

The Shift Has Hit the Fan!

*"It is no measure of health to be well adjusted to a profoundly sick society."
–Jiddu Krishnamurti*

Have you settled for less, compromised yourself, or perhaps plain given up on your dreams? Do you find yourself asking, is this all there is to life? Perhaps you feel a constant sense of uneasiness – or maybe you've lost your childhood wonder and your adventurous spirit altogether?

Over the past ten years, as a sustainable lifestyle designer and a spiritual guide, I have offered my gifts to people around the world who are in the midst of a spiritual crisis, who are awakening to paranormal phenomena, and who are managing the aftermath of the inter-dimensional shift that hit the fan. My work is to help

them stabilize their awakening and master their energy. My clients and students typically find me through highly synchronistic chains of events, just as they are ready to awaken to an entirely new paradigm; at other times, Spirit connects me with those who are in the midst of tumultuous changes and are needing to piece themselves, and their reality, back together.

The people I work with are often overwhelmed in their busy lives, at a crossroads facing a major decision, or simply feeling tired and beaten down by illness, traumas, setbacks, or recurring patterns. This overwhelm is a common theme that we all face at one time or another. Life can be confusing, with all the demands to keep paying the rent or mortgage and to keep food on the table. How did our lives become so consumed with mere survival that we have forsaken our own connection to our spiritual nature? What are we so busy with that we are missing the joy of life altogether?

Wherever you are right now in your life is perfect. It may not feel perfect, but it's exactly what it needs to be simply because it is. So often we have the "grass is greener" syndrome, thinking that happiness lies outside ourselves somewhere, out there where everyone else is.

It pains me to see people chronically tired, depressed, sad, stressed, and struggling. Why are we struggling so much? Why is it that some of the poorest people on the planet are happier than many of the wealthiest? I've noticed that people who live close to the Earth seem to trust life more and enjoy relaxing. They know how to be still and sit with nature, how to hang out with others and be silent. What I find in the urban environments around the world is that most people have actually lost their ability to truly relax and be at ease with themselves. There is a program running that they need to be busy and productive at all times. The idea of relaxation is often to sit in front of a T.V. or numb out with various substances, be it alcohol, drugs or sugar. It is like we have lost the ability to just simply be still and be at peace with ourselves, and the world around us.

Why are some of us more resilient than others? When life throws a hand grenade your way, do you get back up and dust yourself off in the aftermath of the destruction all around you? Or do you struggle for long periods in pain, depression, and exhaustion, thinking you will never recover?

In 2015, after I lost my house in a devastating fire, many people commented on my positive attitude and outlook on life. I was able to remain positive, despite the massive challenges, because I knew inside that I was being carried somewhere better even though it was impossible to see where that might be. The weeks leading up to the fire, during the fire, and for weeks after, were all jam-packed with synchronistic events. These synchronicities allowed me to let go and trust where the river of life was taking me. We are handed lessons in order to build our inner strength, and we are never handed anything we cannot surmount, or rise up and face.

Life is full of challenges. We can fall victim to our challenges, or we can rise up and meet them, and in so doing develop stamina, character, and deeper meaning. We can flow with life's current or we can resist it.

Each of us is on a divine assignment that is connected to our ideal, our heart's deepest longing. By following the path of synchronicity, we can align with our destiny and live a life full of meaning.

Synchronicity is that awareness of an unseen hand orchestrating your life, directing you towards signs, symbols, messages, and encounters that are like golden cosmic crumbs to keep you on your heart's path. Synchronicity gives us the feeling that there is a bigger tapestry that we are all a part of, and synchronistic moments allow us to see, if only briefly, those golden threads which stitch everything together.

Regardless of your beliefs, synchronistic events happen to everyone. They may appear in dramatic ways that usher in big changes; or they may appear as incredibly small, subtle, and yet significant signs to guide you onto the path. Those who believe in God will call synchronicity the work of God, or an angel's message, though there is no need for us to discuss religion here. As you experience synchronicity you will come to realize the very fabric of life and the spiritual science behind the tapestry. Anyone can tap into this incredible phenomenon and experience it operating in their life.

We find spiritual science in the basic truth of our indigenous peoples; their understanding of life is simple. When you know these three simple truths, synchronicity abounds:

1. All that is, is alive.
2. All that is alive has Spirit.
3. Everything is connected to everything else.

The goal of this book is to liberate you from your own self-destructive patterns, and to teach you how to flow with the river of life toward your divine destiny. Contained within these pages are practices for Self-actualization. The Self – with a capital 'S' – is that part of you that is your immortal presence, your true, authentic, and unchanging nature.

There are three levels on which we need to actualize our Self: the level of the personality (understanding why you act the way you do), the level of the soul

(awakening to your authentic unchanging nature), and the level of the spirit (awakening to your divine assignment).

There is a complex science behind the simple keys I offer in this book, but there is no reason to get caught up in trying to be an electrician, much less a physicist, when all you need to do is flip a switch on. These practices will teach you how to turn on your lights and allow your soul's magic to illuminate your life.

We are living at a time in history when Ascended Masters, yogis and modern day mystics walk amongst us. People all over the world are waking up to their human potential, and it is now within reach for society as a whole to awaken to an entirely new state of consciousness.

As we surf the edge between the old paradigm and the new, we will learn to restore harmony within ourselves. Whether you know it or not, your soul has come here at this particular time to both witness and participate in the events unfolding all around us. This is the time your soul has been preparing for and a time you have come to Earth to participate in.

By practicing the Seven Keys I have outlined in this book you will be able to anchor your soul's essence in your earthly body and remember your divine assignment as one of the New Earth architects. The New Earth is not a destination, or a place out in space. It is a state of consciousness and a palpable perception of a collective field that opens only to those who have awakened their multi-dimensional Self and is in service to the greater good. Together we will lay the foundation of the New Earth and participate in the magic as it unfolds. I am so happy you are here! We need you to remember!

To get the most out of this book, I suggest you give each key ample time to fully integrate into your energetic system. This may take a few days, a week, or longer! Go at the pace your soul is ready to master. Return to the practices outlined here again and again for extraordinary results.

Puzzle Piece

Cut out perfectly from the Divine Design;

Scattered across worlds and universes;

Drawn like a magnet into Rightful Position;

Flowing on an unseen thread...

Weaving, Dodging, Nudging the other pieces

Bumping, Scraping, Colliding...testing the space

Do I fit here?

Moving, Shifting, Transforming

Voilà I fit!

I AM here!

I AM home!

I AM ME, I AM WE

I AM that puzzle piece I AM

– *Annahkalayah*



Key #1

Tend Your Inner Garden

"Your heart is the light of this world.

Don't cover it with your mind."

– Mooji

Since you're reading this book, I imagine that you've had experiences with 'meaningful coincidences', or what Carl Jung referred to as 'synchronicity'. Maybe you've asked yourself, what is synchronicity about and why is it happening? You might have wondered; how do I follow these mysterious signs and symbols and where are they leading me? Or perhaps you're in awe of the magic of synchronistic events and just want more of it?

As I mentioned earlier, you are here on a divine assignment. While you may not know what your mission is, your Spirit does and it is actively working to guide you onto your unique path. Synchronicity – the occurrence of remarkable 'coincidences' that show up in your life – is your Spirit's way of ensuring that you get the message, though the signs and symbols are not always so easy or clear to interpret. As synchronicity becomes undeniably evident in your life, you may find yourself feeling confused, paranoid or as if you're just plain going crazy. Suddenly you are faced with information which challenges your ideas about reality, arising through strange events and chance encounters as if in a dream – all despite the fact that you are fully awake and moving about through your day!

Synchronicity has been my primary guiding compass since early childhood. I have rarely abided by a moral code based on so-called right and wrong, nor have I thought my way through life's decisions to find the 'correct solution'. Rather, I have followed synchronicity's unpredictable trail, and it has led me to successfully navigate an enormous number of challenges and golden opportunities. Time and again, synchronicity brought me into direct contact with people who shared critical gifts and messages at key points to shape my life and direct my destiny.

In following synchronicity's breadcrumbs, I have been led to personal mentors, mystics, yogis, shamans, and leading spiritual figures. I've been led to significant relationships and partnerships that from the conventional rational perspective, each encounter would appear as inexplicable as the next. By learning to read the signs and symbols, I have launched businesses in such diverse arenas as fashion, entertainment, technology, organic farming, sustainable community development, and now the healing arts.

Synchronicity is not at all rational. It has directed me to pick up my roots and move abroad for a year to England, and then the Holy Land for six months (I am not Jewish, it made no sense). Synchronistic events led me to work and reside for several years in Tokyo, Kyoto, and Mt. Fuji opening magical doorways at every turn. It then directed me for eight long and magical years to settle in and among the sacred sites of Southern India. It later directed me to return to my homeland and the ancient

Redwood forests of Northern California and most recently I was brought to live at the foot of Mount Shasta, one of the most intense energetic places on the planet. All of these journeys did not make sense at the time.

As I attune to synchronicity, the messages generally increase in frequency and at an accelerating rate. When I've chosen to ignore them, they inevitably become louder and more forceful. I can tell you from personal experience, the more you listen to your intuition, the more magical and generous your life will become. And – and here's the great news – the more you work to *attune* your intuition, in part by learning to interpret and follow synchronicity's quiet whispers (*before* they become grunts, screams, or yells), the more you will find clarity in your life's purpose and radiate deep serenity, joy, and compassion from within. In resisting your intuition, life may become exceedingly difficult and even painful, as Spirit finds another way to guide you to change.

It can be hard to process all the information that comes into your senses. In fact, if you were raised in Western culture, which promotes rationality above all other values (except perhaps irrational consumerism), you have likely muted or shut off your connection to nature altogether in order to fit into the culture, to get a job, and to hold everything together. This leaves people feeling disconnected from their inner nature and stretched between two opposing pulls.

In order to surmount the challenges that we face, humanity's deepest potential for love and connection must awaken (and quickly) in the consciousness of every person on the planet – before we self-destruct. This process of self-destruction is evident in the bombing and poisoning of our planet, but what is less evident is that these external manifestations are an inherent product of our deeper psyches. We prefer to rally against the pain around us rather than face our own inner demons. It's time we stop blaming others for the suffering, pain, and loss in our lives and instead learn to tend our inner gardens, and to manage the internal war zone that is happening within our minds, our bodies, and because of that internal struggle how it is effecting the environment around us. To experience beauty, peace, and love, we must start within.

Through our advancements in science, technology, and metaphysics, we are learning of the deep, essential interconnectedness of our hearts and minds. For so long we've been trained to put ourselves into little boxes in order to fulfill the requirements of our education, our religious affiliation, our family status, and our work in the world. But now our economy, based on a capitalist, consumer-oriented lifestyle, is shattering, and so many of us are finding ourselves disconnected and in pain from its destruction. If you are scrambling to keep it all together – or similarly, other aspects of your life are in disruption and turmoil – perhaps you'll discover that those little boxes didn't fit you in the first place and that the old pieces are not meant to come back together!

There is another way, beyond the boxes, and we need to awaken our deeper connection to Spirit in order to discover it. There is something new emerging.

Take a moment, look around. We are dealing with a society made sick by its own illnesses. Anxiety, fear, depression; obesity, grief, eating disorders; bipolar tendencies, mental instability, and loss of vitality and purpose have become the new normal. Taking pharmaceutical drugs for these mental and emotional maladies has become our culture's new baseline. We are tortured by our efforts to try and fit into

a society that does not acknowledge or respect our multi-dimensional natures and spiritual needs.

Beyond the capitalism, our corrupt politics, the corporatization of our society, and global fear tactics, there is a new era that is real and is waiting for you. When you learn to open yourself to the deep, multidimensional nature of reality, you will come to realize that you live in a magical world where joy, love, and peace are in abundance. My hope is that by reading this book and using the simple keys I offer, you will meet me in that magical world – and perhaps even join me on my journey to stitch together a new society based on love, joy, connection, compassion, and... synchronicity.

Each one of us has a glitch within our psyche that needs our attention, a faulty program that was put there, either from our family inheritance, our societal programming, or from those false beliefs we chose to believe. It is imperative that we tend our mental garden and take note of those toxic thoughts that contaminate our minds and emotions. Whatever you judge or have strong feelings about are big clues to the areas of your mind that you need to explore and tend to. Taking time to write down the incessant thoughts, judgments, and limiting beliefs you have about yourself or others will help you uproot them. These thoughts hide in the idle moments, like when you look in the mirror, or when you are waiting for someone, or before bed, or just after rising... what are you thought forms saying? Are they creating fertile soil or poisoning you?

Your thoughts are not true, they are not even yours, most likely they are ideas you picked up from others – they work much like a virus being passed around unnoticed. By becoming aware of your thoughts, you can begin to dispel the ones that cause you pain and discomfort, and choose other thoughts that are more positive and loving. Good thoughts will give you energy, rather than take energy.

Activate Your Star Seed

There is a star seed within you, planted by a divine hand; a potential for wondrous love that our minds can hardly fathom. This star seed has encoded within it the memory of your immortal nature, and contains within it the blueprint to your divine destiny.

Before arriving here on this planet, you lived amongst the stars and understood your true nature. Then you descended here, by choice, to be animated in human form at this particular moment in time. There are no accidents. The day, time, place of your birth, and the family to which you were born were all selected to make up a set of challenges and teachings that you must acquire in order to live out your destiny.

Your star seed blueprint lives deep within you. When that seed is watered, nurtured, and cared for, you grow in its image. Your thoughts about your life are the soil in which it grows; your emotions, desires, relationships, and actions all give nutrients to your seed, or add toxins to the environment. As with any seed, just looking at it won't tell you how big and strong the plant will become – how you tend your inner garden (your unconscious and conscious thoughts) is what makes your star seed grow strong and hearty, or wither and die.

The key to unlocking your star seed's potential lies within your heart's deepest desires.

As with all seeds, your star seed needs to break open in order to sprout and take root; this is the hard part, the breaking apart of the old structure. But once the seed opens, it is no longer contained and can quickly begin to grow. While for some this is joyous, for many, this is a painful and yet miraculous experience. By following synchronicity and lovingly tending your inner garden now, when your potential is being tickled, you will be ready.

Your star seed does not contain the programming of your parents' wishes and dreams for you. It is not anything that your culture, society, or heritage has told you to become. Your star seed has a mysterious and magical unfolding that, if cared for in the right way, will grow into a beautiful, resilient, and powerful expression unique to you, and you alone.

Your divine destiny will lead you to liberation and the deepest love imaginable. As your star seed grows and deepens its roots you will eventually come to recognize you are blooming among the fields of the New Earth; the inter-dimensional place where all those who have awakened to their deepest nature meet. The practices in this book will help you to grow and bloom, in the here and now, exactly where your star seed is planted.

Flow in the River of Life

While our star seed must establish deep roots to grow into its fullest potential, our lives are meanwhile guided forward as if on a river, moving us from person to person and event to event. What is the nature and flow of this river, and why does it guide us as such?

When I am in the river of life, following the path of synchronicity, I feel carried, supported, and guided by an unseen hand. When synchronicity is absent, I am painfully aware that I have lost the way.

When you learn to flow with the natural rhythm of life, you will find yourself carried by an unseen river toward a most beautiful destination. And as you learn to navigate even the fastest of white water rapids, in so doing, you will be able to recognize yourself as the true creator of your reality, and you will no longer be enslaved behind painful illusions. Are you ready to join me on this magical journey?

In the pages that follow, I will share with you how to attune more deeply to this river, how to awaken your star seed and align with your divine destiny.

Understand the Golden Thread That Connects Us

As we allow synchronicity to guide our lives, it weaves a golden thread that reconnects us to our humanity and awakens our dormant human potential. As you flow gracefully with the river, you awaken to the invisible threads of this golden latticework and anchor into the higher frequencies on the planet.

There is a frequency of divine grace and unconditional love, one that opens you to living into your ideals. By attuning to this frequency, you are re-weaving this golden matrix of light and helping your star seed begin to take root. As you awaken this dormant potential, a new formation of light extends into the invisible space between you and others. This formation is the blossoming of our collective consciousness and it ripples out across the planet in ways our minds have yet to comprehend.

When you are in sync and flowing with synchronicity, feelings of trust, faith, surrender, the most incredible love, and creativity abound. You are taking the path of least resistance, moving with the flow and the river that carries you.

By following the Seven Keys in this book, you will be able to activate your potential to experience synchronicity in your life. There is a higher order to the way things work, one which is evident in the harmony of the natural world. Similarly, when you tune in to the rhythms, cycles, and seasons of your own life, a higher order of consciousness begins to awaken. You discover a knowing that arises from deep within yourself, and you become able to navigate your life with absolute clarity and focus, as well you will learn to surrender and release the hold to control your life. In awakening to this deep knowing, you discover the true purpose for your life, beyond anything you studied in school or were ever told by outside sources.

As you will soon see, the Seven Keys are easy and don't require a ton of effort – though I do suggest daily practice. What is required most of all, is a sincere heart and a dedication to seeking truth.

Are you ready to begin?

Follow the Path of Least Resistance

Synchronicity flows like a wave of energy and, as such, there is rhythm to it, a push and a pull, negative and positive. Just like you can be carried by the ocean tides moving in and out, you can ride the wave of synchronicity to flow toward your destiny.

Sometimes life will whisper softly and gracefully to move you in a different direction; at other times, it will hit you with a hardy slap in the face! I call these “course corrections” or, in the worst of circumstances, total “wipeouts”. These can be a short and quick slap that just stings your cheeks a little, or a full-blown knock-out that leaves you down for the count! But remember, in either case these happen to get you back on the wave and in flow. On such occasions, it is good to take time to check in with yourself and to release your resistance and your need to be in control, or else you may soon repeat the experience. Like it or not, your life will course-correct to get you back on your divine path.

When you are in deep resistance – ignoring the pain that's present in your life or pushing yourself too hard – you will face an inevitable course correction. Why do we spend so much of your energy resisting your destiny? We get conditioned to ways of being that we have now outgrown, or that are no longer good for us. Perhaps we are just doing what other people are doing, or what is considered normal. Most often it is our hidden pain that keeps us trapped in old patterns. Eventually we find that, deep down, this patterning is not in line with our truest nature.

In July of 2015, the house I was living in with five others suddenly burnt down to the ground. Overnight I lost my home, my personal belongings, and my home office – perhaps worst of all, I lost my computer with all my years of writing and business plans, including my backups. In the morning, standing beside the smoldering ruins, all I had was the pajamas on my back, and the shoes and jacket I hastily grabbed on my way out the door. Thank god no one was hurt in the fire. The six of us all got out just in time. There was no known cause for the fire and, unfortunately, I had let my renter's insurance lapse. But that's not the whole story.

With every darkness that has fallen upon my life, there has come a light. There is always a balance between the negative and the positive, the push and the pull – it is just the natural order of things – so I had faith things were going to be okay. Indeed, while I lost everything, the fire was nothing less than my wishes and dreams coming true!

Let me explain.

A mere two days before the fire, I hosted a closing ritual in my home with the recent students of a six-week Mystery School course, in which I was teaching many of the principles outlined in this book. This was our last gathering, so we finished the session with a prayer and a ceremonial release ritual. When it came time for me to say my prayer, I chose to let go of “stress and overwork” and I called in “sustainable new structures for growth.”

The day after the workshop ended, I felt depleted. I needed a vacation like nobody’s business. It had been exactly a year to the month that I had been living in this community house in Oakland, California. During that time, I had never taken more than a few days off to relax. However, just one year prior I had been living in South India and happily referred to myself as a “Lady of Leisure.” I did whatever aligned with my flow; but now suddenly back in the Bay Area, in one of the most expensive cities in the world, I was eager to build my foundation and had fallen back into my old, ambitious ways of pushing myself. In the process, my ambition was overriding my innate wisdom, and no matter how hard I worked, I couldn’t get above the hustle or back to my natural flow.

The day after I completed that ceremony with my students, I drove to my mom’s house. She lives on the coast in a small beach town. Exhausted from this cycle I was in, I spent the entire one-hour drive crying. Before arriving at my mom’s, I sat on the beach for a few hours to release my emotions and pray for guidance. This madness I had brought upon myself needed to stop!

By the time I got to my mom’s house, I was even more exhausted, depleted, and desperate for change. My brother generously took my mom and I out for a nice dinner. It was lovely to be with them. I became acutely aware of how disconnected I had become to my natural state by being in this insane hustle to make my life happen and to fit into my city surroundings. Pouring out my heart to my family over dinner, I shared with them how I couldn’t live any longer with the lifestyle I had gotten myself into. I felt like I was killing myself trying to keep up with my monthly rent, and for what? To live in the city? I sensed that something had to change soon, but I had no idea how to change it. I wasn’t ready to move back to India and I had no idea where else to go.

After spending the night at my mom’s, I felt a bit rejuvenated. Arriving back home late Monday afternoon, I started getting ready for another week of Oakland living. My new housemate Rafael and I had a short chat that afternoon, in passing. We both remarked how our lives had been guided by an unseen hand that had given us so many challenges to overcome, in order to build resilience. As we shared our war stories of course corrections we had a good laugh and felt relief to find someone else understood. I shared how I had lost my father and spiritual teacher in July of 2003, and how in July of 2009 I had been robbed of all my life’s savings. July had somehow become a monumental month for me. She also shared with me her big life

transitions and synchronistic patterns. It was a deep conversation that had us both in a place of awe and surrender to our life, despite our big challenges.

Trying to go to sleep that night, I was relentlessly uncomfortable. I actually loved my house aesthetically and logistically, but for some reason I became fixated on all the things I didn't like that about it: my room wasn't dark enough and my nervous system couldn't relax. I needed more personal space. I wanted more trees and a vegetable garden. I felt anxious and scared that my life force was shriveling up inside. With rents on the rise, I didn't feel like I could move, and I didn't know how to make a real change given my financial circumstance. I thought I needed to stick it out another year to get things on track. "Push through it." I thought to myself. That's what people do in the city.

"Perhaps things would be better if I changed the furniture in my room? Maybe that would give me a fresh perspective?" I was trying to be resourceful and creative. Sitting on my bed, tossing and turning in discomfort I pulled out my phone and started to surf Craigslist for new furniture. Just as I was sending an email request to make a bid for a beautiful new bed, I heard an explosion outside. I instantly jumped to my feet and instinctually threw my phone on my bed. It was not abnormal to hear gunshots or fireworks in our neighborhood, the rational part of me wanted to ignore it and go back to bed, but I couldn't. I needed to see if everyone was okay. I called out to Rafael thinking maybe her new bookshelf had fallen over. She came out of her room rubbing her eyes, not sure what was happening. I looked out the top floor window and that's when I saw that a fire was bursting out of the windows on the first floor. Everyone else was still asleep!

I ran around the house screaming, "The house is on fire, get out now!" One by one they came out of their rooms groggy-eyed and barely able to respond. I was running up and down the stairs trying to figure out who had misplaced the fire extinguisher, but the fire was too big, the flames had already engulfed the full first floor. Luckily, we all got out just in time; within ten minutes the flames were through the roof and the building had been fully engulfed.

Rafael and I stared at each other outside as we watched the house burn. "Really? We just talked about this earlier today!" We looked at each other in total amazement and wondered, once again, at the significance of these types of major "course corrections". Rafael had lived in the house for just two days, and even more incredibly, just two years prior to that she had lost everything in a house fire! At least this time, she had insurance.

It all seemed entirely familiar, and yet all too tragic. The moment of grace was yet to come...

As I looked down at the t-shirt I was wearing, I was instantly full of wonder, amazement, and bliss – and began laughing. At that moment, everything started to make sense, and I knew I was being set free. A euphoric feeling of ecstasy overcame me, it seemed so strange for what was happening and reminded me of the feeling I had when I watched my dad leave his body.

Just before going to bed, I felt an urge to wear a new t-shirt I had bought just a few weeks before at the World One, Fourth of July festival. As the former head of a futuristic fashion magazine and fashion photographer, I am not a person who ordinarily wears t-shirts, nor am I someone who is ever inspired to buy clothes at

festivals. In fact, I rarely shop for anything, so the purchase itself was bizarre and unusual.

But the painting on this t-shirt had spoken to me from across the crowded outdoor music event, and I made a beeline toward it. It was the creation of a local artist and consisted of so many block prints layered one upon another that I wasn't sure what I was looking at. I instantly picked it up and bought it. My soul sister, Amanda who was with me, and who knows my style really well, asked, "Really? Are you seriously going to wear that?" I had no idea why I liked the image on that shirt so much, but I could not stop staring at it – it was a red house with wings.

The day before at my mom's house I had taken that shirt along. I had never worn the shirt, let alone tried it on, but for some bizarre reason I hand-washed it, and then ironed it! Who irons t-shirts? It was a first for me. There was really no rhyme or reason to what I was doing; it felt as impulsive and automatic as if someone else were doing all of this through me.

Back home the next day, on the night of the fire, I took out that freshly washed and ironed t-shirt and tried it on for the first time, just before going to bed. I looked in the mirror, and I just laughed, I felt ridiculous. Why had I bought this t-shirt? It was not comfortable at all (especially to sleep in), and I just knew I would never wear it outside.

A few short hours later, there I was standing outside in that crazy t-shirt and watching my house burn, and realizing that this was now the only shirt I owned! I started laughing out loud at the embarrassment and thought of this being my only item of clothing left. This cosmic joke made me look down at the shirt, trying to come to terms with this being the only item I salvaged. That's when I realized that the house painted on it looked eerily like an illustration of my own house that was burning before my eyes! The red paint looked like it was on fire, and the wings were carrying the house away. (I've included a photo of the shirt here so you can see what I am describing). Behind the house is a green, block print images of the Mother Mary on a throne with the baby Jesus on her lap, both of their crowns illuminated in light. On the back of the shirt there are a lot of blue dogs and, on top of that, a skeleton dog who's reading a book with the moon above his head. The words "Dog-Eared Book" are printed under each dog. Each of the illustrations, symbols, and colors on this shirt has instant meaning to my soul. They began speaking to me at a level that my mind can't totally comprehend. At that moment, I knew this entire drama was all a part of some great design. I felt freed. I cried with joy and knew I was being completely guided and held through this extreme experience.

Before the fire, I was unwilling to make changes and felt unable to slow down, even though I knew I needed to. The house fire was a massive course correction and an act of divine grace. That shirt I purchased on a whim finally made sense. It was time to let go and, once again, allow Spirit to guide me. A serious course correction had been made and I was listening.

A few months after the fire, I moved to a cabin in a pristine setting amongst ancient Redwoods, an hour away from the nearest grocery store or gas station. It was a paradise for me and provided deep healing. In the next section, Key #2, I'll share how the magic of synchronicity guided me there.

