

Introduction

What if everything you ever dreamed of—everything you yearned for—was already on its way, guided by the invisible hand of the universe? What if it was flowing directly to you... But you were unknowingly standing in your own way?

What if that flow came not as a gentle breeze, but as a violent gust, flipping you through the air, crashing you into the hard ground of reality? A traumatic brain injury, caused by another's body, yet no one to blame. You wanted to blame someone. You needed to be angry. However, that anger blocked the real healing, and you didn't realize it at the time.

What if everything you ever desired had already been set in motion? What if the path to your dream required only one thing: letting go and taking the plunge? Falling from a metaphorical cliff—and in that fall, your crystal shattered wide open, revealing a higher consciousness. Would you leap, knowing the fall would cost you so much?

What if the journey never truly ended—only changed shape? And what if you had simply forgotten? Forgotten who you were, where you came from. Could you do the hard work to remember? Would you choose to ignore everything: your name, your favorite song, how to cook, how to use your phone? Would you panic—or surrender? Could you release the old to welcome the new?

What if there was meaning in the trauma—wisdom buried beneath pain? But your small self, your ego, couldn't yet see it. What if your higher self, your Oversoul, knew all along? If you believed your guides were at the helm, would you try to connect with them?