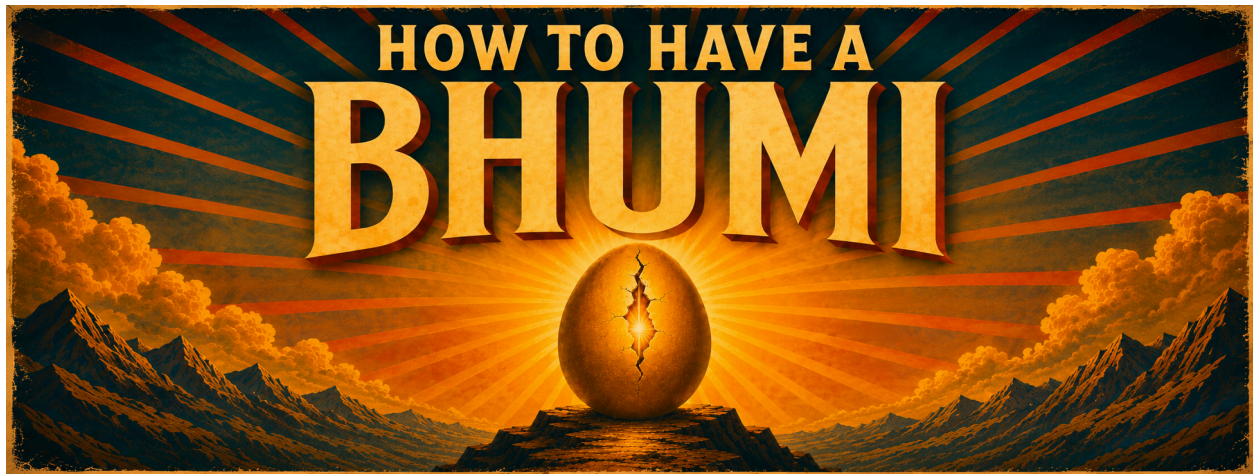




UNDERSTAND THE CYCLES

Life moves in cycles. It always has. The seasons change without asking our permission. Forests burn and grow back. Civilizations rise, flourish, decay, and disappear. Relationships begin and end. Careers collapse. New identities emerge from the ashes of old ones. Reality doesn't move in straight lines. It breathes.

Most of our suffering comes from fighting those rhythms. We want spring in the middle of winter. We cling to identities that have already served their purpose. We mistake endings for failures when they're often making room for something we've been unable to imagine.

The moment you stop asking, *Why is this happening to me?* and begin asking, *What am I supposed to see?* everything changes. You stop resisting reality and begin cooperating with it. That single shift in perspective opens the door to everything that comes next.

LEARN THE WEATHER

Once you've started changing, astrology and tarot become something completely different. They stop being entertainment. They become navigation.

Think of astrology as the cosmic weather report. If you knew a hurricane was coming, you'd prepare differently than if you knew tomorrow would be warm and sunny. Astrology works the same way. It doesn't force anything to happen. It simply tells you what kind of season you're walking into.

Start by finding your natal chart. Just Google "**free natal chart.**" If you know your birth date, birth time, and the city where you were born, you'll have everything you need. Follow your sun and rising signs.

If you don't know your birth time, get creative. Start by watching all twelve zodiac signs each week. I recommend Kyle of Cups on YouTube because he reads every sign, making it easy to compare them. Before long, you'll notice that one or two signs consistently seem to be describing your life. Those are the ones to follow. Divination comes in all kinds of flavors, and sometimes the universe is a little more interested in getting the message to you than worrying about perfect birth data.

If you don't know your birth date or birth city, don't worry. Start by watching all twelve zodiac signs each week on Kyle of Cups. Before long, one or two of them will start sounding like they're reading your diary. Those are the ones to follow.

Then commit.

Follow a weekly astrology forecast and weekly tarot reading for your sun and rising signs for at least three months. Don't watch them looking for lottery numbers or whether your crush secretly likes you. Watch them because you're learning a new language. You're learning how the universe communicates through patterns.

To get you started, here are some of my favorite astrologers and tarot readers on YouTube. Some focus primarily on astrology, some on tarot, and several blend the two. Don't try to follow all of them forever. Sample them. Find the voices that make something inside you say, *Yes... that's the one.*

- Adam Elenbaas
- Ali's Zen Den
- Astrology Hub Podcast
- Cam White
- Chris at Minnow Pond Tarot
- Chris Witecki
- Christopher Renstrom
- Joe Theodore
- Kyle of Cups
- Pam Gregory
- Rick Levine
- Soulful Revolution with MJ
- Steve Judd
- Tarot Ship with Jimmy
- The Astrology Podcast
- World Astrology Report

I regularly shared many of my favorite astrologers and tarot readers on Facebook, Instagram, and YouTube. But don't feel obligated to follow the same people I do. If someone else resonates more deeply with you, **follow that nudge** instead. The universe has a funny habit of introducing students to exactly the teachers they need.

TEST THE HYPOTHESIS

If you've experienced a major life event, such as the death of a loved one, a serious illness, a divorce, a career change, or any other significant turning point, go back and look at the astrology surrounding that period.

Watch a few of the astrologers I recommended for the weeks leading up to the event and the weeks that followed. Then compare what they were discussing with the tarot and with what was actually unfolding in your life.

This is one of the fastest ways to understand what I'm trying to show you. You'll begin to see how astrology describes the larger energetic weather while tarot reflects how those themes are expressing themselves on a more personal level. Together, they can offer a surprisingly accurate picture of the lessons, challenges, and opportunities surrounding important moments in your life.

PRACTICE TANTRA

Once you understand that life moves in cycles, the work shifts from studying the world to studying yourself.

This is where Tantra comes in.

Most people hear that word and immediately think about sex. They're missing the point. Tantra isn't about becoming more spiritual. It's about becoming more honest.

Every insecurity you've been avoiding. Every resentment you keep replaying. Every fear that quietly runs your life. Every person who somehow knows exactly how to push your buttons. That's the practice.

Life is funny that way. It keeps handing us the same lesson wrapped in different paper. You can move across the country, get divorced, find a new job, join a new religion, or convince yourself you've completely reinvented your life. If you haven't learned the lesson, it has an almost magical way of finding you again. Different face. Same curriculum.

That's why I put together what I call **The 10 Things to Do Before You Go BOOM-ee.**

They're not rules. They're not commandments. They're simply ten practices that, in my experience, make awakening far more likely. I'll unpack each one in the next section, but they all point in the same direction: choose courage instead of fear, honor yourself without abandoning yourself, stay curious, surround yourself with people who help you grow, stop apologizing for desire, let go of scarcity, be fully present, come back to your body, help other people, and trust the strange, beautiful process of becoming.

You won't do them perfectly. I certainly didn't. Some days you'll avoid the hard conversation. You'll stay too long. Leave too early. Ignore your intuition. Slip back into old habits. That's okay.

The goal was never perfection. The goal is simply to notice the pattern a little sooner than you did last time and make a slightly different choice.

Do that often enough, and something quietly begins to change.

You stop being the person who always reacts the same way.

You stop living inside the same old stories.

And one day you realize the person who walked into this chapter isn't the same person walking out of it.

BRING ALL THREE PIECES TOGETHER

Listen to the astrology. Watch the tarot. Then run everything through the 10 Things to Do Before You Go BOOM-ee . Most importantly, change. That's the part almost everyone skips.

Eventually, you'll notice something extraordinary.

The astrology describes the lesson. The tarot reflects the lesson. Life presents the lesson. Then, almost without realizing it, you respond differently than you would have a year ago.

Maybe you choose compassion instead of anger. Honesty instead of avoidance. Maybe you finally have the difficult conversation you've been avoiding, or walk away from something that no longer serves you. The size of the choice doesn't matter. What matters is that, for a brief moment, you stop being the person you've always been and become someone new. You realize your inner Godzilla was never meant to disappear - only to learn who's holding the leash.

That's where the bhumi is hiding. Not in your birth chart. Not in the tarot. Not in meditation. Not even in this book.

It's hiding in those quiet moments when you become a little more honest than you were yesterday, a little more courageous, a little more loving, a little more free. Those moments may seem ordinary while they're happening, but they're not. They're the moments that slowly reshape a human life.

And one day, when you look back, you'll realize those small choices weren't small at all. They were the path. They always were.

And don't make the mistake of thinking she's waiting behind the first breakthrough. Most of us have spent decades building the habits, fears, identities, defenses, and stories that make us who we are. They don't disappear because we had one profound weekend or one beautiful meditation. They unravel the same way they were built: one choice, one lesson, one honest moment at a time.

In my case, the real work was relentless. I spent about three months tearing my life apart and putting it back together again. Every belief was questioned. Every relationship was examined. Every uncomfortable truth I could find got dragged into the light. It wasn't glamorous. It was exhausting. Looking back, I don't think the bhumi arrived despite all that work. I think it arrived because of it.

Then one day something strange happens.

You look back at the life you used to call yours and realize you're looking at a stranger. The fears that once controlled you don't seem to fit anymore. The desires that once consumed you have quietly loosened their grip. The stories you spent years telling yourself no longer sound convincing. Without ever noticing exactly when it happened, you've become someone your former self wouldn't quite recognize.

BHUMI BOOM

If you've actually had a bhumi, your scalp is going to feel like it's caught fire with no pain, or like something is happening at the top of your head that you couldn't possibly explain to a doctor.

It's so strange, so specific, and so unmistakable that it's almost impossible to doubt you're experiencing *something*.

Trying to describe it feels a bit like trying to explain what childbirth feels like to someone who's never given birth. The words never quite capture the reality.

I'm not speaking metaphorically. I'm not talking about goosebumps or an emotional rush. I'm talking about a physical sensation so distinct that you'll never mistake it for anything else.

The strange intensity of those first thirty minutes eventually fades, but don't be surprised if your scalp tingles on and off for the next couple of weeks.

ONE LAST THING

Your experience won't be identical to mine. Reality may become stranger than you ever imagined. Dreams may become astonishingly vivid. Synchronicities may begin arriving faster than you can explain them. You may discover gifts you never knew you had. Or your path may unfold in ways neither of us could possibly predict. Every awakening tells its own story.

The scalp doesn't. If it happens, you'll know. Promise.

But don't expect an invitation into Willy Wonka's factory if you're unwilling to eat the chocolate. So eat the damn chocolate. Do the work. Be fearless. *Audentes Fortuna Iuvat*. Fortune favors the bold.

I'll save you a seat at breakfast.

LEAVING THE PORCH LIGHT ON

To those of you who are "lucky" enough to have a bhumi within the next four years... Yes, that's the window we're watching as we move toward 144,000.

I want to leave something behind for you.

When a bhumi happens, your mind already has enough to process. The last thing you need is another dozen worry loops spinning in your head. *Where am I going to sleep? How am I going to eat? What if I can't work? Who do I call? Am I losing my mind?*

I can't answer all of those questions, but maybe I can remove a few of them.

I'm buying a handful of secret homes around the world. When the time comes, there will be a lock on the door. Flip a coin to discover the code. Inside you'll find a bed, food, a quiet place to land, instructions on how to get help, and my phone number.

Call me. Stay as long as you need.

When I went through my own transformation, I was also trying to figure out where I would sleep, how I would survive, and who I could trust. Those practical concerns added an unnecessary burden to an experience that was already overwhelming. I don't want that for you.

Think of these homes as my way of leaving the porch light on.

My hope is simple: if food, shelter, and safety are already taken care of, your mind can spend less time worrying about survival and more time understanding what's happening to you. No one should have to navigate an experience like this completely alone.

Will it still be confusing? Probably. Beautiful? Almost certainly. Terrifying at times? Maybe. Life-changing? I hope so.

But I believe there's something extraordinary waiting on the other side.

So if you ever find one of these houses, come inside. Eat something. Take a shower. Get a good night's sleep. Then call me. We'll figure out the rest together.

You're going to be okay.

I think. 😊

Please read **THE 10 THINGS TO DO BEFORE YOU GO BOOM-ee** next.