or unconsciously, knowingly or unknowingly, in alignment with your values and desired life experience or in misalignment with your values and desired life experience.

Whatever you are cultivating you will have in abundance to share.

Identity Crisis

Humanity is experiencing a global identity crisis:

Merriam Dictionary:

1. Identity :
 - a. “the fact of being who or what a person or thing is”
2. Crisis:
 - a. “a time of intense difficulty, trouble, or danger”
 - b. “a time when a difficult or important decision must be made”
 - c. “ the turning point of a disease when an important change takes place, indicating either recovery or death.”
 - d. or All of the above :-)

Identity

Identity is synonymous with attachment. Whatever you identify with, you attach to and make personal. **Internalizing the external world is conditioning which forms Identity.** Buddha deduced “The root of suffering is attachment.” The more you believe or energetically need from the external world, the more you attach to the external world, and the more susceptible you are to experiencing the pain and loss outsourced identity guarantees. **The attachment forms the identity and conditioning influences the type of attachments that takes form.** *Learning to observe sensations and conditions inside and outside of you without attaching to them is the awakening process.* You are capable of deeply enjoying and loving something without attaching to it. Attachment is Powerful, choose it wisely in all matters.

States of Mind OR Conditions of Development?

**You don't control or rule your mind;
you cultivate and mature a state of mind.**

Conscious, Curious, Child

The conscious mind's job is to be in a present state of evolving observation. Your conscious mind is fluid and changes easily, **it's power is your conscious will which focuses attention.** Your conscious mind's ability to focus attention is actually responsible for programming your subconscious from ages 0-11 approx. Conscious mind is in conversation, presently asking for what it wants in all matters. Consciously narrating your life perspective in words and thoughts, internal or out-spoken. Like a child you love a good story.

If your conscious mind was compared to a state of human development, it would be the infinitely curious and free child. All it wants to do is explore and enjoy the world. It's the mind that is always wanting more connection, always wanting attention, look at me, look at meeeeeeee it screams out. Conscious fights with the Subconscious or Adolescent mind, like a sibling fighting for its needs and preferences. It rarely cares to hear it's loving parent, the Unconscious Mind. The paradox of the conscious mind is it wants to evolve and be fulfilled, yet it can only do that by calming and quieting itself co-creating with Subconscious adolescent mind and Unconscious parent mind. I don't know if you have met many children, but they don't often have the capacity to remain still while excited.

Subconsciously Stubborn

The Subconscious Mind's job is to store all Past and Present Conscious Observation from the Child Mind. Its intention is to move YOU towards what gives YOU energy (unconscious need) as it mediates between the Conscious Child minds power of Attention (Will) and the adult Unconscious mind's power of Survival. The Subconscious communicates its findings through a spectrum of deep to numb feeling states, much like adolescents.

Contrary to popular Scientific Opinion you don't reason with your Conscious mind, your subconscious reasons for you based on your conditioning and you justify that reasoning consciously with words. **The subconscious mind is the collectives greatest untapped internal RE-SOURCE. It is meant to automate your life.** You are designed to consciously move towards what gives you energy (**expand**), move away from what depletes energy (**contract**), receiving all that is in congruence (**hold**). Not consciously justify what you do not want (**stuck**). Incongruence is suffocating the power of your mind.

Your subconscious moves towards "preference" states formed consciously in childhood through attention. The subconscious reasons if you paid attention to a particular energy in childhood and survived, it must be good for you. Even if it wasn't good for you. The Subconscious is impressionable like the conscious mind, but less flexible, less gullible, still gullible though. Good and bad are subjective to life's conditioning.

The Subconscious is the Adolescent stage of development, storing all your preferences and all your beliefs stubbornly. **Its favorite statement is "I know," but really it only knows your experience and how you emotionally registered them.** It was primarily developed by age 11. That means any preferences and beliefs from 0-11, you act out 12- until you mature your subconscious programming in alignment with conscious will and unconscious survival need. **If you haven't consciously updated your subconscious life instructions with your survival needs and desires since your life conditions set from 0-11, you are still reasoning with your Child programming today.**

You can consciously choose to be in conversation with your Subconscious. You **can't** remove feelings from your life, feelings are energy, energy is very real. You **can** learn to re-move feelings and energy to more than just survive alive, **BUT: (Better Understand Truth) to thrive. Many "truths" can exist energetically at once.** You can expand your subconscious understanding of life to align your Conscious Will & Natures Divine Intelligence with your Ever-Present Parent, the unconscious.

Past Parenting that didn't meet your needs for conscious loving secure exploration of your senses 0-11, even if well intentioned, co-created problematic conditions that don't align with your current desired life congruence. It is easier to change than you may think. Like all stages of development communicating with the Subconscious just takes practice. Practice presence with your inner teen through your feelings, finding harmony between the conscious and unconscious internal resources boundless through playful patience.

Ever-Present Parent

Unconscious Mind or Survival Mind is the mature mind that has evolved slowly, steadily, over the span of human existence. Its power is expressed through energy levels. The Unconscious Mind is like the Sun, at high noon, sees and feels all. **In my experience it is approximately 0% gullible, the Subconscious that instructs/interprets for it can be though.** Also, Contrary to popular Scientific Opinion, it isn't primitive, it is **Divine Intelligence Embodied.** As you learn to listen to your Unconscious through its language, you will understand its Divine wisdom in a way Scientific inquiry can't.

The unconscious mind is our direct connection to the source of all life, the meditation of pure consciousness. Why do you think we have to unconsciously sleep every night to survive? We require Rest, Restoration, Now! You can only hear your soul through the rhythm of your conscious attunement to unconscious **PEACE (Present, Embodied, Attunement, Co-Creating Everywhere).**

By emptying your conscious mind and entering a meditative state it creates healing naturally as it connects you with the Divine Intelligence inside YOU. You do this naturally, easily and once you realize that like breath cycles, all of nature's creations share a process of expansion, contraction and holding you will be more graceful with yourself. Notice what is Peaceful in your life? What creates stillness, presence, connection easily and naturally? You are now learning to cultivate a deep, meaningful connection to your wise loving Parent, the part of your mind and life you so desperately crave.

ID
INNER
DIVINITY

OF-ID
INNER
DISSOCIATION



Internal -Guiding
Perceiving Spirit.

GPS

Outer- Guided
Preference System.

Conscious, Embodied
Observer

CEO

Control, Entitlement,
Ownership

Inner, Outer Unity

IOU

I owe you,
you owe me.

Trust, Boundaries,
Distribution.

TBD

Total, Body Darkness

Love, Energy,
Focus, Time

LEFT

Lost, Energy
Focus, Time

Loves In
Diversity

LID

Lives in
Division



Let's see your ID

Inner Divinity (**ID**) and Inner Dissociation (**OF-ID**) are conscious matters of focused attention, therefore potentially fluid states of being. Inner Divinity is prioritizing the connection to your **Internal Guiding Perceiving Spirit (I-GPS)** which aligns to life giving universal values. Inner Dissociation is the degree you disconnect from the internal energies to prioritize the connection to external energies; seeking alignment to conditioning, perceived personal problems, and their values over internal universal value. **Inner Divinity is attaching Identity to the infinite intelligence inside; Inner Dissociation is attaching Identity to the infinite perception preferences outside. Are you inner or outer focused, and at what cost to Divine Intelligence?**

Are you Guided or Guiding?

Have you noticed some people enjoy being told what to do? They appreciate being told exactly what to do because it takes the **pressure** off of them to know exactly how they **“should”** be. Grammar is an example of that. Yet, other people do **NOT** appreciate being told what to do, because someone telling them **who and what to be** also creates pressure. **Pressure is inherent.** Everyone is learning to listen to the inside pressure of their **Guiding Perceiving Spirit** and flowing with the external pressure of preferences as is the way of connecting collectively. How well are you? Are you fulfilled within, inSPIRIT, inspiring life, embodying natures evolving diverse observations while firmly rooted in the eternal wisdom of congruence or **PEACE (Present, Embodied Attunement, Co-Creating, Everywhere).**

Flow CEO

You are the chief operator of your life due to conscious will and attention. Are you aware and awake to the **Guiding Perceiving Spirit** inside your body that is always talking to you? Observing it, rather than obsessing over it is the key to flowing with life. YOU will learn to balance the internal and external energies which create the experience of pressure. **When you are in the state of Flowing CEO, Conscious Embodied Observer, life is happening for you and you just dance along according to the perfectly natured Internal Guiding Spirit, SOULy a matter of your own energetic sensitivity and focus.** The power of conscious is the power of focus on desired and willed experiences and feeling states. Perception is reception; what you perceive you receive. Trust is restored in your guiding core valYOU's when you learn to flow with external pressure.

Whose Standards do you valYOU?

When your energy WANTS to be told what to do, it is prioritizing Outer Standards. Standards of excellence in all areas exist diversely, ever-changing throughout time and space: Beauty Standards; Education Standards; Material Possession or “IN”- “COME” Standards on and on. If outer Standard Preferences, more than inner perception are guiding you, you are still learning to mature your connection to Divine Intelligence. Notice when you are operating out of your **Outer-Guided Preference System (O-GPS)**. Learn the difference between internal and external pressures to be a certain way. Some of the pressure is your restless Soul and Spirit; some is external preference, actually incongruent to your life fulfillment. **You are either being YOU OR letting the external world express its Outer Standards through YOU.** When your life feels incongruent it is because even **if your outer world aligns with outer values those values have to align internally to universal values and your unique soul and cultivated spirit’s valYOU’s to experience life congruence.**

Are you Fighting with Reality?

Fighting is a form of dissociation because Fighting is a form of not accepting reality ‘as is’. You feel TWO ways at ONCE. You fight reality to bring it into congruence with preference attachments. Yet, you can limitedly fight fire with fire, anger with anger etc, evolving the energy and matter has to be the focus, **if the focus is on the FIGHT, not the RIGHT, then the war is never-ending.**

You can’t even **Control** your mind. If you could your life would be in perfect order. If your life is in perfect congruence, thank you, teach us. YOU can’t control, control is an illusion. YOUR conscious power is will and attention and that is the extent of your personal conscious mind’s limited control. **Pure Attachment-less-Awareness is all powerful; its only desire is to perceive and align accordingly NOT control accordingly. Nurture is Nature. What you cultivate you have in abundance to share.**

Entitled- Or Preference-d. If your whole life you slept on a mattress, and then you go to a TeePee in Arizona, dead of summer, without a mattress you may be uncomfortable. How uncomfortable? Depends on your focus, how much do you lack? Regardless, your body is conditioned towards physical comfort. Whatever you believe you need or are conditioned to need, you will be less comfortable without. Learn to align conscious, subconscious and unconscious states of being to your desired states of being. Now, let’s say instead of not having a mattress the Teepee didn’t have air conditioning; suddenly the exposure to high heat could be much more than a preference problem. We have limits, by design.

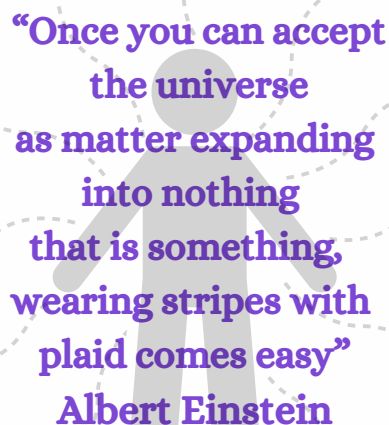
YOU are a Co-Creator NOT an **Owner**. You don't Own anything. Everything you are is a combination of resources cultivated inside and outside of you overtime, and will leave YOU when Divine Intelligence, the unconscious mind, stops operating on your behalf. Your will and creations on earth Re-sourced.

What you have experienced inside and outside of you gets stored in the subconscious, gets ruminated on or avoided consciously, yet is always energetically KNOWN by the unconscious. Any misalignments of the 3 minds cause your incongruent life conditions. **You either consume reality and fight with it OR you co-create reality and flow with it. Is your conditioning in the way of your desired life conditions, Love?**

Practice Wholeness

“We’ve got the Whole World in Our Hands” is more than a memorable nursery rhyme, it is the truth. Each day, each moment is whole. Made up of experiences that feel good and experiences that feel bad. However, good and bad are almost always subjective. How often do you let a bad experience, turn into a bad day, a bad week, a bad month, a “bad” life? What are you holding?

All emotions are energy feedback meant to aid you in your awakening process. Fear is interpreted as bad when it is holding you back from fulfilling your desired life congruence. Fear is interpreted as good when it alerts you to life threatening danger, or just an energetic incongruency present. Learning to discern the difference between life enhancing and life depleting energies to YOU, will be discussed in Chapter 2, RE-PLAY. You will learn to RE-PLAY your life from an expanded perspective of love. Chapter 3, RE-WRITE will assist you in editing or transmuting energies you no longer wish to hold onto. Through understanding, you will naturally begin to put your attention and will on cultivating the energies you wish to expand in your life.



“Once you can accept
the universe
as matter expanding
into nothing
that is something,
wearing stripes with
plaid comes easy”
Albert Einstein

Stay Tuned, loves.

Everyone needs space
between experience to
understand them.

If there was
no space in
this book,
you might be
able to read it,
but it certainly
wouldn't be an
enjoyable, flowing
experience,
rather a
strenuous one.

Without space
or TOO much Space
creates a struggle to
comprehend.

Give yourself space,
not TOO much space
to Re-Play Your life.



“People have a habit of inventing fictions they will believe wholeheartedly in order to ignore the truths they cannot accept.”

Libba Bray

The Staircase of Life

Breath intentionally as you Imagine, Sense and Feel:

You are standing at the top of the Staircase of Your Life, each stair below you represent a year of your life, and you see yourself at that age on the corresponding stair. For example, the first stair you see yourself at age 1, the second stair you see yourself at age 2, and on and on, for each year of your life.

Allow compassion and curiosity to fill you as you notice each version of yourself on the staircase. Notice if your instincts are to feel loving compassion or shameful judgment about the different versions of you on those stairs.

Re-Call only the outside energies and conditioning you are currently consciously ready to transmute into love. Breath, Inner Divinity, and Grace while the Silent Truth AND the Understanding that Love is Life assist you presently. You have had a unique life, with many energetic connections which are stored in the story of life you hold and project (knowingly & unknowingly). Shine a light on any darkness you are capable of transmuting into forgiveness with the intention to align your posture lovingly.

Mature your understanding by assessing what has stayed the same over the years? What have you consciously wanted to change that is stuck in your energy body? Get genuinely curious as you expand your understanding of yourself, and the influences that co-created you. Allowing all that you are and have ever been to be seen in the light of love for what it is: energy-forming matter. **You can choose to transmute energy with awareness. What matters to you?**

When negative energies feel stuck inside of you, they just haven't been honored yet. Feelings are energy, energy is real, it is okay. Witness and honor what is, so you can transmute it into what will be. Negative energy storage creates incongruence in your desired thoughts, feelings, experiences, perception itself. If the perception of love was not fully present throughout your life, it can be painful or uncomfortable to look back and feel love lost to division. If YOU will allow yourself to surrender into the painful story of what “was“ or “wasn't“ you can choose to evolve the story of what will be. **Will you enjoy the instant and consistent relief alignment to PEACE: Present Embodied Attunement Co-Creating Everywhere that practice. practice practice. provides?** Place your Energy, Focus and Time on transmuting and neutralizing energy you don't want to hold. Your energy is your largest self-directed resource.

Go directly to your intelligent ever-present mind, by **Breathing in Inner Divinity** and **Grace** as you expand compassionate curiosity for all experiences that have shaped you into this phase of evolution. This moment in time. You can choose to re-store your power now with a **BIG** Re-Source as easy as breathing, *literally its actual breathing*. Tune into your breath, tune into your heart, pay attention, listen and receive.

With a pure intention you are able to easily look back over the ages of your life and see what you can accept and what you prefer not to accept about your conditioning and life conditions. Remember, you have a choice to bring awareness to the **conditioning** that **determined** the **life conditions** and circumstances at every stage of your development. Forgive and align knowing you have agency over how you further develop now. Remember to stay **LEFT:** with your **Love, Energy, Focus, Time ASAP** as you **Allow, Surrender, Align** to the **Practice** of **PEACE, Present, Embodied, Attunement, Co-creating, Everywhere.**

History Lessons

John Green wrote “You don’t remember what happened. What you remember becomes what happened.” History has taught us this lesson repeatedly because we still haven’t learned from it. **American History is not told the same everywhere, and neither is the story of YOUR life.**

Despite what you **want** people to believe about you, your life history is perceived differently by everyone outside of you. Even if you shared the same exact experience, it is not perceived in the same exact way. Their beliefs about you are tied to their Conditioned Preferences. **Preferences are just opinions and options of life, not what life “should be” to everyone.**

Your mother see’s you different than your best friend. They have different conditioning; different experiences of you; **AND** although they may share hope for your life fulfillment, they may have very different understanding of **what matters fill YOU most (Access, Nature, Depth).**

Learn from your own History, so you don’t have to keep repeating the same painful lessons. Remember the light of the moon; Natures Intelligence teaches us in cycles. **Think of how math is taught: basic addition and subtraction, practice new understanding, and then expand knowledge base from there. You do the same with your life.** If you get flustered and feel you aren’t “testing” well, you may give up the practice of alignment. Why give up on yourself, you exist regardless. The temporary discomfort of choosing alignment brings relief and eventual strength. The prolongment of misalignment creates disease & suffering.

You aren’t going to be in perfect alignment just because you have a new understanding. A new understanding wills a new opportunity for you to intentionally practice. Learn to expand your preferred energy state every

moment. **Tearing people down only feels good, when YOU feel bad. Building people UP feels good, even when YOU feel bad.** *Let us build a co-creation that has room for preferences but prioritizes Universal Life Conditions as matters of most importance.* Most perfection standards aren't Nature's Intelligence, they are Capitalism's Confusion. Even the most beautiful tree, has broken branches. **What have you been studying? How to build a beautiful life or how to tear a broken one down?**

FEED-BACK

Who is on your staircase? Are they loving you and helping you align to love? Are they judging and shaming you? What does it feel like to YOU? Trust that. If you move towards people who consistently create negative energy states within, why? It is the same or reverse energy inside of you asking to be seen and transformed, re-moved.

Disagreeing or not seeing things the same is not always shaming, *although it can always feel that way to a shame-guilt bound person.* This is why we have so many non-harmonious zones of connecting collectively. **People are afraid to talk about politics and important human crises in the name of peace, at the cost of the experience of PEACE Divine intelligence intended: PRESENT, EMBODIED ATTUNMENT CO-CREATING EVERYWHERE.**

When you sit down to eat, there is a point when you are full, and when you eat beyond full it becomes uncomfortable. Repeatedly overeating eventually stretches the stomach, and you will actually feel more emptiness inside. By filling up, past the point of full, over and over you start to need more. When before one sandwich would do, or one beer, or one episode, now it's not enough. We grow our tolerance and need more to create the same fulfilling sensation. More isn't always the answer. The answer comes from learning to listen, receive, and perceive our fullness initially. Know and listen to your own limits. Recognize when you are full, and then allow the fullness to exist. Energies you experience need to be digested and processed to get the nutrients from them, just like food gets processed to extract nutrients.

If you don't learn to regulate and process emotional feedback, you will repeat the lesson more and more feeding it back to you. The unprocessed feedback is stuck inside compounding. What emotions do you not enjoy feeling? How have you been unknowingly cultivating or allowing them in your life by denying them? **Energy is universal, energy carries information and that's all your emotions are. Energy Feedback trying to instruct you.** Not every meal is nutritious and not every-body responds the same to diversity of ingredients,

even healthy ones. I love pineapple. My daughter is allergic. It is important to know what is nutritious and what creates an allergic reaction inside you and those you hold close.

Humans have the capacity to feel the entire emotional wheel if they allow themselves. Our gift of embodiment is diversity of experience. **Ask yourselves which emotional states do you experience or practice the most?** The depth and sensitivity of emotional capacity ranges greatly. In order to feel emotion, you have to allow emotion. The more you allow a particular emotional state, the deeper it becomes and the more sensitive it is. Numb is a state too. **If you find painful life depleting emotions constantly re-surfacing in your life, they are coming from a deeper place inside that is asking to be reflected upon and expanded into love.**

RE-flections of a Mirror

A Mirror reflects back what you are in reverse, doesn't it? Your eyes face outward, you literally cannot see yourself without a reflection. **What your life looks like is often not an accurate depiction of what your life feels like.** If you value others perception over your felt reality, you will occupy a false fantasy world where: **"Looking like" you are fulfilled matters more than feeling your fulfillment.** Your will is in reverse, mirrored. **What about your inner, outer reality are you looking at and reflecting on each day?** Do you want to change the reflection? Focus your eyes now, it's YOUR personal conscious experiences each moment that creates the Play of your life. Will you be intentional with your attention and presence?

The body has energy states, the mind has emotional trances states that narrate an inner story of YOUR unmet and met needs and preferences. Start getting curious about the difference between: **1) conditions:** or universally needed resources to sustain embodiment **2) universal desires** for fulfilled loving embodiment; **and 3) wants or preference** conditioned from your real **ID (Inner Divinity)** or fake **OF-ID (Outer focus, Inner Dissociation)**. **Be in ID and of the world. Not OF the world and in inner dissociation.**

You can consciously desire to make changes in your reflection, and yet not have the energy to fulfill or maintain the desired changes. You may want to look into the mirror and see a six pack, yet never "feel" like exercising. **Beliefs fuel feeling, feelings fuels energy level. Did you choose your beliefs or were they chosen for you through outer world conditioning? Re-write them in chapter 3.**

Yes, AND

Life is an improvised act. When we allow it, it can be fun and playful. The one loose “rule” of improvisation is rather than say no to a scene, contracting or putting the scene in a holding pattern, say “Yes, And” expanding the scene by adding elements you want. Do the same with life experiences.

You **can’t control** people outside of you to get your needs met, **you co-create with them** to fulfill needs ideally as equitably as possible. You meet and you choose: **1)** how much **access** you allow them, **2)** at what **depth**, **3)** how long you hold onto the energy the experiences with them generated, their current **nature**. If you don’t like a particular energy, neutralize or re-move it, and then transmute it.

Get curious when you get critical of others. Are you critical and upset over a preference or universal life sustaining need or value? **Being upset doesn’t have to become a setup to tear down someone else's staircase. Up-set is an opportunity to understand yourself deeper and rise, steadily.**

Remember we project our internal state out, and our internal energies are communicating with external energies always. **Honor when someone or something feels energetically off or depleting by protecting your energy through access and depth.** Forgiveness is the ultimate key to awakening. It is hard to forgive an ongoing problem. **Create space so you can create change.**

Your favorite meal when you were 5 likely isn’t your favorite meal at 35. You have been changing your entire life, it’s an incredible skill that’s massively underutilized. Our minds are either our largest asset, or largest liability. Our physical and emotional bodies mature overtime and with them our preferences, taste, opinions, standards, etc. change or not. Are you evolving or devolving?

What do you allow into your life? **Do you allow change or cling to the story of what was or “should” have been, but isn’t right now?** If you don’t choose to work through the conditioning that is creating the negative condition states inside and outside of you presently, you will experience all the WANTS, without the proper Energy to move towards them. Your conscious will and attention is stuck writing unwanted energy into your storyline. You can’t change the past, but you can edit how it is perceived, and held. **Choose to write a new future with your attention, intention and will.** Chapter 3 will help you edit your life story by re-turning the missing love.

STUDY SPACE

Shame or Same Game?

Shame is absolutely apart of Nature's Intelligent Design. **All emotions, feeling and sensation are instructive.** I have justifiably felt shame in my life, many times and rightfully so. Shame is so strong because it is meant to move you. Yet, shame, judgement, and blame are low energy and can just as easily bind you to their undesirable states. Judgement has become the way of connection in our society. When you feel shame and judgement, get curious. Is it something **universally shameful** (*like intentional perpetuating violence on innocent souls for material gain*) or shame coming from yours or others conditioning (lower energy states) that doesn't align with YOUR desired life congruence (higher energy states)? If you don't like the conditions of your life discover what areas, you are in energetic misalignment.

If someone is experiencing self-shame, help them transmute it into self-forgiveness and alignment to love. Shamming someone who already feels shame only binds them to it further. **Best to call attention to negative energies existing in your experience from a place of compassionate curiosity intended towards forgiveness. If forgiveness isn't possible yet, space is.** If you come from negative judgement (**fight and receive**), you may unintentionally create defensiveness which roots you and the other further into division. Seek to understand their conditioning, more than the conditions, so you can actYOUalize change.

If you are stuck telling stories of other people and their shadows, it is because you haven't taken responsibility for your own yet. **AND** your staircase is still too close to theirs (**access, nature, depth**).

You are walking towards the Sun, seeking the light, yet focused on the dark? BUT Better to understand the truth if you are stuck on other stories that have little influence or impact on the conditions of your life, you actually bring the story energy in you or are already subconsciously holding the energy yourself (which is why you are attracted to SEEING it). Talking or projecting is choosing through attention to bring an observed preference problem from outside and inviting its energy in. Everything you hold impacts your energy level. **Are you ready to let go of what isn't nutritious for your mind, body and soul? Addressing Universal Problems (survival resources, expand) and addressing Personal Preference Problems (contract) are two different MATTERS to be(hold)!**

Breath, Inner Divinity & Grace

Play Time

Do you know what brings you a burst of enjoyable energy? Your life is your own personal Play, except you don't have to "act" in it YOU are it. How big of a part are you playing in the script of your life?

When you are afraid to get anything "wrong" you enter a passive energy state. You are plugged into your **O-GPS** (Outer Guided Preference System), that's your personal conditioning and you follow the conditioned path instead of your own. Choose to tune into your **I-GPS**, Inner Guiding Perceiving Spirit in all experiences. Even if you are still following the path laid out by others, begin to notice how it feels in YOU. Playful, fun, fulfilling?

I am deeply fulfilled by reading and writing (when I don't feel pressure) and I wouldn't call it "fun," but it is one of my favorite ways to Play. I also love to practice Yoga, again not exactly fun, **BUT (Better understand truth)** it calms, clears and fills my energy state. Your energy state is always guiding you.

Children's high energy can annoy people when they are bound in lower energy states. When you are boundless you can flow in between your different energy states, honoring what arises. Experiencing the joy of Inner, Outer Unity (**IOU**). I call it "Playing the Accordion of Consciousness" (a story for another time).

Just like a child, sometimes you desperately need a nap. Other times you need to express energy. Learn to listen to your energy levels. It's okay YOU aren't like everyone else's, YOU aren't meant to be.

It is by Intelligent Design we all Play a little different. Learn to love the diversity and abundance of ways to cultivate joy within yourself when with others. Play is action based or creator based. You are a consumer, but you are also a creator. If you are bound up, with the desire and not the energy to create the **PROBLEM** is often **Passive, Reactive, Obedient** states resulting in **Bound Lost Energy**. Loosen up, stretch, become a **PRO Presence, Responding Observantly** as you explore **Boundless Loving Energy momentum** possible through play.

Behind the Scences

Think of your Conscious mind as the Director; your Subconscious as the cast and production crew that makes it all happen; and your Unconscious mind the brilliant Script Write. You need a good Director to have a good play, but without a qualified skillful cast and production crew even a brilliant script, well directed, can play out terribly. If you don't like re-playing your life, it is time to alter your projection.

Intentional Play Date?

Breath intentionally as you Imagine, Sense and Feel:

You are everything you desire and wish to be. Your life is incredible. Think of what setting you are in, the fulfilling storyline, the perfect cast of characters involved. Knowing all the resources you need to make the best production possible are on-call, actually at-WILL-call. You are fully self-realized, fulfilled.

Now use the rest of this page to write that version of your Play:

**How do you want your play to be received by others?
Perception is Reception, receive other's plays
as favorably as you will.**

**DO
NOT
BELIEVE
EVERY
THING
YOU
THINK
CHOOSE
WHAT
TO
THINK**



“All that we are is the result
of what we have thought.
The mind is everything.
What we think we become.”

Buddha

Are you writing a Love Story?

Loving unconditionally is easier than it sounds when you remember and remind yourself, often, everyone is conditioned differently than you are. If you cannot understand how on earth someone can be so fill in the blank (ex evil) be grateful you don't have their conditioning. Create space. You can't understand them, because you don't understand their conditioning and what has led them into theirs and others darkness. **When darkness (unknown) feels safer than the light (known) you KNOW you are living in an incongruent world.** What **LID** of existence do you prefer: Love in Diversity, or Lost in Division? Love in the Light, or Light Lost to the Dark?

Think of how much you don't share for fear of judgement? How many things you think make you terrible, when really, they just aren't everyone's preference or anyone's preference (**like not have enough in-come to survive**). YOU are always judged how you judge, simply because you are the one experiencing the energy of judgement. Doesn't matter if it is projected inwardly or outwardly, if it holds a positive or negative charge, YOU are experiencing it.

We all have different sensitivities and are here to create different experiences, by design. Therefore, comparison can be a dark side of connection. Dimming the ability to exist peacefully, diversly, congruently in alignment with Natures Divine Intelligence.

Don't Judge a Book by its Cover

Wooooo, this is fun, common sayings and acronyms, oh my! It is very simple. If you are stuck in an outside story do your best to process and neutralize it or **Soften it (Stuck-Outside- Fighting- Turn-Energy-Neutral)**. YOU often think people are acting out of malice, when in reality they are acting on conditioning and **starving for love**. If you are upset you don't have to allow it to become a setup for the further pain judgement brings. How do you want people to feel about you? Like you are amazing, right? **Choose to focus on what makes others amazing, while also assessing their nature and align access**

and depth accordingly. Others are filled of dark and light, and so are you. Practice wholeness, see others as whole and yourself as whole. Pay attention. You can choose to learn from every single human you meet, as long as you understand you don't know them fully. **Do you feel like you even fully know or understand yourself, have you fulfilled yourself? Allow evolution.** We want to KNOW, we get to experience. You perceive and receive others from inside and project how that feels based on your conditioning, outside (accurate or not).

Looks are incredibly deceiving. Many beautiful flowers are poisonous. Realize you are always meeting yourself, through the outer. **Even if you are with others, your relationship to your own awareness is what shapes your perception of them.** People change, you change, perceptions change. Your own perception of life is shown and illustrated in the story you tell of inner and outer experiences. Re-write it if you will.

Which Character do you choose? Victim, Abuser or Healer

Negative or life depleting energies exist, and we are diverse. What's good for YOU, may be different than me. You are exposed to things YOU don't need to cultivate. When your subconscious mind attunes to negative or just negative for YOU experiences and stories, you are in a "fight" to choose your path. You have three choices: **1) Victim** or someone who is continuously being hurt by outside energies (**accept & give to receive**); **2) Abuser** or someone who is perpetuating the hurt or misalignment on others by doing a variation of what was done to them (**fight & take to receive**); **3) Healer**, someone who consciously does their best, day after day, to align to their inner guiding perceiving spirit in service of Inner, Outer Unity (**neutralize and transmute, mutual benefit received**). Healers works through their **Dark (abuser)** and **Dawning (victim)** roles, they don't get stuck in them, until they reach a state of forgiveness and **PEACE. Present, Embodied, Attunement, Co-Creating, Everywhere. WE ARE ALL HEALERS IF WE CHOOSE TO BE!**

It is hard to stay present with pain, use access and depth to create space to heal. Healers show pain in people, they don't cause it. The healer's light highlights others darkness. If you are a self-regulated healer working towards self-realization, remember how unconscious this world is. Remember the moon, honor your light cycles. **Know everyone is ALWAYS in a state of projection, including yourself, and just keep your inner world aligned with universal Love.**

If you find yourself in dark or dawning roles remember **BIG or breath, inner divinity and grace** as you focus attention and intention. If you know your intention you don't have to buy into the false stories being projected. You will learn how to love people, forgive them but don't allow access or depth at the cost of your ability to maintain your inner alignment and desired life congruence.

You are your alter, first take care of inside then let the outside organize itself accordingly. It will. You can progressively guide others into the light of unconditional love, only when that is what you have cultivated within yourself. **If you are intending to hurt someone the way they hurt you, you are a victim turned abuser.** Don't beat yourself up for it, it happens naturally just try on the healer role instead; neutralize, transmute, align to mutual benefit or space.

You are the Main Character, by default.

Allowing your Character arc "as was" and choosing to see your life "as is" is how you further Develop into The Divine Character, you know you want to be. Do you love all the roles you've played throughout life? How about presently? You don't have to accept them "as is," you can work to change current Character misalignments, but to change you have to allow what is to be known. Patience can be hard, and change can be too. Rise slowly, steadily, like the Sun.

Surrender control. Feel the experience and inquire what is causing your energetic disturbance. Remember to suspend "conclusion" and "beliefs" of the experience until you have reached a basic understanding of the conditioning, preferences, and the actual unmet NEEDS present in all parties involved. Get **STILL (Silent Truth, Inside, Loving, Life) BIG STILL ;-), (Breath, Inner Divinity, Grace)**. We have to go IN to evolve. INVolve your passionate curiosity of **ALL (Always Loving Light)**.

Alignment can be incredibly painful process. The more out of alignment you are with your desires, the more painful it will be to come into alignment with them. Your conscious child and subconscious teen may initially throw a fit when you realize the need for change. Yet, the moment you start consistently working towards your FREE WILL with your attention, relief from your Soul's pressure happens. Even just the decision to bring yourself into alignment can relieve you of pain you have carried.

Practice Choose you, choose alignment, for only when you are aligned will you be in the best posture to co-create congruently with others. Remember patience with yourself as you align, it takes time to stretch bound energy. All the shame and negative feelings of not being good enough for the life you desire bind you to the very conditions you are trying to inspire change in.

Do you like your character? TBD...

How can you **Trust** something before you experience it? You can't, that is why you buy all the promises that never deliver but deliver on "time." You can only want something to be a certain way so that you have a certain energy filled within you. You can take someone's word for what the experience will be like but their word is different than your word.

Your bestie can tell you "XYZ" is the best movie ever, then you watch it, "spend the time" and find it not just bad but painfully bad. Almost, makes you wonder how you can be friends at all! Bad and good are subjective **in most matters**. What is life-sustaining and life-depleting to YOU is not the same to everyone else (unless it's **universal need & desire for congruent survival**).

You can never trust the experience on the outside of you is as you desire or someone else projects, until you experience it as a **Flowing CEO** following your **I-GPS**. **You can think "so & so" "this or that" is the answers to your prayers, yet until you experience it or them, steadily overtime, you just can't truly know that.** Trust yourself, not your projection of "would" "should," "could" be, what presently is, how it feels, and how or IF you want to allow it in your life further. Trust yourself, trust nature deepen the practices that fulfill you. You can nurture, but you can't change others nature without their will. Focus on your energy, first.

RE-member **I don't know is more powerful than I know. The spirit of creation doesn't need you to know, it needs you to align. It doesn't give you answers, it gives you experiences so you can answer yourself.** Are you listening do you trust what you hear inside? When you **trust** yourself, and listen to yourself, **boundaries** of access and depth are natural and fluid.

DISTRIBUTION: Learn to meet your needs and desires consciously in the full light of the sun. Can YOU choose to distribute love, acceptance and forgiveness? YES and, first give it to yourself as best you can for all the times you sought love in the dark. **If you are having a hard time cultivating an inner energy, consciously resource it externally.** Choose to move towards people who are already radiating it. Co-Create and cultivate Inner Outer Unity, rather than I owe you, you owe me mentality. We rise, steadily together. **After the initial discomfort of working through bound energy, it is much easier to exist in alignment with others than try and face them and the world at large from a disempowered misaligned inner-outer state.**

Many people believe themselves to be loving and compassionate. Yet, their love only extends as far as their preferences. That is okay, that can be a temporary state of development. For now, move towards your preferences as you learn to transmute life depleting preference problems or attachments.

Not everyone loves Country Music, not everyone loves ice-cream, and even people who love both don't love every song or flavor. Let others be themselves and focus on cultivating your light, not the darkness you see in others. Shine light on the darkness inside and outside compassionately with the intention to transmute it, not root it through fighting its very real existence. Contracting into previous or present preference, which give low energy supply, is holding onto energy longer than it serves you & others. Remember preferences change, that's natural to maturity. Evolve.

Alignment is Self-Directed trust; with conscious boundaries and distribution, your energy will naturally rise. Are you flowing and evolving as a conscious embodied observer? You are learning self-regulation, maturing towards self-realization daily.

Casting Call?

If you have struggled with low energy states throughout your life it is time to distribute your attention and willingly expose yourself to new energies of different people, activities and collectives. Are you Lonely? Gift yourself new inspiration, find something that interest you and move towards it curiously and lovingly. **When you project love outside, you invite it inside.** What speaks to your heart most? What excites the inner child that ask why, more than the knowing teenager “knows” why? Go visit an elder in a retirement home, we are all a little systematically lonely. There is so much love and knowledge begging to be shared.

You can't give what you don't have, and you can't receive what someone else doesn't have or **want** to give. You also can't receive an energy held in denial, **BUT** you energetically feel its drain. Has anyone ever given you a compliment and although it felt good the good was temporary, because you still believe the opposite of their compliment? **Without consistent reassurance your belief is fragile, held outside; learn your core strength of internal values then allow beliefs to evolve with the Intelligence of Nature.** What are you lacking a need, a desire, preferences? All are valid, all energy, energy is valid and matters.

Remember to rise, steadily slowly like the sun. Recognize you are more than the shadows cast; you are the formation of Divine Intelligence with unique DNA and gifts to share. Not everyone had time or energy to cultivate their gifts. They were planted in an incongruent environment fighting for survival.

We are always giving and receiving energy. Become aware of what you have that is life-sustaining to share, and what you need which is life-sustaining. You may not have a lot of money, but have skills be they physical, mental, spiritual, musical on and on. As great as material comfort can be, what matters most in life is meals, movement, meeting and music with others in congruent life enhancing ways or filling our cup in solo pursuits. Whatever suits you, you don't need a large cast for a great movie.

Attached to Credits or Critics?

You will naturally give value to the opinion energy, felt or spoken; of those you are most attached to. Involvement in each other's lives cultivates an energy between you known or unknown, intentional or unintentional. If it is judging, shame, and insecure based you are in **OF-ID** or Outer Focused- Inner Dissociation. **IF you are completely detached from your inner guiding perceiving spirit, you will be completely attached to the external world for validation.**

When it feels good to receive outer credit, you are also susceptible to feel bad when you receive outer criticism. Learn to silence the critics inside and outside by running your actions by your core valYOUs. Not everyone will love your Play. They would have chosen a different cast, and script, that's okay that's why they have their own play to star in. You focus on creating the storyline most fulfilling to you and let others focus be their **PROBLEM**. **Remember people either consume reality and fight with it or co-create reality and flow with it.**

Sometimes unplugging a device is what is needed to get it working again. Those that matter most to us carry the deepest charge of attachment to our identity. **Are you feeling drained in a holding pattern of attachment?** Contract and create temporary healing space with the intention to re-turn and expand love as possible. **It's okay to choose to Love and forgive others with the assistance of distance.** Remember ongoing problems are hard to forgive. First comes awareness of your internal energy needs, rising steadily like the Sun. Notice the shadows dancing, **AND** then dance right into light with the most graceful loving posture you can.

As you mature in Inner Divinity, the diversity and energy you can tolerate in others expands too. Whereas before disapproval from attachments felt like a survival threat, it will begin to feel like a gift of diversity. You know people are projecting their internal states, so when you are met with criticism you transmute it to compassion for their inner struggle and misplaced identity on you.

The brighter your light, the more darkness it transmutes. You don't have to cut people off forever, just place your energy on love until you can love them despite their differing preferences for life and trust yourself to keep your script flowing. That includes keeping low energy states at proper access and depth. Forgive and feel what others are cultivating anytime they have access, align depth and continued access accordingly.

Change takes practice and intention. Words are easy, conditions of life are a much more predictable indication of change. When you are in your flow CEO, you naturally go where you want to grow. **May we ALL learn to practice projecting light instead of shading others light, shine YOUR own.**

BIG PROBLEM?

Will you choose to Breath Inner Divinity and Grace into every passive, reactive, obedient bound lost energy momentum **PROBLEM** that is disrupting your life? Breath, feel your hearts rhythm as it attunes you to the Wise Ever Present Mind inside, it will help you align to your highest life congruence. You don't control, you correct. It is okay if you got the math problem wrong, try it again. Go back to the basics each day. Practice patience and alignment daily. Notice and honor your emotions as they surface, they flow easier. Notice it's okay to not be okay, but no one wants to stay that way. Move through your problems consciously like a **PRO**: Presence, Responding Observantly.

To Be Determined..

Are you living with Trust Boundaries and Distribution, or Total Body Darkness (**TBD**)? Total body darkness is when your conscious mind is so active in fantasy storytelling, you can't even hear your unconscious wise parent and tune-out your older sibling's guiding feelings. Choose to start listening to your body, especially when you find your conscious child lost in fantasy land or catastrophic-ville. Your body is instructing you how to write a better story for yourself, **ALL** of the time (**Always Loving Light**). Listen to your valYOUable Inner Perceiving Spirit, inside YOU, always there to help you edit your perception and explore the storyline you desire to live.

IOU

Are you living in a state of inner outer unity? Or are you living in a state of I owe you, you owe me? I have observed, over time, most people just use each other to get their unmet needs. I sure have, we unconsciously all do this because survival conditions aren't a right but a fight. **Either you are using energy, it is using you, or you seek to understand and create an equal distribution of giving and receiving energy worth cultivating to ALL.** If you just take, take, take from the world without a care for what you are giving back aside from how it will impact you, you are stuck in the conscious child mind stage of development with an entitled subconscious teen, integrate your Ever-Present-Parent to feel at **PEACE**.

What is LEFT?

Love, Energy, Focus, Time. CHOOSE to put your energy into creation by staying in Love with your energy, focus, and time. Otherwise, you will have lost, energy, focus and time. I have always needed exercise, like we all do, to stay mentally balanced. Yet, I used to force myself to run when it actually felt terrible on my body. I would run, but I never wanted to. I guilted myself into it more for vanity than health.

Then I found yoga, I LOVE yoga. I want to practice yoga every single day. I miss it when I don't, because I love it. I didn't miss running, I just loved how my body felt when it was moved. Yoga has helped me understand energy and my body in a way running never could for me. In yoga I listen to my body, in running I used to force my body to do what I wanted (running isn't awful for everyone, **BUT** for me it was). **Physical and emotional alignment is a process of awareness.** If your conscious mind is always talking or distracted passively consuming, how can you hear the Infinite Divine Intelligence stored unconsciously, silently, within you?

You can learn to validate and regulate your inner reality. **Self-Regulation is the practice of accepting the diverse perspectives, beliefs, actions, emotions, and needs present when connecting with others and transmuting what depletes you.** You will learn to gracefully advocate for yourself through aligned actions, which bring congruence and clarity to your inner, outer reality. Life is a play you write each day. Ready for fun anyone?

Collective RE-WRITE?

Accept you are a dependent consumer who relies on sources outside of yourself to sustain your embodiment. Nature's Intelligence is the Source sustaining Embodiment. May we collectively cultivate a Spirit of Creation prioritizing resources that support and sustain **ALL** life Intelligently. With trust in Nature and Creation itself may we use our collective WILL and Spirit to direct Inner, Outer Unity providing sustainable Re-Resources for the abundance of **ALL** embodiment.

Let us write in **CELEBRATION** collectively choosing **Connected Eternal Love** through your **Embodied Birth Right**, of **Attention**. Simply **Tune-In Others Nature ASAP** by **Allowing** the "as is," **Surrendering** control and **Aligning Access AND Depth** accordingly. **Practice** and repeat until **PEACE** is actYOUalized **Present, Embodied Attunement Co-creating Everywhere.**



4

RE-STORE

What lies behind us and
what lies before us are tiny matters
compared to what lies within us.”

Ralph Waldo Emerson

Dark and Light Cycles of Life

Breath intentionally while you Imagine, Sense, and Feel:

You open a door entering an unexplored room at the far side of the Museum, as you enter, the door automatically shuts behind you. You are surrounded by complete darkness; in a room you have never been in before. A room which contains many valuable things. *The room and all the content within it exist whether you turn on the light or not, right?* Do you feel scared of the dark? Do you immediately go back out the door you came in, or do you search for the light switch? The light comes on just as you make your decision, amazed as you take it **ALL** in, it's as if this room was curated by your soul. To think you almost allowed fear to contract this experience. Take it **ALL** in and then.... Imagine:

The same situation at home, you walk into the darkness of a known territory, you feel more comfortable seeking the light there. Even if you experience pain bumping into an item or two in the dark; it doesn't persuade you from knowing the present darkness is temporary. There is light, and there is darkness. You have the power to shine a light, flip the switch, and transmute darkness. Be brave like the moon and honor your light energy cycles, trusting the Sun supports you as you rise steadily.

Those that are full of light attract darkness. Those that are full of darkness are attracted to light, and often project their own darkness onto the light. We are all light beings with unprocessed darkness. How processed is your darkness? Is your house dimly lit? Your eternal light will seek shining on the darkness stored inside and outside so you can see it, so you can transmute it.

Feel into your alignment and transmute any darkness with love and compassion. **Forgiving the light lost to darkness, returning the darkness to light.** Perception is reception, you can choose to restore your inner divinity, your inner universal value; restore the unique offering held inside. Return to the light within and project it without.

Nurturing Beauty

It is one thing to notice a beautiful Flower. **AND** it is another to pick it. **AND** entirely another to carefully dig the Flower up by its roots; gently transport and replant it in a nourishing environment, you prepared for it to thrive. If you understand how to care for the Flower, you will benefit from its beautiful life.

Just like it is one thing to notice a beautiful human, quite another to "use" them to meet a need, and entirely different than understanding, nourishing, supporting **AND** loving them to each other's mutual benefit. In order to choose growth, one must create an environment for the mutual expansion of love. To love is to seek to evolve understanding **AND** nurture the Divine Intelligence of Nature in people and all life forms presently before you. It's much deeper than surface appearance or needs, it is rooted in eternal presence.

Nature's diversity is what creates such boundless beauty. You can love and appreciate all the beauty around you. Yet choose only to cultivate **AND** nourish that which you can give the proper time, energy, and focus to thrive. Life is full. Choices Matter. Matters change. I would have a million dogs if I could train them, I have two and they both would gladly accept more love (& training).

If you wanted and had the financial resources in America, you could choose to eat every moment of your waking life, "stuffing" yourself to death. **BUT** you can never read all the literature; taste all the food; see all the art; listen to all the music; learn all the languages; hear all the incredible conversations; witness love in all its expressions. **BUT** you can cultivate love, certainly over hate. You can focus on beauty, not ugliness. Even if you hate things or find them ugly, you don't have to cultivate them, you move away from them and focus attention on that which you want. Moment after moment. Neutralize and transmute preferences you don't want. Focus, all emotional states deepen with attention. It is an ever-evolving stage of development deciding what and who you want to hold close. **It's always fun to have new experiences, BUT when you have the right nutrients, you can rest knowing you are surrounded by Conscious Eternal Love, an Embodied Birth Right of Attention when you Tune In to Others Nature and choose the Nature you want to Nurture while co-creating evolution.**

What Grows in the Dark?

It is okay to grieve what was that isn't any longer, and what isn't that is wanted, desired and remains unfulfilled. Grief is an expression of lost love, and quite beautiful if you honor and allow it to process. If you are waiting on permission to turn on the lights after a dark day, night, month, year, lifetime know you are the only one that can walk in the door and flip on the switch. You'll find your ever-present loving Parent mind is waiting up for you.

The Grief Cycle Acronym: D-A-B-D-A was experienced through Elisabeth Kübler-Ross work and has struck a harmonious chord within humans everywhere since 1969. It stands for **Denial, Anger, Bargaining, Depression and Acceptance**. **A mini D-A-B-D-A** can occur anytime life doesn't go the way you wanted it to. It can be small and easy to process and accept like your drink order is wrong or it can be big and difficult to process and accept like your choice in career is wrong. Acceptance brings clarity and liberates stuck emotional energy patterns in the mind and body. **Acceptance leads to Action towards Alignment. Denial leads to stuck energy patterns in mind and body. Are you currently bound in the Dark or boundless in the Light Cycles?**

Take Shape

Your life choices didn't define you, they shaped you, and anyone who exercises knows they can re-store strength and change their shape. We all get injuries from time to time. Emotional, Physical, Material. We cling to pains of the mind and body like trusted friends who always tune in because they do. Some people who have lost limbs, have experienced phantom limb pain. Mental pain is as real, or more real than physical pain if your focus is consumed by it. If you feel broken down by life, take the time to heal. Notice if you are stuck in mental stories creating phantom pain presently. Healing happens when you create space and attend to what hurts. Take time to notice what needs of yours are not fulfilled and consider what fulfillment of them will look and feel like to YOU.

Your mind and body are your greatest **RE-SOURCES**, supported by your Ever-Present Unconscious Mind. How have your Curious Child Mind **AND** Temperamental Teenage Mind been feeling lately? How are they forming? Would they benefit from practicing more loving, confident, giving, postures?

The severity and frequency of emotional, physical injury ranges person to person. Tolerance for violence or misalignment ranges as well. If you are in victim orientation, you are at risk of taking on other's people's problems as your own. Victims to life are often competent and capable, enjoy giving, but do it at the cost of themselves because they aren't clear on their worth. They are liable to control through "worrying," "managing," "helping." We can't control others; we can only understand them according to our own internal guiding Spirit. When we help others in a way they can help themselves, we actual send the message we don't believe in their capabilities, or we know better. If we know better, they know less. YOU may think you know what's "better" for someone's life, **BUT** they have to receive that understanding in their own way for it to change their shape.

Let life experience be the teacher, not everyone is ready to graduate from a present energy pattern and take the form you want. Learn to regulate yourself, not others. Let others change form at their own pace. Focus on your energy wisely, and take your shape intentionally!

Abusers are on guard. Never fully transparent with their motive (often not even to themselves) wanting to gain from others with little or no regard to mutual benefit. They feel entitled to the resources, whatever they may be: time, energy, money, emotional state etc. They work in the dark, not in the light. When you hide aspects of yourself, because you think if others knew they wouldn't accept you, you my friend are hiding in the darkness. That is a dissociated way of connection.

If you think your partner will leave you, because you cheated so you don't tell them. You are manipulating their "good will" for your gain, that's abusive. The depth of darkness and hiding ranges, **BUT** even surface hiding and editing creates inner, outer incongruence. **What do you hide from others so that you can continue accessing their cultivated resources?** Notice the energy exchange in relationships. Does it feel balanced?

If you are stuck in the victim, abuser dance cycle know it's your attention to the energy that keeps re-calling it into your life. It's often back and forth dance of you hurt me, I hurt you. Where you put your attention and focus is what **matters** most! **You are a co-creator, consciously give & receive with mutual care and respect for others and their resources, as well as your own. If you can't, space.**

Practice Flexibility

Flexibility of mind and body OR rigidity of mind and body are deeply connected. You can choose to move lovingly through discomfort in your body, breathing, knowing you are allowing your energy to move and replenish. Trust the body. The conscious mind keeps you bound in fantasy land or catastrophe; the subconscious mind is bonded to beliefs producing the feelings of your fictional storyline. Quiet the storyline as you move into your body. Communicate to your body in its language: movement and feelings. Feel your energy, the feeling of many varying sensation throughout your entire body. Your attention quietly moves through different areas of tension you've held tightly for long enough. Tighten (feel it) and release.

Don't seek to understand it; seek to experience and feel it. Understanding follows the space between experiences. Process.

Allow, Surrender, Align. Practice. ASAP.

Your conscious child mind doesn't always care to think of the most responsible, nutritious way to nurture embodiment. Its want's ALL the sweets, all the physical treats. **Stretch beyond pleasure, work through discomfort and build strength and flexibility of Mind, Body, and Spirit rooted in Universal Values.**

It is incredible what you can learn about yourself by exploring the tension you store in your body. You don't even need a guide. You focus your attention and willing allowance to move your body in ways that stretch into discomfort, but not to the point of pain. Stuck emotional feedback will come up as you move through tension points, allow it. Known energy is fluid and changing unless you cling to it, and even then, the clinging strengthens. You strengthen & deepen whatever you focus on. Is your focus knocking you off balance?

STILL, according to me approximately 0% of people think balanced exercise is bad for you (**Silent, Truth, Inside Loving Life**). Extreme exercise is another story. Movement is life. If you'd never moved at all you would have a very narrow experience of life. Movement, Meals, Music and Meeting with others creates a full Spirit of Diverse Co-Creation. **We work for so much material when really, we are missing what MATTERS most. The health of our mind and body, and the health of our communities and life at large.** How we collectively sustain and distribute universal survival needs, and how we co-create congruently with other Nature are **MATTERS** of most importance. Energy Matters.

**“We can't solve problems
by using the same kind of thinking
we used when we created them.” Albert Einstein**

Afraid to OD, Dude?

When we **OD** mentally, we are in a Preference or **Opinionated Disagreement** and can't understand the “others” state intellectually or energetically. This creates unwanted contraction and holding patterns in mind and body. Collectively we are over-**DUE** to evolve the fear of Opinionated Disagreements and foster an atmosphere where **Diverse Understanding of Disagreements Evolves (DUDE)**. Are you ready to dissolve your conditioning that doesn't meet your desired life conditions? If so, you need to learn to be comfortable in the vast array of conditioning and conditions different than your own. Sometimes you have to get really uncomfortable to choose to move. Choose to self-regulate, especially mindfully when in the presence of others. Bodies naturally co-regulate together. Remember people do change, all the time and overtime, **AND** when they do, you sense it, see it, hear it, feel it thoroughly as their words and actions create energetic alignment. Let's grow **DUDE**, you ready?

Forgiveness

Forgiveness IS accepting what happened in the past as a consequence of yours and others' conditioning. Forgiveness is NOT allowing continued access to energy disturbances, **BUT** it is having compassion for them. Choose first to be compassionate towards yourself for allowing and being attracted to disruptive energy patterns in your life (people, beliefs, substances or activities). The cultivated compassion then extends to others who may similarly be experiencing a form of disturbance and dissociation; which is simply seeking love rather than being love. **If you are fighting with someone, and they are fighting back you both are dissociated.** To what degree and at what cost or benefit to Nature's Divine Intelligence varies greatly. Nurture is Nature.

It is incredibly difficult to forgive an ongoing problem. Many who are afraid of change choose to deny and build resentment for ongoing problems instead of changing them. Passive, Reactive, Obedience doesn't lead to forgiveness it leads to resentment and incongruent life circumstances lacking love and respect of self and others. **Even if you don't want to address your problems, your body and mind will increasingly address you through pain and lack of energy until you listen.**

Forgiveness is Freedom. What you can't forgive you are bound to. Forgiveness dissolves and transcends the victim, abuser roles restoring the conscious power of attention and will to the present. This is why I know I will spend the rest of my life choosing to work towards eliminating suffering. Within and without. I can't forgive the ongoing abuse of Natural Resources; I can't forgive the way human conscious is abused and conditioned against itself (see chapter 6 pre-conceived). It is my love for Life and sensitivity to Life that binds me to it.

Nurturing the Known & Unknown

The fear of the unknown is so deep because it is our limited understanding that creates self-perception. We want to know things especially who we are and others are, we cling, and in that clinging or attachment we form identity. The unknown can (& will) dissolve your identity. You find your specialness only to realize it doesn't belong to you, it is just a gift you accept and share or leave unwrapped in the box. Your body is Nature's Intelligence in a unique form. You and only you can choose to nurture the gifts stored in body. Others can try and assist you in nurturing you **BUT** you maintain free will and focused attention. Your friend could prepare nutritious food specific to you, invite you to fulfilling activities tailored to your preferences, provide life changing information and ultimately you have to accept to receive.

Be honest with yourself, you know how to be kind. You feel the difference between respect and disrespect. You know when you are sending out positive or negative energy to someone. You know, we all know. Yet knowing AND evolving is not the same. You know you want to be fulfilled, you know certain things that would aid you in feeling fulfilled (strength in body for example). Yet somehow despite knowing better, you can't always do better. Despite knowing HOW or WHAT is healthy to eat, that's not what you crave. ACCEPT that for now, get curious and uncover the conditioning that is keeping you trapped in conditions you are ready to transmute.

Humans are largely unconscious. We use our entire brain but 90-97% of our brain functions subconsciously and unconsciously, meaning we aren't aware of WHY experience is happening. Do you know why you prefer silence OR noise? Do you know why you prefer solitude or connection?

Come Passion = Compassion

"You can't love someone else, before you love yourself." False alarm. Think about it: as a baby you were 100% dependent on the outside world meeting your physical needs to survive. If your parents were unable to meet your survival needs, you would be dead right now. You aren't, and so perhaps they met your physical survival needs: air, water, body temp regulation, touch, but not your emotional needs of acceptance, support and love. You formed your perception of love from the outside, in. Your identify is tied to how you were treated 0-11. Learning to form compassionate curiosity for experience is what leads to Passion for life. If you are struggling to find passion in your life, notice what your heart feels the most compassion for outside of yourself. Cultivating compassion for others, cultivates passion and alignment within the self. Co-Create = Come Passion.

Fulfillment is of the Heart

When you do something, you believe you shouldn't be doing your heart begins to race. When you are in danger your heart begins to race. When you are pushing your body particularly hard your heart begins to race. Our hearts don't like going fast the way our mind does. Our hearts aren't meant to be racing around all the time. The heart loves rhythm, it loves a steady beat.

Collective Heartbeat

First, we restore our own strength, then our families, then our communities. **ALL** the inner lights turned on, growing together in brightness, projecting out steadily. Shining as one, to collectively return **ALL** the Love lost to the Dark. Allow **DUE** conversations, with restorative intention, to assess **AND** seek to understand **ALL** states of beings.

Once Humanities conditions are fully in the Light of the Sun, we can knowingly seek the restorative life-pumping wisdom of Natures Collective Heartbeat. It is yearning to bring humanity back into alignment with Natures Divinely Intelligent Rhythm.

When you pay attention and listen to your heartbeat its rhythm brings you right into the body's rhythms, the collective rhythms, the earths rhythms, the cosmos rhythms, **ALL** the sources that sustain embodiments rhythm.

Allow the steady drumming of your heart to bring you deeper **AND** deeper into a state of core understanding. From this peaceful center, it is easy to bring an expanded consciousness of love to your current life affairs.

What is really going on in your life? Your family life? Your friend's lives? How are you really feeling? How are you REALLY impacting Matters? It is okay to not be okay, in fact, it is a beautiful place of opportunity. You have the potential to tap into the field of infinite possibilities.

Allow yourself, exist beautifully, it's okay to be yourself in the infinite field of possibilities, also called reality. What if you could be anything here? Do anything here? Explore this thought for a while, explore the infinite field of possibility and choose with each conscious breath to manifest that which you desire into existence through attention, will, and action.

Pay Attention to conscious breathing and the rhythm of your heart as often as you remember, it is a portal to **PEACE** on Earth: **Present, Embodied, Attunement, Co-creating, Everywhere**. Divine Intelligence communicates love to you automatically, it's fought to keep you alive all this time. You don't earn Divine Love, you have it, it's your body. Choose to tap into the present moment through your breath and heart, ground reality. As you relax your mind, time slows or speeds up, you really can't tell, everything is all at once, all the time. **Our lives Matter, ALL of our Lives. ALL of Diversity AND We are overDUE for Collective RESOURCE Restoration!**

Consider & Process

**If your Survival needs where met,
how would you spend your time?**



PART 2:

RESTORING OUTER VALYOU

COMING SOON

OCTOBER 2024

5 RE-SEED

You never needed to be programed, you needed to be nourished and cultivated, just like a seed. As we restore our unique seed of divinity within, we allow ourselves to come into fruition; naturally gifting the world with our unique gifts.

6 RE-CONCIEVE

More and more we are collectively realizing it is time to reconceive how resources are acquired and allocated to raise the quality of life for all living beings. No one person has all the answers, to conceive a new plan to reform society will take conscious, collaboration, and action.

7 RE-CREATE

When citizens truly unite, the governments can't fight. Our energy and our labor is what props up societies, not the validity of the societal structure itself. It is time to come together in **CELEBRATION: Conscious Eternal Love**, an **Embodied Birth Right** of **Attention** when you **Tune In** to **Others Nature** and choose the Nature you want to Nurture. Let us consciously co-create evolution and recreate our world.

Awesome reading list (Bibliography?)



RE-SOURCE was written in a relaxed trance, with conscious involvement after the trance. RE-SOURCE is a process of conscious and unconscious co-creation; as is life. Below are the works of art that contributed to this creation, the most, according to the surface of my conscious mind. Others have already been reviewed on my website valYOUABLE.net. RE-SOURCE came to me in a vision received during a Plant Medicine Ceremony in 2021. It was crystalized in my exploration of other plant medicines, extended sober trance states, and life experiences since. I am not an enlightened being floating around in my Inner Divinity all day, every day. I am very human and still working through OF-ID conditioning. **May the Divine Spirit within ALL continue to evolve our souls until suffering is just an experience, not a collective state of being.**

Healing The Shame That Binds you John Bradshaw

Women who love to much Robin Norwood

Trances People Live by Stephen Wolinsky

Six Pillars of Self Esteem Nathaniel Brandon

The Work Byron Katie

The Dance of Deception Harriet Lerner

The Practicing Mind Thomas Sterner

Why Does He do That? Lundy Bancroft

Transurfing Reality Vadim Zeland

The Subtle Body Cyndi Dale

Trance Dance Karen Hand

KATIE LIGHT

**“A fool thinks himself to be wise,
but a wise man knows himself to be a fool.”
William Shakespeare**

As a certified Hypnotist and Yoga instructor, I combine breathing, movement and light to medium trance states to help facilitate the desired changes in your life. I also offer past life regression and plant medicine preparation & integration sessions. Book a free 15-minute consultation with me from my website: valYOUable.net.



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Dedication

This book is dedicated to my greatest teachers.

Ameya Light- You are the light that came to save me when I was in extreme dissociation. Back story, I was 17 years old and already dependent on alcohol, weed, meth, and male validation. I hated myself and felt I had lost all power over my life. Terrified and losing the will to live I prayed, truly prayed and in a state of wholehearted surrender, I asked for help. Weeks later, I found out I was pregnant. I immediately stopped abusing my body with substances, I didn't respect my life, but I did respect hers. Ameya quite literally connected me to the love inside me. She presented me with a life worth living. I would not be who I am today, shit I don't even know if I would be alive today if I wasn't gifted with Ameya to love and care for. It would be wonderful to say I stayed healthy and balanced from her birth forward, but I still had many more periods of dissociation to learn from. Ameya- your name means boundless in Sanskrit, and you are appropriately named my love. Thank you, sweet girl, I will spend the rest of my life loving and championing the incredibly sensitive, sweet, intelligent, caring, observant, no-bullshit spirit of yours. It is my greatest honor to be your mama.

Mom- You have given me more love and support than I even know to thank you for. I wouldn't have had the space and time to write this book and transition into my dream work without your generosity and support. Thank you for believing in me and having faith in my path. If I haven't told you yet, know I think you are a total badass. You taught me much about love, equality, grit, and service. I am grateful to be co-creating a beautiful life with you.

Dad- Thanks to you I am a smartass who embraces joy, cherishes meaningful friendships, knows the importance of hobbies, and how to work hard but have fun doing it. You gave me the confidence, knowledge, and tools to be able to whip out a drill and do many projects on my own yet are just a phone call away and willing to help me. I love you, Dad!

Papa- You go above and beyond for Ameya and I day after day. Thank you for cherishing, and supporting us, we love you. I am most thankful to you for developing such a beautiful and deep relationship with Ameya. You are one of the brightest lights in her world, her favorite storyteller and chauffeur. You are one of a kind Papa!

Kimbriana- it hasn't been easy, but it has always been worth it. I am grateful for the ebbs and flows of our ever-evolving friendship. I love you so very much, thank you for loving me so hard. You were the first person I could ever be around with 0 insecurities; your pure loving heart shifted my life so monumentally that it can't be reduced to words. Thank you for supporting me through your love, listening ear, playful spirit, and willingness to be open and share your life journey. You and Brax are a gift I will always cherish.

Matt & Kim- Matt you were an incredible husband to me, thank you for loving and forgiving me despite the pain I caused. Thank you for your continued love and support of Ameya. As her step-dad you didn't have to remain in her life, but of course, you did. Your integrity, faith, and alignment with your values have and will always inspire me. Thank you for having good taste and marrying Kimberly. Thank you both for being so committed to loving Ameya. You two are special loving souls, who not only intentionally support and include Ameya, but me too. I love you both.

Christopher- You always say we are like two sides of the same coin, so different and yet the same. You were the first friend that taught me love isn't always supporting someone's choices, sometimes love is saying "Hey this feels like the pattern you are trying to evolve from, don't ya think?" Thank you for being that friend to me and allowing me to be that friend for you. You helped this work come to life in more ways than one. I love you very much.

My chosen and blood family- WOOOO what a wild ride. Thank you for always supporting me to your greatest ability and choosing to love me through the highs and lows of my journey. I wouldn't be this version of me without all of your love, lessons, and role modeling along the way.

All my past romantic partners- Firstly sorry about it, secondly, thank you for teaching me so much about my dissociation. Each of your influences on my life carved the path toward restoring my inner divinity. Special shoutout to D & L for helping me complete a lifelong Karmic Cycle.

The divine loving spirit within my soul, that will never settle when I am not aligning and evolving toward my highest expression. Without spirits absolute persistence and many, many divine interventions my soul would have allowed complacency, entertainment and a "good enough" life to make it content. May the divine spirit within all continue to evolve our souls until suffering is just a experience and, not a collective state of being.



NOW WHAT?

RE-Source Course

If YOU align with the concepts of this book, then you will love the RE-SOURCE companion course available eventually. :-) Goal by early 2025. It will include self-inquiry worksheets, explanation videos for deeper understanding, and guided hypnosis audio designed to help your conscious and subconscious mind come into union with your innate valYOU. The course is \$33.00, simply because I love that number and want it to be affordable. Purchase the course from my website: valYOUable.net or find the link on Re-Source, Restoring Inner valyou Facebook page.

It is not enough to intellectually understand something, we must integrate the learning by actYOUalizing it for true TRANCEformation to occur.

After reading “Ask and It is Given” nearly a decade ago, I have been saying an affirmation from the book many times daily “I Katie Light see and draw to me through divine love other beings seeking enlightenment. Through my process, sharing will elevate us both now!” I hope you found these concepts elevating!

May we all be empowered and supported as we do the work to rekindle, nurture, and mature in alignment with our Inner Divine Light.

IF my life’s work helped you and you feel compelled to return the favor I would greatly benefit from your donations. You can find me on venmo @Katie-Krause-18. My number 4 digits are 8804.