

Soul Conscious Eyes



RELEASED

Seeing Truth Through Your Soul's Perspective

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Chapter 1: The Consciousness of the Unconscious Eyes

Developing from within is one's journey of a lifetime. The conscious and unconscious eyes of the mind come together as one to create a wonderful alignment of trust. How often do you read, see, and question whether to believe? Often, I know, because we are programmed by others, through others, as to what they believe is best for us. What if it was not for them to see or judge? What about your life would be different if only you had trusted your conscious eyes?

Right outside your conscious is a world yet to be discovered that your unconscious eyes already sees, knows and trusts. Are you ready to discover this place with your conscious eyes? Yes, that inner burning that we all feel from time to time that there is more out there is true. There is more in there, waiting to be discovered by you and for your eyes only! No one will see exactly as you will see; for you see, they have been programmed differently. The picture that filters through the eyes will match your programmed belief system that is within you. To make seeing make sense it has to align to that which you already know. Think for a moment how you were taught the alphabet. You saw the letter and heard the letter, felt and made sense the letter as it was used in a word. Ah, the simplicity or the complexity-- whichever way you chose to view!

Opening up to a new realm of seeing is opening with trust that you will understand and know the meaning of your seeing. However, you know what is right for you; whether it be hearing as you see, feeling as you see, or knowing as you see. Working with a few exercises daily begins to build the belief system from within to understand what you are seeing from the

outside in.

Opening Your Inner Vision

Here are the steps:

- 1) Place your head level with your body, draw your eyes up to a point above (where ceiling meets wall).
- 2) Focus on your breathing and seeing at the same time (be patient with yourself).
- 3) When you feel balanced draw your eyes to center and discover what you see.
- 4) Ask inside "What do I see?" Pay attention to the picture and to the details. Each time more will be revealed.

The revealing is through trust that you see what you hear, that you feel, and that you know. This is the internal dialogue of the mind eyes; consciously and unconsciously working together to create understanding. The understanding will be presented to you in your own language. Would you watch a foreign movie and understand what it was saying? No, we are comfortable in our own world of representation and the energies around us that we see speak to us in the same way.

Internally, the process is so fast that we do not even consciously become aware of what has to happen in every moment for a picture to be seen. The conscious and unconscious mind work in unison for the development of picture in our sight to be seen. We do not consciously think about this each moment of the day. We trust the mind to do it for us and then we consciously decide to agree or disagree.

The power of perspective is a topic we will address later in the book. Keeping it simple, let's begin to use our power of sight to open up the unconscious consciously. When our eyes read energy it forms a story or symbol that we can understand with the knowledge we have at hand.

There is nothing new to discover; there is just more to be revealed to our consciousness of mind. Energy is forever changing and at the same time staying the same. The simple

complexity is only as simple as you allow it to be.

The eyes form the energy based on your belief programming. Yes, we could spend hours chunking that down to why we believe, how we believe and what is real to us. Let's keep that for another chapter. Here we are just entering into the basics. The basics keep the complicated as simple as it needs to be. Ever wonder why two people see the same color and call it by a different name? The color red has so many ways to be called or labeled red. Think for a moment how many ways you can quickly describe the color red. Wow, that is all programming that you have agreed upon and accepted as truth. The truth then connects to the agreement within the mind and thus represents the color red.

Do you now understand how your eyes aid in programming how you represent and believe? Taking it further, think about how many objects of energy your eyes see in a day? Yes, consciously and unconsciously. There are many studies that show how many bits of data you consciously and unconsciously take in or see in a day. Opening your conscious eyes to see more naturally is to frustrate the studies of these facts. The truth is, you see all both ways when you accept the truth and begin to naturally see all.

Exercise: Right where you are at this moment, look around you quickly. Now shut your eyes and name as many energy forms that you saw. Were you just looking at the surface level? Now, use the exercise from above and steady your eyes again. Scan and close your eyes and name more of what you see. The more you exercise with this practice the deeper your awareness will become.

The deepening of your awareness becomes heightened as you trust or as you are convinced you trust in what it is you see. Trust and awareness begins to align when you are convinced that what you are seeing, feeling, hearing, and knowing is right for you. As you begin to share with others what you see and they accept or agree with you it gives you energy to share and trust what you see, and what that means to you. This in turn builds your confidence in trusting in the energies you see, which are truly felt before seeing.

Trusting your feeling of what you see comes in alignment when the convincer of your

belief system is matched. The more matches the more you trust that you feel that you see. Another great exercise to do daily to access all realms of conscious/unconscious energy is to simply use attention and awareness together as one.

Attention and Awareness Exercise

Here are the steps:

- 1) Quiet the mind of thought (you can use tongue at roof of mouth technique).
- 2) Focus your attention on your EYES (not what you are seeing-- just where your eyes are and how they feel) raise them up to visual (up above eye level)if you desire.
- 3) Focus your awareness of the feeling in your eyes (example, the pulsating feeling).
- 4) Begin breathing naturally, no right or wrong or too deep or too shallow, just breathe.
- 5) Notice in your awareness what you begin to SEE (Sensing Energy Eyes) (opposite of looking; that is outside yourself).

The more you do this the faster it comes with details and knowing. Once you see the energy then begin to focus on the pulsating beats in your ears as this begins hearing!

Be kind to yourself as you are doing the above exercise. Allow thoughts to come in and fade away easily. The exciting thing about thoughts entering is that you are hitting a fear boundary and the conscious mind wants to know how you are seeing what you are sensing. The “how” of fear is a great indicator that you are about to eliminate a fear into trust. Once this happens continue to go even deeper and each time a thought appears, excitingly say to yourself, “Conscious mind, just trust and SEE.” A few simple words will allow the mind an easier pathway to accept. Give the command and then trust. Focus on your attention and awareness.

The truth behind seeing in all ways is to now hold the belief that if you can see one thing you can see all things. For example, if you can see a chair, then you can see all energy. Simply, a chair is energy in form. Can you sense a chair to know it is there before you look at it to know? Of course, if you allow yourself to sense things without fear of pain. We will discuss sensing pain later. For now, let’s stay on topic and continue.

Sensing is seeing from within all energy realms and looking is your eyes focused outwardly in a realm of energy. Once you personally discover the difference that makes the difference between seeing and looking you will have opened your mind to new reality of sensing what you know and looking at what has been created.

We can go deeper into the differences of seeing and looking using your conscious awareness and unconscious knowing. Seeing is a form of sensing, used from the internal self of you. Looking is you consciously placing your awareness with belief system to understand in your physical realm of reality. Open for a moment and experience the difference between the two states of sensing and looking; look at the book in front of you now. Physically experience the looking with awareness of all the details you are paying attention too. Now place the book beside you, close your eyes or leave them open, just do not directly look, and now SEE, sensing, the book besides you.. What's the difference that makes the difference for you? This is one way to see in the intuitive spiritual energy realm, third eye realm, the answers to one's own questions and knowings.

Seeing is a natural gift we are given at birth, however, over time and programming from the world, many begin to loose or mistrust their "Seeing" abilities. Fear is the culprit that shuts down our natural sensing/seeing abilities, most of the time this does not happen consciously, or if it is conscious we decided we did not want to see something and the mind responds to our wishes. Keeping fear from shutting you down even more let's play with a few exercises to stay open and free to see.

Opening your Clair Vision

Here are the steps:

- 1) Quiet the Mind
- 2) Close your eyes and take a deep breath
- 3) On the inhale say in thought "Open"; on the exhale say in thought "SEE". Repeat 3 times
- 4) Now open your eyes with eyes at top; hold them steady (as far as you can roll them up) Go further each time
- 5) With eyes in position; look and see what you see. Reminder--you may only see black lines, or fuzziness, or color-- do not judge, just allow.
- 6) Now write down what you feel you see.

Repeat this exercise as often as you like. Each time more clarity and details will come. Be patient with yourself and love yourself for what you do feel you see.

The next exercise is amazing and using your imagination you will feel, see, and know more easily. Take a moment and just breathe and relax your entire body. Take a few breaths if necessary.

Awakening the conscious eyes allows you to begin to see as you have always been meant to see; like a baby sees. Color, details, and then programming allows your representational system to match it to what you know in your own language or pictures. The more you do the exercises throughout this chapter the more trust you will create instantly in your seeing, naturally.

Let's talk more about the "INNER SCREEN" of the mind's eye. When you naturally close your eyes you are looking at the inner side of your eyelids; very dark for the first moment, then the longer your eyes are closed lightness begins to appear in white dots, color or images. The first moment is instantly dark to the conscious mind, and then the unconscious mind begins to form images from your core inner light or mind's eye view. There is a space between consciousness and unconsciousness that is your "INNER SCREEN" at play. Notice when you close your eyes. Your eyes automatically roll up behind your eyelids; this is natural. You can override it and focus your eyes downward as you close your eyes; notice you have to consciously, intentionally focus on keeping them there.

Creating your Inner Screen

Here are the steps:

- 1) Keep your eyes open and focused right in front of you. Stare straight in front of you easily.
- 2) Breathe in, and imagine there is a screen right in front of you. With the in breathe you move the screen closer to you and on the out breathe images appear easily in front of you.
- 3) Imagine the screen, as a movie screen, or a smaller screen, whichever is right for you. The size becomes just right for you with each breathe.
- 4) Now play! Ask what you want to see or know in your mind or say it out loud.
- 5) Pay attention to the screen and what it is showing you.
- 6) Write down or speak all that you see and feel.

Use this for any and all tasks in knowing, creating, finding or just simply playing. For example, you can use your screen in the grocery store to locate items. Do steps 1-3, then ask where an item is located; make sure your eyes are up and focused on your screen. Trust what you feel. Let it lead you to the item.

The power is in the true intention! Remember that; it will serve you well in all areas of your life. Getting back to natural again, close your eyes and picture, imagine and see your inner screen. It may feel like a light is projecting from the middle of your mind allowing you to see the screen easily. Ask the light to brighten or dim, whichever is best for you. The key is to play with it until you see what you see. You can pick an object, like a ball, to see on your screen. See the ball on your screen, and move the screen, closer or further away from you until you see details of the ball easily. Again, adjust the lighting using your mind. The mind is the control center for the screen. It can go where you want it to go and look as you wish it to look. This is you learning your own mind control that works best for you to see. Be the producer of the screen. Look from every angle if you choose. You have a holographic mind screen, so it will show you 360 degrees, based on the intention you set to see.

For even more, leave your eyes open; pull up your screen and play! Leaving the eyes open begins to allow the conscious mind to trust the unconscious mind visibly. All the answers you ever want to know or have been asked are inside of you...the INNER SCREEN allows you to access and see them consciously.

The trust you build within yourself will reveal how instantaneous the vision will be made known to you. You see--nothing is not known. It is just hidden behind the fear of knowing. Energy is one by itself and does not rely on time to say when you will see or not see the answer. The only thing holding you back from seeing is your belief that you can see and know right now. Remember everything is a vibration, so you are the time that determines when you will see. You may need to do a belief in time cleanse, to allow your conscious mind to always stay present.

Time- Belief Cleansing for your Conscious Mind:

Here are the steps:

- 1) Quiet the mind of thought (you can use tongue at roof of mouth technique) - Stillness

- 2) Now allow your mind to go to the center of your beliefs about time; the first time you knew linear time existed. Ask, “What do I need to feel, see, hear and know in order to release all my beliefs of linear time
- 3) Listen and Release! Keep the mind still and just feel the answer and the release happening at once.
- 4) Come into present and take a moment and see if linear time still exist or is the moment of Now just okay to be in at all times. (if you are still not sure, start at step 1 again until you know)

Chapter 2: Receiving Consciously

When you ask you receive! There is nothing in that statement that says ask and wait five minutes, days, years or lifetimes. That part of time is all in your belief system. Energy simply responds in the Now. Here is where confusion happens for most; we ask but believe we need to wait for something or someone to tell us, “Oh yes, you learned that from school.” Now let’s switch that belief to--“The answers are within me. When I ask, I know.” How you know is up to you; as to whether you see, hear, feel, taste or smell the answer. The answer is here.

Be open to believing you are receiving the answer now. The openness of possibility of it being true determines whether it is true for you. Is it true for you now? If not, what beliefs do you need to transmute into believing it is now? Again, feel it transmuting now. Are you catching on how to change the fear, blocks and untruths from your life? Yes, you feel it happening and believe the feeling that it is now. **It only takes now to change!**

The other confusion that comes in when receiving is that we may hold a fear of receiving the true answer. Almost like we want and do not want to know in the same breath. That sends mixed signals within us and the unconscious mind will consciously block the receiving until the signals are aligned in wanting to know. The vibrational match is what allows it to come forth or conform into our conscious mind. The mind is saying a vibrational YES and the “answer” yes of truth is aligning and allowing us to know.

A key point in asking is to ask in a childlike simplistic manner and to receive it the same way. Consciously we have been taught to make things complicated, as if there is something to figure out. Life is simple, in all ways. It’s just that we are taught to believe life is hard, complicated, against us and so forth. Remove now these beliefs and believe as a simple child believes that life is full of love, fun, joy, and ease. Life just is. The perspective change in and of itself will flip your reality into a whole new realm of ease, grace, laughter and love in life.

Perspective changing is a great way to perceive things in a new way. When you stay in neutrality, and as the observer in life, you then regain your power in experiencing life the way you choose. Changing perspectives is not about changing truth. Truth in and of itself is always true. The perspective of how we view truth is through our filters of emotion and beliefs that we hold within us. A simple way to understand this is to simply view you as your true name. “My name is (insert your name).” Feel the feeling inside when you say your name. Describe the feeling as light, heavy, buzzing, sigh, whatever the feeling is to you. Now say, “My name is {insert false name}.” Again, feel the feeling inside and how you would describe it. Do you see and feel the difference? The perspective truth is your name just is a name until you begin to add labels, meaning, expectations and judgements. It stays true that your name is your

name. It holds false that your name is not something other than your name at the same time.

Truth in clarity gives you opportunity to decide any action you may take based on the truth. These actions are what most people are attached to in emotions of positive or negative. My hope is to take you to a new level of understanding emotion as energy in motion and to let go of any concepts and beliefs that emotion is anything other. The world view is emotions are feelings of anger, depression, happiness, sadness, and so forth. The truth is, those are labels in words that you have believed to be true to attach to feelings in labeling emotions. Can you experience anger? Yes--express it. Experience it as anger in and of itself. How do you know you're angry? What's the story that is attached for you to believe you need to experience anger? What if the story was gone and there was only truth. The perception is key in believing the story that you attached to feel anger. You can choose to stay neutral and truth still remains truth. You see, it does not need your emotional story to defend or defeat it.

For most, we make up emotions through beliefs which is what keep us from receiving in the now. Ask and you shall receive. It does not say you must ask ten times or millions of times-- just once. Wow, that is almost too simple for our complicated programmed minds. Start with an easy A.S.K. (Awareness Seeing Knowingly) One that you truly have no fear in seeing/ knowing or not seeing/ knowing. One that has no emotional attachment to it and it can just be truth. ASK, "What color is the cashier's hair that will be checking me out at the grocery store today?" Something simple and playful. Now, write down your answer-- what you see and feel. Put it in your wallet and let it go. Once you are checking out at the store you will see your answer in your wallet and the color of hair of the cashier, in reality. Yes, you can see and know and the convincer is right in front of you. The easier you make knowing, the easier it is to know.

The only thing holding you back from seeing truth in the moment is an emotional survival story that "simple" is not true, and all the emotional unconscious death outcomes that were made in fear of "if that is true story." Do you understand how you create your own blocks in knowing now? Based on a fear that it may be a negative result (death) if it is true (live). The purpose in using the word "death" is to be seen as opposite of living. The polarity in life and

death in the mind is something that either causes life as a positive or death as a negative to us in scenarios we create. A threat or a joy--the mind chooses one over the other because two separate energies can not hold the same space in the mind. Here begins your breakdown in the mind of seeing things positive or negative. The more neutral as the observer you become the more power you have within to see.

The word "power" is used here in the meaning of clarity in now timing; being able to know the answer in the moment. You see, the mind will not be scattering energy (power) to create through old thought stories and allow you to see false answers just so you feel safe and okay. You know the feeling of false, you felt it when you said your name was something other than your real name. The feeling is the same each time truth or false is presented to you. It never changes. It may feel stronger or lighter but the feeling is the same.

Reaction in a false or negative action manipulates truth reality. When one reacts to truth in a negative way it creates an illusion opposite of truth in and of itself. Action comes in each moment. Reaction tries to take the moment back and recreate it in a way that does not affect our survival mode of telling us everything is secure.

Releasing your Reaction Mechanism

Here are the steps:

- 1) Quiet the mind into stillness (absent of thought).
- 2) Allow your mind to take you to the core of knowing you could ever react.
- 3) Feel reacting releasing as you bring it to light (knowing).
- 4) Breathe naturally until your body sighs . Sighing is a sign of balance/acceptance in what you ask for just happened.
- 5) Now see what it feels like not to react to anything. Be in awareness of how neutral and still your mind is in just observing truth.

Observing truth and being non-reactive is sometimes misinterpreted as not caring or having a cold- heart. This is far from the truth, my friend. it is in the observer mode that you care and

your heart is most present. Just because your actions or lack of reactions are not aligning with someone else's expectations does not mean they are wrong or off. Trust yourself to see truth and choice--your next actions based solely upon it. You will feel so much freedom in allowing and flowing in this state of being/mind.

Reactionary actions are based on fear of something or a story in your mind that holds fear in not wanting to change or see things differently. Many of our beliefs are locked into a belief of "this can never change" or "this is the way it has always been and to change it would create something different or uncomfortable". The mind has been taught through society to resist and love change at the same time. Resistance is a false protection our minds create for us to keep us comfortable in our now reality. Accepting and allowing change easily allows our minds to be flexible and creates different outcomes each time. "A" does not always have to equal "B" every time. Being open and flexible allows us to experience truth differently in every moment.

Keep in mind, reactions create blocks or resistance to receiving truth. The observer within you can just see truth for truth and then choose what is the next step in knowing this truth. That is facing or seeing life head on, in the now and flowing easily with life. Choices you make in this way, become automatic answers and use less indecisiveness in the moment. You know that time in your life you just knew what to do--without hesitation or thought? That is when you are in flow knowingly.

Releasing reactions is a freedom in and of itself. It takes less energy to allow than to resist. Knowing this now, let open the allowing mechanism in your mind easily.

Open your Allowing Mechanism

Here are the steps:

- 1) Quiet the mind.
- 2) Allow your mind to take you to that place within you that allows you to breathe without thought.

- 3) What do you need to see, hear, feel or sense that allows you to openly allow all things now?
- 4) Receive or write down what you sensed as the answers.
- 5) Command now--"I allow all things to flow." Repeat this over and over until your body sighs, which is a sign of accepted truth for you.

To truly know this is to be in a place that you can stay in awareness throughout your day and note any resistance. Another method is to "future pace" as a way to know now. Take something or someone you felt resistance to and ask, "If it happened now would I resist or just allow it to be okay?" If not okay, repeat exercise above until you are just okay.

Removing resistance allows you to receive consciously and easily what you are experiencing in the moment of now. Always flowing and always allowing life to be allows you to be you in every moment.

Loving to receive answers and being open to receiving is showing yourself natural love. Why do we feel we are not worthy to receive? We have been programmed with a lie that receiving and worthiness is the same. Receiving is just accepting--it has nothing to do with worthiness. You are worthy because you are here in human form--it's as easy as that. What we receive is given unto us because we asked; either consciously or unconsciously. The vibrational receiving is equal in the vibration you are sending out. Like attracts like. However, if you bundle self-worth into have anything to do with receiving then the vibration changes. It creates a new vibration based upon self worth as being worthy to receive. Release this belief now.

Also, please note that receiving is simply the same energy as giving. There is nothing you need to do or not do to give or receive. It can just happen in the moment naturally. Just like breathing we can give and receive without thinking. Just allow it to happen.

Conscious awareness in receiving allows you to be in the moment of receiving and allows your consciousness to expand the inner awareness that we tend to keep at an unconscious level. Yes, there is only consciousness to the degree in which you allow it to be. The world

lives in polarities and soul lives as one. Knowing this is to now know there is only a consciousness. The filter you have created based on beliefs, values, and programming allow for separateness of conscious and unconscious to be created in the mind. The truth is, you can consciously be in awareness without the filter when you begin to see how the filter changes your perspective. The filter accepts or rejects based upon your programming. Change the programming belief and you change the filtered perspective.

The truth of knowing how this works in your own life is to notice how easily it is to change your mind many times about something just by viewing it in different ways. Each view is true and right in each perspective you choose. This is where your free will to choose which view is best for you comes into play. There is one truth and there are many ways to experience that truth for you. Receiving truth consciously allows you to see all perspectives and then choose. Did you notice what was not there? Resistance. Choosing is as simple as making a choice. If you feel pressured or feel like giving up then the choice is based on something outside of truth for you. We will go more in depth on choices later in this book. For now, check in and see with yourself--are you open to receiving? Even as you are asking the question you feel the answer before the question has even come out. **The answer always comes before the question**, otherwise you would not know to ask. In the same breathe, you could have asked "Am I closed to receiving?" Did you just feel your body change or tighten while asking that question? Which one felt free? Yes, the first way is being open to receive.

I see where your mind is going--right to the "how" question. How do I receive? Let go of "how" and be open to receiving in all ways. "How" is up to the Universal God Source you believe in. Just know and believe that you are receiving and have already received. That enters you into a state of gratitude. Go into and feel the gratitude state now.

It's simply a feeling of freedom, openness and more. Use your own words to describe or use no words and just feel. When you're in gratitude you are open to more because you are not in a state of want, need or choices that still may have resistance attached to it.

Simply focus your mind in the vibration of gratitude. Feel it, sense it, see it, hear it all within

the stillness of your mind. Use this vibration first before asking to receive truth; this will allow truth to simply be consciously known in your awareness. Let's play with this for a moment so you can experience it. First, go into the state of feeling of gratitude. Next, ask "Show me the truth in (fill in with something you want know)." Keep it easy at first. "Show me truth in knowing what my body desires to eat today?" Use your vision to see and know the answer.

Doubts arise when there is an alternative motive in your emotional- belief being. Like wanting eggs but your mind says yogurt. Release caring in the emotional sense when receiving truth. Caring what the answer is or how it is delivered will create a false positive answer. You will know when this happens because your being-body will tighten naturally. Ask again until the answer you receive is with ease in the being-body. Now that's truth. Breathe or take a full breath to clear the energy before asking again. Allowing breathe to clear any energy outside of truth will in turn reset the mind to being open to the answer.

Allow yourself for a moment to stop and breathe. Allow your mind to go deeper into seeing the process within you as you read and take it all in. What are you noticing? What has simply changed in your belief of conscious awareness?

What keeps you from knowing what you know? Yes, FEAR again is the underlying culprit in your belief system. Eliminating fear by simply believing it does not exist is almost too much for the mind to process. We have been programmed to fear life when in truth there is only two fears of survival we are born with: fear of loud noises and fear of falling. Wow, how close is the word falling to failing in your ears? Are you catching on to how the world programs us through words. Words are powerful when meanings can mislead us auditoritally.

Let's continue on a positive path of consciously receiving information. There are many ways to test to see if what you are seeing is true by using muscle testing, dowsing rods, and pendulums, just to name a few. These are conscious convancers to help you knowingly know the truth.

Asking for additional signs to know truth can be helpful if you can stay neutral and allow the signs to come to you. Going and looking for them will confuse the energy in the mind and can

be attached to a need or want to be right or wrong.

Your universal god source sends you signs through angels, spirit guides, other people, places and things. You may read a billboard and receive confirmation of an answer or hear someone speak and you feel that was a sign for you. Be open to answers coming in all ways. We get stuck when we believe there is only one way an answer can come. Limiting the possibilities of the mind narrows the mind conscious view of our world of reality.

How you receive answers is unique for each person. By going through this exercise you will better understand your ways in receiving. This is not to be used as a limit but as a knowing that expands and opens you even more into trusting yourself to know.

Conscious Convincers in Visually Receiving

Here are the steps

- 1) Quiet the mind.
- 2) Ask, "How do I see I spell my name?"
- 3) Allow your eyes to move on their own to see the answer.
- 4) Now breathe and receive and view the answer.
- 5) Pay attention to each to how you see each letter and how you are receiving it in sight mind.

There is no right or wrong way to receive information. It is in the trusting that you visually see. Practice this until you feel comfortable. Add colors and details if you can only see black and white. We are creating on your **Inner Vision Screen** which was introduced to you earlier in the book. This exercise is best done by yourself so you know how you do it for you. Doing it with others may confuse you and you may try to do it their way which may not work for you. Keep it simple. Once you trust the process of how you see that you receive then start plugging in the answers to your questions visually.

You got this. Take your time and allow natural development to work for you. If you feel pushing or pulling within yourself to do this then it is not time. Let go and allow it to be created for you. “Trying” is a cop out word--it does not tell the mind to or not to. It leaves it in a state of limbo. To experience and understand this, place a pen on the table next to you. Next, try to pick up the pen. If you picked it up, then you heard “pick up pen.” Again, TRY to pick up the pen. Notice the difference. Try is not an action word. It’s a word created to avoid action and can bring about false hope. So if you're “trying to see” you are not seeing; your only creating resistance or scattered energy. Stop, breathe and simply start again. Many of you may want to write down what you see and how you see best for you. Just remember that there is only one way you see that you believe. Now open even more to seeing in new ways. Again, let this occur naturally. Just be open in conscious awareness that this is happening for you.

Chapter 3: Visualizing the Soul

Now that you trust you can see answers we are going to go deeper and visualize the soul of you and others. Seeing the energy of the soul will tell you about you or the person you are reading. Why do you need to see soul energy? Soul energy is the purest form of energy that holds all truth. Soul can not hold a negative or a lie. It simply shines in truth. Shadows or shadow energy is not of the soul; they are the spirit in which heart and mind are present together. Soul is light; just as if you lit a match and held the flame in front of a white wall--there is only light and no shadow.

Pure light of soul is without shadows; it's the truth glowing for you to feel and see. Imagine the seeing mind communicating in pictures as it interprets the vibrational exchange between spirit and soul. The vibrational exchange is the pictures you envision. It's the answer to the question you asked. Here is a great thing to remember when using clairvoyance--slow down and ask one question at a time. We have been programmed in fast mode to ask twenty questions when the first one has not even received an answer. Life is not a race, it is a journey to be enjoyed and created by you. Freeing yourself from linear time will help you go at your own pace and create your own way.

Think of the word "soul" for a moment and see what you see. Write it down if you need--all the details. What does it mean to you? How do you see it? How do you hear it? How do you feel it? Release judgment and "I don't know" answers. Play with it a bit and ask, "What if I did know?" This releases the instant resistance of knowing so you can know. There is no wrong or right way to understand soul; how you perceive it is right for you. Be open and flexible in your perceiving so soul can communicate or be seen in other ways.

Soul energy lights the aura, the color of spirit, to bring to light all your journey entails. For me, this is how I see and understand when reading someone. Yes, the colors are linked to the chakra centers, however, it is deeper than that. Seeing timeline events as current, past and future, and emotional attachments and patterns is just the tip of the iceberg in reading or viewing through soul light. The purity of passions, gifts, creativity, and cause and effect also comes through the light to help guide us on our journey.

Looking through the eyes of another is a window into seeing their soul. There are many ways

to be creative in how you are able to see their soul and what it is showing you. The key point being, your own soul light is shining back at you on some level within you in the experience you are viewing in them. Viewing the spirit within the soul is where the details are located. The soul illuminates all that the spirit has ever experienced. You can decide for you how you see it. The way I see energy within the chakra colors allows me to see the details of truth within the spirit. Viewing or reading the spirit and soul as the endless light of energy will help you know how you see it. You will not perceive it in the same way, that is your uniqueness in you. It will help you write or know your own understanding of viewing the soul and spirit.

I know the next question you are going to ask, “What part does the mind play in seeing or reading the soul and spirit?” The mind is the interpreter of the vibrational energy, pictures if you will, that soul and spirit are sending out in communication. Through the filter of your mind, the programming we spoke of earlier is where judgment and outcomes can be skewed by our perception of beliefs. When viewing or reading someone, the goal is to view from their own beliefs and programming. This keeps you and your personal views at bay. Clarity will come and you will understand for yourself what their spirit is saying to you. You can read yourself as easily as you can read others. The issue for most is that they are emotionally attached to the answers they want instead of what is truth.

Visualizing your own Soul Reading

Here are the steps:

- 1) Stand or sit in front of a mirror.
- 2) Quiet the mind.
- 3) Ask the question you want to know. Example, “What am i truly creating now?” or simply, “What is this current situation (you add in the situation) teaching or telling me about me now?”
- 4) Envision the answer on your inner screen.
- 5) Speak or write down what you are seeing.

Eventually, you will be able to read in the moment. The mirror is a great tool to use for your conscious mind to focus on you. You could also, with a friend, do this so they can be the truth

detector for you.

Imagine(see and feel) sitting in the seat of your soul; see your whole being sitting in pure energy. What do you see and feel releasing out? Let it release out. Stay out of the mindset needing to know what is releasing or why it is releasing. Soul is releasing negative energy from you. Negative energy could be old patterns, wounds, stories, emotions, others' energy or anything that is not a positive to soul. Soul is unable to be or hold anything less than positive. Knowing that allows you to easily, in the moment, sit in the seat of your soul and release. Just focus on your breathing and let soul use it's energy to clear out the negatives. You can say the words, "Clear-Now' for your conscious mind to be in sync with what is happening. The body will sigh naturally when the cleansing is complete. Now, take a moment and feel the moment of you now. What is different? What perspective changes were instantly changed? Do not conjure up worry for the sake of knowing it is gone. Just notice it is gone and that it is okay. Worry and stress are old thought patterns attempting to be brought forth as truth. See this in your own life for a moment. When has any of your "worry stories" ever came out as you worried them too? Never! Truth will always prevail over worry. Worry is just a busy mind taking the focus off the moment of now.

Visualizing truth is visualizing from the soul. The sensory mechanism of vision is just one interpretation we are born with to help us navigate our journey experience here on earth. If you were to paint or color a picture of soul, the interpretation is what you envisioned in the moment. Energy is always moving and changing constantly and so are the images you create in your mind. Soul can take on any and all forms because it is pure energy light.

Transformation is of the spirit though the soul energy. Often times we here we need to change our spirit or soul energy; that is misleading. The truth is we need a mindset perspective change that will aid us in seeing truth. Yes, most of the time our values and beliefs form the vision or what we are not seeing in the vision.

The conscious awareness in our mind has a limiting view of soul. Expand consciousness and you expand soul awareness. The visual dialogue can begin with any consciousness of soul

existing. Do not fall into the trap of not being aware enough to see soul; that is just an excuse to keep you safe in your mind now. The consciousness in mind always wants to keep you safe and protected. When it feels there is a threat it will fight or flight with you. To overcome this, simply begin to believe that it is normal and simply okay to talk to your soul. See what your mind response is to that. It is showing you where old beliefs of it not being are at. The truth is that those limited truths are keeping you from seeing and conversing with soul energy.

Seeing your soul allows for your creativity, third-eye perspective, to flow in your life now. The purpose of creatively designing your own experiences is to experience joy. To create and experience anything less than joy is abusing your own power of self. Sure, we all experience life in different ways; saying one person's sadness is at the same time someone else's joy. How can that duality be present? It's all in the perspective of seeing the experience from a place of joy or a place of sadness. Which is true? Both are true according to the perspective one chooses to perceive the experience as it's happening.

Chapter 4: Your Soul Awareness Perspective

Knowing that soul is pure energy and how you can now communicate with this energy is going to be amazing for your journey. The soul always shows and knows from the perspective of your best and highest good. Where does soul get the answers? Soul illuminates the answers that are within the spirit. You have heard your soul knows best many times. The soul is the energy allowing, through spirit, to bring the best knowing to you in your mind's reality. Asking mind what is my best and highest good will bring limited answers based on your limiting belief system. Asking your soul to answer you through spirit "what is my best and highest good" will knock your belief system out of the water. Mind will be like "no way that's not possible. I do not have the skills to be that or do that." That's the limiting mind talking and getting in the way of truth. A great way to overcome this limiting mind chatter is to close your eyes and write or draw what spirit is showing you. This allows you to get the answer and view it afterwards. Many times we see half truths because we limit our mind to seeing whole truths.

Soul always responds with YES! Ask anything of soul and it will answer. The only reason you do not see the answer is because you did not believe you would see or receive what you asked. Again, worldly programming has narrowed and taught our minds differently. Answers and receiving are always there, but if you change the vibration or attach worth vibrations to receiving it will not come into your conscious reality.

"Yes" and "no" are complete sentences. To understand or gain a deeper understanding of the perception of soul, ask "yes or no" questions and stay out of the "why or because" responses from your limiting mind. A great way to consciously confirm "yes" or "no" is to use muscle testing.

Muscle testing for Yes/No Answers

Here are the steps:

- 1) Stand up and breathe naturally into a balanced relaxed state.
- 2) Say out loud, "My name is..." and say your true name.
- 3) Notice if your body moved/swayed forward or backwards.
- 4) Come back to a balance relaxed state.
- 5) Say out loud, "My name is..." and say a fake name.
- 6) Notice if your body moved/swayed forward or backwards.

For example, your body moved forward when stating your true name, that is your "yes" and backwards would be "no". The key to using this is not to be attached to the answer. Stay neutral when asking yes/no questions. Ask one at time. The more you work with muscle testing the stronger it becomes. Muscles never lie and just respond to the vibration of the soul's answers. If you feel yourself tighten while asking a question, stop and relax and ask again. The tightening is a sign of fear of the answer/response or a desired outcome attached to the question. Muscle testing is a great way to begin to trust you consciously and if you notice the feeling in your gut to the muscle response you will begin once again to trust your gut instinct.

Bringing your soul into conscious awareness allows you better understanding of soul and is helpful when dialoguing with soul. You can communicate with your soul in many ways, such as: spirit writing, telepathy, visual convincer signs through reading, and meditating. Hang out with your soul as you are getting to know each other as best friends. Soul can always be trusted. It is the egoic filter of consciousness that has the capability of lying--which is the same as fearing the truth..

Lying is fear based and holds no truth or value within soul. Soul can not support or see lies; it only knows truth. Light is truth. We know this on some level of programming, as we use the phrase "bring to light" or "truth will be known in the light." Many of the words we use today hold truth in them if we slow down and are in awareness. Yes, that is how you know you have all the answers within you.

Consciously, we have been taught that there is a "within" and a "without"--meaning inside

our being or outside our physical being. Release and know that it is just space we hold and everything is as one. We even hear, "If it's within us it will manifest on the physical plane." The physical plane is just a denser reality that our physical bodies can see, touch, and feel easier than the energetic soul/spirit body which is a less dense energy reality.

Clearing your Filtered Mind

Here are the steps:

- 1) Quiet the mind.
- 2) Allow your mind to take you to the core or first time you knew/believed lying existed.
- 3) Ask, "What do I need to know, see, hear and feel in order to release lying now?"
- 4) Breathe and allow the answers to release lying now.
- 5) Now muscle test by asking, "Do I now know the difference between a lie and a truth?"

Muscle test and see if you get a "yes". If you get "no" repeat the above steps until you know that all realities exist at the same time for soul, but our conscious mind has been programmed to the denser reality as real or true. For instance, for many if they can not physically see something they believe it does not exist. We know this is not true based on quantum physics and science.

There are many benefits of knowing truth and talking to soul--as soul can help guide you easier than any other person on earth. Soul advice is true for you. Whereas, another person's advice will work for them but not you. Your advice or answers come from soul and is called wisdom. Seek wisdom from soul and your conscious awareness will expand. Advice is based in thoughts and can be misleading as they are from the past knowing. Soul answers are in the now. Understanding and knowing wisdom will release fears naturally and bring truth to light.

What do you want to ask your soul? Take time and ask. Soul does not judge, which means you can ask the most mundane question to the most brilliant question and it will answer. You are never a bother to your soul; it just is energy of light/love. I have learned the more specific I am in asking, the clearer the answer. By this I mean, ask a broad question and you will receive a broad answer. Ask a detailed specific question and you will receive a detailed

specific answer. The mind only needs to sense the answer through your six senses. There is no “place” for the mind to go to find the answer. The answer comes and you can sense it in still awareness or mindfulness.

We are taught at an early age that we do not know and that we must ask or seek to find answers. However, if we allow ourselves to consciously believe we came into the world with everything we needed then the answers are already with us. The answer always comes before the question or you would not know to ask. This is confusing to our conscious mind since we have been taught the opposite. For a moment, think about this. Are there things you know that you could care less in knowing? Things that are not for you or do not resonate with you. Do you often question, why do I need to know this? Or what purpose does this knowledge have to do with today? Yes, the world’s way is to fill you with their knowledge and fears.

For a moment, imagine being born and as you grew up you were only aware of what you desired to be aware of or have knowing of. What would be different in your world today? What would not exist? The “child” mind is the simple intuitive mind before others fears and logic are impressed upon it. You have heard believe or be childlike in faith. All the fears or false stories would not exist if we did this. You would live in the freedom of you. Are you ready to go there now.?

The Simple Child Mind

Here are the steps:

- 1) Quiet the mind.
- 2) Allow the mind to go to the first time you imagined and knew the answer.
- 3) Ask, “What do I need to know, see, hear and feel to let go of and to be in this energy now?”
- 4) Sense the answers--breathe them into you and allow yourself to release the energy.
- 5) Now imagine and feel living in this energy now. Keep the feeling and begin to live life now.

Chapter 5: The Soul Dependent Mind

Do you see how the programming in our world has affected your knowing and trust in yourself? When you live from a state of fear you receive more to fear which in turn makes you rely on someone or something outside yourself. Relying takes the trust from you and puts your trust into others over trusting yourself. Co-dependency is then created. Be only codependent with your soul, then you will feel fulfilled. Being dependent to something or someone outside of you is to create a false need that must be met by something or someone other than yourself. For example, you need this thing or that person to be happy. Is that true? No, you only need to allow yourself to be happy, not contingent on any thing or person. That is when attachments are built. Attaching to people and things means you have detached from soul. Yes, you're always connected as these attachments are seen as blocks in the spirit-mind. No two objects can hold the same space at the same time; meaning if your space is attached to something or someone then it can not be truly open to all soul energy.

You can train or teach your mind to be or do anything if you only believe it to be. Allow and teach your mind to depend or rely only on your own soul-filled answers. Imagine now what that would be like. What are you experiencing right now in doing so? Yes, I agree there would be less chatter or talk in our lives. Do you remember ever hearing a wise man speaks few words? Now, look at today, we are communicating with words endlessly. The Tower of Babel keeps coming to mind. Yes, we have created it once again. Everyone is speaking and no one is understanding what is being said.

Let's slow down and choose our spoken words wisely. Ask your soul, "Do I need to speak this aloud?" Listen and obey. You will have far less confusion in the mind when you begin to ask soul first. There was a time in your life when your mind trusted your soul. You are beginning to create that again now. You can ask, "When did I stop listening to my soul?" "What or who guided me elsewhere to find answers?" This is not to know for blame; this is to know for your own awareness.

Once you are aware, you are responsible for that awareness. Responsible simply means "the ability to respond." It does not hold any meaning of blame, shame, or negativity at all. It is a simple action word meaning you having the ability to respond. Let that one sink in, because most of us have the word, responsibility, attached to a negative definition with heaviness in judgement of blame or shame.

Your Soul loves it when you depend upon it. It creates the oneness it has always known and been. Only your beliefs and your choices you believe can create an illusion that you

are separate from soul. Mind, body and soul are one energy with labels attached according to density in awareness. Can you see mind? Can you see body? Can you see soul. Yes! If you answered no, then there is a block in your belief in seeing. Release and imagine seeing what you're not seeing? Describe it, draw it, feel it. Now can you see? Yes!

Seeing your soul helps your conscious mind connect and believe and releases doubt of existence. From this day forth, ask soul first and let your spirit-mind be open to the answers or knowings. Yes, you will let people, places and things go from your life; this will be seen as fulfillment. Your life energy is always full--empty does not exist in energy. Empty is an illusion created in our world to make us want and need outside of ourselves. Again, you have everything within you to sustain you. Trust the journey within your soul. The soul came to play and create through your spirited-mind and body. The soul knew before coming what is came to discover so get out of soul's way in your mind and allow your amazing soul life to be creating now. It already is, you just placed so many fears and doubts in the way for it to fully enjoy creating.

Depending on soul now ask, "Soul what do you want to create today?" Yes, you still have your daily life duties, however, when soul takes over they no longer feel like duties. The duties just become doings or creations of what is in front of you while being you. The being in you is soul. The doing is the actions or responses of the soul naturally.

Soul does not need you to figure anything out! Read that again!! There is nothing new on earth and nothing it does not already know. It only wishes to create, explore, and experience earth through you. You are the vessel, nothing more. Oh that just hit your egoic nature hard; well, truth will do that when lies are present. Who first told you or how did you know you did not know something? Clear that experience and enter into truth of knowing. You are already connected to infinite source knowledge and it is available when you are ready to see, hear, feel, taste and smell the answers.

Connecting Mind to Soul Consciously

Here are the steps:

- 1) Place your hands in your lap, freely.
- 2) Ask the side of you that represents your mind to come out on the right or left

hand. Once you feel your hand move flip it over palm side up.

- 3) Ask the side of you that represents your soul to come out on the other hand. Allow your hand to flip over palm side up.
- 4) Now raise your hand to your heart level. Take a breathe and see how close or far your hands are to each other. (The space in between represents the disconnected trust.)
- 5) Now ask mind, "What do you need to know to connect and trust soul?" Once you sense the answer notice your hands coming together. Breathe and repeat your answer and allow your hands to continue to move until they are touching.
- 6) Fold your hands and bring them up to your heart. Repeat "Peace, love and oneness" until your hands gently fall into your lap.
- 7) Take a deep breathe and feel the new strong connection between heart, mind and soul.
- 8) Now play! Ask something you want to know. Remember to ask in neutral energy. Now sense the answer!

You are now connecting and trusting through your mind the answers from soul. The more you use and develop the trust the stronger consciously your mind will trust your intuition. The trust will allow you to depend upon your new soul-mind connection and trust deeply in your journey. Now add grace and gratitude and the spirit comes to life in a whole new way. When the energy of mind-body and the energy of the soul-mind comes together spirit is created and allows the three to become one.

Listening to spirit now becomes in actuality listening to your soul-body-mind as one. The vibrational changes are felt and known. Your breath becomes light and airy. Breath is used to balance the body so even the body becomes light and airy and able to move with the energies of the spirit-soul. What then has been released? It is the fear mind. The one created from past, from limitation, from everything outside of truth; the part the world calls your ego. Use the above exercise to consciously connect the trust of ego to soul-mind now. Let things go and release out and be open to new mind, new ways, discoveries and opportunities for you to shine. Allow the process to illuminate your gifts you already knew and to see new ones emerge easily inside of you. The trust is already present in using your new gifts as you have released the fear.

Dependency of self is natural; it's the outside world that wants you to believe differently.

Natural reliance does not mean you do it all yourself and avoid others help. It is just the opposite. It allows for others to be a part of the process naturally. Without the asking, urging or pushing of energy. When you push, the energies will push back. So stay in natural action creating a natural flow for you. This is hard for our humanness when we are taught to push through and get what we want now. This type of belief is from the scarcity mentality of people. Yes, action is key, but action is not of a forceful nature. Do you see nature force itself to grow or change? Do you see nature's rhythmic action as cycling and always in action? You create in the same way nature does, naturally in cycles; nothing truly ends or begins. It just transforms and transmutes along the way.

When you begin to live from this perspective, the mind is able to be the processors of energy instead of the limited answers you seek within it. I spoke about this earlier in the book as the mind being the processors as the soul and heart energy vibrations communicate in energy pictures/symbols of your understanding. Take a moment and allow this new perspective to take its place and release old perspectives that no longer support your new way.

Chapter 6: Integrated Eyes

You are now seeing and viewing your life and lives of others differently. What changes are you seeing that are new for you? Anytime you read, know, and understand something in a new way it creates change within your own eyes. Viewing life objectively and seeing things from a new way allows for growth and expansion of your reality/illusionary mind.

Integration within the mind affects all your senses naturally. Since we are focusing on the sense of seeing throughout this book we will only talk about this sense here. What is the difference that makes the difference in your seeing now than from before reading this book? What are the changes? Did you know they were there before I asked you to see them? The key of seeing awareness is balancing the big picture with the details. Think of a hologram for a moment. Imagine seeing holographic pictures in through your mind's eyes. Yes, I said eyes, plural, the inner eye and the two conscious eyes.

Consciously Connecting Your Eyes to Mind's Eye

Here's the steps:

- 1) Quiet the mind.
- 2) Close your eyes and imagine a triangle right in front of you.
- 3) Breathe the triangle in until you feel and see the connection.
- 4) Imagine each point of the triangle representing your eyes as your third eye and your two conscious eyes.
- 5) Imagine and feel circular motion energy running through the triangle connecting all three sides.
- 6) Breathe and feel the motion within your eyes until your body sighs.
- 7) Feel your eyes as one as you open your vision.
- 8) Now play! Ask a question and see the answer (eyes open or closed is up to you.)
Come into your awareness consciously.

You are now able to read energy using all your eyes. Yes, you did before, and now you know you know you see what you see! How incredibly freeing is it to know that you know that you see! Allow the process to take root and grow consciously for you. You will begin to create your own way of seeing--the steps above are just one way to see.

Play and ask yourself, "What steps do I take to see?" This will allow you to easily believe and create your way of seeing that is right for you.

Integrating your conscious eyes is easy and makes it easy to see in the moment of now. You can just access it at any moment. There is no need for meditation or quiet space to connect. When you feel led start adding music and noise in the background to enhance your vision. You can use the quote, "The more noise the more focused my eyes become." Let the distractions enhance you and not hinder you. We live in a busy, noisy world and

your intuition already sees that and can use it to your advantage.

When asking to see, just hold the belief that you will and you will. Some people fear seeing even though they want to see. We are not to judge what we see as good, bad, right or wrong. We are just asking to view the answer in truth. Your eyes will focus on the answer naturally. Allow them to move to the vision you are sensing. Pulling or pushing your eyes is force and you may not see what was intended. Follow your eyes! The more you give up controlling the “how” you see, the simpler it will be see.

In the NLP (Neuro- Linguistic Program), they teach that your vision is seen by rolling your eyes up toward the top of your head to make a greater connection. For me personally, my eyes go up and to the left. Again, there is no right or wrong way to see. The awareness of seeing consciously is all that matters to bring the answer into and out of you. Yes, the energy comes in through the eyes and back out as a picture. Just the same as you naturally see. It is the opening of your belief that all energy can be seen that allows you to see. If you doubt, fear or do not believe, then you will not see. Sometimes fear creeps in and then you get a vision and question yourself as, “Did I just see that?” Use muscle testing or see again to be convinced you did see.

Your eye muscle will begin to develop a keen sense of sight the more you use it. If you are near or farsighted the eyes will begin to heal just by seeing. For most, we are too inward or outward in our awareness so balance is key to create healing for your eyes.

Allow and imagine the third-eye to create a vision screen that your conscious eyes can view easily. The shapes and colors you already know from learning the language you speak. Energy and visions speak to you in your own representation system. Meaning, if you ask to show you a tree, it will show you a tree as you know a tree to be. Do not complicate the simplicity of meaning or seeing. The more child-like you make it the easier the mind comprehends it.

The conscious eyes will move to a point that represents the screen. Remember to breathe and look at the picture so you can interpret it. Allow the screen and knowing to come to you; when you try or force to go to it, it will become blurry and out of focus. Relax the body and mind then look. This helps the vision come to life without force. You may feel led to draw or speak what you see. Go ahead and trust that you will understand it. No, you do not have to be an artist or fluent speaker. These are labels and judgments that will hold you back. Just use what you have creatively and you will sense and see it come to life.

Having your conscious eyes open or closed is up to you. Play with it both ways and you will know which way is best for you to see. Balancing the big picture with the details, enough details for you to understand what you are seeing, is good. The details help you create your confidence in knowing you can see the difference that makes the difference and the big picture assures you of what you can see. Use telepathy to work with your mind and energy to ask to see what you need to see. Example, you see an area that is water near a parking lot. You want know where this water is located. Telepathically ask, "Where is this water located?" See what the energy shows you in vision as to the location. You may see a symbol or actual place sign that tells you or leads you to knowing.

Be open to how the answers form for you. It may be different each time. Just allow and know what shows up is truth for you. Narrowness happens when you say, "Show me a street sign?" as that being the only way you will trust and know. The street name may be "Tree House Drive" and you see a tree house with a driveway leading up to it. You may not actually see the sign stating "Tree House Drive." Open to interpretation with conscious eyes brings expansion to our tunnel views or beliefs. Allow answers to come in all ways, always. Do not judge seeing in color or black and white--the answer is the same. Truth always remains truth. Knowing that, you can begin to allow your third-eye and your imagination to play with seeing color, objects, symbols and more.

Let's Play! Imagine in your mind a McDonalds sign. What does it look like? What colors are you seeing? How did you know you could see that in your mind without it being in front of you consciously. Awe, breathe, out went all the doubts of you being able to see energy. Look at how you are envisioning consciously! Take a moment and thank yourself for being open and imaginary enough to see.

Yes, you will never see the same way again. You will begin to see energy around people, places and things. It is up to you as to what you do with your gift of sight! Integrating the eyes integrates the mind into believing in seeing naturally. If you need more convincing that you can see, ask a friend or relative to pay attention to what they are doing and where they are at a certain time of day or night. At the suggested time, imagine and see what they are doing and where they are. Next, ask them and see that you were right. If you were wrong, then you know your doubts and fears created a story.

Eyes never lie, but the conscious filter you created can! How do you know which one you

are tuned into? For a moment, say and see your name in your head? Hear and see your own voice? Now, ask your Universal God Source a question and see the answer. See the difference--it may be a softer, louder, deeper voice than your own. Consciously be in the awareness of knowing the difference from your own self-story and truth. Use your inner vision screen to see the answer. The building of your inner vision screen allows your conscious mind to believe there is a screen in front of your eyes that displays truth. The reality is we are holographic beings so all reality is experienced through our conscious screen awareness. Bringing the screen into play as a vision board of truth, you create a new way to experience seeing truth. Each of us see in truth (the screen) in our own unique ways. The ways and techniques given in this book are not the only ways to see. They are simple ways I know the mind can trust and allow you to see.

How do you see? If you want to know then observe the process you use to see. Pay attention to how the truth is being revealed to you. Where do your eyes go? How does your breathing feel? Do you see in color or black and white? Do you see big picture other than details or the other way around? These are the physical knowings of how you see. For some knowing the step by step process confuses them. If this is you then just trust you see knowingly. Just as easy as you turn on a light switch and the light comes on you can know-- you do not care how it happens, just that it happens. Using your senses can be trusted in the same way. For most when they try to figure out the how, the mind creates doubt and fears that are unnecessary and will block your seeing.

Let us now deepen your integrated eyes into the most easiest, naturalistic thing you use to navigate here. Doing this allows you to trust your journey and knowingly see your own answers--just as easy as you breathe. For some, it is easy to look at others' answers and not use their gifts for themselves. The belief system they hold may block them due to fearing selfishness or narcissism which are societal beliefs.

Natural Integration of Your Eyes

Here are the steps:

- 1) Quiet the mind.
- 2) Bring to mind your triangle connection grid of your three eyes (earlier exercise).
Eyes open or closed is up to you.
- 3) Take a breathe and say, "As easy as I breathe I see truth for me."
- 4) Take deep slow breaths until your body sighs.

- 5) Ask a question.
- 6) Take a breath and see the answer.

Yes, it is natural and easy to see. Remember you were given your senses to use naturally while you are here on earth. Sensing is a feeling and knowing. The world created feeling(s) as there are more than one. This confuses the conscious mind and begins to form a different belief system than what you were born with knowing. Feeling is sensing and knowing truth without labels, judgements or filters. Think for a moment about the feelings we are taught through others--sadness, anger, fear, happiness, and you can add the rest. These are labels of judgement created for outward expression of inward beliefs and perspective. Proof of this is simple as one person's happiness is another's misery. See it is just a story--a perspective you are taught to believe in. Truth is always truth in any perspective you choose to view it in. The word "view" here means what your beliefs and values are, how you are interpreting something or what you are experiencing--viewing.

Chapter 7: The Gift of Vision

If you can see it you can be, see, have, experience, know, and achieve it. Feel free to add your own words to the quote. We have all heard it and it becomes true when you consciously knowingly believe it. You are to fill in what "IT" is for you. The "IT" is the experience you are having through the being--the belief that is happening and occurring that you are experiencing in your being of it now. You may want to read that again until it makes sense- feeling truth in it for you.

What you use your gift of vision for is totally up to you in every moment. You can use it to see truth or to see physically in front of you--it is all the same. It's energy. How do you feel led to use your gift of seeing truth?

How can you use your gift to help yourself and others navigate, flow and experience joy while creating and playing here on earth? The possibilities are endless, infinite and you came here knowing how to use your gift. Did you forget? Okay, take a moment and sense and see your heart. Now, ask, "What purpose are my eyes and visions to be used for now?" Quiet the mind and see and listen to the answers--the heart's reply. Yes, your heart always knows truth for you. Just trust you will experience all the ways you saw in divine timing on your journey. Trusting in this way allows you to just flow. It releases the impatience, the fear, the doubt, the "I could never" beliefs and says, "Yes I am!"

Strengthening your trust in your gift of vision is to simply say trust the first time--that is all the strength you will ever need. Forcing is not strengthening; creating doubt and fear is to build your own obstacles. You do not need to create fear to trust. Trust is not something that is created over time, as the world would have you believe. Think for a moment of the experience of meeting someone for the first time. Did you instantly trust them or doubt them? Was your first instinct (sense) true about them? We know in the now moment what is true; be present in the moment and you will see and know instantly.

Being fully conscious in the now and using your gift of vision brings you into the present moment. What a present--your own gift you are being given now! The word "being" is an action word. Know that you are a human experiencing life in action. Energy never stops, nor do you; even when you're sleeping or just sitting you are still in action. Action has become known as a heavy, fearful, self-worthiness word and that is exactly not what it means. It simply means movement. Are you catching on to your own meaning of words and how they affect you in every moment? If they are fear based they will slow or rush you. If they are truth based they will allow you to flow naturally.

Due to false programming through others, we sometimes see ourselves as unworthy of gifts. All be it, physical, mental or spiritual; you are not worth. Worth is a false-positive word that was created to believe worth has a value or entitlement. No soul is "worth" more or less than another soul. We are all created equally in our own unique way. Our soul came to experience life on earth as a being in human form. Whatever the form our soul-selves chose to come here in was meant to be for us to experience through.

Knowing this now, you can easily receive and know your gift of vision has always been with you for you to use at all times. It is up to you whether you use it or not. To know this for yourself ask a child to envision a story. Did you notice how they just started seeing and telling you. Wow, they were not attached to worthiness or not being able to--they are still young enough in innocence to do it naturally. Childlike! Be child-like with your gift! Play and use it. Things are as they are, and you making them serious or not is a just an illusion your mind holds. Does it change if a child is playfully learning his homework or serious learning his homework? No, the learning is all that is gained or made known.

Being a visionary! How do you become a visionary? What does that mean? What do you

focus on in your visions? When you begin to speak truth, out loud or to yourself of your visions, you will trust what you see. You are now able to give your gift to others in all ways. Sometimes you are the visionaire and other times you are the convincer of what they see for themselves. Be flexible in giving and receiving in using your gift.

You naturally have the power within you to transform the way you see. See and envision using your gift in new ways for new purposes, and for new experiences that you desire to experience. Experience is without exception. Release expecting a certain way or outcome that must occur. Expectations are false positives the ego mind tries to create to keep you safe. Think of something you expected to happen that never did. Are you grateful in any way it didn't happen the way you expected? What was the outcome? So, what was the guarded and saged outcome you expected. Remember this about "thoughts"--they are of the expected mind and are limited. Thoughts can only believe what they have experienced which would be past happenings or happenings to others. Instead, release the thought-expected mind and see the gift of awareness in the experience that you were given.

Feel yourself in oneness with the envisioning process. See yourself in the picture experiencing the vision now. What are you feeling? What new awareness has been created for you? Use your intuition of seeing and knowing truth as you go! This is one way to use your gift of vision to manifest your desires, dreams, and what you truly want to experience. Most are not taught to put themselves living in the dream and never experience it. Once you place yourself in it and really feel the dream it begins to manifest in your reality. Just allow yourself to envision it and let it go. Do not go back to the same vision--you will change the vibration and it will change the divine timing of manifesting. Let the vibration you feel bring it to you. Be present in your moment of now. Let your vibration of trusting intuitively each moment of now be the experience for you. Let go of the "good, bad, right, wrong" vocabulary. Just experience and express without judgement. Laughter is a joy vibration like no other. Laugh and enjoy your journey while using your gift of vision.

Let us pause for a moment and notice this word "GIFT". Let's make sure you do not have a value of worthiness attached to it. Are you doubting your gift? Are you telling yourself you are unworthy to receive? Gift means a talent or natural ability. No, it has nothing to do with worthiness! Release again "worthy" if it is attached in any way. You already have the gift naturally, born within you. Now you just need to use it!

Be unique in using your gift-- you are anyway! Be open and allowing for your gift to be used in all ways. How you choose to use it is up to you. This goes for all the gifts you came with inside of you. Yes, there are more gifts than you could imagine! These gifts are lying dormant in low energy awaiting their arrival into your awareness that they are there. They are there for you to use naturally. Some would be overwhelmed consciously if they knew of all their gifts and how powerful they are when in use.

Begin to envision opening all your gifts powerfully, and as easily as you breathe. Allow them to occur naturally! Stop being or trying to be any other person besides you. Do it, be it, live it in your own way! Freedom at last, my friend, is here for you now. Stop comparing, mimicking, belittling and believe you are less than, broken, hurt, or unable to be healed. You are just the opposite of all those and more.

The world makes money, power and control by getting you to believe you do not, are not, and can not. All the fear “nots” that are based on untruths. You are a powerful soul filled energy embodied within your humanness. The soul can not be broken, and neither can you. Death is an illusion created to fear you. You truly do just transform and transmute into the energy of soul without the body once you leave earth.

Once you begin to see the soul, spirits, and other energy you will know for yourself what truth is for you. Integrating your eyes and setting them within your heart sparks the creativity for truth to be shown. Believing is up to you on your own timing. Grow within yourself and you will begin to see the growth in others in a new way. Sight is just one of the senses that you came here with to use on your journey in whatever way you choose. The freewill of you inside is the road map you create in living and experiencing you now. Consciously connecting and believing you see what you see is the convincer of your sense of sight existing. How you choose to see is up to you. Truth remains truth in whatever perspective you choose to view.

Viewing through the eyes of consciousness is not as limiting as you may have been led to believe. We are powerful energy sources with unlimited abilities; tap into that part of you and see what you discover now.

The unlimitedness is what scares those who want to be in control of us. Release and be free from the naysayers and controllers. Live in your own power. Express and expand yourself because you can and desire too. There is no hurry or rush in all of this. All will be revealed to you on your own divine timing. Relax and enjoy the journey!

Your eyes will open more and more as you work with your conscious awareness. You are right where you are to be in this moment with your integrated soul gifted eyes. Use your eyes wisely, and respect what you see and sense. You do not have to see everything just because you can. Use wisdom and discernment as you allow your gift of sight to grow naturally with you. Discernment is not judgment; discernment is knowing spiritually with true understanding. Allow the images to be images, and trust your eyes to tell you the story within. Let go of the need to be right, fair or just. That comes from the false protection of ego.

What does gift of sight mean to you now? What perspectives have changed now? Passionately, what do you want to do with your gift of sight? How do you give your gift

away as a present to the world? These are the integrated knowings you are discovering about yourself. Some gifts you may have already known, but now in a new way. Grasp and play with your new discoveries as you will discover more each day. Allow and see you being you and your gift within you. What do you feel? What have you let go of? Ask yourself these types of questions to help you trust you knowingly. Yes, these are the questions most people want to avoid or are scared to know. These are the same questions that allow you to know and trust you now.

Chapter 8: The Egoic-Soul Mind

The mind is the processor of energy and the ego is the creation of the mind we call fear-mind. Knowing this we are now going to release the egoic side into soul; the peace and all-knowing side of the mind. Letting go of the belief in polarities within the mind allows your full mind to be unleashed and used as it was intended.

The left and right side of the mind have different functions. However, they are not against each other. We are taught to be either analytical or intuitive, and that we can't be both. Oh yes we can! Imagine what it would be like if both sides were balanced and working in unison. That's right, fear would elude us and awareness would be keen. When integrating the ego-soul mind into one it allows for the oneness of your mind to be powerful energy to create with ease. The power is always there. It is just scattered trying to hold onto different things. Scattered energy is not most effective. Multi-tasking is not most effective. Can we still use it? Yes. However, it's actually harder to use then just being

in oneness with all. Stop compartmentalizing your life. Allow the natural flow of it all to exist at once. That does not mean it will all come at the same time. It means you trust to be what you are being in the moment at oneness with the moment.

Separating life in parts cause stress. We are life and to try to separate what “is” always is a connected cause of resistance which leads to stress, dis-ease, anxiety, etc. Imagine waking up in the morning and just allowing life to create for you. You just enjoy the moment to moment presence that is with you. Will you still have a plan? Will you still (fill in the blank)? Yes, because you created it to be in that given moment. This is where trust, faith, and letting go of control spins people into fear. Do they need a plan before getting out of bed? Do they need a plan to succeed? They feel they need a plan. The plan is this moment! The plan is to be open and enjoy the moment of life you have now. Will you make future plans in the now moment? Of course you will. Notice the phone calls, communications, and interactions of your day as they plan your future from this “now” moment. Appointments will be made, travel plans will be created, money will still be there for you, family will still flow. Are you understanding this? Life happens with or without advanced planning. Take a moment and see something you planned in the past. Did it go exactly as you planned or did it not happen at all? What really happened when the time existed?

Fear planning is created from control-feared people. Have you ever done a five year business plan? Did it go according to your plan? Did it turn out the way you expected? The law of requisite variety states the one with the most flexibility wins. Wins what? The moment of now--joy! Joy of living, joy of being and experiencing life on earth. Fear from ego mind believes without a plan you have no path. Quite the opposite is true. Your path is your plan--you created it before you came.

Your soul plan is much greater than your mind plan. The mind is limited in beliefs because it's been led to believe it needs to be taught. Thoughts are limited as they are reviews of the past happenings. Every moment is new--yet, in every moment there is the same. Experience from soul-mindedness a new way to live free from the past fears and others ways.

Integrating the Left and Right Brain

Here are the steps:

- 1) Take a deep breath and place your hands in your lap.
- 2) Ask the side of you that represents the left brain to come out onto your hand. There is no right or wrong hand. Just allow your hand to turn over and hold it at heart level.
- 3) Ask the side of you that represents the right brain to come out onto your other hand. Just allow your hand to turn over and hold it at heart level.

- 4) Take a breath and see how far or close your hands are together. (The middle space represents the disconnection of left and right sides of the brain.)
- 5) Ask your hands, "What do you give me?" See the answer within you.
- 6) Ask, "What does (insert words you see or feel) do for me?"
- 7) Ask, "If I have (use the answers from step 5 and 6) what does that bring me?"
- 8) Keep going until you sense peace and love and your hands (pinkys) are touching.
- 9) Raise and fold your hands to your chest and repeat love, peace, and the answers you heard above.
- 10) Keep repeating the words until your hands fall gently into your lap.

You have now integrated both sides of your brain into oneness. The oneness which was the way it naturally was before you learned there was a left and right side. From the power of one much can be experienced. Now that you have integrated the mind into oneness let's now integrate one mind into one soul!

Integrating Ego (Mind) into Soul

Here are the steps:

- 1) Take a deep breath and place your hands in your lap.
- 2) Ask the side of you that represents ego-mind to come out on the left or right hand. Allow your hand to turn over and hold it at heart level.
- 3) Ask the side of you that represents soul to come out on the other hand. Allow your hand to turn over and hold it at heart level.
- 4) Take a breath and see how far or close your hands are together. (The middle space

represents the fears that have separated the mind and soul.)

- 5) Ask your hands, "What do you give me?" See and sense the answer within you.
 - 6) Ask, "What does (insert answer from step 5) do for me? See and sense the answer within you.
 - 7) Ask, "If I have (insert answers from step 5 and 6) what does that bring me?"
 - 8) Keep going until you sense or see peace and love and your hands (pinkys) are touching.
 - 9) Raise and fold your hands to your chest and repeat love, peace, and the answers you received above.
- Keep repeating the words until your hands fall gently into your lap.

You have now integrated your mind and soul into oneness. Spirit is now alive in oneness within you. Take a moment and experience the difference. You can journal your experience if it helps to see it. Be creative in expressing your new awareness. What is not there anymore? What is present now? Did you see and feel the cloud of indecisiveness

leave? What is the peace and knowing you are experiencing now?

Living life from this new peace perspective with clarity so present gives you the power and strength to create your life now. You now have the oneness from which all power is able to be brought forth. The scattered energy has been returned to its pure and natural state. Take some time and feel this new energy surge within you. Clarity is present which means answers can now be easily seen by you. Go ahead play with your gift of vision now! You will notice so much more, and see the “big picture” with details. Colors may be even more vivid and clear. Awareness is open to receive from the soul the truth without doubts and fears. Wow! What a new view you have to sense within all you desire to create and know.

Living intuitively from soul mindedness allows you to see as you go! Meditation is great and takes time to do; however, knowing the answers as you go allows you to trust you know in the moment while on the go. Do you see you present with you now? Do you see your awareness more focused in the moment and the answers are there too? Begin now to live from this new center-balanced, clear mindfulness. Notice now the worry, stress, old stories, fears, and negativity are all gone--removed and cleared for you by you. Wow, that is some kind of power you have within you. Did you know you could do that? What else can you envision doing with such awesome powers?

The visions never end. We communicate in pictures and vibrational energy. When you feel you lack clarity or have created fear, just reintegrate the ego and soul mind. This can be a process done daily or when you feel led. We are here on Earth with others who bring their energy and interpretation to us daily. We have the ability to respond, and a responsibility to clear ourselves for self-sake.

Notice how childhood dreams and visions are coming back to life in the mind. They have always been there. You just pushed them down under false fear. Listening to others' ways can create fears in you that your mind will believe if you allow it too. Soul-mind awareness is taking the moment to ask, “Is that true for me?” and “Do I want to believe that?” These questions allow you to use your own free-will to decide and choose. You are unique in spirit which is the place your mind and soul connect as one. The spirited energy is what moves you, and leads you from your heart center--or fear center. You decide.

Letting go of old ways just allows new experiences to be expressed by you. Seeing in a new way, and envisioning the dream life for you is all vibrational living. The inner is experiencing the outer and vice-versa. The truth in energy just is. There is no up, down, in

or out. Why do you do feel you need to experience and be the same way every time? Programming! That's why. Let it go. Be free and begin to envision and program you your own way! It will work--energy always works.

Do you see now how the soul wants to create and play on Earth? There is no fear in soul energy. It is pure, trusting and expressing through your human body and mind. Begin now to communicate with soul in a new way. Ask, "Soul, what do you want to create and experience today?" Then see and be the action of the answer. Trust me you will not die if you go outside of your mundane routine. Actually, you will be the opposite and live life in the present. Soul always takes care of you if you allow it to naturally. Naturally guiding and leading you to experience with all your power all you came here to be and do.

When was the last time you truly laughed from the heart? When was the last time you even connected through your heart? Your heart-soul know before you consciously know. It perceives about seven seconds before conscious awareness knows. Ready to connect even deeper to your heart-soul mind?

Integrating the Heart and Soul Mind

Here are the steps:

- 1) Take a deep breath and place your hands in your lap.
- 2) Ask the side of you that represents your heart to come out on the left or right hand. Allow your hand to turn over and hold it at heart level.
- 3) Ask the side of you that represents soul-mind to come out on the other hand. Allow your hand to turn over and hold it at heart level.
- 4) Take a breath and see how far or close your hands are together. (The middle space represents the fears that have separated the mind and soul.)
- 5) Ask your hands, "What do you give me?" See and sense the answer within you.
- 6) Ask, "What does (insert answer from step 5) do for me? See and sense the answer within you.
- 7) Ask, "If I have (insert answers from step 5 and 6) what does that bring me?"
- 8) Keep going until you sense or see peace and love and your hands (pinkys) are touching.
- 9) Raise and fold your hands to your chest and repeat love, peace, and the answers you received above. Keep repeating the words until your hands fall gently into your lap.

Take a moment now and feel the difference in your body, mind and spirit. The vibration of change is amazing to connect and be in awareness of the new feeling. Just speak the words, "I love and trust you." Can you feel the power in the words? The meaning is so embedded within your heart. Your words and meanings hold a whole new energy to them now. You will notice changes of speaking less, saying what you truly mean and

believe, and being conscious in communications with others. The energy and power of your language is now in oneness. You know in the past how you would say one thing and mean another? Watch and see how that changes now. See how your words align with your actions, meanings and more. Be excited to be in clarity now. No more confusion on your end. Will others still be confused by your words? Yes, if they choose not to believe you or they choose to use their own interpretation of what you are saying. Their perception is about them, not you. Do not waste your time and energy convincing anyone of anything. It may not be for them in their level of awareness. Be you. Stay true to you from your heart center and the rest will work out beautifully.

Changing perspective now, let's play and see what you truly want to be purposefully experiencing now. Feel from your heart and envision what it is showing you. Be open to truth even when it is showing you a negative you are holding onto. How do you know you are holding a negative perception in your heart? You get defensive or shut down. Be honest in that moment and ask, "What am I fearing that is not true?" "What story did I just allow myself to create that is based in fear?" Think about a time when you were defensive about something. What was the fear? Was the fear of being wrong, being judged, being....? Once you recognize the fear defuse it with truth instantly by asking, "Why do I need to defend myself?" "What am I not wanting to see(truth)about me?" "Who am I just being me and allowing all to be me?" Do you have an old fear story of punishment when you were wrong in the past? The mind goes to the most liked experience and reminds you of the outcome as if it was happening now.

Think about a time when you were wrong and were punished for being so. What happened then? Did you get reprimanded, hit, laughed at? What was the result? The result of that time is now brought to present when you are being defensive now. It is an inner you saying, "I refuse to be wrong so much so I will defend until the end." The new awareness says, "I feel myself being defensive, what purpose does it hold?" Diffuse the old outcome as nothing ever happens the same way twice. Each moment is unique. Similarities may be present, but never exactly the same. What would be different if I just allowed myself to be wrong and learn from it? Yes, you are stepping out of the "cause-effect judgement of you" into the "allowing and learning you."

What you resist persist until you allow it and let it go. Love just is, so when you resist you are outside of love. How much more energy would you have at the end of the day if you did not battle and resist life happenings? How much more open and enjoyable would life be for you? Live from the heart, and know seven seconds before each moment the next moment will be amazing. Heart-centered living is joyful, free and naturally abundant. The heart knows no other way. The mind can choose to believe outside of the heart the fear that is illusions in the mind.

The mind being the processor of the energy that is being formed in front of you is what your eyes will begin to trust and develop. A great mantra to start believing in all your

senses is, "What I see, I feel, I hear, I taste, I smell I know and trust." Believing that you can see all energy is key in trusting that you can see. You may see them as dimensions, parallel universes, memories, answers or whatever you choose to call it. It is real the way you see it. Doubt creeps in when logic tries to tell you otherwise--logic being others' programming that has affected you. Be simple and child-like and as easy as you breathe trust that what you are seeing allows you to step into your own trust in reading energy.

Reading energy is done daily by all of us in some form or way. The block comes usually when you begin to read your own energy and you want it to be different than what it is. Here is a great way to begin reading you.

The Mirror of Me Reading

Here are the steps:

- 1) Sit or stand in front of a mirror
- 2) Quiet your mind and connect to your heart.
- 3) Ask a question or set an intention of what you want to know.
- 4) Open your eyes and look into the mirror creating a focus point. (I like to use my third eye area.)
- 5) Take a few slow, deep breaths and allow your eyes to see.
- 6) Now look and see what your eyes show you.
- 7) Allow your mind to interpret the energy for three to five minutes.
- 8) Journal what you felt and saw within you. You will be amazed how much comes through when you write it out.

Do not judge what you wrote. Just read it out loud to yourself and let your body and mind absorb it. Take some deep breathes and then decide if there are things you are ready to let go of and be in awareness of--new things you are discovering about yourself. Just as you were going to have another person read your energy, you can now learn to read yourself. Stay neutral in the reading--it is what it is. Judging it will only allow the ego to create false readings and you will not see things as truth. You may want to do your own reading and then have someone you trust read your energy and see if you are reading yourself in truth. Doing this allows you to gain trust in yourself to do your own reading and healing. Healer heal thyself; it can be done.

The awareness you will begin to tap into will be amazing for you and your journey. You will notice you do not ask others for advice anymore and you just know that you know for you. Advice from others will never work for you because they can only give you what they would do from their perspective. When you begin to read and advise yourself the healing happens in the now. There is no one to blame from this point forward. When you take others' advice and it does not work out you will want to blame them. Reflecting your healing on others only delays your healing or knowing.

The mirror of others and what you see in others allows you to see you. When you begin to realize their gifts and strengths you begin to realize your own. Eventually, you will be able to shatter the mirror of awareness and be so present with you that you do not need to reflect--you know in the moment. We always know in the moment. It is just we have been taught that we do not know. You will become the observer of others while being within your own self at the same time. You will begin to see yourself with more compassion, grace and understanding just by observing them and knowing what you have been through.

You are not to fix anyone! Each person can fix and heal themselves. Yes, you can be supportive and open, but it is up to each individual to heal themselves in their own way on their own timing. Think about a time when you fixed something for someone. What happened the next time they needed fixed? Yes, they came back to you to fix it again; that can create codependency. Instead, teach them how to heal themselves. Ask them the questions in order for them to see and hear their own answers. All the answers are inside of you for you. Looking to others for answers leads the mind to believe it does not know.

Your mind-soul spirited energy is capable of solving all your problems or brokenness. The truth is you were never broken--that is a lie the world tells you in order to control you. Imagine for a moment you are totally healed, and everything just is. What would you focus on? Creating, right? When you truly let go of the dis-ease "something's wrong with me/I'm hurt stories" you can then focus on living life. Childlike wonder will return to being the norm and loving every moment here on earth will be possible again. You will begin to create, feel and enjoy your life. Yes, you will grow, change, develop and let go just like nature does naturally.

Buying into the brokenness or dis-ease mind creates a belief that there is something wrong with you. The mind and body then go into full force healing modes trying to find the solution to a false belief. What you focus on you give energy to and it will grow. So what do you want to see grow in your life? More joy or more pain? It is entirely up to you.

Reading yourself will bring up labeled emotions of fear. Release the fear and ask, "Who would I be without this fear?" Eventually you will begin to focus on positive readings and allow changes to just happen naturally. We are programmed that comfortable is without change and everything should or needs to stay the same. The opposite is true. Think about a baby for a moment. Would you not want the baby to grow and learn to depend on his/herself? What would happen if nothing changed in your reality? Nothing. What would happen if things did change in your reality? Everything. The very thing you came here to experience is life on Earth. You did not come here because it was perfect or not perfect. You came here to experience with your gifts the differences you could create. These differences are what creates growth, change and joy all at the same time. Change and growth are a good and easy to experience. However, you have only been

programmed they are bad or hard.

We see others and how their lives are created and then begin to believe that is how our lives will be, should be or could be. These are all judgement based conclusions. Stay open and just experience the living of your own life not based upon others.

Releasing the judgement filter is a gift for you to be able to allow all and experience all without negative feelings. Neutrality in the mind creates balance naturally. You are not expending energy on judgment or emotional beliefs. All the filtered perspectives will disappear. The mind will be able to use all its power in creating experiences you desire for you. How much time do you spend focused on others? How many times have you focused on yourself and felt selfish? Selfishness is not about focusing on you. It's about not allowing yourself to give. When you focus on you, you naturally will give to others. Your heart will be open naturally to giving and receiving. The "people pleaser" in you must transform into self-love and not because you did or did not do something for someone. False expectations from others will lead to negative results. What others think, do, and become is about them not you. You will never meet another's expectation because how they perceive and you perceive will always be different.

Meeting you through reading you allows you to create your own desires and releases any expectations that others may have for you. You become you and they become them creating a beautifully connected balance between you and them. You knowing you allows you to know others; they are just a part of you that you are experiencing through the reality of them. Grasping this will enable you to enjoy others on their journey as you enjoy your own journey.

Seeing it all now? Let us now go create what we came here to create using our gifts and experiences. As this life on Earth is amazing, fun, free, loving, joyful, abundant, and oh so much more!