

SYNCHRONICITY

UNLOCK YOUR DIVINE DESTINY

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Key #5

Magnetize Your Soul Group

"You find peace not by rearranging the circumstances of your life, but by realizing who you are at the deepest level." – Eckhart Tolle

No one in particular told me what follows. This is my own personal understanding, based on my firsthand experiences. These ideas I share come from having powerful, life altering visions that included an extensive series of past life regressions, in which, I experienced firsthand the things I describe. My understanding has been deepened during the past five years, through meditation and synchronistic conversations with friends and teachers, and later—a number of my own clients who went on to describe similar experiences in our regression sessions together. I encourage you to explore your own meditations and inner wisdom around this information. Our soul connections are beyond what we have been taught by books, the truth lies deep in our souls, and it is in our deepest meditations where this knowing resides.

It's no secret that we live in amazing times. From global changes in political regimes to major innovations in technology, this is an amazing period to be a part of. However, it's also just the beginning of a new experience here on planet Earth. As a small percentage of people all over the world are beginning to reawaken to their divine nature, we find ourselves at a crossroads.

We are searching for truth and our own inner light to guide us to the next stage of our development, but there are a plethora of teachers, choices, and beliefs out there. It can be really difficult to *know* with certainty what to believe and what we *should* be doing. The important thing to remember is that you are exactly where

you need to be. There are a number of paths to take that will lead you to the truth; there are no “*shoulds*,” just potentials.

At the same time, as you open up to new possibilities, it’s vital that you learn to trust yourself and find the confidence and conviction of your own journey. There are still so many people living in fear, instead of leading with their hearts. Roads that lead to destruction or wisdom can be found at every turn, and it’s up to you to create a path towards conscious evolution. You must re-imagine yourself, as you truly want to be, in order to begin the process of awakening your full potential.

Waking up is a choice that you must commit yourself to every day. When you begin to understand that it is an internal process, and something that is within your own control, you can begin taking action. What is most important is that you find a way to establish your inner guidance system. Once you begin to create a personal connection with your soul’s knowing, “help” will arrive in a myriad of forms. While your ego self is stuck in feelings like *anxiety, doubt, or looking for quick fixes to numb out*, the help that shows up is inter-dimensional and can transcend space and time. It comes from the *other side of the veil*, so to speak, where Infinite Love is the law, and abundance is the natural state of being.

Two things are important for you to know up front before reading this chapter. First, you are loved deeply on a universal level. When you are willing to open up and receive love you will become closer to your divine nature and the group support that is discussed in this chapter. Secondly, you have help and guidance. You are not alone in your journey. This lifetime (the one you are reading this in) is all about connecting with your own inner truth as the entire planet starts the process of awakening. If you want help, you will find it. Trust that it is there, waiting for you to receive it.

As your star seed activates, you may soon realize that the *Golden Network*, that your soul is a part of, has been waiting for you to awaken. This soul group network is the unseen foundation of the grand cosmic orchestration that holds the chaos of your life in perfect order.

When a soul descends to Earth, it arrives here as part of a larger soul group, called a *Monad*. The *Monad* makes up the mighty “I AM” presence, which you may have experienced in your meditations or perhaps, read about in spiritual texts.

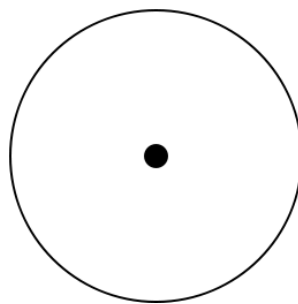
The *Monad* is easiest to describe as a collective group consciousness, meaning that it is not a *physical* group of *people*. Some souls in your *Monad* may be in physical bodies; some (many perhaps) are on the other side of the physical veil. Your *Monad* is a group of souls that exist within multiple dimensions that are not bound by time, space, or single planets. This gets a little complicated, and instead of making it overly complex, the important relationship to understand between you and your own *Monad* is that the *Monad* acts as the Oversoul for your soul group. It is the resonance of all of you combined, like a hive-mind. Philosophers have spoken of an Oversoul for centuries. To fully ascend is to consciously return to your *Monad* nature.

You can become aware of the presence of your *Monad* when you come into harmonic resonance with your own divine nature, which allows you to vibrate in harmony with the other members of your soul group. Such resonance has little to do with where its members are physically located, (as again, we are inter-dimensional beings,) it happens when each member connects through the vibrational frequencies of their awakened hearts (awakened star seeds). Activating your star seed is accomplished through focused intention and practice, it is a muscle you need to train. Since you can't just pick up a phone and dial your soul group, setting strong intentional desires and focusing on your own star seed activation is the main way to create a solid connection.

Within each *Monad* there are 144 individual star seeds, known as your *Soul Mates* who are divided into twelve groups of twelve. Within each group of twelve there are six pairs of divine complements within your soul mate cluster. Within each divine complement one soul holds a masculine polarity and the other a feminine polarity. (The masculine/feminine soul essence has little to do with the gender you took at birth, each incarnation can be different.) However, what I and other channelers, have discovered is that your soul essence does not change. So, it is very possible that you could be a man with a feminine soul essence in this lifetime, or vice versa.

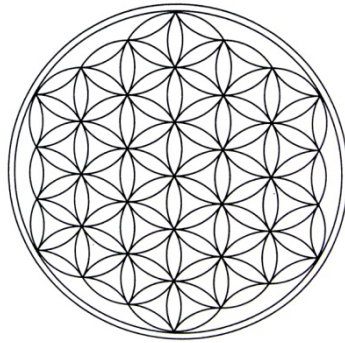
Your divine complement is your most harmonic soul mate. Whether this complement is in human form or not has little consequence of their role in your life. They exist to assist you in your soul mission. It can be possible that you are both the

same gender in this lifetime, however, one of you will be holding the masculine essence and the other will be holding the feminine. When meeting this person, you will feel a very strong attraction and energetic compatibility. This is a deeply loving and rewarding relationship that can result in a long-term partnership on a number of levels. It can show up as a spouse, a business partner, or a family member. No matter what the circumstances are, there is always a sense of deep friendship that bonds these two complements together and a strong sense of loyalty that keeps them connected.



Become the Eye of the Storm

When you practice the Vertical Alignment meditation and star seed activation I mentioned in Key #3 you automatically begin magnetizing your soul group to a higher level of functioning. When you awaken, you help your entire *Monad* evolve and awaken. It is very powerful to use the symbol above as a Yantra Meditation. A Yantra Meditation is a Hindu practice to unlock cosmic keys of mystical diagrams, often geometric forms, like the popular Sri Yantra you may be familiar with. These ancient symbols activate us on a soul level far beyond our mental comprehension. The only way to learn this tool is to practice it. Much of the information I am sharing with you in this book comes from doing my own yantra meditations with these symbols.



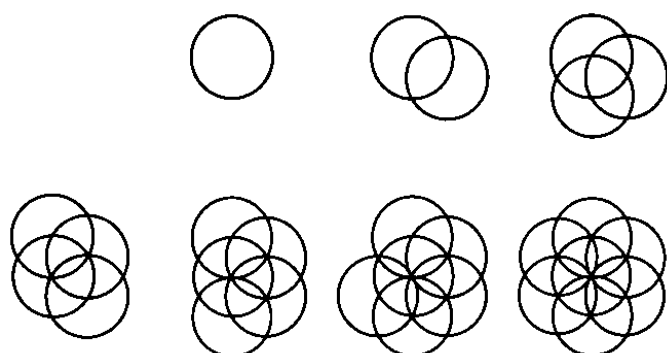
Focus on the Flower of Life

The symbol above is called the “Flower of Life” It depicts the soul group formation on an energetic, anatomical and monadic level. You can find this symbol in all of our ancient cultures around the world such as: Egypt, India, Iran, South America, Asia and in Africa. This symbol holds the geometric language of our soul’s origin.

The Flower of Life is a fifth dimensional expression of the six complimentary pairs of twelve souls, which make up one soul group. *We do not all belong to the same soul group or the same monadic group.* The *Monad* wakes up when we reach the perfected resonance within one soul group. Let me explain, when twelve dedicated soul mates create harmonic resonance within themselves they will activate the central thirteenth circle of the group, which is our collective hive mind. When we hold our fields in perfected resonance we create a harmonic frequency that opens the fifth dimension and the ability to speak, hear and receive information directly from our *Monad* nature. When these twelve awakened star seeds resonate together and form the Flower of Life configuration in the fifth dimension, we instantly awaken the larger monadic group of 144! The harmonic resonance of the twelve will ripple out to the entire *Monad* group instantly.

If you want to learn what this symbol represents for you, meditate by dissolving yourself into the center of it, to find a deeper awakening (do a Yantra Meditation). Unfortunately, the innate part of you rarely communicates in words. Therefore, this may seem challenging to understand at first, but the more practice you commit to enhancing your soul communication, the deeper your understanding will become.

To practice, print out the Flower of Life symbol. You can find it on the Internet, or draw it out, one circle at a time. Below you will find how to draw out the *Seed of Life* representing the six complimentary pairs and the foundation of the soul group. Place the symbol on a wall in front of you, right at eye level, and stare at it with relaxed eyes for as long as possible. You can ask questions of the symbol and allow it to share its wisdom with you. Track whatever you discover.



This image is made up of interlocking circles. Imagine yourself as one of those circles. Sit in the center of your circle (as the dot in the eye of the storm) with your boundary perfectly defined. Once you have established this, you can interlock your circle with those of your soul group, drawing the Seed of Life, which as it extends, becomes the Flower of Life symbol. When this energy becomes grounded in your field and your energetic muscle is fully developed, you will eventually unlock the genius of your *Monad*. It is a powerful awakening when the *Monad* speaks to you, and even more amazing when it speaks *through* you.

The Flower of Life symbol spoke to me, it explained that it represented the Golden Network completely restitched—all awakened souls gathered in perfect harmony. When we all awaken together, we create this beautiful golden blossom of inter-dimensional consciousness, which transcends any knowledge you could obtain from a book, or learn from a teacher. It gives you direct knowing of the Akashic records, the wisdom of all souls combined. Practice this Yantra Meditation and please share your findings with me.

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So how do we better understand the concepts of soul groups, magnetization, Golden Networks, and vibration? Every human carries a specific vibration. The

human body, biologically speaking, is electrical and gives off an electric impulse. This interacts with the Earth's electromagnetic field. The goal is to come into a harmonic resonance within yourself and with the earth (vibrating in sync with the earth's magnetic field). When we are in harmonic resonance it actually creates a frequency shift in the environment around us, pretty cool right? In essence, when we each take responsibility for our own field (imagine holding your energy like a dot in the center of your personal circle) our frequency reaches a state of harmony. When a group of us, who have individually created harmonic resonance, come together—we create a group resonance, which has an exponential effect on magnetizing our soul group. Together, through our combined efforts, there is the potential for spreading light and awareness and literally shifting everyone on earth to a higher state of awareness.

In 2015, after learning about the results of a mass transcendental meditation study in 1993 that was found to have reduced crime in Washington DC by 23% and reading about similar results found for reducing violence in war-torn areas of Lebanon, a group of us were excited to see if we could create a similar effect, so we organized a free event in Oakland. Close to 1500 people gathered that day to meditate together and bless Lake Merritt for World Water Day. (You can read the full report of all that happened that day at BlessTheLake.com.) Oakland is an area where gang violence, racial injustice and gentrification threaten peace. We synced up our live meditation and streamed our Oakland event worldwide to hundreds of thousands of people internationally, all meditating simultaneously for peace. This collective meditation was incredibly powerful.

The electromagnetic frequencies all around us affect our consciousness. If we consciously re-create our own EMF around our body (as I explained in Key #4 *Become a Bliss Ball*) we can deflect negative effects of everyday objects, people, place, and situations and be a blessing to those who we come into contact with. Our televisions, Bluetooth devices, Wi-Fi broadcasts, and our radio signals really harm the energetic field around our body which makes it more challenging to come into harmonic resonance and sovereignty. However, by practicing the exercises in this book you can strengthen your field and consciously create a positive EMF field around your body that resonates in harmony with nature and actually assists your

soul group to raise the frequency of the planet and de-escalate the harmful effects of the EMFs.

In fact, getting into harmonic resonance opens you up to totally new possibilities, as it will unlock your human potential. The more you live in harmonic resonance, the more you will find yourself liberated and free of negative effects as you take control of your sovereign nature. When you become that dot in the center of your circle and own your energetic field taking dominion over your space, you will open your multi-dimensional nature and attract your Soul Group and *Monad* to you. This is the biggest service we came here to participate in to restitch the Golden Network.

It is time that we utilize the power within us to consciously ripple out our harmonic perfected and healed fields to create the world we dream of. You might be wondering how many of us need to do this before we reach total resonance? I am not certain, but what I do know is that exponential growth happens when the right people with the right souls activate. For example, one person might be a very evolved soul and have the ability to offset and activate thousands, or even hundreds of thousands of other souls, where another person with a different level of soul growth may only offset a handful. What I have seen is that when just twelve people reach harmonic resonance, miracles happen. So, let's not get worried about the exact numbers, but do our best to keep our own field clear and sovereign.

What I do believe is that we are dealing with a 100th monkey effect or what Rupert Sheldrake refers to in his book *A New Science of Life; The Hypothesis of Formative Causation* as "morphic-resonance." When certain learned behaviors of a group of people (or animals) reaches a resonant number, mysteriously the entire species suddenly knows that behavior. Remember, your spiritual practice positively impacts the entire planet!

Restitch the Golden Network

You will be attracted to other souls who hold a frequency that your system needs to experience, in order to remember your true nature. All of your drama in life is chaos looking for its balancing complement. Yes, there is an order to it. The

patterns that you go on repeating and creating are all attempts to come back to wholeness, and return to your soul group. I believe that if you are reading this book right now, that you most likely have a divine mission that is being activated within your heart to reconnect with your soul group.

When you establish your energetic sovereignty, and can resonate in your own unique frequency, you will ride a wave to your divine destiny and, along the way, create the latticework of golden threads that connects your soul group back together. When you meet others in your soul group, your souls will push, pull, magnetize, and polarize as they seek a higher order. Much like the hub of a wheel, we must hold onto our own center by living out our personal visions, passions, and our unique set of values. Like spokes from the hub of a wheel, we connect to other people's heart centers, sharing energy, support, and ideas, creating a fulfilling, balanced ecosystem of heart-to-heart relationships. For the wheel to withstand rapid forward motion, the spokes need to be strong and in balance, one spoke cannot be longer or shorter than the other. This may sound idealistic, but it is possible to obtain in a soul group formation. When we are off balance we fall into a push-pull dynamic where one person is grasping for more power, and the other withdraws.

When a soul group reaches the point of harmony it is a state of pure love. Love is all-encompassing; it is much grander than surface-level hugs, smiles, embraces, and lovemaking sessions. All of those are beautiful things, but when you tap into a state of *pure love* you enter a world that may be unlike any you can ever recall. In this world, you shine in your fullness, your soul is fully expressed, and you are embraced by all that is. On Earth, we feel separated from that divine presence. We long for it because it is possible and it is our original nature. Reconnecting with your *Monad* satisfies the longing for the perfected family. You are no longer alone, separated or confused. It is important to stay in the center of your sphere and not cave in or lean on anyone else too hard. When you stand in the center of your sphere, and in resonance with those in your soul group, each in Vertical Alignment and fully supporting their own center, you stitch together the flower of life and magnetize your soul group. This Golden Network consists of your interwoven spheres overlapping and coming together.

Notice that the network consists of many spheres, overlapping and interwoven. Synchronicity is here to guide you to this Golden Network. This is your perfected geometric shape in the fifth dimension awaiting your conscious awareness of its existence.

You will magnetize your soul group members when you spend time with others who have also found their central core and are self-standing, sovereign, vertically aligned, and free (or at least are actively practicing this goal). Hang out with people who have moved beyond blame and shame, where each one creates their own radiant reality. Your shared connections in the network will flourish and you can give and receive from your inner joy freely. Look for these types of friends, colleagues and community members to help you establish a larger field of harmonic resonance.

Within such a soul group, creativity abounds and there is no judgment, blame, or failure, only love and support. To bring balance to the Earth and to all people, magnetize your soul group and weave this Golden Network, which will carry us through any challenging times ahead. When people are in their center they stop the push pull dynamic and are able to live in harmonic resonance, no longer being fed from the horizontal plane, fully sustained by their vertical axis it creates a beautiful awake and self-responsive system. If you do not know anyone to hold this state of consciousness with you, practice alone and call your soul group in on the etheric plane. Your *Monad* is a part of your soul. You are never separated, even though on this plane you may feel disconnected. Ask to be reconnected to your *Monad* in your meditations and explore what happens.

If you want to meet people actively practicing harmonic resonance, go to my website and sign up to be in my Inner Circle, you will be informed about the next gathering or course of study. I host many gatherings throughout the year online and in person. KnowTheSelf.com



Find the Divine Union Within

This famous symbol of two snakes winding around a pole together, twisting and turning until their heads meet at the top and their tongues kiss, is called the *caduceus*. This symbol represents the kundalini energy waking up and rising from the base of your spine. It must find its internal balance in order to fully bloom into your authentic and refined spirit expression. The two snakes represent the masculine and feminine primal energies that live within each of us. They represent the negative and positive forces, the yin and the yang, the ida and pingala.

The goal is to make peace and find balance with the negative and positive forces inside of us. When you seek peace inside yourself, these two primal forces will push, pull, and seesaw with each other in order to find their balance of polarity, which is experienced as an *internal* paradox. As the light quotient in your body increases, it will cast a shadow. This then begins the great internal balancing act and your internal paradox of polarity will get stronger and need to express itself for you to fully understand this dynamic. The paradox is stretching your inner corridor of light, your shushumna as it's referred to in Sanskrit, to be wider. The rod going up the center of the cadecous symbol represents our shushumna that encases our physical spinal column. The central channel is the magical through line—our path to liberation and full Self-realization.

In relations with another person, the two of you will further exaggerate this zigzag effect of negative and positive patterns being pushed back and forth in order to clear out your channels and find harmonic resonance. It is the great cosmic dance, as both aspects of you (also depicted by you and your partner) climb around this pole. At each turn the negative programs you share (often the opposite pole) will get mirrored back to you as you play out a push-pull dynamic. It will create an attraction and repulsion with each interaction, as depicted as the intertwined snakes. When you attract, you come together and when you are repulsed, you push apart. As you expose, clear, and digest the negative programs, you reach more expanded levels of consciousness until you meet at the top of the staff in ultimate freedom and harmonic balance. What most people fail to recognize is that by meeting at the top in libration, it does not negate the tail as less important than the head, nor does it

negate the body of the snake. The entire path of emergence and dance between the push and pull is required to hold the awakened state of liberation that exists in the space between the two!

There is a beautiful new world awaiting you –awaiting us all. It is a world of love, support, inter-dependence, clarity, understanding, good will, honesty, and authenticity. It is a world of purpose, where everybody stands in their sovereign presence knowing exactly who they are at a soul level, what they are here to give and how we are to work together in harmonic frequency for the good of all. This is a type of cooperation that we have only witnessed in the animal kingdom—in our jungles, in the forests, plains, oceans, and amongst the flora and the fauna. However, it's not just reserved for the animal kingdom, *you* have this same capacity within you, we all do! When we attune to synchronicity and take responsibility to balance our internal paradox, we step onto the path and are able to experience the New Earth as a reality.

Understand the Twin Soul / Twin Flame Phenomena

When I first discovered that I was a Twin Soul, I just assumed that everybody had a twin. However, I have come to realize that this is not true. Instead, what has recently been revealed to me is that the majority of people on the planet right now are *Single* Souls. There are a smaller percentage of people who are *Twins* and there are even fewer who are *Triplets*, *Quadruplets*, and even *Sextuplets*!

What I have come to understand is that as certain types of “older souls” increase their light quotient and evolution, they divide into multiple soul “pieces” in order to complete their mission and distribute the high intensity of energy they contain to be more effective here on Earth. Souls *divide* in order to fulfill their specific agenda and overcome the intense amnesia that happens in this dimension. They must undergo very specific challenges and initiations in order to re-member themselves. These particular types of twin souls emanate a strong frequency. Twins act as homing beacons and are here to assist humanity in a very specific way—through magnetization. This means that twin souls will experience even more separation than a typical single soul would in order to activate their gift and find

their way back to wholeness and fulfill their mission. When souls descend by multiplying themselves, into more than one vehicle, they carry the power of magnetization and manifestation much more strongly than single souls because it is their job to anchor more souls back to the *Monad*. Twin souls also carry the pain of emotional anguish and intense separation anxiety that originates from their division and yet, they have a stronger ability to be alone for much longer periods of time than single souls.

A Twin Soul (also referred to as a twin flame) is a complete individual, which was divided to hold two opposite polarities at the time of the original assignment in order to re-member and magnetize itself awake.

The soul divides before the soul chooses a human form. It occurs when the soul is released from its Source. The idea of souls being divided into multiple wholes might sound strange to you, but is similar to how identical twins are formed in the womb. But, in the nonphysical world, there is a profound experience of “oneness” and co-creation at play. I discovered this by re-experiencing my own division.

When talking about twin flames, most people romanticize this notion and really do not know what they are talking about. Many couples I have found online that call themselves “twin flames” are caught in a romantic fad that is trending in our spiritual vernacular. I feel what they are describing is more commonly either their divine compliment or a soul mate relationship. What I have come to understand is that our twin flame is *not* our long-lost romantic partner, not in any conventional sense. The deep yearning we feel for a twin is because they are literally the other half of “us.” The twin flame reunion and longing goes way beyond romance, it is actually meant to bring us together for much larger work—at a galactic level where romance does not exist—only pure love is present. Twins have a mission driven connection for humanity that a twin will slowly wake up to, in order to re-member itself. Connecting with your twin is a big part of your soul mission, but it doesn’t necessarily mean you will physically work together, or be romantic partners. But, if you do find yourself in physical proximity to your twin, it will be surely be powerful and very effective.

Meeting your twin soul is like taking a rocket ship to clearing your karma. It speeds up your soul’s evolutionary process to the highest octave imaginable. If you

have already met your twin, it means you are ready to activate your gift and be of service in a grand way. Most twins I have met feel that they are unable to handle the amount of intensity that occurs in the re-remembering process. It can be agonizing when twin flames incarnate at the same time, as their vibrational frequency clears out negative programs at an extremely fast rate. Twins only incarnate at the same time in order to activate BIG change for their soul group. It is rare that this occurs in the same timeline, so you will have few past incarnations on Earth with your twin. However, when you do incarnate in the same timeline it is because you are needed to serve your soul group in a larger capacity. Incarnating together happens during grand cycles. It looks and feels really dramatic and is most often very painful for the two individuals—along with everyone else in the dynamic with them including their family, friends, and people in their vicinity. It is a magnificent ride when twins meet, and the sooner the twins learn how to clear, heal, and deepen the roots of their personal star seed, the faster they will evolve and transcend the challenges it will surely present.

Standing in the presence of your twin soul will vibrate and activate your star seed to find its larger *Monad* match. Imagine two magnets with extreme polarity. If you put your hand between two twins, the magnetic pull is immense; the power between them is palpable. When your twin is not in human form, you will still feel its presence in your meditations, dreams and waking life as a guardian angel and loving assistant. If you are a twin, the majority of your lifetimes will be with one of you helping from another plane of existence to keep you on your path.

If you are wondering if you are a twin soul, understand that this is not a romantic fairy tale; it is made in our spiritual anatomy, just like we don't walk around assuming we might have an identical twin sibling when we were born as a single entity. If you were not born as a twin sibling you would not walk around pretending you are, right? That would be strange. But many people are doing exactly this because they have read the term somewhere and have misunderstood what it means. Being a twin soul and meeting yours in this dimension is the groundwork of a very difficult and demanding relationship. If you are wondering if "so and so" is your twin flame meditate deeply on the notion, track where this question is coming from. Is this because you heard about twins somewhere, or is it from a deep inner

knowing? Ask for guidance from your soul, look for the signs before jumping to any conclusions or declaring your twin status in public. There are many twins incarnating together now because of the great turning we are experiencing.

The knowing of being a twin comes to one person first, but both twins will come to this understanding on their own accord. Both me, and my twin had no idea there was such a concept as *twin soul*. Neither of us had ever heard of it, we never discussed it, and to top it off he is a very skeptical person and not interested in spiritual beliefs whatsoever. Yet, we both came to know we were twin souls in our own way. I remember the day we discussed it, but first I will explain how I came to find out we were twins.

Our relationship was emotionally unbearable from the instant we talked. The feelings we were having towards each other were intense and destabilizing for both of us. It was confusing as well as exciting. Being in each other's presence was mesmerizing. We would stare into each other's eyes without speaking for long periods of time and know exactly what the other was thinking, we would go into a kind of hypnotic state. When we were apart I could sense his feelings at all times. Whenever I wanted to I could have long conversations with him in my head, and he would respond! We would later speak and confirm these strong feelings of inner knowing, we were both aware of this magical ability we so palpably had with each other. It was a level of trust I had never experienced before. Our emotions for each other were off the chart and neither of us could control our expression of these big feelings, which never seemed appropriate. Our relationship felt scary as he was a married man and our relationship started out as purely a business friendship. I felt out of control in his presence, I was never sure what was going to happen as we had this strange ability to peer into each other's soul. It was the most vulnerable either of us had ever felt in the presence of another.

I decided to undergo a past life regression session with my friend Monish in Hyderabad to find some resolve. Since meeting my twin, I had multiple visions of how I knew him in other lifetimes. I wanted Monish to regress me back to one of these lifetimes where we must have endured some great hardship. I needed to heal this intense feeling I was experiencing. Before the session with Monish, I had experienced multiple regression sessions over the years, in my own meditations, and

with various practitioners. So regressions were a common experience for me. However, what transpired in my work with Monish was unlike any other past life session. It started out as they normally do where I went to one timeline story and re-lived that life, but my strong emotions didn't feel resolved. So, Monish sent me back further in time, to find the *original wound* that held the pain of this relationship. What I experienced was my original descent from source. My twin and I were exact polar opposites and literally pulled apart and split into two human forms! It was an Adam and Eve experience. It was excruciating to my physical and emotional body to re-live this memory as it felt that my spine was being split into two. During the session I flopped around on the floor and cried out in agony as I re-experienced this soul memory. After this extremely cathartic and challenging session it all made perfect sense to my soul knowing, but it took many years for my mind to grasp the meaning of what I saw. The deep longing, the psychic connection, the role we were here to play, and the reason why we needed to split was all shown to me in a stream of images that flickered through my mind's eye like a movie.

I was reluctant to share my experience with my twin because he wasn't interested in past life regressions or spiritual philosophy. He is a very practical person who shuns religion and spiritual pursuits, but as I began to tell him what I saw, he explained to me that he already knew all of this. He himself had experienced a few dreams and had come to some deep understandings in his own way about our soul connection but hadn't told me as he was unable to put words to it. When we shared our experiences with each other we were further convinced that these were not random dreams and visions but actual truth.

I have interviewed other twins with similar stories. What I've heard in common with all the twins I have spoken with is that the *knowing* was always a time-released unfolding for how each twin remembers; it always came as a surprise. Both twins would have a profound dream, a paranormal experience, or some sort of direct realization. It was never a guessing game, or something that they found out from reading on a website. So if you are guessing about someone being your twin, it is most likely *not* your twin flame.

Twin flames meeting in the physical plane do not need to engage in a romantic relationship, in fact most of the time twins cannot sustain romance

because of the drama involved. However, the first inclination in meeting your twin will be to make it romantic because of the deep yearning you will feel for the other half of your soul. Romantic attachments are a trap that binds us to this 3D plane of existence. Our twin is appearing in our life to activate the other planes of existence and restore us to wholeness. Remember, we live in a multidimensional universe, and while twin flames can create intense romantic feelings such as deep longing for the other, these longings are not romantic in nature. Rather, they come from the longing that you both share to come back to your *Monad*ic Source. If you are seeking for your twin flame or have found yours and are struggling to keep them close, know that the romantic notions are a complete and total *trap of samskaras (karmic ties)*. This dynamic duo needs A LOT of personal space. If you fall into a romantic haze it will keep you in a push-pull dynamic for a very long time in an extreme way that is often very painful yet often necessary to learn the skills to transcend it. The polarities of twin flames are complete opposites; though on the other side of their karmic clearing, when they find their sovereignty, they can activate a harmonic resonance—a perfected balanced state at the highest octave, just like the caduceus symbolizes. So, when you and your twin can cooperate, heal, and expand your consciousness together, and steer clear of drama—you will be delivering all of us on the planet a huge gift.

When you meet your twin, you will have an intense psychic capacity to communicate with each other telepathically, oftentimes for years before you ever meet in physical form. You will feel more intimate and experience more love with your twin than with anyone you have ever loved before. It will feel like the completion of the other half of your soul because that is exactly what it is. This reunion is needed for a complete remembering of our soul essence. Your duty to your twin is to clear your past karma and negative patterns on your own. You are coming together to speed up your healing and to create an alliance for the planet's evolution, while burning through each of your own personal karma along the way. If you are lucky (and have a lighter karmic load), you will get to have romance too, but do not let romance be your primary attachment to your twin flame, as it is much bigger than that and it will hold you in a hostage pattern of self-destruction. One of you will recognize the self-sabotage and run away, the other one will chase the

runner. It is a destructive pattern until one of the twins decides to do the work to evolve. When one twin evolves, the other evolves magically.

As you come together with your twin flame, a lot of friction and polarity will get kicked up around you and out to your entire soul group. As you come into balance within yourself, at a soul level you are restructuring the grid that you are all connected to. The more you practice holding your own sovereignty and being responsible for your field (your circle), the more you activate your *Monad* and magnetize the soul group back together. Such ripples are felt throughout the golden latticework that holds every soul in your group together. This harmonic resonance is like a homing device calling your soul group to return home.

When twin flames are fully activated in harmonic balance, their vibration increases in power and they have the ability to activate their entire soul group. What I have seen in my meditations is that when one soul group of twelve activates, the entire *Monad* of 144,000 will automatically activate through a cascading event. Twin souls are drawn to pair up and create a harmonic resonance so they can be fused back together into oneness. This fusing opens the gate to the New Earth. When this occurs, the twins will invert; instead of being polarized face-to-face, they will be magnetized back-to-back – and in an entirely new dimensional form – as One.

Both your twin flame and your divine complement may not be in human forms at this moment. He or she may appear more as a guardian angel, or a spirit that walks with you, so to speak. Even if your twin flame is not alive on the planet at this time, it will feel like they can project their spirit and walk alongside of you if you both will it to be. This is an important time to energetically reunite with the other eleven people of your soul group. As you link up with these souls, synchronicity abounds and you awaken to your divine nature. Together, you become like human keys able to access the *New Earth* reality that brings us – all of us – into powerful harmonic resonance, thus leading us to reach our full potential as multidimensional humans.

* * *

Romance is beautiful, fun, and enlivening, but it is a fleeting feeling that we cannot hold onto, grasp, or control. The moment we do, we find that it escapes us.

Many of us get caught riding a romantic wave, we get addicted to the thrill of the chase and the capture. We leap like frogs from lily pad to lily pad, hoping we won't ever have to swim or dive. While lily pads are wonderful platforms from which beautiful flowers emerge, like synchronicity, they are just the images and symbols to illumine one's path. And as with lily pads, when you stay on top of the surface you miss the depths. It is important to honor the deep roots that grew in the dark, swampy waters, which nourish the beautiful lotus flower.

There is a multi-dimensional nature to relationships that you will miss if you stick to the surface level and cling solely to romance and get stuck in a push pull dynamic. Step out of the matrix and the old program of romance and dig deeper by reaching for something higher – stay vertical.

Remember the Greek caduceus symbol, which is often used in the medical industry, as a metaphor for your romantic partnership. The legend of this symbol is that Hermes used his staff to separate two fighting snakes; they intertwined around his staff and remained in balanced harmony (depicted by the wings at the top).

I see this symbol as a mirror for our relationships. The snakes' movement from the lower, denser chakras up and into the higher chakras, represents the move from our own base physical desires to the connected wings of Spirit.

In this new light, you shine in your full potential and are embraced by *All-That-Is*. Unconditional love, when experienced, is the feeling of finally arriving home to yourself. There is a large congregation waiting to receive you, nourish you, love you, and celebrate you. The Monad sees your beauty, your genius, and your unique light. Unconditional love is the feeling we spend all our lives longing for.

Feeling Your Ideals

How much love can you handle? Are you really ready for your prayers to be answered? I ask you this because I wasn't ready. I didn't know how to open up to this type of pure love, and I see this with many of my students as well. For many years, I was praying for something I was not able to receive. I prayed for peace in my family, without even knowing what that might feel like. I prayed for unconditional

love from my partner without having a clue of what that actually felt like. I prayed for honesty and authenticity without experiencing it within myself first.

Here's the thing – the Universe can't give you something you don't make space for. Whatever your deep longing is, make sure you know how to receive it!

* * *

In the following exercise, I'll share a simple tool for getting unstuck, magnetizing your attraction channels, and staying in the flow toward your divine destiny.

This exercise will make space in your life for miracles to appear. It helped me transform my life in countless ways. I have been using this practice for over 20 years in every area of my life, and it truly works.

Are you ready? This doesn't take long, but it takes focus and purity of heart. Allow yourself time for the entire process and track it for a few weeks, or a few months and you will begin to see miraculous results. I call this exercise *Positive Vibrational Repatterning* because you need to fully vibrate the positive vibes you want to call towards you in order to repattern yourself for it and manifest it in your reality. In time you will learn to trust this process to open to it fully, becoming a master manifestor. Are you ready? Here we go...

Positive Vibrational Repatterning

Take out your journal and write your answers to the following questions:

1. What is it that you truly want to experience in your life? What do you long for from the bottom of your heart?
2. Close your eyes and imagine that you are experiencing it right now. What does it feel like in your body to have that desire as a reality? Feel into the sensation of having it be true in this moment.
3. Write down at least six feelings of how it felt to experience that desire being met.

4. What would need to change in your life to experience that reality? What would need to be different?
5. Who would you have to be in order to experience that reality?
6. What steps are you willing to take toward making this reality possible?
7. What do you need to sacrifice or give up in order to have this reality?

In order to loosen the grip of our negative thoughts, we need to balance them out with positive *feelings* to align ourselves to have more positive experiences. You can download my Positive Vibrational Repatterning worksheet on my website to guide you even deeper into this exercise: KnowTheSelf.com/workbook.

Understand Right Use of Will

When your star seed takes root, new energy circuits will awaken in your light body and your intuition and other ways of seeing will start to develop. You will quickly find yourself harnessing new power, the power of your soul's knowing. It is important to make sure you are using your newfound power responsibly. At first you may make a lot of mistakes, though hopefully not too many, and there are a few protocols to keep in mind when exercising your newfound abilities.

To start with, make sure you always examine your motives to ensure that your intention for using your innate gifts is directed from a clear heart. If there is anything that you are trying to gain personally, you simply need to acknowledge it and release any attachment to it. Offer your gift as a vehicle of service and make sure you are in service to the higher order of a *win-win*, not your own selfish desires, and you will transcend your lower programs. The misuse of your energy will ricochet back to harm you, so it is imperative to keep your heart and motives clear.

There are ways of acting out that can create tears in this beautiful golden latticework that the spiritual warriors are working so hard to re-stitch. Participating

in gossip, having bad intentions, lustfulness, greed, and corruption all damage the tapestry. These behaviors literally destroy your golden latticework; if you do participate in these behaviors, your alignment distorts and twists upon itself. When this happens, as many of us learn the hard way, do your best to clear any false or selfish motives, practice radical honesty, come back into Vertical Alignment, and clear your space of the negative imprints.

You will make mistakes as you learn how to hold this new energy, we all do. Knowing how to get unstuck and learning from your mistakes is what's critical.

When you activate your heart frequency in proper alignment, you become a resonator and able to tune yourself like a frequency beacon radio channel and project a vibrational sound wave out from your morphogenetic field. By doing this you will be able to activate others and hold your position in the latticework, which is required for strong connections to enable your soul group to reunite.

To fully attune yourself to your innate gifts you will need to let go of the fears you were latching onto that you thought were keeping you safe. At first, this detachment from your fears will be very uncomfortable; it requires courage and a brave heart. However, eventually you will learn to become the center of your own universe and surmount your previous fears. When you learn to operate from the center of your being, you become free, you will be a joy to behold, and your presence will be a gift to everyone you come into contact with.

To keep your frequency in balance, practice these steps:

- **Choose Your Company Carefully.** Like a tuning fork when struck, being in close proximity to those who are tuned to their own center will take you to your center the fastest. The opposite is also true. So, socialize and meditate with people who are calm, poised, and centered, if that is the frequency you most desire. Remember, we become like those we spend the most time with.
- **Set an Intention.** Hold a clear intention and a deep desire to feel into the center of your being and align with the flow of synchronicity. Take mini

meditation breaks throughout the day. Even simple conscious-breathing exercises (counting to ten breaths or more) can work miracles!

- **Motive Check.** Identify what you are being driven by. Is it lust, greed, or power? If so, step back and readjust your intention. So often, people are driven by the unconscious programs of lust, greed, and power, but when we bring our honest attention to the things we want we can often expose these lower programs and let them go, before it's too late.

As we harmonize to the natural world we become more in tune with the Universal Laws that govern our life. The Law of Cause and Effect is always at play. In order to keep yourself in good karmic standing, it's important to attune to your center and practice the right use of your will power. Otherwise we are just causing more suffering for others and ourselves. Our intentions need to be checked on a regular basis in order to know our true nature. Thoughts (unconscious or not) create our reality. Keeping a sharp eye on your personal motivations will help you keep your scales in balance.

Guidelines for Harmonic Resonance

As you embark on your path of self-discovery your life will change rapidly. It can get confusing navigating a changing reality.

Here's a list of guidelines for how to conduct yourself that I request all of my students (and myself) to follow in order to hold harmony, within and without:

- Be here in the now, physically and emotionally, as you work with the material in this book and awaken to your innate genius. Have no regrets for yesterday. Life is in you today and you are making your tomorrows.
- Accept yourself exactly where you are and as you are.
- Be open to others being exactly where they are. Take responsibility only for yourself.

- As you alter your relationship with yourself, your external world will alter accordingly. Your way of speaking and dressing may change – allow that to happen and simply witness it.
- Be curious and compassionate with yourself in this deeply transformative process.
- When you start to take responsibility, and start to see yourself as the source of your experience, do so from a place of profound self-acceptance, curiosity, and a very impersonal position. Relate to your own experience from a perspective of being collectively part of the human experience, rather than shaming, blaming, or considering yourself wrong.
- Be open and ready to change, noticing the resistance that comes up that needs to be cleared away.
- Allow others to have their own processes and personal space.
- Make “I” statements when speaking about your experience. Own your feelings and take responsibility for them through your language.
- Do not speak negatively of yourself or others. Don’t discredit yourself or minimize your abilities.
- Don’t compromise your own reality.
- Be your own advisor, keep your own counsel, and make your own decisions.
- Be compassionate with others, but true to your own goals.
- If you fall out of your ethics, acknowledge it, make up for the damage done, communicate with anyone you need to make amends with, and move on.
- Activate your empathic listening from Source rather than ego or judgment (hear others as God hears them). As people connect with you, give them undivided love, light, and energy. Shower them with light and imagine them communicating clearly and effectively.
- Be aware of how you are showing up in your social life and of your need to share or your hesitation to share.
- If you’re sharing about what has happened in your life, share from your own experience. Share what happened to you, rather than gossiping or adding judgment.
- Speak directly to others when you have a concern. No gossiping.

- Respect confidentiality. What happens during deep intimacy stays close to your heart.

Do you want to practice these guidelines in a group harmonic field with me? If so, you can join one of my group offerings and receive training and support on activating your star seed, strengthening your integrity, and magnetizing your soul group. For more information, go to my website, KnowTheSelf.com.