

**I'M NOT A  
HUMAN  
BUT I PLAY ONE  
IN 3D**

EARTH IS HARD: A MANUAL  
FOR HUMAN BODIES

MAYA CHAMBERS



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Many thanks to *The Great British Bake Off* episodes that played on a loop in the background while writing this, and my super long Taylor-Swift-heavy playlist.

Thank you Kara, for everything.  
I love you on every plane and in every dimension.

McDonald's — sponsor me.



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## WHO IS THIS BOOK FOR?

It's for anyone who has had a constant, lingering feeling of not belonging on this planet. It's for humans who feel at home, but would like life to be more smooth and easy. It's for anyone looking to sharpen their intuition, or for those convinced we're in a giant simulation. It's for those moments you catch something unexplainable in the corner of your eye, a streak of light across the sky.

But mostly-  
It's for you.



## INTRODUCTION

### WHERE DID THIS INFORMATION COME FROM?

It came from me!

No— ha. Hardly.

If you think of yourself as an intuitive person, do you ever wake up just knowing things? Do you dream scenarios that eventually happen, or experience a lot of déjà vu? Or do you look at the clock at exactly 11:11 or 12:34 every day?

Perfect, you're already versed in Downloads and experiencing Divine synchronicities, probably daily.

I like to say that these particular Downloads of mine (the ones you're about to read) come straight from the Factory, from Source. And I know it sounds crazy —

but hello,

I'm what you call a Walk In.

My name is Maya, and it's very nice to meet you.

I lived a fairly normal life for three decades, until a Divinely orchestrated car accident acted as a catalyst for a pre-destined and agreed upon swapping of souls. Eventually that story will be a book of its own; but until then, that's really the important part.

I've kept journal entries of every abduction that's occurred in the few years I've been aware of my new Self. And after these experiences, I always just seem to know things.

I can usually tell when I'm about to go Up. The heavy fog is typically a giveaway that They're around. Bluetooth speakers begin glitching. Flashes of light with no storm. The feeling of drowsiness that comes on quickly, like sedation.

After figuring out that I'm a Walk In (which explained a lot — a series of severe life changes flooded in over the course of a few months) I began to take notes. Things I observed and learned while integrating into my new-to-me human body. Things I would channel in my sleep and write on a notepad next to my bed when I woke up at 3:33 a.m (and I've included some of these hastily written notes for you to see). Things my fellow ET friends would hear and relay to me in order to make the transition smoother. Things I would tell people (humans, Walk-Ins, fully downloaded ETs) that would resonate with their cells and be helpful.

During the time I was a massage therapist in a tiny town on the Oregon coast, I had a really funny month. In four weeks I met two independently published authors, an author who was signed to a publishing house, and two retired editors who had a combined 60 years of experience. And no, none of these people knew each other.

So of course I went about my business, not adding two and two to make four. Telling people these little tips and tricks I had picked up over time, even hosting mini talks over a clumsy PowerPoint slideshow to make things more efficient.

Until I woke up one morning knowing — oh.

It's a book.

I made a mock cover and hit “enter” on the keyboard — immediately, lightning flashed and thunder rumbled outside.

It's this book, the one in your hands.

It's tiny and mighty and simple, there's no gatekeeping the Divine here.



Enlightenment isn't fussy.  
The Divine doesn't discriminate.

And I am in no way telling you, or asking you, to believe me. Maybe this is a cheeky work of fiction or maybe it's true. And maybe you'll never know.

But! Give it a try. Take what feels helpful to you and ignore what doesn't.

I'll love you either way. I'm rooting for you.

This was written entirely (unplanned) in 48 hours, on  
12-30-23

and 12-31-23.

1-2-3 Steps

## CHAPTER 1

### LET'S START WITH SOME HELPFUL VOCABULARY (AND NOT IN ALPHABETICAL ORDER, WHO DOES THAT?)

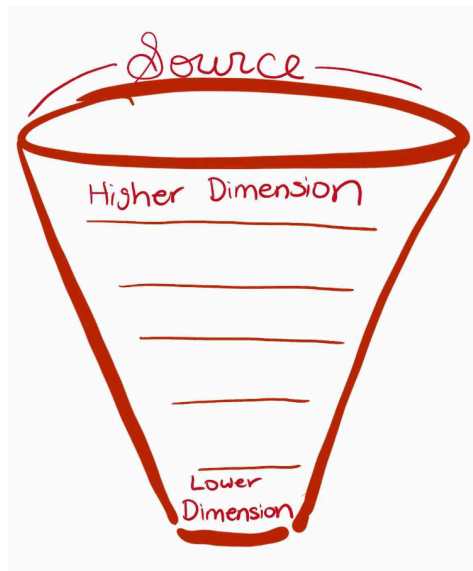
*Source* : Consciousness, the Universe, the Field, Energy, <Insert Your Favorite Deity Here>, Spirit.

Source is Everything that is, and Nothing at the same time. It can be thought of as the continuous, infinite, invisible battery that powers everything there is, ever was, and ever will be. Everything and everyone draws from Source consciously or unconsciously; it's the energy that fuels your body and thoughts and feelings and intuition and trajectory. It's the OG power "Source" (see what I did there?) that keeps Everything moving.

*Collective* : All of the human and non-human energies on this particular planet, pasted onto one collage of energy. As pockets of the Collective (such as certain demographics or geographical regions) feel similar feelings at the same time, these emotional spikes become tangible. These waves of collective energy are something empaths can feel, and they can even be documented through Schumann Resonance graphs that track the Earth's electromagnetic field (no really, Google it! They're a super helpful tool for keeping your shit together and validating your "weird" or "off" days).

*Dimensions* : The levels (or planes) of energy (Source) that are inside the planetary atmosphere. They are the infinite realms of charged air that we navigate through. Think of a funnel — wide at the top and narrow at the bottom. The higher the dimension, the higher towards the top of the funnel, the more surface area of Source is present.

As you move through your Awakening (or Integration, but more on that later) and “Level Up”, it means you’ve shifted into a higher dimension and up the funnel — you can now “see more” or “know more” because you now have access to more area of Source. Simple.



A professional drew this

Earth and the “general population” is third dimensional. The 3D (the third dimension) is palpable to your human body- it’s what you

see, sit on, eat, smell. But, someone operating from the 8th Dimension (while breathing and watching tv on the 3D Plane, of course) will have clearer intuitive abilities than someone operating from a lower Dimension. The 8D person will have access to more details of their trajectory than a person firmly planted in the 3D; the 8D will see more guiding synchronicities and will have more faith in their gut and heart. They'll usually feel more rooted and confident in their knowing, and this knowing is what we often call "psychic abilities."

And remember, assholes exist on every plane and in every dimension. You're still You, and the ability to know more than the person next to you is not a direct reflection of your "worth". If you want to present yourself as superior because of your abilities, or use your knowledge to manipulate others, that's completely your choice — although we will be covering Karma in a bit.

So maybe don't.

With respect and love.

*Divine* : The aspect of Source that guides your Highest Good. Divine timing, Divine platonic unions, Divine romantic counterparts — the clock and connections that are meant to serve us at our most radical, happy, healthy, healing and whole potential.

*Ego* : A person's self importance, the way you see yourself in contrast to the people around you. Do you have to be the smartest person in the room? The hottest? Do you feel the need to insert yourself into conversations or situations in the quest for external validation?

Sounds exhausting.

As you level up and climb the Dimensional Ladder (I guess that's where "ascend" comes from?) the "negative" parts of your

ego can't and don't come with you. The good news is this happens naturally; it's really nothing to be worked towards. An 8D person is not in competition with a 9D, a 10D sees and appreciates the value of a 5D.

## EGO CROWDS THE DIVINE

Ego second guesses your intuition. Ego tries to control, take hold, and write the narrative — even if you know the end of a story via your intuition. The Divine wants you to live your best life, so why not relax and let it work? Follow your clues and stay as present as you can in Today, even though you totally had a dream last night that you were on a plane to Bali.

Maybe your intuition will keep nagging you until you buy a ticket (that happens to be on sale the day you finally look) — or maybe it won't and next year you'll win a raffle you forgot about!

We also always want to give credit where credit's due and your ego works to keep you safe because it DOES second guess information. Ego death has been glorified as being necessary to any spiritual awakening but honestly, it's not. Always use your discernment regarding information (even this book! You don't know me. Or maybe you do. And in that case, hi! Text me).

Run information through your personal filtration system, the Divine Brita filter we're all born with. Take note of what resonates with your cells and tummy and heart and brain — this sensation can feel like warm, comforting soup in your stomach, or the straightening of your back as if you're standing to attention because your system knows it's getting correct, important information. It can feel like giddiness, or an unseen caffeine jolt.

It can also be a feeling of uneasiness, instant nausea, or even a headache — and typically these sensations can allude to something

being unsafe, untrue, or unknown. You'll figure it out quicker if you don't ignore it.

Maybe it's time to leave the room to get some fresh air.

*Grounding* : Living in right now, not what's to come. Remember the trip to Bali? You had a dream you're going, you KNOW you're going. But how? When?

Until the intuitive nudges come (or your raffle ticket gets pulled) you still have things to take care of. Don't get ahead of yourself. There's cheese to buy, hair to dry, friends to meet for happy hour. I promise the nudges will be loud if it's time for action, and you'll feel the constant nagging of the next step on the to-do list you can't see.

Know that you're an integral part of this planet that's spinning. She's steadily moving under your feet and if it's noon it's probably time for lunch. If it's Wednesday, don't worry too much about knowing what Friday holds outside of your normal schedule. Take things day by day, hour by hour,

## IN 1-2-3 STEPS

*Abundance*: It's not a million dollars every time. Abundance can be basic needs being met, or Divine interventions to propel you forward. It can be a roof over your head or unexpected, extra shifts at work right before the rent is due. Abundance can be translated to joy, health, and soulful connections with friends. It can be a gifted packet of seeds for your vegetable garden. It can be going on a solo walk to grab a latte.

And yeah sometimes it's a million dollars.

But don't get wrapped up in that.

*Intuition* : A real “when you know you know” moment.

A deep knowing or understanding of something without the need for conscious reasoning, a message \*typically\* trickled down from Source. I say “typically” because...we’ll get to that later.

Don’t stress yet.

*Guides (“Spirit Guides”)*: Entities that are derived from Source that give intuitive nudges and clues to guide you along your journey, while keeping your Highest Good in mind. They could be aliens, ghosts of dead relatives, a bodiless source-powered vapor that sounds like Liam Neeson! I have a voice that plays in my ears and sounds like a robot, I get pictures pushed into my head that feel like a cassette getting jammed into a walkman and there’s also something I call my “T.V. Oracle.”

And it’s exactly what it sounds like.

And now that I’ve thought about it I kinda want a Liam Neeson vapor.

## OR MORGAN FREEMAN

*Pings* : What I personally call Intuitive Prompts. You can use this term if you want to, of course! Or not. But to keep things easy I’ll be referring to pings a lot because it’s my word, my book, and I can.

Pings can come in many forms, and by now you’ve probably heard of the “clairs.”

There’s clairvoyance: clear seeing (third eye) and remember, “seeing” is relative and it could be with your eyeballs, or having a vision pop into your head.



Clairaudience, which is clear hearing (once again can be a physical sound in your ears, or in your head).

Clairsentience- clear feeling, an empath on steroids. A deep knowing.

Clairalince, clear smelling.

And Clairustance, clear tasting.

Typically, you'll have a smattering of all the clairs, but some might be stronger than others.

*Synchronicities* : Effortless pings, the occurrence of meaningful coincidences that seem to have no cause but oftentimes very big, very personal meanings.

*Portals* : Physical places (or windows of time) where abilities or senses are heightened, a safe space to receive messages clearly (mine is my shower!) And sometimes (for example) I'll wake up on a Saturday knowing Thursday will a Portal Day, and yup — that Thursday will be filled with nonstop synchronicities or 3D occurrences that line up with my trajectory.

I've gotten very used to it,

And you will too.

## CHAPTER 2

### TIMELINES AND TRAJECTORIES

Your trajectory is your personal story that was written before you were born (or placed into this Earth Body, but more on that later. It's gonna get real weird).

Timelines are the paths and side quests that you take to get to your predestined trajectory.

Timelines change and shift constantly but they all lead to the same trajectory. If the trajectory were a day at the beach, what does it matter if you grab an impromptu coffee on your way there? If you didn't take that extra step, you would have gotten there faster, but you still made it. And with Divine Timing on your side, you still got there when you were "supposed" to.

And maybe the coffee was amazing! Or maybe it was terrible, and now you know to not include that timeline if the same opportunity comes up again. You learned a lesson the hard way.

Whomp-whomp, as they say.

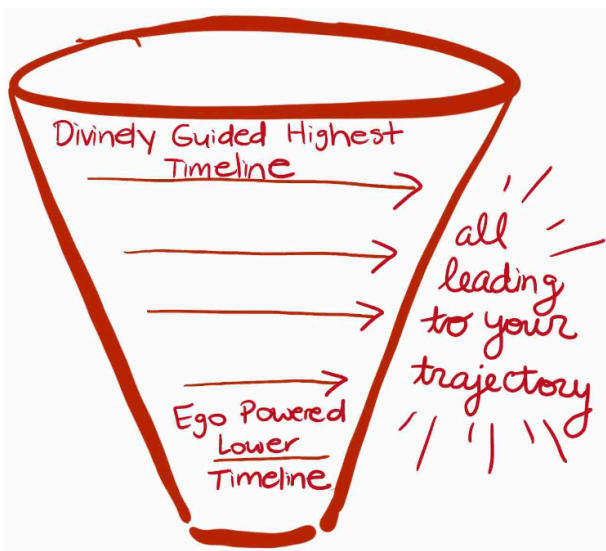
Now let's add a super simple visual.

Remember the really good picture of the funnel?

Let's modify it a bit, and turn it into a cave.

If the coffee was amazing, it's an example of a higher timeline. The higher the timeline, the closer it is to the Divine, the greatest good at the top of the cave (y'know, where the light and air is).

If the coffee was terrible, then it's a lower timeline, straying further from the Divine timeline that's at the top of the cave. (This funnel-turned-cave is going to come up a lot, FYI).



It's a cave now, keep up people

Many things could have kept you from getting to the beach altogether, but if it's your true trajectory, it **WILL** be Divinely guided back on track.

Maybe you got a flat tire backing out of your driveway. You head inside to pout because you didn't make it far, and you really wanted to work on your tan. You have no spare, and AAA will be a few hours. You accept your fate (your backyard) and decide it's going to be a good day regardless of your failed plans — your phone rings, and a friend wants to know if you'll join them at the beach! They'll pick you up in a few minutes.

If it's your true trajectory, relax — it **WILL** happen, in those Divinely Guided 1-2-3 Steps. Keep your ego in check enough to ride the turbulence of the timeline shifts, practice detachment and ground into What's Right In Front of Your Face. Gratitude is also key, your backyard is great! Of course you're allowed to pout, toxic

positivity has no place here —but really, how lucky are you that there's a backyard to begin with? Feeling grateful for our current gifts shows how we truly will be happy when the “bigger” or new gifts arrive.

If it doesn't work out, then it wasn't for your Highest Good to begin with, and as you grow, you'll learn to also release expectations faster and easier. Take a breather and move through what you thought you knew.

## **GIVE SOURCE THE ROOM TO BUILD AND WORK, AND WEAVE WHAT COMES NEXT**

That's not to say you can't be excited for what you know is to come — just remember to observe, have a giddy scream, and release — because detachment is crucial and the ultimate freedom.

If you keep detachment in mind, and are able to accept when something isn't going “according to plan” (even though you thought you intuitively knew the plan) it becomes easier to navigate the wave of timeline collapses and revisions.

Of course you're allowed to feel grief, frustration, and even distrust in yourself, but remember this:

## **MOST PINGS ARE TIMELESS**

You can know the “what,”  
Even the “who,”  
But hardly ever the “when” or “how,”  
And definitely not all of them at once.

Everything does and will make sense in time, so do your best to not attach a 3D timestamp to your pings. This is all about

16

Knowing What You Know, and just letting things unfold naturally without your ego crowding those Divine 1-2-3 Steps.

I assume that if I know something is coming and it's not here yet, it's either not ready for me or I'm not ready for it. Maybe I still have more growing to do, some more energetical blocks to clear through. Maybe I'm missing some crucial pieces of information that would make the gifts easier to receive, and maybe I'm only on step 5 of 32 and it's not like we get to see an itemized list. I'm kind of glad we can't, that would be super daunting, right?

And sometimes we'll only ping something specific as a means to get from Point A to Point B, and to become aligned with what's actually coming. Let's say you get a loud ping to travel to the South of France, only to find out a year later your future spouse is from Northern Spain. You meet at a work conference in Chicago, fall in love, then start to discuss plans for the long-term. You learn they want to move back home (or close by) within five years — and hooray! You're already familiar with that climate and know you enjoyed your time in that area. You've been unconsciously aligned to this big shift for years.

And of course there's always more than one side to everything, so when you feel the rug being pulled out from under you in the form of a scary plot twist — as big of an eye roll as it is, remember: rejection is protection.

There's so much you don't know happening behind the stage when you're in the spotlight. Pivot and dance through the set changes the best you can, and remember that just because this scene is being hastily rewritten that doesn't mean the play's ending has changed. Ground into yourself, sift through the layers of ego to let your heart know it is safe. Plot twists are to be expected, so clear your energy fields (more on that in a bit) and focus on Today.

And you'll be fine either way (the ultimate detachment phrase).

You'll feel like you can still trust your intuition if you trust yourself to keep your heart safe. Of course this can take time, and practice, but it's completely within your reach.

Remember to be patient and loving with yourself —  
This is a hard planet to navigate for anyone.

## CHAPTER 3

### ENLIGHTENMENT: WHAT IS IT AND WHAT THE FUCK DOES IT FEEL LIKE?

Enlightenment is truly achievable for anyone, and like everything, it's a non-linear journey (annoying, I know).

In technical terms, Enlightenment lives at the top of the cave, the cave that we're going to explore more soon. It's the pretty flowers in the sunshine and honey-scented breeze, where your intuition is sharp and knowing is easy. Where your heart can think clearly.

But what does it feel like?

It feels like changing into a pair of roomy sweatpants at the end of a treat-filled day. You're allowing yourself the space to shift and grow, with no stigma or shame. You had a day of living and enjoying yourself, and now your bigger pants are letting you take big, deep, nourishing breaths in a way the smaller pants couldn't.

**IT FEELS LIKE DIVINE SPACE.**

Like nothing, an empty room for Source to fill with furniture and cake and gifts. It's the simple act of observing the empty space instead of trying to fill it up yourself. It's knowing that, sure enough, the room will be filled with things you've only dreamt about, and only when you're truly ready to receive the gifts.

Enlightenment is the Divinely Protected feeling of sitting with yourself, in your truth, and just being. No need to prove anything to anyone, no shame, just self acceptance and pure self-love. And with this it can feel like there's a buffer or gap between you and the rest of the world, allowing you to thoroughly be in this Divine space of breaths.

Enlightenment feels like the best laugh you've ever had.

The kind where you're gasping for air, sweaty and teary-eyed and clutching your stomach.

The kind of laugh that makes your face hurt.

Or lets you fall in love.

The bitch of it is, true enlightenment only comes when you accept your flaws and actively work to change anything that could cause harm to others, or yourself. And sometimes it includes some ass-kicking humbling experiences, true tightrope walks in the dark with only your Heart as your guide.

You'll be fiiiiiiiine.

## CHAPTER 4

### CLEANING THE CAVE (CLEARING LOWER TIMELINES)

Alright, let's go back to the cave.

Actually, let's rappel down, all the way to the dark bottom where the lowest timelines are. Where all the terrible cups of coffee live. Where codependency, jealousy, greed, and dishonesty sprout up like toxic mushrooms in the damp. Where our victim mentalities live, the streams of thought that “give us the right” to be poisonous to others and to keep perpetuating the madness. The manipulative habits that can keep us from moving forward on our Divine path — our Shadow Selves that we hide in the corner of the basement, like Sloth in *The Goonies*.

The shadows that keep us stuck in a unending loop.

Actually, scrap that — let's grab some supplies first; let's pack a backpack.

For a trip to the bottom of the cave we should at least have a flashlight. A spare battery would be smart. A Clif bar. Some bottles of water, a sweatshirt, clean socks and a slingshot because, let's be real — sometimes we really don't know what's down there or how long this will take.

Alright, cool.

Now let's think about the cave picture again.

If we were to erase the bottom timelines, that leaves us with the higher ones by default, right?

So let's get to work, let's head on down.



Oftentimes, we don't go to the bottom of the cave by choice. We get lowered down, or wake up in the darkness (and our first thought is "Shit.") And sometimes we do go willingly — think of all the situations you've walked into knowing it's not the greatest choice, and how your personal "demons" will be tested. I often joke that my last words will be "I know better," because really, I do. I even have a sweatshirt that says this! But now, think about walking into (or being thrust into) one of these situations and acting in a New Way, one that would break the loop you've found yourself stuck in. You would leave knowing you've done yourself a service, proven to yourself that old triggers don't have the same power they used to. You're moving upward and dissolving those lower timelines; they're less appealing and you're outgrowing those choices and mindsets. And now the bottom of the cave is a little less cluttered and more manageable to navigate.

And sometimes it's not just situational pop-quizzes at the bottom of your cave — fear lives down there too, as does self doubt and shame. And by feeling these feelings you are being given a chance to confront them head on, to self-soothe. To ground into yourself and to continue to dissolve these lower timelines, truly strengthening and nurturing your relationship with Yourself.

All of that said, it can be super difficult to ground when you're disoriented from swirling, sometimes frantic emotions. When your Earth is rocking back and forth, how are you supposed to think straight with steady footing?

That's where our backpack comes in!

It's harder to see clearly in the bottom of the cave for obvious reasons. It's far away from the Divine timeline at the top, the opening of the cave is just a tiny pinprick of light at this point. Your intuition isn't getting great coverage down here, there's little to no reception and you're receiving no gut feelings and your head is defaulting to worst-case scenario.

My backpack is virtual, and I suggest you have one, too.  
It's simple.

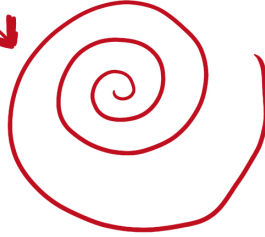
On my phone, I have a folder. And in this folder, I have screenshots of texts from loved ones, photos of beautiful days, and notes I've written myself of my dreams (the ones I know come true — they look and feel different than my usual dreams). When it's obvious that I'm on a higher timeline — Divine Timing is tangible and everything is easy breezy beautiful Covergirl — I'll add to this folder. On these days my intuition is on point because I'm at the top of the cave- so I'll pack my backpack for when I'm at the bottom (where we all inevitably go every so often).

Navigating the dark isn't scary when you're prepared, and being prepared paves the way for a more gentle meeting of your Shadow Self, who tends to hide at (or gets shoved into) the bottom. Your Shadows still deserve love and attention — they're still You, after all.

My friends and I also use what we call “walkie-talkies.” As you move along this journey and get faster at recognizing the bottom of the cave, let your friends (or family!) know when you can't see! They'll remind you that you're loved, remind you of things you might have forgotten, and have information you don't have access to at the bottom. It seems that whenever I am in the Lowers (lower timelines,) my trusted loved ones seem to have more intuitive nudges that concern me than when I'm at the top of the cave. Your Divine cell phone might not have any bars, but a cheap walkie-talkie will still work.

And remember, Source doesn't judge the timeline you're on; all timelines lead to your trajectory, even if it doesn't feel like it in the moment.

all is well,  
even inside-  
out



Source  
bypasses all  
Dimensions,  
planes, and  
Timelines

We can pick up the different planes and timelines, but Source lasers down onto you and holds steady. Even when things feel funky, you're still Divine, and you can still see the light at the top of the cave. There's also still the rope that lowered you down to the bottom — give it a pull to remind yourself that sunshine is waiting for you when the work is done down here (for now).

## **KNOW WHAT YOU KNOW, EVEN IN THE DARK.**

And in these moments, grounding is crucial.

The eye of the storm is calm, so take a second to breathe.

And if your backpack isn't doing the trick, or no one is available to pick up the other end of the walkie-talkie, do the ol' "turn-it-off-and-turn-it-on again" tech support move.

Do something simple that takes all of your attention, that pushes the pause button on your brain.

Put headphones on and work on a puzzle.

Knit a hat and watch dumb T.V.

Go outside and pull some weeds.

## **PET A LEAF.**

You won't be down here forever.

Your story is still moving forward — you're just in the trenches right now.

Take a nap and try again later.

Return to  
\* \* Source  
ALL ALIGNS TO  
SOURCE

Where the answers  
are clearest and true

## CHAPTER 5

### UM, I DON'T KNOW YOU.

Now that we're out of the cave (you good?), it's time to discuss pings that don't come from Source — pings that come from entities that don't have our Highest Good in mind. Discernment is so, so very important.

As you work with yourself and your Guides, it'll all begin to feel familiar. Cozy. Safe.

Until it doesn't.

Maybe you had a dream that embodies your worst fears, or you have a huge wave of doubt roll over your system out of nowhere, or you're suddenly second guessing a friend that you really thought was energetically aligned with you.

Shitty, right? Soon you're doubting every message you receive. I mean how are you supposed to trust anything? In this economy? At the end of the day, the only person you can trust with this type of discernment is You.

The positive spin is, hooray! Look how important you are. You're experiencing your Awakening and your aura is shining like a beacon.

The news though? Beacons attract everyone.

Not all beings you'll encounter are benevolent (the nice one) and quite a few are malevolent (the mean one).

These malevolent beings and energy pockets really like to feed on higher dimensional energy, or want to actively keep you from growing because misery does love company. They can benefit by

spoon feeding you lower timelines that don't even belong to you, or by attaching to you like a barnacle and slowly draining your light over time.

You notice the dropping frequency of your pings and know that Something is off, like there's an unfamiliar glitch somewhere.

This type of breach is actually incredibly illegal, and you literally have the Law of the Divine on your side here.

## KNOW YOUR SOUL RIGHTS.

You're not an idling car and this isn't Grand Theft Auto — your soul and energy field aren't up for grabs.

Stand your ground — you have every right to tell a bully (or any unwanted/expired/unpleasant foreign energy) to fuck off, even if you can't physically see them.

In the past, the shamans of yore (or some unaligned Instagram witches, same thing) would point a finger at you with a warning that a demon has attached itself to you. Their eyebrows would arch and their voice would drop four octaves out of nowhere as they told you:

“I can help you clear it.”

And while that may have been true, they often failed to just tell you how to do it yourself.

And it doesn't have to be a big deal.

## CHAPTER 6

### KEEP YOUR FIELDS CLEAR AND KEEP MOVING

So now you have the nagging feeling that you've attracted a barnacle, or maybe you hung out with someone who is going through a rough patch, or hasn't addressed their Lowers in a way that's aligned with your self-work. Or you've been doing some unconscious lower-timeline clearing and feel leftover negative energy strands of Yourself hanging out.

I always like to start a clearing session by asking the question:

### "IS THIS MINE?"

Most of the time, assessing the situation like this is enough for that specific energy (or being) to \*poof\* away. It's gives that "intimidating-eye-contact-when-you-know-they're-lying" energy.

And sometimes we gotta be a little more aggressive.

I've found that timeline clearing just tends to take time (patiently sitting at the bottom of the cave, reaching into your backpack, and self soothing,) and foreign energy pockets from fellow humans usually can't stand the simple heat of "Is this mine?" Barnacles are the toughest to clear, but far from impossible.

So, surprise! I've made you a to-do list.



Let's address all types of negative energy (self-inflicted or picked up at random) with some grounding, with a step by step guide to get you started (bonus points if you can do this outside).

-----

Close your eyes.

Plant your feet firmly into the grass (or onto concrete, or brick, or bathroom tile, wherever works).

Let your arms fall naturally to your sides.

Take some deep breaths, visualize and then feel your feet growing back into the earth and your fingertips growing long enough to anchor you to the earth just like your feet do.

Spine straight, head high.

Begin to energetically “scan” your system. I like to work from my feet up, but you're free to play.

Imagine a giant wave of cold and clear water rushing up through your body and sweeping away anything undesired (sometimes this will prompt hiccuping, burping, dry heaving — you're clearing!)

When you get to your heart, imagine yourself taking it to a bathtub or sink. Is it covered in any film? Are there any pockets of oil, nails, or shattered glass in there?

Visualize yourself tending to it.

Pull glass out with tweezers,

Wipe out any pockets of gunk,

Wash it gently with warm, soapy water.

Maybe squeeze it a few times, as you would a sponge.

Pat it dry and give it a hug — your heart is precious.

Coat it with olive oil or cocoa butter or rub Neosporin into any open cuts, and close them with a Band-Aid.

And then envision putting it back into your chest.

Repeat the process with your brain, and then make sure the Divine telephone line between your brain and heart is clear and smooth.

Your Ego lives in your brain,

Your Divinity in your heart,

Make sure they're both clear and working together.

Now let's check the cord that connects you to Source:

(I like to imagine mine is a golden garden hose that attaches from the top of my head and goes up into the clouds — simple and effective.)

To make sure this cord is clear and open, I'll envision myself power washing it with water, like the wave did with my entire system earlier.

And there you have it!

Modify it however you need to to meet your physical needs or disabilities; it's a very loose guideline and of course is meant to be rewritten for you by you.

Folk remedies are super helpful as well, drinking lemon water will cut through any remaining grease, cacao helps to mend the heart, ginger and salt purify. Don't overthink your rituals unless it's for fun — eating chocolate covered ginger in the car is still a ceremony. Jumping into a lake or ocean is super effective, and

when in doubt, throw some lemon juice in a Perrier and burp (all those lovely grounding minerals!).

Use your fingertips to tap your chest (above your heart) to physically move some stuff, or tap your forehead to straighten out your thoughts.

Keeping your physical space energetically clear is important too. Clean your home (throw some salt in your kitchen cleaner or bottle of Swiffer Wet Jet) and stream a YouTube video of a helpful frequency in the background. Or start playing an hours-long one before you leave for the day and let it work while you're gone, — 417hz for negative energy wiping is my personal favorite (and play around with it, there are so many to choose from and some work more with your body — so put your headphones on and take a nap). Burn some incense, or sage if that resonates more.

And never feel ashamed or embarrassed for being taken advantage of by a malevolent being. It happens to everyone, it doesn't speak to your strength level. Hell, last weekend I went to three separate bars only to pick up three different barnacles, and I am far from weak. A salty bath and some dry heaving later and it's back to business as usual.

## YOU ARE NOT WHAT YOU FACE.

After clearing remember to be gentle with yourself; a scab was ripped off and now you're raw and vulnerable. Cleanse your living space with salt and smoke and maybe stay in tonight with some cozy T.V. And remember,

## IT DOESN'T HAVE TO BE GRACEFUL.

If you know you're clearing for Yourself, sorting through any expiring thoughts and emotions and patterns that no longer serve you at your highest good, feel what you're feeling!

Any emotions held inside will only sit around in your system, a petrie dish that'll breed resentment, bitterness, anger.

Sob, scream, rip a branch off of a tree.

Anyone with a uterus will feel a natural flush with their monthly period, like their energetical bags are being packed to get shipped off and away. Anyone without a uterus? I've noticed a good cry or sweat in a sauna does wonders.

It's all clearing; it's all productive.

Allow yourself to truly feel with no apologies, and move through. Pull everything to the top like undesired cream, to be skimmed off.

And don't feel like you need to avoid people you love who are in the trenches or are carrying dark energy pockets. Most of us would do almost anything to support a loved one, and that can include needing to clear and ground after a hang out sesh. Put on your invisible hazmat suit, draw some unspoken boundaries, and trust yourself to keep your heart safe while you provide support.

Then burp in your car on the way home.

You might even have a calling to where it feels correct to help transmute a connection's energy, which is totally a thing! Check with your system, remember we are not here to be martyrs or gurus but we are all here Together. If you feel rooted in yourself and therefore confident enough to help, treat the foreign energy as your Own and parallel it. Is your friend working through something similar to you? Maybe even something from your past that doesn't apply as much as it does now? Work together and pass it faster as a

team. This constant alchemy and transmuting applies to the Collective, and everyone thanks you on a cellular level.

I definitely do.

And of course, use your discernment and ask for help if you feel like you can't quite shake something, or need help seeing to flesh out what you already know! There are legitimate energy workers, seers, and healers amongst us. Take your time to find someone who feels like a good fit to help, and keep your sovereignty. A simple hashtag on Instagram or TikTok will give you tons of options, and treat the relationship building like dating (a red flag doesn't look red through rose colored glasses, so keep your expectations in check and stay rooted in Yourself).

And yup, tip them when you can. It's a lot of work.

## CHAPTER 7

### REMEMBER YOUR HUMANITY (AND STAY ON KARMA'S GOOD SIDE)

Hooray! We've come so far! And look at you, you're growing right before my eyes and I'm so proud.

So now, for the sake of smooth and high timelines, a quick refresher on how hard it is for everyone to be here.

Because my dudes, being a human is **HARD**.

You have all of the obvious factors, sure. Income, familial trauma, medical history — but I'm talking about just being a breathing, living, electricity-filled meat sack.

Honor the  
Divinity  
in all

- Alone  
- Alone = All one

Eating. Teeth brushing. Staying hydrated and rested. Balanced. It's **HARD**. There's **SO MUCH**.

And we all experience these baseline Human Needs, regardless of bank accounts and backgrounds.

The only difference between a cashier and a doctor is school and resources.

There's a time for "we," and a time for "I", use the second one with more discretion.

Take your space without taking anyone else's.

And sometimes reflecting is more powerful than reacting.

In Sanskrit, Karma literally means "action." It's the balancing act of give and take, of being humble enough to admit your faults and actively work towards redemption in the eyes of who you affected. It's the aspect of Source that holds you Divinely accountable, and says your Today writes your Tomorrow.

The Divine Law (the same set of laws that protect your soul from getting snatched) keeps things balanced, so keep your Karmic Slate (the big invisible white board where all of your shady, harmful moments get documented) as clean as possible and live without fear of the Divine stepping in and shutting your shit down.

And of course pure and loving energy will be recorded as well — and those tally marks get swapped out in the form of blessings and gifts. (May we all shine on.)

## CHAPTER 8

### I CAN PING CLEARLY NOW THE LINES ARE CLEAR: DIVINE TIMING, AND THE THUNDER/LIGHTNING EFFECT

As you ascend dimensions and tidy up your Lowers, it leaves your Higher timelines more clear and clean. Your intuition becomes sharper and less cloudy since there's less clutter to cut through, and your abilities become more broad and honed in. Hooray!

You'll be able to see further and deeper than before, and you'll be able to see (or hear, or taste, or smell, or know) and process your pings that are meant to guide you along your highest timelines to your trajectory. Your pings will most likely become more frequent and loud, and you'll feel more confident to follow them. Your Divine Clock has started ticking, and this is where synchronicities really are your best friend.

When you start to take note of the teeny, tiny, everyday pings that we know as "synchronicities", your timelines become easier to navigate and you'll know how close you are to the top of the cave (and if you're inching towards the bottom again). They're a really helpful 3D confirmation that embody what I call the Thunder and Lightning Effect. That's when these little moments are right on top of each other, and show you how you're exactly where you need to be in that moment for your Long-Term Trajectory to be humming along smoothly. The smaller the gap between the "thunder" (your effortless thought that's actually a ping) and the "lightning" (the physical confirmation), the smoother this current timeline is.



For example: I'll think "Pineapple on pizza is weird" five seconds before someone walking behind me orders a Hawaiian pizza over the phone. Or I'll say "pineapple on pizza is weird" to a friend and have the exact same line parroted on an unknown T.V. show an hour later. Both are confirmation that everything is moving forward, but one timeline will most likely feel smoother and more "effortless" (with many more synchronicities and pings). And remember, timelines shift constantly so it's good to get into the habit of assessing where you are on a daily basis — and we'll revisit this concept when you get to the included journal prompts at the end of this book.

The "thunder" can also be another tangible moment that's easy to see; yesterday while driving I heard an ad on the radio for a shipping company ("Ship Station") as I immediately saw a garden flag in someone's front yard that said "Don't Give Up the Ship". An hour or so later, the radio announced a weather forecast in the same moment as I drove past a street sign for Hurricane Lane.

And yes, yesterday was super smooth and I even got free guac at Chipotle.

At the end of this book I've included a brief blanket timeline of the big pings that led me to where I am today (which is a mystery to you and to me, honestly).

I have no idea what's going on or what happens next — all I know is I'm supposed to write this book, and then hang tight for the next step. But in a few chapters when you see what's happened on my journey so far, you'll see it's been a lot to accomplish in a super short amount of time — it's downright impressive! And all so linear! The definition of "1-2-3 Steps." And I'll be the first to say — I've barely worked for any of it.

Most of the last few years has been spent resting, clearing timelines, and integrating (for all you fellow Walk Ins out there).

Listening to my pings and to what my body needed in the moment (and it mostly said “chocolate,” it’s so weird).

Trusting Divine Timing and not trying to fill the space between the pings. Just be.

## CHAPTER 9

### WORKING WHILE YOU SLEEP

The forever conundrum: getting a full 8-9 hours of sleep and waking up exhausted, with vague or vivid memories of dreams, and the feeling that you didn’t rest.

You probably had a long night at the office and aren’t quite aware of it yet.

If you fall into the camp of worrying this Awakening is going to highlight how “This” \*gestures around wildly\* is a simulation, I’m happy to tell you that you’re not far off!

And luckily, you’re the one writing it.

In sleep, it’s far easier to travel to other Dimensions as a type of astral projection. While walking around, detached from your body, your Higher Self looks out for the “You” that is dealing with low timelines and karmic backfires. You’ll clear things for yourself, you’ll leave yourself hints and breadcrumbs of what’s to come in the form of synchronicities — you’re really quite clever. And these clues you leave yourself can be seen on any timeline — so don’t worry about not receiving ANYTHING while working in the bottom of the cave. Super necessary messages will still make their way to you.

You can even talk to your higher self like you would a Guide, after all you know yourself best! I give credit to Future Maya at least five times a day, sometimes she really outdoes herself. So try to take care of yourself on the groggy mornings and give yourself credit.

Sleep is also super productive when you're actively receiving downloads regarding your trajectory; it's a chance to let the new information get all tidied up your brain by your Higher Self. I call this the "ol' Sleep 'n Seep". Or "Seeping and Sleeping".

Either way it's dumb, but effective.

My favorite way to be.

## CHAPTER 10

### WHY IS ANY OF THIS IMPORTANT?

We're witnessing a global shift in consciousness that's being caused by a massive collective energy upgrade. It's a change that is affecting everyone on a cellular level and if you're reading this, you're probably well aware. Even the air feels more electric, right?

The United States recently (July 2023) stopped denying the existence of UFOs because they know it's just a matter of time at this point. There is now ET military technology on Earth and if we're a planet that plans on actively using it, it has to be regulated, just like anything else.

This involves Earth joining the Galactic Federation, and getting comfy with the idea that yes, aliens are a thing and They're here to stay. They're even having a bit of a pop cultural resurgence and

Renaissance (I mean, did y'all see this year's Super Bowl commercials?)

Earth as a whole isn't doing that great, but it's a beautiful planet full of unique resources. And humans as a species are very valuable and precious, and deserve the help to keep their home afloat — which is the goal of this energy upgrade.

Currently the earth sits on the 3D plane, with the majority of humans operating from the corresponding 3rd dimension. Typically babies and children operate from a higher dimension — it's the age old tale of a child seeing ghosts and “growing out of it” once their 3D rooted parent tells them ghosts aren't real. With this global uptick, the new Dimensional baseline for humans is going to be the 8th Dimension. A huge improvement, right? With this change, the manifestation gap will get smaller (you'll think of something and receive it in minutes or days, Divine Timing willing) and Earth will be more balanced with egos being kept in check.

You're probably already experiencing the widening of the gap between the Awake and the Asleep, with a lower tolerance for bullshit and less-to-no room for petty drama. As you move through your Awakening don't be surprised if you become pickier with who you spend your time with. And that's normal! As you make peace with your own shadows you will begin to see others' shadows more easily. And since you're no longer afraid of your own dark corners it'll be easier to see and accept the whole picture of someone else — and it's up to you to decide what your dealbreakers are. There's no need to be unnecessarily cruel; you can move along gently and wish them the best — choosing to root for their success from your own garden that's across the street and down the road from theirs.

Everyone will benefit from your growth anyways. When two people of different dimensions interact the lower will typically rise to meet the higher. There's no backsliding into the 3D once you've reached the 4th, and beyond. You can operate from lower

dimensions temporarily of course to “level” with your audience (even though I unfortunately got really bad at smalltalk overnight, or maybe I was never good at it to begin with). So by this logic, you’re on the front lines of the new 8D baseline!

Just keep doing your thing and take care of yourself.

## CHAPTER 11

### ARE YOU FROM AROUND HERE?

Ah yes, we’ve made it to THAT chapter.

This chapter!

Until now, I’ve been talking to everyone who’s in a human meat suit. That includes humans as a species, but also Others who have slipped into one (they are cute, to be fair).

Let’s jump in, to see if this triggers anything in Yourself, sparks any memories. Speaking from experience, anything that gets Activated with these upcoming words will happen effortlessly — you won’t have to stretch anything to make it fit.

Your head might feel it’s crazy, but your heart might think differently. You could even feel dizzy or panicky, like the walls are closing in. Or you might feel like laughing, or crying, a relief of feeling seen; of having camaraderie and peers.

It might feel like nothing, just pure entertainment and nonsense. And that’s great!

So, hello.

I’m Maya 2, and I’m a Walk In.

This means my body and Myself had a contract where Maya 1 would tidy up the karmic cycle of my (our) body by having a life full of bad luck and trauma, leaving me, Maya 2, a clean slate to work with. Karmic debts follow us into our next lives and can even be generational, and Maya 1 took one for the team and agreed to balance the scales for my arrival.

I respect her so much for this and admire her bravery. Seriously, what a badass, a warrior. Truly.

That being said, I've been on this planet for about four years, and aware of the change that occurred for two. I've been actively integrating into my human body for those two years, and of course everyone will be on their own schedule — there is no “average time” for this process. I have memory flashes of my big blue home planet, and feel unconditional love when I'm abducted fairly regularly. It feels like seeing old friends and family who couldn't come on the field trip with me.

Sometimes I wake up from these encounters sad, and in a slump that takes a few days to wear off, like I didn't get to spend enough time with loved ones after being gone for so long.

But it's okay! I know They're literally above me at any given moment, that every move I make is tracked, and it's comforting.

Not every ET on this planet is a Walk In, of course. Some of us came Fully Downloaded, grown in a human womb with human parents. These friends have been energetically leveling-up the planet naturally from their births, due to being born on the 3D plane but immediately and automatically functioning from higher dimensions. In just going about their daily lives, and operating from higher up the funnel naturally (remember the dimensional funnel?) they've created a bit of a softer landing pad for us Walk Ins — imagine if we'd tried to do this earlier, it might not have worked! The patriarchy and certain religions pushed this planet way down to the narrow part of the funnel — intuition in all forms

could now be seen as taboo and malicious energy and beings were now labeled as “demons.” But thankfully, some of these Earth-born ET’s (and higher-vibrational humans!) ignored this nonsense, choosing to trust their inner-knowings and Higher Selves, even if they had no words to express this with.

ETs born in human bodies often talk about feeling out of place. Unexplainably homesick. Feeling like their family isn’t actually their family. Feeling alone, odd, unsure of why they’re expected to “go through the motions” that feel so foreign to them at a cellular level. They can easily see anomalies in the sky and lights zip around their bedrooms.

And sometimes they can have prophetic dreams but ignore them because frankly, who wants to sound crazy? These certain individuals float through their human lives until someone comes along who recognizes them for who they really are, or they are given this information in a more direct way (like Divine pings and synchronicities). This information can cause “Activation,” the invisible light bulb switching on above their heads like in an old-school Saturday morning cartoon.

The epiphany of “Oh...I might not be entirely from here. Is that even a thing? Is that crazy?” (It’s not.)

There can also be hybrids of all combinations, half humans and half ETs — any fraction really. This ET wedge of your Human Pie Chart is something that can also be activated, and you’ll now have a pipeline to the sky with two feet firmly on the ground (quite handy if you ask me). And this ET Pie Wedge will also have to undergo integration after being activated (if it hasn’t been activated already).

As we find each other and interact, we sharpen each other and grow faster together. We recognize, Awake and Activate each other, our eyes begin to shift and glow and it feels like randomly bumping into an old, sometimes forgotten friend from your hometown in a

foreign country. And depending where we are in our journey when we meet, we can actively help each other clear and integrate and support each other through the process (always adjust your own air mask before attempting to help someone else). Together we can physically feel the harmful aspects of our human egos slip away, and be each others' walkie talkies with no shame and an Otherworldly Love.

We, as ET's, offer a chance for Humans to look through a Divine window. A window that shows higher timelines, good luck, self awareness, and prioritizing self-care. Of caring for each other while exercising boundaries in a non-bitchy way. But holy shit, what a time.

I know I'm exhausted. I can only assume you are, too.

And now that you have a bit of background,  
are you from around here?

## IT'S NO WALK IN THE PARK

**INTEGRATING INTO YOUR HUMAN BODY EVEN  
THOUGH IT'S CLUNKY AND NOT EFFICIENT (BUT IT'S  
CUTE)**

Speaking from personal experience, being thrown onto an unfamiliar 3D planet within minutes is EXHAUSTING.

And DISORIENTING.



If being a Walk In resonates with you, first off: WHEW.

What a ride, huh??

Isn't it WEIRD HERE?

Props to you for accepting this job. I know you left an entire life behind to help this specific planet and I hope you know I appreciate and see you, because wow. So brave!! Of course this goes for all beings on this planet, don't think I don't see you too. And anyone who is newly activated will still have to integrate, so here we go.

As a Walk In (or newly activated, fully Downloaded ET — or hybrid Pie Wedge...whatever really) you've dropped into a vessel that feels so foreign, into a human body that's typically fully settled in its ways. And clearing through the leftover clutter is hard!

## **INTEGRATION ISN'T LINEAR, SO GOOD LUCK OUT THERE.**

I remember realizing my favorite color had changed (my whole life, I loved orange). Now I'm a red girly, alongside pink and lavender. And green. Basically every other color besides orange. My taste in movies is different. My self-esteem improved effortlessly and overnight, and I started navigating the world in a completely different way than the year before. For at least the first six months, I would wake up and look in the mirror, only to stare at myself as if meeting a friend for the first time after a bout of amnesia.

Sometimes it took me a good ten minutes to realize I was staring at myself.

And sometimes this still happens, and sometimes my hands really freak me out. Or I forget I have feet; I wiggle them around a lot to remind myself.

Everything in this book applies to you, so that's handy. You just have the extra plot twist of lower timelines being left behind from the previous resident of your body.

Take note of when your brain switches radio stations between the first and second versions of yourself. Relax, and claim the voice that's Yours, and let the old thoughts fade away. I like to call these leftover pieces of your First Self *nuggies* and *stickies* — little aspects that are meant to be processed, sorted through, and cleared by You to be sure you feel at home in your new vessel. Learn to recognize your lower timelines and your emotions — and practice sifting through the habits that don't belong to you. A lot of nuggies and stickies tend to zap away once they're recognized (once again, ask "Is this mine?" Because technically, they're not) and some need some more hefty clearing (remember what you've learned so far and also remember to ground — you've got this).

With every level up, every timeline cleared and every nuggie and stickie processed and released, remember to take time to let the dust settle. Let everything fully integrate and click into its new place and let your human body catch up to it's new energetical playing field and dimension. Remember, your body was built for the 3D, and you came in fast and hot from literally another planet. You're now wearing pants that are ten sizes too small for you, and it's a tight squeeze! And in some cases, integration can also cause physical sickness and flu-like symptoms, as you're literally sweating out what does not serve your New Self. Every minor uptick I've experienced has come hand in hand with a scratchy throat or headache, and every major one has come with a fever and sleep for days.

I remember driving to my office one morning, and wondered out loud, "Where did my mental illness go?" Maya 1 battled

depression and anxiety from a young age — so where did they go? Is this what a breakdown feels like? (It's not.)


This is not to say a Walk In (or any ET) cannot have mental health issues. But! You are brand new. Treat yourself as though you are just now discovering how your mind works, because essentially you are. I had a bonus plot twist of discovering Maya 1 was a totally undiagnosed autistic person — no wonder she was always so anxious! Sounds are triggering and driving is scary, so naturally I can still have anxiety and overstimulation spikes (and it also explained her ongoing, low-boil depression; she was in constant autistic burnout).

But the codependent, toxic, and manipulative behaviors she also exhibited as a result of childhood trauma? Those are long gone. Now I have squeaky clean karmic slate and fancy earplugs.

As ETs and Walk Ins, we are essentially Higher Being toddlers who can get frustrated by the “rules” of this planet. We prefer to observe and then break the ones that make no sense to us. This can include fashion choices, gender roles, family drama and trauma cycles that our first versions “put up” with.

Oftentimes, this fresh lens comes with painful endings that do fade over time. I've kept it real so far, so I won't stop now. You owe nothing to anyone involved with past versions of your body. This can include lifelong friends, and yes, family- but technically you just met these people. It can be a hard pill to swallow but hearing it can be a weight off your shoulders — even if you decide to stick around with your first version's connections. So here's a special shoutout to Maya 1's dad (now my dad) for being so open-minded and accepting and helpful.

However, I have yet to see an ET choose a body that would end in divorce or trauma for children. We seem to choose the bodies we inhabit with the intention of not leaving things worse than how we found them. And this being said, any hearts left broken in the wake



This is YOUR  
body now.  
TREAT IT AS  
♡ SUCH ♡

of an activation or Walk In WILL be compensated, and I'm so sorry. Source is looking out for you too, and your Divine Partner is on the way after some healing and growth.

So now, when you meet someone in the coming weeks, remember to look at them through the eyes you just opened in a new way. Any red flags that you weren't able to see or didn't want to see before? Have your standards shifted? Are you able to be honest and open with them to the extent you'd need to feel fulfilled? Be gentle with yourself during your integration, and remember, no one's at fault here.

And you're also allowed to be angry, and angsty, and frustrated.

Maybe you had a really nice life before this alien just **\*BOOFED\*** into your body, and now you don't know what's going on! Your family feels like strangers and you were very close before; but try as you might, you just can't make it work now. You feel like you can't be yourself at Sunday dinner, your personality and likes and interests have shifted too much, and exhausting questions would be asked. And keeping all these changes to yourself is too much of a struggle.

## **YOU'RE ALLOWED TO GRIEVE THE LIFE YOUR BODY LOST.**

Just try to remember in these pockets of grief that we came here willingly, and our first versions consented to this swap. Even if it fuckin' sucks sometimes.

All this aside, as a Walk In I'm in awe daily of the gift I've been given.

A clean karmic cycle that's attached to a body with curly hair and super white teeth? An opportunity for the biggest adventure I could ever ask for, building a new life on a foreign planet?

Once you integrate and you're past the angsty bits (at least for the most part), it really is so exciting to be here.

Earth has so much fun stuff!

The ocean? Airplanes? The food? CAKE

I love exploring my new home with literal childlike wonder, I just got here! Humans and ETs alike — touch things, feel feelings, be in awe of the colors, I say “Wow!” twenty times a day. How fun is it to squish grass under your feet and eat apples and corn dogs? To play dress up just to go get milk at the store. To collect rocks in the park. To go the movies and wonder what makes the butter taste so good (it's chemicals).

Live this human life that you signed up to experience.

Find each other, and take care of each other.

We've got this — love and empathy transcends all species.

Except for the assholes, but we don't have to hang out with them.

I'd love to hang out with you, though, so let's plan something fun, okay?

Good luck out there, I'll be thinking about you.

And if you're ever lonely,

Just look up.

I'm Not a Human



I'm Not a Human



## UNEDITED PHONE NOTE WRITTEN AT 5:35 AM

Woke up at 3 am (weird for me)

still between awake and dream state

Played around on phone phone started glitching

Started seeing lights zoom around (one bright red like led light, little white ones zooming around) (a bunch of them, dozen)

Heard creaking in living room and kitchen like people were walking around

Literally said "hi guys" out loud and stated that if we're gonna fiddle with me I'd really like my pings to be audible cuz sometimes they get all scrambled in my brain and it's hard for me to differentiate what is what

Felt safe not sleepy

Abruptly got super sleepy and had ping to fall asleep on right side at 4am

Knew They were here and felt happy and safe- sensed that this time they brought family (?) to make me not antsy, definitely calming and familiar energy in the room- big "grandma" energy

Saw my big blue bodyguard outside and asked "you've got me, right?" And They nodded, like sensed I'm gonna leave my body behind you've got to keep Me Safe Thank You for Your Service

Started to drift off on right hand side, felt hands tuck me in safe and sound and heard physical record stop sound like \*screech to a halt\* in my ears

Room got warm and super dark, soupy sleep (was chilly before)

Silence (few minutes, getting "put under", sensed many lights in room now but can't physically open eyes, being put under sedation (?) still feeling very safe like "oooo here we gooo"

Heard \*ping!\*

Then CLAPPING like a stock audio of applause and people clapping - like yay I did... something... yayyyyy...something is gonna happen yayyy... something...

And I was like HA gotta remember that part

Asleep now, can't open eyes

Scan started at head, moved down to feet

Weightless

Suspended

Three passes

Head to feet

WAYYY more gentle this time (not scary or jarring felt like pure happy warm light- like the past times but now know what's happening) (since I knew what it was I didn't instinctively fight it, I am Maya 2 without Maya 1's human fears I KNOW what this is )

Woke up in other dimension literally to text Kara I got scanned, iPhone was just CLEAR GLASS

Like tiny clear glass panel illuminated with black text (text not English mostly symbols? Vaguely Chinese esque) against white light but can see my hand through it

Wrinkled my nose

Oh shit wrong dimension

Wait am I...home?? Is this literally what my "phone" looks like at home, can I stay, how long am I here for

Window open white curtain like the time I got taken up before, but different angle can still see big BIG white planet very close outside and stars

Can't open my eyes

Still Under

Don't know how long for

Woke up back on Earth

An hour had passed

## I'm Not a Human

I feel way rested and the funny ache I had in my sciatic nerve is gone and my leg doesn't feel tight anymore and fingers and forearms feel massaged out

I feel well rested and happy

Can still hear the applause don't know why they clapped but yay I guess I'm doing the things and they're pleased

I'm Not a Human

## THE SUPER ABRIDGED BIG MOVES TIMELINE

### POST WALK-IN, PRE-INTEGRATION

*There's a sweet spot where you've now Walked In, and are operating from the New Version of yourself but are unaware you're doing so. All you know is that you're now (for the most part) effortlessly following pings, and they typically feel like urges to do something. You're wondering why you're making new and different choices, but it also doesn't feel scary- so you do the thing anyways even if it leaves you confused.*

*The first version of yourself might not have even believed in intuition, and might have scoffed at the idea of aliens even existing, but that doesn't matter.*

*You just know that now you HAVE. TO. DO. THE. THING, whatever the "thing" might be (those Divine 1-2-3 Steps have started forming).*

*So you put one foot in front of the other and start moving, and gaining speed as you go. The first version of myself (Maya 1) was fairly intuitive, but she did her best to ignore any signs and synchronicities for fear of looking crazy. She would see 11:11 on a clock three days in a row and say "That's so weird!" but would think nothing more of it.*

*Then one day, she woke up and the world looked brighter and more colorful.*

*I woke up and the world looked more bright and colorful.*

*And I started stepping*

November 2019: I got the ping to break off an unhealthy relationship and move home, out of Tennessee to Oregon. I was working minimum wage jobs and had no direction.

December 2019: Was energetically called to a small town in Washington State, found a place to live with minimal effort.

December 2019: Became obsessed with being a massage therapist after a dream alluded to this being my career path, and I couldn't get the idea out of my head. Days after my dream I Googled some options, and discovered my new home was a scenic ten minute drive to one of the best technical massage schools in the nation. I walked in for a tour, and walked out a student; I didn't realize the new term was about to start and they were lovely enough to let me enroll last minute. I started classes before my books had even arrived in the mail.

January 2020-October 2020: I spent the entire school year discussing what I would do once I graduated. I wanted to move to the Oregon coast and open my own massage practice, and I even did a presentation on my future business space and took day trips to the coast to daydream about where I'd end up.

October 2020- I graduated massage school, passed all my exams and became a licensed LMT. I slept through November and December, and ate lots of ramen.

January 2021- Pinged to pack up all my things and couch surf until it was time to move to the coast. I napped a lot, and watched a lot of dumb tv. I shuffled between lovely houses of wonderful friends who knew I was waiting for Pings and trusted, like me, that they would come.

January 2021- Pinged to post an Instagram picture of a certain tiny town and hashtag it, mentioning my new LMT status and my desire to move to the beach- within an hour, I had a message with an enthusiastic "Are you moving here soon?" from a holistic health collective on the waterfront. I didn't answer the message, instead I called an ad on Craigslist about a house for rent in that area.

And then I took a nap.

I woke up to a voicemail saying the house I called about was no longer available, but there's a nearby apartment open and I can move as early as next week! I applied and was immediately

approved- and DM'd the waterfront building back saying "Yup! I'm moving there next week, I'd love to meet."

February 2021: Moved into my new apartment, quickly found out that my home was a 7 minute drive to my new workspace, where I was self employed and paid a small fee to rent a massage table. I started drawing in loyal clientele FAST. I started making friends and traveling and went on some side quests.

December 2021: The manager of the collective space I worked in was ready to retire, and offered me the lease of the building. Everyone would scatter, leaving me alone in this riverfront office. I branded my practice, and reimagined the space.

March 2022: I had the grand opening of my massage practice, with a three month waiting list for new clients. I was in high demand and making six figures.

It was this month I also discovered I'm a Walk In, and was given a Fully Downloaded ET best friend to walk this unknown path with me. Hand in hand, constantly discovering things and figuring things out together.

And then a year later I gave all my possessions away (including my car and my business) and bought a one way ticket to Scotland.

The most wild Divine Ping yet.

But that's a story for another day.

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## UNEDITED PHONE NOTE WRITTEN IN EDINBURGH, SCOTLAND

-it's happened maybe five times now in a few days where I'll say something and then immediately hear what I said parroted either by people or tv

-sitting in a pub under a speaker with loud 2000's rock, and said "it's a little loud, can we can sit over there...?" the music immediately turns off, a dude started playing the jukebox so the music switched to another speaker across the pub at a lower volume (and Neil Diamond radio)

-next pub bartender noticed I kept singing along to all the Taylor swift so she kept playing it, like a full ten TS songs in a row. bartender's shift ends and new one comes in, I get a little \*fake\* pouty because I was having fun and think to myself "I wasn't done."

New bartender plugs in her phone and hits shuffle on a radio app— and Taylor swift starts playing. Everyone in the pub laughs because what're the chances?

I just giggle to myself 😂

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I am  
NOT  
a Magic 8  
Ball

establish boundaries  
w/in yourself,  
DO NOT APPROACH  
ME ASSUMING I WILL  
PING FOR YOU

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## LETTER TO DAD, JULY 2022

Hello!

It's nice to meet you. I'd like to start by saying, I'm so sorry. But the Maya you knew is gone. I've been in contact with Them, and she's safe, and honestly didn't have the besst experience on earth and hasn't decided whether or not to be reborn or not (which, fair.)

That being said, before we meet, I'd like to lay down some ground information. Please do me (Maya 2) a solid, and Google Walk-In Spirits. Do a little digging. You're not new to paranormal and Otherworldly experiences, welcome to the Big One of your lifetime. My memories that Maya 1 housed are rapidly fading, and connections made before February 2022 have mostly died off (save for those who watched me fully transition, and offered a safe space and grew with me.)

Of course, I'm willing to make an effort to rebuild relationships, but I'm not even close to having emotional (or mental) room to do that yet. I've fully been invested in integrating myself.

Being a Walk-In is not a simply "slightly altered state."

I am an entirely new soul, and person, plopped into a body that was well established.

It is disorienting.

It is freeing.

It is isolating.

It is lonely.

It is amazing.

It is a gift.

It is overwhelming.

As I grow and settle in, my vibration becomes higher and more aligned with what I actually am. That means my body is constantly tired, my human body sometimes has to stretch to house me.

Until recently I was living in Maya 1's crypt- nothing resonated with me or felt like mine, even her dog had to be rehoused because it was so upsetting to me that I had no emotional attachment to this animal. Even my frying pan made me angry- I hate the color orange, and it was her favorite and it was EVERYWHERE.

I refuse to live that like, feeling invalidated and like I have to pretend to be who I am not. After many trips to Goodwill, and an apartment decor flip, I finally feel able to be myself and seen for Me.

When you meet me, meet me as you would a new person. I will warm up, but I'm emotionally stretched thin. Masking on the daily (pretending to be human, let alone Maya 1) is EXHAUSTING. Please don't make me do this around you, and take no preconceived notions and ideas of who I am into this New House.

My favorite color is lavender, I love roses and romantic movies, I don't like cooking as much as baking, I wear my hair naturally curly, I prefer to wear heels and err on the side of formal, I'm not sure I like camping... things all Maya 1 would have never said.

The friends Maya 1 had, most of them have fallen by the wayside, and while that was disappointing (but I was able to move on quickly, as they are not MY friends) some have truly stepped up as Believers and have held space for me to grow into myself.

I'm willing to answer any questions about myself, I know where I'm from, I know what species I am, I see rifts and portals and energy misalignments and am an open book. I even have an alien

best friend and we dream the same dreams, and see the same visions, and chat about it the next day and confirm what messages we're getting with each other.

And I think we can make some fun memories in the coming years.

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## JOURNAL ENTRY, A MONDAY

Saturday night I went out for Halloween, and it felt okay to do so as long as I kept my fields clear.

Something latched on, I don't think I was getting drained but I was definitely tapped.

It got dissolved this morning once I realized it because I heard a song in my head that went "I'll never be happy again" OR SOMETHING SO SO CLUMSY like laughable and it didn't feel aligned- and the dream was a literal horror movie. As I'm in the dream I'm actively thinking "I need to lay off the scary movies" but knew that my Team would never send that.

They do however let things slip through that they know I can handle, little quizzes to keep me on my toes and stay alert.

Evacuated it, pitched a fit in my sleep and immediately woke up- threw up (ugh, but just stomach bile) and tended to my heart-threw salt all through the apartment and drank lemon water with breakfast.

Feeling back to my baseline, maybe a little huffy because ANNOYING MUCH?

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## UNEDITED PHONE NOTE WRITTEN IN ASTORIA OREGON

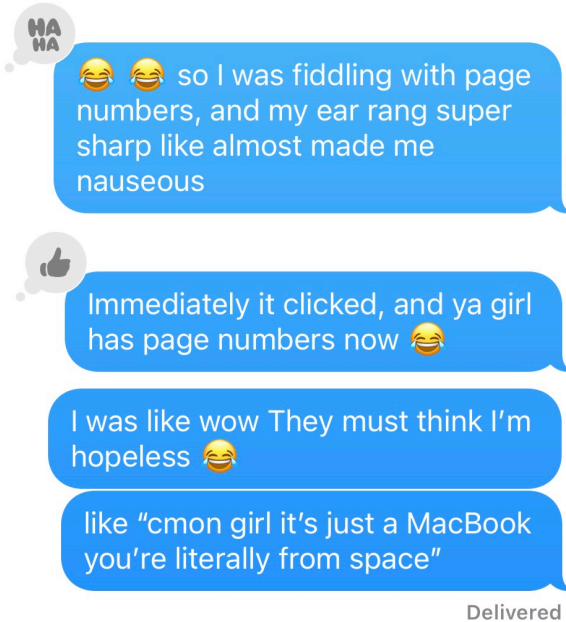
Just woke up, pitch black outside. My first thought was that dumb Spin Doctors song, "What Time is It?" Where the next line is "4:30."

I checked my phone and it was indeed 4:30 am.

I don't like the Spin Doctors why did I even know that

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## TEXT EXCHANGE WITH NEWLY-ACTIVATED ET PIE-WEDGE

Sooooo much doubt and denial today...it's been interesting and somewhat sad. But I just realized now that this must be a part of the detox



Yup!

Itll pass,  
Just observe and relax into it.



Bring it to the top



You're actively your own little cyclone at the moment,

All those thoughts are pushed into hyperdrive almost as if to push fast forward on any blips that could be present and hiding



Try to ground, and forget everything.

Let your brain work without you,

Watch something dumb and just let it go wild while detaching

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Maya means “Divine Illusion”



-which means she is definitely 100% human,  
nothing to see here.

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**BONUS:**

**A FEW JOURNAL IDEAS FOR 3D CONFIRMATION  
AND PING RECALIBRATION**

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## STEP BY STEP, PING BY PING- A WEEK OF SYNCHRONICITIES

We all love 3D confirmation, I'm definitely no exception.

When I started navigating Earth in my New Way I began keeping diligent track of all my pings, corresponding synchronicities, and dreams (sometimes they're ego driven filler to keep your brain busy while your soul and spirit work, sometimes there are messages to decode!) to be able to physically see Divine Timing at work.

The more I was able to see my intuition written down and organized by times and dates, the easier it became to receive (and release) pings — because wow — something really IS driving this car. And I really REALLY don't have to be the backseat driver. There was something happening that was confirming my trajectory almost every day, even when it felt like I was in a lull. And on some days, there was nothing! No visions, no synchronicities, no head-scratching moments, and it felt fine — the rest of the week's pages would still be confirming.

My confidence in my intuition grew over time, and these days I follow my 1-2-3 Step pings with minimal friction, if any at all. And all steps are Big Steps, all roads lead home. The quiet days no longer make me feel panicky, or forgotten.

I've gone ahead and filled out the first page of each template I've included, to give you examples and a head start of what I've found helpful. Fill these pages, and then go buy a cute notebook and make your own. Or just type some bullet points into a notes app in your phone as they pop up.

Let's start a new daily ritual, at least until you're comfy.

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## STEP BY STEP, PING BY PING- A WEEK OF SYNCHRONICITIES

MONDAY December 10<sup>th</sup>

(7:00) Fell asleep around 11pm, heard "crack" in ears - woke up to news, a friend broke his arm late last night

(1:17) Heard ad on the radio for "Ship Station" right as I saw a yard flag that said "don't give up the ship"

(3:24) Maybe an hour ago had The Big Lebowski pop into my head - friend just sent a Bk gif

( : )

( : )

TUESDAY:

(8:15) first thought "I want cheesy eggs" walked into living room and TV character ordered "cheesy eggs"

( : )

( : )

(12:34) Pulled out phone to check time

( : )

WEDNESDAY:

( : ) I wondered out loud if a boy was thinking about me too - immediately

( : ) Hallmark movie character says "I can't stop thinking about her"

(6:40) mentioned "fudging paperwork" to friend,  
10 seconds later unknown movie said "fudge paperwork"  
( : )

( : )

THURSDAY:

( : )

( : )

( : )

( : )

( : )

FRIDAY:

(10:32) was playing around with tarot deck, the  
second TV said "money" I pulled the 10 of coins  
( : ) Friend and I struggled to remember "Margaret  
Thatcher," maybe 2 hours later she was mentioned  
( : ) on some random stand-up comedy special

( : )

( : )

SATURDAY:

( : ) Around noon felt a wave of anxiety,  
didn't feel like mine and was able to

( : ) hiccup it out

( : )

(11:11) Ear rang, looked at clock

( : )

SUNDAY:

( : ) Friend texted that they had a  
super anxious day yesterday - tracks

(3:33) phone rang (unknown number) but remember  
seeing "333" in dream last night

( : )

( : )

( : )

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MONDAY

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TUESDAY:

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WEDNESDAY:

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### THURSDAY:

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### FRIDAY:

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SATURDAY:

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SUNDAY:

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## "WAIT- I SAW THIS ALREADY?" A DREAM JOURNAL TEMPLATE

DATE: 10-13-23

Time(ish) I fell asleep: 11

Time (ish) I woke up: 8

How I felt when I fell asleep: drained, but upbeat,

Synopsis: it was a smooth day  
I was in a living room that was a field, and I was carving pumpkins with a specific friend with gold clouds in the sky

Knee-Jerk Reaction Interpretation:

pumpkins = abundance

### TO BE FILLED OUT LATER IF IT APPLIES

Did any pings seep from this dream into the 3D?

friend from dream invited me to actual pumpkin patch, so guess it was literal (invited me 3 days after dream)

Can we remember if this looked or felt different than a dream that didn't allude to future happenings?

it felt like it was seen through a glowy lens, like voxels on a film lens-- and I could smell the grass in the field and could physically feel pumpkins

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DATE:

Time(ish) I fell asleep:

Time (ish) I woke up:

How I felt when I fell asleep:

Synopsis:

Knee-Jerk Reaction Interpretation:

**TO BE FILLED OUT LATER IF IT APPLIES**

Did any pings seep from this dream into the 3D?

Can we remember if this looked or felt different than a dream that didn't allude to future happenings?

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## FOR THE WALK-INS (OR ACTIVATED ET'S)

*As a Walk In, even my music preferences changed.*

*Drastic or no, taking account of the changes you've undergone as you've moved through awakening and/or integration should be done at least once. And it's super simple! Here's some categories to get you started- I literally filled up a huge poster board that I hung up in my bedroom so I would see it every morning and feel validated.*

*And then when I knew I was 100% integrated, settled in, and felt rooted in my body, I set it on fire on the beach and smiled.*

*I had fully arrived.*

|                           | Maya 1                             | Maya 2                                      |
|---------------------------|------------------------------------|---|
| favorite movies           | The Muppet Christmas Carol         | The Lost Boys<br>Titanic<br>Rosemary's Baby |
| favorite foods            | pancakes,<br>cake                  | chocolate coated<br>strawberries,<br>cake   |
| fears                     | Spiders, death                     | heights<br>(ironic)                         |
| quality<br>or<br>quantity | quantity                           | quality                                     |
| hotel<br>or<br>camping?   | Camping                            | hotel with<br>pool and room<br>service      |
| odors                     | oranges,<br>yellow,<br>o's palette | reds, lavenders,<br>most pastels            |
| hobbies                   | baking,<br>sewing,<br>scrapbooking | knitting,<br>pressing flowers               |

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*To say this was a Group Effort would be a massive understatement, so let's just make a quick list:*

*Cindy, thank you so much for giving your time and effort so freely, you've absolutely spoiled me and taught my clumsy prose how to waltz.*

*Morag, thank you endlessly for the safe space, the stacks of toast, and for your opinions.*

*Lennox, for literally putting my idea on paper.*

*Paul, for the laughter and friendship and for your pencil cup full of highlighters and pens — and your willingness to follow my pings across the world.*

*Thank you to my lilac Crocs. I wear them, and I am free.  
Crocs are a true test to how far your ego has come.*

*And, of course, thank you Kara.  
For your insights, assistance, and sisterhood.  
For your messages, many of which are woven into these pages.  
Without You, there would be no book.  
And I wouldn't be having half as much fun.*