

THE WELL



Being connected to The Living Spiral of Transformation is a wonderful, wonderful, wonderful, wonderful way to live.

Once you directly experience what I am describing to you, living and rising in the present moment, new information becomes part of your physical body and you can draw on its energy as needed.

Whenever you come to The **Well**, you are there because you recognize your soul's (or your core being's) thirst or hunger for a healed whole life. You know how and when to bring yourself to *The Well* and how to ignite transformation, resolution, and regeneration in your body.

My clients and student groups learn to notice when life validates a major shift that is the result of self-reflection and inner work. We consciously choose to transmute or evaporate stagnant energy as we simultaneously integrate new energies that hold the key to regeneration.

Having learned to synthesize and organize this energetic information so that it is always alive and present in my life, I am able to provide universal details that I spontaneously discovered over many years. Having led many who were lost in the Maze into the Living Spiral of Transformation adventure, their inner reality is validated and immediately recognized. This is a deeply moving and personal experience of self-awareness and healing.

The inner dynamics of harmonious growth reflect the differences that feminine or masculine energies bring to our process of co-creation. Sometimes it is challenging for men to accept nonlinear processes as valid and valuable. While men can choose to be part of conceiving a human life, they can't biologically experience new life living and growing within their bodies. An anatomically correct (not transgender) human being born male can't bring living and breathing babies from inside their physical bodies out into the world. This doesn't make their co-creative contributions any less valuable whatever gender identity is the correct one for them.

In fact, balanced masculine/electrical energy provides the structure in which human life is protected. This quality of care is essential. Tragically, and all too often in the modern world

masculine/electrical energy becomes trapped in ego/Mind. The masculine 'Y' factor can lead to the devastation of traditional ties that form the social fabric of any community.

Unlike ideas or Kangaroos, human babies are not (organically) born outside of the body to then furrow their way inside to develop. That works well for Kangaroos; but Nature's plan is that human babies begin life inside the female body and are born from a female body where children mature the physical form that becomes their DNA gift to the world. Humans are created from the inside out and not from the outside in.

As you become aware of each spark of a new shift and its insight, it's helpful to name these sparks and align them with your emotions all the better to appreciate your value and uniqueness as well as generously valuing the unique qualities of others who express different DNA gifts, strengths, and weaknesses and who heal differently.

Also beware of stalling out in what I call a disempowerment paradox. On the one hand, you are powerful, caring, and you may be successful by any or all the in-vogue, dominant benchmarks of cultural and social strata. On the other hand, there are moments when you might also feel completely powerless to create joyful experiences for which you also deeply yearn. Good old-fashioned play and fun.

Why is this so?

REMINDER: The first question transformation demands that you ask yourself is always: What is really going on here? This question demands 100% truthful answers. Moment to moment. Breath to breath. Waiting for an answer to this question can feel darn scary each time you ask until you validate you are getting truthful responses every time.

The first action you take on your heart, life, and soul path destiny will require letting go of your ego/ MIND's insistence to be in absolute control; this can show up as being dishonest or disingenuous.

How do you unlock your evolutionary empowerment to show up for yourself ready to honestly face the fierce or gentle soul path destiny that is waking you up every morning at 3:00 a.m.?

You do feel a powerful desire to be radiant, fully alive and at home in your body yet if you can't honestly answer the question 'what's really going on here,' you may struggle with being overweight, diabetic, or being in a poor state of health. You might feel ashamed and confused about not having the drive or discipline to make changes that you want to make. Or perhaps, especially as we grope for recovery from a global pandemic, you feel lonely and isolated despite having loving family members and good friends in your life who survived the pandemic.

In moments of intense clarity, is your heart and soul promising that you have come into this world to participate in world change, healing uplift, and shifts in higher collective consciousness?

Yet somehow your personal circumstances are so challenging that these greater impulses feel unrealistic or inauthentic. One possible result of this inner conflict is that you end up in a state of self-doubt and dismiss your precious, DNA-inspired core wisdom about life purpose, big or small, the purpose that is yours!

Take the first step! Hold in your open, relaxed hands the energy of interconnected relationships that will nurture your unique Living Spiral of Transformation. Hold your hands over your heart and feel this energy turning your kaleidoscope of conscious co-creation. No expectations and no explanations about how to accomplish this other than with your conscious participation as a co-creator, never as a controller.

REMINDER: A 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's and any obstacles. Just do it! This brand of MIND-based approach no longer works once you bring your fears to heart-inspired desire to co-create your life and feel completely fulfilled.

Are you ready to explore that perhaps ego/MIND systems can't answer your soul's burning questions or guide you through its inner quest? If so, you are ready to search for and locate your authentic self as you explore how to:

§ Step into visibility

§ Discover and love your genius

§ Feel at home in your body

§ Create growth-oriented relationships

§ Balance loving relationships that meet you everywhere

§ Open to trusting and abiding intimate partnerships

§ Consciously collaborate with life, trusting that life values authentic empowerment

§ Connect with core wisdom, intelligence, and energy that creates and loves you.

All this happens without you having to plan it or control how it happens.

Before you can see your pure, clear reflection in *The Well's* water of conscious awareness and before you slake your thirst for knowing your deepest and most aware heart, you must first come to *The Well* and just stand still.

Imagine arriving at ***The Well*** on the invitation of a dear friend. When you arrive at The Well, you sense this is the perfect opportunity to quench your thirst for deep companionship and you launch into a soulful, honest conversation with your friend.

Ask for their support as you look more deeply and honestly at your life.

Together, you and your friend playfully dive into the inner space that is *The Well*. You see clear, different reflections of your hearts' desires being expressed. You each get a glimpse of your Shadow selves that are a source of energetic interference, disrespectful, unloving, and critical chatter.

Shadow makes you thirsty for healing as it literally starves you of the truth regarding life experiences and how they shape you, either through love or through pain caused by hatred and fear.

Both you and your friend become aware of how your Shadow selves affect your friendship and capacity to love openly without judgment or any need to ask each other for forgiveness.

Looking into this inner well, a desire wells up within that you can't define in words. This makes you uncomfortable as you begin to sense that you can't always trust that all that you think is self-loving.

You notice feeling at a slight distance from your body's intelligence. You realize that your attention to self-care has been low to non-existent recently. It occurs to you that you have been unaware of being depressed until you asked: what's really going on here?

You experience a major shift at *The Well*. You listen to nature, to your friend. The voice in your head is a soft, loving voice. It's time to listen. ***The Well*** is a great place to begin hearing your unique voice gain. *The Well* is not a wishing well. It is a listening well.

REMINDER: Being passively controlling or passively aggressive does not ignite transformation(flight or fight). Throwing your hands up in frustration and waiting for rescue will not ignite transformation. Walking away because you are too impatient to receive the results from surrender and letting go (playing dead)(too frightened to flee, too scared to fight).

None of these disguised mind strategies ignite transformation at the level of soul path purpose and destiny.

When your heart inspires you to make the shift into accelerated conscious evolution and into your soul path destiny, you erase that laundry list of activities ego/MIND prefers. Ego/Mind will attempt to force you back into 'safe, comfortable and in control.'

For example:

§ I create a career, check;

§ I have that breakthrough now, check;

§ I focus on and fix my relationships, check;

§ I work on my spiritual practice, check.

§ I heal and transmute my Shadow, check.

No! This is not how transformation works, folks. Rather, your soul path destiny speaks loudly, clearly, and directly in a soft, gentle inner voice that you can hear within! This voice isn't an intrusive running monologue. It's interactive, at least in my life, and it makes itself known when I have questions to which I desire 100% truthful and accurate responses. Your discernment is further refined each time you validate that inner voice as being truthful. Your heart and body recognize the answers as truth (those shivers and tingles).

Together you and your soul path destiny (instead of your ego/Mind and Shadow) begin to catalyze and alchemize your soul's intention to co-create irresistible, uncontrollable, dizzying, and now and then utterly amazing and mind-blowing experiences of transformation. These are delightful and spectacular flows of conscious energy that grow you into a bigger, happier life.

Your deepest core wisdom simply can't joyfully respond to ego/Mind generated demands. This makes the practice of some form of meditation helpful as it sets ego/Mind on a back bench while you learn to master your inner game.

Soul set. Heart set. Mindset.

Approaching daily life as master of your affairs? Sure. Watch your tried-and-tanked strategies transform into more presence-filled alignment that bears no resemblance to the linear process of check, check, check, check, and – check out.

When you show up at *The Well*, vulnerable and open, you have already made an agreement in your heart to honestly answer this powerful and enlightening question: What's really going on with my life?

Your MIND won't ever answer this question honestly. Ego won't allow it. You might be seen in a bad light, you know?

What happens when you come to *The Well*?

Life dragged me to The Well to wake me up or kill me. I was twenty-four years old, and I was married to my high school sweetheart. We had a three-year old son, and we bought our first house.

built in the late 1700s, this substantial, historical farmhouse was my dream home. The house had once been a way station between Springfield, Massachusetts and Brattleboro, Vermont. The Massachusetts state line ran through our ten-acre property. The horse stalls in the carriage house were intact with leather braces on the openings of upper stall closures.

The second floor of this four-bedroom house had a huge spring dance floor where local dances were held back in the day when the house had been a local tavern. Original wooden bench

seats were still lined up against the walls of the dance hall and the original wallpaper was in remarkably good condition. This side of the house was haunted, doors to the dance hall opening and closing quite obviously by themselves.

To add to both charm and functionality? A ten-stanchion cow barn with a hayloft. We thought we'd rent the barn and some grazing space to a local dairy farmer or - more fun - modify the barn and use it to raise goats and – of course, we would learn how to make goat cheese!

Our dream was to restore the house, start a small organic farm, and use our own produce in the meals I would prepare for our future guests staying at our B & B. My husband was a skilled carpenter with experience in housing construction. I loved cooking, hosting, keeping my home spotless, and I had a green thumb. We were young and ready to tackle just about anything.

Except...that the morning we were leaving Philadelphia to make the seven-hour drive to our new old home in Vermont, I woke up blind in my right eye with no explanation. Naturally, I was completely unnerved. My husband would drive our pickup truck. I would drive our 1965 white Mustang with our son and my husband's cousin as passengers.

My mother-in-law let us know that she was completely open to having all of us camp out in her living room for another couple of days if I decided I thought it best to put off our departure to have my eyes checked. Since we no longer had a family physician, at that point I thought we should just go ahead with our plan. I would find a new family practice as soon as possible after unpacking our toothbrushes.

I kept shaking my head, as if the loss of sight in my right eye was caused by some sort of loose connection! I was frightened. Something was 'off' with me. I had seen several doctors in the prior year and learned that a low-grade pelvic infection, undiagnosed for several months, had resulted in no longer being able to conceive a child. This news was devastating, but I 'handled' it, choosing not to make a big fuss or drama out of a reality that was now so out of alignment with my life aspirations. All I desired was a life as: a happy, hippie mother and wife with a sweet husband, an adorable child, a cool farmhouse, and a reasonable idea for building a low-key, wonderful life.

Well, here was just one more 'thing' to handle gracefully. Another grin-and-bear-it opportunity. Swell.

We finished breakfast. My husband's habit was to light up a cigarette after a meal. I didn't enjoy smoking, but I had taken it up to have some small thing in common to 'do' with my husband. I lit up a Lark, then looked at it and thought, "You're crazy." I also thought, 'Well, here's the one thing over which you have any control. Do you choose to continue smoking?'

I stubbed the cigarette out in an ashtray and that was my last cigarette. Cold turkey. Done. Not long before we left that morning, as mysteriously as it had disappeared, the sight in my right eye returned.

We said our good-byes, packed up our vehicles with maps, snacks, beverages, and we set off. About two hours into the drive, a surprise torrential thunderstorm. At times it rained so hard that I pulled off to the side of the road under a bridge just to rest my eyes. Thunder, lightning, windshield wipers couldn't clear the windshield fast enough. We listened to a pop radio station and sang along with tunes that we knew to relax.

Several harrowing hours later, I pulled up in front of our home, dragged myself inside and collapsed from fatigue and stress. This was not a good sign for a new beginning. I thought I could ignore this message of the loss of sight and the storm we had just traveled through, sweep it aside, and carry on with our plan.

The unexpected and vitality-sapping circumstances of the mysterious decline in my health in a few months' time forced me to *The Well*. I spent hours alone with nothing to do but ask the big questions and take a brutally honest look at the choices that had led to being sick and unable to embrace the joy of my dream home. Who was I becoming? Why?

At *The Well* I asked my soul: What's really going on here? I spent almost the entire next year listening to the deepest truth, answering this one incredibly powerful question and opening my inner eyes so that my outer vision could be restored.

REMINDER: *The Well* is the first of the twelve Living Spiral spaces, positions, environments, or zones of inner experience.

What do you most long to experience when you imagine living being your best self? At *The Well*, you take action to access that best self's creative flow.

In this creative flow, here are a few more questions to ask:

1. Who or what has brought you to deep the well of your being?
2. What is the number one longing that your heart feels, this day, this week, this year?
3. Bring up a bucket of inspiration! What truly inspires you? Receive this form of inspiration to nourish your heart.
4. Try lowering and releasing into The Well any distorted reflection of you as seen through the eyes of someone you value. This person might want to be close to you but he or she is unable to see the real you.
5. Are you hiding your real self? If so, why?
6. How do you transform distorted reflections?
7. Will doing so help you come to inner balance, peace, and power?

The Living Spiral of Transformation, which is also the name of one of my courses, leads to profound inner turns in your awareness that transform the way you perceive others. You learn to move through the world by looking at it through the clear lens of conscious relationship beginning with you and your Higher Self!

Inner turns on the Living Spiral of Transformation do become audible, tangible, and visible. You will feel, hear, touch, and see these turns with your physical eyes in your outer, real world.

REMINDER: Gaining a kaleidoscopic view of the complexity of who you are is a superpower!

REMINDER: A non-linear process is one in which a straight line drawn from point A to point B, and then from B to C doesn't apply to The Living Spiral. You are a human being, not a human doing or linear process.

REMINDER: Imagine a twelve-week, non-linear process that would bring profound, gentle, and powerful transformation to your life!

Transformation is resolution and regeneration.

The Well demonstrates the relationship between action and access to the regenerative pool of creativity that is the depth of your being.

Congratulations for beginning an inner and outer journey with the power to change your life. At *The Well*, see your true self's reflection and honor the depth of all your feelings so that you can express your clear heart's desire.

Make the effort. Lower the bucket that is the container for your current state of awareness down into the darkness and haul up some soul-purifying water.

Next? *The Vision* and *The Sound*!