



## Key #4

### Find Your Balance

*"If you want peace, you don't talk to your friends. You talk to your enemies."  
– Desmond Tutu*

As you dive into the practices I've outlined in this book, you will find that a few things begin to happen. You will become very aware of your mental nature, especially the incessant thoughts and curious emotions that bombard you. As you practice radical honesty with yourself and take responsibility for what you are creating, you may find yourself at times depressed, confused, or stuck in challenging emotions.

You can't always control your thoughts. In fact, many of your thoughts are not your own but were picked up in the airwaves, as conditions and impressions that flowed in and out of your mind like clouds passing through the sky. In order to align with the river of life so it can carry you to your divine destiny, you will need to understand what you are feeling and take responsibility for it. This may sound easy, but it's not always that easy.

So much of the time, we get so conditioned by thinking our way through life that we forget how to feel. We often numb our feelings out because they are too intense, or they don't make sense to our logical mind. Emotions can erupt from places inside that we didn't even know existed, without apparent rhyme or reason.

Taking time to sit in silence to allow yourself to feel is a critical component of aligning yourself to synchronicity. Whenever you sit still, emotions will arise, along with a stream of thoughts. When you sit still long enough, you eventually get beyond the thoughts and eventually beyond the emotions and there you will find yourself resting in your inner nature. When you arrive at that resting place, it is rejuvenating, peaceful, and perfect. But what about the rest of the time?

### Understand Your Mental Make-Up

As psychoanalyst Dr. Eric Berne describes in the book *Games People Play: The Basic Handbook of Transactional Analysis*, the mind is comprised of three main ego states: child, adult, and parent. By identifying these three states of mind, you can notice what is governing your egoic responses. It will help you to understand yourself better when navigating the different emotions and thoughts that bubble up.

You have an inner child within you that dictates your feelings with sensations of needs and wants. This is where your demands, your exaggeration, and drama originate. You also have an adult mind within you that is more even-tempered and

likes to make choices clearly based on reason. This adult within you is attentive, factual, and contemplative. It “chooses” things, rather than demanding them.

The third division of the mind is the parental mindset, which is split into two sides – one is the caring parent which is unconditionally loving, kind, and patient with you, and the other is critical and judgmental, impatient, and patronizing.

Once you understand that your mind is composed of these different levels of wisdom, you can begin to communicate among them and use these different aspects of your brain to help yourself along. For example, if you find yourself being highly emotional, filled with grief, sadness, or despair, you can identify how old that emotion feels within you. Often, emotions are trapped in a childhood memory.

Your mind plays tricks with your psyche and your emotions live in multiple timelines within your history. It can get really confusing as parts of our psyche come up spontaneously to be realized and released. I'll share with you a few examples of how this happens.

One of my students was feeling a lot of grief and despair after a recent breakup with her boyfriend. Though it had been months since the breakup, she couldn't understand why she was feeling overcome with such intense emotions. After helping her to get in touch with the depth of her feelings, I asked her how old she felt while experiencing the deep despair. Without much thought, she realized she was feeling the emotions of her six-year-old self. After further questions, she told me her father had passed away when she was six. She had felt abandoned and distraught with grief, but her six-year-old self had been unable to handle the intensity of those emotions, so they had remained buried deep in her unconscious mind.

After giving some space for those emotions to be fully released, I invited the caring parent within her to pick up the small child and soothe her pain. In doing this, she was able to cope with her pain and release the grief of her father's sudden passing. The pain of her recent breakup diminished, and she felt able to move forward without the despair she had been carrying. She was then able to use her adult mind to stabilize her feelings and open herself up to meeting a new man and so began dating again.

Here's another example. After beginning a daily meditation practice, another student of mine was having uncomfortable visions while deep in meditation. She didn't like the images she was seeing; they were strange sexual exploits of herself as a small child. She had no conscious memory of ever having been sexually abused but each time she went into a deep meditative state those images would appear. They were disturbing and she no longer wanted to keep up her practice of meditation.

During our session together, she was able to recall one of those images consciously and slow down the pictures to get clearer about what actually was happening within her psyche. We found that the images were pieces of her childhood memory that she had dissociated from in order to protect herself. Once she was able to sit with the feelings that the images brought up in her, she was able to heal her inner child by caring for her and allowing her to emote. She brought this small child back home into her heart, to align her with her true nature, and felt instant relief.

After our session, she was unable to find proof that those repressed memories were actually true, but within her psyche she felt cared for, soothed,

restored, and somehow free of the tormenting images. The repressed memory made sense regarding a lot of relationship dynamics she was having in her life, and helped her to come to terms with her previously unknown fear. Her meditation practice resumed and the terrible images ceased to come up. She felt restored.

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Identifying your mental make-up is really helpful in navigating the plethora of emotions and thoughts that bombard your psyche. Knowing which part of your brain is mostly in charge is helpful in finding, creating, and maintaining emotional balance. I have a simple worksheet you can download to help you understand this concept better, at: [KnowTheSelf.com/workbook](http://KnowTheSelf.com/workbook). Using this worksheet, you can draw your current mental state and begin to identify which part of your mind is most often running the show.

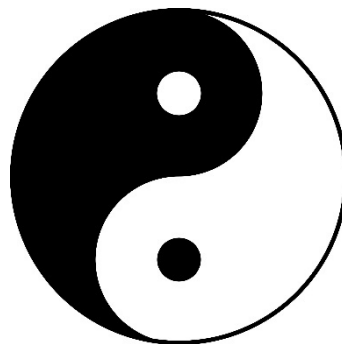
When you are able to switch between these mental states by choice you will be more equipped to handle the pendulum swing of life. When you are able to return to your innocent nature, you return to the primordial garden where your wild nature is free, where your inner child is safe, where your adult is self-expressed, where your critical parent keeps you in line, and where your loving parent soothes old wounds.

As you learn how to balance, something extraordinary happens. Your health improves. You feel alive and vital and you rejuvenate much more quickly. You embody latent powers and awaken the potential that lies within you.

Coming into balance is learning to live in a dynamic state, dancing with polarity. See if you can learn to ebb and flow, like the ocean.

### **Balance the Yin/Yang Within**

When you confront the darkness in your life with a love that is equal, you can vibrate an enormous amount of light to illuminate your shadow. This light lets the shadow know how the two can dance in harmony with one another. Once the shadow recognizes the light, it is able to realize that it also has love inside of it, even if just a small spark.



As you meditate and get closer to the center of your soul essence and activate your star seed, there will be chaos, intensity, and heightened awareness. You may find yourself living inside a paradox of both light and dark. These two powerful forces are magnetized to each other and create a powerful dynamic akin to two magnetic poles holding each other in place.

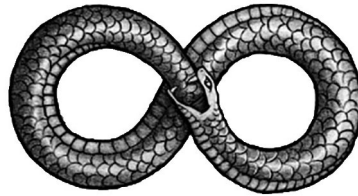
There is no escape of the polarity in this dimension, no back door or roundabout way to fully experience balance. Balance is in the center where the two

aspects of your paradox meet. Feel into the line between the light and the dark to find your balance between the two.

When you are able to fully accept the most horrendous truths about yourself, about the dark aspects of your personality—that is the moment when you flip onto the other side and are able to invite your darkness into the light.

Relationships are a fabulous mirror for inner growth. As you judge others, know that an aspect of you really needs your attention. When you are fully able to see the things you dislike in others as an aspect of yourself, that is the moment of deep healing. This is not an intellectual pursuit; this is a physical, emotional, and spiritual resolve. This type of mirror work goes beyond forgiveness. This is the healing that comes after you forgive someone. This is when you fully accept the thing you despise and are able to forgive yourself. When you find aspects of yourself as the perpetrator, the enemy, the one who has caused you so much harm; when you are able to see aspects within you as that person you dislike so much – that is the moment you experience transcendence. That is when you are able to go through the white dot on the dark side of the yin/yang symbol. That is when you come into harmonic resonance within yourself and return to your wholeness.

This balancing experience will happen again and again as you face your fears, judgments and traumas, and level up to various stages of your spiritual growth. When you arrive in this type of healing dynamic with your inner demons, your spiritual body evolves and you awaken to higher states of consciousness.



Look to the ouroboros symbol of the snake biting its tail to remember how you can merge with the part of yourself that you most despise. This level of self-forgiveness will heal you of your pain and suffering and offer you levels of balance that deliver you into transcendent states of equanimity.

### **Connect to the Unseen Hand**

The question “Do you believe in God?” is a challenging one for many people of my generation. For people who have been wounded by their religion or grew up atheist, this question is also one people tend to avoid. While I am not here to promote any particular belief (other than that it is high time we activate our star seeds), it is imperative in dealing with higher states of consciousness that you find something larger than yourself to connect with and surrender to. I like to call on the image of God as Love or Divine Grace or simply The Unseen Hand.

Love is an energy I find easy to open to and which doesn't get my mind all tripped up in religious debate. Well, it's not always “easy” to surrender to love, but it is an energy I respect and cherish and find immensely healing.

Try tapping into the love that exists between us, it might be easier for you to surrender to the word “Love” than to the word “God.” Your term for this all-pervading energy might be different. You might find The Great Mystery, Universal Source, or Divine Mother more appealing. Whatever you choose to call this energy of life that animates us, it is helpful to have a word and a sense for what that means

to you. Connecting to this overflowing, abundant energy source is imperative in overcoming obstacles when you sit face-to-face with horror and darkness. Faith in the unseen hand of love will help you navigate many challenges.

When you connect to Source, you will find the balance between darkness and light, you will encounter the zero point, a place between the negative and the positive where you are able to restore your faulty programs and receive a clearing of your electrical system. This moment of divine grace enables you to emerge in a state of newness with great clarity. Find your term to reference this all-loving presence and create a relationship with it. By doing so you will find a safe refuge and build up trust to follow the flow when life becomes difficult.

### **Declare Your Sovereignty**

There is a lot of unconscious and malevolent negative energy breeding all around us in the airwaves. This negativity can be attracted to you and picked up (by your own magnetic field) from your unconscious behaviors, through hereditary patterns, or be placed there by malicious intent, or via governmental and societal conditioning. When you don't heal your childhood wounds or ancestral wounds, or deal with the pain and distortions you carry, it attracts negativity and breeds with other similar programs like a virus, creating a society of distorted fields. We are dealing with a society of enslaved and entrapped souls and it is my intention to help you liberate yourself from this insanity.

In order to take back your power and seal off your system to manipulative energy, you need to know how to declare your energetic sovereignty by creating a clear boundary around yourself. Whenever I let someone know I have a boundary and show them the line, I immediately feel them get defensive and their own boundaries show up. This is a good sign, even though it can be uncomfortable at first, it is necessary. We all need boundaries to feel safe. Our personal boundaries are what differentiate our field from others, it individualizes us and it's critically important.

A lot of New Age practices and liberal mind sets talk about being "open." Open to new experiences, other people's ideas, new ways of thought, etc. Being open is a great concept, but it is a distorted concept when talking about one's personal energetic field. If your field is open and unchecked you are open to manipulation of stronger energetic forces that want to control you. It is imperative that you learn how to protect yourself and define yourself (and your space) from the others.

People who have experienced a lot of childhood wounding (which is the majority of people on the planet) have a lot of holes in their morphogenetic field and so the boundary around the body did not form properly during its development. Since this has happened to the so many of us it has made our fields open and vulnerable to outside influences who want to control us. It is imperative that we take back our power by healing and restructuring our energetic field.

As you open to new energy and new ways of seeing, it's important to create a safe container for your explorations. Whenever I discuss boundaries I find many aspects of the self get activated. The extremist within will see things in black and white, good and bad, yes and no. Sometimes this shows up in our personality of being either "all in" or "over it and done with it." It often shows up as being self-

righteous. This dismissive quality or obsessive compulsion is another way that boundaries (or lack of boundaries) show up in our life.

Then there's the blurry zone. This is the "I'm okay, you're okay" and "everyone and everything is okay" zone, which gives us a very permeable boundary.

We need boundaries to keep us safe, to define our perimeters. It helps us focus, grow, and harness our energy when we have a sense of safety inside our system. Take a small child, for example. We tend to create safety for them. Whether it's through using a car seat, a playpen, or a security gate so they don't fall down the stairs, or simply giving them a bedroom in a house—we use boundaries to keep children safe from harm.

The boundaries I want you to re-establish are the ones that you create and maintain in your morphogenetic field. We each have a field around us that protects us and filters inputs on a constant basis; in the same way our bodies filter food into nutrients and waste. We don't see our digestion process happening, but we nonetheless know we have this ability. (Refer to Key #3, the torus field illustration as a reminder of your morphogenetic field.)

Clearing your field consciously to ensure its health and wellness will speed up your soul's evolutionary process and bring you into flow safely and lovingly. More importantly, it will create a safe container for you and restore your sovereignty!

Many of my students come to me with their circuits blown out in their bodies and their morphogenetic field is shredded from having pushed themselves too hard, or from experiencing quantum leaps in their soul growth. My own awakening process was fast and furious, so I understand circuitry blowouts quite well. Learning how to restore my energetic boundary was something I learned the hard way, which is why I am on a mission to make sure people understand this very important reality. Our own field is what gives us our sovereignty or takes it away. Let me explain further. As a multi-dimensional seer, I can view the energetic field around a body and most people's field looks like a target with black holes piercing their container and welcoming in negative forces.



As we go through our day we interact with a lot of energetic fields. A very small percentage of people's fields are healthy, but, for the most part (especially if you live in a city), the fields you interact with all day long are distorted, chaotic, and in turn make your field run on overload. The field is magnetic and it attracts energy that is like itself, so even the smallest tear or wound in your field is a window for harmful energy to enter. Negative energy breeds like a virus from person to person. With all of the electromagnetic pollution in the air, it further distorts our fields and makes us susceptible to a whole host of negative enslavement programs. Unless you live in a monastery, ashram, or off-grid deep in nature, these fields are exposing you to disturbances—all day long.

It is a grim reality, but there is definitely something you can do about it and it is critical you exercise dominion over your field. In order to find your own internal balance, illuminate your divine destiny and remember your sovereignty, your field needs to be scrubbed clean, healed and sealed. You want to be operating at the octave of harmonic resonance. When you are in tune and in sync with your own true nature, you can hold your own harmonic vibration and take back your power. How do you do that? It's actually your natural state, yet it takes dedication, practice, focus, and willpower to remember and keep it intact. It is important to stay attuned to your energetic field to keep it healthy, safe, and optimally functioning.

There are a number of ways to clear your field and erect a safe container. I am going to teach you what I find easiest. However, once you're able to set your own field and become innately familiar with it, you very well may find a faster, more efficient way. If you do, please share it with me!

You can take dominion over your morphogenetic field and create your boundary with your eyes open or closed, but while you are learning, it is easier to close your eyes. When your eyes are closed you will feel more deeply, your inner senses and other ways of seeing will wake up. In the following exercise, I will teach you how I discovered to become sovereign and heal my field of distortions. I suggest you practice this daily and as often as possible.

### **Become a Sovereign Being**

1. With your mind's eye, draw a boundary around yourself the width of your outstretched arms. Make it a perfect circle, with your body positioned directly in the center and equal distance all around.
2. Keep your attention, breath, and focus in your heart space.
3. Ask everything that is not you to step outside the circle. This includes other people's thoughts, energy attachments, patterns you picked up, ideas of others, etc.
4. Ask your Inter-dimensional guides, angels, ascended masters, and any other beings of light that you work with to stand guard on the perimeter of your circle. You may not know you have guides, you may not be able to see them, but all light workers have spiritual allies working with us on the various planes of existence, so you can ask your allies to make themselves known to you and stand as a boundary to your energy field.
5. Allow this circle around you to pop into a perfect orb encompassing your body. Keep the space inside your orb absolutely clear. You may want to sweep it out with an imaginary broom, or vacuum it up by plugging in a grounding cord – get creative and allow your imagination to show you how to keep this space clear. You will feel a subtle shift in your body when the clearing is complete, wait for this shift to happen. When it is complete you will have an inner knowing, some people can see it, others just feel it. Make sure you look above you, below you, and on both sides and clear every inch of your orb.
6. Once you have cleared your space you are ready to ground your energy field. Do the Vertical Alignment exercise and connect to the center of the Earth and the Central Sun, letting them merge and marry in your heart space. This is what births the magical star seed within you. Allow these two energies to

pool in your heart, mixing and merging, awakening your own small sun in the center of your circle.

7. Allow your small sun to shine like a pulsing star, pushing its rays out of your heart to fill up your circle all the way to the perimeter. Reclaim your space with your clear sovereignty - this is *your* space.
8. Allow the energy of your sovereign sun to clear your entire field of all negative programs, to awaken your crystalline nature and return you to perfect balance.

Do this exercise every day and as many times a day as possible. When this becomes your natural state of being you will be completely free of any type of enslavement or external manipulation. You can listen to a 20 min guided version of this on my website by going to [www.knowtheself.com/video](http://www.knowtheself.com/video).

When you create your sovereign field you will automatically be in the flow of synchronicity and activate your divine destiny. Failure to hold your orb clear in this way makes you susceptible to all forms of manipulation. The push-pull dynamic of the horizontal plane will not only keep you in suffering, pain, and drama, it will also keep you open to harmful energies being sent your way from your environment and people who have bad intentions or are simply unconscious. You can expand the clear bright energy of your illuminated star seed out take up more space, growing your energetic field when needed, to blast out negative energy and harmonize a toxic environment. However that is a more advanced technique so first start with simply allowing yourself to reclaim your own energetic field and sealing it off.

When you have successfully stabilized your own energetic field, wonderful things will begin to happen. The star seed within you that's carrying your potential will quickly take root, grow, and flower. It will awaken your inner genius and keep you safe from all harm. When this happens, your inner knowing will be activated and will guide you accurately.

Your star seed is already planted in the New Earth. When you can successfully hold this energetic form you will wake up to that bigger version of yourself. You will become your own unique hub on the latticework of the golden thread that connects us. You will be the central sun in your own galaxy.

My friend Yukiya in Japan refers to this awakening experience as becoming a "bliss ball," which is exactly what it feels like. You become a perfect orb full of light, feeling perfected bliss. Let's gather together and activate our clarity and shine as stars do in the heavens!

### **Clear Your Space**

Now that you know how to establish sovereignty and create a safe boundary around yourself, I'd like you to apply this same technique to clear energy in a room, an entire house, or a building. Clearing space is really important to keep negative energies at bay; it provides a sweet, safe atmosphere that is highly charged with positive life force. It is great to clear a space before you conduct an intentional session whether you are meeting with someone, hosting a party, needing to focus on something important, or just want the space to vibrate positivity.

A lot of people think they can't feel energy in a room, but we can all feel it – it may just take a little practice to notice *how* you feel it. At work, for example,



perhaps you have had that feeling when you walk into a conference room after a large meeting has ended where it felt stuffy and you could tell it was an intense meeting? Or when you walked into someone's house and you could sense negativity there as if someone had been recently fighting or arguing? We each have this sense of knowing when something is not right. Sometimes you may notice a smell, or a strange humidity, a feeling that got left behind from the past. Pay attention the next time you enter a room and use all of your senses to explore what you notice.

Our homes, bedrooms, and other environments need to be cleared, because energy stagnates and then will breed or attract negative patterns. Keeping a clean physical space is a great way to keep energy vibrating in a positive direction. Do you notice how fresh a space feels after a deep spring-cleaning? This is the type of environment we want to live, relax and work in.

Sometimes, we don't have time to clean the whole house, or we are in someone else's space and feel it is not our place to clean. In that case, there are plenty of other ways to clear a space that can work in everyone's favor—and you don't literally have to pick up a broom. You can take a deep sigh of relief if cleaning is not your thing, because this method does not take as long and it can even take place in your imagination, and it still works really well.

Take a few moments right now to try it out. In Key #3, you learned how to ground yourself and vertically align to the Earth and the Central Sun. You also learned how to create a safe energetic boundary. Now you can do that to a room or an entire house, just as you would do for yourself. It is really simple; it just takes focus and clear intentions.

First, clear your personal energetic space (as described in Key #3), and then do the same technique for the entire room. Draw the perimeter around the room or entire house, drop the grounding cord to suck down all the stagnant energy, and allow the Central Sun to shine in a clear frequency of liquid light and restore the space to balance. The more you do this, the faster it will happen and the more potent your space will feel. You will become a cosmic energy cleaner and do us all a great service! When people enter a cleared room they will feel fresh, alert, and able to pay attention.

Sound waves also clear space and will change the frequency of a room. Playing music, toning with your voice, or using instruments are very helpful tools to quickly change the feeling of a room and set a good mood. There are many instruments that are wonderful space-cleansers for clearing lower programs that get trapped in a room.

Percussion instruments, like drums, will activate stuck energy, induce a trance state, and connect us to the rhythm of the Earth. Drums are very grounding and help un-block settled energy. The sound of a flute sweetens the energy of a space; it lifts our spirit and connects us with the birds and the elemental kingdom. The ringing of a bell will shatter dense energy and at the same time it opens portals in the angelic realms and higher frequencies, depending on the sound of your bell.

Play around with various instruments and sounds to see what you sense and works best for you. You can simply use the sound of your voice, as well to clear space either by chanting, praying out loud, humming, or singing. If you are in a public place not familiar with these space-clearing practices, such melodious antics might make you look like a strange hippie, so use discernment! This is not a magic show,

this is a responsibility and the divine duty of woke star seeds. If you feel a room needs clearing, it is your responsibility to clear it. Even the subtlest actions will have tremendous effects, so there is no need to make a display or call attention to yourself, just get the job done. This quote from J.D. Salinger sums up the job of an awakened star seed really well, *“She wasn’t doing a thing that I could see, except standing there, leaning on the balcony railing, holding the universe together”*.

Understand your environment and do what you can with what you have, you will be doing us all a great service. You can listen to some of my favorite soundtracks that activate positive vibrations by going here: [KnowTheSelf.com/workbook](http://KnowTheSelf.com/workbook).

Water is a master purifier. It clears out static energy that gets stuck in the field - instantly. When you are processing a lot of energy in your field, make sure you are drinking enough water. It is also good practice to take showers often when you are going through challenging times or when your head feels clogged. Whenever you feel lethargic, a shower will instantly cleanse the electrical currents in your body and will re-energize you quickly. If you happen to interact with a lot of people throughout the day by shaking hands, hugging, or simply talking—you may feel overly empathic or energetically porous. It is good practice to wash your hands all the way up to your elbows to clear whatever you have taken in through your hands. Even the act of sitting near water is really helpful. Walking near a body of water, going to the ocean, swimming, or taking a bath will instantly refresh your energetic field and bring you back into a harmonic balance. You will especially feel this if you are having an emotional day. Submerge yourself in water or at least go near it, to soothe your senses and restore your calm.

Certain types of smoke and scents also clear the space. Burning candles, incense, sage, Palo Santo, frankincense, cedar, sweet grass, and using essential oils are other ways to clear negative energy from a room and restore beauty and harmony quickly. Find scents that smell good to you. If you feel nauseated or allergic, obviously that is not your medicine! Find the smudges and essential oils that work with your own constitution. Simply follow your nose to find what works best for you. Smudging the aura of a person helps to clear negative programs and thought forms. You can also smudge the entire room and especially the corners and doorways to keep the energy vibrant.

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Using these simple space-clearing techniques you will be able to maintain a high-vibrational field that will help you stay balanced and in the flow of life. By clearing space in a room, or an entire building, you are helping other people step into a clear field and feel energized rather than tired. Try this at home with yourself and your family as part of your weekly house cleaning routine.

As the masterful Swami Kriyananda says, “Your environment is stronger than your will.” Often, we enter into negative places and no matter how hard we try we cannot clear enough space for our energy field to stay healthy, like how I was feeling living in Oakland before my house fire. In these toxic environments, the negativity has become so strong that our personal efforts to keep our own field clear are challenged. In such circumstances, it is best to remove yourself and go to a place where you can restructure your field, a place where things are already in harmony. This could be a sacred site, or a place of worship. For me it happens fastest when I enter deep nature, the more wild and dense the landscape, the better. When

walking amongst old growth forests, the harmony of the natural world instantly restores my field faster than any meditation practice or space-clearing technique I can muster. Mother Nature is already in perfect balance, so commune with her as often as you can, she will help you restore your original frequency.

