

# Dedication

This book is dedicated to Prime Creator, the source of all.  
The light that fills my being.

To every person on their path to enlightenment.  
May your journey lead you to your soul's purpose,  
And may you find the joy that makes your heart sing.

To my husband, Don House, who grounds me,  
all while giving me wings to fly.

And to my mom, Marjorie  
who inspires me to live each day in love.

# You're Not Crazy, You're Awakening!

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# Foreword

By Lava Bai

We are on this earth for a reason. We can either spend a lifetime trying to learn how to determine what life is all about or, we can simplify our lives and get to the business of living life with intention and clarity. “You’re Not Crazy, You’re Awakening” will propel you through the dirge of doubts, to a panacea of purpose.

Whether you are a Spiritual scholar or Spiritual student; seeker, light worker or illuminary, this book is a quick read, filled with insights, inspirations and Spiritual truth. The exercises are a bonus and quite stimulating. The journal of encounters will intrigue anyone that has questioned, “Are we alone?” or “Is there anyone out there?”

For years, I went about life questioning my purpose. As the answers continued to unfold, I met Rev. Edwige. She is an amazingly gifted woman who has been blessed with the gift of Spiritual connectivity from a much higher level than most. In my lifetime, I have only encountered a few people with this gift. Her ability to intuit messages, intentions, and to align Spiritual imbalances is unquestionably divinely guided. How she managed to condense these techniques into book-form can only be attributed to the same Source.

In this book, you will have the benefit of experiencing two predominate voices of transformation: The first, the fluid, loving and supportively sentient, Rev. Dr. Edwige, and the other, the voice of her connected Self, who is able to rise into lucid, trance states. Throughout this book, you will have no doubt that Rev. Edwige is clearly advanced in her ability to connect with other dimensional planes. Regardless of her heightened gifts, she shares her experiences in ways that everyone can comprehend to the point where each reader can clearly master the techniques for their own respective Spiritual journey with ease.

This book will change your perspective about every aspect of your life. Rev. Edwige provides clear, simple techniques to expand your vision of life and how you are going about it. After reading this book and putting her easy methods into regular practice, it is inevitable that your life will change. Your consciousness will be transformed. You will become very clear about your purpose; and you will do it with ease and grace. And best of all, you will know that you were never crazy, because you *will* be awakened.

## Introduction

*“Each person comes into this world with a specific destiny--he has something to fulfill, some message has to be delivered, some work to be completed. You are not here accidentally--you are here meaningfully. There is a purpose behind you. The whole intends to do something through you.”*

~~ Osho

## Preface

Awakening is a word that has become mainstream. Yet, it is not truly understood. While pondering this idea, I ask myself, "Why am I writing a book?" Quite honestly, writing a book was never my dream. I recall an encounter I had at a Spiritual workshop, where I was approached by a gifted Physic, and she asked, "Are you writing yet?"

I thought, "What are you talking about? You must be picking up on someone else's energy." I let it go until it happened three more times. That was before the experiences, as I call them, began happening about five years ago. I am finally in alignment with telling my story. In so doing, I hope to take you on a journey of discovering who you truly are, not just the physical you, but the real you. The you who has a soul purpose and a reason for being. The you who asks, "Am I crazy? Am I imagining the voices I'm hearing?" Or, the urging, *"There's something I'm supposed to do, but I don't know what."* If this describes you, read on. There is more at the core. Together we will discover it.

Allow me to take you on a journey, remembering you are a Divine Being having a physical experience. In this sacred space you will reveal to yourself what your script looks like. Are you living the life of your dreams? Or, are you on autopilot, doing the same things over and over, wondering why you're having the same results? I am here to tell you; today you get to start all over. Join me in a journey to self-discovery. A journey to consciously living your life with ease and joy, embracing the idea life doesn't have to be, "By the sweat of your brow," to prosper.

My story of awakening began when my Spirit started trying to get out and break free. I felt like it was speaking to me, saying, *"When will you wake up and feel the vastness of all I am. I want to connect with you."* And, *"You aren't alone."* I started sensing this, but I didn't know what any of it meant. I had no idea where to begin. Was I making this up? Was I in fact hearing things from my Higher-Self? What is your Higher-Self?

I had no clue, and I could not find anyone out there having experiences like mine. What I knew was for that spark of light to pierce through the veil, I had to first learn to navigate the road to enlightenment. That is what this book is all about:

- How to recognize the guidance when it comes
- What it means to raise your consciousness and why it matters.
- What it means to live in your heart
- How you can begin to live a full and aware life.

Step-by-step you will be guided into creating mastery of your life and your results. Whether you want to improve a certain facet of your life, like finding your Spiritual Purpose, achieving a joyful and abundant life. I will help you unravel your feelings, needs, and wants, and. how to get unstuck so you begin manifesting the life you want.

This book is not only for those just starting on their spiritual path but for everyone on the path. My story is one of not only inspiration, or about my altered state of consciousness experiences, but it's also a journey of self-discovery, the realization of personal freedom, sovereignty, independence from limiting belief systems that kept us separate from our divine authentic self, and the attainment of our multidimensional reality realized. It is also about understanding how the inner workings of your mind, body, and soul work, so you have your own experience. The choice is yours; in fact it is your birth right.

Have you found yourself thinking you would never have chosen your current circumstances? Do you wonder how you arrived at the place you are currently in? How often have you pondered escaping your current life situation, diving into a life path that's more authentically "you?" We each have chosen our own journey. For many, this notion alone is difficult to comprehend and believe. But it is true. Whether a conscious choice, or an unconscious one, we choose our circumstances. If you desire to create change in your life, or completely change the direction your life is going, the choice is yours. The power is completely in your hands, or better, your consciousness.

As you read, I will reveal personal experiences which have impacted my life journey in significant ways and contributed to my growth. Some of these events may seem bizarre – even outlandish; some were painful. But, they happened. I now understand my conscious contribution to every aspect of these events, and how they led me to share with you. We each have an assignment on this planet. Are you ready to open yourself to your unique and special destiny?

You may think you never would choose your current circumstances or situation in a million years, but you did. The purpose of that choice was to cause you to expand in your own unique way. As you continue reading, prepare to expand both your mind and your circumstances.

## CHAPTER 2

Preparing to Connect to what is Beyond

*“The real voyage of discovery consists not in seeking new  
landscapes, but in having new eyes.”*

~~ Marcel Proust

As you gain confidence in your personal process of growth and expansion, you will also begin mastering techniques to attain and maintain greater clarity. The first steps in this process are developing the skills with which to connect. You will also discover how to get off living on autopilot and start the process of breaking free and becoming your authentic self. As you begin attuning yourself to the connection of higher vibrations, your awakening will develop. During my own growth and expansion, I started getting visits from a plethora of different beings.

### **Experiencing Visitations**

One night, while my husband was en route to California, I was awakened by a warm embrace. There was no one else in the house but me. When I finally opened my eyes and looked to the left of the room I noticed a beautiful golden, lavender orb leaving.

In the moment, I was aware I was experiencing an angelic visitation. I knew I was beginning to raise my vibration enough for them to see me, and thus, allow me to actually see them.

In my public speaking appearances, attendees often question what is required to experience these visits. My answer is always the same: Raise your consciousness which raises your vibration, then the real you is revealed. Then, you can let go of the baggage and the things which no longer serve you. When you do that, the chakra just above your head, the crown chakra, better known as your Christ consciousness, turns on. Then the cosmos can see you. Remember, if you are energy and energy vibrates, you must vibrate at a higher frequency; a frequency beyond the third dimension.

There are other things you can do to release and increase your vibrational level, like decalcifying your pineal gland. What is a Pineal gland and why is it important? It is part of the endocrine system, and, it produces serotonin a derivative of melatonin, a hormone affecting the modulation of waking and sleeping patterns. Its shape resembles a tiny pine cone and it is located near the center of the brain, between the two hemispheres. Our lifestyle habits over the years can create calcification or hardening which can prevent release and higher consciousness. On the physical level it has been known to contribute to Alzheimer's disease. Decalcifying the pineal gland can create an opening for the third eye. Decalcifying can be as simple as putting a tablespoon of apple cider vinegar, or lemon juice in a glass of water and drinking it daily.

Spiritual speaking, the Pineal gland is regarded as a "Spiritual antenna", the mystical third eye ancient traditions discuss. For eons, the third eye has been seen as a way to reach higher levels of consciousness while remaining present in our physical bodies. Thus, if the pineal is your "Spiritual gateway to all realms and dimensions" it is important to make certain it is fully functioning. Before reaching this Spiritual gateway, you must start the practice of detoxifying and activating your pineal gland, through changes in diet, and, Spiritual practices including meditation and visualization.

As I look back at the car accident (my contrast experience), my desire to recover in a natural way facilitated the decalcifying of my pineal gland and my awakening. Remember, you must be willing to let go. Which becomes easier as your consciousness elevates.

The key is to remain open, unafraid and willing to expand. Expect the unexpected, knowing as you awaken, becoming more consciously aware, raising your vibration, your team and all those light beings standing by to assist will start showing up.

At times I would be touched in the middle of the night, or, the bed would shake in an attempt to gain my attention. As I mentioned before, this stuff is not for the meek of heart. I saw colors every time I closed my eyes. I was told I was seeing my team of entities, teachers, and guides assigned to me. There are quite a few of them, about six to ten guides at any given time. A new one showed up recently, a male energy. He glows a brilliant green, unlike any shade of green in this dimension. I also have a blue, a violet-white and magenta energetic guides.

### **Members of the Team**

When I discovered these were members of my team, they celebrated doing what they do; making spirals or shapes, like concentric circles or strobing lights. They have not given permission to share their names, but I can tell you: one guide has been with me since the beginning of my incarnations. It is a female energy. Another holds my blueprint for this lifetime, and is also a feminine energy. My relationship guide is male in energy. Finally I have a humanities guide, who is masculine in energy, too.

I was shown the place I was in before birth. My two female guides accompanied me, sitting at a table as I wrote on the pages of my Akashic book. When I finished, the three of us got up and walked to the edge of a place of stillness. I looked down to see my Mom in this lifetime about to give birth to me. I felt her deep love for me and the love of my team. Next, I was in my mom's womb, with the same two guides. I knew I would never be alone through life. More importantly, I also knew I would choose all the experiences I was about to embark upon. That's all I saw, which was enough to know everything was in divine right order.

Shortly afterward, I saw a dazzling white light in the distance. The brightest light I have ever witnessed. As it approached I opened my eyes to make sure I was indeed seeing it. Yes, I was. When it much closer in front of me, it became like the toy ViewMaster I had as a child. Still shots of pictures began appearing in my vision with my eyes both opened, and closed. I saw silly, colorful cartoon characters, one after the next, each lasting twenty to thirty seconds.

My understanding is I was being prepared for what they would teach me. This was a tune-up session. It was essential to remember what I saw, and, I knew I had the power to see and grasp whether my eyes were actually open or shut. Since this encounter I came to discover the reason I am experiencing these things physically is because this is exactly what I asked for before coming into this time-space existence, this life.

At that time strangers gave me messages of love. I could be out and about, just doing day-to-day activities, and without fail, a person would approach me saying, "They want me to tell you how much you're loved." Or, they would say I am, "Supposed to be writing my story." I was attracted to attend several Spiritual workshops, mostly in Sedona, Arizona, a center for vortexes and Spiritual activity. I studied Theta Healing, and was guided to enroll in the University of Metaphysics. This is where I received my Masters and Doctorate of Metaphysical Science credentials. My body and mind became highly attuned to energy and energy fields. A sense of deep knowing started filling me, and, I was finally ready to begin sharing what I knew. These experiences became part of the work I will share with you in this book.

In 2011 I started hosting an internet radio show called, "Affirmations for Living." Each week thousands of listeners join our upbeat discussions as we look deeper into Spiritually-based principles. My listeners discover it is their birthright to live with passion, purpose and prosperity. It's a weekly opportunity for both me and my listeners to connect to our true authentic selves, and become aware of our higher self.

I am in demand for one-on-one transformational coaching and healing sessions. I also hold webinars designed to get my students away from living life on autopilot and thinking more consciously. I conduct workshops and am sought after for speaking engagements. I have a guided meditation CD which I sell online and in local stores. I am a frequent guest at Holistic, Spiritual and Health expos and fairs where I often provide free mini counseling sessions and hands-on healings. I do energy healings, activations and am a vessel for Source or God energy.

Many of the people I work with experience immediate healings. Others experience a removal of emotional blockages which have kept them stuck for years. As you read in the paragraphs above my gift was spontaneously activated. I did not consciously seek it out, but where I was led I followed. I look a bit like the people you see on television who start speaking in tongues when Spirit takes over. Yes, I am aware it seems kind of crazy to many people, but the flow of Source energy is very strong for me. Whatever the person I am helping needs most in that moment is facilitated through me.

## Why I Wrote this Book

I wrote this book because I am constantly asked questions by my listeners, students and clients. It was time to finally go more in depth about my story of awakening and the solutions to what may be troubling you. I am so excited you are reading this book right now. I was provided and experienced answers to help you understand what happens when you begin awakening and expanding. Awakening your consciousness is an amazing journey, and, when people begin to notice shifts and changes they ask questions. Below are some of the most frequent questions I hear and I will address in this book:

- What is consciousness?
- How do I move beyond feeling and being stuck?
- Why do I keep sabotaging myself?
- Why work on clearing emotional issues, if my karma, or destiny, is set anyway?
- How can I manifest more of what I want?
- How do I figure out what's blocking me and holding me back?
- I didn't choose this. Why are so many negative things happening to me?
- How do I know what my soul purpose is?

As my chakras began activating, I started heating up. My feet began vibrating more each day. Then, the vibrational sensations began moving up my body, and I felt energy in my center or core. Next it moved to my hands and so on, until gradually my entire body was pulsating and vibrating on an almost continual basis. These experiences intensified as time went on. One morning I was in a light sleep state. I woke up and saw a brilliant, ultra-violet bright light coming toward me, once again. It didn't matter if my eyes were open or closed. Even with my eyes closed its brilliance seemed to pierce through my eyelids. I saw it growing closer. As it did it began taking the shape of an eye or a cone-shaped pineal gland. What looked like electrical currents began pulsing around it. The energy grew stronger and more intense to the point I felt it in my eyes and my head.

Then my body began vibrating. I saw the current increasing in potency to the point it reached critical mass and burst in my eyes. I shut my eyes immediately and tightly thinking they may be damaged, but when I opened them they were fine. I felt the incredible expansion of knowingness it created all over.

When I opened my eyes instead of seeing each color as separate, I saw a mass of changing colors like a beautiful kaleidoscope with all the colors of my team violet, blue, magenta, and green swirling together. Not only was my frequency amplified, but my pineal gland was fully activated. During this time I was directed to prepare my physical body for even more expansion. Then my team of guides told me to stop eating meat.

How you accept and apply the information coming from your benevolent beings is something you must decide for yourself. Understand as you raise your vibration, it's best to consume only what is a vibrational match like food that is still alive and the purest of water. I was drinking pure alkaline water and avoiding fluoride, and chlorine, which in the opinion of me and many others blocks the awakening process, by calcifying or hardening your pineal gland as discussed earlier in this chapter.

### **Your Health and Awakening**

What is lurking in our environment can have a big effect on your awakening and expansion. I've already discussed the pineal gland and the importance of eating live, healthy foods. Dare I mention chemtrails?

Chemtrails are the remains of ongoing atmospheric spraying of arsenic, aerosol, aluminum, barium, depleted uranium and substantial amounts of mercury. When you see white trails of what looks like steam or engine exhaust at the back of a high-flying jet, those are chemtrails. Geo-engineering experts claim the spraying arrests the effects of global warming. There's only one problem, what goes up, must come down. These chemicals are seriously polluting our air, waterways and soil while seeping into crops and contaminating livestock. They are also changing the weather patterns. Plants are especially sensitive to the soil degradation that occurs with chemtrail spraying, creating serious issues concerning our food supply. Anything that chemically alters our bodies impacts our health and our ability to grow and expand consciously.

During the days chemtrails are most visible I wear a mask to drive. I am not paranoid, but we certainly live on a three dimensional planet, so we must act accordingly.

The more I awakened in consciousness, the more experiences happened when I was in non-altered states such as sleeping. The gift is when you are awake and can see you are in a better place to consider what the significance of these "visits" is for you.

It was three in the morning when I felt my body being pushed into a wall. Like when closing a dresser drawer. The sudden movement jarred me awake. In my vision I saw the colors of my team swirling rapidly. A spiritual download was coming and they were getting my attention. I was lying on my side, but I felt like I was lying on my back. My head began vibrating and pulsating. My feet, hands, and core started intensely vibrating. The colors and energy in my head grew more powerful, lasting several minutes. I was told I was gaining access to records and timelines. When the experience finished, I looked at the clock beside my bed. It was 3:33 AM in the morning. Numbers have significant meanings, and, this sequence, “333” represents the ascended masters.

The next day in meditation, I called upon Jesus, my younger half-brother in Biblical times. Joseph was a widower, and had a daughter Ruth, I was she. Then he married Mary. I have a vague recollection of myself and Jesus at a well as we gathered water together. The colors I normally see this time formed the shape of a heart. I felt the presence of my beloved brother, and stayed in a place of grace and love.

**Desire and be Open**

We are never alone and our team of Spirit guides wants to connect with us.

But, we must ask for their assistance because this is a free will planet. Nothing is ever forced upon us, even when it's for our own good. I was discovering the awakening process is a hands-on one. It's not enough to merely say you want to wake up, and, "Poof!" there you are. It is a process, with many steps. Only through perseverance, compassion, and sincerity will you traverse the journey with sanity. It truly is like peeling back the layers of an onion, allowing for more of your authentic self to shine through. However when peeling back yet another layer, many have said, "Darn, that onion gets big sometimes." Desire is the first step, of course. Earlier I mentioned you must raise your consciousness. But how do you do that?

### **Meditate for Peace and Awareness**

Meditation was the second step of awakening for me as told to me by a Christed Extraterrestrial being from the planet, Sirius. A daily practice of meditation has worked for me. In getting still, God can connect with you, and then begin revealing self as self. As a spiritual practice, meditation is a conscious act of participation in being. Create a meditation or prayer practice for yourself and watch the results. Whatever it looks like for you, just get started and do it.

For the beginner who has never meditated before, or, if you do not have a clear routine, here are a few helpful ideas. Use what speaks to you as appropriate for you.

There are many ways to meditate. Your practice may include prayer, an invocation, a visualization, concentration, and/or perhaps contemplation. As a spiritual practice, meditation is a conscious act of participation in being. The importance of getting still is expressed in the Bible. In Philippians (4:8) the writer says, "...finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy; meditate on these things."

Meditation requires a degree of self-control for the physical, emotional, and mental bodies. For me the object of meditation is living in higher consciousness consistently, while also working through my lower instrument, the physical mind and body.

I like sitting upright in the yoga position, remembering to keep my spine straight, and taking a few deep, long breaths, relaxing further with each breath. Then you:

- Set your intention to connect to God. Call to God silently or aloud.
- Ask the energy of Divine Will to fill your entire being and to reveal to you whatever you want to embrace, shift or manifest.
- My suggestion is asking for personal power, strength and will to begin.
- Connect to Spirit and spend time in the stillness.
- You may choose going into an affirmative or visualization segment of your meditation. For example, envision good health, a new job, love, and joy.
- Focus on God's presence at a point half-way between your eyebrows. This is where your third-eye chakra is located, and, the top of your head, where your crown chakra is located.
- Allow the energy of the third eye and your crown chakras to come together in a pulsing power of will.
- Relax and let the power of God's Divine Will, flood your conscious and subconscious mind, thus adding your desire to align with God's Will and giving you power over your subconscious desire.

- Imagine your third-eye has the ability to breathe, just as if it's your nose. Then relax into the in-breath, the out-breath, and the space in between.
- Focus your attention on feeling the energy of will, strength, power, purpose, and whatever gifts you desire. As they flood your being, know they will merge with your will and God's will, too.
- Stay in this space as long as you like, giving attention to every cell of your being.
- Allow it to flow freely from your Higher-Self and your conscious awareness into your subconscious mind.
- When you are ready to come out of the meditation.
- Thank God for his/her assistance, and begin following the natural flow of your breath again, opening your eyes when you are ready.

Of course you must find what works for you, but this gives you a sense of what meditation is like. Awakening is about uncovering who you truly are.

### **Begin Trusting in Yourself**

I'll never forget once when I intended to make a stop at Wal-Mart® before going to the Alkaline Water Wellness Store I owned and operated. I got in the correct lane to turn left into the store parking lot when I heard a voice loud

and clear inside my head say, "*Turn right!*" I wondered why. After all, I need to get to the store. Again the voice said, "*Turn right and go home.*"

At this point I started talking to this voice saying, "I'm half way between home and my store. Why can't I just go to the store, I'm in the lane to turn left?"

The voice said, "*No one is behind you, make a right turn and go home.*"

"OK, fine," I said, made the turn and went home. I pulled into my garage, parked, and took the few items I purchased inside. When I returned to my car and sat in it to run another errand, it would not start. I had it towed to the auto mechanic shop from the comfort of my garage. I said a big "thank you" to my team for their persistence in telling me to go home. Thanks also to me for finally listening, too.

While this may appear to be a small thing, dealing with a stalled car in the Las Vegas summer, desert heat would have been an inconvenience that day. I am grateful for the persistent message from my team of guides that helped me arrive home safely where I could deal with the situation from home rather than stranded in a parking lot.

- Are you tuned in to the small messages that come your way daily?
- Do you appreciate the value of developing your conscious listening skills?

You might ask, "Edwige, how do I do that? I would love communicating with my Spirit guides, too!"

That's why raising your consciousness, thus your vibrational level is so important. You'll begin opening the channels to your Higher-Self and other dimensions. The voice will come in different ways. You may get flashes of pictures, or scenes in your inner vision or outer vision. You may hear the voice from within. For me, I also hear an outside voice. It may come as a gut feeling or a knowing. I was told because my vibration is so high; it's easier for my team to communicate through the language of light. As they shared, words cannot fully express what they are communicating in the higher dimensions.

As part of my agreement coming forth into this time-space reality as "Edwige" I knew I would be born with fourth dimensional consciousness and vibrate high enough to have these experiences, awake and aware. The key is

becoming aware of your language, and, being open when your team communicates. So, listen to how they communicate.

A practice I teach my clients is setting an alarm clock to wake you up between four and five AM in the morning. That's when you are in alpha brain wave state and more receptive and open to communications. Lay quietly asking your guides or teachers to tell you their name or anything you want to know. Then wait. Before you know it, a flood of insights, feelings, messages and visions will begin coming through to you.

### **Become a Conscious Thinker**

Another aspect of raising your consciousness is becoming a conscious thinker.

You have probably operated on autopilot the majority of your adult life. You:

- Do the same mundane things
- Work at the same job
- Eat the same food
- Hang out with the same friends and
- Generally keep the same routine.

You get the idea. In this place your subconscious gradually takes over and continues creating the same, repeated patterns in your life. The synapses in your brain or as I sometimes call them, “brain grooves” become more deeply entrenched in their ways of doing things. Consider this: Ninety percent of everything you do is based on what is programmed in your subconscious, whether you want it or not, even if you like it or not. Is it any wonder you keep having the same experiences? How do you wake up? Become conscious in your awareness, and begin giving conscious thought to every moment. What you think about today will manifest itself in your future. We become trapped by our beliefs and they hold us back.

Early one morning I found myself unable to breath. Something that felt like plastic, or a mask was over my head. I realized I wasn't in bed, but I was elevated, suspended vertically over my bed. When I looked down I saw my feet dangling in mid-air. I remained calm and serene considering what was happening.

My Higher-Self guided me and I knew to say, *“Whatever no longer serves my best and highest good, with all my love leave now.”* I saw a bright green light, and suddenly the plastic or mask was off, I was back in my bed able to breathe

again. Dramatic? Yes, I agree. But I know part of my soul purpose is remembering these experiences so I fully understand their meaning and can share them with you.

I was becoming my authentic self; the butterfly was finally breaking free of my cocoon. Layer by layer my truth was gradually being revealed. Moment by moment my purpose was becoming crystal clear. I could see, feel and hear beings from higher-dimensions so I could share with you, my readers, they actually do exist. There indeed is something more and you are but a moment away from experiencing it yourself.

It is essential you become aware you are creating your reality in each moment. If you are to shift into higher-conscious experiences then you should stop throughout your day, and ask yourself:

- What am I creating in this moment?"
- Is it serving my highest and best good?"
- Carefully evaluate what you are thinking, and
- How it makes you feel

If you like what is showing up in your experience, fine, then continue. But if you don't like what is showing up, stop. Ask yourself, "Why am I thinking these negative/dis-empowering thoughts? How can I cancel them and rephrase them in a more positive, empowering way?" Take responsibility for your life and acknowledge you are getting back what you put out. I know this may seem harsh to some readers. You may believe you would never choose your current circumstances or situation. But you did, and the purpose of your choice was to cause you to expand in your own unique way.

Release the concept of duality or polarity of thought, for a moment. Let go of the notion of right and wrong, good and bad, or, black and white. For that matter liberate yourself from the mistaken idea you were cast out of heaven and must work your way back. Instead, look from the perspective of the place I discussed earlier, when I was with two of my guides, writing the pages of this book. When you see the bigger picture, you will realize every experience is about moving you forward on the path of awakening.

It does not matter how it showed up in this illusionary world. You, as a divine, perfect, being will be just fine. Your team undoubtedly will assist you along the way. Keep in mind, you must connect with your team first, of course. The

point is, stop beating yourself up and judging everything in your life from a place of disconnect and fear. Rather look at everything that occurs as the amazing, fascinating journey of discovery it is. Appreciate that every experience is serving you in one way or another. This is a spiritual journey, and it begins and ends with you.

What are you willing to do? Are you ready to:

- Stay the course to your personal awakening no matter what?
- Hold yourself accountable for your actions, thoughts and feelings?
- Love yourself unconditionally no matter what is revealed to you?

In the beginning as I had more frequent experiences, I started asking, “Why me?” Why was I seeing all these things and having crazy experiences? Early one morning the answer finally came to me.

It was about 4:00 AM in the morning. I found myself in another place, this time chanting “HU,” an ancient name for God. This activated me into starting another type of chant, which caused my entire body to vibrate and move into a completely new zone or feeling. It moved me to another place. In this place I began bleeding from all over. I do not recall any pain, but I somehow knew the sins of my father were being removed. My lineage was being cleared for me, for my family in the past, and, for my future family. It was an amazing feeling. The blood represented the DNA, or, as the Bible says the sins of our fathers will be carried down three and four generations.

Your habits both good and bad, your personality traits, even your health conditions are carried from one generation to the next through your genes. As you do the work to release what no longer serves you, so you do it for your family as well.

Next, I was in a vast space, greeted by an enormous being of light, twenty or more feet in height, who said he was a gatekeeper. It became clear I was in the cosmos. Millions of twinkling stars glittered around me. Suddenly a tube-like vortex made from what looked like millions of overlapping leaves to create a tube, was suspended above my head into the highest reaches of the cosmos. If you can imagine, the vortex tube was in hues of purple, ultra violet, and magenta. I knew it was connected to my crown chakra because I felt it pulsating and vibrating. The being of light told me I had the key, and could bring in anything I wanted through this vortex. It was now open.

As I looked up into it, as far as the eye could see I noticed energy swirling with stars. As I focused on, love, the success of my soul purpose, and completing what I came forth to do, I called in prosperity. At that moment, I felt a shift. I had a new, exciting sensation of strength and empowerment. The experience ended and once again I was back in the space of my room comfortably in bed.

I started my morning prayers. When I finished, I went into meditation. The powerful energy I felt looking into the vortex was still with me. I always go into my heart space during meditation and call in my team members. When I called them in one by one I knew exactly why they were with me. Our mission together, next to all the Christed extraterrestrial beings assisting me came in as well. They surrounded me and I felt their loving presence. I knew I was ready to fulfill my soul purpose and mission, I would receive whatever was needed, and I was more powerful than I could imagine.

Getting tuned in to you is an important part of the process of awakening.

Meditating is a window into tuning in and part of the process, so let go and let God. Tune in to yourself and watch the amazing things that happen. You are opening a window for the Divine and the experiences your guides, your team want to bring you when you begin meditating daily.

Combine meditation with conscious, clear thinking and trust in yourself. You will gradually begin noticing amazing, positive changes.