



A Selection of Awakening Experiences Part II

Transforming Flames... SoulArt By Kimberley Harding

A selection of True Awakening Experiences...

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Introduction

Creating an Inspiring Collection of True Awakening Experiences

In 2014 I was inspired to create with my WordPress friends a beautiful collection of our life's journey and in particular the moments of our awakening to who we truly are... Each day for a month and a half we took it in turns to publish, on our own blog, a summary of our true Awakening experience. It was an awesome experience, reading each others journey, seeing the similarities of the stories of love, joy, fear and pain and gaining new insights and indeed new friends.

I believe we all came into a new space of acceptance, reverence and trust... which has helped us move on in experiencing our individual blossoming and enlightenment. 2 years later, as I was personally feeling that Humankind was accelerating at an awesome pace; due to the higher light frequencies that continue to naturally awaken Mother Earth and Humankind... I thought it would be nice to revisit all our life's and write about where we each found ourselves now. Some of our friends were no longer around WordPress to be able to join again, but I did find some new friends who wanted to join in and share their own true Awakening experiences.

So for the month of February and March, we published our stories on our blog, enjoyed reading about each other and once again gained new insights and friends. This time there is far less focus on fear and pain and more focus on choosing to create the experience of love and joy. AND like a contagious disease we are infecting more and more people living around us. Just by sharing our story.

Awakening to Who You Truly Are

Based on my own 'long awakening experience, the awakening of my friends and new information that is now available to us in the ethers... I have written the following words in the hope that it helps others to understand what is happening to you now. To help you think twice about falling into the vicious cycle of struggle and victimization when old fears and pains are triggered and come up for release. It is only through your loving conscious breath, acknowledgement and acceptance... that you can embrace everything that has ever happened to you. Know you have survived it all, haven't you? You no longer feel unworthy and undeserving, even when it comes to others. You know you have the power to choose in each moment to feel excited and alive and create the dream you have always dreamed... in total freedom. YES... It is time to let go of your past and only focus on love and joy.

One heart at a time, Humankind is naturally awakening after a long and hard 'Human' experience... You remember that you are so much more than your physical Human body, mind and the five senses you have used... You know that this awakening is part of a natural cycle of remembering the truth of the Multi-dimensional you truly are, with no exception. Humankind is expanding consciousness and rising to the next level of light density. It is an expanded cosmic happening. The Integration of your Humanness, Aspects and Divineness is happening, to allow Humankind to live a most enlightened life as sacred vessels of love, joy and abundance.

Changes and Effects of the Awakening Earth and the Human Being

The Earth and Humankind are all part of a Natural Shift of Consciousness that is occurring now. Our solar system finds itself surrounded by a higher vibrational energy, a new energy that we have all called forth in our declaration for no more fear, greed and conflict. It is an energy that resonates with love and naturally raises the vibration on Mother Earth and in all who inhabit her... from the low and dense feelings of fear and limitation that we have created here together over many lifetimes, to the high and vibrant feelings of love and joy that is the essence of who we all truly are.

Love is what Humankind has learned to feel here on Earth and has the potential to create DivineHumanBeings... the next stage of Humankind, living in a peaceful and harmonious Environment, both within the physical Earth and other dimensions simultaneously.

This New Energy, of intense light actually affects the magnetic make-up of the whole solar system, creating intense magnetic storms on the sun, where strong solar flares reach the Earth's orbit and interfere with the magnetics within the Earth and each Human Being. The Human body contains millions of tiny magnetic particles that interconnect through

Human antennas to the Earth's magnetic field, enabling the Human to receive and transmit consciousness, which influence the physical body and all of its internal systems.

The interference of the magnetic field causes a cleansing effect, physically shifting and shaking the Earth and her inhabitants, creating unusual weather patterns and within the Human Being cleansing them from all their fears and yesterdays.

It is actually the most beautiful gift that we can receive... intense light to naturally awaken our consciousness, changing our DNA and crystallising our molecules. Our inner light body is being ignited anew, clearing our body of past debris, burning away everything that no longer serves us, leaving nothing but pure love and passion within each Human Being and the Earth. We are preparing for our re-birth. The DivineHumanBeing, Enlightened and Embodied Master Creators we all truly are.

During this natural shift in consciousness, our awakening is affecting our mental, emotional and physical bodies, pulling us all ways and putting us through some uncomfortable and painful times. Not only are we integrating and releasing all our own past life patterns and karma that no longer serve us, but that of all our ancestors that have lived before us.

Our Body Consciousness, body, mind and spirit is rebalancing and giving birth to a pure new crystalline DivineHuman self. It is of the utmost importance that we neither fight nor give in, as there is nothing we can do, but trust, allow and be aware of this natural happening.

Awakening Symptoms

Physical

Aches and pains in the joints, especially neck, shoulders and back...
Heat sensations... beyond the menopause, feeling cold, feeling hot...
Feeling dizzy and shaky...
Vertigo...
Ringing in the ears...
Nausea...
Itchy skin, Red patchy skin, especially the face and hair...
Exhaustion and feeling tired, waking up a lot...
Headaches and Migraine...
Stomach aches and Indigestion...
No appetite...
Extremes of diarrhea and constipation...
Eating a lot...
Heart palpitations...
Irregular heartbeats...

Emotional/Mental

Crying...
Deep Sadness...
Confused...
Nervousness...
Passionless...
Mental...
Anxious...
Intense Dreaming...
Loneliness...
Not thinking straight...
Losing words...
Depressed...

My suggestions for more comfort each day

Consciously breathe in the new energy for a few minutes each morning and evening, especially into painful areas and become one with all...

Eat consciously and healthy, enjoy small portions of protein, good fats, a few berries and lots of salad and vegetables...

Extra supplements of magnesium and zinc...

Moderate use of carbohydrates and sugars

Drink plenty of fresh water...

Moderate use of caffeine, coffee, tea and alcohol...

Positive and Loving self talk...

Soaking the body in warm water and essential oils...

Walk in nature or enjoy gentle exercise each day...

Sleep a lot, naps through the day if possible...

Trust that everything is OK, even when doubts try to creep into your mind...

Remember you are not your mind... You are so much more...

Barbara... <http://memymagnificentself.com>

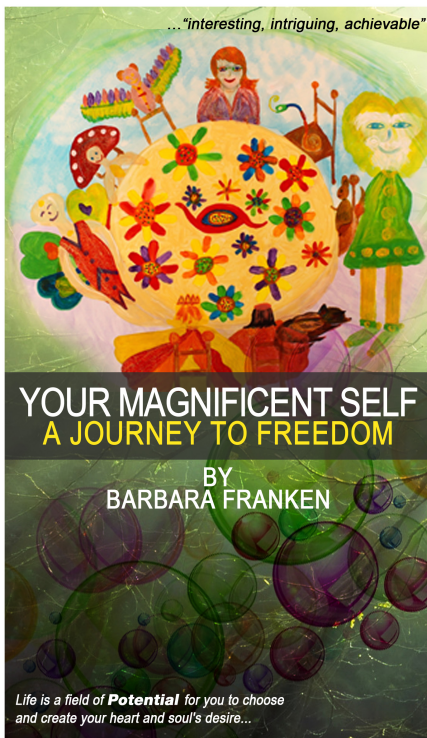
When we are aware of our own existence, aware of both the light and the darkness that we each ultimately are, we can begin to relax into our Body Consciousness (body, mind and spirit); All that we are and create our heart and soul's desire in the heart of life.

My above quote explains to me that 'AWAKENING' ultimately allows each of us to know or perceive... the truth of who we truly are... both Human and Divine... a multi-dimensional being who chooses in each moment to live and celebrate life in a joyous and loving way on the Earth plane and beyond.

My Awakening Experience

For many years in my awakened state I have felt the natural integration of my Divine body and mind coming together as one with my Physical body and mind... that continues gradually and gently to this day. This allows me to live a most enlightened life... even when I AM in the midst of relationships and circumstances that reflect old patterns/parts of the Human game that I have chosen to no longer be part of, but allow them to be my gifts, in order that I may complete my transformation... to my translucent and crystalline DivineHuman self and bring about my vision of a harmonious and peaceful New Earth.

The full story of my Awakening, Integration and Enlightenment can be read in my recently published book Your Magnificent Self... A Journey to Freedom.



'One heart at a time, consciousness expands and Humankind takes a quantum leap into the unknown as they discover how to go beyond seduction, limitation, the sick and ageing body and the death trigger. They enjoy living and creating as Loving DivineHumanBeings in a time-less space of freedom and potential where they experience rejuvenation, abundance and an infinite flow of pure love and joy.'

'My story is a magnificent LOVE story between my Divine and Human selves... who find each other after many years apart and become ONE. It is a unique and magical journey that begins with my question who am I and what is life all about.'

The more I explore the more aware I become and my mind grows quiet, this allows me to perceive nine Elemental Beings who come to remind me of my core truths and take me from a world of fear, struggle and limitation into a New Energy Consciousness of love, grace and freedom.

In this loving space I AM able to observe and feel the natural integration of my Divine and Human selves, coming together as a Loving and Magnificent Master Creator who chooses, expresses and creates heart and soul passion on the physical plane and beyond... far beyond imagination, words and everything that is known up until now.'

Available in Paperback/Digital from [Amazon](https://www.amazon.com)

What I want to write for this post is a more detailed account of how I AM allowing my darkness to come up to the surface that is ready for release.

Since moving to Benalmadena in 2014, Tom and I have felt so happy and met some wonderful friends, walked many miles exploring the beautiful rugged coastline, found a wonderful 'low carbohydrate' eating life style and have been inspired to pursue our creative passions. One of my passions has been to write, illustrate and publish my first book **Your Magnificent Self... A Journey to Freedom** and I AM now busy writing and illustrating with my grandson a children's version... Me, My Magnificent Self.

One of the endings I write in my book are the words...

I will continue to dissolve everything that no longer serves me... distil all my Human life experiences into wise and passionate essence... absorb all my physical biology into my new crystalline structure... and gracefully attract and bring in appropriate energies to help me live a most magnificent and balanced life here on Earth.

As this is indeed what I have been experiencing this last year, I would like to share it here with you.

Where I find myself Now on my Journey of Self-Realisation and Freedom...

My book is published and what a great book launch I had with the support of many magnificent friends, locally on the Costa Del Sol and online around the world.... I remain ever grateful to all the love, trust and ongoing reviews and marketing shares that continue to help bring my own true love story into the world to inspire others to realise their own true potential.

However, when my launch was all over, I began to get quite emotional about some situations I found myself in. It didn't really occur to me that it was anything to do with me... afterall I was on a roll, achieved so much after realizing my freedom...even while experiencing physical grief with my own 'perception of BEAUTY'.

I was talking to my husband and friend about the unpleasant circumstances that were playing out in front of me and decided to write a blog post about it, as writing always inspires me to see the truth of what is happening. The gist of my post was about being quiet and allowing myself to observe a situation and choose to respond either as ms amazing (my Divine self) or ms miserable, (my Human self).

I thought no more about it and celebrated Christmas and New year with my family in England and prepared for our winter holiday visiting our children and grandchild in the Caribbean. After a good flight we arrived safely in St Maarten and were greeted by our whole family. It wasn't long this first day that my confrontation began and I found myself in the depth of an unpleasant circumstance that I saw playing out in front of me. I couldn't believe it and I observed myself sink into the role of 'poor me' as I began complaining, feeling hurt and stamping my feet.

Because I was consciously observing this happening, I didn't allow myself to wallow in the victim role for too long. I sensed it went very deep and was a continuation of the situation back home and I needed to pay attention because I knew deep down it was very much everything to do with me. In a quiet moment I asked my Divine self to help me understand what was happening... and sure enough, without much delay information flooded into my consciousness/awareness.

When I first made my choice to be free of the struggle and limitation of the Human Game, I automatically gave myself permission to release everything that no longer served me and in particular the parts of me that were embedded deep within. What I had begun to physically experience, the circumstances and relationships around me, were all reflecting back to me past memories buried very deep, coming up to the surface for release.

I knew it wasn't about my falling back into the game of judgment and doubt, it was about loving the parts of myself that had been terribly broken and feeling betrayed and unloved. It was about me embracing All of my darkness and feeling joyful in the acceptance of All of myself. Accepting all the roles I had ever played, the roles I lost, as well as won because they were all part of my very existence. The remaining broken, betrayed and unloved parts of myself were ready for release and were playing out on the surface of my physical reality, waiting for me to be aware... accept... and embrace.

What was happening was much more than my choosing to be ms amazing or ms miserable, it was for me to truly perceive and understand how my Divine self; the inner core of my Human physical self is always reflecting my physical reality and for me to truly acknowledge and embrace my broken, betrayed and unloved parts that are now ready to be released and transformed into new potential for myself.

IAM after all a Master Creator who vibrates everything IAM into my existence. This is why it is so important I imagine and be my highest feeling of love, joy and abundance for it to manifest in my life.... NO MATTER WHAT.

So I say a big thank you to this circumstance, to the person who ultimately gave me this precious gift of experience and expanding my freedom by showing me my broken, betrayed and unloved past so that I could embrace it and release it. More space and freedom to bring in new potential to play, have fun and create with in the New Energy Consciousness that exists in each conscious moment.

Michael... <http://embracingforever.com>

I happened upon [Barbara's site](#) a few weeks ago when she was mulling over the idea of a second round of Awakening Experiences, and told her I would like to participate. Then I promptly disappeared into the marrow of my life for a few weeks. She pinged me with a reminder last week sometime and asked if I was still willing, and wondered if I would take February 2nd. I chuckled at her unsolicited selection, because it seemed the perfect day for a bit of contemplation—it being the last day of my fortieth year. And Barbara of course, wouldn't have had any previous knowledge of this timing.

There's a quote from A Course of Love that at least partly summarizes my feelings at the present time. "The challenge now is in creation rather than accomplishment. With peace, accomplishment is achieved in the only place where it makes any sense to desire it. With your accomplishment comes the freedom and the challenge of creation. Creation becomes the new frontier, the occupation of those too young to rest, too interested in living still to welcome the peace of dying. Those who could not change the world one iota through their constant effort, in peace create the world anew." (C:6.17)

The processes at work in my inner life have often been fueled by the question of how best to invest my time in this world. This question stretches back to my days in elementary school, when teachers singled me out for special studies. It appeared I had some potential. I was sent to the library when I finished my coursework to delve into things, but I had no idea what I was to delve *into* exactly. I just wanted to read spy novels. The Cardinal in the Kremlin, to my fourteen year old mind, was astounding. I had no idea what the *potential* was that I supposedly possessed, or what I was to do with it, and this unknowing was difficult to bear.

Uncertainty is a strange and tugging satellite in our lives—a little uncomfortable in its waning, quite painful in its waxing, but always a generator of transformative tides. When I graduated from high school I sat on a stage next to the principal, and the Bishop, and when it was my turn I gave a speech. I wrote it alone at my bedroom desk the week before, surrounded by posters of triumphant soccer players. It was all about looking past the pursuits of the world, to the richness of living with meaning and depth, even if it meant looking past the treasures the world wished us to crave. Our hearts are always rampant when we give them a chance to speak uninhibited, at any age, but I was not entirely prepared for the follow-through.

I changed majors once in college, and nearly dropped out to work on a ranch in Montana. Instead, I met my future wife, finished school, and moved a few thousand miles across the country. I took a writing class my senior year in college as an elective—a bit of an odd choice for an engineer—and loved it. I wrote half a novel that year but my confidence and my enthusiasm fizzled. I felt inadequate about the whole thing. I still didn't know who I was or what I was doing. I eventually got a job and some days it hurt like a sonuvabitch! Not the work, but the echoes of my uncertain state. The way I failed to find it meaningful. The way so many interactions were permeated with disconnection and dissembling.

Realizing there was really no need for me to feel so uncertain or forlorn, I used the immediate present of my life as the vehicle for learning to be at peace. These decisions to turn around and face our difficulties are moments of grace. I could have run for the hills again. Over the decade that followed I slowly grew into myself, and set my fears down one by one. Eventually, I looked up and realized I could be at peace with myself, *and* with the world. I think that is really what awakening is. It's the moment you realize you can be at peace with what is. Then you find yourself in the position of the quote above. You don't need to cultivate anymore modalities, practices or insights to be at peace. Peace has been established. Peace is rising to the point of over-flowing. This is the moment when we activate our true potential I think. We discover we're in love with the whole thing.

Sometime—I can't say exactly when—I began to move with greater certainty. I began to write again, and I started this blog. I made wonderful connections here with others who were walking in this direction. My creative acts began to feel like endeavors of authenticity, and little by little they seemed to find their way closer to the mark. Meaning began to flow back and forth through more and more channels. This mark I speak of is the certainty that moments taken to collaborate with the river of meaning present in our own hearts give rise to vehicles of expression that ripple through the world. Whether small or large in their external recognition, it matters not. Our authenticity pumps the bellows of the world nonetheless, and fuels its creative fire. One day we look up from engaging freely in what love, and we discover we are in dialogue with the world itself.

This is the new frontier. The frontier of creation.

This is the movement that takes place in eternity, but twinkles still in time. Awakening isn't a state, but the giving of our answer to the cosmic role call. Yes, I am here. Yes, I love. Yes, I desire to share even more deeply in the discovery of what that means. Yes... Yes, I would lose myself over and over into this creative flux, knowing that what we gain is everything, is meaning, is one another. So this is where I find myself these days—drifting along, one step at a time, slowly expanding the conversation that my life has become.

Ka... <http://fiestaestrellas.com>

Awakening used to sound like an ending to me, so complete, and total and full.

But, I think of it as this endless continuity. It is almost a complete engagement, and yet it is so dynamic that it is always “in the process” of being engaged.

There’s this idea that “one” has access to everything, all that has ever existed. But that is not just an idea; it is a sense – a smell, a quality to the nature of connectedness.

There’s still the personality, and of course because there is absolutely nothing wrong with the personality.

There’s just a sense of being beyond the capacity that one originally set out with in the life, and perhaps a sense of connectedness to all the other lives that came before, including the soul’s journey.

There’s this sense of not knowing what’s ahead, but being nearly absolutely certain, most of the time, that this gift of life keeps giving to us, to me, to everyone. There’s this sense of constantly being in reception with source.

There’s a deep relationship with the cosmos and with the pain and suffering of the world, but not in a way that is gripping or feels identifying. There’s a sense of ‘coming and going’ and it just sort of improves over time. The witness who is watching is not really the subject, and there really is no object, but it is the peacefulness of center-point, and the culmination of pointlessness.

The emotions get deeper; the connections with others become richer. People in your family that you may have thought you didn’t “get along with” show you their spiritual love for you. Disagreements on the personality level do not affect the deep nature of the connection. The connections deepen. Family members start to feel understood and “seen” by you – as simultaneously the experience is mutual, and love enters where it the illusion was it was not. The veils on relationships keep lifting.

Awakening is a process – for this being it started in 2007, but the blueprints for it where there all along. The circumstances leading up to it, and in the beginning required a lot of releasing, a lot of acceptance into the path of the unknown. Meanwhile, all the support shows up. It can be rocky at times, even extremely difficult and painful, but ultimately awakening is the most brilliant gift to consciousness. It’s the kind of thing that spreads for those who are ripe and ripening. The clarity is what reigns, rises, and spreads, breaking up all the dross of thought, conditioning, and aberrant energy patterns. Awakening is final, but it isn’t done. It is like a seal that has opened and the energy from the container is decompressing over time.

Note: When I saw Barbara’s challenge show up in my inbox, I immediately penned the words above; it literally took me only about 2-3 minutes, if that. My own clarity on the prompt – as I experienced it unto myself – was surprising!

Julianne... <http://peacockseyes.com>

This fits in nicely with sharing my transformational journey through **Butterfly Journal**, and here is the prompt for month 9:

By noticing the interconnectedness of all things, we have opened our eyes to the impact all our actions, including our thoughts, emotions, energy, and intentions, can have on everyone and everything we interact with. This wisdom can deepen our awareness even more leading to inner harmony and balance, and to harmonious relationships. For the ninth month, develop your awareness further to bring harmony into your life. Are there still inner imbalances that you need to work through, or are there disharmonious relationships in your life? Contemplate on allowing patience and compassion to bring harmony to you internally and externally.



Butterfly Journal: Monthly Contemplations for Spiritual Metamorphosis by Julianne Victoria

Butterfly Journal is an interactive journal for personal growth and spiritual transformation. Inspired by the metamorphosis of the caterpillar into the butterfly, this journal, with its monthly inspirational prompts, will encourage its readers to grow from the inside out, transforming themselves into more compassionate and joyful beings.

One thing that has greatly helped me on my own journey in the past 9+ months has been practicing *allowing*. I think of it more as the *art of allowing* because it has in turn allowed me to create amazing things not just recently, but throughout my life. However, since last Spring I have applied the art of allowing to relationships.

Last Spring I took the Caroline Myss Sacred Contracts & Archetype Consulting Course, through which I discovered within myself, within my own psyche, aspects or archetypes of myself that I was denying or un-allowing to develop and express because they were archetypes I associated with some close relations. Because they more often expressed the shadow aspects of these archetypes, I disliked being around these relations, which only made me feel like interactions with them were unharmonious.

As I began to work on embracing our common archetypes,

- I had to allow those parts of me (light and shadow) their deserved acknowledgement and empowerment,
- I had to see that my relations, even though they may normally express the shadow aspects of these archetypes, do have the light aspect as well,
- I needed to awaken, “see”, and acknowledge when they express those light attributes, and
- If I allow those light aspects to be expressed within myself, they would have the opportunity to match my vibration and express their light attributes instead of the shadow ones.

This is basically the Law of Attraction. If I am aware of my state of being and allow myself to be and express the light (aka focus on the positive) in contrast to and with acknowledgement of the shadow, others will only interact with me if they match that vibration of harmony. Through my own light of awareness, I help others literally “lighten up!” If they are in a low vibration state, and I do not match them, which would create a disharmonious interaction, we either do not meet to interact or it just dissolves.

Awakening to the awareness that we are all interconnected and truly the creators of our realities opens endless doors of harmonious creation and manifestation. We become ever more aware of how we affect our own lives as well as how our attitude, thoughts, intentions, and actions can have an impact on everyone and everything around us and beyond.

Edith... <https://edithboyertelmer.wordpress.com>

I was born, as an Indigo Child, a Highly Sensitive, Empathic Person, have the traits of a Visionary, I am an Introvert and can manifest my desires thru conscious dream-creation. I feel very deep strong shamanic roots in me, which resulted in an early confrontation with death. The first time I nearly died in this lifetime, was when I was 11month old, from there on death never really left my side anymore. I was born as the youngest child in a family of eight, with 2 sisters and 3 brothers. Nothing special or extraordinary on the outside, but on the inside I had a hard time growing up.

To live in an environment where all of this terms (and explanations for character typical expressions) were alien to other family members, my friends, teacher and trainer, made it impossible for me to live my energy authentically. As there was much physical violence in my core family, I reacted to life with self-destructive pattern. Over the years I got depressed, I had suicidal thoughts that I ones tried to put in action (when I was 12 and my family fell apart), but mainly manifested thru the tendency to attract dangerous people into my life.

In 1993 I got introduced to the techniques of meditation, shamanic journeying, deep hypnoses and tipped my toes into the first awakening teachings. But when I turned 30 the wheels really started turning, and directing me towards the first steps of the path that I am still walking. I quit my job in the "normal work world", started putting more attention on the truthful information energetic vibrations bring, and gained back my sensitivity and ability to see behind the scenes. I grew stronger in trusting myself and made more and more healthy decisions for my life. Leading up to 2005, I was already well training in many healing methods back then and had lead the first workshops and day retreats, when I asked for divine guidance to my calling, the job I came here on earth to do. The answer could not have been bigger a surprise as it was I will find my purpose not in Austria (my original birth country), but in Guatemala. I went on a 5 week trip, discovered the little town of my soul contract, and courageously left Austria within the year.

Much has happened within this past 10 years. I healed, I walked every path I had to take in order to again become the same authentic, innocently loving, playfully childlike creating being, that I was when I came into this world – with some helpful upgrades on conscious navigation of life on planet earth. I have build a home and started understanding my new life as entrepreneurship. I started sharing my desire for a loving collective humanity, first only New Beginnings, over time also here on internet and on social media. My relationships are of loving and supportive character now, and I feel safe, happy, guided and blessed with every step I take.

Have you ever heard the quote from the picture above?? Well, I gave it a try last year. After 3years apart from my country of origin, I not only went back home to visit family and friends in Austria, I also chose to live with my mother. My 84year old, in her daily habits and routines frozen mother, who I love dearly, and who is just as ignorant for as she is defensive against, every other life approach, life rhythm or purpose, than hers. It was an interesting experience and I not gonna lie, it did not go entirely well, but the dynamics I still detected alive between us, I saw myself transforming with other people by now. And about 2 month ago, I gave myself the present of claiming my immortal self into manifestation. What that means is that I channeled my spiritual right to choose time and circumstances of my own physical death. As I could feel that the roots of my family tree are finally cleared, and I feel finally entirely free!

To complete the picture I blessed myself with many little acts of cleaning out the ultimate clutter of false people from my life. And have been clearing, purging, detoxing, purifying, and releasing the leftovers of ones was pain, into the light of unconditional love.

The 2016 Fire Monkey year, promises to be an inspirational and successful year for artists, entrepreneurs and basically anyone with the courage to keep changing and flowing, self-transforming and consciously growing. I do all of that and so I am looking with hopeful and blissful eyes, expecting the best to come during the 12 month of this monkey year. The dream-creator in me has dreamed a long time and in this year some of the impressions of my life will flow into a Tarot Deck, that I am creating together with a long-term friend of mine who will contribute the illustrations. And because I love sharing the awakening experience with others, because I have a voice and I like to be heard, I am playing with the thought of a guest appearance on American Radio this year.

How do you feel about the possibility to discuss questions about the collective awakening process, direct with me on the radio??

Dear Ones, what can I say, as I am asked right now where I find myself... on my unique awakening journey... I feel blessed, I feel loved, I feel happy every day, I feel grateful simply for being alive and I feel completely ready to dance this year of the monkey power, with the tribe of my heart and soul... into our version of manifestations for the Golden Age of Aquarius here on planet earth! Big Hug to you all, love and I hope you too will have fun dancing your dreams alive.

The unconscious, conscious of consciousness

I sit limp as a sack in my pondering chair. I droop over and yet the coffee does not pass my lips to give me a jump start to the day of promises not kept.

I sit limp **as a sack as the day unfolds, pondering karmic debts**, lessons of life plans, and of consciousness, which swirls in the cauldron of metaphysical soup. I droop, yet I **yearn for simplicity. A simple** word, a simple sentence, a simple life: humanity has made it so complicated.

I still sit limp as a sack thinking of consciousness, thinking of everybody and how we are all one; despite the wording, the labels and being numbered and held in our prison of separateness which serves no purpose in the grid of consciousness. The more awoken people are the more the consciousness is present. I invite you, as I raise myself and shuffle across the floor to the coat rack of physicality. I invite you to zip off your skin and **hang it up as** limp as I feel. Cast away all flesh from the bones and let your **bones be hung as a wind chime to lure the next incarnation. Are we not** looping from one civilization gone before us? When we reincarnate are we not looping over with past lives increasing consciousness from our former lives if you believe in reincarnation.

Still sitting limp as a sack as more ideas swirl in my head. I wonder, if we were created by a God then are we not part and parcel of the wholeness of creation, allowing consciousness to recreate our ourselves, being part of the whole. Did we not acquire awareness or consciousness after creation or did we have consciousness in the first place? Are we now incarnated upon earth at this particular time to expand our consciousness which has separated from the whole and at one time we were free on earth: now we are breaking the bonds of being sheople (Followers of authority without questioning, a system of inequity, a system of bondage) to set ourselves free with consciousness? With this last view of us creating us, then consciousness was always there and we fell asleep with distractions and at this moment in time we are expanding our consciousness further, until our civilization ends and therefore creating another loop once again with the same set of consciousness, until we know we don't have to separate from creation to gain consciousness not withstanding to be conscious of it which becomes part of consciousness. It stands to say how we are awakened to consciousness would be to write in minute detail your whole life, and the incidents and experiences that impressed upon you which led to your awakening.

P.S If we are to believe also that science tells us that the universe is an illusion then people who are awakening and having consciousness might be a tool to get ourselves out of this illusion.

Everyone is awake, just not in the way people view consciousness Questions that I pose to myself and having my mind stretched and doing mundane things and great things. This has always been my awakening in terms of my own consciousness. Everyone has their own ideas of consciousness of awakening which there are no road maps handed down for a particular awakening and of consciousness.

In silence my awakening occurred. I no longer I sit limp as a sack for I know I am still and in stillness my consciousness awakens!

During a period of overwhelm, I realized that I **wanted inner peace** more than anything else and that all usual self-help methods had failed so far. This was the start of my journey in 2006.

After that, the universe led me on a trail. I read a lot about NDEs and reincarnation stories, all of which was mind-blowing to me coming from a scientific background. Then I devoured channeled stuff about spiritual principles (we are consciousness; consciousness is one and creative), as well as A Course In Miracles (ACIM) which is a Jesus channeling about forgiveness. I also consumed many personal accounts of contemporary enlightened ones. I had become a hardcore spiritual seeker in the non-duality department, aiming for enlightenment.

In 2009, I got my major 'forgiveness opportunity' where I could practice the principles of ACIM; I found myself in a situation where I felt exploited. This brought on the feeling of helplessness and huge **anger** attacks. For the coming years, it was my main challenge to deal with this anger.

I never went to any spiritual meeting and never had a teacher (other than books and youtube videos). But the **universe acted as my teacher**, with stick and carrot. When I was off-path (i.e. angry), I got burned out light bulbs and all sorts of weird electrical behavior around me. When I was in inner peace, little wishes tended to be fulfilled in miraculous ways.

Apart from this stick-versus-carrot-teaching, there were many experiences on the path which I interpreted as lessons. I started to realize that inner peace seems to very much encouraged by the universe. It is not just another emotion, but it is Home. I found out by experience that thoughts coupled with emotion do manifest reality. Some dreams about the future seemed to teach me that there is a timeless place in me which just knows the future. I was taught by experience that we are connected via consciousness.

I went through a **dark night of the soul** and was forced to let go of the attachment to many parts of the former 'me'.

By focusing attention backwards at the 'sense of I AM', I found a place inside which is very **peaceful**. Staying in that peace inside granted access to a new navigation mode. Wishing and allowing instead of striving and struggling. Learning to read the communication signs of the universe instead of relying on other people's opinions and best-of-breed processes.

I had some experiences that showed me that I am consciousness and that the world is like painted on me.

Access to the still small inner voice became clearer and offered me advice. I realized that **divine guidance** showed up in many different ways, via dreams, songs in the head, and patterns of events with literal or metaphorical meaning.

Up to 2012, my path was characterized by the hunger for books about spiritual knowledge, the awe about all the formerly unseen realms, and also by the huge anger attacks (which lessened somewhat with the help of ACIM lessons).

In 2012, something new happened. The inner voice asked me to share what I had experienced. But I did not feel ready for it nor entitled to do so. After all, I still have very much an ego and a self. How can I write when I am not enlightened yet? And I reacted with huge **fear** and panic to that request.

Slowly and in baby steps, I went forward, sharing anonymously in a forum first. Then, end of 2014, I started this WordPress blog (only upon request by the inner voice and only after much resistance and some health issues).

2015 was about meeting fellow travelers on the spiritual journey. Oh, how many different paths there are! But I don't seem to fit into any of them. Where do I turn when I have no clue about astrology, when I have a hard time appreciating poetry, when I am confused by lightworker lingo and Buddhist vocabulary as well? When I have no knowledge or desire to quote any of the philosophical '-isms' out there. Can't read auras. Can't see ghosts. Haven't had a spectacular Kundalini awakening. I am a mixed breed of everything and nothing.

But in a dream I was encouraged to 'just share my peanuts with fellow travelers'.

Where am I now?

I find my self drawn to bloggers who share their spiritual journey, with all its ugly and beautiful aspects. I realized that despite all the differences of the various paths, the underlying subject is the desire to regain the lost paradise. I have become **more at ease with sharing** on my blog and more spontaneous in commenting. The community here with

the large variety of spiritual bloggers is wonderful. Even though I don't fit into any path or tradition in particular, I still can connect with many of you.

Since I have decided to remove myself from the exploitative situation, the anger has lessened considerably. Anger and grief do still come up at times, but less frequently and less severely.

Frequently, I wonder about the many different spiritual paths, their advantages and disadvantages. How come they eventually end up with the same insight, the falling away of the illusion of the separate self, if they start out with different belief systems? Are there common milestones for everyone on this spiritual journey? How to create a map for this uncharted terrain? How to use a common language?

I am also wondering about my day job. Working in a corporate culture sometimes feels like a field study of the coping mechanisms for the illusion of separation. With detached amusement, I watch the rat race and sometimes wonder about the pointlessness of the human endeavors. I see the mechanisms of fear and all its ugly stepchildren. On the other hand, the universe does not make a distinction between private life and work, and therefore the dynamics of the single invisible hand of Source (e.g. synchronicities, miracles, ego-shredding dynamics) can be observed at my day job as well as in any other circumstances.

After I had overcome this big hurdle of fear regarding blogging, I thought, 'Now, I can relax.' But I continue to get these little homework assignments from spirit (youtube video, maybe a Facebook page, prepare workshop about forms of divine guidance and more). And I **struggle with my resistance** to each and every new request. Why isn't blogging enough? I don't want to have my lifestyle disrupted. Yes, I do like to talk about the spiritual journey one-on-one over lunch. But the thought of having to organize workshops, of traveling, and of marketing makes me cringe with fear. The inner discussion with my spirit guide about this topic would probably fill a book.

I realize that this phase is about **overcoming fear**. Surrender is the way forward. And it is not a one time thing. It is a new surrender to every request from spirit.

Sometimes I think that everything is perfect as it is and that my resistance is perfect, too. It is the only way I can get the full range of divine guidance, in dreams, signs, songs in the mind, etc.. Soft nudges as well as stern warnings and threats. Only this way I am well equipped enough to share about divine guidance.

But often, the requests of the inner voice bother me. Then, I wonder whether Buddhists hear a still small voice of guidance, too. If not, maybe I should become Buddhist and tell the inner voice to shut up because it is just an illusion, hehe.

Margo... <http://lifeasimprov.com>

All instants are opportunity for returning to me, again and again, second by second. Who is this me I am returning to? Good question. That is the one I ask. Who is the me I am returning to? The non dual teachings are the ones speaking to me now. Who is the one observing the one thinking? The more I return to the presence the less the attention lost in the game feels okay. Returning home becomes a known and effective possibility, even when I think I am drowning or being blown about in this life storm. What does this observing look like in real life?

An example, one morning, as I was driving and thinking worry thoughts about my daughter, (lost in an idea I had that moment about who I am in relation to my role as “mother”), I got on a bridge that does not lead to my workplace. There was no turning about on the bridge, of course, so I had to carry on the road until I could do a u-turn on the other side. My life choice to get lost in thoughts while driving forces me to WAKE UP! One moment I was lost in worry, the next moment I was back in the present moment, on a road that forced me to return. No curse words were uttered; there was no worry of a late arrival. This wandering girl is loved in her lost moments. The second I missed my turn and realized there was no way but to go forward over the bridge, I was offered many long views of water meeting ocean, the light and fog mixing to a rapturous view that was invisible a moment before. I can, in an instant, return to being bathed in the morning light. The world says to me “be here;” every road leads back to me.

When I am hurrying, confused, thinking that something is wrong, I am gone for seconds, moments, hours, sometimes. But the returning is becoming more the normal. The space of no thoughts, no agenda, no worry is often steady. Joy. The outer world dances with me – and my flow is as easy as what (and who) appear next. My thoughts lost are mirrored to me with such compassion. The bridge which takes me far from my destination, brings me back again. My thoughts play back to me on the stage of the world. The title Life as Improv becomes an ever more real instant to instant thing. I can go about as the perceiver who meets even old friends without an idea of how the moment will unfold. Who is appearing on my stage right now? You.

I can see and feel your shifts
as subtle as snow’s first flakes, as dramatic as seizures.
You are me, I see, as you pass by,
your face, your expression, my mirrored image.
I feel your heart squeeze and know not the cause
but it is my heart, too.
Better with no words-
Better quiet now,
but instead it can be still loud, at times — as the thoughts built towers yesterday and now towers fall, regularly.
There is still the demolition, my house is still falling down.
Everyday I get to tear down another idea, closer and closer to the invisible veil.
I’m in the dungeon shining light into the corners
where the hidden dust of old ideas needs sweeping.
But I am happy to report,
the air has lost its smell –
and god willing I will build no more towers.
I will not build new religions for the key that opens my door today.
I am comfortable in huts.
I will ever be a nomad,
even if I stay in one spot.
Beginning again again, each day,
do I see the flawless avocado for my toast?
Do I savor tea as it is sipped;
do I meet you with no yesterday story of me?
My today is frighteningly simple, even in this busy time,
as I’ve lost my yearning for most things. The middle path was not a distant philosophy but a real clearing out and daily practice. Now the subtlety of desire and aversion becomes apparent – the consumptions of body and mind, clear. The addictions of the subtlest nature are rooting out and getting dropped bit by bit.
Awakening is a heavy word – to me it is just the beginning, one dawn at the start of many days.
In vigilance and joy, driving to work, talking to students, juggling chores, buried in all the paperwork that life generates, losing my focus yet gaining it again, with less and less time in between...
remembering myself
to be... water...who doesn’t need instructions to flow to the sea.

Leigh... <https://bluegrassnotes.wordpress.com>

During the two years since the original posts about awakening, I became especially immersed in a path of discovery about my ancestors and their role in creating patterns in me. Genealogy research helped me note patterns which I realized stretch far back into my family's history. At the same time I was struggling with a lot of muscles in my head that have been unwinding tediously slowly. Although I'd released everything I could find in my life, the patterns seemed stuck. When I realized I could see some of the patterns in the faces of relatives both in person and in old pictures, it became clear to me these patterns run deep in cellular memory.

I'd already been working some on clearing ancestral patterns but I felt it needed something more. I booked a few Craniosacral appointments for some relief from the physical issues and, in that wonderful way the Universal has of bringing you what you need, Robyn, the therapist, referred me to Osunnike, an amazing healer. So much was cleared that afternoon that the healing kept evolving for months. But still didn't finish off healing the muscles in my head. Recently I went back to Bodypatterning, where Hanna tapped into a past life issue still hanging on. I've taken her suggestions for working with that and am about to book another appointment.

The end of this piece of the journey feels close but it isn't over. And that's part of the point. Spiritual awakening is often long and slow. While there seem to be people who suddenly become positive and have everything change, for many of us a commitment to awakening means also saying yes to a long dark night of the soul. The journey may last for many years with results that are by and large only internal and during which you encounter unhappy memories, painful truths and slog through stuck places that seem unending.

Ancestral issues may have been anchored into your cellular memory hundreds of years ago. Those patterns can include the way you hold muscles as well as emotional issues, world views, etc. Past life issues covering thousands of years can be at play in your body, your emotions, your thoughts... Over years of clearing and releasing, I've noticed that with every step forward I feel all my practices differently. Whether it's positive thinking or an energy practice like the Eight Key Breaths or a meditation, etc., the more my body opens, the more I can feel how the energy of each practice moves through. The more I release, the more impact I can feel from any of these pursuits. Step by step, slowly awakening.

I know I'm doing a bit of clubbing over the head with this, having brought it up in a recent post, but so many people are being told by New Age pundits these days that this journey is easy and quick and I want to tell the other story: many people have a long journey into the shadows. Those 40 days in the wilderness can go on for years. It all leads to expanding consciousness and becoming more awake. But it isn't always the easy flip of a switch that many would have you believe.

My changes at this point are largely internal although they include behavior changes I imagine others can see—so in that sense external. But the internal change is phenomenal. Though part of me yearns to see more change in my external world, I treasure the many ways in which I have changed on this journey. I've even learned to enjoy the triumph when I get to the root of an issue or feel the freedom when some long-held belief or patterns is released. For me the triumph is worth the sometimes-painful process of getting there.

I've known and encountered so many people over the years who've quit traveling the path of awakening in disgust because they didn't get the results they expected or didn't get them fast enough. Stepping off that cliff onto the road to awakening sometimes leads to outcomes you never saw coming that are nonetheless wonderful, or winding down dark trails through painful memories. The joy is in the journey, both the ups and downs and in allowing it sometimes to lead you to places you didn't expect.

Freda... <https://fredapetticoatsadventuresofwakingup.wordpress.com>

Here is a summary of my 35 year long 'Path to No Path'.

I discovered the concept of the spiritual journey at 15 years old after reading a Carlos Castaneda book I found in my dad's books. The book was about a wise old Indian and the journey of discovery he took his young apprentice on. I was immediately entranced by the idea that underneath the appearance of our humdrum everyday lives our real reason for being alive had a much more esoteric and important purpose and adventure.

I set about to learn as much as possible and devoured books by the dozen, exploring a host of paths from Astrology to Buddhism to Theosophy. I delved into self analyses and tried to understand myself and the effects of childhood conditioning on my worldview, my relationship with myself and with others.

However while this was all very entertaining and I started to make sense of the patterns of behaviour, it didn't take the behaviour patterns away and certainly did not help me make wiser decisions or better romantic choices! After decades of seeking I was frustrated that very little had actually changed in terms of the level of pain and suffering I experienced. It wasn't until my late 40s that I started to get glimpses of inner peace that lasted more than a few minutes. I started to practice mindfulness and I had a direct experience of the inner peace that is always there. The peace, silence and stillness had been there all along and I didn't notice it because I was so busy seeking!

I found that I could just keep returning to it no matter what was happening. I started to take many short moments throughout each day, return to that peace for a few moments at a time. My thoughts and feelings could simply arrive and disappear. I no longer had to believe every thought that came into my head, judge myself for them or follow or control them. I just had to be aware of them and be present and breathe.

The other element that I brought into my life was self compassion and being more kind towards myself. This is very potent healing medicine indeed. Through developing a more loving relationship with myself I now see how much this was lacking in the past. I can see that my low sense of self worth had disallowed peace and success all along and attracted struggle instead. I can see that my quest to become a better, nicer, wiser person was a result of not loving myself and not feeling good enough. I don't have to do that any more, I am and I have what I was seeking for.

So now life is taking a different turn. I am aware that I am a difficulty and struggle addict coming off my drug and entering a realm of peace and prosperity. Its a brand new and unknown world to me, and it is taking a while to settle into it. I am being kind and being patient as I acclimatise. A little loving vigilance is required to spot old habits that can sabotage my peace and wellbeing and attraction to drama is noted and let go of gently. It feels unfamiliar and scary at times and I often give myself a little pat and some reassurance and encouragement.

And as I am kinder to myself and more at peace I find I am automatically less judgmental and less reactive towards others. I feel I now understand that world peace starts with ourselves.

I Had a DREAM... It wasn't that long ago that I woke, the morning sun forced light through the slits in the wooden shutters, I squinted and resisted the imposition on my slumber, wanting so much to keep my eyes tightly shut. The day started, heavy with expectation, demands on my time and it felt like concrete was setting me down, making me believe that it was dense and difficult.

I turned and observed that most others feel this too, felt, acted as if they'd been planted in a bog of toil and struggle. I wondered if I was trapped in a time capsule, if we were all destined to walk so heavily upon the earth. The stories I heard, wise people telling me that it was a path, a journey to something, somewhere but it seemed that the more I searched the further away I wandered.

It wasn't miraculous, it wasn't simple, it wasn't what I expected – this allowing of the light of awakening! My dream, it took me to dark places, it urged me to seek out an unknown mystery. I knew it from long ago and I knew it intuitively but it remained like a shadow in my awareness, moving as I moved, disappearing as I stood over it, lengthening and shortening depending on where the light was.

I wound my way through the scriptures, religions, teachings and philosophies, in reflections and musings, studying and wondering, I saw it in others and I wondered how I could capture just a twinkle of it for myself. Round and round I chased the butterfly of illusion, brief encounters, flashes of brilliance and inspiration, peaks and valleys and the way led still further ahead, away – out there somewhere in the distant future.

The light, well it was me, it was I who sought to cast my shadow away, I turned the illumination inward and discovered my darkness, I lit the inner illusion and was able to perceive the separation. With torturous insistence, my soul proclaimed "you shall see the light", I did with present moment awareness, with enlightened non dual self-expression. Yet where was my wholeness, my ease, my seamless integration with the themes of self-actualisation, the endless bliss and a life that I wanted to give as witness – a Pied Piper of sorts, playing my flute and showing the way?

Am I the vision of a full awakening? I made the mistake of trying to be perfect, to have a perfect experience, this I will not accomplish unless I surrender to the great mystery, allow it to fold around me, to merge with all that I think I may be in this physical form. If I close my eyes and I float on an invisible ocean, when I release all resistance, then I start to melt, all that held me away from myself decides and makes contract, finds agreement and common ground. I offer myself, arms wide open, "here I am", back to myself who is everything, that I was able to set about a complicated rite of passage, lifetimes of seeking, searching and finally finding – the light it spreads, flows and overtakes and saturates. Only by grace and love and Divine patience have I arrived at a time and place where the light of my being glows, an inner light, it is I, the Self.

Everything that occurs in your life is an opportunity for awakening. There are no exceptions! Leonard Jacobson/

At the risk of sounding completely arrogant, I will propose that I was BORN awake. Well almost; maybe not quite. I certainly had the intention to come through the veil of illusion with at least a partial memory intact. Once I arrived on Planet Earth in the first years of post World War II — the early years of the Baby Boom — I realized that “being awake” was NOT a good idea, so I quickly adopted the strategy of pretending to be asleep. There were some “leaky margins” and from time to time various authorities (parents, teachers and members of the clergy) saw through my pretense and caught wind of my true colors. They “corrected” my understanding vehemently and by the time I was eight or ten, I had thoroughly convinced myself to “be asleep.” I proceeded through my teenage years as a typical moody young person, rebelling against authority and deliberately shocking my family; it was the years of the Love Revolution after all and I joined the throngs of my generation who cried: “Make love not war” and opted out of the corporate power system, championing Flower Power instead.

Looking back I cannot see anything “unique” about my awakening process. There was no moment when I was struck with a beam of light (of any color) or suddenly became like a different person than I had been the moment before. Thus I was never able to write a book and make my fortune as a spiritual guide or teacher (nothing wrong with that, just wasn’t my destiny) nor was I even able to counsel people from a place of spiritual bedrock. For me, the openings in my understanding would come — and then I would forget, or go off on a different spiritual tangent. Thus I tend to think of myself as a “sampler” of just about everything, rather than a “master” of anything. Eventually, I realized that I had a very ecumenical outlook, an ability to see multiple viewpoints and understand how many different people saw the world from where THEY were standing. I believe this increased my compassion, patience and ultimately, my ability to LOVE. In my youth, I thought that I was living an extraordinary life. My pride and arrogance allowed me feel “better” than others, because I KNEW that I was aware of much more that was going on beyond the surface facade that passed for everyday existence. Over time, however, I realized that I was living a very ordinary life, extraordinarily. Gradually, life’s challenges sanded down some of the thickest layers of pride and arrogance and the line of demarcation of my superiority began to blur, at least a bit. Those two demons still raise their ugly heads but more often now, I call them out for what they are and they slink back into their caverns or go pick on someone else.

In the early 1990s I found Barbara Marciniack’s first book of Pleiadian teachings, “Bringers of the Dawn.” That book and its sequel, “Earth” became my guidance system for the next decade. Even today, I can quote many passages from those texts. These teachings opened my sleepy eyes to a WAY MORE expanded understanding of what the heck was going on on this planet and beyond. If ever I got caught in a dogma — it was from reading those books. However, there were many points that contributed to grounding me and giving me a large enough viewpoint to surf the waves of these historic transitional times.

One Pleiadian recommendation was to give up watching TV, listening to radio and reading the newspaper. The purpose of this was to break away from the mind control programming of mainstream media and learn to form my own opinions and values. I am glad to say that 20 + years of doing this has resulted in exactly that ability: even though I still get deceived by some of the most artful propaganda offered by the “elite controllers,” I usually see through their majck tricks sooner than later and am now more and more able to hold a neutral viewpoint, rather than “take a side in the argument” as they would intend for me to do. Polarity, and especially the “I am RIGHT/you are WRONG” aspect of polarity has long been the backbone of control imposed on our planetary population. The strategy of “get them to argue over trivia and thus keep them divided” still works today — it’s why the 99% have not yet defeated the 1%.

Through the many decades of my agonizingly slow awakening, I longed for that “special someone” who would make my life the magical experience that I knew in my heart it could be. Three times I married and divorced. I constantly worked on my inner self and “outgrew” my partners quickly each time. I could never “settle” with myself half finished; I always kept pushing for a more refined version. This made me very hard to live with and I admit I was less than gracious about my perception of each partner’s lack of ambition to “improve himself.”

Finally, on the Summer Solstice of 2004, my Knight in Shining Armor showed up: [Tomas Qubeck](#) was unlike any person (male or female) that I had met before. For one thing, he had established himself on his own spiritual journey that was unshakable. He made this clear to me from Day One. Secondly, although born in Indiana, he had lived outside of the United States for 40 years and thus had not “bought into” the American culture, political scene or educational system. He was a breath of fresh air for me and to this day I am gobsmacked at some of his answers to my simple inquiries about normal occurrences. He does not think like a “normal” person and this is one of the most beautiful qualities of his sterling character.

From the moment we found each other, a great and lasting stability descended upon both of us. I had never had such a steady partner. I had moved around constantly for 15 years, barely getting my things unpacked in one place before packing up and moving to another. Although Tomas had lived in many different countries of the world, he tended to put down roots in a few places rather than be in perpetual motion. Together, we established a peaceful and orderly life that gave us both a solid platform for deepening our spiritual practices. We tackled the practicalities of life TOGETHER, as a partnership and the results were at first amazing; now we've come to count on them. We've tempered each others' tendencies to make rash, impulsive choices and learned to allow the right choice for us to show itself in its perfect time. We often feel that we live a blessed life. But we also know how hard we worked on ourselves in order to be the partners we were destined to be.

Where do I go from here? I'm still as clueless as ever. As the years pass, I know more and more and less and less. If that isn't an awakened position, I don't know what is. It used to bother me when I didn't know what was happening in the world or within myself; now, life in the unknown is just the "what's so." I used to fear the unknown; now I trust that I am being guided on a benevolent conveyor belt that takes me only to beautiful destinations with helpful, loving people and gorgeous views along the way. This attitude took me to an Arab country (Morocco) for a year and a half, kept me safe there and gained me a whole family on the other side of the Atlantic Ocean. This attitude brought me back to my home country and blessed me with a magnificent reunion with my own family of birth. This attitude is about to take me to my new home in a completely new part of America (Arkansas) to birth a new chapter in my extraordinarily ordinary life.

When did I wake up? Who knows? Who cares? I'm here NOW and I've got my eyes wide open.

Kimberly... <https://kimberlyharding.wordpress.com>



Transforming Flames

To awaken is to handle the flames of transformation while remaining intact.

I believe that to put energy towards our own awakening is the most profound act we can undertake in our lives.

Our individual awakening is the only route to the awakening of the world.

Awakening enables us to touch the power deep within us. No longer are we subject to the whims and of life in the same way.

WE can be put in the flames of transformation and still we will remain whole and centered, no longer separated into fragmented parts.

When I consider my own spiritual awakening, I am at first overwhelmed by the enormity of the task I have set for myself when participating in this challenge. If I start in a linear fashion, from the very beginning of my awakening in 2003, the length of this post would be unbearably long. However, if I look at the various paths I took and the lessons I learned along the way, the task is much easier to swallow.

Constantly Questioning

From the minute I could form my first thought, there was a question. I haven't stopped asking questions since.

As a child one of the first things I recall doing when I had the ability to, was to go back to my very first memory and remember all I could. Before that first memory, there was nothing. Just blackness. This intrigued me because I could feel something was being blocked from my view. Why was this? Why am I here? What happened before I got here? Where was I before I got here? Who am I?

Sometimes asking these questions sent me down unbearably dark paths for when I asked, "Why am I here?" I often asked my someone external to myself like my mother or my sister. Other times it brought me into great moments of joy and awe for sometimes I was presented with a question in return – What do you think? – and when that happened so did some pretty wonderful realizations.

Meeting Myself

Ultimately, like all those who go searching the deepest, darkest places, I was ran face first into the many facets of myself. I opened a Pandora's Box and there was no going back. I had to confront myself; everything "good" and everything "dark" had to be inspected. I did this with the help of my Companion, Steven, who is my counterpart in Spirit. He is the part of me who Remembers, as he likes to say. And his role is to share some of that memory with me, in little bits and pieces. But I have to ask the right questions. It is all in asking the right questions.

Eventually, all this questioning, led me to my spiritual gifts. This happened seemingly all at once but really it took about a month for them all to manifest. Suddenly, I was a medium, a healer, a medical intuitive, a channel, and a psychic all at once. This threw me into a tailspin. I quit my job, changed my name, and went on a journey which ultimately led to the beginning of my Dark Night of the Soul. It was an eye-opening journey and one that taught me how to love myself when in the past I could barely look at my own reflection.

During my Dark Night my spiritual progression intensified exponentially. I had spontaneous past life memories that I would re-experience as if they were happening in the present. These would be presented to me for inspection and clearing. My Companion or one of my Assistants would take me through the life, asking me questions similar to how a hypnotherapist does when they walk their client through a past life. Each question would open up more of the life and the accompanying emotions. This was an excruciating process as you can imagine. Many lives had to be visited more than once in order to be cleared. Some are still in the process of clearing.

To date, I have Remembered 30+ Earth lives. The time frame extends from before 10,000BC to the present. Many of them are recorded in my blog sequentially, but I have not yet included them all. I have also recalled lives from other planets/dimensions.

Self-Exploration

In addition to revisiting my past lives during my Dark Night, I also experienced my first spontaneous OBE. This opened up a path of exploration that I never knew existed. What was most amazing is that OBEs finally allowed me to be face-to-face with my Team of guides and, most importantly, with my Companion. Talk about exciting! Suddenly I was visiting other dimensions, other planets, other realms, and my Companion was always there with me. Sometimes I would see him, touch him, hear him. Other times I would just feel him next to me, guiding me and showing me what I needed to see. Through OBEs I was able to tap into yet another unknown part of myself – the timeless, multidimensional, manifesting, and powerful I AM.

Kundalini

Right from the get-go I had Kundalini activity. I didn't know what it was at first, so it was quite scary. As I got use to it, however, she became like an old friend. She started from the top down at first and all I can say is, "Wow!" Nothing compares to a top-down Kundalini activation. Instant awareness and connection to Source/All That Is. Intense clearing, spontaneous past life recollections, spirit guide communication, and every kind of healing you can imagine. Then she went dormant for over 7 years accompanied by a seemingly complete loss of my spiritual gifts, a significant reduction in OBEs, and extremely limited communication with my Team of guides. She returned with a vengeance in 2014, this time on a wild ride from root to crown. The sensations this time around are even more intense and the experiences more profound than the first and I don't think she will be letting up anytime soon.

Contact

The most recent path I have been led down has been the most difficult for me. Contact was made with me by other worldly Beings – Beings from other dimensions, other planets, other times. The first visits were while I was OOB and fully aware. They showed themselves as my own reflection in the mirror or would stand in the shadows. Other times they would wake me in the morning for “briefings” and I would have intense channeling sessions where my crown would seem to just open up and information (light) would pour into me. Oftentimes this would come in the form of codes, or light language. These experiences were also accompanied by memories of the “work” I do as part of the Galactic Federation of Light Ground Crew as a grid-worker and energy worker/healer.

Service

Finally, I am Remembering more and more of my path/purpose here. I am just now beginning to see it fully forming ahead of me; though, unbeknownst to me, I have been traveling it from the beginning. It is the path of service- the reason I am here. To help. To be of assistance. To prepare the path for those to come. I am not completely sure what this will look like but I am more than ready to get started.

So this is my story of awakening thus far and in a nut shell. It is ever-changing and I know it will not be the same today as tomorrow or the next day. My Team knows I get bored easily and need to be kept on my toes and they do their job extremely well! I am never disappointed.

Jill... <http://vidanaturalskincare.com>

In 2003 we packed our bags and headed for Spain. WHY? you might say. Here's my story.

For 10 years, we run a successful chauffeur business back in the UK and sadly when 911 hit, it affected our clients in many ways. Most of our business was based in London and with Arab countries. The work just dried up, chauffeurs were not required and companies were using cheaper options for travel. So it was time to decide how we were going to cope with a large 3 bed semi, mortgage and top of the range cars to pay for, a very worrying time especially with two little ones growing up. We were watching the TV one evening when the kids were tucked up in bed and up popped an advertisement "looking for families to re-locate?" both me and Barrie looked at each other and going through our minds at the same time was "what have we got to lose". So the following day we put together a video...so funny, could not stop laughing and trying to get a 4 and 5 year old to sit still for long enough was not easy. Off we sent the video and we waited. A few months or so went by and we got a phone call – "hi we are from the BBC and received your video, how would you like to be part of our new programme? GET A NEW LIFE"

Oh I was lost for words, of course I would love to be part of it. So it started, they turned up on the doorstep one morning and filmed us for the next 6 weeks organising our life around making such a big change. How was I going to tell my MUM, she was my main concern, losing my dad 3 years earlier and then going through breast cancer, I really did not know how she was going to react. At the time my focus was on my family and giving us the opportunity to gain so much by moving to a different county. We were struggling and when you are faced with the thought of losing your home and everything around you, you take action. As much as I loved my MUM, I knew over time she would understand I know she did not like me for a while, who could blame her, her baby was moving thousands of miles away and taking her grandchildren. I tried to make it a little easier by saying that after a month we may decide to come back. We said our emotional farewells to friends and family, got on that plane and have not looked back. Yes it has not been easy, lots of ups and downs, I certainly would not change anything. We have two bilingual children who were put into a foreign school where they did not speak the language, they did not know anyone, what was we thinking. Thankfully they are amazingly great and gained so so much and are part of our community, how proud are we. It felt so good to say that were were staying in Spain, even then myself and Barrie knew it was the right move for us and for the children.

MUM and of course Barrie's MUM and DAD visited regularly so do other family and friends. Sadly in 2013 my MUM passed over losing her fight against Lung Cancer. Deep down I know that she is now by my DAD's side they were meant to be together in the end. My two beautiful Angels up above. They shine their light down daily guiding us in all we do. 2008 was when I became attuned to Reiki, my Master at the time Julie Lomas told me that I may not stay with Reiki, it will take me on a journey of discovery. That discovery was finding MYSELF. Today, I am now a Reiki Master and love how it has taught me so many things in life and how to appreciate what is around me. I am truly thankful for every day and the journey that I am being taken on.

2010 became the year that I knew my children were growing and I could do something for myself, they were not so reliant on me, of course I am still the taxi service and everything a mum is about. So I started to focus my attention on making my own soaps and skincare, sourcing natural ingredients and essential oils, always keen to learn and making mistakes along the way, oh what fun it was. I firstly made them for friends and family. I think they were taken aback as my creative skills were flowing, not really being into art, I love all things creative and this is where it all falls into place. How time flies, today, I am still making and creating and still loving every minute, my passion is skin and I am confident that using my range of products your skin will benefit. In November 2014 we launched our website <http://vidanaturalskincare.com> I had great fun putting it together, planning pages and getting the pictures right, a brilliant experience, enjoy visiting. I would like to thank all my clients from my heart who use my skincare range and who have faith in me and what I do. I would not be where I am today without YOU.

OUR skin is PRECIOUS take care of it.....x

If you are faced with a tough decision in life and an opportunity arises. Take it...Go for it....What have you got to lose.....Face your fear.....You never know what's around the corner.....Feel It Inside....The Universe will guide YOU. I hope my little blog gives you some inspiration to turn your life around.

Sue... <https://suedreamwalker.wordpress.com>

My own Soul Journey has taken me through many experiences, each one a stepping stone over some turbulent waters and rocky shores, but each step has led me to peel back yet more layers I had cloaked myself in. Hiding deep within slowly through each painful layer I discovered a new strength, a new skill, and a deeper perspective of who I really am.. Recently spending time in quiet reflection in that calm place of solitude caused me to go back in time. I revisited moments from my childhood, seeing the past in a new light, which made me see how I had brought my own childlike judgements through into my adult years. Something we all do as we grow up as we absorb our surroundings within our various cultures.

Waking Up~ Following your own Path.

Each learning from our environment and elders. We then perceive the world in which we were brought up within, which often can be clouded as other people's opinions bare down on how we conform within their sets of rules and preferences. We then carry the scars within our young emotional selves believing maybe we were unworthy or useless. So much emotional baggage is carried which starts out within our childhood years.

Appearances are deceptive ~ Light surrounds us at all times

Waking up is not like someone flipping a switch, for me it has taken years to wake up to myself. And still I am in the process of peeling back yet more layers of the Me I carry around.

We have many skins, and often our True selves are hidden behind those 'masks' we have built up to protect us from hurts and wounds that stem right back to our roots into our childhood years. So often as parents we do not see how deep those off the cuff remarks travel, as we brush aside our children's questions, or fail to spend a moment listening to what they are trying to tell us.. I have been guilty of this often I know during my own busy Working Mum years to my own children.

As a child I had low self esteem, no confidence, I was shy, often tongue tied and through my teenage years suffered often with depression. During that quiet time a few weeks ago my eyes opened up even further to the Me I had become, and why I took on so many wounds that I needn't have throughout my life.

I saw why I abhor arguments, yet arguments had plagued and followed me throughout my life, be they misunderstandings, or other peoples that I have had to step in to act as a mediator in my role as a manager within the workplace, or supporting those with violent tendencies as a support worker. Those self same heartbeats of panic and trepidation would echo within my chest as they took me back to the Fear I once felt as a 5 yr as my heart pounded within my ears as I remembered how I banged on a closed door crying for my Mum and Dad to stop arguing and fighting one another.

Even in murky waters Life is abundant and rich~ Over coming their differences and difficulties to survive

I became the mediator even then, used to relay messages from one to the other parent, and supposed to take sides... But I couldn't pick a side for I loved both my parents equally. When I didn't choose the right side when Divorce was the final outcome, some years after I had married. My mother made it clear even in my adult years she wanted me to still choose a side, and could not stop her bitterness bleeding into my life.

The mediator in me offered to mend the rift with my Mother, but when you are dealing with stubbornness there are only so many doors you can take that get slammed in one's face. So you give up.. For you wake up to the fact the only person you are hurting is yourself. And we often over look the most important person of all that are in need of healing.. Ourselves!

She is in there somewhere!... If you look you can find her.

I needed to Look, really LOOK within and find that little girl who got so, so lost and tell her I Loved her so very much.. I needed to go and find my Inner Child and tell her Life is not meant to be so serious and teach her how to Play again.

I went to find her and sort her out in all of those things which brought me joy.. Be it to sit and be creative within the crafts that I so enjoy doing. Or just sitting within the silence in a Sunny Morning as the Sun filtered through the window as I look at the birds feeding.. I found her by just closing my eyes in the silence as I listen to her heart-beats. And within the silence the Universe was speaking back.. all I had to do was listen.

Waking up to me has shown me that I need to be gentle with myself. As I learn that ALL that has passed within my life, came to help show me who I really am.

I think sometimes we are given our scars, for without their wounds we would not then dig deeper to heal them, and see how our words and thoughts have wounded others.. We see that there are two sides of every coin and that within our world of duality we have to have both Joy and Pain.. The Good and Bad, Happiness and Sadness.

H.A.P.P.Y. Happiness is a state of BEing

*I have long learnt to forgive others; this new layer that I peeled away taught me how I needed to forgive myself.
I looked deeper within the Child of ME, and released the sadness she had carried for so long.*

So those quiet days sat with my projects in hand my mind did a lot of stripping back, going back to basics, and discovering all over again why you did the things you did in life as you sort out the one basic need all of us are here to discover.

To Love ourselves..

*And to let go of ALL of that which you think is important.
You Let go of the past, the hurt, grief, guilt and open your heart
to what you have within your grasp right NOW..*

*And LOVE your Inner Child.
There is nothing like the sound of a child's laughter..*

*I have always smiled widely, but once you WAKE up to yourself,
you see how easily it is to Laugh! And enjoy all the Joy.*

*For it is up to each of us to find and create it in our lives..
And I am once again finding the Music within my soul.
Love and Blessings to you all upon your own Awakening Journey.*

Tania Marie... <https://taniamarieartist.wordpress.com>

First off I would like to share that I believe we are constantly in spiraling cycle of “awakening”, or as I like to refer to it as, “remembering”. I believe that this is a process that involves one to be triggered or self-prompted by their own journeys of alignment, openness, readiness, and soul missions chosen. For me, this process seemed one that I set up without capability of escaping, unless I totally gave up, but that simply wasn't written in the signature of my soul.

My life has been a series of experiences I either embraced and learned from or would find myself creating situations that provided no other out, but to do so in. I can't say that one specific time period or experience would be what I'd consider my “awakening” or ultimate “remembering”, but rather there have been several experiences that collectively have been the stepping stones to this process, which continues unfolding in ever-deepening and expanding ways.

However I do remember that as a very young child I did come in with that natural remembrance.

And like many of you, through a series of experiences, events, conditioning, and contracts to fulfill, that remembering became a confusion of inner voices that reeked havoc on my nervous system trying to make sense of it all and operate as the sensitive empath that I am. And this then became an experience of forgetting, while trying to reclaim those authentic parts once again.

I was easily impressionable and without boundaries, as a Pisces. And so what I naturally was became the hidden part, as I tried to function and perform as others would rather prefer seeing. And yet, those parts of my nature were impossible to fully shove away, and so these made me stand out and kept me still just out of reach of fully going unconscious, while I was just trying to get through the parts of life I HAD to like school, performing in the way that was almost like a game to me. School was too easy. I knew how to breeze through it because of my intuition, photographic short-term memory, and ability to use both sides of my brain equally.

However, it was all I could do to get the heck out of there quickly, as inside I was dying from this boxed-in experience that didn't support the parts of me that knew. But as I said, it was all inevitable that I would get to this point now, it was just a matter of which way I wanted to do that... Isn't that the choice for us all? And while I became adept at being an observer of my life and having three voices...one on each side of a choice, and the third that oversaw it all from the bigger picture...this only made it more challenging to be with others who didn't understand my way of thinking in so many perspectives. And so I mostly remained silent.

As mentioned, I can't pinpoint just one moment that was hugely opening, but there are several that stand out.

From the onset I was having incredible experiences and throughout my childhood and teens, many many spiritual experiences that were not normal to anyone I knew at the time. This included out-of-body experiences, seeing presences in my room, prophetic and deeply symbolic and disturbing dreams for one so young who didn't understand, telepathic incidences, knowing things without understanding why, feeling everything around me, communicating with animals, healing with my hands, voice, and dance, painting and drawing with ease at a level beyond my peers, and having a connection and longing to the stars, wishing to go back home.

It was my mother who was the trigger for both my brother and me, who started to read metaphysical and spiritual books, passing them on to us once she read them. This took place around freshmen year in high school (around 15) and once I got a hold of this material it was like something took off with a flash-forward leap.

Finally something that made sense in a world that did not. And from there my brother and I took over and were on a fast track, reading tons of material we could get our hands on and delving into conscious conversations between us, which then extended to us teaching our parents what we learned, as we were determined to work out family dynamics along with our own. While this made me connect to these parts of myself, it was also what made me feel even more different and not wanting to be around others, or feeling really conflicted when I was. But because I was a Pisces and easily could morph into environments and any group of people, no one was the wiser.

The inner conflict and turmoil however just continued growing, as I delved into what I knew was me, and yet was still operating in a world that I didn't fit into unless I continued in the conditioned vein others wanted me to be in. It created a lot of emotional challenges and I would find myself crying all the time in the solitude of my dark bedroom or in the safety of the shower throughout my time in school and even beyond. The shower became my sanctuary and place I'd go to cleanse and release, as well as work through things. It also became the place I released sadness as to what I saw around me until I later learned it all had its place and purpose that wasn't for me to judge.

The next times I remember having big leaps were when I quit my first job, out of college, after basically burning myself out from being an over-achiever and having performance perfectionism, which led to having a physical stress breakdown and

needing to do something fast. My brother helped prompt me at this time that I needed to focus on me and nurture myself...I'd become way too fragmented inside and drained. And with having saved every penny I earned, I did just that, devoting myself completely to personal growth, delved into my writing, and started physically taking care of myself. Things turned around, but there would continue to be layers.

A couple of years later I moved with my parents to Sedona and left everything and everyone behind. I basically lived as a hermit for two years and once again devoted myself, in the transformational energy Sedona offers, to personal growth. I basically tore myself apart in every way, even more deeply, with self-help books, astrology, numerology, working through, releasing, and repatterning what I was capable of, came clean with all things I never told my parents about myself, daily work through revisiting everything in my past until that moment where I forgave myself and others and understood the perfection of it all, and all things in my family's history as well, and then speaking to the first channeler ever who provided a most thorough reading on every level that supported the things I came to learn about myself during this process and more.

I was my own therapist, counselor, life coach...and it took everything within me at the time to dig deep and let the flood of healing emotions flow. This was another milestone for me in my journey around my mid-twenties. And from there my life just continued in devotion to this unveiling and remembering. I would never stop uncovering layers and trying to work through and gain clarity on why I was the way I was and felt the things I did.

The rest of my experiences became ones I learned through the relationships in my life...and there were many, including marriages, and by exploring a whole gamut of different jobs to explore what felt most aligned with myself and utilized my gifts. I saw everything as a reflection and knew that you don't escape and run away from things, but rather I was determined to be as conscious as possible, smack in the middle of it all, and play out any dynamic that was necessary, despite how that looked to outsiders. This also became a decision of one to do without escaping through drugs and alcohol, which could easily have been a route for me as a Pisces. I never touched a cigarette or any form of mind altering drug, and still haven't to this day, as I choose to do the work myself of opening to these experiences via my own efforts and innate powers, I believe we all have. I did drink when I was younger, but only now and then when out to dinner or a party, but never out of control and I actually didn't ever like it. It was one of those things that wasn't me, but I was finding myself doing because those parts weren't as strong yet as the conditioned ones.

I don't drink at all anymore, and haven't for 10 years, and never will touch any again. It doesn't resonate with my vibration and the journey I'm on personally. I like feeling everything...the not so fun and the fun things, as that's my way to clarity.

My struggles weren't seen by anyone but my family, as I was still adept at living different lives when needed, but luckily this lessened more and more over time, as I started aligning both the outside and the inside. The next large shift occurred in my last marriage, which not only drew me to where I needed to be in terms of location, people that would be instrumental, and the most transformational experience yet, but it also was the time period that I finally and fully connected to my path, moved through past life things and karma, and made the last commitment I needed to being who I came to be, which I haven't wavered from, hidden from, or ever had to live a dual life from again. During this marriage I also became a Reiki Master Teacher, meeting my Teacher and life coach at the time who became my best friend that finally was like finding resonance in the world beside my rabbit, Nestor who understood me, traveled to sacred sites across the globe, began my deepest work with painting, drew in other resonating souls, and said goodbye to my rabbit and twin soul, Nestor when she left her body.

The latter being a catapulting experience in early 2008 that changed me forever, through the deepening, releasing, opening, expansion, and clarity on what I couldn't see while she kept me comforted. A commitment like no other came through losing my twin soul, Nestor – it was based on love and a responsibility to that love for her, for myself, and for what our shared soul roles were, which she reminded me of within my heart. All of my sacred travels were also deeply enriching, but the one I would say that had the most profound effect on my life that opened all that I'm focusing on now, was in Egypt. It is there that I retrieved my voice, my power, and my essence. It was so profound that I returned there again, just four months later. And since this time period there has been no turning back and constant leaps in my process. That's not to say the road still hasn't been challenging and filled with new adventures to test my abilities learned, and to motivate my courage a bit further. But once I left the last marriage, lost Nestor, did all of the new levels of work to penetrate and retrieve the parts I hadn't yet been able to on my own, and became a teacher, as well as embraced my gifts as my strengths and without doubt these were meant to be my life's work, it's been a game-changer.

Each part of my life has been taken to new levels through the choices and things I've embraced. It's what brought me to my current relationship, although went through it's own challenges, is in a beautiful place, enriching, and expanding place because of integrating and applying all that I learned.

Everything has been like this now, since. I've been able to apply things I've learned in ways that aren't just about talking about and knowing concepts, but truly integrating and embodying them. This is why things have manifested and unfolded

as they have because I learned my processes and understand how to work through the energies that come up. It becomes a seamless process now after practicing it over and over. And this is what I believe is available to us all...it's not that you arrive at some destination without challenge. It's that you take the things you've learned and start applying and working them like alchemy in your life. You come to understand your personal processes, how you self-sabotage and hide from yourself, and how to support yourself and create the way to move through them. You become the magician and master alchemist, able to work with all of the elements to create a desired result or reality of your choosing.

Where I am Now:

And so this finds me now the freest, happiest, most clear, and empowered I've ever been – all of which is increasingly expanding each day. It also finds me retrieving my inner child wonder and innocence in the deepest embodiment yet, while I've been integrating my Earthly and Cosmic essence in a way that creates an experience of more wholeness.

My life seemed a bit backwards in comparison to others, as I was on this mission to work through my "stuff". This made me seem older and more mature than others when I was younger and ironically I'm now a playful child once again, because of the reclaiming and remembering that has taken place, bringing me back in touch with the heart of who I am. I am still with the same partner after these nearly eight years, have a beautiful little family of animal companions including two new bunnies that are connected with Nestor and are powerful healers, teachers, and souls too, and two cats that my partner, Dave brought to the relationship, am living in an RV as I dreamed of manifesting, we're just starting our grand adventure across everywhere our hearts call to, I've achieved and shared a successful spiritual and healing arts practice, have a strong connection and good relationship with my intuition, telepathy, and clarity of heart and mind in alignment, and am currently following my heart's greatest joy and dreams after manifesting the ability to focus solely on the creative energy wanting to channel through me.

So I am now full-time engaged in all the things I once had done when younger, or had retrieved during my life-changing explorations, but with all of me now. My focus is on creatively expressing and channeling the song of my heart through the things I love most and that speak to the essence of who I am and came to express.

I'm grateful for the ride, although it at times was tougher than I thought I could handle, nor did I want to. I wanted out many times, as I hit my personal rock bottom, but it is within those dark depths that I found myself and the light of hope within my heart once again. I am grateful that I am always being supported and watched out for from beyond this realm, that I have a beautiful powerhouse of supportive companions that came to assist me, and grateful I chose to have the fortitude of endurance and commitment that I did otherwise I wouldn't be here still.

But it's true what they say about only being given what we're capable of handling. Our strength and resilience is far greater than our minds would like to think they are. And although I've had times of not knowing for sure if I would be hanging around for very long, since I worked through the contracts and karma, and now understand how to work through anything, I have a lot of joyous things in my life that have me the most deeply embodied than I have ever been. This seems very timely to be sharing, as my birthday is tomorrow – 2/26 – and today completes the end of a #9 year cycle for me. So, putting closure to all of this through sharing and writing it out is a beautiful way to move forward completely with all of me. And although it is only a summary, as I couldn't possibly fit into this post everything unless it were a book, it feels definingly final. I have no need to revisit the past, as my focus is in the here and now.

I will be 43 tomorrow and starting a new #1 cycle, which is fitting with my also now shifting gears in my life with new heart and soul aligned focuses that reflect who I am right now. This is the journey I am now committed to – that of walking an authentic path that expresses the innocence of my essence and to do that with total freedom where my nature is the only voice I now listen to. And since tomorrow is my birthday I will be offline immersing in a day of self-nurturing just that, but you'll be able to continue to explore another soul's journey with this challenge.

Mei Flynn... <http://meiflynn.com>

If someone had asked me about my awakening many years ago I would have thought they were talking about waking up in the morning. My journey on my Spiritual Path has lead me to a greater understanding that it's waking up to who I really am. Who am I? A friend, wife, sister? We have a lot of labels put on us in life and wear different masks that it's really easy to feel lost and something's missing from life . This awakening to me is about being me and truly loving and approving of who I am. I know for years I suffered from low self esteem and tried hard to get approval from others which becomes very stressful. I was a people pleaser looking after others needs before my own and trying hard to be what others expect me to be.

My awakening started when I was unhappy and used to blame everyone for my unhappiness and never saw any faults in myself and I was trying so hard to change everyone. I then attended a Louise Hay workshop in Abu Dhabi and realised we can't change people but we can change how we feel from the inside and this will be reflected in our outer experiences. After the workshop it seemed that everyone had changed but in fact it was me that had changed. I loved the power of the workshops that I flew to South Africa shortly afterwards to train as a workshop leader and am now passionate about helping others to uncover beliefs held in the unconscious mind and where we feel stuck with emotions such as anger, fear and guilt. I feel very blessed to be on this journey and for me it's about helping others and still working on my self and very excited about recently completing my exams as a Metaphysical Counsellor.

Of course on this journey the process of exploring beliefs is not always an easy one as we uncover events as far back as our childhood we would rather forget about. As we develop a brand new awareness we bring old feelings and hurt up to the surface and we can go through lots of mixed emotions trying to make sense of things and tempted to go back to sleep. If we work through the process we will definitely get rid of a lot of emotional baggage to feel what freedom really is. One of my favorite parts of my journey is finding True Confidence as for years I thought it depended on external factors like how you looked, weight, relationships but now I've learnt that it comes from within. External factors will vary and your confidence will change depending on if you've gained a few pounds or an argument with your partner. When you truly love yourself from within your confidence levels will stay stable and you really will lead a much happier life. Despite recent turmoil with relationship the past year i'm embracing it all and reflecting on lessons learnt and open to what the future holds. My next plan is to travel around South East Asia as I love backpacking and meeting people....I have no plan except a return flight to Bangkok and will follow my intuition and be open to wonderful experiences....watch this space for more blogs.

Sindy.. <https://bluebutterfliesandme.wordpress.com>

The Angel

Guarded by an Angel mild:

*Witless woe was ne'er beguiled!
And I wept both night and day,
And he wiped my tears away;
And I wept both day and night,
And hid from him my heart's delight.
So he took his wings, and fled;
Then the morn blushed rosy red.
I dried my tears, and armed my fears
With ten-thousand shields and spears.
Soon my Angel came again;
I was armed, he came in vain;
For the time of youth was fled,
And grey hairs were on my head.*

William Blake

~

Things are moving rapidly in the realms of creation, and manifestation. Its rather incredible. The awakening, not only of myself, but the world, which has exponentially accelerated in the last two years, or since we last visited our "Awakening Stories." In my exploration of **Quantum Thinking**, I have come to realize that we can in fact create, do, be, whatever we choose to do, be, do, be, do. Sorry, I couldn't help myself. The incident of joking with my sister regarding going back in time to break Thoreau's legs, as I was forced to read the long essay, "**Walking**," and subsequently the next day injuring my knee so I couldn't walk. It was a very powerful, and transcendent lesson. In **Quantum Mind** there is no time, no joke. I learned from the injury on so many levels. I learned something I now call "**Practical Gratitude**." We all know that **Gratitude**, is a key, key element in manifesting our hearts desires within the realm of our life purpose (manifesting the good stuff, happiness). I first of all gave mad respect to that small ligament that when working allowed me to do so much, like, walk, get up from a chair, get, out of the bed, cross my legs, bend my knee. . .the list goes on. Gratitude indeed, and more respect for my body, and grateful when I am healing. As we all can be in the process of healing, it is a process. Healing physically, emotionally, and spiritually.

As we continue to unwind the trappings of illusion, undefining ourselves, and our world, and allowing expansion from our heart center. . . things are just getting better, and better. If must, we deny the obvious negative, unless of course that is your desire, then by all means keep it. However more, and more I am seeing, and experiencing a cosmic expansion. I believe that we are in fact emerging from our chrysalis, damp, and new ready to explore the world in our new being. With wet wings I stretch them out to dry in the sun, and at the first breeze I take off into the sky, above the trees. Life has its challenges, and I feel that is part of the game, and why we are here, to spiritually, physically, and emotionally transform with alchemical processes. We are amazing, life and creation is amazing. Love yourself everyday, and say thank you for something. I love you.

Linda... <http://litebeing.com>

First off, I would like to mention that I did not follow the exact instructions with my initial contribution. Just to clarify, my initial piece was not about my current journey. Rather, I shared my recollections of a profoundly mystical experience that took place in 2005. I did not address my state of consciousness circa 2014. I do not think I considered awakening or ascension when I wrote my post. The idea of soul ascension was not on my radar. ***So much has shifted for me since then.***

In this second installment, I will share some of my soul's awakening journey between 2014 and today, plus some other takeaways that may offer inspiration and insight. With both some hesitance and excitement, I offer you a glimpse into the workings of this ever-changing litebeing.

So let's delve into herstory:

When we last left our heroine, it was early 2006 and she had just quit her secure employment of 18 years. She was so excited about the future and intermittently buzzing from her encounters with James. Transiting Neptune was conjunct her natal ascendant (house of self) and her inner mystic was resurfacing. Life was a blank canvas, brimming with possibilities..

Here is a brief excerpt from my initial story, where I conclude with some observations and lingering questions:

The dawn was breaking within my being and the light was beginning to enter my awareness. I was barely waking to what waits beyond the physical plane. The entanglement was both between myself and this young man , and also occurring at the quantum level. Was this awakening fleeting, ephemeral and anomalous? Was it a miracle in the purest sense of the word? Am I still wondering what more can happen as Neptune continues to spend many more years in my 1st house? These lingering questions will serve as the blueprint for today's article, paving the way for reflection and clarity.

Was this awakening fleeting, ephemeral and anomalous?

It is quite the challenge to summarize my journey over the past two years, not to mention the last ten years (2006 – 2016) where I began the transition to overhaul my career and overall identity. But I will try my best to describe how I arrived at my present destination. Destination, destiny, hmmm, they have the same root; *to make firm or establish.*

My awakening is definitely not fleeting, ephemeral or anomalous. I am still *barely waking*. The more I experience, the less I know. Humility has definitely taken root within my consciousness. I take far less for granted and that is a good thing. Intense peak experiences are absolutely rare and transitory. I highly valued the somewhat occasional extreme mystical openings that have graced my life. My ideas about these topics have shifted since then. I think that it took many years for me to see that over – the – top, trippy, transcendental episodes are not necessarily the bread and butter of spiritual evolution. I thought that the goal was to get as high as possible for as long as possible. Much of my life is filled with oh so subtle wonder. Bizarre transcendental happenings are part of my life, but not on a regular basis. But synchronicity is a daily visitor and the more I acknowledge it, the more plentiful is its presence.

Was it a miracle in the purest sense of the word?

This is a tough question to answer. Initially I was referring to my cosmic meeting with James that I explored [here](#). I will now address it from the perspective of my ability to integrate the energies on the path to awakening. From 2002 through 2006 and up until the present, I have had many a dark night. One could label it depression, dysthymia, dark night, or some other nomenclature. The labels do not make any difference at all. These are intermittent periods of extreme doubt, sadness, disconnection from Source, and/or profound powerlessness. My journey has not been linear by any means. It has been more cyclical in nature.

What has changed for me lately is that I do not dwell in any one emotional state for very long. I still feel anger, resentment, isolation, joy, confusion, bliss, empathy, or neutrality, but they dissipate rather quickly. However, I would characterize this current season as one of illness, loss, confusion, and frustration. However, my connection to Source is quite strong and that is what makes the difference for me. I do feel a bit lost and tired though, but not forgotten or unloved. In some ways, my life has never been as arduous as it is now. And yet, it is also incredibly exciting and mysterious. ***There lies the miracle for me.***

Am I still wondering what more can happen as Neptune continues to spend many more years in my 1st house?

For the astrologers: As I mentioned in the beginning of this article, Transiting Neptune was conjunct my Ascendant in the summer of 2005. It is interesting to note that James has that placement natively. So one could surmise that I manifested someone to mirror that transit for me. My 1st house is very large as it covers half of Aquarius, all of Pisces, and the beginning of Aries. Neptune will remain in my 1st house until 2026. So this concentrated energy of fantasy, communion, and mystical essence has just begun to alter my awareness and melt into my soul.

Certain significant progressions have also impacted my journey. As my progressed Ascendant moved from Aries to Taurus, I became more focused on how Pluto/Scorpio affects my interactions with others. I also became more interested in family and nurturing as I was about to become an aunt for the first time.

When my progressed sun moved from Sagittarius to Capricorn, life became more serious and purposeful. With both my ascendant and sun now progressed into the Earth element, my focus had turned towards more responsibility with a call to leadership, substantial friendships/partnerships, and a renewed admiration for the [natural world](#). Examples include my sacred encounters with the [animal kingdom](#), [power places](#), and a stronger appreciation for [Gaia](#).

Significant Takeaways

From the Refiner's fire into a river of love

The past 2 years have been a continuation of spiritual "tests" regarding shaping me into a purer version of my Self. Losses have been many, including loss of professional identity, steady sustainable income, robust health, family members, friends, mentors, and animal companions. This refining process has been somewhat unexpected and definitely traumatic in a variety of ways. What has sustained me is a generosity of spirit from many sources. Some were surprising, to say the least.

One could say that my ability to intuit has led me to be more bold and open. This boldness has opened me up to new people, places, and things that were previously out of reach. While I still tilt closer to introvert on the introvert/ extrovert continuum, I have become more at ease interacting with a multitude of individuals online and offline. I am increasingly being fueled by these exchanges, both creatively and emotionally, not to mention spiritually. Leaving my city employment brought me back to working full-time in the mental health field once again. The response I received from clients reassured me that I still "had it", the gifts of compassion and healing I had acquired earlier down the road. Working with creative therapists for many years unleashed a desire in me to re-engage with my inner artist. That re-engagement eventually led to blogging back in 2013.

Lighting the spark of creation

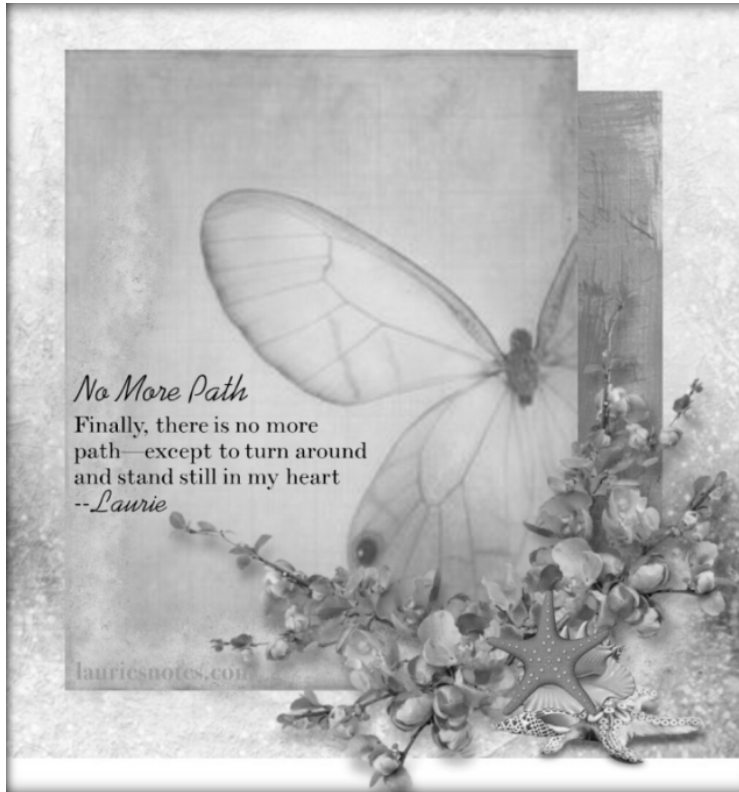
This creative spark has always resided within. The question was, what to do with it? I was tired of simply being a "friend of writers". It was time to be a writer once more. By 2014 I was clearly established as a blogger and now working as a therapist and manager of a recovery program. These opportunities have led me to become more interested in how to combine my creative impulses with spiritual service work. My current passion is offering awakening support to those in need, along with expansion of my astrology practice and writing projects. These desires to lead and expand my sights has been guided by spiritual practices and friends new and old. They are nurtured by immersion in the natural world, music, teachers like [Matt Kahn](#) and Lee Harris, travel, altered states ([dreams](#), [meditation](#)) and by interaction with other [like-minded people](#). Many of these unofficial guides have been bloggers on this platform. You know who you are. **Thank You**

Conclusions

I do not know where this will take me. This needs more time and thought. Or maybe not. I will simply state that *I do not know*. It is more than outer purpose or creative spark or the stripping away of material goods, loved ones or roles. Seeker, mystic, lightworker, starseed ; they all seem limiting. I will just continue to keep breathing and see what arises.

A musical finale ~David Bowie's passing is still a difficult pill to swallow. While he remains an enigma, I am certain *that he knew me*. As a rebellious yet idealistic teen, I played the *Hunky Dory* album over and over and over, looking for answers. The song [Oh You Pretty Things](#) has a catchy melody with intriguing lyrics, but was certainly over my head. In the wake of Bowie's death, revisiting the lyrics triggered a volcanic reaction to my core. The song is both darkness and light, as is the Earthly experience. Please give it a listen [here](#) and you will understand how his influence has informed my awakening.

Laurie... <http://lauriesnotes.com>



When asked to participate in an update, my first thought was, "I don't have many words." It seems the further into this journey I go, the fewer words I have — though my desire to reach out to others increases with each step.

It has been 5 years since I decided to risk everything to become my own healer and free myself from a long struggle with anorexia. I remember that day clearly, as if it was yesterday. "I'm going to the core." I said. That was the sentence that changed my course and led me here — to the place of few words.

And so I continue to reflect the peace I found in the deepest part of my heart through my quiet reflections and prayers. I continue to write and share because I know the pain of feeling disconnected with my true self. It is my hope that my words will touch a few hearts as deeply as the words that were shared with me.

May these words find their way to the quiet place within your own heart.

Nicci... <http://www.acceptinginfertility.com>

Although I had started on the journey that I am currently on I hadn't realised how important and life changing it was going to be: the awakening part of my journey hadn't happened. So where was I two years ago? How had I got there? What affect was it having on me? I have covered this in earlier posts: however, rather than making your read through all of those I'll do a re-cap here.

Andrew and Nicci: the early years

In 2006 Andrew and I still very recently married. Life was good although we still hadn't fallen pregnant. I'd had a miscarriage several years earlier and after we'd got married there had been a couple of times when I had experienced what is sometimes referred to as a "missed pregnancy". My cycle was so regular you could almost set your watch by it so going to 30 days (as opposed to 28) meant there was probably a fertilised egg was doing "something". All of which meant that we weren't too worried until I had a cycle of 32 days. At that point I saw my GP. She was happy to run some test, because although we had only been trying I had been charting during that time: I knew my body and had recorded facts to back that up. Nothing conclusive was discovered and I was prescribed a course of Clomid to raise my FSH levels a bit. All to no avail.

Time moved on to November 2007. We'd sold our house in the UK and had move to France so we could renovate our farmhouse. Again all was well with the world apart from the lack of children in our lives. However, it was time to relax and celebrate my 40th birthday with a trip to the Bahamas. I wanted to do something that I would remember for the rest of my life: be careful what you wish for! 3am on the morning of my birthday and I was in SCREAMING AGONY. Tears were streaming down my face and I didn't know what to do with myself to ease the pain. I knew enough about my body, because of the years of charting, to know that there was something wrong with my left ovary.

Following a visit to the GP I was referred to a gynaecologist. Diagnosis: endometriosis needing surgery to deal with adhesions. We both took this in our stride despite that fact that I'd had no symptoms. We were very hopeful of a positive outcome from my surgery in April 2008. When I came around the "whatsit" really hit the fan. The surgeon had thrown up his hands at the severity of the adhesions and made a quick exit from my badly frozen pelvis. Nothing had actually been done and I was referred to a specialist at a centre of excellence. Following surgery in Sept 2008 everything was looking good and we eventually started a cycle of IVF.

Unfortunately, this was a total failure. None of the 12 eggs harvested were fertilised so our chance of parenthood was halted before it really even began. To say that we were devastated would be the understatement of the century. We crawled back home to lick our wounds. It was then someone suggested that I used writing to help me heal. I'd loved writing as a child so I thought it was worth a try. So I followed her advice, or did I? You see I think she was suggesting I wrote about my feelings and our experiences to gain some closure. However, that didn't even cross my mind at the time. Instead I started to write children's books: go figure! My first two offerings were so well received, by my godchildren and other children that we knew, that I was encouraged to write more.

Awakenings Number 1, 2 and 3

Non-fiction soon followed and then I had the first of two major Eureka moments. Wondering how I could combine the very logical, Business Analyst trained side of my nature with my rediscovered creative side I realised that I was destined to be a Writing Mentor. You could almost hear the cogs of the universe move as the final pieces of the jigsaw puzzle of "who is Nicci Fletcher" slotted into place. Again life was good, or so I thought. Yet I was living a bit of a lie. You see everything about my infertility was being suppressed. I was in complete denial. I knew that there was something wrong as I couldn't ignore the huge rut that I was living in. However, I was simply accepting that this was the way that my life was going to be from now on. FACT: I hadn't been able to have children. Get over it. What I didn't realise that in order to get over it I needed to acknowledge my feelings. I needed to deal with the negative emotions that were doing me a disservice.

The next stage of my awakening happened in July 2015 when I joined an infertility support group on Facebook. I didn't join because I felt it would help me: I joined because I wanted to show support to the person who had created the group. Then something started to happen. As I began to read the posts and comments from other group members I thought "I feel that too." The fog of denial started to lift. Then, as I began to write words of support in response, the fog lifted even more. I knew that I was depressed and the reason for my depression was that I had never dealt with my infertility. I'd had more extensive surgery in 2013 following which my consultant said that he had never seen such a badly frozen pelvis. My troublesome left ovary and tube had been removed due to extensive damage. Although I had refused to have a hysterectomy at this stage I knew that my dream of every conceiving had come to an end. Despite that I still didn't realise that I needed to grieve about the impact of my infertility. Grieve for the children that I had never had. Grieve for the experiences of motherhood that had I had been denied. Grieve for the lost dreams and aspirations I had about the type of mother I would be. Grieve for the dreams and aspirations that I would have had for my children as they had grown

into adults and, perhaps, become parents themselves.

Back to my involvement in the Infertility Support group. After a few weeks I discovered that not only was my activity in the group helping me it was also helping other people in the group too. I was frequently being thanked for articulating what they were feeling but couldn't express. Welcome to awakening number two: at 3am on 26th July 2015 I sat bolt upright knowing that I needed to write about book about infertility. As the idea grew a little more I realised that I didn't want this to be another book about another woman's struggle with infertility. They do have their place: however, I wanted to write something different. I wanted to explore healing properties of writing. I wanted to include tools and techniques that other people could benefit from. I wanted to include case studies so that readers would benefit from a number of different "voices" and not just mine. The concept of "Accepting Infertility: Redefining your dreams to create a purposeful life" was born. As I started to order research books from Amazon I had a further awakening: we're up to Number 3 now! Whilst I was doing my research, and seeing the benefit in my life, I would share my journey on a blog. That way I could be helping people even before the book was written. This blog is the result.

What's next for Accepting Infertility?

The finally stage of my current journey of awakening is that the blog now has a closed Facebook group attached to it which provides a safe and supportive space for other people to share their experiences. Did I just write "final stage"? Well I shouldn't have because my journey has not finished. The Fletcher household is a hive of activity at the moment. We are getting our ducks in a row before taking this blog in new directions that I wouldn't have dreamt of even a few weeks ago. I'm only just starting to find my voice so watch this space.

This are exciting times that Andrew and I are now living through. I am finally truly finally accepting my infertility and it is wonderful that I am doing it in a way that is also helping other people. A few months ago I would never have thought that I would have been able create such a purposeful life and the best bit is that this is only the beginning: from now on it's going to get better and better.

Accepting Infertility is all about raising awareness and providing support to other people who are dealing with the devastation that infertility causes. If you would benefit from a safe and supportive space in which to share you experience, please join my closed Facebook group **Accepting Infertility**. Only members of the group will be able to see your comments and I will be working extremely hard to make it a safe and supportive place to express our feelings. In the mean-time please comment on the blog and use the share buttons to help raise awareness.

Jenna... <https://jennadee222.wordpress.com>

Sometimes I wonder if there was a defining moment when I consciously made a decision to change how I viewed my existence and where I fit in the world. I think it was around my 50th birthday when I started thinking about being more honest with myself. Almost six years have gone by since then and I've been constantly challenged to face truths, be kinder to myself, let go of negativity, move on from the past and learn to forgive. This has not been an easy progression and while I celebrate how far I've come I know I still have far to go.

There were times when I struggled to pick myself up after slipping back into old habits and sometimes it seemed too difficult. But every backward step was worth the uncertainty when I realised I'd taken another step forward towards being true to myself.

My journey feels like a game of snakes and ladders. As I create positive change I merrily skip along the board until wham I land on a snake and slip back a few rows into old habits. I'm happy that the snakes seem shorter now and less daunting. I now honestly feel comfortable in my own skin.

I've learned many things about myself during the past six years but the most valuable lesson I have learned is to be less fearful.

I strive to live my life following these five simple rules.

Five Simple Rules For Happiness:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

Tanja... <https://kundaliniawakeningprocess.wordpress.com>

Everybody who has experienced any kind of spiritual awakening or wake up-call knows that we go through a lot in life to get where we are at right now in this specific moment! I too have a story how it came to my Awakening and all the experiences I've had since it happened in August 2014!

But let's go to the beginning of time! When I was a young girl, I always knew back then that something about me was different. I could never put my finger on it, but I just knew something was there the whole time. I called it later my guardian angel. As a young girl I started my life with some heavy problems. My father was since I can remember an alcoholic, my mother was/is very intense and clinging since I am her only child. She also got quickly angry at me for the slightest problems or mistakes!

In Kindergarten I started out with making one arch enemy of a boy who was placed with me in the same class! He started bullying me and saying mean things that hurt me very deeply. As I always felt I should never be mean towards other people, I tried to help others, gave them my kindergarten equipment and yet there was always this one boy who hurt me and not only emotionally. Another boy who was his (Norman's) friend started bullying me as well and it went so far that he pushed me against a drawing stand. That was the first time I received a mark on my forehead, one that I should carry my whole life! I was bleeding from the top right corner of my eyebrow and it was the first time my guardian angel protected me from more to happen! It was also throughout Kindergarten time that I somehow just suddenly found out that certain parts of my body created enormous amounts of pleasure. And it was just Kindergarten! How can a tiny little girl possibly feel these adulthood pleasures? Was that even possible? Apparently it was. It became almost an obsession to create that feeling and someday my mother caught me, of course she knew what that was that I was doing, and so she got mad at me for something I should not play with yet. I have no memory whatsoever how I found out about it with such a young age!

My life continued throughout all schools like this, and mysteriously the same boy who was hurting me so much was always, without a mistake, placed in the same classes and schools. As if the universe made sure that I experience these things that I cried about for evening after evening. As a child I was terribly afraid of death and at the same time wished for it, but it never happened. No accident I ever had created problems. I was always mysteriously protected! Of course I kept on getting scars that stayed with me forever. Norman was the second reason for the second mark left on my forehead. He pushed me against a shelf and I hit my head on the left temple! Again it could have ended worse! I was at fault for the third mark on my forehead which is on the exact center, but higher than the Third eye! However throughout my childhood I had experiences of spiritual nature. I would have extremely realistic dreams of being able to fly, doing Telekinesis etc. All these things that many of us know to be spiritual abilities! All of these dreams were extremely real and I always felt the next morning as if I really could fly!

One evening, I remember waking up in a shock as I felt that my whole body fell on the mattress of my bed. In fact I felt that my body hit the bed! As if I fell from the sky and inside my bed! That jerked me up for good!

There is a period of my life which I do not remember anything about! The only thing I remember is, that I was suddenly afraid of something in my closet! My mother once told me that I came downstairs crying for my father, to come upstairs and check my closet. I asked my mother what I was afraid of and she said "You said you saw a monster!" How come I can never remember what I actually was afraid of? It's like erased from my mind! Then there came the first time of spiritual darkness and I believe it to be my first dark night of the soul! I saw on TV a picture of a deformed two headed calf and after that nothing was the same anymore! Night for night after lying in bed and closing my eyes, I felt something tormenting my chest, I felt as if I could not breath anymore and I developed a weird swallowing problem, sometimes I could not swallow at all! Which created more panic! This continued daily, every night I was afraid of going to bed as it would happen without mistake! In these moments I needed to walk through the room and open the windows as I was sure I could not breath! Till today I am not really sure what this was that I experienced!

Then someday it just stopped! It never happened again! Back and forth I was interested in studying everything about Telekinesis and for the first time I got interested in the Out of Body phenomenon. I had finally internet and was about 15 years old. I tried to do what I read online but I never was successful. What I also should mention is that I had tons of Déjà Vu experiences in my childhood! There were many moments when I felt I could just finish a sentence someone was about to say, inside my head! Just my mouth was not fast enough! Then there was this magical moment in my life when I lost the golden earring from my mother which she gave me as a present from her great grandmother. It happened while riding my bicycle through a forest. My ear got stuck on a branch and the earring got pulled out. there was just no way of finding it between literally millions of yellow, orange and red leafs! So my two friends and I were looking all over the place and gave up. We rode back home and as expected my mother got mad at me and screamed I NEED TO GET THAT EARRING BACK! No way, so we rode back to that forest and it was just coincidence that we found the same spot again. I was near breakdown and my only hope was a white plastic bag which was lying on the floor. I took it, looked at it and said

with intend "I can do whatever I want!" And I threw it into the air. All three of us were looking into the air and followed the white bag! As it landed on the ground I carefully approached it and picked it up. It was then that my believe in god or angels was strengthened. The earring, which was impossible to find was lying directly underneath one of the 4 edges of this plastic bag! WOW! Manifestation at it's best!

As the years kept on going I was embarrassed to like myself, as I did not develop as fast as other girls did! When they started showing breast I still was flat like a wooden board. Which made it impossible for me to stand in front of other girls underneath the showers and I usually skipped or went under when they were already gone. On top of that I had Norman and other boys who were bullying me for the way I looked. Thin, tall, no breast, very thin face. but a head full of extreme thick locks! While all other girls had straight hair!

This all combines the march towards the Awakening. When I was 27 years old I met my now husband online. He happened to be a movie composer and I was watching coincidentally one of his movies and I fell in love with his music. At that time I took piano lessons in Germany and I needed to have the music to study it. So I wrote him an e-mail and somehow against all odds we connected! And this created months later our marriage! And my dream of living in the USA got fulfilled as well! However this could be a happy ending to all the torment right? well guess what, it wasn't that was only the beginning... Very quickly I realized that my husband has a shadow aspect to him which brings in tremendous arguments, fights and problems out of thin air. He gets mad at me for no apparent reason and then starts fights which always end in his advantage, as he is an amazing communicator and a lot older than me! He definitely knows how to attack with single words! Life here has been a blessing in disguise!

In the meantime my father snapped and from one day to the next he suddenly started hearing voices and talked to beings my mother could not see. They told him my mother was hiding mics in the house! My mother told me that he was once standing outside at the house door talking to a person that only he could see! My mother got afraid and called the police, who took him to the psychiatrists... Very big mistake... He got drugged and in the meantime my mother divorced from him... After 6 weeks he got released and needed to move into his own apartment. I could kick my ass for the last sentence I said to my father when he called me from Germany one day... He was obviously drunk and throughout his talking he stopped all the time and it became quiet! I asked him what he is doing. and his answer was that he gt telepathically messages from my mother, she still is thinking about him... I had enough of this and not knowing anything, I told him "Are you hearing voices again?" and I hang up...

A couple of weeks later I sent him a letter to Germany asking how he is feeling etc. But never received answer... No idea if he still read the letter! Then in July 2012 I got the message from my mother that my father was found dead lying in his bathroom... I was shocked but at the same moment could not cry, it was like my tears were blocked to come out! It was just too unreal to me that my father with just 51 was dead! It took all this time till beginning of August 2014, when I finally realized what happened and that I will never see him again nor say anything else to him... I broke a part and one evening I started crying, crying about everything. Letting everything out which was bombarding me emotionally my whole life. It was a release to say the least! I cried until no more tear could flow without painful eyes... In this emotional release I asked god begging what happened to my father! Give me a sign!

And guess what the prayer was heard and 2 weeks later I experienced the first Ascension related symptoms! Sudden hot sweat, but at the same time freezing from the outside. Then 2 nights in a row I experienced sudden full body vibrations! They started at the forehead and continued over the whole body. I kept quiet and did not suspect anything wrong! I then started getting red rashes around my spine, on the height of the lower chakras. Sudden itch at the lower spine! and then one afternoon, the sun was shining through the window of our living room and I suddenly felt the urge to just let go, lying down on the floor, head towards the balcony, and closing my eyes, just breathing.

It was then that I suddenly got hit with an intense bright light flash in the center of my head, which I perceived as behind closed eyes! At the same time I felt intense arousing feelings in my root chakra and it was so intense that it was really close! And then one day later as I was sitting working at computer I suddenly felt a strong density and tension pulsing in my tailbone and the first rising of the Kundalini happened! I felt dense energy going upwards on my back, pushing and pressing against my ribs and shoulder blades! From that day on everything changed! I started seeing visions of mandalas, purple light inside my head, buzzing and humming vibrations all over my body. I saw crystal clear faces of persons and ET beings projected in front of my third eye! And also the famous high pitched frequency sound started appearing for me and since then becomes clearer and clearer every single time I go through major energy shifts!

The Kundalini energy rose 4-5 times and every single time the constant inner buzzing stays longer on without turning off. I suppose once my body is prepared enough to house this much light it won't ever turn off again! This is my current status into the Awakening process and I am looking forward to many more experiences and potentials which always come up after a major energy influx!

Hi Jaziel, just give me a high five...

Ooo... I know you are still in shock after what came out yesterday.

why don't you just pamper yourself today, I have nothing more to say other than this.

You don't have to pretend that we are any longer split apart, we are one now, You and I.

It is just a choice of yours to realize this. We have always been one you and me are Me. We are the I Am. I know it was a kind of a shock when your soul came in to talk to you, you have never experienced this before have you, or so you believe.

Do I really have to remind you, you have all of you have had this kind of experiences before, you have heard that inner "voice" so many times.

Never warning you or scaring you, not even guiding you.

Just that inner voice that have assured you that everything is fine, everything will just work out to the better for you. Just trust yourself and your intuition, your inner feeling your "Gnost" your way of communication with the God within.

Like now, you are trying to be mental about all of this, you are trying to find a rational explanation to what you are going through, why don't you just follow that "voice". Are you able to just trust it, because when you do you will be in the flow, everything will just happen to you just as you imagine.

And that is what I want to talk to you about today...

The soul are not telling you what to do, even your spirit are not telling you a shit.

You have your own consciousness, why don't you use it. You are a Sovereign being, but the being you are, are not your body your Soul, your spirit or whatever else you can think of. Just like your Mother Father God back in the first circle, you are only Consciousness, do you understand. I suppose you are not, just like your readers. Actually I don't think they have a clue about what I am trying to tell you.

I think that some of them have a mental picture of what I am talking about, but I do not believe that either you or even a single one of them actually have a clue. Because this is something you have to experience.

So let us do that, if you are ready to let go of everything that you believe that this is.

So just sit back, and to you who read this. Sit back, close your eyes, take three deep breaths and say out loud from the bottom of you. I AM THAT I AM, not only say it but proclaim it loud and clear. Than take another three deep breaths or more and just feel into it, and Jaziel no more writing before you have done this, and to you all just open your eyes again when you are ready to come back. Just empty your mind and do it.

.....

Did it flip for you, I know I can feel it... It did at least for Jaziel, suddenly he became aware that he is not God (spirit) Also.. He is Spirit, He is God, He is I Jazhael and he is a Human Also. Yes he are here in a human form, but that is because he is Human Also, he is also me I am the Creator Angel Aspect of him, the one that became to realize itself as a single being... inside the void.

The first aspect of the I Am, the fist part of that I Am, the first manifestation of Spirit of The Queen and The King, from the Kingdom of Oneness in this reality.

From all that Was, because in a way I am sorry to say. But it doesn't exist anymore, except from one place...

Inside of you..

You do, You are here right now, you exist therefore You Are. You are Human Also, but first of all you are...

I AM

Brooke... <https://serpentguide.wordpress.com>

In early March, 2011, I began living an awakened life when I raised my Kundalini energy. My life changed from a life of victimhood, hurt, and suffering to a new perception of my world. It is difficult to describe the vastness and overwhelming feeling of this experience as my Kundalini energy raised suddenly and dramatically. I left my former life and friends to pursue my awakened path and follow my higher alignment. I moved to a city that I knew no one without a job or external purpose. However, I knew and understood all along I would find my life's purpose and the inner journey I was about to embark.

I first began my quest to find myself when I was 20 years old in college. After an abusive relationship in college, I entered psychotherapy and recognized that I had been abused as a child and continued this pattern of behavior with others as an adult. This was the seed I planted in my search for a better and healthier life for myself. Later, Kundalini revealed my unhappy life full of rage and hurt, working in unfulfilling jobs, and experiencing repeated failed relationships. I wanted a second chance for myself, and I believe it was this intention that initiated my Kundalini awakening.

Intention is Powerful... Intention is the main crux of how this universe operates.

As I began to awaken, I experienced blockages in my chakras, and throughout my body. This manifested in pain that caused me to be unable to get out of bed. I also experienced visions, intuitive feelings of knowing about people and events around me. For the first time, I clearly heard my inner voice from my higher self who guided me through this difficult and frightening process, albeit with my ego fighting me the entire way. Kundalini revealed my suffering, emotional fractures, and destructive behaviors. After healing many of my emotional wounds, I began to release my ego, break through my illusions, found my life's purpose, and recognized my own truth and reality.

Experiencing a Kundalini rising merely gives us the potential to experience an awakening as it is not a full awakening itself. There are those who are Kundalini active who still live in illusions created by their egos. The ascension process forces us to confront our ego and release it, heal our emotional wounds and pains associated with our smaller selves, and come to acceptance of our own truths and reality. Without working through this ascension process, those who are Kundalini active remain unable to ascend spiritually, and are stuck in a physically and emotionally painful existence as their chakras and energy bodies are blocked from stagnant negative energy since the Kundalini energy cannot easily move through them. I believe this is one of the most difficult processes as our Kundalini energy forces us to confront our illusions and face our true realities.

These revelations caused me to self evaluate about how I want to live my life, and my hope to become enlightened. But who am I? I am not the Dalai Lama, Gandhi, or Mother Theresa. Then, I realized that enlightenment is not only meant for the select few, but it is meant for all humankind. We all have the potential for this enlightenment and to live a freer, less burdened human life. Many achieve this through a Kundalini awakening, but we also can be awakened in other ways if the intention is there, and if that intention is true and honest. Come with me and free yourselves of a life of illusions, suffering, chaos and anguish. Leave it all behind you to find bliss, joy, peace, and another way of being. It is a thing of true beauty...

Background

In order to frame my scenario better I must first divulge a few details regarding my past history. My exploration into concepts of spirituality throughout childhood could be summed up as dabbling into many ideas but being a stickler for none of them. My parents agreed, no matter their personal views, they would not push anything on me. As you can imagine this provided some wiggle room to explore concepts without adopting any formal belief systems or religions for myself. Ultimately they allowed me to discover myself on my own terms. I am grateful for that.

It wasn't long after my 10th birthday when I started getting heavily involved with computers. This was in the mid 1990's, mind you, so technology was not nearly so widespread. Only those truly interested in computers were bothering with them in the comfort of their own homes. In my case my father and I would explore computer components to understand their inner workings and then assemble them into fully functional workstations. I quickly took to it and very much appreciated the logic they operated in. I didn't realize at the time this kind of rational/logical reasoning would become the cornerstone in how I mentally operated into adulthood.

The Beginning

My story begins, as stories often do, with a bit of conflict. My conflict wasn't necessarily with others though. Instead it was within myself. I was in my mid 20's and finished with college. I established myself in my technical career within the corporate arena. Unlike many who are aware of their spiritual path during or right after childhood, I had nothing to do with it until much later. There was no reference to understand any of that with how I lived my logic-driven life. If I did hear someone talk of it I shrugged it off as delusional or superstitious. To that end I was firmly agnostic. In my mind 'I don't know' was a perfectly logical answer to questions I thought could not be known – including concepts like god or an afterlife. I simply could not accept those topics on faith alone. I needed to be able to *verify it* to some degree.

A co-worker of mine at that time, who was devoutly Christian, often spoke of going to church. He would prompt me into going in a friendly sort of way. However good his intentions were, I felt uneasy about it. I remembered the various church events I had attended in my dabbling as a teen and how I never fit in with those crowds. Rather reluctantly I figured after nearly a decade since my last attempt it was time to try going to church again to see if anything had changed.

Unfortunately I found exactly what I did before. More judgments, fears; exactly the opposite of what I was seeking. Yet the attempt did inspire something worthwhile. I became acutely aware of one particular thought: *I am seeking something...*

Exploring Consciousness

A couple more years passed and the seeking continued. When I was 28 I found myself getting drawn into dimensions theories. I enjoyed reading up on groundbreaking quantum physics papers and watched scientific documentaries. The thought of realities existing next to our own fascinated me.

Simultaneously I was also researching reincarnation theories. I found documentaries about children that could apparently recall a past life with accuracy. I was amazed – the implications of this were stunning! Could consciousness indeed transfer from one biological organism to another? If so, that meant there had to be some staging area for consciousness to transfer to and fro. I then delved into what people had to say about the afterlife. I researched others describing their accounts of near death experiences and noted similar themes that stretched beyond cultures or beliefs. This was all very exciting stuff! However, my agnosticism was firmly entrenched. It was still ultimately unknowable to me – no matter my excitement over anecdotal evidence I still could not actually *prove* any of it to myself. That is, until I realized I could...

By the age of 29 I found something new. Closely related to near death experiences are another type of experience called out of body experiences. I learned they're basically the same thing without the death element. This is where one learns through practice to manually project their conscious focal point outside their physical body. That concept was a *major* turning point for me. It provided me the mechanism to actually prove to myself that consciousness is more than a by-product of neurons firing in the brain.

I started with the premise that it could be possible. Much like troubleshooting a computer I began documenting successes and failures in a logical fashion. This detached, objective, and inquisitive mindset was immensely helpful in getting started. That, with a bit of effort and learning, was all I needed. After a couple months I became adept at initiating OBEs. This gave me the ability to explore non-physical realities *while fully conscious*. OBEs *permanently altered* my perceptions about reality and life here on planet Earth. With that my agnostic viewpoint was shattered. Now I did know.

Consciousness is multidimensional. It is the vehicle we use to transfer between realities – both physical and non-physical. I understood, undeniably, unequivocally, we are much more than our physical bodies!

Being Guided

Not long after I became adept at exploring non-physical realities through OBEs I realized my dreams had shifted. I started receiving messages through them. Sometimes they'd even get me to look up information upon waking. I learned dream-states were also more than what I had initially perceived to be just random jumbles of thought. My intuitive conclusion was that they're translations of the multidimensional happenings within our consciousness.

Dreams, OBEs, and waking physical reality were *all* valid as real experiences to me at this point. I understood them to be different consciousness states and therefore each were unique opportunities to gain more information. They became exciting to explore and gradually they each equalized in their importance within my overall experience. I figured out I was being guided in various ways through all of them.

This equalization effect continued to enhance itself over time. I realized situations that cropped up in physical reality were sometimes directly related to dream-state lessons. This got me to analyze every situation in physical reality as well as in dream-states: Why was it occurring? What was the learning lesson? What can be gained from the scenario? These questions made physical reality seem much more dreamy and dream-states seem much more real. I realized scenarios I found myself in, no matter the consciousness state, were purposefully created.

Evolution

But what were they purposefully created for? I began observing the themes I was exploring. They indeed were linked. I remember rather humorously one day I actively chose to open the door for someone I wasn't particularly interested in as we were heading out of our work building. I intentionally did this through pure heart. A few seconds later when I got into my car I immediately heard the popular graduation song [[Pomp and Circumstance](#)] playing. This synchronicity caused me to literally laugh out loud!

Through synchronicities like these [as well as dream-states and OBEs] I eventually realized the goal was to remove fears and judgments from my consciousness. Another epiphany occurred and I understood: This is an *evolution*. It will entirely reverse fear-based thinking! All that will be left is that which we truly are: beings of pure love and light.

Kundalini Energy

Something else started occurring that seemed to coincide with my consciousness exploration. I began to get very acquainted with certain energetic sensations, particularly concentrated around my spinal column, in the nighttime while I slept. Sometimes they'd get intense enough to cause me to wake and uncomfortably roll around in bed. These sensations were sporadic at first. I noticed them perhaps once every few weeks. As my consciousness exploration picked up and synchronicities increased so did the frequency and intensity of these energies.

One night I had a dream-state lesson that expanded on what the energy actually was. I was shown a brilliant white light surging through my non-physical body. The intensity became much more concentrated in that moment – so much so that I awoke in bed softly yelling! That experience gave me the understanding this is an energy originating from the non-physical that disseminates into the physical body. Later on I came across peoples accounts of what they called Kundalini. They described similar nighttime surges and sensations and confirmed what I had suspected: Kundalini is an evolutionary energy that assists us in our journey to remove energetic blockages and further accelerate our transformations.

Over time I experienced both Kundalini Awakening and Kundalini Rising. These were incredible and perplexing all at once! I see now they are yet another integral puzzle piece to add to the myriad experiences in my evolutionary process.

Our Purpose

I'm 30 at the time of these writings. It's been just over two years since I had the first inklings to explore consciousness. I'll say since I started my evolutionary journey the epiphanies have been more than I can count. Each step forward is revolutionary and each lesson is profound. Throughout my experiences I've had incredible glimpses of my true self and through that I understand absolutely everyone is just as beautiful and unique with their own incredible stories to tell. I'm happy to share my ongoing journey in the hopes that it may assist others as they awaken to their own. This time of awakening is why we are here and it's wonderful to understand that is indeed our true purpose. Thank you for taking the time to read my story and I look forward to connecting with you in the most synchronistic of ways as we continue our transformations into our true selves!

Sharon... <http://oh-we-should-have-told-you.com>

I sat in stunned disbelief. In my entire working life, I had never been fired. Yet here I was, sitting in the administrative office of my newly acquired Group Home job, being informed that my services were no longer required. Even though the administration used politically correct phrases to assure me that I was not being “fired”, to me, being told that my services were no longer required equated to being fired.

As I was adjusting to this bit of news, I was hit by another realization. The lease on my car was expiring the next month. It had been my intention to purchase the car for the Buyout amount of \$4000. I had been debating whether to pay all \$4000 in cash, to finance all of it, or to finance part of it. Suddenly I thought, “Oh my God, with no job, I may not be able to finance any of it”. Paying all cash would leave me with \$4000 less in my bank account at a time when I would have no source of income.

I made my way home where I sat thinking: I can't believe that I am sitting here, a few months short of my 50th birthday, with no job and facing the possibility of having no car.

As I sat contemplating the loss of my job and the possible loss of my car, I had a phone call from a friend, who was deeply into what my other friends and I called “mystical / spiritual stuff.” When I told this friend that I didn't know what I was going to do, now that my services were no longer required at the Group Home job, my friend asked what I would like to do. I heard myself saying that what I would really like to do is to sit by the ocean and listen to the waves and the seagulls. Rather than saying “get real” or “what are you really going to do”, this friend asked how I was going to make that happen. I laughed and said “Yea, like in this lifetime I'm meant to live on the ocean!”

It seemed that I had just hung up from this call when another friend phoned. This friend had recently moved to a house on the beach on a nearby Island. As I was telling her about my previous phone call, my friend said that the cabin down the beach from her house was for rent.

What was going on here? In the span of a few hours, I had lost my job, tapped into a desire to spend time with the waves and the seagulls and now I was being told of a cabin on the beach for rent.

I decided to check out the cabin. It was perfect. Yes it was rustic, the windows were single glaze and the refrigerator was of rounded corners vintage. But it was fronted by 20 feet of floor to ceiling windows and the deck was so close to the water that the waves lapped right up to the deck's edge, even under it during storms. As I stood on that deck, breathed in the salt air and listened to the waves and the seagulls, I knew that I needed to spend time at that cabin. But what a life-changing decision that would be! In order to commit to this rental, I would need to sell my home. This idea frightened me. For years owning my own home had provided the bulk of my security. Could I give up that security and return to renting?

There was also the issue of whether I should trust this synchronicity of events. After my second marriage dissolved, I had spent time living somewhat precariously both financially and emotionally all the while believing that when I needed a conventional job, a certain friend would be instrumental in helping me.

When the day came that I needed that job, my friend advised that he knew of an agency that was looking for childcare workers. I applied and was offered a job. When I later learned that I had been offered the job after someone else had declined, I took that as a sign that I was where I was supposed to be. Yet a few months later, I was sitting in the administrative office being told that my services were no longer required. I had trusted that that job was where I was supposed to be. And I had been proven wrong.

But back came the memory of standing on that deck and the knowing that I needed to be there. Also came thoughts of how I had tried to do things in ways that seemed to work for other people. I had gone to school, gone to work, paid my bills, raised my children, yet here I sat with no job, no relationship, not much savings in the bank. Maybe there was something I was missing or that I didn't understand. I found myself writing a poem:

OTHER ACCOUNTS

*I've tried to do what I've been told I should
Tried to be diligent, responsible and good.
I've raised my children and paid my bills,
Now I'm wondering about life's other thrills.
I know that I can do the old way no more
My children are grown, seems that is a door
To freedom and fear mixed in equal amounts
A time to focus on other accounts.
On account of I'm confused, don't know who I am
Don't know what I want or how to be all that I can.
On account of I know I can't find out the old way.
So I'm off to find me is all I can say.*

This adventure continues in a book "Oh, We should have told you" which is the outgrowth of a Journal Sharon Clark Rowlands kept while in the pursuit of personal growth and spirituality. The book contains both personal experiences and "messages from someone outside of myself". It will stimulate you to reflect upon and to gain insights into your own experiences and will provide you with inspiration and comfort as you navigate your own Spiritual Journey.

paperback and epub(pdf) versions <http://www.lulu.com/spotlight/SharonsStore>
(epub version requires <http://www.adobe.com/ca/products/digital-editions/download.html>)

Also available through Amazon <http://www.amazon.com/Oh-Should-Have-Told-You/dp/0557203449>

Check out Sharon and her book on facebook <http://www.facebook.com/Oh-We-Should-Have-Told-You-111028689006524/>

Sharon discusses her book in a one hour radio interview with [Paul Reinig](#) ..

http://www.youtube.com/watch?v=GB5V_z2pCzk&feature=youtu.be

Mary... <https://marybmaulsby.wordpress.com>

Such gratitude I feel in this moment now. I could say it's because it snowed last night and the scenery fills my heart, and I feel the happiness of the soil. But I imagine I would feel this way anyway, just being.

My first memories are of our 3 acre woods in Maryland, where I grew up. The very first memory is in the garden with my beautiful mother, as she lovingly showed me "spit bugs" in the small branches of certain plants. She was kneeling, and I only came up to her arm pit, so I must have only been about 2. I loved her. I loved the dirt and bugs and frogs and snakes and flowers and bunnies and birds and squirrels. I just loved. As I grew, I followed creeks, caught salamanders, brought home tadpoles and watched them turn into frogs, spending almost all of my time in Nature.

We went to the Episcopal Church, where I was baptized as an infant and confirmed at 12. There, I was taught that God was Love. I still know that. My mom used to sing me to sleep with a little prayer song, Jesus Tender, Shepherd Hear Me. I sometimes sing that to myself in my mind if my inner child can't get to sleep at night. When I was 10, my mom got sick. It was 1963. Though she wouldn't admit it, the angels told me she was dying. When she did, I wanted to go with her. I was 12. Several months later, I was laying on her bed, longing for her. I noticed a little pamphlet. My brother had left it there. He must have been doing the same....longing. He was 14.

It was written by C.W. Leadbeater, and put out by the Theosophical Society. The first paragraph said, "You have lost by death one whom you loved dearly, one who perhaps was all the world to you; and so to you that world seems empty and life no longer worth the living. You feel that joy has left you forever, that existence can be for you henceforth nothing but hopeless sadness, naught but one aching longing for the touch of a vanished hand and the sound of a voice that is still." Well, he had me at "You have lost by death!" He knew just how I felt. He went on to talk about how there really is no such thing as death. He talked about reincarnation and that we are Spiritual Beings having a human experience – that what we think of as our life, is only one day in the life of our Soul. Every word rang true to me as if I was remembering, rather than reading.

I talked to my brother, David, and he shared that he had found a wealth of spiritual information through our cousin, who started taking us to the Theosophical Society to hear lectures. They also had a library, and I read every book I could get my hands on. So, that's how it all started. Nature, church and my mother's death. When I was 16, I found the Edgar Cayce Foundation and spent some time there, learning about all kinds of metaphysical things, like astrology, numerology, intuitive healing, chakras, auras, etc. My cousin took me to New York to get my first Karmic Life Reading by Dr. Neva Dell Hunter. The day after I graduated from high school, at 17, I went to New Mexico where Dr. Hunter lived. She had a metaphysical center there. I stayed with my cousin, who did numerology for the people at the Center.

I went to the community college there, and met some wonderful people. I moved in with a friend. We discovered hallucinogenics. Wow. To me, they were very spiritual, and I enjoyed experiencing them outdoors. I really *got* what everyone at the Center was talking about – that we *are* all One. Everything is One. I went far away from my body and ego mind. I didn't know my name. As thoughts of friends passed through my awareness, I couldn't tell if they were from this lifetime or another. I looked at my watch and had no idea what it was. Time didn't exist. It said 12. I knew that was the middle of something, but I didn't know what. I saw exquisite patterns of lavender, blue, purple and pink webbing, connecting everything. I didn't know if I was awake or asleep or dead or alive, and it so didn't matter. I could see sounds, and smell color. I have to admit, I ate a lot of magic mushrooms over that period of time, both alone and with deep friends. I would hang out in the Collective Unconscious, sometimes scary parts of it, and sometimes very beautiful. I had to face fears, and call on the Light to get me through the hard parts. I always prayed for protection during a trip.

Soon, I learned of Ram Dass. He had taken a lot of psychedelics and had come to realize that you could get there through meditation. I followed his teachings for a while. I love him still. He taught me a lot about Divine Love and to Be Here Now. I read, listened to talks, meditated, but also started to not take care of myself very well.

I got really sick, died a couple of times, and had blissful experiences in that place. My healing process led me to massage school that had a spiritual aspect to it. I also went to a psychotherapist, and did intense ego work and inner child work, for a couple of years, forgiving myself and others, as well as learning to love myself again. I was a massage therapist for 5 years, which led me to the desire to be a psychotherapist, which led me to my first Master's program in Spiritual Psychology. It also led me to Psychosynthesis, which is the modality I used most, which is quite spiritually oriented. Both the Master's program and the 2 year Psychosynthesis training involved a great deal of inner work. As Ram Dass and also John Bradshaw say, "if you don't do your ego work, it will pull you back." I didn't want *that!*

My career mostly focused on spirituality, personal transformation, death, dying and bereavement. I continued to grow spiritually all along. Elizabeth Kubler Ross and Steven Levine were big influences then. For the last 20 years, I have been

doing SpiritWalks, which I developed. They involve working with people outside and letting Nature metaphor their issues. Nature always shows up like magic. Spirit is always present. Since I was doing a lot of personal ceremony with people anyway, I became a minister through the Universal Life Church so I could legally marry people.

Throughout my life, I studied many different spiritual concepts, belief systems, religions and shamanic studies. I took in the parts that rang true, let the rest go, and formed my own eclectic belief system. It changes a little here and there, but I still come back to the same thing. God is Love. I feel Spirit the most in Nature, and in relationships with people I love. My inner child has also remained strong.

These days, I am focused on the present moment. I am focused on Happiness, Gratitude, Love and Light. I have been learning Tibetan Tai Chi over the last 5 years, and try to practice that every day. My main spiritual practice, though, is being outside in Nature. Meditating there. That is where I feel closest to my Self and closest to God...which are One. In Nature, I feel One with Source. I AM.

I love this WordPress Community, and my other close friends, sharing our journeys with each other. My challenge, as most of you know, is how we are treating the planet. My challenge is in finding that balance between activism and just being. From a higher place, a Soul place, I can Love everyone. In my not so high place, I judge and blame and spew anger vibes to those *other* people that are causing all this chaos, and rape of my Mother. If we truly are all One, we *are* those people. I know I contribute to the chaos with angry thoughts. It doesn't help.

My desire is to imagine everything whole and well for the Highest Good. Not putting my head in the sand. Believe me I know what is going on. I have many soap boxes I like to stand on and rave about, from corporate greed to how we treat children, how we treat animals to what we are doing to wildlife, climate and to Gaia.

But imagining it fine and perfect is putting the vibration of *that* thought and emotion into the ethers, where they glom onto other like vibrations. My desire is to only Love. What would Love do in this moment? My desire is to be in a place of gratitude and happiness, and putting *that* vibration out there. I Love this planet. Loving Her is what I am doing these days. I mostly feel like just Being, and Creating more Love in the world. Loving myself, Being my Authentic Self. My Higher Self knowingness, wisdom and intuition guide me. Nature guides me. My Inner Child guides me. My Heart Guides me. The All That Is guides me. Divine Love guides me.

So, I have unfolded gradually like a spiral.

I do what I can, balancing activism and harmony. It doesn't help to be furious. Maybe we are all in the caterpillar stage, devouring everything in our path. Chaos. Maybe we will go into our hypothetical cocoons and *all of life* will emerge like a butterfly. Maybe chaos has to happen for an emergence. I don't know. I really don't. I just AM.

Robyn... <http://a5dangel.com/>

What has influenced my awakening has been rocky, wavy, fast, slow, tearful, joyful, unexplained, grateful, yet so very humbled by falling down and continuing to get back up. This connection that we all share to opening our hearts larger than we thought possible has led me to this moment. Fully present in this continuing journey.

My journey started in a small town in Michigan in 1956, born into what would be a "traditional" upbringing, feeling very "out of place" with what seemed to be a world of "painful" events. This quote from Byron Katie has opened up this illusion, "You are the cause of your own suffering-but only all of it." "There is no suffering in the world that's real, there's only an uninvestigated story that leads you to believe it."

The first time that I experienced the "other side" of this "story" of pain and suffering was when I was 4 years old, in 1960. I fell into a 16 foot dry well, landed on my head and remained conscious, soon after my father climbed down in the well and brought me out. I was rushed in his car to the first hospital. "I am sorry" they spoke "we have no neurosurgeon, so we cannot help you." My father drove to the second hospital two hours away, "they had no ambulance," where a neurosurgeon worked on my head and I felt "no pain." I rose above the room, and watched as they worked on me, joining the angels in communion, a place of ABSOLUTE peace and bliss. Then I heard a booming voice say, "you are not done," which was tough for me to hear, yet I came back into my body. Never once having any painful symptoms of recovery. I continued my journey here.

Remembering this blissful day, I struggled with what I felt around me, losing "my mind" to what was then "the belief" that suffering was part of life. Speaking to my family about this bliss was unheard of. My father had been dealing with deep depression, with mother drinking and taking anxiety medication, we 4 siblings found ways "to cope." I was told later by a spirit guide of mine that my father would have taken his life if I had not returned to my body that blissful day. No one wanted to hear how blissful "eternal life" was, so I stopped talking. (father was a prominent attorney/ judge and mother a housewife). From the outside, we had the Ozzy and Harriet life.

My teenage years were full of struggles (looking outside for validation, love ect), only to find emptiness. I became a dental hygienist, moved to California, and found myself in a mental hospital. Boy what I chose to see there! I was deep in the illusions of guilt, pain, shame and suffering.

Remaining in the depths of the illusion, I got married (for the first time) lasting 2 years, ending in "separation." Then the 2nd marriage where seeing myself came through having a "brilliant" daughter. When she said to me at 3 years old. "I have a spirit Mom and she is helping you, she likes purple," I got a glimpse of the bliss of "oneness" through my daughters eyes.

Then one fateful day after many days of "not making any sense", like giving all my clothes away, to going up to a severe car accident and saying, "its all about love," I remained in clairvoyant chaos. My ex husband took me to my second mental hospital, "for my own safety," as my daughter waited in the waiting room. I began my journey back to love. Refusing to take any medication, my connection to all of life started to return. Remembering the bliss of "eternity" was coming home inside myself again.

I began my "search" for "self" through Landmark Education, Scientology, Dr. John Demartini, all of which opened my eyes to asking questions that shattered the illusions of "the mind," that "my" thoughts were "real" This quote from Eckhart Tolle sums up this vantage point. "When you are detached, you gain a higher vantage point from which to view the events in your life, instead of being trapped inside them."

Fast forward to "now" as March 13th 2016, experiencing "angel connections" with my very traditional life, living in Maui, remarrying in 2005 to husband Hoppy, connecting to others through my dental practices, daughter Aly is an engineer for IBM, outwardly traditional, inwardly "ONE," entering into what I call 5D, the world of love, where all else is an illusion. The timeless, ageless, space where suffering has no purpose, and recognizing when "it" suffering "pretends to be real. Remembering I have always been "home." No longer looking "outside" or chasing "anything."

Leya... <https://alohaleya.com>

I write these words the day before the February full moon, also my 40th birthday. For weeks I was looking forward to participating in Barbara Franken's awakening challenge – I picked a pretty auspicious day for reflection – but now that the moment is here, I feel blocked. There's so much to say about awakening, yet it all feels like concept. How to write about the ineffable?

I moved away from my current city last summer, only to return a few weeks ago. I'm living in the same apartment building as before the move, and this week I'll likely return to my former place of employment. My favourite cashiers are still at the Whole Foods down the block, giving me extra stamps for my coffee. I hear the familiar sounds of birds chirping outside my window, and a siren in the downtown background.

It's like I never left.

Back in August, I couldn't wait to get out of the city. I was so tired of honking horns, screaming sirens and noisy neighbours. I was on edge all the time, and desperately wanted to be somewhere quieter, more removed. I needed to hear my own heart and voice, and I just couldn't do it where I was.

And the move was good for me. I started my Kundalini Yoga teacher training program, met some wonderful new people, learned valuable work and life lessons, and, two weeks before moving back, 'randomly' reconnected with a soul mate for some much-needed healing and completion.

But overall, I didn't really find the peace I was searching for. In perfect universal order, all the sounds I'd resisted followed me to my new place. I got it – changing the externals wasn't going to change much. It was time to come 'home'.

Since last October, when I began my teacher training, I've gone from sporadic meditation to a daily practice of yoga, breathwork, meditation, and/or mantra chanting. Specifically, for the past two weeks I've been doing a meditation designed to calm the heart.

As I become more attuned to my body's signals and sensations, I can feel the bracing of my heart. For many years I've held my breath, hyper-vigilant, steeling myself from any potential hurt or shock coming my way. Lying in *savasana*, deep relaxation, I'm aware of how difficult it's been for my system to just...*relax*.

Throughout my spiritual journey, I heard the words 'listen to your heart', 'trust your heart', and 'open your heart' so many times that they lost meaning for me. I was frustrated. I didn't know *how* to hear my heart. I didn't know how to access that soft, still place that knows, *I'm okay wherever I am*. The voice that knows me better than anyone.

With patience, practice, humility, commitment, and discipline, I am becoming stabilized in my own heart. **This is my awakening.** My breath is clearing the way. My heart was never closed to begin with. It has always been strong, open, pounding, wise, knowing, and loving – waiting for me. And now I get to live in *that* place.

The sirens don't bother me so much anymore. The loud noises aren't so jarring. Since participating in Barbara's first challenge, I've learned and unlearned so much. I'm a different person than I was two years ago, six months ago, two weeks ago. Nothing has changed these past few months, yet everything has changed. My experience of awakening will surely change too. And it's all perfect.