



Key #3

Slow Down to Speed Up

"We are not at peace with others because we are not at peace with ourselves, and we are not at peace with ourselves because we are not at peace with God."

– Thomas Merton

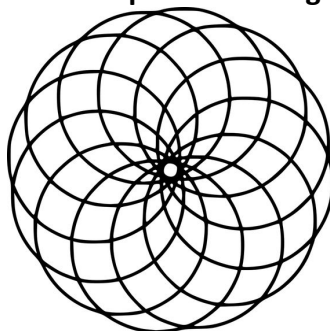
It's so common to go outside of ourselves to look for answers. We often talk with our friends and family about our problems. We even share our problems online, asking our "friends" on Facebook for ideas about how to proceed with the challenges and issues we face. We constantly seek outside ourselves to find our way. This is normal, it's how we interact and share our lives with others. But there comes a time in life when going outside doesn't work anymore. You will know when this happens because the advice people give you won't add up to your own internal knowing of what's right and wrong for you. At these times, it's imperative that you listen to your own inner guidance. This is when it's time to seriously slow down and listen in.

There is a simple practice of tuning within that I want to share with you. There are three points of focus that will enable you to hear your inner voice. When you stop and listen to your inner wisdom you can move forward much more swiftly, with grace and ease rather than crawling or clawing your way forward. Often, if you stop and slow down, you'll find a quantum leap ahead of you that will catapult you effortlessly in a bright new direction.

The meditation practice I am about to share with you allows you to know yourself as a "vertical axis being" who's having a horizontal experience. I'll unpack that statement so you really understand what I mean and why it's important that we remember our vertical axis nature. Before you roll your eyes and check out, I want you to wait a moment. Stay with me here, because this is a key to unlocking the inner doorway to your true nature and opening yourself to synchronicity.

First, I'll explain your basic human energetic anatomy. You have a field of energy around your body that is constantly interacting with your environment and everyone you come into contact with. This energetic field exists, even if you can't see it or feel it. It has been measured by electromagnetic devices and is called a torus field pattern; it is shaped like an orb of energy around you with openings at the top and bottom that pull in energy from above and below. Your body stands in the central channel.

This is a torus field pattern from the top view looking down:



This toric field vortex is the energetic pattern of your field. Imagine this image shown above as a beautiful latticework of light particles above your head spinning like a portal. Allow it to drop over your head like a hat, placing your head at that central point. Allow this beautiful, spinning shape to move down and around you so you are standing in the center of an orb of light with this pattern spinning all around you. Your head will be popping out of the central column, and your feet popping out at the bottom of this cylinder-shaped field.

This field of energy around your body is called your “morphogenetic field.” Physicists around the world are finally discovering the mysterious nature of this field, which yogis, mystics, Egyptians, Incans, Mayans, and indigenous people around the world have known about for thousands of years. If you want a scientific understanding of the morphogenetic field, I recommend reading Lynne McTaggart’s book *The Field* or checking out Rupert Sheldrake’s work on morphic resonance.

The morphogenetic field around your body sends and receives energy. It is made of light particles and information highways. In Sanskrit texts, these energy channels are referred to as “nadis,” and these channels flow light through to your major energy centers along your spine. There are 350,000 nadis charted in the ancient yogic text, Shiva Samhita.

You can feel into your own morphogenetic field through your intuitive senses. Simply by using your intention and focus, you can begin to tune your field to a higher frequency in order to sync up with the river of life and your divine destiny. When you are running negative patterns, your field gets distorted. It is important to keep your nadis clear and your field full of light, with all the channels on. All living creatures have this field of light around their bodies.

In order to flow in the river of life towards your divine destiny, you need to align with nature – your inner nature – and mimic the natural world, which is already in perfect harmony. Look to the mountains, forests, and valleys, spend time near bodies of water. Get close to animals. Using their example, take responsibility for your life and what you create around yourself. This means going beyond blaming people or circumstances for your situation and taking responsibility for your part of the drama. This can be a really hard thing to do. No more pity parties!

Most of us go through life emoting and expressing ourselves, often without a clue as to how we affect other people or how our energy is affecting those around us – even when we are not talking. You know that feeling you get when you find yourself drained by certain people and you don’t know why? You might find yourself avoiding them, or needing to take a nap after speaking to them. Or you might not

even realize that you tend to drain other people and you don't know why they are avoiding you. You know what I am talking about? This happens to all of us.

In order to experience true liberation and inner peace, we need to learn how to source our energy from the vertical plane, rather than the horizontal. The horizontal plane is where the push/pull dynamic lives. This is the dynamic that you get into with people when you try to source your pleasure from them, or blame others for your pain. This is also the plane of resistance and struggle. This is a very tricky dynamic to unwind, as we are all habituated to this horizontal plane of existence. You may have become so conditioned to blaming others for your sad stories and expecting others to make you happy. You may blame your environment and often find yourself stressed and struggling through life.

There is a wonderful way of stopping this interplay between the push/pull dynamic that you get trapped in, that we all get trapped in. What you need to do is remember you are a vertical axis being having a horizontal experience and tune to the vertical plane.

When you understand that you are a spiritual being connected through space and time to all that is, you can see this physical dimension is just a horizontal drama. In the physical, horizontal plane you participate in pleasure and pain, right and wrong, good and bad. You are fixated on the past and the future. But when you let go of the black and white and shift to the vertical you experience freedom. You experience present time.

When you operate from your vertical axis, you don't need possessions to make you happy; you no longer need people to make you happy. You can actually tune yourself to liberation, salvation, understanding, pure love, forgiveness, and bliss. You open up to your true self and find that it is clear, honest, and ever-present in your life. All you need to do is to tap into your vertical nature and tune yourself to this higher state of being. When you do this, flow happens naturally. There is nothing to force and your life comes into alignment.

You actually need to slow down to speed up – sitting still is not something you cognize, it is something you actualize. It happens in your body. You can't simply think about it. This practice of slowing down to speed up is non-negotiable. You have to do it to understand it. Stilling the mind, slowing the breath, and stopping all activity is imperative to catching the river of life. The practice I am about to share with you will teach you how.

Ground Out

Before you start a meditation practice or whenever you are feeling spaced out, it is time to "ground out." "Grounding" is a word I heard a lot in New Age lingo scenes. When I first heard someone tell me, "You need to ground out," I thought that meant go outside and put my bare feet in the dirt. That morphed into imagining an umbilical cord dropping out of the base of my spine and growing roots into the earth.

While both of those versions of grounding can be helpful, what I learned from a wise Native American elder has proven much more effective for the type of explosive energy that I carry. If you are dealing with a kundalini awakening, severe anxiety, or have experienced heightened states of trauma in your body, this is the

type of grounding to practice, because it will keep you safe and present in your body, rather than dissociating or astral traveling.

Since your body is primarily made up of water, you are an electrical conductor of energy. When dealing with high vibrational frequencies and unlocking your star seed gifts, it is imperative that you make sure your body is grounded to the Earth and you are 'embodied'. By living in modern cities and high-tech homes we are bombarded by electromagnetic fields and our bodies often lose connection with the Earth. We no longer sleep on bare earth, we cover our feet, we pave our roads and pathways, and some of us live in high-rises. All of these conditions detach us from the Earth and we need to consciously stay connected in order to heal ourselves and hold our awakened senses comfortably in our bodies.

Grounding only takes a few minutes to practice, and it only takes practicing this successfully for a period of time to master. After repetitive conditioning, your grounding will become a constant and sustainable force and will aid your life greatly.

Please ensure you are doing this grounding exercise before and after you meditate and throughout the day – whenever you feel your energy or anxiety rise. This is the first step in creating your Vertical Alignment.

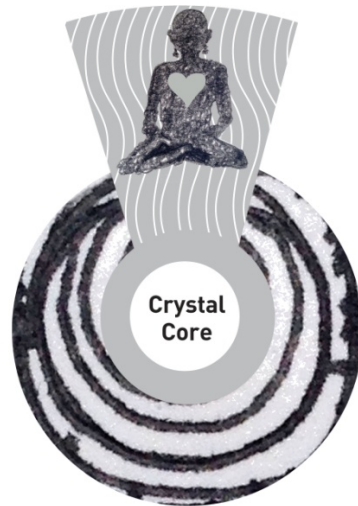
Before attempting it, take a look at the diagram to get a better understanding of what grounding might look like in your imagination. You can download this diagram along with the entire Companion Workbook online: KnowTheSelf.com/workbook.

Grounding

In order to consciously awaken the authentic Self we need to be present in our bodies. Too often, we leave our body by disassociating, afraid of intense feelings. To restore our personal power, and understand our life purpose, we need to become comfortable with bodily sensations and treat the physical vehicle as a temple of divine consciousness.

The first step is learning how to Ground...

1. Imagine the **crystal core** at the center of the Earth. This is the heart of the Earth/Mother.
2. Imagine a **beam of energy connecting** you to the crystal core. Use any imagery that helps you connect - like a tree trunk or a beam of light. Make sure this connection to the Earth stays wider than your body.
3. Allow the energy of the **Earth to move up through your feet** and into your entire body, all the way above your head. You may notice different colors or sensations in your body as you make this connection stronger. By connecting to the center of the Earth you can de-stress and ground-out any excess energy.
4. Allow the energy of the Earth to **pool and collect in your heart** to awaken your true nature.



Benefits

- ∞ Restore your internal balance.
- ∞ Hold firm & steady in your body.
- ∞ Release excess energy.
- ∞ Become present in the here and now.
- ∞ Understand your feelings.

The Earth is our Mother, unconditionally loving, holding us tightly through her magnetic gravitational field. She gives us nourishment, support, and composts all our pain into fertile soil. Respect her. Protect her. She is our home.

Establish Vertical Alignment

Make sure you are in a safe, quiet, and private place to do this exercise of establishing Vertical Alignment. Ideally, create a recharge station in your home where you can commit to doing this simple exercise on a daily basis. Having a small altar in the place where you recharge will help designate it as a sacred place, and the more you sit there the more the energy will build up.

This recharge station could be in the corner of a room or even in a closet – anywhere you feel safe and will not be disturbed. For some people, the only place they feel they have privacy is their car. If that is your case, do the best you can with what you have and do this exercise in your parked car. Or you can go outside (weather permitting) and find a place in your garden or in a nearby park and try it there.

Having a personal recharge station and altar is not necessary, but it can make your practice stronger and it allows you to go deeper faster. But you can do this practice on a crowded subway and still be successful in connecting to the flow.

Personally, I like to light a candle and a stick of incense and have sacred symbols of meaning in front of me, to help me deepen my experience and to keep me in a state of spiritual awareness.

Have your journal next to you so that after your experience you can jot down any insights you gained.

To be guided through this exercise, you can download my Eleven-Minute Vertical Alignment Meditation along with the workbook: KnowTheSelf.com/workbook.

How to establish Vertical Alignment:

1. Find a quiet and safe space, close your eyes, and begin by taking three to ten deep, clearing breaths to quiet your mind and relax your body. Take as many conscious, deep breaths as it takes to get quiet inside.
2. With your mind's eye, draw a perfect circle around your body at least three feet out and all around you. Ask that any energy that is not yours, (that you picked up from the outside or grabbed from someone else), be removed from this circle. This is your personal space. Stay here until you feel clear. Transform your circle into a three-dimensional orb around your body.
3. Imagine the iron crystal core of the Earth. This core is within the molten lava, in the heart of the Earth; this is the intelligence of the Earth.
4. Imagine a beam of energy connecting the heart of the Earth, the crystal core, to your heart. Make sure this beam of energy (also known as a cord) is wider than your body and fills your personal space. Allow the energy of the Earth to move up through your feet and into your entire body, all the way above your head, grounding your entire orb. Allow the Earth energy to pool and collect in your heart. Take as many breaths as needed to feel the impact this connection to the Earth creates in your body. You might notice your body feeling heavier, more relaxed. Your breath will deepen and your mind will soften. Pause until you feel sure of the connection.
5. Imagine the Central Sun, which is in the center of our Universe, beyond our solar sun. It holds our Universe in order. Pouring out from the Central Sun imagine a beam of energy gently reaching down to you, like liquid light into the top of your head and filling your body, mixing and merging with the energy of the Earth—pooling together in your heart. Hold this awareness as long as possible. Allow this energy to circulate through your body, cleansing and clearing all your electrical channels. Allow this energy to illuminate your body, tissues, muscles, and blood. It will feel soothing and will increase your capacity for healing any ailments.
6. Stay as long as you can in this Vertical Alignment, with your awareness held at your heart center. Pay attention to any feelings that arise. Allow your mind to wander – as long as you stay connected to your breath. If

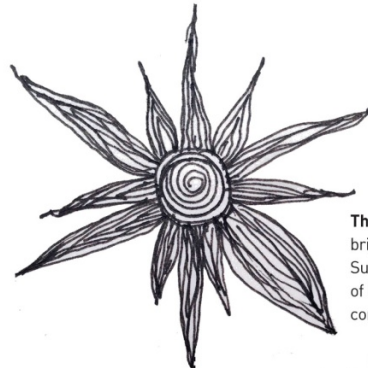
you wander too far out of your body, use your breath as your guide to come back to the feeling of being centered in your heart. Feel into your being-ness, that sense of being you, exactly as you are, a soul having a human experience.

Whenever you practice Vertical Alignment, give yourself plenty of time to listen deeply. Once you have established the connection with the Earth's heart and the Central Sun you become an open channel to your true dimensional essence. Wonderful things happen in the silence once the alignment is activated.

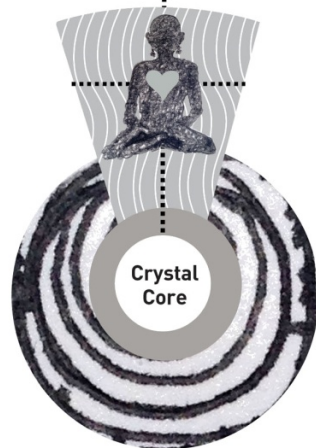
Journal about your experiences. Your heart center is the place of communion between the spiritual and physical worlds. It is a portal and a gateway to a beautiful multi-verse. The longer you can keep your awareness focused in your heart, the faster you will align to your divine destiny. You can refer to the diagram below or online here for more about this exercise, Slowing Down to Speed Up: KnowTheSelf.com/workbook.

Vertical Alignment

Connect to your Authentic Self in Present time.



The Central Sun : Beyond our Sun, there is one brighter, housed in the Pleiadian star system. This Sun is the center of our Universe and is the source of life. We restore our internal balance by connecting to it consciously.



The Horizontal Plane is our 3D reality - the Realm of Polarity: Pleasure & Pain, Right & Wrong.

The goal is to align these energies from the Central Sun and the Centre of the Earth (above and below) in your heart.

* See grounding diagram to connect properly with the Earth.

The Central Sun is in the center of our Universe and is the place from which our entire Universe is orchestrated. It allows us to source cosmic energy directly into our bodies in the same way a plant photosynthesizes the sun for its nourishment. To handle this energy directly from the Central Sun, make sure your channel to the Earth is fully grounded (see the Grounding exercise).

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When you get caught up in the horizontal landscape of drama (fear, pain, and suffering), you begin to swing like a pendulum between attraction and aversion. You swing in this horizontal plane like the tick-tock of a clock. Time becomes important. Attachments to things and people breed greed, which breeds a type of insanity. These false cravings can never be quenched when you are in the “swing” of things. As this horizontal pendulum swings harder and faster, it swings further from its central point.

Staying vertically aligned has major advantages. You will find answers, and a sweet simplicity. You can stay simply poised in the present silence and open to the range of vibrations that exist simultaneously. You will still sway from side to side as you are still living in the horizontal plane, but it will no longer be a huge swing back and forth. It will become more like a circular momentum very close to the balance point, spiraling in on itself.

While experiencing your physical environment, you will still have preferences, but you can retain the central point of balance – that is the goal of the Vertical Alignment exercise. From the center, all knowledge is obtained, all cravings are quenched, all love is unconditional and pervasive.

As you continue to do this practice on a regular basis, incredible gateways will open up. The longer you can sit in the center of your being, the more connected to the wave of synchronicity you will become. Even as the pendulum of life swings back and forth (in the horizontal plane), you can always find center by doing this simple practice of alignment.

This practice is non-negotiable. It takes precedence over everything else. It can happen with a simple thought, an intention, and a few breaths. The more you practice this Vertical Alignment, the stronger the frequency of your heart becomes.

Practicing in groups has enormous effects. It clears us of our lower natures and magnetizes us to our higher ones. It brings us back into wholeness and a true and complete healing of our bodies, minds, and souls.

As different aspects of your personality and conditioning fall off and away, things can become confusing. It can feel painful, like a part of you is dying. These moments, more than any others, are when you will need to fasten yourself to your ideal, to your heart, to your truest desires, and hold steady.

I recommend that you do this Vertical Alignment practice for 21 days in a row, without fail and without a break in the days, to experience miracles unfolding in your life.

For guided support with this exercise you can watch my video online [KnowTheSelf.com/video](https://www.knowtheself.com/video). Practice Vertical Alignment daily for extraordinary results.

Reclaim Your Imaginal Realm

In order to establish Vertical Alignment, you will need to activate your imagination. At some point when you were little, someone probably said to you, “Ah, that’s just your wild imagination.” From that moment on, you (like many people when they hear this) probably began to think of your imagination as a type of hallucination, a false reality.

Unfortunately, comments like that are why magic and synchronicity left your life, and why you stopped trusting your inner vision.

What you will find in using the keys I offer in this book is that the Imaginal Realm is your most important asset. Your imagination is a treasured resource, a muscle to exercise, and a tool for personal growth. However you want to refer to it, the imagination is the screen on which all unseen realities are projected.

As you learn to open your imagination and sync up with the river of life, you will understand the vital importance your imagination plays. Honoring your

imagination and allowing it to build up muscle, to be free and wild is essential for living in the flow.

See if you can catch yourself if you begin to diminish, shame, or blame your imagination. Notice if you say things like, “It was just my imagination” when you are trying to describe complicated feelings or things you see while in Vertical Alignment. Take a moment to see – have you been diminishing, shaming, doubting, or blaming your imagination? Forgive yourself. From now on, start honoring your imagination and let the beauty of your life pour in.

As you begin to learn the language of your imagination it will become a trusted ally and resource you can rely on for information.

The word “imagination” divided in two becomes “image” and “nation,” and that is exactly what happens inside the mind’s eye. Imagination is the screen on which our souls communicate with us.

The first step toward building a strong imagination muscle is to reclaim the word, its use, and your connotations about it. Notice the items around you – for example, the furniture in your house, your computer, and your favorite pair of shoes. How did they come into being? The first step in innovation is imagination. Like the light bulb above the head in a cartoon that signifies a brilliant idea that pops in from nowhere, imagination literally pops into the mind’s eye. Let’s reclaim that word and remember Albert Einstein’s wise words that “Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand.”

Somehow, in our modern-day language, we have come to equate imagination with “making things up,” but there is a difference. “Making something up,” or “conjuring,” is different from what I mean when I use the term “imagination.”

“Imagination” is the spark of intuitive knowing; it is the screen on which Spirit communicates and on which the other dimensions are revealed. “Conjuring things up” is about pushing your will onto the screen of your mind’s eye. For example, if someone says, “Imagine a tree,” the tree in your mind’s eye is a projected visual from conjuring. However, the type of tree that you see and whatever animals or other elements might appear in the tree’s environment are your pure imagination. As you honor your imagination more, you will value it more and increase your intuitive capacity.

Your capacity for understanding the difference between pure imagination and forced visuals will increase the more you practice.

Embark on a Path of Self-Mastery

You are a multi-dimensional being waking up to your own magical nature. Your human potential is immense. What would the world feel like if everyone honored synchronicity and flowed in the river of life to their divine destiny? I imagine people spontaneously waking up their unique genius and becoming much more positive contributors to society. I imagine we would be more honest, more loving, and more supportive – finding new ways to cooperate with each other. We might just live in a more peaceful world. Don’t you agree? That is my desire and why I am sharing these keys with you.

When I first opened to the river of life and allowed my inner senses to guide me, it took me on a quest following synchronicity breadcrumbs across the globe. I ended up on a wild ride – studying with mystics, shamans, physicists, oracles, and yogis. I hung out in ashrams, visited countless temples and places of worship, did yoga, meditated all day for months and years on end, lived in seclusion, and I even became a renunciate for five years. Finally, I began sharing my healing gifts with others.

Professionally, synchronicity has opened golden doors to new opportunities at every turn. These magical gateways allowed me to traverse many career changes swiftly without missing a beat. My personal pilgrimage to Israel introduced me to my first business partner and together we opened one of the first Web design firms in San Francisco, specializing in virtual reality. My career as a digital photographer started with a chance meeting in the bank with my all-time-favorite fashion designer, Richard Sharpe. Shortly after meeting him, I became his personal photographer in Japan. After touring with him for years, photographing his fashion shows in Japan, I was invited to become the US president of a Japanese art, culture, and spiritual magazine. Not long after that, I found myself in a role as a consultant on artificial intelligence for an enterprise software application, which later took me back to Japan and closer to my spiritual teachers.

After my father's passing, another serious course correction led me to go back to school to get my first college degree – in consciousness, healing, and ecology, with a focus on sustainable communities. That opened the door for me to re-emerge as a healer and a holistic land manager.

Moving to India with my then husband Vivek, led me on another eight-year stint abroad, and my synchronistic train warp-speed into a whole other plane of existence. I had the privilege of managing a farm, running permaculture programs with local villages, developing intentional eco communities, hanging out in wildlife reserves, establishing retreat centers, and working alongside spiritual masters and psychic children. I offered workshops and spoke at spiritual conferences on the topics of expanding consciousness and spiritual farming. All of these relationships and golden opportunities came with a series of extraordinary circumstances.

People are often puzzled about how I maneuvered so many career changes so quickly. When they learn a bit about my story they ask me two questions: "How old are you?" and "What did you study in school?" My capacity to manage all of these roles was simply informed by following the river of life. None of my life has been planned – not by me, anyway. Whenever I *have* made a plan, it felt like the Universe laughed in my face and catapulted me in the opposite direction.

What I discovered after activating my own star seed was that many wonderful new capacities appeared for me to tap into. Each time I let go of my personal agendas and flowed with the river of life, a new ability flowered. Each innate gift I found needed to undergo testing. Each skill needed to be tuned and mastered before I could offer it with confidence, in true service to the world.

Within your star seed a multitude of abilities are stored. They will awaken when you tend your inner garden. These innate gifts are within all of us. Some of your gifts will be more developed than others.

* * *

While going through my own awakening process, I identified four stages of Self-mastery that allowed me to track my developmental level. These same stages are how I now help my students track their own progress.

Identify Your Level of Self-Mastery

These stages are designated and identifiable by you, your mentors, and your community. They are not linear stages, because they spiral upwards along the path of your soul's remembrance. In my Mystery School, I assist people in their transitioning between these levels of Self-mastery, but you can also track them yourself.

These are practices of Self-knowing that will tune you to your innate gifts so you can discover and harness your true potential and live out your divine destiny. I explain the stages below so you can understand and identify where you might be currently with your already-awakened abilities. The Four Stages are Student – Apprentice – Adept – Mentor.



The Student Phase. As a student, you are aware that you want to evolve and grow. You are aware of old wounds in need of healing. However, you may be carrying resentments and blame and feel challenged with difficult emotions. You are seeking greater purpose in life and want to know the truth beyond what the conscious mind is presenting. You are a curious truth-seeker in pursuit of potentials. You recognize your potential for living as essence, beyond the physical density of matter, and find books and guides to take you to the next level. The symbol I use for the student is an empty golden chalice, a magical vessel for which the nectar of your life's magic is being poured.



The Apprentice Phase. The symbol for the apprentice is the wand. The wand represents your pure kundalini power activated in your body and your innate gifts becoming manifest. At the apprentice level, you have experienced yourself as a spiritual being. You have done a lot of personal development work on your conscious wounding (the traumas and programming from childhood that you carry) and you have awakened to one or more of your extra senses. In this phase, you will have developed a mid-to-high level of emotional intelligence and are fine-tuning your awareness for multi-sensory living. The apprentice phase is much like that scene in *Harry Potter and the Sorcerer's Stone* when Harry first receives his wand; he knows he has magic, but does not know how to wield it.

In this phase you have access to, and can use your extra senses, but you use them through trial and error. You may not be in control of turning them on, or off,

and you lack confidence in your abilities. This is the stage when it's best to seek guidance as you may be at risk of misusing your newly-found senses for personal gain or negative power dynamics.

In the apprentice phase, it is imperative to understand ethics and remember the purpose of your life. Your kundalini energy needs to be fine tuned and directed in order for you to use your gifts responsibly.



The Adept Phase. The symbol for the adept is the sword. It represents a cleared mind, one that can pierce through illusions to see and speak the truth. As an adept, you have anchored and merged with your immortal being as a palpable experience in your physical body and awakened your star seed. You are able to hold a high vibration of light in your body the majority of the time. You see that you are the cause of your reality and take full responsibility for all you create. You have impeccable integrity with your Self and in all of your relationships. You have healed emotional, mental, and physical ills and have mastered the art of vibrational presence. You offer your spiritual gifts to others purposefully, and do so with accurate results time and again.



The Mentor Phase. The symbol for the mentor is the rose, the thorns representing the initiations that have been endured and transmuted into beauty. The scent of the rose expands the senses to all those who smell its fragrance, the thorns protect the vulnerable exposed spirit (flower) of the teacher. You have mastered your gifts and are able to teach and guide others to open their own with ease, clarity, and comfort. At this stage, you become a positive role model, an elder, a wise one, and a counselor for your community.

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Throughout life we spiral around these phases of Self-mastery with each discovery of new gifts that emerge.

Some of your gifts may be unlocked, developed, and mastered fully, while others go through various rounds of learning. Multiple stages can be present simultaneously. As long as we are on this planet we are forever students, and this process is continuous. There is never a point of full arrival. When you think you have arrived at mastery, that is the moment you begin as a student once again.

Awaken Other Ways of Knowing

As you awaken to your innate genius and follow synchronicity, paranormal phenomena and full sensory experiences will occur. There is a whole world of

paranormal gifts and innate abilities to explore. I've included a glossary of terms below so you can familiarize yourself with and understand the differences and similarities of the words and concepts and define your own abilities better.

While reading the list, notice which senses of yours might be more active than others. We all have the ability to activate innate senses. In the coming years, as more people activate their star seeds, we will find spontaneous sensory awakenings happening all over the world.

You can stop being afraid of your innate knowing and learn to cherish this ability in yourself. These gifts are your doorway to waking up, to the next phase of our collective human evolution.

Alternate Ways of Knowing:

- **Clairvoyance:** This is the ability to see things in your mind's eye. What you see often plays like a movie, whether your eyes are open or closed. It is the psychic ability to see, and people with this ability are often referred to in ancient texts as "seers."
- **Clairaudience:** This is the ability to hear direct messages. The information comes in as an aural sound to the one sensing. It can sound like a voice inside the head or it may actually be felt outside of the head, in the environment – as sound vibrations.
- **Clairsentience:** This is the ability to receive messages via feelings and emotions. Clairsentient people are great empaths, understanding psychically through body sensation and emotions.
- **Claircognizance:** The ability to know things psychically without logic or facts.
- **Clairience:** The ability to smell while in a psychic reading, or meditative state, such as smelling the perfume of a departed soul.
- **Clairgustance:** The ability to taste while in a psychic reading, or meditative state, such as tasting the favorite food of a departed soul.

Other Abilities Described as Paranormal Phenomena:

- **Trance Mediums/Channelers:** The ability to communicate at will with disincarnate beings or other sentient life forms.
- **Lucid Dreaming:** Waking up while in a dream state enough to know that you are dreaming, and being able to consciously change the dream.
- **Astral Travel:** The ability to project yourself out of your body to another time and place on the astral plane (be it on the other side of the planet, another dimension, or next door).
- **Past Life Memory:** The ability to remember other lifetimes and timelines that occurred in your soul's memory bank. The existence of this phenomenon is highly debated, with a lot of ideas offered as to how this happens, but thousands of cases have been verified through research and historical facts.
- **Telepathy:** The ability to perceive another person's or animal's thoughts and to communicate directly between minds.

- **Teleportation:** The ability to project yourself (with your body intact) to another place in the Universe. (Just like “Beam me up, Scotty” on *Star Trek!*)
- **Bilocation:** The ability to duplicate your physical body and be present and visible in two locations simultaneously.
- **Precognition:** The ability to see into future events.
- **Psychokinesis/Telekinesis:** The ability to influence external objects or events without the use of physical energy.

Yogic States of Awakening:

- **Kundalini Awakening:** This is a physical experience of waking up stored life force energy that lives at the base of your spine, coiled like a sleeping serpent. When activated, this energy rises up your spine and it can feel like a big rush of energy, a lightning bolt, or a high-vibrational tingling that wakes up extra senses as it passes through the various channels in the body.
- **Siddhis:** Supernatural perceptual states of awareness reached by trained yogis. Directly translated from Sanskrit as “perfection,” “accomplishment,” “attainment,” “success.” There is a very long list of Siddhis (powers) described in the ancient Vedic texts; below I’ve listed just a few. Siddhis are awarded to yogis who have reached great attainment on their spiritual path based on one’s “samskaras” (soul development) from previous births. A partial list of Siddhis includes: knowing the past, tolerance of heat and cold, reading minds, remaining unconquered by others, being undisturbed by hunger, control over bodily functions and thirst, the ability to hear or see things far away, teleportation and astral travel, shape-shifting (taking any shape one desires), conscious dying (at one’s own will), making oneself the size of an atom, becoming weightless, becoming infinitely heavy, having unrestricted access to all places, hanging out with ascended masters and gods, and perfect accomplishment of one’s desires.
- **Samadhi:** This is the ultimate goal of meditation. It is union with the monadic soul (“I AM” presence). It happens when the mind becomes single-pointed and the yogi returns to oneness and bliss. This is the full flowering of consciousness.

Can you imagine what life would be like if we were to teach our children from a young age to access all their senses and live out their divine destiny? What would it be like to live in a world where people were healed of their traumas and had awakened their star seed? I hope that by reading this book and practicing the keys contained within it you will join me in this vision to heal our mental programs and awaken to our divine destiny.

If you have questions about your extra senses or want to share your experiences with me, feel free to email me at info@knowtheself.com. If you would like to study your own Self Mastery in the Mystery School check my website for upcoming sessions www.KnowTheSelf.com

Create a Soul Journal

As you meditate and do the exercises in this book, your imagination will be re-activated. You will begin to see stories, situations, colors, words, and symbols as your imagination dialogues with you. It will be helpful to note it all down in your journal to document your process and your progress.

Synchronicity often occurs as cryptic messages from your soul, but sometimes they are crystal-clear directives. Make sure to write it all down, no matter how small or insignificant it might seem at the time. You never know how important it might turn out to be for understanding something vital. Your synchronistic patterns will become stronger as you put them together; they will weave an interesting and fantastic trail to your life's true purpose.

Your Soul Journal will become a resourceful guide to your divine destiny as you chart your trials and tribulations, along with your visions, dreams, and ideals.

Your intuition uses the muscle of your imagination to communicate to you, so pay close attention to all the little messages you get and notice how you respond or react to them. Are you trying to silence your intuition or do you ignore it altogether? Are you minimizing what you imagine? When you ignore your gut instincts or your intuition, what happens? See if you can stay in equanimity and just take notes in your journal.

Along the process of awakening your star seed, your journal will end up cataloging the stories, direct downloads, and synchronicities of your life. Make time to write in your journal, and treat your completed journals with the same respect you would any holy scriptures. Your journals may very well contain the keys for your future self to prosper.

Every now and then, go back through your Soul Journal, read it, highlight insights, and look for recurring themes or patterns appearing. In time, you will see how you are being guided. There are a number of ways to journal that can deepen your practice. Here are a few of my favorites:

- **Question and Answer:** Pose a question to your soul and listen deeply for the response. Begin writing each word as it arises in your mind. Do not edit or change what is instinctually coming through, simply write the response that arises as it comes through. You might also try writing questions with your write hand on the right side of the paper and answering with your left hand, on the left side of the paper.
- **Automatic Writing:** Simply put your pen to the paper and allow yourself to start writing. You could begin with, "I am trying an exercise in automatic writing..." and then allow your pen to keep flowing, keep your hand moving. You may start scribbling or end up with garbled letters, or you just might find words appearing as if by magic. Explore this process for at least ten minutes and see what wants to come through.
- **Dream Tracking:** Keep a journal or voice recorder next to your bed. When you wake up in the morning, before getting out of bed, write every detail of your dream, or speak it into the recording device. Later, once you are awake and out of bed you use your analytical mind to decode it.
- **Personal Inquiry – Diving into Deeper Truths:** This is similar to the Q & A I mentioned earlier, but going deeper within to challenge your beliefs.

When you answer one question, pose another one, and continue diving deeper and deeper into the truth of the matter, as if you are your own therapist. You can use Byron Katie's four questions to get you started. Find a situation in your life that is bothering you and then ask her four questions to challenge the belief you have around the situation. *Is it true? Can you absolutely know that it's true? How do you react, what happens, when you believe that thought? Who would you be without the thought?*

- **Emotional Expression:** Allow your crazy and wild self to go at it on the page, exposing your deepest emotions that you fear may come out of your mouth toward another. This is a great way to discharge energy around challenging relationships and situations in which you feel victimized or unable to express yourself fully. After you've written down all your feelings, take a break, and then look back at what you wrote with a fresh mind, from a clearer state, and make sense of it all. See how you feel.
- **Tracking Emotional and Mental Processes:** This type of journaling will help you track your emotional weather and become aware of habitual emotional and mental patterns. Use a calendar to note your feelings every day. You will begin to see the cycles you go through, the ups and downs, and after a few months, you will be able to see larger emotional and mental patterns at play. Notice the moon cycles along with your thoughts and feelings and see if you notice patterns and mental habits. Or, if you are into astrology, you can add a more complicated layer of tracking the planets in transit along with your emotional state. For menstruating ladies, this is a great tool to aid in the wisdom of your own moon cycle and enhance your energy flows.

* * *

There are times when it is really complicated to follow synchronicity, and the symbols can trip you up. I'll give you a recent example from my own life of how I got stuck on a superstitious tangent, and had to override fear.

Foxes have long been associated with tricks and illusions in my mind, and I have always seen them as a dark omen. For years now, if a client has asked me about fox medicine, I have always told them to be very cautious and super discerning. So, you can imagine the confusion that ensued for me, over several months, when the following synchronicities occurred.

It started a few days after flirting with a guy I was dating when I told him he was foxy. It's not a term I have ever used with a man but it felt appropriate to his personality. Then I saw seven foxes in a 24-hour period— seven! There were three crossing the road together about ten miles away from my house; then there were two more just another 100 feet up the road. As I can go months without spotting any, this was already rather remarkable. When I walked into my home, I quickly jumped online to read up on fox medicine.

My friend Claudia messaged me on Facebook, distracting me mid-search. We text chatted for a few minutes and then, as she signed off, she sent me a sticker emoji – of a fox! I hadn't mentioned to her about this guy I was dating, or what I had

been searching when she reached out, or any of my fox sightings! I wondered if she was unconsciously sending me a warning? Somehow, I felt her sticker was an omen and that I seriously needed to pay attention. I was feeling really uneasy, feeling the trickster in its full glory getting the best of me. I started racking my logical brain about why she would send me a fox emoji, it wasn't sitting well with me, until I remembered that she had used "fox" as her pen name years prior. However, the whole thing seemed so perfectly timed that deep down I knew it was way too synchronistic to dismiss all these signs.

The next morning, some friends came to visit and a small group of us were walking around the property together. As we passed through the gate, we had to carefully step over some scat on the ground. One of the guys said, "Looks like a bobcat was here," and I instantly chimed in without thinking, "Nope, it's a fox." Now what the hell do I know? I have no idea what fox droppings look like and at this point I had never actually seen a fox on the property. Was I just obsessed with the previous day's fox sightings, which occurred miles away? Well, just as I was wondering about my own know-it-all comment, my friend's son runs right past me and I immediately notice his hat. He was wearing a red-tailed fox hat! I took a photo and added it here for you to see. This is how it always happens, multiple signs pointing me along a wild roaming path. For me, the boy in the hat fully confirmed my strong intuitive sense that the scat was indeed from a fox, although I had no scientific proof. I knew that the trickster was playing games with me and I couldn't stop giggling and feeling baffled.

The games continued. The following week, every day as I went to water my garden, there was a half-eaten apple near my watering can. Each time I found it I would throw it back under the apple tree, out of my way, but then the next day another apple would be back near my watering can. I felt like I was playing hide and seek with some little creature, but I had never seen him. Was it really a fox? Do foxes eat apples? What was going on here? But deep inside I felt it was a fox, again with no hard proof, just a "knowing."

Another week or two passed and I started finding more and more scat each day along my walking path, as well as at the gate where I had to stop to unlatch it each time I entered or left the property. And somehow, each time I see the scat, I also knew, or quickly learnt something about my new boyfriend. In one instance, I got intuitively that he was coming to surprise me for a visit; in another few instances, I came to "know" that he was sharing something private about our relationship or being cute or foxy with another woman, as is his nature. In those moments, I would call to check in with him and I found I was always correct about my intuitive "knowing" assumptions.

These trickster antics continued. One day I walked out of my cabin, to the base of this ancient hollowed-out Redwood tree that I use as my meditation sanctuary. Inside of the hollow I kept two objects, my Tibetan singing bowl and a wooden mallet that I used to strike it. I first noticed that my wooden mallet has been moved, about 20 feet outside of the tree. And then I discovered that the little fox had shat directly inside my Tibetan singing bowl! Good God I was so aghast, and yet I couldn't stop laughing and feeling special at the same time. It was quite comical.

The trickster antics continued over the next month. Each instance with the fox was timed perfectly with my boyfriend and our push/pull dynamic. One day I got

so angry with him that I told him I wanted to break up. The next morning, I woke up to find the fox shat on my front doormat! (See photo; that's a banana slug on it!) It made me laugh and in my heart, I forgave him instantly. These antics had become absurd and ridiculously cute, and yet I was still curious why this animal was playing games. It aroused my suspicions and kept me on guard with my new boyfriend. These synchronistic shenanigans were keeping me hyper alert to whom I was dealing with.

At night, I began leaving a dog biscuit on my front doorstep, to see if I could actually get a peek at the mysterious animal trailing me. Each morning the biscuit was gone. I would sit in front of my window for hours, waiting for him, and even wake up in the middle of the night to take a peek outside, hoping I'd spy a creature eating it, but no luck. Another few days went by and I wondered if I was going a bit crazy living so far out in the woods on my own. Maybe the scat wasn't from a fox after all? Maybe a squirrel or a raccoon was taking the biscuit?

Things came to a head with my new boyfriend. On a particularly hard day, he was traveling out of state and this time I got angry, *really angry*. I had had enough of his foxy nature. I was screaming at him and felt totally self-righteous in my accusations. He was tricking me, right? There I was, a puddle of mush on the floor, sobbing, wanting to know the truth, so I prayed for a miracle – out loud – I actually screamed loudly cause my nearest neighbor was over 30 acres away and I wanted to feel into my depths. Within an instant, something made me stop screaming and look out the window. What did I see? A fox sitting on my doorstep! In that moment, I melted. My anger fell away, and I felt my boyfriend's sincerity and understood more about his foxy nature. He wasn't a bad guy per se; he was a lawyer and a cute fox. He just liked to play around and keep me guessing.

The next morning, I felt a huge cloud had lifted. I began trusting the reasons why I had chosen to date this guy in the first place. I stopped fighting with my own inner demons and took responsibility for all the ways I had been blaming him. Fox medicine teaches us how to get around difficult obstacles, how to find the sharpest and smartest solution to any problem, and how to master resistance.

The next day, as I was writing about twin flames and soul mates, the fox appears again on my doorstep. He stays put for a while and acts like he wants me to pet him. I open the door and got a good look at him, from no more than an arm's length away. He even let me take his picture. (See photo). When I sent the photo to my foxy boyfriend later that evening, he was really surprised. At that very moment, he was talking about synchronicity and foxes with a woman he'd just met that happened to be wearing a fox fur coat! When he got my text, he showed her the photo; apparently, she got a bit freaked out by all of this.

He and I started talking about this incredible moment of synchronicity, and I was curious about who this woman in the fancy fur coat was and why he was walking around town with her. Just at that moment as I am asking him about the mystery lady, the fox comes back to my doorstep and wants to be fed again! Luckily for my boyfriend I was distracted, and he got away without answering a direct question he was a master of evasion; but I began to relax, understanding the beauty of his foxy nature and his professional training.



It took me three months to understand what that little fox was trying to teach me. He cleverly turned things around, made me laugh, taught me that I can adapt, be flexible, and move through obstacles and resistance quickly – if I choose to. During arguments with my boyfriend, I realized that I had become rigid, fearful, fixed in my thinking and demanding in my needs. It was closing me off to love and had me reacting from fear. Superstitions breed fear, so it became obvious that I needed to face my fears.

The fox is a charmer who heals others through laughter, play, and illusion. The fox loves to entertain and keep people guessing. He has shown me that I can skate between worlds, on the edges, and enjoy it. He has brought me potent medicine, along with a furry new friend.

When I feared that the fox was a bad omen, I reminded myself that love reigns supreme and that I cannot be hurt, except by my own design. It isn't easy to let go of the negative things I have heard about the fox, but I now trust my inner guidance, which is full of wonder and love.

Just after writing this story, I got an email from The Shift Network with a new course offering from Caroline Casey titled *The Way of the Trickster*. In the email it says, “discern the difference between the Con-Man and the Trickster (the latter liberates us from the former)... understand why the Trickster is key to your spiritual liberation and the liberation of our world, especially in times that are heavy and hard.” Needless to say, I signed up to learn more. Life offered me a mirror.

I'm sharing this story with you because it was a very strong synchronicity happening while writing this book. When we are connected to the river of life, the golden thread stitches up the space between us. We are alone when we are in our pain and suffering, but through joy and love we find connection. We all come from love, we are love, and love is all around us. We only need to tap into that magical nectar and allow our sadness and fears to melt away.

When I choose love over fear, and watch with eyes wide open, the fox can never lead me astray.