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Unconditional Love Revealed To Me

It was 1981 and I was lying in bed trying to get to sleep. The next day I had some school exams so I wanted to get a good night's rest. As I lay in bed, I suddenly began to feel tingling and strange sensations on the bottom of my feet. This sensation came up my legs, then my hips, and as it came up my torso and chest I saw a brilliant white Light. It scared me initially and I thought I was having some type of physical breakdown. But as the white Light reached my head I was put to ease with the most overwhelming feeling of being loved; unconditionally loved. The Light eventually enveloped the whole of me. Though the Light was very bright it didn't hurt my eyes.

Tears welled up in my eyes as I felt complete acceptance and love for who I am. I knew without a shadow of a doubt that this unconditional love and complete acceptance was a constant. I could never earn it or have it taken away due to any actions or beliefs of my own. As I basked in this feeling (and knowing), I understood that this complete love and acceptance also extended to and existed for every other Being whether they acknowledged it or not.

I then turned my thoughts to organized religion. For some time I had sought answers to what God and organized religion was all about. Within a flash, I telepathically got the message that no matter what I decided to do or not do in my life it was completely fine; there would be no judgment about it. And when it came to religion, whether I participated in a church or not was up to me. It would not add or take away from the eternal truth that I was already unconditionally loved, accepted and worthy. I understood that different religions brought comfort to those that needed this affiliation. Whether someone was religious or not was a choice and just an experience. It is not a mandatory requirement.

Within two or three minutes the Light and sensations began to go down my body and leave in the same way. I was left dumbfounded yet full of complete bliss. It was such a relief to understand that I could live my life without fear. I could be free to "experience" life without having "damn-filled" eternal consequences based on my choices and decisions. I realized that in the end "it is all good" and that we will all be welcomed by this unconditional Light of Love when we return to our Eternal "home".

Initially, there was some relief in coming to this deep awareness and understanding. I felt blessed to feel this expansive and all embracing love which escapes us in this current third dimensional experience; however, it didn't mean that my human life was going to be without its challenges. In order to live within the wholeness of my true fundamental nature I still needed to identify, release and transform all that I had "bought into" since my youth. I had not been aware of how many man-made fears, perceptions, myths and judgments I had bought into. The challenge would be to consciously commit to living from and aligning to my Heart and DIVINE consciousness in order to dismantle and transform societal, cultural and religious expectations and beliefs.

When I chose to embark on a journey to consciously increase my inner Light by uncovering all that I truly was "not", I had no idea I would become aware that it was possible to energetically exchange and transform energetic creations loaded with judgments, misperceptions and fear based beliefs for freeing Light/Love filled Eternal truths. Learning to become an alchemist of Light in order to transform all that "I am not" has drastically altered my internal dialogue. Also, the manner in which I handle most external situations is done with confidence, clarity, guilt and shame free. Ultimately, this has brought me more consistent peace, flow, happiness, empowerment and heightened intuitive/instinctual capabilities.

I have witnessed this personal transformation in me and in others and you also have the opportunity to experience the same. You have the birthright to increase your inner Light and consciousness and be freed from myths, distorted fears and beliefs which lead to accelerated healing. You have the birthright to be in constant connection to the DIVINE and learn to paint a more brilliant and complete canvas of your own life. You are not obligated to keep living the life image and constructs previously created by others. Your birthright is to experience being a powerful creator and to choose to become an alchemist of Light energy in order to bring forth personal healing and personal power because you are an aspect of the ultimate CREATOR.

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The Intention of This Book

My intent in writing this book is to help bring to the forefront of your awareness that you are given the Divine ability to work with energetic creations (every belief, thought and emotion is a creation that holds a frequency) and transform the ones that you no longer want affecting your sub-conscious or conscious life. I teach and guide you on how to use Shamanic energy healing

tools that will clear and transform low-vibrating (low-light) energetic blocks and fears; the roots of which do not allow you to consistently flow in making correct choices that offer fulfilling life experiences that align to who you are. The Shamanic process you will learn is not one that contains a lot of ritual. Meaning there is no drumming, chanting or working with smoke or other items. I am not implying that rituals are unimportant. I am stating that while they may be interesting or give comfort, they are not a necessary step to connect to the Light realms. Instead, I teach you to request and open up a Sacred space.

Once the Sacred space is opened, DIVINE energetic gifts can be accessed (this is discussed in a following section). The encoded energetic gifts create an energy exchange, a Heaven to Earth exchange, which begins the process of deep DNA, cellular and molecular clearing, transformation and, ultimately, healing. This causes a frequency increase in your Light that supports you in transcending man-made beliefs, fears, distorted perceptions and subconscious sabotaging. You will also become increasingly aware of your own negative self-talk and emotions. Through this transformative process you will connect to your DIVINE team which will support you in transmuting and clearing away “all that you are NOT”. Everything that “you are not” is a false version of you. You will learn to realign to the unique spark of you and to recall your importance in Creation. You will be empowered to elevate your inner Light and knowings.

Within the DIVINE Light, truths, Higher intelligence and encoded instructions for improving disharmonies and higher awareness exist. We have been disconnected and separated from working with this Light and have replaced it with low-vibrating fears, ego, distorted perceptions, distorted thoughts, beliefs, doubts, judgments and a sense of separateness. Science has proven that at our deepest physical core, beyond the atom, we are comprised of photon light particles. These photons carry a charge proportional to the frequency of light it contains. Therefore, the higher the wave frequency, the more energy it carries. Consequently, since our core being is light we have the ability to increase our light. We just need to know and trust that we too can bring “heaven to earth” and utilize it for our Highest good and learn how to request, command, surrender disruptive low-vibrating energy and receive creations of Light.

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Defining and Clarifying the Exchange of Shamanic Energy Gifts

In this chapter I am setting the foundation for many of the references and exercises that will be explored in subsequent chapters. Yet, each section in this chapter is not meant to be exhaustive; I am aware that there is much to expand on each subject.

What is an Energy block?

A block is an energy created by a lower level of consciousness and beliefs. It holds a lower frequency (separate from the frequency of Love) which can become a trapped energy pattern. Blocks are limiting beliefs, fears, traumas, judgments, insecurities, shame filled self-talk, etc. that taint our emotions and thoughts. Energy blocks can be created in this lifetime, exist at the Soul level (from previous incarnations) or be passed on at the genetic level (from ancestors). The recent studies on epigenetics seem to support this phenomenon. The research indicates that certain life circumstances can either cause genes to shut-down or express (be active). Epigenetics, essentially, affect how our genes are read by our cells and therefore this creates the corresponding biochemical reactions and body electrical impulses which affect many aspects of our being.

No matter how energy blocks are acquired they make it difficult to advance to a Higher consciousness/awareness and subsequently keep us in a vicious pattern and tied to old fears and myths. They stop us in many ways from personal productivity, limit our possibilities, and prevent us from creating new and powerful experiences that align to how we flow. They block us from being aware of choices that can be for our Highest good. The limiting beliefs and distorted perceptions do not allow us to make choices and decisions from the foundation of 100% current “reality”. Many of us are still being affected by past distorted emotions of guilt, shame, fear, regret, anger, sadness, pain and unworthiness. Subsequently, our tainted choices/decisions can bring about suffering, chaos and drama into our life.

As you identify and learn to release limiting beliefs, distorted points of references and blocks, you will clear your emotional blockages and begin to experience more internal peace, harmony, emotional stability, clarity, pure power, higher awareness, ease, happiness and joy. As distorted perceptions clear, you will increase your Higher self inner voice and intuitions. You will guide your “head” to listen to your heart. You will expand to allow many more possibilities and perspectives to enter your awareness and consciousness.

What are Divine Energy Gifts?

Energy medicine is based on the understanding that we have a “luminous body”; we are Light. Science has discovered that beyond the trillions of cells we have and the trillions of atoms within these cells, there is only energy. The energy or Light is the same as that of the Universe. However, our energy has been affected by energetic imprints of past trauma, unresolved issues, fears and other “dense energies”. These imprints reside within our energetic field and body. They block our mental well-being and the ability to create our life in a powerful way. While a lot of the heavy and disruptive energies get our attention, supportive and elevating energies are also imprinted in our Light body and cells. With DIVINE energy gifts we can increase our inner Light and transform the energy blocks.

I was introduced to DIVINE energy gifts by my Shamanic teacher Elena Radford. Her teachings are based on ancient Inca principles. DIVINE energy gifts are requested and “downloaded” from DIVINE SOURCE (the Creator, God, Heavenly Mother and Father) and integrated within your molecular structure and energetic field. The exchange of low vibrating energetic imprints for higher vibrating energetic creations unfolds and integrates at the subconscious and conscious level. As your physical and energetic bodies integrate these new high level instructions, new awareness and new points of references, the adjustments make you feel like a “new” person. The old begins to be replaced with the new. Fear, pain and suffering begin to lose their grip.

The highly encoded DIVINE energy gifts bring about transmutations and clearings at the mental, emotional and physical level by altering your DNA, molecules and particles at the atomic level and within your electromagnetic field. This is possible because as I mentioned before, we come from Light, we are Light and, therefore, more Light can be received, integrated and amplified. DIVINE energy gifts carry Higher intelligence and information via many types of energetic creations like symbols, sacred geometry, sound waves, frequencies, colors and other creations unknown to us. They carry high frequency of pure “feelings” (deep knowings). They can alter ancestral and present day distorted thoughts, emotions, beliefs, fears, frustrating patterns in our life and also transmute subconscious blocks which sabotage conscious desires. As your awareness expands to new possibilities this gives way to returning to wholeness, clarity, self-empowerment, self-kindness, self-love, joy, peace, happiness, ease and direction.

Through-out time, we have lost the true meaning of powerful love based feelings. The DIVINE energy gifts can restore the pure meaning of life such as unconditional love, integrity, higher awareness, pure power, commitment to oneself and alignment to your unique self-

expression. They can increase happiness and the honoring of one's journey as well as the journey of others. The ultimate goal is to re-claim the great creator and co-creator within you and remove all fear and doubt so that life is lived fearlessly. Living fearlessly comes from remembering who you are in the Highest sense of knowing. Currently you are playing out a personality; however, your true nature is connected to eternal DIVINE Spirit and is not the limited personality you currently perceive.

What is Shamanism?

The word Shaman seems to have originated from the medicine people of Siberia. Its connotation is of "one who knows"; one who mediates between the physical and non-physical realms because they "know" it is possible. The Shaman knows how to keep the individual's Divine intentional plan on track. Shamanism is grounded on the principle that our three-dimensional world is teeming with unseen forces and influences that we can connect to and direct. The ability to go beyond the physical ushers in a freedom to work with Higher creations and energies. This reconnection can be used to return one's self to eternal truth, power, center and flow. From this more Light filled foundation, one can continue to move forward and in alignment to one's unique vibration, personality, abilities and gifts.

While traditional Shamanic practices tend to have a variety of rituals in order to enter a form of trance and connect to the spirit world, the contemporary process I have been taught does not require extensive rituals. Because the Universe seems to be vibrating at a higher frequency the extensive rituals are not necessary. As "one who knows", and trusts, I have discovered many types of energetic blocks and reasons for the many disharmonies in my clients. Powerful transformations of these energetic blocks have been facilitated via the exchange of Higher SOURCE encoded energy gifts available from both this dimension and the non-physical dimensions. You can request and access these energy gifts as well. Shamanism belongs to everyone. Just "know" and "trust" that you have the birthright to connect and work with the cosmic non-physical Light forces because you originate from this Light and you can consciously request from it and work with it.

The Power Behind the Unity of the Masculine and Feminine Energies

It is important to understand how the interactions between the masculine and feminine energetic creations affect our life experiences. These ancient energies are two aspects of the One. When they are ebbing and flowing and in harmony within our energetic and cellular aspects

they are like the ultimate tag team; they are two faces of One energy. By the way, both genders carry these energetic creations.

The feminine and the masculine are the balance of Love and Power. Power in its Highest form is not to be interpreted in a negative connotation. It is different from “force” as we have witnessed with dictators, criminals or other controlling type people. It is all about the cooperation between the energies. We all are the keepers of these ancient energies and it is our birthright to have this partnership be harmonious, powerful, productive and joyful.

To understand this more clearly, the energetic male vibration is the aspect that has an outward momentum. It is that part of Spirit that supports outward manifestation/materialization which begins solely as a desire, idea or wish from the feminine energy. The male energy exists to support the female energy’s wishes and desires. The male energy is highly focused and is connected to the energy of individuality.

The female energy is the energy of going inward, being contemplative and introspective. It is the energy that allows all possibilities to be considered; it desires, it dreams and it births ideas. It is the vessel of unlimited creative potential. The female energy connects more to the energy of wholeness; it does not differentiate or individualize.

Basically when a desire/idea is birthed by the female energy, the energy that comes forth to support it and manifest it is the male energy. It wants to be of service and help her bring the idea into reality to experience it. The male energy pulls the trigger on creating the budget, or making the call, or driving to a location, or seeking the guidance to get closer to realizing the desire of the feminine.

If you want to be both gentle and strong, intuitive and successful, fully present in both the spiritual and physical worlds, the balancing of the female (yin) and male (yang) is essential. The mystical declaration of “I AM” can be understood in many forms. One way is the following: “I” the male energy in its focus and individuality and “AM” as the female in her expansive encompassing ways. United they are One in creating joyfully because they create powerful harmony and results. I recently came across a great analogy; think of the fingers as male energy which holds individual expression and think of the palm as the female energy which unites all the fingers and is their base. Though the fingers seem separate they are not. On the contrary they need each other to function properly and powerfully.

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How to Request and Receive Energy Gifts

I reiterate that you do not have to be an “official” Shaman to request energy gifts for yourself. What is paramount is that you are coming from pure intentions and you are willing to surrender and release the behavior, belief, fear and/or pattern. In doing so, you allow the increase of your Light which brings about awareness of Higher truths and connections to guidance and support from uncontaminated Higher vibrating Beings/creations.

You and I have access to the Higher realms; it is our birthright. Prior to requesting energy gifts it is important to first open up your Sacred space (explained in next section) which creates the pure connection to the Higher realms (your eternal home). Once the space is created, you can request any energy gift you like and receive it into your heart space. The Heart has the highest vibrating electro-magnetic field in our body. Hence, high vibrating energy gifts are received into your heart space because it can handle high frequencies. The way to request an energy gift is to state what you want and receive it in the palm of your hands. You then place your palms to your Heart and receive the Light gifts. All Light/energy gifts are customized to you and to your current vibration.

For example, let's say you want to request the energy gifts to let go of the energy of comparing yourself to others. You would first open up your Sacred space by requesting that the four Sacred directions be opened (how to do this is described later) then you ready yourself to receive the energy gifts by placing the palms of your hands facing up (you can set your palms on your lap or keep them in the air). Next get out of your head and put your attention to your Heart center and you say something like *"I ask for the energy gifts that will remove from me the fears and insecurities that lead me to compare myself to others. I ask for the gifts which will allow me to embrace the uniqueness of who I am and be freed from the tendency to measure myself to others. I accept the energy gifts (know that they have been place into your palms)."* Place your palms to your heart and say *"I receive, I receive, I receive"*. Give yourself a minute to feel the energy. Keep requesting and receiving until you are through. Once you feel “complete”, remember to close the four Sacred directions (explained in next section).

Some people feel or see the energy gifts at work (if you don't it is okay). Sometimes warmth or pressure is felt. Others see sparks of light or colors. Some feel a release or a calm feeling come over them. It is unique for everyone; no need to judge the experience. The encoded information assimilates and unfolds within you for days, weeks and even months to come.

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Prologue

The Fallacies

The following chapters address the “meat” of this book. In order to transform our low-vibrating energetic blocks and beliefs into Higher truths, the fallacies most of us buy into must be identified and transformed. The creations which most affect you and me are the false stories that are on energetic replay and the ones that are triggered by an event or by what someone says or does. Not all human misperceptions or sufferings are attended to in this book, but many of the most disempowering and distorted beliefs and fears are identified and dismantled.

Each “Fallacy” chapter will decipher a low frequency belief/story and at the end of the chapter you will be guided to intentionally request and receive “energy gifts”. When you intentionally bring forth the “heaven to earth” connection you access pure, uncontaminated Light. The Light frequency with all its Higher intelligence and codes begins the process of energy exchange between low-vibrating forms to high frequency Light-filled forms. The energy exchange unfolds for days to come. As your Light frequency increases within, it becomes more difficult for man-made fallacies to continue disrupting your truths, thoughts, perceptions, feelings and actions. Freedom from the “lies” opens you up to increased Higher consciousness, possibilities, more rewarding decisions, and freedom from fear.

As you reconnect to your Higher truth, your internal dialogue will change. You will become more aware to question whether something is coming from your “human-mind” or from your “Heart-mind” (awareness of the Heart). Staying in your Heart-mind as much as possible brings forth daily “internal rest” from challenging man-made events, actions, constructs and judgments. The Heart-mind stays connected to Higher truths which reward you with daily internal coherence and flow.

By the way, the degree to how transformative your experiences will be in utilizing these tools of Light depends on how **willing** and **committed** you are to releasing and transforming the false assumptions, conclusions, beliefs, fears, etc. The most important question to ask yourself is “*To what degree am I committed and willing to heal from worldly fallacies and myths?*” Many people fear the unknown and becoming more in charge of their experiences. I hope that you do not fear amplifying your Light and you find the courage to learn how to become your own light-worker and the ultimate creator/artist of your perceptions, thoughts, choices and experiences.

**** END OF EXCERPTS from this chapter (not all segments were posted)**

FALLACY #2

“I’ve Tried Affirmations and Positive Thinking; It Doesn’t Always Work”

It can be very discouraging, frustrating and disappointing when we become aware of how we rather live our life and attract different types of people and situations but no matter what we do it doesn’t come to materialize to the degree we prefer. The insidious thing that could be occurring is while you are now conscious of how you rather live your life and collaborate with others, heavy low-vibrating, energetic beliefs and conclusions can be “stuck” in the **subconscious**.

Think of this “stuck” energy as an energetic groove deep in your subconscious that was created after years of constant psychological/emotional travel through that same energetic path. It is now a very instant habit to the lower mind and it resists traveling on a new path. These energetic habitual grooves do not align to what you are now ready to allow in your life. The subconscious belief, and the energy attached to it, will always override the conscious desire and basically sabotage what you now want. However, there is a very specific exercise that can be used along with energy gifts to dismantle that which is “stuck” in the subconscious and the possible root cause of much of your frustration and anxiety.

**** END OF EXCERPTS from this chapter (end of chapter guides you to request and receive energy gifts for transformational results)**

FALLACY #3

“I Must Earn Love and Do All The Right Things to Be Acceptable”

You cannot “earn” Love or work towards being acceptable. Why? Because just like the sun and moon are constant and we “know”, not merely “believe”, that they are always there for everyone, so is the Creation of the energy of Love. We must “know” that we are already loved. You must “know” that you belong now and always to Creation. Creation is derived and supported by the energy of Love. This is why it is an Eternal constant and is always accessible to you and me. It never abandons you or me.

You and I are the ones who move away from the creation of Love while we are in this human experience. We are the ones who feel separate and disconnected. It is an “illusion” that we are separate, less than and not worthy of this eternal creation of Love. For centuries the distorted religious, cultural, societal and familial beliefs have fed the lie of separateness and unworthiness.

The moment you completely discard the judgments from others of whether you are deemed lovable or not and choose to *accept, allow* and *permit* the energy of unconditional Love you will feel deep transformation. I recently watched an interview in which a beautiful definition of unconditional Love was revealed by the Spirit of a deceased brother to his sister. He stated *“Unconditional love is more than acceptance; it is about someone finding everything about you incredible.”* Higher Love celebrates you and me, always.

When you anchor into your heart and cellular structure the truth and knowing that the Higher realms find *“everything about you incredible”* then you can begin to lose whatever fear or anxiety you may have about believing you are not enough, don’t belong, are alone, are unsupported, need to please others, need to seek outside validation, or approval.

**** END OF EXCERPTS from this chapter (end of chapter guides you to request and receive energy gifts for transformational results)**

FALLACY #4

“I Am Not Enough”

The feeling or belief of not being enough is another illusory experience which can bind you to the energy of fear, comparisons, loneliness and depression. It is important to tear down the veil and reconnect to a very important Higher truth; you are first and foremost an eternal Light essence. You are a unique Light vibration; a spark from the great “I Am”. You come from DIVINE “royalty”. According to the astrophysicist, Neil deGrasse Tyson, *“We are chemically connected to all molecules on Earth. And we are atomically connected to all atoms in the Universe. We are not figuratively, but literally stardust.”* Your Spirit essence is already *complete*. Everything you choose to do or create has nothing to do with making you complete or accomplished. Everything is just an experience that allows you to “know” something through experience not just through theory or speculation.

The Light of you is birthed from the energy of Love. Feel and “know” this truth and deeply activate the reconnection to the awareness that you are a Spirit/Light Being who chose to have a physical experience. I repeat once more, the “royal” Light essence of you made the choice to have a “non-royal” physical experience. You have an intentional pre-plan of why you chose to leave your spirit “home”. Though, to some degree, you may feel a victim of life it does not make it true that you are.

Temporarily you and I have separated from the knowing that we are Light and connected to eternal Light. We entered a world that is steeped in “duality” and distortion. By doing so, we end up creating a “false” identity/image of ourselves that replaces the truth of our Divine spark. We, along with most of the world, replaced the Light creation of who we are with a distorted identity that makes us feel fearful, vulnerable, flawed and powerless. This distorted identity makes us attach to the belief that we are not enough. This false self has been perpetuated from generation to generation. This false self sets many of us to compare ourselves to others. However this false identity is not a part of Eternal truth.

**** END OF EXCERPTS from this chapter (end of chapter guides you to request and receive energy gifts for transformational results)**

FALLACY #7

“I Don’t Have A Worthy Purpose”

If you are like most people, you have wondered and worried about your life purpose for some time. I’d like to offer a different perspective to the belief of needing to discover your purpose. I have come to understand that the angst about finding a purpose or looking to do “worthy” acts to justify one’s value is a man-made creation. Many have come to believe that only when we “serve or help” those that are less fortunate than us do we come to achieve a purposeful life. Dedicating one’s life to serve others may be some peoples’ inherent desire, but it is not the case for everyone.

I’d like to suggest that our ultimate purpose in this human form is to bring forth the frequency of Love with no conditions, judgments or manipulations (this does not mean to discard discernment). Each of us can take on the purpose of working towards “incarnating” pure Love and putting it into action as much as possible. We can begin by honoring and respecting the unique “composition” of you and me and the unique “composition” of each and every other human. In doing this you and I align to the Highest frequency which is unconditional Love. Unconditional Love allows for the connection to all and for all. It supports personal healing and allows for the healing of others. Love holds kindness, empathy, compassion, understanding, gratitude, collaboration, celebration and support. Love focuses on each other’s similarities rather than the differences and feels connected/united rather than separate.

Imagine how the human experience would be if the majority of us took on the purpose to allow the Highest frequency of Love to integrate within our Light. Love is not limited to a warm and fuzzy feeling. In its grandest form, Love is the deep acknowledgement that each of us is an

eternal perfect aspect and that we are all in this together. Regardless of how everyone is currently “acting” in their human form, our Heart-mind along with the awareness of unconditional Love can bypass human “shenanigans” and frailties. We can choose to celebrate and honor the DIVINE truth of everybody. So instead of “cursing” others, we can forgive them and request that Love, Light and Truth be showered upon them so that they may allow themselves to heal what is challenging and fearful to them and increase their own Light and Higher consciousness.

To be able to do this more consistently and with less resistance it is essential to view people, not through the perception that comes with the “human-mind” but, through the Heart connection of Higher truth. The truth is that we all have come from the same SOURCE/Creator and are eternal magnificent Light essences that inhabit a human body. The perfect aspect of us which came forth from the Creator is still intact even though most of us have forgotten this great truth.

In human form, you and I are born with a set of innate aptitudes, interests, personality traits and temperament. It is no accident that we are composed of a unique combination of traits. This combination makes us a unique essence; a unique energy gift unto the world. To believe that our unique combination of traits holds no importance, rhyme or reason, is where we end up taking our lives on a detour; a detour outside of ourselves which can lead to great disappointment and frustration.

Time and time again, I have witnessed people dismissing their unique traits in order to fit in to the “box” of what others believe they should do and should be for fear of disapproval. In addition, so many of us squash, diminish and criticize the inherent traits of others because they are different to ours. This vicious cycle creates an internal and external disconnection. Imagine the support system, camaraderie, joy, internal flow and elevated life experiences we could all have if we allowed, honored and encouraged each other’s inherent traits; if we treated each other with care and kindness. Imagine if due to pure Love and sincerity in our Hearts we allowed everyone to unfold and blossom in their inherent way.

While growing up, if our innate traits and interests are criticized or ridiculed, the risk of disconnecting from one’s unique self-expression is greatly increased. When you and I trust and act on what is encoded within (our Divine intentional blueprint), we blossom and thrive. We become a gift to ourselves and to others. It does not matter what form your self-expression takes or how many people are aware of it. What counts is that you are creating and contributing from the fullest expression and truth of you. Your fullest expression is fueled by the energy of Love and Love in action mirrors the Creator. Love in action towards ourselves and others is our purpose. To honor, respect, support, inspire, allow and celebrate each other in observance of all

our similarities versus our perceived differences, is Love in action. Can you “feel” and understand how this can be everyone’s ultimate purpose?

**** END OF EXCERPTS from this chapter (end of chapter guides you to request and receive energy gifts for transformational results)**

FALLACY #10

“I’ll Never Let That Happen To Me”

While we may believe that making a very emphatic declaration to ourselves will protect us from ever experiencing that which we want to avoid, surprisingly, in many circumstances, it sets us up to recreate another pattern which can be as frustrating, disappointing and dramatic. The “*I never want (fill in the blank)*” statement can be likened to viewing the glass half empty. It holds a limited and pessimistic energy. It becomes a type of energetic block when it is not balanced with a powerful declaration of what you do want instead. Intense emotions connected to “I never want...” statements can disrupt our ability to connect to Higher awareness and actions.

For example, Vera, who is a college student, contacted me because of physical imbalances and her anxiety and confusion about her relationship with her fiancé. She had recently become engaged. However, the fiancé’s actions and attitude towards their relationship created in her an emotional roller coaster ride. As we delved into it deeper she acknowledged that “*I never want to get divorced like my parents*”. In addition, she was also fearful of being alone.

“*Do you realize*”, I asked, “*that you have made a very deep commitment to not divorce? Therefore, you are completely taking that option off the table and unknowingly you are setting yourself up to hold onto a marriage no matter what goes down; all for the sake of avoiding divorce. I have come across a lot of couples who are not divorced but they are not happy together nor do they have honor, respect or support for each other. That is a lonely place to be. Is that what you want?*” Vera was quiet and nervously laughed and said “no”. “*So what do you want out of a partner? I understand you prefer not to get divorced, but more importantly how do you want to feel and be within a relationship?*”

Vera was silent for some time. She did not know how to answer because she had never put thought into what she wanted in a partner. I asked, “*Do you want a partner that respects you and cheers you on to fulfill what is right for you?*” “*Yes!*” she answered. I added, “*Do you want a powerful partnership?*” “*Yes!*” Vera agreed. I suggested she try coming up with what else she wanted. “*I want to be happy, laugh and have fun*”, Vera proclaimed enthusiastically.

We came up with additional declarations which she wrote down. We processed a lot and requested many energy gifts.

Knowing what you don't want in your life is helpful; however, to complete the cycle you must define what you *do* want and focus your attention and commitment on that. To define what you want keeps you on course. Anything that is not in alignment to what you want or does not support you then becomes easier to recognize. It stops you from taking detours. Detours can take you off track for months or years.

**** END OF EXCERPTS from this chapter (end of chapter guides you to request and receive energy gifts for transformational results)**