

THE CLIMB



You are ready for your fourth action on The Living Spiral of Transformation: *The Climb*.

REMINDER: The Disempowerment Paradox.

On the one hand, you are powerful, you are caring, and you may be successful by any or all current benchmarks of the culture or country in which you live. However, on the other hand, you know that somehow you are being thwarted and

unable to create the life for which you most deeply yearn.

How do you unlock evolution's hidden DNA power so that it shows up in your life ready to lead you to the soul path destiny that is calling you? Remember the first action. Going to *The Well* where deep listening gives you permission to let go of rational, logical, ego/Mind programs with the expectation of always being in control.

REMINDER: An ego/MIND-based system of logic is one where you strategize and **push** as you declare that your will is going to prevail over everyone else -- so you just do it! This ego/MIND-based approach no longer works once you transform your deepest fears and feel the heart-inspired desire to co-create your life at the level of soul path destiny, happy and fulfilled.

REMINDER: Choose big love. Perceive your life and all life as interconnected living energetic spirals of wisdom that are structured like the most stunning kaleidoscope you could ever imagine. Now hold this kaleidoscope of consciousness in your hands and up to your 'inner' eyes!

REMINDER: Transformation is not ignited by being passively controlling or passively aggressive. Throwing your hands up and waiting does not ignite transformation. Walking away from transformation because you are too impatient to receive the results of surrender and letting

go - these disguised mind strategies will not ignite transformation at the level of soul path destiny.

CHECK-IN TIME: What is the same and what is the difference since you began your adventure on The Living Spiral of Transformation?

Are you still struggling with health and wellness issues? Do you sometimes still feel shame and confusion about not being able to make changes you feel you should make or that you 'want' to make? Do you continue to feel lonely and isolated despite having good friends in your life or loving family members?

Do you feel a desire to be radiant, vibrantly alive, and at home in your body?

Lastly, in your clearest moments does some part of you know that you came to this world to contribute to co-creating some larger world-changing shift? This means your world. Making your own life work can be so hard that you feel that healer/helper impulse is unrealistic or somehow inauthentic. Self-doubt dismisses your intuition and core wisdom.

If you notice any or all these feelings/experiences, remember these convey information about consciousness, energy, and frequency.

Compare and Contrast!

Can you see and name each emotional pattern that blocks authentic feeling? You are learning how to depersonalize these patterns, one by one, through inner guidance or with the help of a TLS certified facilitator. Reach out for the help of a therapist, body worker, nutritional consultant, Bioenergetics practitioner, chiropractor, or naturopath. Participate in every path of assistance that resonates with nurturing physical health and self-healing empowerment as your soul path destiny shines.

One of the first skills you learn when your heart inspires you to make another shift into accelerated conscious evolution is being able to relax into accepting the living lessons that come through your diverse, unique DNA template, no matter what this presents you with at any moment. There are no mistakes. There is no punishment or decree where you agreed to suffer as a response.

There is only energy, consciousness, information, awareness, and frequency. The quantum field balances action and the consequences of action. This is often referred to as karma. Growing up in my community, this was described vividly as what goes around, comes around.

As you enter *The Climb* on The Living Spiral of Transformation, trust its fluid, non-linear process and it is okay to have a laundry list of activities and to consult ego/MIND for suggestions on how to move forward in practical, small, and achievable baby steps.

How do you imagine living fully as your best self? The answer has nothing to do with making money. Being funded to share your soul path destiny is different from a compulsion to make

money as a means of proving your worth to the world. This choice is not a substitute for self-love which arises from knowing how perfectly unique you are.

Are you noticing your soul speaking to you more clearly and directly? This voice is a distinct inner voice that you now hear. You are not having a psychotic break, and this is not channeling.

In accelerated conscious evolution and in the quantum field, there is no handing over your precious consciousness to any 'entity' that prefers to be called by a different name. When and if you are gifted with your Soul name? Make this your legal name so that the sound of you, your body, and your subtle energy fields remain aligned and intact. Your sound tone prevents a crack through which 'not you' could sneak into any of your subtle bodies. The choice to 'channel' entities in any form of trance indicates that your life force energy is being used in unknown ways and spaces without your full conscious participation and consent.

Turn ever more gently toward the perceptual shifts that validate incoming information as truthful and which your heart recognizes as ablaze with love, living sound and light, and the power of your three-hundred-and-sixty-degree awake, alert, conscious awareness.

REMINDER: Together, you and your soul path destiny (instead of you and your Shadow) alchemize irresistible, delightful, and uncontrollable experiences of transformation that will recycle sustaining, regenerating flows of energy. These flows of energy are ecstatic about you growing into a bigger life than you ever believed possible.

As I previously described, one powerful impulse to dive into superficial change arises as we seek relief from boredom. Boredom arises when you have no idea how to come to *The Well* of your being to renew yourself, regenerate a clear path of intention for your life, or to restore the nuclear power plant of creative life energy that every one of us has within.

The Climb: You do make that leap! You have the momentum to climb up, in, and out of stagnation and entropy. Consciously co-create a life that frees and then sustains the possibilities that are desired by your heart and soul. These possibilities are coded into your unique DNA.

As you climb, your conscious awareness highlights all the universal inner spaces and places that make up The Living Spiral of Transformation. This is a path to powerful healing and regeneration on which you reach mastery and powerful self-healing.

When you embrace the forces of transformation within you and receive validation of these forces externally, you become empowered in key areas of self-actualization. These include self-healing and supporting self-healing in the lives of those you love.

The Living Spiral of Transformation adventure gently leads to being completely present to your most authentic self, in love and intimacy. You have the energy to receive and value growth-nurturing relationships. Those of us who are self-actualizing have no desire to come together with any old somebody to hang out with, mate, marry, buy a car with, have children, or make a go-along to get-along life. We long for relationships in which our soul gifts are received as we enjoy abundant, balanced lifestyles we prefer.

Find your tribe! This is your birth family, or chosen family, friends, and affinity communities that organize around the highest potential and the most beneficial impact for all concerned, not as an assumption but as an exploration and beautiful asking.

What is *The Climb*? This action makes a commitment to trusting the unknown. Even though you can't see or know all the details, you make an agreement with your best self and your DNA after having only heard a faint whisper from something yet to be discovered as you make *The Climb*. This has happened to me many times and in one extraordinary adventure a casual thought led to synchronicities that gave me the space to share my soul gifts with a group of strangers, dozens of people all at the same time.

In my interview with David Baer, I shared that the faint whisper “***I'd like to work with burn patients***” came to life during my second year of study at the Barbara Brennan School of Healing just as I had begun to recognize the limitations of that program and decided to withdraw from it.

This wise, heart-centered, and intuitive choice led to the amazing circumstances of traveling to Russia surrendering to the Universe to set up the details for using my learned-from-within healing techniques in hospitals. Co-creation literally dropped me into a space that had been prepared through no will of my own other than to hold the intention of YES to life.

The key action of *The Climb*? Consciously align your values and welcome resources you need to thrive. Co-create! Reach to fulfill every wonderful idea or inspiration, like David Baer's idea for a book club based on my book: **Become a member of Accelerated Conscious Evolution. Support publication and distribution of by aligned, mission-driven businesses and organizations.**

Book clubs? You bet. I love that as a way of supporting others to show up with more self-love and healthy self-empowerment.

Your body gives you powerful signals when you consciously agree to take on tasks that are life-affirming in terms of what is encoded in your diverse, unique DNA as belonging to your soul path destiny. Your body also sends you powerful signals when you make choices that are not life-affirming or that won't lead to organic, expanding cycles of more 'you' as soul and body truly become one energy.

Instead of inner sparks and tingles, do you respect the wisdom of your hair standing up on the back of your neck? Clue phone!

Inwardly, I often feel that I am climbing an infinite ladder of awareness that is made of diverse, unique strands of my DNA. One vertical support of the two that form the ladder of a single DNA strand aligns with The Living Spiral of Transformation. This vertical support consists of a wide variety of life experiences and a quality of conscious understanding which comes with time, being open, vulnerable, and embracing humility.

Presently, my daily life is one of peaceful simplicity, deeply loving friendships, bliss, and contentment of knowing who I am in my subtle body 'Shine' or in my multidimensional 'Starfire.' I appreciate the cosmic joke that, in truth, the me who has lived so much life, traveled the world, had way too much fun, has endured heartbreak, accepted pleasure as incredible surprises, plot point twists, and turns that will make for a successful novel - this 'me'- does not exist in body-only consciousness in an exclusive sense. It never has.

From my perspective and perception, today there is no discrete "me". Rather, my physical body is one focus of consciousness that is fixed, more or less (sometimes a lot less), on a specific time/space address where Creation plays, experiments, reveals every face of love, dances in unity, and weeps for polarity in its profound error of choosing to function as ego/Mind in a state of separation.

Of course, I still have personal preferences for enjoying life in big and small ways. I love raspberries, sunsets, spy novels, black and white movies, sci-fi, being near the ocean, art and making art and music, sailing, singing, and being touched by beauty of every kind.

Ever more aware that I have a choice whether to stay in the known or risk taking a step further into Mystery, my life force and DNA encourage leaps of faith that continue to awaken and heal.

The rungs of the DNA ladder that are the Living Spiral of Transformation distribute quantum field information through DNA strand braiding. This eventually becomes physical form: your body and the world you live in. Your body is inseparable from all that emerges from and through Mystery and this never happens in the same way twice. If it does? Clue phone. Explore whether you are in a cycle of repeating fight, flight, or play dead patterns.

§ Process = awareness

§ Content = awareness

§ Receptivity = awareness

§ Action = awareness

§ Result = awareness

§ Consequence = awareness

§ Co-creation = awareness

The second vertical support of your DNA is composed of life force. The intense, savage, sweet turns of Mystery as it collides with the immediacy of unabashed aliveness forever aligned with the power and purpose of direct experience.

1. You become a traveling light.

2. You assess conditions first through inspiration and intuition.
3. You stop moving when you need to stop moving.
4. You rest when you need to rest.

As you climb, there are impulses to move quickly for the sheer pleasure of moving yet there is no need to rush.

You cycle back to *The Well* whenever you feel called to it. You return to *The Climb* hundreds of times

You climb to find fulfillment associated with business interests or opportunities that align core values that life determines to be beneficial to our world. Whatever these values are, they will come up for close examination, re-evaluation, and revision as your perception expands. Our soul path destiny co-creates every climb we need to express our highest vibration, desires, and intention.

You climb! We nurture creativity in our homes and how we show up for others. You climb! We embrace a deep, rich spiritual life supported by the Higher Self. We align core wisdom. We climb and discover effortless routines of self-care.

We embrace new habits, routines, and relationships.

We feel deeply at home in our bodies.

Most importantly, we are certain every person is precious. Without striving or creating strife, our inner wisdom uplifts and shifts the hearts and minds of people around us. No need to become a goody-two-shoes or wear an approval hungry mask.

I swear like a sailor. I do not hesitate to maintain strong boundaries and express anger when this is required to remain in alignment with myself rather than fantasize that I have the power to change anyone else.

Engaging The Living Spiral of Transformation, you begin to experience a state of flow arising from within. Women, men, children, and even a few animals have chosen to apply the information/frequencies that I share in courses and programs.

Your physical human body is the connecting link between two primary energetic forces on which your awareness rests before the next turn of The Living Spiral shifts and expands during *The Climb*.

The Living Spiral of Transformation program is an opportunity to be in direct experience at *The Well*, in *The Vision* and *The Sound*, on the growing edge of *The Reach* for inner unity with your DNA/soul path destiny.

Having journeyed to your deep well of being? Having touched your inner vision? You can hear your authentic voice as an attribute of your body/mind. You make *The Climb* toward your most complete self.

You will receive a gift from the universe as it meets you in your DNA. This gift is a golden orb of power, protection, peace, and loving tenderness needed to make *The Climb* into the depth, height, breadth, and width of you so that you stop running from who you are not.

Having gained momentum, inspiration, and trustworthy intuition from your first three actions? After reaching within to hear, feel, and glimpse the person you long to be, day in and day out, you make *The Climb*. A 'new you' shows up easily and consistently without the drag of resistance, inner conflict, or drama/trauma turmoil that is unconscious co-creation pretending to be a person you are not.

You climb to claim your seat of personal power. You no longer hold back or hide from the pain of life. You no longer chase whatever seems to exist outside of you that has always been out of reach.

But before you begin, here is a simple visualization in which you receive the gift of an orb to sustain you as you make *The Climb*.

Copy and paste this link into your browser to listen or download the visualization:

<https://vimeo.com/505754534>

This is a journey of breath, focused energy, and flowing awareness.

Take a moment now. Settle into a comfortable position, whatever that is for you. Feel yourself letting go of any tension in your body. Relax. Your breath is your ally in this relaxation, as always.

Take five or six deep breaths: breathe into your belly base. Breathe deep into the base of your belly then breathe up and into your heart center.

Take a few more focused breaths, inhaling into and exhaling from your heart center, in and out, in and out.

Breathe up, breathe up, and breathe up until you come to your 10th chakra twenty-four inches above your head.

Once there, take another deep breath. Now glide down through the center of your body and breathe deep into the crystal core of the Earth.

From the core of the earth, breath up a silver and violet trail of love/light/sound. Inhale deeply. Breathe this liquid light up from deep within the Earth's core into your 12th chakra.

This is located six inches below your feet.

Breathe this silver and violet trail of energy up to your 14th chakra located five to seven feet above your physical head. Breathe back down into Earth's crystalline core. From there, breathe silver and violet energy up into your first chakra and into the tailbone at the base of your spine.

From the base of your spine, breathe up into your second chakra (creative/emotional power center). Breathe in and through this chakra, into the central vertical channel that aligns with your spine.

Breathe upwards, by-passing your third chakra.

Breathe into your heart center. Place your hands over your heart, left hand over right hand.

Continue breathing energy up through your central vertical channel into, and through your fifth chakra, the throat chakra.

Breathe up, through and into your Rajna, your third eye.

Breathe all the way up into your 14th chakra and its golden, inner sun. Use your breath to cycle through your central vertical channel back down into your physical body as you breathe golden sun energy into all your energy bodies and chakras.

Breathe this golden sun energy down toward the earth. Breathe the golden sun energy down into and through your crown, the seventh chakra. Breathe in the energy of this golden inner sun. Breathe into your CVC (central vertical channel) downward, into and through your sixth chakra, the third eye.

Inhale. Breathe down, into, and through your throat chakra, your fifth energy center. Reach deep into the center of this chakra. Breathe in, connect your throat chakra with the energy of this inner, golden sun.

Now, inhale another deep breath and dive down to connect with the earth's core. Bring more silver-violet energy up, into your third eye and up and out the center of your crown chakra.

At the same time, take another deep breath. This time when you exhale, exhale from your belly base back down into the crystalline core of the earth where your multidimensional and incarnation memory matrix is located and can be opened.

Now, gradually, use your inner vision (intention or imagination), and see a golden sun orb in the palms of your two cupped hands.

Breathe this golden sun energy into your palms and out the tips of your fingers.

Open your eyes. Feel this warmth in your hands. This golden sun orb will nourish and sustain you during *The Climb*.

And it will sustain you through all levels of The Living Spiral of Transformation. This beautiful sphere of intelligent, direct knowing surrounds you, flows outward from you and returns to you.

Take a deep breath: inhale and exhale. Tuck this golden orb of energy securely into the center of your heart chakra. Draw on this golden sun orb anytime you need regeneration, renewal, and emotional calm as you continue *The Climb*.

This golden sun energy is warming your hands and filling your entire fourth chakra, or heart center, full of golden radiant energy. This energy forms a ball the size of Clementine orange in the palms of your hands.

This gold sun orb is forming and radiating. It radiates through every aspect of your heart chakra; front, back, sides, and all the angles of energy that emit from your heart chakra.

The golden orb of regenerative energy is a gratification for the powerful inner work you are participating in as you move to the next space of the Living Spiral of Transformation adventure.

Bring this golden orb out from your heart chakra at any time.

You make *The Climb* remembering what it feels like to fumble and fail as you reach in and find your way around this beautiful living spiral. Your body becomes conditioned to this energetic experience so that it's no longer scary. As you make *The Climb*, you find you are more awake and energetically alive.

After making any climb within, shift into the cognitive work to reassure your ego/Mind that its participation is welcome after you complete your inner, creativity-sparking adventure. However, it can only participate as a witness, never as your judge.

Here is an additional focal point for your **workbook/journal** as your kaleidoscope of consciousness expands, turns, and enhances your field of perception.

Have you ever seen a toddler breaking free as walking becomes a wobbly run? That child is so joyful, intensely focused, and excited!

You, too, were once this joyful and excited about the power of movement in your body. Every part of *The Climb* is the equivalent to that moment when you were a toddler breaking into your first run or the experience of the maximum capacity of your unique body.

This is how alive you feel as you make *The Climb*.

Take a breath. Lean into your memory. Feel into that experience of a toddler who is learning to run and maintains its balance. Have you seen a toddler fall, plop down on its bum, or on hands and knees, regain orientation and physical coordination to power up and figure out how to get back on their feet? Unless you were born differently abled, you, too, did this many times when you were a toddler to arrive where you are today, using your body to its maximum capacity.

The Climb is a unified, aligned energy exertion of body and inner self that leaves you feeling fabulous.

Like a toddler breaking into a spontaneous run and feeling the power of being fully mobile, enjoy the same exuberant anticipation of what is ahead. You've learned how to put on the brakes. You've learned how to keep your balance, come to a stop, steady your feet, ready to pivot without falling over, seeing in every direction.

What is your story about feelings? Ideas? About the rules you choose to abide by? What do you consider to be the energy that creates life? Call it God, call it Source, call it a Unified Energy Field. Call it the Great Spirit. Whatever makes sense to you.

Try creating a guided journey for yourself around an experience of self-love and safe boundaries. In this guided journey, recall a recent time or circumstance where you created a self-loving boundary and maintained it. Using your **workbook/journal**, write down your recollection.

Now create a guided journey on this experience of self-love that you desire to repeat.

On a scale of 1 to 10, what is your current level of self-love?

Write down your definition of self-love. What is the exact way in which you give yourself permission to experience self-love? How often do you look in the mirror and smile at yourself with self-love and approval?

If you have yet to open to self-love, write down how you imagine self-love 'more' would feel. Use your heart's imagination. Think of someone you love. Now circle that love back to you and hold it for a minute, two minutes. Hold this flow for as long as you can. How does this feel? Notice if your Vagus nerve triggers you into feeling uncomfortable, or if you hear the word 'selfish' or 'greedy.'

Compare and contrast the familial love you grew up with to the familial love you choose to create.

Exercise #9: Go deeper

Use your **workbook/journal** for this next exercise.

Writing Prompt: What are your perceptions about romantic love? Write about your first erotic crush. Can you remember being in that yummy crush energy where you chose your crush rather than being the chosen one? If you have had both experiences? Compare and contrast.

Writing Prompt: Write about your experience of familial love.

This can be a compare-and-contrast exercise, as well. What quality of love did you experience growing up in your primary family? What quality of love, or lack of love, was shown to you? What were you given to believe love is? Then contrast this with what you have discovered for yourself, perhaps in creating your own family.

In your memory, cycle back to an experience that created a dent in your tender heart, one that either confused your understanding of familial love, the experience of romantic love and trust, or the experience of affection and loving friendship.

Make *The Climb* into your memory in response to these prompts. This is a great time to share your discoveries with a trusted confidante.

Repeat the meditation of the New Agreement of Being.

Copy and paste this link into your browser to access the audio download:
<https://vimeo.com/405009545>

How do you define self-love?

Writing Prompt:

1. Are you ready to make room for more self-love?
2. How would allowing more love into your life feel?
3. Have you noticed ego/Mind sabotaging your path to self-love?
4. How does self-love strengthen your discernment?

The Power of Self-love

Developing a healthy love of self does not need to be a big deal. Being self-loving can be as simple as taking a nice soak in a hot bath. Turn off your phone and anything else that might be a distraction after you climb into the tub to enjoy your bath.

Self-love could be the time that you take to sit in the sunshine. Or it could be a time when you feel a desire to take a walk and absorb the natural beauty around you.

As you make *The Climb*, use your **workbook/journal** to respond to these discovery prompts. Sign up for a TLS group session. These are wonderful opportunities to discuss or simply share what you are learning about yourself.

You make *The Climb* with your full circle self.

The Climb is a full circle of experience that offers many different points of view and glimpses of past/present/future 'you' in shadow, in light, and being love.

In your **workbook/journal**, jot down new insights, memories, validations, synchronicities, confirmations or moments of pleasure, delight, and inner connections that show up as you make *The Climb*.

REMINDER: *The Climb* teaches us to trust the unknown and the unseen. *The Climb* is a climb into trusting who you are as an expression of your one-of-a-kind DNA. Trust your discovery of being a spherical being. You are a full circle. You, yourself, all by yourself, are a full circle.

Exercise #10: How does my body feel?

Writing Prompt: Is it love? How do I know?

Listen deeply within and ask: How does my choice to trust the unknown have an impact on renewing the energy of my life purpose by bringing a shift, if needed, to my 'mask identity' story?

Compare and Contrast

Writing Prompt: Recall a long forgotten past choice. This is a choice that brought you closer to your core being or a choice that slid you into separation from feeling safe, happy, and loved.

1. Recall a difficult choice that brought fulfillment and satisfaction
2. Recall a default choice fueled by indecision or outside influence
3. Recall a choice that immediately felt like a total YES in your body. How did this choice lead to a satisfying outcome for you and/or someone that you love?

Writing Prompt: Identify a current situation where you have an important choice to make.

§ What does your heart have to say about this choice?

§ What does your mind have to say about this choice?

§ What does your life story have to say?

§ What ego/identity/ mask perceptions are blocking clarity?

§ What does your body have to say about this choice?

Feeling Prompt: How does it feel in your body as you observe your choice-making process? What new and/or neutral spaces of perception can you feel informing your body/spirit/mind?

Writing Prompt: Use your **workbook/journal** to write a paragraph or two about the following focus for awareness:

- An experience where love misaligned into a romantic power struggle;
- An experience where love misaligned into a lust/power struggle;
- A time when intimate love aligned with your life purpose as I, me, we;

Embrace forces of transformation within you. Validate these forces as they activate and shape your external experience. Accept being empowered in key areas of self-actualization.

These forces include self-healing empowerment as well as supporting self-healing in the lives of those you love.

Time for more Keys! Which key resonates with a deep yearning and sparks desire?

REMINDER: The first key expands your authentic confidence.

REMINDER: You are unapologetically present in your life and your relationships.

REMINDER: You experience breakthroughs by becoming visible to others, especially to those confined by logical, uninspiring systems of EGO/MIND who have always done their best to render you invisible.

REMINDER: Your inner transformation brings the pleasure of knowing that your life is your source of happiness; being recognized, valued, appreciated, rewarded, and appropriately compensated are icing on your 'I am happy' cake.

YOUR DNA KEYS: You hold the patient intention that families, friends, and communities you value choose to organize around Higher Self energy and quantum physics potential.

§ You feel the desire to have a beneficial impact on the lives around you.

§ Your gifts are being received; you are enjoying the abundant, balanced lifestyle that is one you prefer.

§ You confidently express your desires in thoughts, words, and deeds

§ You allow co-creativity into your home and how you show up for others.

§ You feel a deep, rich, spiritual life being supported by heart-aligned core wisdom.

§ You effortlessly embrace routines of self-care.

§ You experience feeling deeply at home in your body.

§ You love and appreciate your body.

Most importantly, the more you experience your unique inner wisdom igniting, uplifting, and shifting the lives of people around you, your growing compassion naturally asserts its understanding that every life matters.

Build momentum! Begin to consciously co-create a life that frees up the energy you need to sustain the possibilities in your heart and soul. Make a quantum leap!

The Living Spiral of Transformation of Transformation is completely present to and available for expressing your most authentic self in love and intimacy. You receive and welcome growth-nurturing relationships. Those of us who are self-actualizing have no desire to come together in an intimate partnership for the purpose of sharing the bills, mating, and procreating.

You long to be ecstatically loved for who you are just as much as you long to feel unconditional love as you support soulful unions.

Consciously align your sacred, non-negotiable soul path values.

Welcome every resource that comes your way to help you thrive! Your body gives clear powerful signals that you no longer ignore. Renewed and regenerative energy flows abundantly for life-affirming choices, actions, tasks, and relationships that blossom into a meaningful difference in the world your heart and soul path destiny co-create with **I am/I will/I become/I live/I love**.

In your **workbook/journal** find this color image of the DNA ladder in its sphere.

This image highlights an inner focus for your awareness. In this focused lens, Tiny Mighty You begins to limb up, around, through, and down into your DNA reason for being in a physical body. What is your reason for being in a physical body right where it is now?

This includes being ill if you are ill.

It is the task of the tiny, mighty you to engage your DNA to co-create health and wellness for your physical body from the inside out.

In my work as a healer/helper, clients and students pay for learning. They do not pay for being 'done to.'

Whatever you truly learn and integrate can be accomplished many times over when you choose to 'do it' –the act of learning - instead of choosing to be 'done to' which teaches you nothing about self-empowered healing.

Your DNA reveals the 'why' of why you were born. DNA is coded to actualize your life purpose and the unique contribution only you can share. Your co-creation with life.

Exercise #11: Tiny, Mighty You!

Imagine your version of a tiny replica of you, so small that it would fit inside the chromosome of a DNA molecule. Visualize this tiny, mighty you stepping onto the spiraling ladder at the center of your inner image of a DNA strand. Feel your tiny, mighty hands grasping the inner 'rungs' of this ladder. Then climb until you can no longer see yourself within the image circle.

Now close your eyes and surrender to new perception as tiny, mighty you freely and safely explores your diverse, unique DNA.

1. What do you hear?
2. What do you see?
3. What do you feel?

This conscious interaction on your part will identify, assemble, and awaken junk DNA that is essential to your well-being in this era of global, multidimensional transformation.

This is just the beginning. Use your **workbook/journal** to note all the features of this experience. Withhold judgment and allow your body consciousness to transform into a full, complete, and unobstructed relationship with your subtle energy bodies and chakras.

Exercise #12: Ask!

Recall. Listen. Hear. Feel. Match. Reset.

Ask: "Show me how it feels to be whole, aligned in truth, transparency, trust, and integrity?"

Ask! Ask! Ask! Ask! And then Listen, Wait and Watch

Recall in detail a moment when you chose to love yourself by saying no!

Use the **workbook/journal** module *The Vision* and *The Sound*. Now is the time. Procrastination is the antithesis of self-love.

Recall three recent situations in the time you have been exploring this Module when you chose being loving over being right without giving away your personal power!

It is helpful to identify pivotal experiences and begin to integrate their value into your process of transformation to free and release any frozen energy or stuck love-light.

Reframe and reset any physically or emotionally traumatic experience of fight, flight or play dead that involved you, someone you love, or someone you know face-to-face. Family members. Neighbor. Co-worker. Community service provider.

REMINDER: The Disempowerment Paradox? On the one hand, you are powerful, you are caring, you may be successful by any or all the currently dominant benchmarks of western society. Yet on the other hand, you feel thwarted and unable to create the life for which you yearn.

Unlock your evolutionary empowerment and show up for yourself ready to meet the larger destiny that is calling you.

Repeat the New Agreement of Being Visualization.

<https://vimeo.com/405009545>

REMINDER: An ego/MIND-based system of logic:

1. sets goals,
2. strategizes,
3. pushes,
4. my will prevails over everyone else's,
5. just do it and don't worry about the 'be' of your intention

Masculine/electric energy is a valuable, structure-generating aspect of co-creation but it is only one-third of the formula that erupts into what we recognize as cultural consensus of the meaning of success.

This ego/MIND based approach no longer works when you release your fears and begin to feel the heart-inspired desire to co-create with life at the level of soul path destiny to be fulfilled.

There is nothing wrong with being an organized, focused, and determined individual when this serves your soul path destiny.

Copy/paste this link: The Golden Orb visualization:

<https://vimeo.com/manage/videos/505754534>

Ask. Recall. Listen. Aha! Match your feeling tone and its rhythm of awareness with the feeling tone and rhythm of any 'aha' awareness. Every spark of sudden insight has a feeling tone. Give yourself permission to feel this. This one simple shift can change your biochemistry and your neurology. Reset at the intracellular level and in all physical and non-physical levels of 'you.'

Having gained inspiration and trustworthy intuition from your original three actions, you make *The Climb*. After reaching within, you hear, feel, and glimpse the person you desire to be day in and day out. This 'you' shows up easily and consistently without those irritating instances of resistance, procrastination, inner conflict, or drama/trauma/turmoil.

Repeat the simple visualization of activating the Golden Orb and sustain the energy in *The Climb*. We all need gentle, powerful support within ourselves and in our external environments, too.

Quick Energy Breath Cue:

Take a moment to settle into a comfortable position, whatever that is for you, when you do this meditation. Let go of any tension in your body. You are relaxed and your breath is your ally in this relaxation, as it always is.

Take five or six deep breaths: breathing in from your belly base, breathing up into your heart center, breathing down deep into your belly base, breathing up into your heart center.

After making any climb within, do your cognitive work. Let your mind know that it is welcome to participate once you have completed an inner adventure and are now integrating the information.

The mind is invited to participate only as a witness, never as a judge.

As you make *The Climb*, remember what it feels like to fumble and flail as you find your way onto and around the beautiful living spiral. Your body becomes conditioned to opening into an energetic experience. It is no longer scary. You become more awake and energetically alive as you make *The Climb*.

The Climb is a unified, aligned energy exertion in your body that brings you the high that marathon runners enjoy even though these marathons are a uni-directional from point A to point B.

On The Living Spiral of Transformation, you move in multiple directions at once while your body may or may not need to move at all.

Enjoy what you experience on *The Climb* along with a feeling of anticipation for what's to come. Remember being a toddler? Breaking into a run? Stumbling? Tripping? Falling? And getting back on your feet?

Eventually, you stopped falling and you could run fast, fast, fast.

Feel the power of all the ways in which your consciousness can move!

What did it feel like to put on the brakes, keep yourself balanced, come to a full stop, stay steady on your feet, and turn to look, see, and feel in new directions?

Using your **workbook/journal**, write out your definition of self-love. On a scale of 1 to 10, how do you give yourself permission to be self-loving in this way?

REMINDER: Hold the patient intention that the families, friends, and communities that you value will choose to organize around Higher Self potential. You desire to have a beneficial impact on the lives around you.

Make the leap, build momentum, and consciously co-create a life that frees and nurtures your heart and soul path destiny.

Confidently express your desires through thought, word, and deed, and as creativity in your home and in how you show up for others. You feel a deep, rich, spiritual life being supported by heart- aligned core wisdom.

The circular image of the DNA spiral highlights the inner focus of your climb up, around, down, and through your reason for being.

Your diverse, unique DNA reveals the **why of why you were born**. Your DNA is coded to actualize your life purpose and the unique contribution that ONLY YOU can make to life's co-creation. This you may not be the you that you associate with your personality or its desires.

REMINDER: Transformation brings the pleasure of knowing that your life is the source of your happiness; being recognized, valued, appreciated, rewarded, and appropriately compensated are icing on your soul baked cake.

I am not loading on a pile of B.S. for you to hold your nose and wade through. I'm not appealing to your pesky ego/Mind.

You matter in ways that you may not yet understand.

Remember climbing a big hill as a child? Or have you ever imagined climbing a mountain as an adult? The first part of the climb is easy. You don't have to exert huge effort or expend a lot of energy to make a start.

You begin *The Climb* in a light-hearted way. You are curious but not yet aware of the entirety of who you are, although you know what pleases you and what drives you bonkers.

What brings you a sense of feeling safe? What is distressing, disturbing, hurtful and introduces a sense of danger? Climbing a physical hill, mountain, or a structure made by man, you scan for good footing so you can maintain your balance. You're careful not to get too close to an obviously dangerous edge where a careless misstep could result in injury or even death.

At the beginning of your climb, few risks are taken. However, just as with a physical climb, the space that is *The Climb* on The Living Spiral adventure goes deep into emotional and thought environments within you. You are maintaining a balance between feeling fear, feeling unstoppable, and being in a neutral energy.

There is a difference between pulling back because of fear or pulling energy inward to wisely conserve it.

You wisely conserve your life force energy so that you have enough quantum to claim the wisdom that is stored in your DNA.

You discern whether or how to be in a conscious relationship to risk.

Mountain climbers carry oxygen resources on climbs where the ratio of oxygen in their lungs changes and they need external assistance to complete the climb and reach summits with extraordinary views that few human beings see.

Mountain climbers risk death. Why? Any risk a mountain climber takes is a calculated choice motivated by the desire to reach a specific summit. A mountain climber desires gazing out at a unique vista knowing that such a moment completely connects a climber with his or her soul. The Higher Self inspires a mountain climb by imagining and sparking the desire for viewing through physical eyes a vast vista that is a perfect reflection of an awake, aware, and purposeful sense of self.

This is mastery. This is a soul path that leads to fully feeling the deep satisfaction of **I am/ I will/ I become/ I live/ I love who I am meant to be. Here. Right here, right now.**

The Climb is a climb into your DNA energetic blueprint for being in union with your Higher Self.

The Climb is the beginning of learning how to live actively, to love completely, and to fearlessly learn and earn your way through a universe teeming with life and sharing that tremendous feeling of flow, movement, and boundless energy. Energy!

The Climb is an energetic shift that will lead to knowing beyond a doubt that you are more than your physical body; physical experience and inner feeling journeys forge inner and outer connections that combine to express your diverse, completely unique genetic DNA pattern.

This DNA pattern, or genetic template, orchestrates all of you-the-person-in-a-body. It determines all biological functions for the entirety of your life span.

Breathing, laughing, surprise, sorrow, response to pain and distress, how powerfully, quickly, and completely we heal broken bones to heartbreak healing when our DNA template is cleared of frozen, dead light.

Do you know that all human DNA should have the organic frequency of gold in its biochemistry? That gold frequency has gone missing! The why and how of this is fascinating conjecture, but more importantly how can you restore the frequency of gold in your biochemistry with no need for CRISPR nanotechnology to do that to cure the diseases that arise because we are missing our organic frequency of gold in our blood/energy systems!

The Climb is an experience of arriving at a spectacular inner summit which few people enjoy: this is being 100% awake and aware.

Arriving at this inner summit brings unobstructed appreciation and understanding of who you are, why you are alive, the theme of your life purpose and how living your soul path destiny, day by day, contributes to all that will ever be co-created.

Explorers of all kinds, be they deep sea explorers or explorers in outer space, feel the power and joy of inner and outer connection is a peak experience of unity, living to the fullest and in creative relationship to time and space. Ask Richard Branson.

You don't need to become a mountain climber, deep-sea diver, or astronaut to experience this pleasure and satisfaction: **I am, I will, I become, I live, I love.**

These path-to-purpose five base code frequencies are embedded in your evolving DNA code.

Every story that inspires, every gives-me-tingles saga aligns with an action or space of the Living Spiral of Transformation. Only the personal details differ.

Every life -- every life -- contains a seed for the growth that transforms heart and soul; the body simultaneously leads and follows.

This process unfolds as inner balance and outer cooperation while discovering specific, creative solutions to challenges that body and soul weave into subtle yet substantial 'superpowers' in whatever space you occupy. This is your essence.

You arrive at a delicate transition between consciously making your unique climb or being overcome and stopped by fearful, hidden, powerfully life-negating forces within you. You arrive at the joyful truth of direct knowing - the most generous expression of DNA, in my opinion -- and you embody 'yes, please, more, and thank you.'

Your challenge? Facing the inner dragons that would love to drag you down from your fulfillment cliff before you reach that unique-to-you summit in the same way that crabs in a crab bucket pull a crab intent on escaping back down as it reaches the rim of the crab bucket.

The challenge of coming to know and then consciously transforming fearful, hidden, and powerful forces within you and all human beings is *The Storm*.

This is the fifth action on The Living Spiral of Transformation, and I've already described some of its features and benefits.

REMINDER: Circle back to *The Well*, *The Vision and Sound*, *The Reach* and *The Climb* whenever you feel called. The Living Spiral of transformation is a living spiral that moves, breathes, turns and braids as multidimensional strands of your DNA.

The Well, *The Vision* and *The Sound* align with the expression of your heart and soul. *The Reach* and *The Climb* align with the experience of your soul's DNA pulsing and flashing its code within you. *The Climb* and *The Storm* align: **I am + I will + I become + I live + I love.**

Although this insight was never expressly stated by any women of my acquaintance when I was a little girl, there was a toxic vibe in the air. I breathed in a masculine energy retelling of the myth of Divine Feminine and coughed it back up. Masculine jealousy and greed for creative power led to cruel, confining roles of wife, mother, homemaker, and concubine that keep the essence of Divine Feminine energy quarantined from any true balance of co-creative power.

This attempt to suppress the true nature of the Divine Feminine has failed.

Then life offered me a two-year long rite of passage as an unexpected but welcome initiation into Feminine Psyche. This was no mythological experience. It was direct experience all the way.

Admittedly subjective and highly personal, it is nevertheless authentic. I was born in that period of American history when women discovered they were free to use the word 'no.' Collectively, women of a certain class were willing to accept the consequences of saying no to what does not serve women in general and doesn't empower the female children of these women to have and enjoy power.

Women were finding and screaming their authentic 'yes' at the top of their lungs. Ozzie and Harriet went the way of the Dodo.

From my direct, lived experience, there is nothing mythic about a fire dying out at three o'clock in the morning when you are sleeping on a cement floor and it's freezing outside. There is nothing mythic about trying to start a new fire with wet wood and kindling.

There is nothing mythic about eating the last of your food stuff and not knowing when there will be more food or money to buy food. There is nothing mythic about choosing to divest yourself of your material possessions because you are painfully aware that these energy-consuming artifacts from past identities have become heavy psychic dead weight.

There is nothing mythic about deciding to turn down work for minimum wage. You know that such an imbalanced energy exchange can't support living without fear, hesitation, justification, or an adequate expansion for the person you are in the process of becoming. In the United States, after taxes, a minimum wage isn't enough to live on - not even after working a forty-hour week.

There is nothing mythic about friends and family wondering whether this time you have truly gone hopelessly around the bend. There is nothing mythic about peeing into an ash bucket or baring your ass to the stars.

In 2021, this most profound myth still prevails: Women are still primarily valued as a source of physical pleasure, home keepers, and life-givers. The myth of capitalist democracy in which few

women have any real power is painfully unraveling as America falters in its hubris of being a self-declared savior of the world as it blindly falls toward love turned into money and falling away from its national soul path destiny.

I was born in that interesting period of American history when written word and static visual images exchanged places with moving images matched to sound frequencies. The movies became a dominant means of communication and the pointy edge of the wedge. In twenty years, movies have quickly paved the way for replacing face-to-face conversation with text messages.

The allure of television programming was a stealthy, seductive method for having your mind shaped for you. A Trojan horse.

At first, exactly like the development of the powerful entity that is the Internet, if you don't factor in the cost of electricity, television programming was 'free' after buying the hard-wired unit.

I grew up in a period in history when black Americans didn't see anyone that looked like us on televisions, other than in the roles of slaves, fools, or victims. Nevertheless, black Americans found the courage to say no to having their place in society dictated by white men. The myth that blacks and people of color are inferior to whites was busted as bunk. I became an adolescent in a period in American history when my mother dared to believe I could have a college education and a career rather than a job as a domestic, secretary, office worker, waitress, or patriarchy's culturally sanctioned symbolic sex objects, such as model or actress; for instance, Marilyn Monroe.

My father dared to imagine that I could become the first woman president of the United States and secondarily the first person of color to become the president of the United States.

The myth of being servants to whites as the only available career path for women of color was busted. I was born in a period of American history when my parents believed I could live the life of a white person, meaning financial security; owning a home, a car, and not having to worry about being raped because you're attractive or lynched for being black and prosperous.

The myth of educated people of color gaining equity access if only they would trust assimilation requirements so that they would 'fit in' and so become equals in American society. This false and deliberately manufactured 'seed concept' was planted in America's superficial culture as a carrot-dangling idea rather than a living seed of an embodied reality.

For many years, my mother lived as if she had no voice that could say 'no' to anything much beyond "we're not having that for dinner, not tonight, and no, you can't wear that outside the house" until she gained the power of the purse, learned how to drive, and bought her own car! Millions of women around the world still live their entire lives in silence or violence circumstances.

The field of psychology is based on the concept of knowing yourself and having a self to know. This concept was irrelevant to my mother's every day direct experience of life: feeding the

children, bathing the children, clothing the children, getting the children off to school and having something left to share with the man she loved at the end of their workday when, after a Dubonnet nightcap, they fell into bed exhausted.

Without the occasional bitter clashes of will for which I paid the price of physical abuse, I would have otherwise suffocated in a world of mother-daughter matching dresses, white gloves, fashion show catwalks, patent leather Mary Janes, Easter parades, baby dolls, roast beef, mashed potatoes, and Jell-O based desert molds even as she paid the price of frustration for having extremely limited opportunities to grow beyond expressions of wife and mother.

From my perspective, until she reached middle-age and earned her master's degree, my mother's world seemed empty of creative, psychic content in part because of her mother's severe limitations. These limitations included having little access to education and being subjected to profound emotional and psychological abuse as a hidden, illegitimate girl child.

While my mother offered love expressed as custodial concern, there was no life force in her chosen domestic customs or in her chosen feminine self-care rituals. She was a slave to girdles and makeup. She ached for me to join her in this peculiar form of feminine slavery that was clothed in enthusiasm for the latest fashion trend, legs-crossed-at-the-knees decorum, and, of course, proper table manners.

From my perspective and perception, there was no life force in any of this. My mother's generous nature and her love of reading made a relationship possible.

By age three, I was already fighting to preserve the continued existence of my authentic soul self that knew more and had more of what is called consciousness within.

I cried, whined, screamed, hissed, moaned, and countered with no, no, no, no, no, no, no, no. I will do it my way, or I will not do it at all, and no, you can't make me.

Making many inner climbs as a youngster, I continued to say no to both mother and father, fighting instinctively for the self I already knew I was. By the time I went to kindergarten, I was aware of being a self, that part of me used my small hands to carve chalk, bars of soap, to draw sophisticated, representational drawing, while singing with a beautiful, clear, pitch-perfect voice full of deep feeling.

Luckily, I was bright and entertaining in addition to being a royal pain in the ass. Does that mean that my mother consciously valued my spunk in saying no to my father or for making demands on him that she didn't dare make? Did she admire my refusal to accept what either she or my father presented as *this is the way things are because I said so*? Not my concern or cause for social adaptation on my part; I held firm to my soul path destiny and its tractor beam.

It's only recently that my mother risked sharing a literal or metaphoric dream with me. When she can recall them, she assures me that her dreams are of no consequence. She dreams in black and white, something that is quite unimaginable to me.

While she does not often remember her dreams, all her life my mother has used sleep as an incubation method for solving practical problems. Whenever my mother arrives at a practical impasse, she takes a nap. Her batting average for waking with a workable solution to a problem is remarkable.

Although not emotionally attuned to me or my siblings, my mother is highly psychically attuned to her children, and we to her. Our father was notably absent from our telepathic systems of communication.

While my parents rarely shared their aspirational dreams with me, early on I shared mine with them. By age five, my parents had been regularly unnerved by frequent incidents of *Déjà vu* on my part. I would accompany them to this or that social event and would go skipping off on my own knowing exactly what was where. When I was asked how I knew where things were or who people were, I replied, "Oh, I've been here before."

Of course, I had not been there before *physically*. My parents chose to believe that what I meant by saying I had been there before was that I dreamt it - in advance - which in a sense I had, given my unique relationship with time.

At age five, I understood dreaming as conscious action and so moved quite naturally into precognitive dreaming. Rather than finding this frightening, as people do, my parents chalked this up to entertainment. Fortunately, neither of them held to a religious dogma that asserted such behavior was a sign of the devil.

On the contrary, it seemed to them an extension of my intelligence in which they were taking more and more pride. I was never discouraged from sharing my dreams nor was the confirmation of precognitive dreams withheld from me. My mother and father, brother, and sister made a point to let me know whenever I scored a hit.

There were times when my gift for dream precognition prevented injury to people I loved. I relieved family concerns about a relative after pulling accurate information directly from the air.

REMINDER: "Everything is energy...everything is conscious."

For me, air is an open, unobstructed space from which I get answers to any question I ask. This is a life skill I have developed and it's one that blows people away.

My DNA gift of dream precognition was never abused. For instance, I was never asked to dream to predict a winner in a horse race. This gift was incorporated as an extension of loving family relationships. So, I was at ease with this part of myself, likening these experiences to taking for granted receiving video calls in which personal information is accompanied by real-time, moving images and sound.

Additionally, I could see energy patterns in the air. Once at about age eight, I asked my mother what the "colorful paisleys" were that I saw floating in the air all around us. I later learned that this is prana. I could see wallpaper designs that were covered by several coats of paint. I

eventually proved to my mother that the wallpaper that she couldn't see was indeed underneath the paint.

I used a steak knife to peel off some paint on one of my parents' bedroom walls. "I told you so," I said, bringing her upstairs to see the wallpaper reveal. BAM!

One night on one of our frequent family evening joyrides, my ability to see energy could have saved our lives.

The Schuylkill Expressway was under construction. Parts of this cross-town highway were open to automobile traffic while others were unfinished.

It was nighttime. My father was driving our station wagon down an unfinished ramp. Energetically, I could feel that the ramp did not lead anywhere except into the river. I yelled to my father: "Stop the car!"

Thankfully, he listened. When we all got out of the car to look, what seemed to be a baseless alarm on my part was confirmed to be a true hazard. We could all see the unfinished ramp.

Had my father continued driving while not seeing the danger in time to stop on his own, our car and all of us in it would have tragically plunged into the Schuylkill River.

Within my immediate family, I experienced total loving acceptance of these out-of-the-ordinary expressions of my individuality which included chatting with the deceased who were prepared for service and burial in my grandparents' in-home funeral establishment.

Not only did I receive the generosity of my family's acceptance, but I also received respect. Their respect deepened when it became clear that I had a photographic memory and telepathic capabilities. I could and did read my parents' minds and often verbalized what either one of them chose not to say out loud.

My impression of that sort of verbal reticence is that lies are being told because the truth of what is being thought is not being said. Untruthful words are offered instead, and this is obvious, painful, confusing, and unacceptable to me and remains so to this day.

I hear the thoughts behind the words. I hear and feel the intention and energy behind words and unspoken thoughts and feelings.

Consequently, my dream life was left untouched while my dreams were validated as being connected to real events within a few minutes, hours, or days. Unlike other girl children, my parents never forced me to disconnect outer experience from truthful inner experience. This was the beginning of a steady path of individuation and differentiation. In time, this path led me far afield from my family and a predictable, comfortable life.

Life unfolded as incessant and relentless testing of whether whatever was offered up to me as true, *was true*. Or was I hearing empty words that others hoped I would accept as real and true?

I have always been able to sense any disparity between what is being stated as true and what is truthfully, factually, and 'really' happening.

My body's natural animal capacity to perceive what is going on in the environment developed without inhibition; however, this has caused much pain in friendships and this sixth sense has been a disaster when it comes to intimate relationships with husbands and lovers. Hidden thoughts, desires, dreams, fantasies, and transgressions are revealed without my even asking, meanwhile I have nothing to hide. I am an open book which few have bothered to read or understand. This, too, is a function of DNA. But not mine.

Denying, suppressing, or totally repressing the human body's intelligence which often presents as a preconscious energetic disturbance, whether subtle or gross (and which deprive you of your ability to be in reality), is what is crazy. A child of two or three years old may be lucky enough to have his or her spider senses validated and respected by mother and father, but beyond that age society's demand for good manners succeeds in disconnecting a child from his or her body truth.

By the time we become adults, many of us are completely unable to feel our body's reaction to being the target of psychological projection and/or its untruthfulness. Women have been made to believe and are still being made to believe that when they trust their intuitive intelligence, when they trust their body's reaction to what is happening around them and to them- feelings without words - that they are crazy. The opposite is often true.

Psychological projection of the inner, hiding Shadow Self is an intensified extension of dead light that is accepted as good manners in our modern society: Hide that, play nice, and hope that no one notices that you are a snake.

For years, I struggled with the awful truth that people prefer lying or deliberately presenting slightly altered versions of reality rather than feel and deal with the brief, healthy sting of truth.

A conscious relationship with dreaming is an exceptional and reliable way to connect your body with truth that tingles - those goosebumps, that illuminated little blip on your inner radar screen. This relationship also supports the practical realization of a self that can say no (good manners be damned) as well as a self that can say yes, risking movement into freedom and out of social structures empty of chi or vital life force.

When I was thirteen years old and my brother, Kevin was eight years old, we both attended Lighthouse Art and Music Camp in rural Pennsylvania.

One night, I dreamt that while horseback riding with a group of campers my beloved little brother was thrown from his horse and his arm was broken in the fall.

The next morning when campers gathered for breakfast in the mess hall, I asked my brother to ask if he was scheduled to go riding that day. He was. I told him about my dream and then I instructed him - I did not ask him - I told him not to go horseback riding. All he had to do was to cross his name off the signup sheet.

Once again, an inner subjective experience of dreaming had an irrefutable corollary with objective experience. Had I been older and wiser, had I been then the person that I am now, I would have gone into the staff office and removed the horseback riding sheet altogether. Or I would have talked to staff suggesting that perhaps it wasn't a good day for any of the campers to go riding. I would have walked out of their office not caring whether the staff thought I was crazy.

Thanks to our family history with my dreaming skills, my brother did not go horseback riding. However, the boy who went riding in his place was thrown from his horse and that boy did break his arm in the fall.

How would you explain this? How have you explained it when this happens to you? I had no need to explain it to the camp staff. There was no need to explain it to my brother because of our family history and their respect for this odd but validated life skill.

My relationship to dreaming gave me power and a voice that was listened to. While this alone may not have been enough to set me securely on the path of individuation, I was also an artist in a family system that held art, music, and intellectual prowess in high regard.

As a result of this level of progressive DNA activation, at least one multi-racial girl child in America was conferred with respect traditionally reserved for boy children.

This imprimatur of respect is an accurate reading of my energy field. The power that conscious dreaming provided also bestowed other privileges within my primary family.

Admittedly, I was a wild child. I learned early in life that occasional and relatively minor obeisance to the social customs of my parents' chosen life meant I would otherwise be left alone. I navigated the freedom of letting go of the costumery of newly forming and short-lived black middle-class aspirations to dance in our backyard during the summer, in only my underwear in the pouring rain.

My mother's life was shaped by an overwhelming need to live a normal everyday life free of domestic violence. My father's life was shaped by a need to live without being lynched. Their psychic energy was primarily consumed by these powerful needs for safety. The remainder of their psychic and creative energy was consumed by survival responsibilities. My parents' commitment to our family was that we would always have a roof over our heads, we would never go hungry, even if we ate hot dogs and Spam. We would be educated to the maximum of our individual potential and the family purse.

My parents lived semi-consciously as they made the slow, careful climb out of the psychic prisons craftily constructed and waiting for blacks. By the 1950s, in American culture, fear was the force majeure keeping people of color in these psychic prisons. Fear is the force majeure, which today, inhibits taking the risks inherent in the process of DNA inspired individuation.

Fear likewise inhibits the awakening of consciousness inherent to the process of emotional differentiation that is essential to humanity's collective well-being. This combined psychic effort

by my parents to achieve basic survival needs for our family was as much individuation as they could hope for in a society which devalues women and despises blacks and other racial minorities.

I loved to go off by myself for hours to explore nature and I was provided with lots of natural territory to explore. There is a well-maintained city park directly across the street from my childhood home. Those were the days when female children could be left unintended in such places without fear of being abducted or raped.

At age seven, eight, nine, and ten years of age, this small city park was my forest! I interacted with wild rabbits, a wide variety of birds, squirrels, and neighborhood cats. Rock outcroppings several feet high became Mount Olympus or a medieval fortress.

My paternal grandparents had a second home in the country. Their gentleman's farm consisted of a beautiful but simple old farmhouse situated on thirteen acres of orchards and clear field. I spent early childhood summers and holidays at the farm.

Here, adults took their leisure playing Bridge, Pinochle, or Canasta while downing martinis, daiquiris, fried chicken, or tea sandwiches during the summer season. I learned to love deviled eggs and I learned how to make them. My grandmother and I picked blackberries and put-up jars of jam.

Other than being caught up in a spontaneous eruption of ridiculous pranks and schemes concocted by my cousins, I felt completely safe to explore a world of growing, living things in the company of aunts, uncles, and my grandparents, all adults who could remove a tick.

DNA: My mother is of Chinese, Italian, and African American descent. My father's mother was of African ancestry. My paternal grandfather's mother was a full-blood indigenous Blackfeet woman who married a white Scotch-Irish immigrant making his living as a fur trapper in Eastern Canada.

This rich family lineage and its genetic diversity has played a powerful role in my journey of individuation.

From the beginning of being here, I was OTHER. I belonged to no fixed category. I was neither this nor that. By virtue of my biology, I am genetically related to so many of this worlds' people, people who are completely outside the touch kinship circle of my immediate family.

This diverse DNA organized itself into beauty, we are a pretty family, and our familial connection is instantly recognized. This intangible quality of otherness resulted in my having even more power because white people could never be sure *what I was, and they could not be entirely sure that I wasn't white.*

Trust me, for the first thirty-five years of my life the people who call themselves white people always felt entitled to ask me where I was from. However, I felt not all compelled to reply, turning the question around and asking, "What's your ethnicity? I'm American."

The fact that I could not be boxed into a specific racial category provided extraordinary momentum for individuating from any negative ideation based solely on the false construct of 'race.' My genetically diverse DNA activations remained unencumbered by any falsely constructed notion of race that is designed to push and pull energy into destructive relationships.

From the perspective of conventional education, I would be considered literate having read most of the recognized classics of Western literature except for Heraclitus and Herodotus. I quenched my thirst for information at the well of Western intellectual knowledge and literature, gobbling up whatever I could get my hands on as I made my climb into establishing a mindset I hoped would lead to an international life. It has.

During adolescence, I read three to six books a week and maintained an A average in school. Besides whatever reading was required for English class assignments, I devoured Proust, Kafka, Shakespeare, the Greek tragedies along with popular fiction and nonfiction - and poetry, poetry, poetry.

Soon, for more than half the amount of time I had been alive, the power I embraced in childhood led to the freedom of being a joyful, creative, aware self and I enjoyed this as my natural birthright.

Yet this was also when I first began to feel pulled away from a secure sense of fully knowing who I am. I encountered a serious impediment to a process of individuation and differentiation that already had quite a head of steam on it. I was heading into a biological, hormonal collision forcing "just me" into a culturally sanctioned split between 'soulful me' and 'sexual' me.

This is an unnatural separation. My sexual self being was being defined by men instead of being held sacred in a community of women.

This instinctive resistance to western culture patriarchal male domination unfortunately manifested as explosive, intense, emotionally abusive, and addictive lusty relationships with spiritually unevolved men who I sensed needed as much healing as I did. I recognized that I no longer knew how to be myself and be content with being 'alone.'

When I was an adolescent being defined by men in a socio-economic and religious culture that despises women as well as people of color an attempt was made to brutishly box the magnificent power of my femininity and sexuality into a social container so small that my inner life became one loud scream of "No!"

This 'No!' remains a life-affirming assertion of my sense self with its extremely healthy boundaries, but in my youth this 'No!' became a life-negating, bloody battle cry from age sixteen when I eloped with my high school sweetheart until age twenty-three when I nearly died.

After that, I no longer made art and I did not dream. It was at this point in my life that my spiritual journey began in earnest. Spontaneous out-of-body experiences erupted frequently as my soul

struggled to keep my consciousness awake and physical perception highly attuned to energy dynamics of life force unobstructed.

My unique process of unique DNA individuation and differentiation meant I had to find my way back into alignment with inner/outer 'me' who was socially programmed to disintegrate. A pattern of stagnation and self-destructive behaviors, bouts of depression, and suicidal ideation were thankfully mitigated by aligning my sense of self and worth with doing the powerful, creative, and loving women's work of being a mother.

I kept my psychic, extrasensory, and paranormal experiences a secret from my husband. I began living a life-lie. For several years, I tried to refuse my soul path destiny direct, open access to my conscious mind.

Through dreams and whatever trickle of personal power which I remained connected to fraying threads of energetic alignment, I fumbled through the confusion of having feelings with no words to express energy that was pure and clear. My focus was no longer channeled into my marital relationship but instead into parenting and consciously creating a free human being.

This tragic transition is common to women. How many of you reading this right now recognize yourself in my story? How many of you have sublimated yourselves in the Adam's Rib Syndrome (ARS)? How many of you stopped growing and nurturing yourself in favor of growing and nurturing your children, often doing so with meager benefits or the enormous disadvantages of not being partnered with the father of your children?

Have you been abandoned or ignored by conscious, embodied female mentorship once you reached puberty? Have you had no choice in the matter of having your 'me' defined by a distorted masculine or feminine psyche? How many of us have become disconnected from our DNA coded creativity, surrendering to timelines that lead to sleeping with depression instead of sleeping with healthy, creative passion?

This state presaged many powerful upheavals on my soul path that led to the regenerative experiences of *The Reach*, *The Climb* up and out, only to find myself in *The Storm*.

Who is a woman without her energy being chronically dispersed to serve a masculine image of what woman is or what a man should be? Who are we then, once freed from the unconscious energetic constraints that bind us?

These constraints were orchestrated in my childhood through Judeo-Christian mythologies where women in general and feminine sexuality are viewed as intrinsically evil.

The women's movement has been an invaluable step toward complete awakening from the Adam's Rib Syndrome. At the root of western culture is the deeply embedded, taken-to-be-true, myth that God made woman from Adam's rib.

This myth of women being cloned from a male serves the function of keeping women immersed in an undifferentiated miasma of patriarchal distortion.

What questions might you ask when your 'me' is safely undefined but is at risk of being controlled by a distorted masculine or feminine psyche rather than being supported in loving power that contributes to your original, integral structure as a journey of diverse DNA activated self- realization?

Adam's Rib Syndrome has both men and women sleepwalking in a psychological trance in which masculine psyche is only physical man rather than being the energetic creative attribute of electrical energy. It is man who has the power to define women. Really?

In its reversed aspect, the feminist movement in Western culture greased the skid for women to slide down a slippery slope of left brain hyperdrive into competitive relationships with men and out of communal cooperation with women.

Women believed we would finally make headway in the 'man-powered' concept of what is valuable to the human world.

The need and means for healing distorted polarization between feminine/magnetic and masculine/positive electrically charged energy (energies not gender) is wisdom I teach because it is essential to understanding our human bio-spiritual anatomy.

Adults seeking a fulfilled life that is rooted in an organic, neutral, and sacred beginning need to know the fundamentals of how energy functions in both the physical body and subtle energy bodies.

The Living Spiral of Transformation ultimately leads to the union of polarized opposites. If you have the courage to go all the way, you arrive in an environment where an astonishing amount of energy can be released to transform and sustain your core Self. Emotional resolution and physical regeneration co-create with you in a balanced partnership!

The Climb - making *The Climb* consciously (or unconsciously as many of us do) invites multi-leveled integration of your undifferentiated whole Self, that aspect of you who functions as 'we' as well as your individuated, differentiation, a singular being, who functions as 'I'.

I and We aspects of self instinctively incorporate the delicious qualities that in the long arc of human activity reveal a truthful rendering of human history.

We are generating the energetic balance for paradigm shifts needed to heal and release archetypes, polarized gender roles, and illusions of 'race' that damage our physical world and daily destroy our peace of mind.

Ask: What does it feel like to be whole, aligned in truth, transparency, trust and in personal integrity? Recall in detail a moment when you chose to live in self-love using the **workbook/journal** for this module.

Do not procrastinate! Procrastination is the antithesis of self-love.

REMINDER: Return to *The Well*, *The Vision and Sound*, *The Reach* and *The Climb* as you feel called. This is a Living Spiral and present, past, and future energy flows are one interconnected stream of time.

After you make *The Climb* out of limited perspectives, you come to rest in the transitional space between consciously having made your unique climb and beginning to distinguish and transform the fearful, hidden, and powerful voices that for now are part of how your DNA is expressed. Each inner climb you engage sparks greater DNA integrity and strand-braiding. Strand braiding revitalizes and regenerates your diverse, unique DNA.

You are prepared to rise to the challenge of *The Storm*.

Now you can ride the energy of dragons that fight you with their intention to push you off the edge of a cliff before you reach your desired summit of freeing yourself from the Maze.

This challenge of feeling and seeing the fearful, hidden, and powerful forces within all human beings is *The Storm*.

The Storm is the fifth action, or universal space, on The Living Spiral of Transformation adventure, the unseen but inferred interwoven spirals of vital, free energy that form our everyday physical environments. When we are wise enough to give our attention to the vitality that *The Storm* experience, we see, feel, and hear the clear warning signs of its approach in our individual lives and the collective experience of our greater world.

Depending on where you live in the world, *The Storm* could be a tornado, a blinding sandstorm, a monsoon, or a wildfire. Animals sense impending natural challenges. A healthy animal seeks available shelter or leaves its familiar grounds before *The Storm* is upon it.

Your growth challenge is to come out the other side of *The Storm* able to carry on with the living lessons that arise, be this a thorough drenching, having to replace a roof, possibly rebuilding your entire house, or your town, abandoning both home and town, or knowing that it's time to leave a location, a job, or an established relationship that no longer nurtures, sustains, or opens bigger space that welcomes your soul path destiny.

Everyone on earth lives in an environment where some form of natural or psychological event that equates to a storm is part of life. Now whether, or if, any person experiences a direct impact through such events? That is an interesting phenomenon that I will explore in Volume II.

How is it that a family makes plans to leave town just before a tornado arrives? Or a person decides to fly to a different location just before the earthquake? How many people would admit to 'having had a feeling' before such an event becomes a fixed reality on their timeline? How would you respond to a feeling like this? Would you be willing to make an 'off script' plan and act on intuition?

If you have not found your way into The Living Spiral of Transformation, having such an experience could be characterized as being lucky. However, once you begin The Living Spiral of

Transformation adventure, such feelings are embraced as a trusted reflection of deep connection between your DNA, your soul path destiny, and the core of your being.

If you are open to being gently shaken and taken out of everyday awareness, going through the challenges of The Storm at any time in your life strengthens you. Each climb you make thereafter, whether hill or mountain, awakens sleeping DNA. With more awake DNA informing your body/mind, each climb is easier to complete.

Just as each climb awakens DNA that is dormant so more activated DNA sparks your body/mind, The Living Spiral of Transformation is the foundation of an awakened life.

This book is about wisdom. If you take away only one gift of wisdom from this book, let it be this: Once there is an exception to any rule, it is no longer a rule. That 'rule' becomes a strongly held assumption. When there is more than one exception to any 'rule' it's the beginning of a paradigm shift.

Wisdom is different from knowledge. Wisdom welcomes knowledge and perspectives that derive from what we call Mind. Intellectual and scientific knowledge, however, do not always extend wisdom a warm welcome. Discernment is where wisdom and knowledge come together as an expression of inner knowing that is pure energy.

Being wise implies that one knows when to set aside knowledge (mind-only information) when it carries a hidden intent to *confuse* organic cellular intelligence or to disrupt or deflect any person being able to recognize their optimal choices for health, well-being, and happiness!

Being wise implies being able to perceive and celebrate exceptions to 'rules' that are life-negating. Being wise includes giving away any need to be seen as special. This is a trap, and the psychological tactic of convincing any person that they are special is exactly how strongly-held assumptions continue to borrow your power to present as 'rules' without you giving your conscious consent to participate in such a charade.

More wisdom. A part of you, and thankfully only a part of you, currently lives in Hell on Earth. Why? Isn't that the question every victim asks? You have the power to stop being a victim no matter how much drama/trauma Hell piles up at your front door.

When we choose to stop perceiving ourselves as victims, the question 'why me' transforms into this question: *How does random drama/trauma continue to personally whack so many of us on a massive, global scale?* Next question: How am I empowered to co-create wholeness, in every possible form and dimension, right here, right now?

Your willingness to accept the psychological, emotional, and energetic manipulation that encourages you to perceive yourself as an exception to a 'rule' because you are 'special,' or more worthy, or more deserving, or because of the color of your skin, or because you have a paper certificate or a diploma on a wall is how a 'rule' uses energy to abort humanity's transformation.

Human beings are not broken. You are not special. We are natural animals that can't be separate from nature. You are whole, not broken. Remember this wisdom as you develop into a more loving, resourceful, resilient individual, one of billions of members of our human race.

Wisdom: We are not out of the woods yet. Are you still being taught or resisting that? We must all learn fast, now. Do these ideas come across as too woo-woo for you?

The magnificent capacity for DNA empowered self-healing is woven into the blood, nerves, and bones of your unique, beautiful body. This is how diverse, unique DNA shares its 'magic' with you, and through you, with the world.

Holistic practitioners, Healers and Helpers everywhere, it is your time to step forward to lead in your communities in new and transformed ways!

It's time to celebrate! I invite you to step forward to serve and lead. We are meant to co-create new life from an environment of sharing and receiving that reflects our diverse, unique DNA contributing to life exactly where we are.

We have already built a rainbow bridge between what no longer serves and necessary inspired transformation. It's time to dance across this rainbow bridge hand in hand.

Next on The Living Spiral of Transformation adventure?

1. The A-Maze
2. L.E.Y Lines
3. The Key
4. The Fire
5. The Turn
6. The Arrival and Return
7. Radical Gratitude