



## Key #7

### Walking the Path of Healing

*"I must not fear. Fear is the mind-killer. Fear is the little-death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me. And when it has gone past I will turn the inner eye to see its path. Where the fear has gone there will be nothing. Only I will remain."*

*– Frank Herbert, Dune*

As you awaken to higher states of consciousness, your nervous system will need support to stay steady and relaxed. Your system will go through several spikes as your body opens to your star seed and learns to adapt to this new form of pure energy. This can be an uncomfortable phase of the awakening process. Stabilizing the body's energy becomes a primary need.

When you begin to meditate and do the Vertical Alignment exercise, you will notice that your entire

physical body will go through subtle changes. At first, you might notice it in your speech patterns. Simple preferences might change, like the way you dress or the type of food you eat. You may even realize you've started attracting different types of people into your life. Your friends might change, and you may feel out of place in your relationships and need to adjust them.

At a physical level, you will also experience changes. You might wake up and look totally renewed. People might comment on your glow or tell you that you look different, or they might not recognize you at all. You might quickly lose weight and muscle mass, or become strong and lean in a short period of time.

Strange electrical sensations may occur in your brain as new neurons begin pinging back and forth and opening up formerly closed neural pathways. You might find your body jerking around or spontaneously shaking in reaction to energy spikes shooting up your spine. You might find yourself itching like crazy for a few moments on the top of your head as the energy awakens. When this happens, go with it. Do not fight it, and do not exaggerate it. Just allow it to move and push through the blockages.

In heightened energetic times, you may find you have no need for sleep or food. On the other hand, you may need to sleep for days or eat a lot more as your body heats up.

Specific chakras (energy centers) along the front of your spine may begin to throb or pulsate when activated. Your heart, when learning to contain more love, may feel like it's under a ton of pressure as it stretches open.

These are all normal symptoms of the star seed awakening process. The most important thing is to ground your system regularly and hold Vertical Alignment. Refer to the exercises in Key #3 and Key #4 to hone your energy patterns and find your inner balance.

When you awaken this star seed in your heart center, it can feel like an explosion as it instantly dispels false beliefs and leaves you in pieces, trying to make sense of what just happened. The old programs need to fall away for your original blueprint to take its place.

Course corrections are part of the natural cycle of nature needing to save itself. Think of them as internal earthquakes demanding your attention to re-pattern. When you feel like you are in pieces and need to pull yourself back together, refer to Key #5 and Key #6, do the Positive Vibrational Re-patterning Technique, practice gratitude, and use the Four Stages of Inner Growth to track your progress.

Once you have stepped onto the path of awakening your star seed, you cannot stop the process. You can try, and you will try, but you will only cause yourself inner conflict. Make sure you ask for support, as this process can drag on for quite a while depending on what work you are being prepared for. If your spiritual mission requires a lot of precision, your system will have to be completely scrubbed clean of old programs. Allow this clearing to take place, and ask for help; you will need it.

There are a number of alternative healers I call on in challenging times. My personal favorite support network consists of therapists practicing massage, Network Spinal Analysis (Network Chiropractic), cranial sacral, osteopathy, naturopathy, Ayurveda, and Chinese medicine/acupuncture, as well as shamans, astrologists, yogis, and various types of seers. It's also important to receive nutritional support and to commune with nature, including restorative trips to the closest hot springs. Whatever soothes your nervous system, relaxes your body, opens your channels, and keeps you feeling grounded will assist you.

## **Designate Your Counsel**

Stabilizing your Vertical Alignment and healing your soul wounds are required on this journey toward wholeness. When you are flowing in the river of life, you do not need to expend as much effort. Simple prayers are heard. At the same time, when you need support, feel lost, or become exhausted from the stretching and expanding, make sure you have a wise counsel to turn to.

Said counsel can be in the form of a mentor, a trusted friend, a coach, a therapist, or whomever supports your growth. Who do you have in your life who could support you in this way?

**Take a moment to grab your journal and answer the following questions:**

1. Who are the people in your life who, when you are with them, help you feel safe, at home, respected, and wanted?
2. Who can you always rely on to be honest with you? This is a friend who is not afraid to tell you hard truths.
3. Which elders in your life can you rely on to greet you with open arms, listen to your problems, and give you sound advice?
4. Who among your circle of friends is the most loyal and truthful?
5. Who are the healers or therapists, or what are the therapies, that help you most?

6. Who are your mentors?
7. What communities, groups, or organizations do you belong to that give you a sense of community?
8. What people do you serve? To whom are you in service? This could include volunteer work, individuals, or organizations to which you actively contribute.

You may not have answers for some of these questions. That is okay. Now is the time to identify the voids and begin building your own wise counsel to support your conscious evolution. These are people with whom you feel an instant connection, people to whom you can turn when the going gets tough. Make a list now so that later, when you are experiencing fear and doubt along your journey, you have a list to refer to and can reach out for support.

### **Welcome Love as the Great Healer**

Sometimes you may bully yourself, believing you are not good enough to be happy. You may punish yourself, feel ashamed of something you have done, or feel guilty about choices you have made. The eyes of the critical parent that lives in your psyche may remind you of your own mother or father judging and condemning you. This constant barrage of feelings that you're not good enough, didn't do it right, should be ashamed of yourself, are not worthy—whatever negative patterns you were taught as a child—mean that it is time to become the loving parent and choose to bring love and childlike innocence and play back into your life.

It is important to increase beauty, joy, and love in order to crowd out negative feelings. Positive vibrations instantly override lower patterns that try to take hold, convolute, corrupt, and govern your life. Love is the ultimate healer. Love overcomes all fear.

As you embark on your path of healing, it is important to accept what is and make the most of it. Even when it's painful—especially when it's painful! Track your feelings long enough to see them as patterns. You may find it helpful to liken your feelings to weather patterns. You can choose the type of “weather” you want by the thoughts you think. If you are repeating a negative thought, you are creating a negative weather pattern in your emotions. If you decide you hate Mondays or you hate traffic or you hate people near you, then every time you are faced with Mondays, or traffic, or people near you, you will have a feeling of resentment, agitation, and discomfort in your body. This causes toxins to flood your system and attract all kinds of harmful vibes. If you choose to look at the things you hate through the lens of love, you will be able to see the beauty in them. You can restore compassion and feel better instantly.

For example, let's look at your relationship with time. Do you stress yourself out all day thinking there is never enough time? Do you chase time with your anxiety or run behind it feeling fearful of it? What would happen if you could simply accept where you are in this moment and slow your breath down to become totally present? It is amazing how much time you have when you slow down and take deep breaths. It's as if time expands when you enjoy what you are doing. Joy is the key to slowing down time. Enjoy yourself. Smile. Learn how to enjoy every moment while you are in it; otherwise, you will have regrets. Instead, allow the river of life to carry you forward.

When you find yourself stressed out or anxious, stop. Take a deep breath and figure out how to smile and make whatever you are doing into a dance, or find a way to play with it, and you will learn to magically expand time. Your stress and anxiety will melt away, and you will begin to love your life.

Slow down long enough to catch the river, to enjoy and attune to what is about to unfold, what is trying to unfold, what is trying to find you. When we live in harmony at our deepest level, all things begin to resonate. We instantly heal. We instantly come back into balance.

### **Reclaim Prayer**

Do you pray? Many of us have forgotten how to pray. Prayer is the quickest way to shift into the flow of synchronicity. We are praying all day long, whether we are aware of it or not. Our thoughts are constantly sending signals to our environment. Normally, many of the thoughts in our mind are completely subconscious and on autopilot. Reclaim your thoughts, form them into intentions, and—voilà—you are praying consciously.

Let's be honest, praying out loud can seem strange if this is new to you. Organized religion has attempted to own and govern our prayers for centuries. It is time we reclaim prayer for ourselves regardless of our religious or spiritual beliefs. Find your own form of prayer. It can be something you learned as a child or picked up somewhere along your path, but I encourage you to find a new way to pray. *Find your own authentic way to pray.*

Things won't always go your way. In fact, if you are flowing with life, your old programs will be challenged—a lot. Listen to your heart's deepest longing. What is it needing? This longing is a prayer. Allow your deep longing for your ideal to become conscious. You may not want to

share that longing because that may feel too vulnerable, too deep, or too exposed. However, your longing is exactly what needs to be exposed. Speak it out loud, write it down, and share it as a prayer.

The deep longing is what awakens your star seed. It awakens your sacred heart and allows the river of life to pick you up and carry you home to your divine destiny. If you dare to share your deep longing, you will begin to magnetize it. The more you imagine it as already present, the sooner you will be able to fully receive it. Pray like you mean it, and activate your ability to co-create. There is no reason to play small and live at the level of effect when you can consciously live at the level of cause in your life.



### **Call in the Light**

In India, mantras (translated from Sanskrit as “sacred syllables” or “instruments of thought”) are used to invoke energy and to heal impurities of the mind, body, and spirit. Mantras are vibrational formulas that were perfectly designed, thousands of years ago, to produce geometric patterns with their precise pronunciation and intonations. These ancient sound formulas are a powerful form of prayer and devotion that can be used for achieving your ideal.

You have probably heard the most popular mantra, “Om” or “Aum.” This magical syllable (depicted in Sanskrit above), when intoned, evokes the divine spark within. It is the cosmic sound, the seed sound from which all life



sprung. Intone the mantra sound “Om” and allow the vibration to recalibrate your heart and mind. It will bring all your energy centers into alignment. If you don’t want to say or sing it out loud, simply think upon it and it will have the same effect.

Mantras invoke powerful vibrational force when we listen to them, sing them, speak them, or think them. There are thousands of mantras in the ancient Hindu texts. Those mantras were created for every kind of situation or illness imaginable. There is one mantra in particular that I find the most helpful when I am face to face with darkness. It is called the Gayatri Mantra (see below). It is very popular in India and primarily sung at sunrise and sunset as a spiritual devotion to keep the light alive. Anytime you feel darkness, remember that singing, saying, or listening to this mantra will instantly bring back the light of a thousand suns. Listen to this mantra and discover how you feel. Visit my website to find a recording of this chant. I suggest memorizing it and seeing how it works for you. [KnowTheSelf.com/workbook](http://KnowTheSelf.com/workbook).

**The Gayatri Mantra:**

Om Buhr, Bhuva, Swaha  
Om Tat Savitur Varenyam  
Bhargo Devasya Dheemahi  
Dhiyo Yonaha Prachodayat

**The English translation:**

We meditate on the glory of the Creator;  
Who has created the Universe;  
Who is worthy of Worship;  
Who is the embodiment of Knowledge and Light;  
Who is the remover of Sin and Ignorance;  
May He open our hearts and enlighten our  
Intellect.

Find a mantra or prayer that works for you. It can be from your own spiritual lineage or one to which you feel drawn. It doesn't matter where it originates. What matters is that your heart learns to open and express the deep soulful longing it holds.

Prayer is something we can reclaim. Life is full of pain and suffering until we find the light, and prayer leads us to that light.

The journey toward your divine destiny is preparing you for the New Earth. Find the tools that work for you to balance, heal, and awaken your heart. There is no right or wrong, or good or bad. Try things out; use them to see what happens. Figure out what works for you.

### **Discover Your Energy Flows**

In our day-to-day reality, we have a lot of things to do, people to see, and places to go. How do we know which efforts are truly good for our development and which efforts are simply exhausting us and draining our precious energy? Take out your journal. We are going to achieve clarity about the activities in your life that you need more of, versus the ones you need to let go of altogether.

When you awaken your star seed and flow in the river, you can learn to be quick and agile in order to make swift course corrections. Imagine you are in a small raft floating down rapids. It could be a thrill, full of joy and excitement, or it could feel really scary, like you are about to crash into a rock and drown. Choose your activities based on the feelings you want to experience.

I've developed a handy worksheet you can download on my website to guide you through this process: [KnowTheSelf.com/workbook](http://KnowTheSelf.com/workbook).

**Below are eight questions to ponder:**

1. Think of the things you do in a given day. What activities give you energy?
2. What activities deplete you?
3. What emotional situations give you energy?
4. What emotional situations deplete your energy?
5. Name the people in your life who give you energy?
6. Name the people in your life who deplete your energy?
7. List all the foods give you energy.
8. What foods deplete you or make you feel heavy and lethargic?

Once you understand what activities, situations, people, and food give you energy or deplete you, you can make wise choices about how you fuel yourself.

Also, notice whether your energy depletes those around you or enlivens them. How can you ensure that you are sourcing your own energy and supporting others from your overflow, rather than stealing energy from others? That was a trick question. The answer is: Vertical Alignment! I cannot express enough how vitally important it is that we become energy centers unto ourselves. When we source our own energy directly from the vertical plane, we can correct our energetic imbalances, seal our field,

and create beautiful sustaining relationships.

When faced with difficult choices, sit still. Go into the center of your being and explore which choice gives you energy and which one drains you. Choose love over fear. Choose growth over stagnation. Choose liberation over enslavement. Choose truth over lies. Choose win-win over win-lose situations, and you will find yourself flowing freely in the river of life toward your divine destiny.

Pay attention to the lifestyle choices with which you are faced each and every day. How do you treat your belongings? What do you hold sacred, and what do you corrupt, abuse, or take for granted?

All our choices come into question when we begin to harmonize with the natural world. It is easy to judge other people and look outside yourself, but what is happening in your life? How do you treat the people, places, and things with which you interact each day? Look around your house. How do you treat your clothes, your car, or your kitchen? Do you live in beauty or chaos—or somewhere in between?

How can you make the space around you more beautiful? How can you align yourself with beauty and harmony? What do you need to let go of in order to make space for more beauty in your life? Is there something you can add to your morning or evening ritual to bring more harmony into your home and into your day? The answers to these questions are small steps you can take that will have a big effect on your psyche and your energetic body, and, by extension, on everyone around you.

Do you watch a lot of TV, listen to the radio, and read mainstream newspapers? If so, you are allowing your field to be conditioned and contaminated with a lot of fear, advertising, and the culture of corporate warfare of over-consumption, which breeds greed.

On a similar note, what music do you listen to?

Does it put you in the flow? Does it uplift your soul and keep you centered? Or does it disturb your field, exaggerate your anger, or make you pine for things you don't have? Oftentimes the music we listen to, the advertising we are exposed to, and the places we shop feed our desires in a way that distracts and depletes us.

Take inventory of your life and make the necessary changes to align yourself with more beauty. Allow your divine essence to call the shots. Choose consciously!

### **Define New Measures**

When my star seed warped into hyper-drive, I had to fully surrender to the fact that I was not (and am not) in control of my destination. Something bigger, wiser, and more supreme dictates my course of action. As I became the willing servant to the force of nature inside me, I realized the way I had been organizing my life no longer worked.

Having been really good at managing large-scale projects when I worked in tech, I loved planning for the future. But planning no longer works the way it used to for me. My future vision has shut off completely. The furthest into the future I have been able to plan has been three months. This has been frustrating, and I have fought this reality for many years. I finally gave up trying to plan. Well, I never really gave up planning for my future, but I continue to learn to surrender to living in the present flow.

When I attempt to plan something, I notice an energy in me grasping to create assurance and security. It is the energy of fear, which causes me to move ahead of myself, out of present time and into a place that isn't necessarily aligned with my divine destiny. In these moments, I've learned there are other things I am being asked to pay attention to first. What I really need to be doing is sitting still and trusting that the next steps will be

shown right when I need them. And sure enough, the next step always appears just when I need it; no matter how many times this happens, it always surprises me.

Time and again, I have been shown that I will not fall flat on my face when I follow synchronicity and stay in present time. Even though I make what to my logical mind seem like wild choices, deep inside I know I am safe because I am being shown a magical path forward. This path only appears as I step forward, one step, and sometimes a few steps, at a time.

Another realization I had was that the rules I had clung to, or been programmed with, no longer applied to me. Suddenly there were exceptions to all kinds of rules, such that I found myself slipping through doorway after doorway. My mind became confused as I began trusting my heart. The choices I made didn't always look like wise or ethical choices to others. There were moments my mind was repulsed by my heart's decisions. A new set of rules and values began to govern my life. When I understood that I had created new rules and actually defined them for myself, I no longer found my mind and heart divided.

When you live in the flow of life, magical doorways open and it can be really confusing to know if going through them is the right thing to do. You will need to depend on your awakened heart to show you the way. Your alignment to your heart is the key to staying in the flow and living in harmony. If you have a lot of judgments about what is good and bad in the world, or right and wrong for other people, beware. Those judgments will need to be cleared in order for you to enter the river of life and meet your divine destiny. Those judgments will need to be stripped from you in situation after situation, until all that remains is your heart's true essence, until all that remains is love.

When life delivers massive challenges, jump on your cosmic surfboard and ride it out. You can find the through line, the pipeline that gets you out of the wave's destruction and into the fun of the challenge. It is exhilarating to ride the waves of life. We won't always make it through the pipeline before the wave breaks. Sometimes we crash and get tumbled in the wake. Like a brave surfer, get back on the board and try again!

In order to make the waves easier to ride, it's helpful to figure out what measures you want to use to define your success. These are your personal ethics and values. Not ethics and values that were determined on your behalf, but your personal rules to live by and ways you will measure yourself.

**Grab your journal and answer the following questions:**

1. By what values do you define yourself? Is it the amount of money you make, how good you look, the accreditations you've received, or your relationship status? Be honest about all the ways you define yourself.
2. Name at least six character traits you value the most in other people.
3. What character traits do you value in yourself?
4. What character traits do others value in you? (If you don't know, ask people.)
5. Create a new list of values by which to measure yourself.

You can download these questions as a worksheet from my website: [KnowTheSelf.com/workbook](http://KnowTheSelf.com/workbook).

Keep your new list of values handy. Etch them in your mind. Pledge to use your own value system when making choices. In this way, you will be operating in right relation to your own ethics, values, and deeper soul knowing.

I've listed the value statements by which I like to measure myself. These are Native American values I have picked up along my path that have helped me find my way. Feel free to use these for your own measures, add to them, or edit them as you see fit.

**The values I measure myself by:**

- Live in impeccability, walk my talk, keep my promises.
- Live in harmony with myself and with others.
- Be in right relations, with Gaia and all that is.
- Recognize and realize the sacredness in all.
- Be a clear vessel, without shame or blame.
- Know that when I am giving, I am receiving; and in receiving, I am also giving.
- Love myself as a divine being.

It is important to stay agile when we flow in the river of life. This is not always easy when you are clinging to your fears. Try your best to allow life to happen *through* you rather than forcing your agenda on everything. We each have a control freak inside us who wants to steer the ship. Learning to trust in the unseen hand of your soul wisdom that is guiding you will make your journey more enjoyable. Determine your guiding lights, your values, ethics, and morals. These will act as your compass.



There is a beautiful river flowing. Allow it to carry you. The course to your divine destiny is always better than anything you can dream up. Learn to trust in the higher order of your soul's knowing and give yourself permission to enjoy the magical adventure. It is okay to be happy!

### **Witness the Second Sun**

We live at a time when we are awakening to a New Earth. This New Earth I keep mentioning is the awakening of our multi-dimensional nature, the activation of our light bodies, and the remembrance of our true essence. This is happening both inside of us and outside of us.

Our time is one when greater and greater truth is being revealed, and it is alarming. Our government has been hiding truths from us for centuries and finally, many whistleblowers have felt brave enough to expose some huge cover-ups. People are beginning to see through the cracks of the hidden agenda. The agenda that manipulates us through organized religions, corporate governments, and a false democracy. The agenda that centralizes and manipulates our food supply. The agenda that monopolizes our natural resources, and covers up our galactic heritage is finally being exposed. We have made discoveries in technology that would solve many of the world's problems, yet those technologies and the people who invented them are being suppressed because they offer keys to the truth about our origins.

The ancient traditions speak of a second sun in our Universe, one that moves along on a much longer elliptical trajectory than our ordinary 365-day year. This longer cycle is called the "Great Year." It is the approximately 25,000-year cycle upon which both the Mayan and Vedic calendars are built. The second sun heralds the return of

truth, what the Hindus refer to as the Golden Age, the *Satya Yuga*.

I believe I have already seen this second sun on the horizon and that this new era is already upon us. During a Vision Quest in the High Sierras of California, I sat outside without shelter, water, or food for five days, praying for a vision. The vision I kept seeing (as if on repeat) was two planets on the horizon. Each night before going to sleep, I would literally see the planet appear. It looked like two moons, but the words I heard again and again along with this vision were "second sun." This vision didn't make any sense to my logical mind, but soon after I returned from the Vision Quest, the pieces started to fall into place.

Before the Vision Quest, I had multiple premonitions about a time coming when the Earth would undergo cataclysmic change. In my meditative states, I was being trained to hold still for days on end. On one such occasion, I lay in the corpse pose for three days straight without eating, with very little water, and only a few trips to the bathroom. During those three days, my body was very heavy. I could not speak or move as the visions were being shown to me.

The main theme I kept seeing was that the Earth would soon go through a period of three days of total darkness, and I needed to learn not to move during this time. It was imperative to lie still, to act as if I were dead during the three-day process. I was told not to eat or speak but just to lie there and listen. When the sun returned (on the third day) I could stand up and go outside. However, what I saw emerging from the three days of darkness was a New Earth reality. Everything on the planet had been wiped clean.

The electrical systems we use now no longer worked, so there was no Internet or power. Our money was worthless. There was no way to communicate with

phones or computers. In fact, our technology had disappeared altogether! I was standing in a landscape that looked like Earth, but all the manmade plastics and metal no longer existed. In these visions, there were very few people. I witnessed small communities rebuilding life in innovative ways that were in harmony with each other and with the Earth.

The sweetest part of my visions was when I was shown a birthing center. There, I saw a waterfall and fresh water springing up from the Earth. Women were gathered together and in sync with each other, laughing and singing, supporting each other in motherhood. There were small pools where women were lounging and bathing and birthing their babies. It was an extraordinary sight; it has been etched in my mind's eye. It plays like a movie anytime I remember it, just as real as it was the first time I saw it.

Soon after I returned from my five-day Vision Quest, I met a Native American woman who is the living oracle for her tribe. She shared with a small group of us the same vision that I, only days before meeting her, had experienced in my own meditations. She mentioned the imminent Earth changes and the three days of darkness. She told us not to move during the three days and that we should lie still. She told us not to eat, not to speak, and not to turn on lights or walk outside. She said people moving around will go crazy, there will be chaos and confusion everywhere on the surface of the Earth and that we should ignore all of it and stay indoors. She said it was imperative during these three days that we remain in place and maintain both deep inner and outer stillness.

What I saw in my Vision Quest in 2005, and in multiple meditations that took place from 2003 through 2005, was exactly what the Native Oracle came to share with me that day. Even though our visions and

descriptions matched down to specific details, I had been unwilling to share this information with others—until now, that is. Fear of ridicule and skepticism kept me quiet. It feels important to share this with you now given everything that is going on in the world. These visions may in fact come to pass, and I feel it is necessary to prepare you for transcending the great shift.

There are many scientists speaking of the second sun, referring to it as Nibiru, or Planet X. There are rumors that NASA is hiding its imminent approach from us because it brings along with it a massive shift in consciousness. Some feel it is an actual planet. Others say it's a sun. Still others think it's a mothership. Whatever it is, it has a very strong magnetic power, and it is entering our Solar System. I have seen the second sun on multiple occasions with my eyes wide open. Watch the sunset or the sunrise, and you may also be able to see a second sun setting or rising along with our solar sun. What I was told in my meditation was that the second sun brings a new energy to our solar system. It will awaken our senses and activate our human potential. Sun gazing in the early morning or evening is a great way to take in this new solar energy.

When the second sun comes close, the Earth will enter a zero-point field, a reset point. We will experience super storms and solar flares that will wipe out all our electrical grids. If this comes to pass, do not join in the chaos, do not get excited, and do not tempt your fears. During this time, it is best to turn deeply inward and connect with your center in order to align. After the three days of darkness, the light will return, and we will enter into a higher vibrational field, a new dimension—the New Earth.

My visions showed me that this is the Christ Consciousness awakening in our hearts. The keys in this

book will prepare you with what you need to stay grounded, centered, and aligned in your heart.

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This is a wonderful time to be alive. We came here to participate in the most beautiful dance of light, one in which the darkness can be loved back into wholeness. As we wake up to our multidimensional nature, we will encounter new species that boggle our minds and ignite our senses. Our galactic friends already walk among us, and in the new world, we will know them more directly. Welcome them with love and peace in your hearts; there is no need to be afraid or subservient, for they are our peers and allies.

The work before you, the next step on your path, is to align your heart with love. As St. Bernard of Clairvaux told us in his famous sermon on the “Three Comings of the Lord,” regarding the Third Coming of Christ:

Fill your soul with richness and strength. Because this coming lies between the other two, it is like a road on which we travel from the first coming to the last. In the first, Christ was our redemption; in the last, he will appear as our life; in this middle coming, he is our rest and consolation.

This *middle coming* to which St. Bernard refers can very well be the awakening we are experiencing right now, in the center of our heart, in the remembrance of our divine nature. Be still and know that you are God!

## Join Me

As you attune to your heart, you become a beacon and a magnifier for others to awaken and align in their proper placement on the golden Flower of Life Matrix. It is important that we tune our fields together to create a harmonic resonance in order to strengthen the golden thread and magnetize our soul groups. Do you want to join me in this mission? Here are a few ways to get involved:

**Join the Mystery School:** If you are ready to develop your Self Mastery, check out my courses and retreats. These take place online and in person throughout the year to assist you in activating your full potential.

**Get Supported:** If you are looking for customized support to heal soul wounds and return to wholeness, I open a few Soul Dive Sessions and Clarity Calls each month for specific cases. I also have a list of qualified peers with whom I work, and I would be happy to refer you.

**Start Your Own Meditation Circle:** Practice Vertical Alignment with your friends and family.

*Stay up to date with the cycles of the moon and my latest offerings by visiting my website and joining my inner circle: [KnowTheSelf.com](http://KnowTheSelf.com)*

## **Spread the Word!**

As more people awaken their multidimensional nature, they will be seeking support and understanding. If someone you know is highly sensitive, empathic, or struggling with the harshness of the world, please give them this book or have them contact me through my website.

Teach children and young adults the Vertical Alignment exercise to keep them safe and enable them to stand as sovereign and free beings.

My prayer is that in small groups, we learn to align to this higher energy of love and slowly but surely re-stitch the fabric of humanity.

May all beings know love.

## Download the Workbook

To download the worksheets and diagrams presented in this book, go to [KnowTheSelf.com/workbook](http://KnowTheSelf.com/workbook). In this companion workbook, you will receive a bundle of exercises to help you stay in the flow of synchronicity. Here is a list of the exercises you can expect to find in the workbook, along with additional resources for you:

- Vertical Alignment MP3 Guided Meditation
- How Balanced Is Your Life Worksheet
- Universal Laws
- Levels of Self-Mastery
- Grounding Illustration
- Vertical Alignment Illustration
- Understand Your Mental Makeup Worksheet
- Emotional Guidance Scale
- Positive Re-Patterning Worksheet
- Four Levels of Inner Growth
- Define New Measures Worksheet
- Discover Your Energy Flows Worksheet
- Design Your Ideal Day Worksheet
- Mindful Activity Monitor Worksheet
- Become a Sovereign Being Video
- A Playlist of High Vibe Music



## Acknowledgments

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*(Photo credit: Hyunah Jang)*

## About the Author

Amelía Aeon Karris has been a way-seer and trend-setter throughout her career spanning technology, fashion, entertainment, intentional community design, and spirituality. In 1994, she co-founded one of the world's first web design companies, when most of the public had barely heard of email. What began as introducing people to cutting-edge digital and virtual realities has evolved into awakening people to their multi-dimensional natures.

Divine guidance has led Amelía to live a purposeful life at the edge of our collective evolution. Her entrepreneurial ventures led her to Japan and India, where she spent a decade working with those nations' elite business and spiritual leaders. She has seeded eco-communities in the USA and India, instilling her expertise in permaculture and community governance, and continues consulting with intentional communities today.

Amelía's powerful healing abilities and clear vision were forged during a series of spiritual initiations over a nine-year period that honed her multi-sensory awareness and unique voice. Her extensive past-life recall was noted in India, first placing her on national television and later addressing live audiences of as many as 60,000 spiritual seekers.

Over the last decade—through public speaking, teaching, and private counseling—Amelía has helped thousands of people liberate their minds, navigate spiritual awakenings, and live their divine destinies.

Her mission is to wake up humanity's sleeping potential, magnetize soul groups, protect psychic children, and traverse our present massive shifts in consciousness.