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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 November 2024 (or sooner). It includes 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 after November 2024: 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.