

**AWAKE AND AWARE LIVING
For Souls With Bodies**

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**Chapter One
Having Enough and Being Enough**

Let's face it. The majority of us live ordinary lives that will never include winning the lottery or becoming millionaires. So, let's be practical. What we need to know is not how to get rich, but how to always have enough. While having enough supports a sense of *being* enough, the key to success, for both, is a shift in perspective. One that awakens us to life's bigger picture, where there's more clarity, insight and understanding. A big improvement over the smaller picture supporting life situations ending in 'oh, poor me'.

Crucial to seeing life's bigger picture is the realization that, ideally, mind functions as **an instrument of awareness**. Its function is three fold: It serves as a communication center for the part of mind that holds accumulated knowledge, skills and abilities; As a communication center for the body; And communication center for the Soul. With harmonious connection between Mind, Body and Soul, *enough* is always created to fulfill an individual's life purpose. Which results in a feeling of *being* enough as a person. Unfortunately, very few people on the planet function with a mind that serves as an instrument of awareness. Most lives are lived from the mind that I call *the conditioned mind*. With characteristics of a computer.

The quality of the software package in conditioned mind is heavily influenced by beliefs, upbringing and culture. Even though some manage to rise above the early experiences, many more remain prisoner to their programming. *Dysfunctional* foundational software is a powerful factor from which few escape. What I've discovered to be of significant importance is *mind structures* we all have in common. These are basics of conditioned mind's software package, so commonly shared that we don't notice the degree of negativity and dysfunction. Awakening to this valuable information becomes crucial because negative 'life situations' are created from this base.

Common sense says that becoming awake and aware, individually, allows a collective experience of wakeful awareness. So, the key to changing the insanity that life has become is in first changing ourselves. Of course, we all see and understand that. Yet, we haven't done it. My intention is to share with you in such a way that you will *feel* a shift in awareness. And the shift will allow you to see things from a different perspective. One that automatically imparts greater freedom and a sense of peace.

This message of *Awake and Aware Living* is designed to provide a short-cut to emotional healing and transformation. A process that makes your progress quicker than mine. You will also obtain necessary information and tools for making the process much easier. With a sense of humor, one might even call this *Awareness for Dummies*.

Interestingly enough, though most of this message comes from what I've learned in a lifetime of healing and transformation, my Soul came through as I wrote, providing even more information, with greater depth and clarity. As a result, each time my personality slides into fear and doubt, and I find myself identified with conditioned mind thinking, I simply re-read this message! Especially chapter 7. It shifts my mind back into being an instrument of awareness for my body, mind and soul. It moves me *from my*

head into my heart. Where mind as an instrument of awareness can create daily miracles instead of 'life situations' that fluctuate between good and bad.

Discovering that I had Invisible Guides and Teachers – Guardian Angels if you will – was a problematic blessing. All because I had a mother and sister who suffered the mental illness of schizophrenia and paranoia. I discovered there's a fine line between sanity and what we call insanity. For me, the saving grace was that *my* guidance always led to the next perfect book, metaphysical or mystical teaching, valuable life lesson, or spiritual realization.

In thirty-five years, I accumulated a lot of information and knowledge. From *lots* of self-help and spiritual books, and had some psychotherapy. But, at age sixty-two, I recognized there was something missing. Something that tied it all together. Connected all the dots, so to speak. Then, in April 2009, I had a dream that I was pregnant. Dreams play an important role in my ongoing transformation, so I knew it was significant. Sure enough, each month brought some message, reminding me I was another month closer to the birthing experience, sometime in January.

Filled with anticipation and curiosity, I counted down the months. For the last fifteen years I'd lived with lots of solitude. Totally focused on my own growth. Since, to me, birth means new beginnings, I wondered what might happen, or who might enter my life that would represent such change. I presumed it would be a person, or a change of circumstance. On December 31st, I had an overwhelming urge to write. Not being a professional writer, I felt the need to make it conversational and intimate. On January 8th, as the last section of this message flowed through, I realized *this* was the baby! Sitting with my laptop, I felt the same euphoria I'd felt when I gave birth, using the *Lamaze Method* of awake and aware childbirth. The message provided the final connection of head and heart. **The one that transforms mind into an instrument of awareness.**

In minds-eye I could even see the baby. Healthy, vibrant, still covered with slightly bloody mucous. The joy I felt knew no bounds. The energy that poured through me defies description. I was both laughing and crying; moved to tears and happier than I'd ever been. The exuberance and enthusiasm was so intense I had to call a friend to share. When I finished Nancy said, "I've got goose-bumps just listening to you!"

A few days later, Guides and Teachers began guiding me through the editing process, telling me where to insert personal experiences, making the spiritual message much more human. The degree of intimate sharing was a bit challenging. But I was helped to see it was beneficial, on more than one level. It also shows the vast difference between where I've been and where I am today. Further proof of the healing power of *Awake and Aware Living*.

Let me take a page to provide some broad brush strokes of my life.

Early transformation was a real trial by fire. Dad was a very strict, one-armed, hell-fire and brimstone preacher. A holy-roller, he sometimes handled poisonous snakes in church, as testimony to his faith in God. His degree of emotional immaturity was only exceeded by his lovable personality. Imagine this man married to an un-medicated woman suffering from schizophrenia and paranoia. Together they produced seven children, of which six survived, me being the youngest. Even though only one of us inherited Mom's particular form of mental illness, it's safe to say the rest came away with *serious* mental health issues.

Personally, I survived a variety of abuse. The kind that - at worst - puts people in prison, makes them legal or illegal drug addicts, or turns them into alcoholics. At the very least, it makes them behave in ways that make others as miserable as they are. There was physical, mental and emotional abuse, including

malnutrition, ignorance, poverty, sexual molestation, incest, and extremes of dysfunction related to Mom's mental illness.

Her behavior was not only bizarre, but dangerous. She sometimes tried to kill me. I'd be asleep and awoken to her standing over my bed with a raised hatchet. With a wild look in her eyes, the hatchet poised to strike, she'd always say the same thing, "If you move or even breathe, I'll kill you." After who knows how long - of me not moving and barely breathing - she'd finally blink, look puzzled, turn and walk away.

With hindsight, I see that my destiny was to create *human success* by using the conditioned mind we all live with. Then create *spiritual success* by using mind as an instrument of awareness. The first 30 years were spent surviving those early years, and going on to live the female version of the American Dream. I left home at sixteen, worked as a long distance telephone operator to pay for the last two years of high school, and married at twenty.

After thirteen years of marriage, I had a ten-year-old son, a seven-year-old daughter, nice house, my own car, volunteer work, a cleaning lady and a therapist. Thanks to sessions with her, I realized I had married my husband because he fell in love with me, and wouldn't take no for an answer. He was determined to 'have me'. At seventeen I had no boundaries, and finally convinced myself I loved him too. Unfortunately, all I felt was gratitude and appreciation, because there was little compatibility. The pride I felt because he didn't beat on, cheat on, or abuse me had finally succumbed to the awareness that he was very controlling.

Our divorce set the stage for the second half of my destiny: Becoming awake and aware. And, in case you don't know, suffering is *the* great motivator. It burns away the dross of unawareness. Breaks open the shell to insight and understanding. So, I had a ton of it. So much so, that I tried to kill myself. But the Universe didn't allow that. I overdosed with pills. My stomach was never pumped, nor did I vomit. Yet, I survived. For six hours, I felt energy moving through my body, as I remained quietly in a place of awareness, neither asleep nor awake. Then I got up and took a shower. Clearly, there was no easy way out.

The pain came from being separated from my children. Once the decision was made to get a divorce, I found it pretty easy to walk away from financial security. Including the home and its contents. What I *hadn't* counted on was losing my children. I thought being a dedicated mother, with absolutely no vices, *guaranteed* me remaining an active parent. However, I discovered that money is power, and it can manipulate anything, including family court, lawyers and child psychologists. Of course, in the late '70's, the combination of an unorthodox belief in reincarnation and extremes of childhood dysfunction provided fuel for allegations of me being mentally and emotionally unstable.

It's amazing how seeing the bigger picture provides answers for the why's of our human drama. By reading these chapters you'll see that becoming awake and aware provides insight and aha moments beneficial to relieving painful emotional reactions.

At the age of fifty I found The Universe teaching me the art of *be-ing*. It was quite a switch from the driven energy of *going and doing*. It took *two* auto accidents, in three months, to accomplish the mission. Rear-ended both times, I suffered lots of soft tissue damage. That, on top of chronic spinal pain from a fall when I was thirteen, forced me into disability for three years. With a physical body intolerant of medications, holistic and alternative healing practices became imperative. Also, with downtime, I discovered there's a purpose for everything. Would you believe chronic pain can help create compassion for the pain of others?

With reference to career, at age thirty-two my days of being a stay-at-home-Mom were over. I re-entered the corporate world as a receptionist in a law firm. Over a twenty year period I worked at other businesses, moving up from executive secretary to office manager and personnel director. Meanwhile, I worked to heal myself. Having two family members who suffered from mental illness compelled me to understand the workings of the *mind*. Because I felt so much *emotional* pain, there was a tremendous need to comprehend suffering, in my life and in the world.

So, let me share my life perspective, based on accumulated knowledge from extensive reading and personal multisensory and multi-dimensional learning experiences. See if it lifts you into greater understanding and awareness.

Are you sometimes on auto-pilot, living in a mental fog from the overload of life as you know it? Just sleep walking? Numbed out or barely getting by? Living from a thinking mind that frequently becomes obsessive with thought? Well, you're not alone. Actually, that predicament has become the norm. Most everyone suffers from *obsessive thinking*. If you doubt it, get quiet and make a decision that you don't want to think about *anything*, just for fifteen seconds. It's important for you to actually stop reading and do this 15 second exercise. What you discover is crucial to becoming aware of what you will learn in this message. So stop reading and do it, now, please.

It should have been easy, right? But, what did you discover? That you just couldn't do it? Well, don't feel like a failure. Most people can't! If you made it to nine seconds, you did really well. My point is this: We can't stop ourselves from thinking! And we think we are living our lives, but we're not. Our *conditioned, obsessively thinking*, mind is living it for us!

So, let's get educated. Learn some stuff we should have been taught by parents. Or in school. Or somewhere, by someone. But, it never happened. Even though it's so very basic to the *quality* of life. First, let's get clear about this human mind. As I said before: Its purpose is to be **an instrument of awareness**. I repeat. Its *purpose* is to be an instrument of awareness. And, instead of it being an instrument for Universal Intelligent LIFE to live as an individual *us*, it has become what some call an Ego.

An ego is a Person-ality. Who we *think* we are. Because we've become **totally identified** with thoughts coming from our obsessively thinking mind. This is the thing. If each of us had been born into a family, and society, of harmonious, peaceful function, the mind - and brain - would have formed a basic foundation of neurons created from positive growth experiences. Since the brain is a lot like a computer, the software program would have been full of positive-thought data. It would have been bug-free, churning out *positive* thinking thoughts, and *positive* emotions, to create the life quality that is our birthright.

To better understand this concept of mind being, ideally, an instrument of awareness, and how it thinks thoughts which generate emotions, affecting how we feel, I want to share information that provides greater clarity and insight.

First off, scientifically speaking, Einstein proved that *everything* is Energy. Energy in motion, seeking balance. He told us about positive energy and negative energy, and explained that whether visible or invisible - to the naked eye - it is still energy. Atoms exist, even though we must use a microscope to see them. Well, guess what? This energy includes *us*, too. Our physical body. And includes our *emotions*, even though they, too, are invisible to the naked eye.

E-motions are energy that can be *felt*. Ever spend time around someone and walk away feeling pulled down? Ever spend time with someone and walk away feeling uplifted? Then you felt their *emotional* energy. Even though you couldn't see it with your eyes, you felt its effect.

I present this perspective to your awareness because it's difficult to accept that emotions have any degree of *scientific* value. Most assuredly, they do. Because we humans process energy every day. That's what we *all* have in common. What we all *do* that is the same. We process the energy of E-Motion. The mind thinks a thought and a corresponding emotion manifests in the physical body. You've heard of the mind-body connection? This is that. I remember – many years ago - the Yoga Teacher saying, “The mind controls the body, like a string controls a kite.”

We humans have reached a point where life is, predominantly, lived from a perspective of what we *think*, rather than what we *feel*. Maybe you know that. Maybe not. Society *values* what we think. It does not value what we feel. Who wants to know what you're *really* feeling? Almost no one. Have you ever met anyone with a PhD in Emotional Awareness? No? Neither have I. Who do you know that has mastered the ins and outs of navigating through human, emotional relationships?

I've known a man for thirty years, with a PhD in Psychology. As a doctor of psychology, he had a successful practice for twenty years before retiring. Yet, he had no emotional awareness. He could not navigate human relationships with family, or partners. Extensive education in the *mental* workings of the human mind failed, when it came to him feeling and understanding human emotion. I'm not saying all therapists are lacking. I'm just saying the *mental*, educational training doesn't support *emotional* awareness.

So, let's delve more deeply into that concept of thinking and feeling. When I said most everyone thinks their way through life, this is what I meant: Instead of a *balance* of thinking and feeling, the focus is on the value of *thought*. We are conditioned to tune out, shut down, or distract ourselves from what's being *felt*. Clearly, the *focus* for creating a *quality lifestyle* comes mostly from thought. Otherwise, we run the risk of being labeled touchy-feely, or, heaven forbid, warm and fuzzy. A definite no-no in the business world. Bad judgment call even in home life.

And for those of you saying, “Hey, that's not true about me. I'm aware of what I feel!” You're right. But let me explain. As Souls with bodies, we are stuck in experiencing ourselves as *minds* with bodies! Big problem. In that capacity we are limited to human emotions, not soulful emotion. Conditioned mind, overactive with obsessive thinking, cranks out *associated* human emotion. Because of fear-based thought, we mostly feel negative things like anger, jealousy, grief, anxiety, and depression. Most certainly, happiness is short lived.

Only after moving from head to *heart* do we feel positive things like peace, joy, enthusiasm, serenity and inspirational creativity. Because heart and soul are always connected - like conditioned mind and body are always connected. With a *separation* between head and heart we create the hell of *life situations*.

Human consciousness, limited to the five physical senses, has no capacity to manifest and sustain the wealth of abundant life. Spiritual consciousness – awake and aware living - with heart-felt desire, provides the magical miracle of creating and sustaining 'enough'. *Human* emotions create the hell of life. Soul emotion creates the heaven of it. It's all about a state of *being*, whether being *positive* emotional energy or *negative* emotional energy. Chapter seven will further elaborate on all these things. Just stay with me while I hold your hand through a process of gradual presentation.

Remember that I said the thinking mind is like a computer? Data in? Data out? This is the problem. The mind we have been thinking with is a *conditioned* one. Whatever is put into us as children - quality of

care-giving, inherited genes, cultural beliefs – determines the content of conditioning. It defines the quality of the imbedded software.

Think for a moment. How many people do you know that have fully healed from a difficult childhood? How many people do you know that actually had a good childhood? I mean, really. Not a re-created story they tell of how great their life was. As confirmation of this, ask any good therapist how many patients began their sessions by talking about a wonderful childhood, only to discover it was nothing of the sort.

Again I say, what we are taught in the first years creates the foundation for what we experience. We **are** conditioned. The *beliefs* programmed into us are a powerful emotional force. I continue in this mode for a good reason: To take you through *a process* beneficial to *dismantling* basic structures imbedded in conditioned mind. To tear down these **basic structures**, one must gain greater *insight, clarity and understanding*. And have some aha moments. Unfortunately, the same thing must be said over and over, coming from different directions. So that mind as awareness can *get it*.

And let me clarify. I'm not talking about blaming and shaming. I'm not looking to create guilt for parents because they screwed up their kids. I believe that most of us do the best we can, with what we know and feel, at any given point in our experience. Then, as Oprah says, "When we know better, we do better."

I'm just saying that we are the product of what we were taught. Do you see how commonly held **beliefs** influence thinking? How less than ideal care-giving creates foundational thoughts of doubt and fear? And *this* is what conditioned mind uses to create core life experiences?

Here's a tidbit that amazed me. As I said, I was raised as a preacher's daughter. Leaving home at sixteen, I also left the religion. The father of my two children was a non-practicing Jew. By mutual agreement our children did not receive religious training. Yet, my daughter, in her twenties, began attending church. That amazed me until I remembered something. When she was four and five years old, I sent her – three hours a day, three times a week - to a Christian Pre-School. Just that much religious influence, for that little bit of time, set her up to seek it as an adult.

Here's more food for thought: Take a person who thinks they've had a really good childhood. Let's say, for sake of argument, they really did have a good one. Financially, their needs were met. There was a nice place to live. Good clothes. Good education. But, the mother – like other mothers of her time – held the belief that children were not to be spoiled. And that they should be on a feeding schedule of no more often than every four hours.

Compare that with today's child-rearing wisdom that children thrive from being held and soothed. We recognize human touch as a powerful force for emotional well-being. We even know that, ideally, a baby should be fed on demand. Or, at the very least, needs food in the stomach every three hours. We also now know that babies aren't trying to control a parent when they cry from hunger.

Do you see that even this person with the so-called good childhood got powerful, negative, emotional conditioning when it cried from hunger? It was: What you *feel* doesn't matter. It's what I *think* that's important. You will experience what I value. Not what you need. You must learn to conform your needs to my wants.

Because a baby cannot speak, crying is communication, a call for help. So, at first the baby cries and cries, feeling very upset. With no understanding whatsoever of why it's legitimate need goes unmet. No loving adult comes to *rescue* it from physical pangs of hunger! Can you imagine – remember – how that felt? Eventually, the baby gives up.

And when the pitiful cry came from the need to be held, and soothed because of feeling loss and separation from mother's sheltered womb, it learned *that* cry, too, was ignored. You know one of the really important things it learned from being ignored? It learned not to *trust*. And that, my friend, is a really big deal. How many of us, to this day, carry around serious trust issues? I know I sure do. Even with all the awareness I've gained, I'd have to say trust has been, and is, my biggest hurdle.

As a child, I remember listening to babies cry and mothers ignore them. It tore me up inside. So sensitive to human emotion, I could *feel* everything. I wanted to go soothe the baby. Help it know that someone cared about how it felt. Over and over I was told, "Don't you dare go pick her up! She's got to learn to cry it out."

The entire household listened to the baby cry. Heartbreaking, blood curdling screams. Until it collapsed and fell asleep. Not from feeling safe, nurtured and loved, but from sheer exhaustion. Somewhere deep inside me, I knew there would be a lasting effect. Whenever I could, I'd sneak around and disobey adult orders. In my heart, I knew it was wrong. I knew that kind of *thinking* didn't come from a *feeling* of love.

Need I say that with my children I responded to the very first sounds of discomfort or distress? I rocked and nursed them. Sang and comforted them, even when it was just the need to be held. I showed respect for how they felt. I knew it was important. The time for guidance and discipline comes later, when they're no longer totally dependent.

Chapter Two Structures in Conditioned Mind

Being trapped in compulsive thinking is a dreadful affliction. It's absolutely insane, yet it is normal because almost everyone suffers from it! *Believing that we are the mind* creates a screen of thought that is a human dis-ease. It's made up of judgments, images, labels, concepts, opinions and beliefs. This is so common that we can easily say these have become **structures of thinking in conditioned mind**. For instance, we make judgments that one group of people is more or less worthy than another. That one group contributes more, or less, to society as a whole. That darkness or lightness of skin tone determines worthiness or value.

Dad was a walking contradiction. As a preacher back in the '50s, he was a monthly guest-minister at a church with only a black congregation. The members loved him, and he loved them. They took turns having Dad and I as weekend guests in their home, feeding us wonderful southern food, while providing warmth and hospitality. I considered it a treat and looked forward to the monthly weekend. Contrast that experience to Dad's behavior in our hometown of 800 people, only twenty miles away. If a 'colored' person was seen in town, he behaved like a segregationist and a bigot! That always confused me. It made no sense that we could interact so lovingly because of religion, but he could be so angry when outside the church and their home.

That childhood experience allowed me to feel comfortable with African-Americans as an adult. I even had a crush on Danny Glover. I voted for Barack Obama as President because I read his books, gained respect for his perspective, and felt his heart was in the right place to lead our country. And I absolutely love his wife, Michelle, The First Lady. What a wonderful role model.

Yet, to this day, I'm aware of something I'm ashamed of. It's a powerful structure in my conditioned mind. Each time I pass a mixed-race couple, I feel a negative reaction. Thankfully, I don't say or do anything about the feeling, but I'm *aware* of it, inside me. It's the result of childhood programming. With a condemning scowl, Dad would bellow, "If one of my four girls comes home with a 'ni ____' (the n-

word), I'll kill him. Then I'll kill her, too!" His powerful negative emotion left a huge impact on my young impressionable mind.

With reference to *images* and *labels* as part of mind structure, life gave me a valuable lesson. I had no idea how identified I was with my image: The tall, attractive woman who presented a picture of success. Hair, clothing and make-up ate up huge chunks of time. Over the years, a shift in awareness made it possible to spend less time in front of a mirror. I enjoy looking good, but don't feel as defined by it. These days, I can actually go to the grocery store without a hairdo or make-up.

Then, last week, I got a lesson in just how insidious this structure is. For a few years I've struggled, unsuccessfully, to lose twenty pounds. During an a-ha moment, I realized that what I *resist*, persists! My resistance to being overweight is a negative energy that keeps me stuck in being overweight. Because, I'm in resistance to *what already is*. I saw that I must move into the positive energy of acceptance to successfully create a desired result. And that conditioning is so entrenched in me it's hard to release.

There's a big part of me still identifying with the cultural belief that women be slender. To gain admiration and respect, and feel comfortable with myself, I want to maintain an 'image' set by society. My conditioning gravitates to role playing and image building, rather than me just be-ing myself. Whatever size or shape that happens to be. Actually, some cultures believe fat is good, and slender is bad! It's all a matter of perspective and conditioning.

Nice furniture and accessories also helped create my image. After age fifty, I began to make life choices based on intuitive knowing feelings. Because of that, over a seven-year-period, I moved four times. Each move brought a distinct feeling for me to downsize, in terms of what I owned.

Ultimately, I sold or gave away furnishings designed to create my image. Left with only clothing and personal items, I felt a little awkward. Even vulnerable. Renting space in someone else's house produced a feeling of being less than I used to be. Along with the fear of what people now thought of me. With time, I surrendered those judgments and accepted life as it was. Actually, I began to feel lighter. It was easier to pick up and move to wherever the Universe wanted me to go, always for another valuable life lesson.

Just when I was OK without the image, The Universe orchestrated me easily getting everything back. What a surprise. I found myself with tasteful furniture and furnishings that once again filled a two bedroom apartment. Which is what I'd had before. About a month into again living independently, I found myself thinking, *God, I feel so weighted down by all this material stuff*. Clear as a bell, Soul spoke to me: *See these furnishings as a blessing, not a burden*.

Only then was I able to relax. Clearly, the lesson was to enjoy beautiful things without them defining me, or glossing over some inner deficiency. Feeling less than enough brings shame and a need to hide behind the possession of material things.

Moving further into commonly held structures in conditioned mind, let us look at three *really negative* judgments, about life in general. One is: There's **Not Enough**. How often do you think: There's not enough money? Not enough jobs. Not enough opportunity, free time, etc. It's a battle cry of the poor, all over the world. Millions of people giving off the negative emotional energy of that particular feeling.

Interestingly enough, I learned that widespread hunger is never about 'not enough' food. It's from a state of consciousness. Because once food arrives, from those willing to share, distribution becomes the problem. There's competition, hoarding, discord, and exploitation. Until consciousness shifts into a state

of creating harmony from chaos, being cooperative, sharing with each other, and having reverence for life, people will continue to starve.

From a childhood steeped in poverty, I knew what it felt like not to have enough. I knew the hunger pains brought on when the welfare cheese disappeared before the arrival of next month's supply. But I questioned it actually being a *mind structure*, shared by many. After all, lots of people in America make a pretty decent living.

Then I did six months of part-time care-giving work. It was for an 86 year-old woman, a multi-millionaire. She loved to joke that she'd been born with a golden spoon in her mouth, versus a silver spoon, most commonly used to describe the wealthy. Nevertheless, every week when signing checks for living expenses, and the hired help, she bemoaned a fear of not having enough.

With tension and strain in her voice, she complained, "Everything just keeps going up and up. It costs way too much. I'm afraid there's not going to be enough to last till I die!" And she meant every word. This *extremely* wealthy woman was anxious about not having enough money. Even though she'd had it – in more than abundance - since the day she was born.

That prompted me to take a longer look at a friend, stressed to the max about money, whose salary was in the six figures. I could see that everything is relative. No matter how much we have, we still feel the fear that there's not enough. Because even if we feel there's enough for today, there's the feeling of fear that there's not going to be enough in the future.

Another way this can operate is when we opt for cosmetic surgery. Cultural conditioning from advertising and marketing has us feeling the need to look more beautiful, more youthful, joining the anti-aging movement. Frequently, after surgery, conditioned mind begins making judgments about results, saying it's 'not enough'. That's what conditioned mind does! That's its basic foundational structure. It makes judgments, criticizes and condemns, determining something is just not enough... not good enough. Before you know it there's an urge to have another tweak here and there. Looking to 'have enough', supporting a *label* of being enough, by looking more youthful. We conform to labels and play roles all because of these basic structures!

Negative judgment number two is: **It Shouldn't Be Like This.** (Remember, these perceptions are very common, very widespread, and deeply entrenched in our way of thinking.) What example comes to mind as you read this one? For me, it's how I want everyone to have a nice house, good food, clothing and transportation. And be able to work at what they love. Like Martin Luther King, I have a dream. I dream that one day we will all live this way. For years, it was easy for me to look around and think: It really shouldn't be like this.

After separation from the children I was *full* of that feeling. The degree of: 'It shouldn't be like this' was a theme song that played through my head daily. I had done nothing to deserve *this*. My children had *certainly* done nothing to deserve this. It was some weird injustice that simply should not be allowed. There should be some higher form of reckoning to correct such a sense of wrong doing, etc.

Judgment number three is: **This just isn't right.** Think of all the ways this thinking can take shape. My favorite is: Let the buyer beware. It used to make my jaw clench. Think about it. *We* are supposed to take the time to make ourselves aware of every single, solitary way we could ever possibly be screwed. Get scammed. Be taken. Become a victim, etc. How could we *ever* accomplish that? Yet, every consumer is held accountable. While the perpetrator walks away with a grin on his face, the law behind him, and our money in his pocket.

Even the court holds us accountable. As in: ‘Ignorance of the Law’ is no excuse. Well, I understand that until everyone functions from a sense of love that distills *an inner knowing* of right and wrong, we need human laws creating order. Nevertheless, this whole business of *us* being responsible for not letting a car salesman do more than take us for a ride? That’s ridiculous.

Hell, a car salesman has more ways to juggle numbers than you can shake a stick at. And the slick talk is enough to make a body ill. These tactics, and those used in other industries, make it look like society reconfigured around greed, with the sole intention of victimizing the public. Where the rich get richer, and the poor get poorer. And life is a struggle, just to survive.

See that?

Basic structures of conditioned mind seem justified don’t they? Because they are so commonly shared. But, trust me, once you become awake and aware you begin to see life from a different perspective. You become empowered. And begin to see things from a bigger picture.

Let me present a true, present-day, business transaction filled with integrity. My 74 year-old friend needed to sell her house. She chose, For Sale by Owner. A young, single, self-employed, Mexican American wanted to buy it. My friend, being intuitive, sensed he was a good person. She decided to work with him, finding a win-win situation for both. The house got appraised at \$179,000. She, in her heart, felt it was unjustified. It was over-inflated. She told him he could have it for \$135,000.

The bank would only pre-approve him for a \$90,000 loan. He didn’t have the other \$40,000. She told him that, for a year, he could rent-to-own. It provided him extra time to generate the needed money, from a business that was flourishing. In that year the bottom fell out of the real estate market. The house lost value, down to \$90,000. What happened? Because he had learned valuable lessons of integrity from *her* behavior, he honored their original agreement. He bought the house at the agreed upon price of \$135,000. He did it because it *felt* like the right thing to do.

Is that not the way to live?

Here’s another commonly held structure in conditioned mind: **I Am Not Enough**. Hoping to make ourselves feel better, we set out to add things like *achievement, knowledge, position and possessions*. Hear any truth in that? The actual scope of this line of thinking, and feeling, truly encompasses the world. Our life has become all about thinking, going, doing and accumulating. Trying to make ourselves feel like we’re finally good enough. Worthy of recognition, respect and love.

One example of using achievement to overcompensate, for the feeling of *not enough*, is a man I met back in the ‘70’s. I can honestly say, I’ve never met anyone with lower self-esteem. Despite that, he had a wall full of diplomas. He was always going to school to achieve more and more knowledge. Yet, he had no common sense. Couldn’t even make enough money to support a wife and kids. At the time, it made no sense to me.

Now, with greater awareness, I understand. His feeling of *not enough* was, obviously, huge. His conditioning was that well educated people were worthy. So, he was in constant pursuit of more education, to make him feel good enough. It didn’t work.

In my own life, even though I went from poverty to abundance; from poor white trash to respectability, I, too, never felt enough. That structure was still imbedded in my conditioned mind. It took years to learn the secret to healing and releasing it, so I could finally be free.

One related lesson came when I divorced and re-entered the job market. Friends told me I needed to go back to school, get a degree, so I could make enough money to support myself. Otherwise, I'd never 'be enough' to 'have enough'. While I wanted their approval. Wanted to prove I was still smart, academically, I chose not to. Guides and Teachers had made it clear: *Focus your time on healing. You'll always be led to jobs to support your need.*

Let me say this: In actuality, we are all of value, *simply by being on the planet, breathing.* As Intelligent Life in human form, we are sentient beings. Processing emotion generated from thoughts we think. Conscious of ourselves. No other species does that to the degree we do. We are Life's top of the line model! With the *capacity* to live sacred lives. Like a snowflake, there will *never* be another exactly like us. Someone able to contribute exactly what we can, to the whole of humanity.

Back to getting a grasp on the conditioned mind that holds us prisoner while running amok.

Another commonly held structure is: Feeling a strong **Need To Be Right.**

Ever notice how often you feel that? Have you watched the subtle, subversive way it's demonstrated? Does that tell you why it's so hard to maintain loving relationships? My ex-husband suffered it so badly it was ridiculous. He was color blind, to the point that I picked out his clothes every day. Yet, back in the '70's, while driving his orange Datsun, 240-Z, he spied another one, in Miami traffic. Excited about seeing another car like his, he said, "Look, there's a green one!" With my reply, "Actually, honey, it's blue", he gave me a scowl. He would not acknowledge that because I was not color blind, I was right.

What a fight we had. Looking back, I see it was the beginning of the end of our marriage. My need to be right came from wanting respect and recognition. His need to be right came from an inflated ego compensating for insecurity, and the need to control. Have you thought about what fuels your need to be right?

One of the *behaviors* behind our need to be right is lots of mental *complaining* – about places, people and situations. For instance, would you agree that gossiping is a negative way of life? And that it's unhealthy? Yet, we do it. To the detriment of those that are the subject of our dysfunction. And rest assured that if we're doing it to others, it's being done to us. Because of our addiction, the media and gossip magazines do one hell of a business. And it's not getting better. It's getting worse. Almost like a feeding frenzy.

Chronic complaining has become quite commonplace. One that always amazes me is how we complain about weather. Do we think complaining provides power to change it? A now deceased sister spent a good deal of her lifetime complaining that meteorologists did a lousy job of weather prediction. Yet she tuned in twice a day for their forecast. Just so she could complain about them being wrong. Do you see the craziness in that?

Are you beginning to get a *feel* for how *thinking* shapes and molds our experience? Can you see the value of exploring life with mind being utilized as an instrument of awareness?

Here's some more enlightenment on conditioned mind thinking. Saying, "**I did that**", or "**That belongs to me**", gives us a greater sense of self, even though there's still the basic feeling that we're not enough. I recall the lady who spent time telling me about when she downsized. There was so much furniture in her big house that, upon retirement, when moving into a smaller, more practical place, she had to rent a huge storage unit. And took great pride in having to do so. All those things *belonged* to her. She was preserving what was hers. Yet, she complained about the expensive monthly payment. Which cut into available money for living expenses. Do you see what's wrong with that picture?

So much of our identity depends on *possessions*. Yet, when we die we don't even take our pretty shoes! Only the Soul moves on. It leaves the body behind, along with all the other forms the body accumulated. Does that make you see the value of putting more focus on knowing yourself as a Soul? And seeing the bigger picture that can set you free?

I know a man whose conditioned mind is a wonderful example of '**I did that**', with a twist. He often speaks of his glory days. When he surfed. Had a passion and talent for riding and racing motorcycles. Played football. Even trained to be a Navy Seal. I feel compassion as I listen to him speak of what used to be. It seems to help him ease past the obesity he sees in the mirror. For fifteen years he's been *talking about* getting healthy again. It's as if talking about past accomplishments makes him feel better about what he's not doing. I also know a woman with a similar conditioning. Talks a lot about getting healthy but doesn't take the action. She also buys spiritual books but doesn't *read* them! Talking about or having ownership seems to be compensation for denial.

The twist I refer to is: The man loves to go into *detail* about knowing how to get back in shape. As if talking about the knowledge of the intricacies of *knowing how*, somehow compensates for not actually doing it! How devious is that, of conditioned mind? He's very smart, yet doesn't register the fact that getting in shape is not an intellectual experience, it requires action and movement.

Are you beginning to see that our sense of self comes from identification with thoughts? With *opinions*? And when our opinion is opposed by another we feel justified in self-defense. **That feeling of self-defense is the very root of all violence.**

Do you know that there are 1200 different religions on the planet? History reveals that religion – which teaches love - rarely produces it. It doesn't unite people, it divides. Otherwise, one religion would suffice. Here's a sobering fact: More death, torture, pain and suffering has been committed in the name of religion than any other conflict on the planet.

Actually, **conflict with others** is a big boost to the ego of the individual conditioned mind. It provides a greater sense of individuality. Defines our separation from another. Makes us who we are, so to speak. In more ways than we can count, we go around creating conflict. Subconsciously, it makes us feel better. Couples are in conflict about a variety of things. From how to install the toilet paper, to how they feel about the right to life, or the death penalty. There's an endless number of things to debate: Which one should balance the checkbook? Who should walk the dog?

Collectively speaking, **we need enemies** to do the same thing. We refer to *our* religious beliefs, *our* political positions, *our* customs and ways of behavior. As if our opinion or perspective is more important than another's. One thing I've learned about perspective is that we each get to have one. And that's all it is. Our own perspective. Based on what was programmed into us and what we experienced as life unfolded. I'm aware that, right here, you're getting mine.

Here's another thing about our behavior. Rest assured the conditioned mind is always going to *react* to a different opinion or perspective. Rather than *respond*. Are you aware that an emotionally mature person has the capacity to respond, rather than react? Can you watch yourself the next time you feel the reaction welling up from within? Can you just be present with the urge and take a moment to re-evaluate? Then simply express your thought and feeling on the matter, knowing that it's simply your perspective?

And, while life is being lived from the thinking of conditioned mind, this is **the content of your love life**: Possession, control, addiction and game playing. As in, messin' with people's heads. Even without meaning to. Because, what starts out as falling in love eventually ends up with you falling out. Multitudes

of broken relationships and divorces testify to our stories of ‘oh poor me’. Simply pointing to our own poor choices, rather than *God* having had anything to do with joining us together in holy matrimony!

The Personality of us is limited to using manipulation and control as a means of gaining power. It has no capacity to maintain long-term loving relationships because the foundational base of its emotions is fear and doubt. Until we *wake up and become aware* of the value of surrendering wants of the Personality to needs of the Soul, manipulation and control is the only way we know how to operate within the confines of human emotional relationships.

In contrast, real (Soulful) love is about creating harmony through cooperation. Sharing of thought and feeling. And having reverence for each other and all of Life. Practicing kindness and giving freedom. But that only comes with an open heart. A connection between the head and heart. I’ll talk more about that, later.

When living from the state of the conditioned mind - and ego generated by identification with thought – we are almost never in alignment with what’s going on in Life. Because while it’s happening in present time, ego mind is busy being identified with memories from past-time. Reminiscing about good ones, or regretting bad ones. And anticipating what future-time may or may not hold. Some sort of rescue or salvation, hopefully. Like meeting *the one*, that’s going to make us happy. Or about coming into more money. Things that will stop these awful feelings of not being enough and not having enough.

While we’re busy being in past or future time, present time is lost. We are ignoring, resisting or de-valuing NOW. And it’s the *only* time with *power* to change or improve whatever’s happening. We cannot go back and relive the past. Only *think* about it. We cannot live the future before its actual arrival. Only *think* it. When it arrives, it will simply be NOW. Which is what the past was when it was present – if you’ll pardon the pun.

There’s only right now. Each moment. One minute at a time. That’s why you hear, “Live one day at a time”. Or “Live in the moment”. Because, living the future is impossible. Personally, that’s my biggest challenge. Staying present, in just this moment. Mind is always trying to skip ahead. Are you getting a feel for just how *personal* this is? That it’s not an intellectual idea to ponder, but the basic content of daily life? If so, good. Because that’s how you can begin to take charge and change things.

You can begin to say, “I see what’s going on. I’m aware of this. It’s a *structure* of thinking going on in my mind. I’m not going to identify with it. Not going to buy into it. Or get lost in it. I’m just going to *be aware of it*. Just watch it.”

And, guess what? *That* is the secret to dissolving it. The *key* to mind structures being disrupted. And dismantled.

Can I hear a, “Hallelujah!?”

And let’s be realistic. One time doesn’t do it. But you’ll find that you get better and better at it. Instead of buying into it. Instead of identifying with it as being who you are, you’ll simply *watch* it. Be the awareness of it taking place. And that’s a really big deal. A mighty big accomplishment. **It’s called being awake.**

In 2006, I had a spiritual experience that put all this thinking stuff into better perspective. Because it changed who I am, I want to share it with you. In the Great Smoky Mountain area, I lived in a log house with a panoramic, rolling-mountain view. Time there constituted a fourteen month ‘spiritual intensive’, learning lessons about Life, from Spirit.

One cold night, while lying in silence before falling asleep, I had an experience. It changed my reality. Slowly, I began to hear a noise, kind of like static. I listened. Then, my spiritual body began to spiral upward, ever so slowly. As I spiraled upward the sound increased. Soon, I realized the static was **the combined noise of all humans thinking**.

Eventually, as I continued moving higher, the sound began to diminish. It became more and more in the distance. Finally, I moved into a Space where there was only Stillness. No thoughts existed. And no words could describe the *feeling* of the Space. Since words must be used here, I'll say that it was such intensified peace that I'd have to call it bliss.

How long I stayed there, I do not know. Because there was no time in that *nothingness* that was *everything*. Looking back, I see I felt re-connected to Source Energy. I never wanted to leave. Then, eventually, I became aware of downward movement. And I knew I was headed back, to the hell of humans thinking thoughts. And I knew our thoughts were *the only thing* separating us from knowing each other. I was headed back to a world where my thoughts keep me from knowing you. Where your thoughts keep you from knowing me. Even though each of us is the same Pure Energy. Life in form.

By the time I had traveled back through the static, to once again be a person lying in a bed, there were tears falling onto the pillow. It was hell to return from heaven. But I felt such compassion for everyone suffering at this existence.

Chapter Three Mind/Body Connection

Universal Intelligent Life controls all the Universe(s), galaxies, planets, suns, moons, stars, etc. It manages all of nature, the oceans, sea life and tides. Sunrises and sunsets. It's even present in all animal Life. Well, guess what? A piece of that universally intelligent life is the very Intelligence of the physical body. That organizing principle behind the working of all body organs. We don't run our body. That Intelligence does.

When we're invited to the movies, we don't have to say, "Sorry, I can't go right now. I've just had a big meal. It's going to take a lot of focus to digest this much food." Or, "I've got to pay some attention to my respiratory system. Haven't given it any attention in about a month. If I don't keep my breathing apparatus up and running - doing its thing - I'm gonna be in trouble!"

No, the Intelligence of the body is constantly working, taking care of all that's involuntary. It keeps the heart beating. The respiratory, circulatory and digestive systems performing their function. We don't have to *think* a thing about it. *Intelligent Life* makes it happen. And when Life stops making it happen, we die.

Now, here's the thing about the mind body connection. That intelligence reacts to whatever the mind thinks. **Emotion is the reaction in the body to what's going on in the mind.** I repeat, mind's thinking creates an emotional reaction in the body. Got that? But, even though body Intelligence is smart enough to operate involuntary function, *it doesn't know the difference between your thought and your reality*. That means it assumes your thought *is* your reality. It doesn't know if you've just lost your house and job because the economy is in the toilet, or you're just *worrying* about losing your house and job.

Your thinking prompts *instinctive* responses, too. In the face of danger, when survival is threatened, the heart beats faster, muscles contract, and breathing becomes rapid, in preparation for fight or flight. Taking you into primordial fear mode. Primordial anger mode. That's all involuntary, too.

Now listen to this amazing catch-22: The conditioned mind has tricked us into thinking that if we spend lots of time *worrying* about some dread or fear, we can somehow prevent its happening. How crazy is that? Common sense, alone, says it's utterly ridiculous. Yet, who of us hasn't done it. Doesn't do it? So, Body Intelligence is busy creating changes in the physical to deal with the reality of, say, a terrorist attack, when all that's going on is mind *worrying* about it.

The concept of humans living in a prison of fear is beautifully conveyed in Michael Crichton's book, *State of Fear*. Even though he presents a fictional story about global warming, he's clearly teaching a lesson about us being victimized and controlled. I really got his message: By living in a constant state of fear, we're vulnerable and easily manipulated. He explains how this is accomplished, by three huge influences. The *legal* system, *political* system -both Democrat and Republican- and the *media* world. I also understood that huge corporations are automatically included. Simply because they're so powerful *each* has its own legal department.

In the back of the book he's honest enough to present his perspective. I loved it. It validated things I'd discovered myself. But while I had been quite content with a simple overview, his presentation was full of details. I invite you to read it, to see if you resonate. It's quite an education for a read of fiction. He talked about another thing I knew. Advertisers know *how our mind works*. They pay huge amounts of money to catch us when we're most susceptible: Relaxed, while watching TV. Though TV watching provides a break from mind's obsessive thinking, it moves us into a very vulnerable position. At a level *just below thought*, we've tapped into *the stream of thought* in the TV program!

That's when they hit us with their commercial. Pay millions to present us with their product. A very effective one being the presentation of two little segments, a few seconds each, just a minute or so apart. Because it has more impact on the mind. They also get more bang for their buck. It makes us really consider their product when making our choice. Or feel inspired to buy it even if we don't need it. Realizing my mind actually taps into the thought stream of a television program made me reconsider the quality of program choices.

Let's go back for a little review. Emotional awareness is becoming aware that the body has an emotional reaction to what mind thinks. Please remember that as you continue to read. Getting a *feel* for it is actually important, too.

Obsessive thinking, based in fear and doubt, generates an excess of energy build up. When that energy isn't utilized in fight or flight mode, part of the energy goes back to the mind. Where it generates even more anxiety. The rest of the energy **turns into a toxic emotional reaction** that interferes with the harmonious function of the body. It puts a strain on the heart, circulation, digestion, elimination, immune system, etc. Yes, the voice in the head – the ego – continually disrupts the body's natural State of Being.

Every emotion that's not fully felt, and dealt with, gets stored in the physical body. Does that tell you something about how we die of heart disease and cancer? How all the stored negative, toxic energy is wreaking havoc in our life? On the simple level, how often do you feel a constriction in your throat. A nervous tic in your eye? A tightness in your solar plexus? Food that won't digest? Headache? Nagging fatigue? All this adds up. Days. Months. Years of accumulation. It takes a heavy toll.

So much of my life has been about emotional healing. During a two-year period of living in New Mexico, I got enough courage to use some highly refined methods of Energetic Healing. By that I mean, methods of removing toxic levels of stored, negative emotional energy. Getting it out before it becomes disease. And because my senses are highly tuned, I have the ability to *feel* the movement of energy throughout my body. This helped me determine which of the methods I tried were most effective.

Please keep an open mind as I share. These are not mainstream healing practices. It challenges conditioned medical perspectives. In one modality, *Transformational Energetics*, a man named Larry used blood samples to measure toxic levels of emotion, present in the body. He created separate categories, along with a rating level. For instance, my sexual abuse score was 1500, which was high, showing the sexual abuse from childhood. An overall reading on shock and trauma, throughout the entire body, had a count of 5,600, very high.

When notified that the releasing treatments would begin, I wasn't sure what to expect. He had simply explained that different people had different experiences. Some people, sometimes, felt something. Others felt nothing. Releasing was a process that took place 24-7, no matter where I was or what I was doing. I just went about everyday life while this invisible process took place. By the way, I paid \$250 for the initial work-up, and a monthly fee of \$200.

It was mandatory to speak to him by phone, at least once a week. Kind of a therapy session, in which I talked about what I was feeling. He'd listen and make suggestions. He was also available by phone 24 hours a day. That proved to be quite valuable. The first area to be addressed was the stored emotional energy of shock and trauma.

The part of me feeling skeptical about the treatments quickly got an education. I came down with what felt like a horrible flu. Cold chills, and what felt like a high fever, but no temperature. Under piles of covers, I felt so ill I was unable to eat, or do anything but go to the bathroom. A friend, my housemate, went into a panic when I could no longer even talk. She called Larry to tell him what was happening.

Larry told her to put the phone to my ear. Calmly, he said, "Peggy Sue, your body is really responding to this level of healing. Kind of like when an addict detoxes. Your Spirit Guides must have you on a fast track of some sort, about your need to heal. I'm getting (intuitively) that this is going to last another 24 hours before the worst is over. You have a choice. I'll interrupt the process, give you a break and you can begin again when you've recovered. If you choose that, I'll make certain to decrease the intensity of the process, so you don't get as sick. Or, you can continue and get it over with. I promise this is the worst. It was your highest reading. Nothing else will be as bad as this. Tell me what to do."

I managed to mutter, "Don't stop." Sure enough, twenty-four hours later, I started improving. It made a believer out of me. Toxic emotional energy, stored in the body, was valid. And it was a really big deal. As the treatments continued, I frequently felt awful each time he moved the treatment to a different category. One time I *sounded* like I had pneumonia, though I had no other symptoms. That helped me see that whatever was releasing had been stored in my lungs. It was quite an education to see that negative energy is stored absolutely everywhere, from organs to bones and muscle.

Soon, reactive symptoms were confined to varying degrees of physical fatigue and emotional vulnerability. After three months I was so sensitive to the process that I could tell my housemate, "Larry's going to call today. I know he's going to tell me I've finished with releasing this toxic level of shame. I can tell because the worst of it's gone and I'm feeling better. Freer and more relaxed. I wonder what category he'll move into next."

After nine months I quit that method of healing. My budget didn't allow it. Then I noticed something really interesting. My body had taken on the ability to continue the process, without the man or his method! I could feel it going on all the time. It was subtle, yet obvious.

I share these healing experiences, from early 2000, for more than one reason. Throughout more than 20 years of different phases, modes and measures of healing, I felt concerned and frustrated. I knew energetic emotional healing was beneficial to everyone. Yet few would ever have the time, opportunity,

and money to experience it as I did. I kept saying, “There’s got to be something that’s simple, costs nothing, but is available to everyone.”

And along came Eckhart Tolle, Spiritual Teacher and author of several books. *The Power of Now* reminds us of truth spoken before. And whether people recognize it the way I do, or not, his teaching includes energetic emotional healing. Having been there and done that, I can tell. Using *his* method, I accomplished the same thing.

In essence, he’s saying that you just stay present in NOW and whatever emotion needs to come up from the past (for healing) *will* come up. When it does, just **be still** and **feel** it. No analyzing. Don't let mind make ‘a story’ about it. Just stay present with *feeling the emotion* and it will release. The feeling may be fear, resentment, jealousy, anger, rejection or the need for revenge. Whatever the emotion, it will dissolve as you stay present with feeling it. That is how it's healed. With the power of your present moment *awareness* of it. The stored, toxic energy of the emotion releases, just the way I felt it do with other modes of work.

Perhaps this is a good place to recommend books and authors I think would further benefit your awakening, and awareness, process. They provide greater depth to what I present. Books by Eckhart Tolle and Gary Zukav have been very valuable to my unfolding process. Zukav said the longest journey humans would ever take is *the one between their head and their heart*. Truer words were never spoken. He and his Spiritual Partner, Linda Francis, wrote *Heart of the Soul – Emotional Awareness*. I consider it a must read for all humans, since emotional awareness is the very foundation of spiritual consciousness. Together they created an easy-to-read, basic primer that should be taught in grade school.

All of Eckhart’s books are exceptional, especially *Stillness Speaks*. His teachings validated everything I’d been experiencing. The book most beneficial to awakening and becoming aware is: *A New Earth – Awakening to your Life’s Purpose*. Oprah was so impressed that she established an on-line classroom where millions could tune in to the live feed for ten weeks. One for each chapter. She said, “This is the most important thing I’ve ever done.” This from the mouth of a female, self-made billionaire.

Conversations With God, books 1, 2 and 3, by Neale Donald Walsh will rock your world. (2006 Movie) These books contain messages that offer workable alternatives to humanity's most prevalent *beliefs* - beliefs that continue to create our most persistent problems. For one thing, it allowed me to see just how primitive our society is, and as inspiration, provided information on the lifestyle of highly evolved beings. Clearly, advanced technology without advanced thinking is a path leading to insanity and destruction. Lest you think it a downer, let me say that it pours forth abundant love and wisdom, urging us to remember who we really are... God in human form, having the individual experience of life. These books can be read and re-read, each time waking us up to greater awareness, transforming our lives in the process.

Relative to the emphasis on emotional awareness in this message, *Conversations with God* points out that humans are born with five *natural* emotions: love, fear, anger, envy and grief. Societies that continually **repress** natural emotions produce the following: Repressed *love* produces *possession*, repressed *fear* produces *panic* (anxiety), repressed *anger* produces *rage*, repressed *envy* produces *jealousy* and repressed *grief* produces *chronic depression*. It explained to me why we have so many people feeling jealousy, possessiveness, anxiety/panic, rage and chronic depression.

The Celestine Prophecy, by James Redfield was also meaningful. It helped me see the great value of **insight**. Taught me that *coincidences* are really Life’s magical support system and introduced me to *seeing humans as emotional energy*. Most importantly, it awakened the awareness that humans take and

receive energy *from each other* until we learn to receive directly from Source! Also, that nature is an excellent vehicle for connection with Source Energy.

Redfield taught me another important lesson: There are four basic ways most humans, *unconsciously*, take needed emotional energy from another. Consider them personality types, if you will. There are **Interrogators**, **Intimidators**, those who play **Aloof**, and the, **Oh Poor Me**. Interrogators ask questions, designed to allow them to criticize your answers! As you defend yourself, they get your emotional energy. Intimidators are bullies who scare you, with words or tone of voice, into surrendering your emotional power. Aloof people play mysterious and withholding, so you'll have to *dig* to get any information. In digging, you turn over your power. Can you see what an Oh Poor Me does? They tell you one victim story after another! As you feel sorry for them, they feel energized.

These four modalities of behavior are designed to suck emotional energy from another person. So, if you find that interaction with another consistently leaves you drained and depleted, while the other feels energized, recognize that there is no beneficial and/or mutual sharing of information and feelings going on. You are simply being victimized. Becoming *aware* of the method used to drain you is empowerment to stop the activity!

Female beginners can really benefit from reading Sarah Ban Breathnach's book, *Simple Abundance*. She calls it *A Daybook of Comfort and Joy*. The profoundly introspective content of 365 short essays - one for each day of the year - introduce six practical, creative and spiritual principles: gratitude, simplicity, order, harmony, beauty, and joy.

Living the principles as she wrote the book, Sarah realized *the most personal form of worship is authentic living!* With each essay excavating our *true* authentic self we leave behind the role playing and mask wearing that's become the norm of *unaware* living. We move all the way from manageable lifestyles to living from a state of Grace. Reading it can wake you up to become more self-aware.

Being of a scientific bent, I learned so much from reading Dr. Jill Bolte Taylor's book, *My Stroke of Insight*. A brain scientist, she had a stroke and wrote about the experience and long recovery process. What a wake-up call; with loss of the left brain function, she experienced only right brain function- the spiritual side of ourselves - for a long while. One of the by-products was being able to see everything as currents of energy! Which presents an eye-opening read.

During the years of healing Dr. Taylor came to realize many things, one of them being: when mind thinks a thought there's a corresponding emotion in the body. This we knew. What we *didn't* know is that it only takes 90 seconds for that emotional energy to travel through and out the body! Educational when you consider that all of us struggle with a mind that replays thoughts – obsessively - and our bodies *store* huge amounts of negative emotional energy, eventually creating dis-ease.

Chapter Four **Energy Patterns**

Shifting your focus to Life as Energy in form, what might you see? **Patterns** of Energy. The largest energy pattern on the planet would be fear and doubt. (Yes, we exist in an energy field of fear and doubt!) A very small energy pattern would be love and trust. Can you see how *negative thinking* creates the negative emotional energy generating fear and doubt as the primary energy base? Can you see how functioning in this negative energy field might be called hell? And when we move into an energy pattern of love and trust, it feels heavenly?

Conditioned/ego mind energy produces life situations from a *foundation* of fear and doubt. From all the stored dysfunctional conditioning. Because it's from the head. Mental Energy. Remember?

Love and trust energy is a much smaller energy pattern because not so many people walk around with an open heart. Living from Soul. As in heart and Soul. When faced with decisions, most people make them from the powerful level of fear and doubt. Not love and trust.

Can you see the ramifications of the imbalance of these two energy fields? *Everything* you do gets done through a degree of fear and doubt energy. Sometimes it's like pushing through molasses. The concentration level is different based on location. Out in the peaceful countryside, with few, if any people? Very little concentration of fear and doubt energy. At a big city shopping mall, shoulder to shoulder with people? Huge concentration.

Because all the people are thinking thoughts. Predominantly, negative ones. That's the biggest content of conditioned-mind software, remember? In today's economy a large amount of thinking might go like this: "Should I be spending this money? When I don't really have enough? But it makes me feel better. At least for a while."

You can see those thoughts cause negative emotions to kick in, based on those thoughts. There's guilt. Conflict. Some anxiety. As the body responds to what the mind is thinking, it constricts. Gets tight. Breath becomes shallow. Because it's coming just from the chest. There is no deep-belly breathing attached to this thinking.

Think about that.

The breath of life is a precious thing. Without it we die. Yes, when breath leaves the body, it dies. That tells us that our capacity to breathe, and breathe *deeply*, has importance. Yet, most of the time, we walk around breathing from our chest. We women, especially, have been conditioned to hold in our stomach, to be more attractive. Belly breathing happens to be the *healthy* way to live.

With that said, I've brought you to a point to consider *more* of the mind-body connection. Being awake and aware includes becoming aware of what it *feels* like to live in your **body** rather than in your *mind/head*. A simple way to do this is: As you're lying in bed to go to sleep, take a deep breath. Hold it a few seconds. Then release it. Become aware of whether you're chest breathing. See if you can get the breath to travel down further. With practice, you'll be able to draw a breath down into what feels like your low belly. Anyway, the point is to breathe as deeply as you can.

Focus on the breath. Notice that it takes you *out of your head*. It puts you into the body. Where you need to be. Because **being in the body dis-empowers the mind**. Stops the obsessive thinking. Before you know it though, you'll find you're right back up in your head, in conditioned mind, without even knowing how you got there. But that's all right. Just take another breath. You'll slip back into the body. Your awareness will once again be *in the body*. And that's a good thing. Because **when awareness is in the body it's easier to be awake and aware, and you are available for Universal Intelligent Life to convey wisdom for your life**.

So, take deep breaths and focus on finding tightness and tension in the body. For instance, is the throat constricted? If so, just focus on how that feels. And when mind wants to create a story about *why* the throat is constricted, don't get caught up in that. Don't speculate. Recognize that thinking about the *why* is mind's way of sneaking in the back door, reclaiming power from *awareness* - by making you again be lost in thought. Just get back to the focus of feeling the constriction in the throat. Soon, it will dissolve.

And that, my friend, is the **power** of awareness.

It will also work when your heart and chest area is aching from emotional heartache; As in a broken heart from a broken relationship. You, breathing in the Breath of Life - with focus on how it *feels* - releases the pain, emotionally and physically. Again, *that* is the power of awareness. And hear me when I say this. It is *not* mind power. It is *the power of Life* moving in and through you. You being *connected with it*, through the power of Life's Breath. Yes, the breath that moves through you all the time, every single day. Though you are rarely aware of it. It is the *power* of your life. Without it, your body is dead.

You might want to re-read and contemplate these last few paragraphs.

Our Personality/ego mind is mostly a life experience of fear and doubt choices. A Soulful Life is one where we make consistent choices to love and trust. That's the only way to create harmony, cooperation, sharing and reverence for life. Let me share an experience I had with finding my favorite and best job. It serves, pretty much, as an example of these factors.

In 1985, I worked as a secretary to a powerful female executive. A CPA, she was president of her own company, along with having a restaurant franchise. I was miserable. Moving into complaining and blaming for a minute, I will say she was a control freak who took workaholism to great heights. She never, ever, took a lunch break. And frowned if I did. I had a strong feeling of inner knowing that I needed to quit the job. But the human rule is: Never leave one job without another one in place. Feeling overly responsible, I wanted to abide by that rule. But working for *her*, I had no energy left over to go looking! I chose to walk past fear and doubt, trusting that I'd find something better.

Interestingly enough, when I quit, I lied. It just rolled off my tongue. I said, "I need to move on to a higher position that pays more money. I have an opportunity to be an Office Manager. I'll be leaving in two weeks." Just as an aside, after I left, her office bookkeeper quietly called me at home. He said, "Just so you know, you stayed with her longer than anybody else! You were here nine months. Every other girl left before six months was up."

Three weeks later, interviewing for another executive secretary position, I walked into a family owned computer software company. The minute I looked around inside, I could *feel* myself working there. Clear as anything I'd ever known. I felt right at home. I *knew* I'd get the job. But I didn't get the job! I was dumbfounded. Anytime I'd ever had that feeling before, I knew I could trust it. What was going on?

A week later, the Office Manager/Personnel Director, who had done the initial screening and interview, called me on the phone. She said, "I was so impressed with you when you interviewed here, to work for Mr. Anderson. Now, I find I'm in need of a very qualified temp, to replace *me* for a while. Right away, I thought of you. You would need to perform my job, while screening and interviewing people to fill my position. I'd stay here to do it myself, but to take advantage of the opportunity I've been given, I have to leave right away. I know you can do this. We'll pay you what we would pay an agency for a temp. Which is good. What do you think?"

I thought, *Aha! Now I see what's happening.*

The story unfolded over a four month period. Me, staying busy screening and interviewing people, who were more computer literate, to fill her position. Meanwhile, doing her job and *becoming* more computer literate. As time passed, the boss was frustrated. Offhandedly, he quipped, "Peggy, if I don't find the right person soon, I'm gonna' give up and hand *you* the job. There would have to be a three-month probation, but if that worked out, I'd even pay you what I was gonna' pay her!"

When he left, I closed my office door and did a little victory dance. But I shouldn't have. The very next day the ideal woman walked in. Dirk loved her so much he hired her on the spot! But because she lived out of town she wouldn't be able to start for three weeks; time for packing and moving.

During those weeks I was torn up inside. Clearly, I was riding an emotional roller coaster. There were days of being in my head, with fear and doubt assaulting me. Days with feelings of inner knowing in my heart, where I felt love and trust, despite what things looked like.

Somehow, I managed to consistently pull myself out of fear and doubt, getting back to love and trust, despite nagging conflict. Because deep down inside, I still had that feeling of *inner knowing* that the job was mine. Some days, everyday reality was absolutely excruciating.

The day before the woman's expected arrival, to train with me for three weeks before being on her own, she called *me* on the phone. Sounding conflicted, she murmured, "Peggy, I can't speak to Dirk. I don't have the heart. I've been given a counter offer by the company I'm with. It's so much more money that I can't pass it up. And I won't even have to move. Tell him, I'm sorry."

There was a long pause, in which I thought she had hung up. Then she said, "Besides, I have a feeling this job is really *yours*." Then, she did hang up.

I closed the door, put my head down on the desk and cried. This time from gratitude. Did I say it was the best job I ever had? I was like a den mother to ninety, high-tech youngsters. Mothering came naturally, so I was a happy camper. Making an annual salary of \$40,000, back in the '80's, didn't hurt much either. Does that give you a *feel* for the energy of fear and doubt and love and trust? How we can go back and forth?

I'm not aware of any official study to determine this, but I'm guessing that the next largest energy pattern on the planet involves a commonly held **belief**. Actually, there are *many* energy patterns based on cultural beliefs. More than you would imagine. But this one has imprisoned everyone. It's the belief that we must *earn a living*. Mankind has established a law of supply and demand, when Universal Law is just the opposite, *demand and supply*.

It works like this: When we *intend* to align with Life's Universal Law, rather than man's law, we find Universal Energy cooperating, providing everything necessary *for our life's purpose*. Hard to believe, but it works. It simply means *we choose to trust* despite feelings of fear.

Maybe this will give you greater insight into the concept. In the '70's, when I taught new mothers successful breastfeeding, I had to help them understand the law of demand and supply - as it applies to the physical body of a nursing mother. In the first year a baby triples in size. A seven pounder becomes 21 pounds. So, there are significant growth spurts at around six weeks, three months, etc. These are times when the baby increases milk intake to accommodate its larger body.

It never failed, new Mom's would call for counseling, in a panic, "I don't have enough milk!" I would laugh reassuringly, telling her how it works, "Just let the baby nurse more often. Over the next three days, even when your breasts seem empty, just let the baby nurse. Even when you're sure the breasts are empty, do it anyway. Letting the baby nurse - on the seemingly empty breast - makes a *demand* for your body to increase the milk supply. It's simple communication!"

Here's the thing. It's a Universal Law of Life.

Unless your life purpose is to be a street person, or bag lady, finding yourself without a job is not going to make you one. But let me clarify. I'm also not saying you let *conditioned mind* dictate leaving a job so there is a demand for The Universe to supply one!

I'm talking about being aware of heart felt *feelings of inner knowing*, allowing those to dictate what goes on with your job. All of us have had jobs that pushed our buttons. Triggered old dysfunctional tapes that made us want to leave, rather than deal with, and learn, from what we were experiencing. Your boss could be bringing up issues you had with your parents that need recognition and resolution. So, I'm not advocating resistance to learning lessons imbedded in a particular work environment. OK?

Now, in case you have difficulty discerning *human emotional* feelings from Soulful feelings I can relate. A big part of my transformational experience - from being an emotional expression of human consciousness to being an emotional expression of spiritual consciousness - has been learning to make choices, and take *action*, based on Soulful feelings.

Here's what helps me clarify: the human ones feel more like a *compelling need*, something hard to resist. Soulful ones feel more like an *inspirational urge*. Like when I feel an inspirational urge to go somewhere, do something, call someone. Or feel an urge to do something *differently* than I would ordinarily do it. Also, it's like having *insight and clarity* that makes things easier or more beneficial.

See what I mean? But I'll tell you what's hardest. When it comes to having an *urge for food*. From a childhood of almost starving to death I have food issues. It's hard to tell when the *urge to eat* is actually beneficial!

Well, I've just groaned inside.

Spirit is telling me this is a good place to share my most embarrassing behavior! It's sad, but it's the truth of where I was at age thirty-seven. Almost four years into cohabitating with Steve, a firefighter who is the love of my life, I had managed to really screw things up; by living from my head instead of my heart; by being numb except when my children visited, and being totally unaware of the difference between *human* emotional feelings and *spiritual* emotional feelings. Feeling feelings was so painful that I wanted to feel them as little as possible! Otherwise, I felt I couldn't cope.

When we split it was as a trial separation for six months. Me moving out of our townhouse, being a roommate with a friend, but leaving my furniture in place because he didn't have any. Also, because I loved the townhouse so much, and he worked 24 hours on duty and 48 off, I retained a key and slept over on days he went to work. He was cooperative about that.

By this time in life I was pretty psychic. But emotionally immature, aka emotionally unaware. Which stresses why emotional awareness is the beneficial foundation of *spiritual* consciousness. Anyway, one morning I awakened at 3:00 a.m. with the awareness that Steve was in bed with another woman! This was very upsetting because, number one, I was very possessive, and number two, he had told me that during the six month separation he would not be intimate with anyone else. He would focus on *us* working things out.

See where I'm going here?

Yeah, I drove to our townhouse, used my key to go inside and didn't find *him*, but saw a phone number on the counter top. Calling the number, I instructed the sleepy woman answering the phone to put Steve on the line. There was a pause as she handed him the phone. Calmly, I told him he might want to come home because I was there, feeling really upset.

He arrived at dawn. I was calmly sitting in a barstool at the kitchen counter, elbows on the armrest, legs crossed, one foot swinging. The townhouse was trashed. I had removed dishes from the cabinets, smashing them against the walls. I'd taken clothes from the closet - purchased by me to show off his good looks - cutting them to pieces, tossing them to the floor. It was a mess.

Amazingly, he calmly took photos. The better to help me remember what I would want to forget. Later, I made arrangements to move out my stuff, leaving him with no furnishings. By the next day I apologized for all the ungodly behavior, paying him for damages. Because by then I felt just awful. But there was no denying what I'd done.

Rest assured it provided inspiration. I determined to make it my business to learn about *feelings*. To wake up and become emotionally aware. But I'm here to tell you it didn't happen overnight. Even after *that* scenario I embarrassed myself even further. Because I lived in the same community, I frequently drove by his place. One day I stooped so low as to release the air from the tires of his overnight female guest!

So, *my* transformation has been a long, arduous journey. Hence my desire to make yours quicker and easier.

Since I've said that, let me say this: The biggest problem I've encountered on the spiritual path is meeting people who've become awake before becoming aware! As in, once they had psychic abilities they equated *that* with spiritual consciousness. They felt empowered, thus there was no need to become aware of, and heal, their *emotional pain*. Before I learned to steer clear of that combination, I was frequently on the receiving end of: poor judgment, inflated ego and destructive behavior. Just ask, I'll tell you, awake-but-not-aware people can justify almost anything!

Remember that I told you I spent fourteen months in a log house in the Smoky Mountains? Well, I had gone there from a job as an assistant to interior designers in an upscale furniture store in Naples, Florida. I assumed once I arrived that Spirit would lead me to a job providing living expenses. After all, for twenty five years I'd relied on intuitive guidance for ideal job opportunities. It had *never* let me down. Making that assumption was only logical to me.

Long story short, I was unable to find a job. I was flabbergasted. In the past an *interview* had produced employment. In this case, it wasn't that prospective employers rejected me. It's that quirky little things happened before the starting date. Things that, in one way or another, closed the door on opportunity. Previous experience had taught me if something didn't *flow* it was wise to leave it alone. It meant there was a good reason why the energy wasn't flowing. It wasn't for my highest good.

So, I finally stopped looking for a job. Meanwhile, a check always arrived when it was needed. Not *before* the need, but *as* there was need. Turns out that the Soulful emotional support I provided friends and loved ones, by phone, long distance, was appreciated. And they sent checks showing just how much. I began to call this Soul-Level Life Coaching.

The simple way I've said this makes it sound as if no suffering was involved. And that's far from the truth. As the time for payment of rent and utilities moved closer, I'd go into a downward spiral. Fear of failure, shame associated with that feeling, and lack of trust, would become black monsters, haunting every waking hour. Because I knew there was *no* source of income in my life! No savings. No 401K. Nothing left to sell. I was living on courage and faith. Easily looking at being a street-woman. Because there was no fee for my Soul Level Life Coaching. I did that out of love.

One time, fear of failure was so complete I was a basket case. Literally. I was having an emotional breakdown. Spirit said, *You only have to live until midnight*. Swear to God, I thought it meant I was going to die. And I felt absolute gratitude. It took away all the pressure! I looked around with relief, seeing that I was in a wonderful place with beautiful surroundings. There was oil to heat the house. Gas in my vehicle. Good food in the ‘fridge. Beautiful plates and glasses to eat and drink from. Nice clothes to wear. And no one was ever going to know I died a failure! All I had to do was enjoy myself.

And I did. All day long. I savored everything. Grateful for all of it. The sky was beautiful. The birds chirped. I truly enjoyed every single moment. At midnight, I laid down to go to sleep and die. No kidding. I was relieved. Next morning I woke up, still alive. Spirit said, *That’s how you live. Enjoying life. One day at a time*. I recognized that in actuality I *always* had enough! All my adult life, I’d had good food, nice clothes, nice place to live, a vehicle, etc. It was *fear* of not having it in the *future* that drove me to madness!

My individual mind conditioning was that I had to be *doing* a job that allowed me to *earn* living expenses. Just *be-ing* wasn’t enough. I had to know there was a job that paid a weekly salary. It produced a sense of security to the way I thought about life. With the new perspective, I had to move into knowing that The Universe takes care of me.

I came to see that working to release that energy pattern of supply and demand could free me to live from demand and supply. Clearly, my presence in that place, doing purposeful living, was creating a *demand* on The Universe. And *supply* was being produced. I was learning to make a shift in perspective and work to change my belief.

Loosely related to human beliefs and energy patterns, I learned another important lesson. *The Universe was my parent*. I found that where I had been unable to trust my birth parents, I could trust *it*. Because I was a Child of the Universe. As important as the beautiful lilies of the field, who neither toiled nor labored. I was a piece of *All That Is* and my birthright was abundant life. Not just abundant material possessions, but abundant, *purposeful*, creative living.

Chapter Five **Emotional Energy Patterns**

Probably, the next largest energy pattern on the planet is **religious beliefs**. Remember I said there are 1200 different religions? Well, from a bigger picture they all appear as one huge pattern. And remember how negative emotional energy gets stored in the cells and organs of our body? Well, these patterns are stored in the body as well!

Over the years, breaking free of religious beliefs - pounded in during childhood - was difficult. Even as I moved into the metaphysical realm of awareness, it pulled and tugged at me. During those years I desperately needed something with Bible as its foundation. Because The Bible was familiar territory. Joel Goldsmith’s mystical teaching, *The Infinite Way*, easily met that criteria. Fourteen of the most painful years of my life were spent with his tapes playing. I listened as I dressed for work in the morning. Listened again as I went to sleep at night. With free time, I read all his books.

The most valuable lesson from that teaching was this: Human problems may seem like it, but they are *never* about a person, place, thing or condition. The root cause of all of it comes from a **universal, impersonal, hypnotic belief in good and evil!**

Let me tell you about another unusual experience.

The two years I spent in Albuquerque, New Mexico, using energetic healing practices to release stored, negative energy, I lived a few blocks from a Metaphysical Healing Center called *Unwinding the Spirit*. I had done a *Souls With Bodies* presentation there, and attended presentations by others. The day before my return to Florida, I decided to stop for a goodbye. One of the owners, Gloria, had the ability to look at a person, see their energy field and do different kinds of healing work, based on her perception. She also had the ability to receive communication from those in the Spirit World.

As we chatted a minute she said, “Peggy Sue, there’s a huge amount of energy you’ve brought to the surface for release. It’s ready to come off, but you need help with it. I’d do it for you, but I’m booked solid. A lady will be here in five minutes for an appointment. Any chance you could wait a day to leave?”

As I explained to her that I couldn’t, her phone rang. The expected appointment cancelled. Some unexpected emergency. We decided that I would get an immediate treatment. She left to prepare a private massage room, then quickly returned. With big eyes and a smile, Gloria said, “Wow, I’m being told this is a big deal. That I’m to move you into the big presentation room, light some candles, get two people to help me, and turn this into a little ceremony. It’s some kind of major accomplishment that benefits more people than just yourself.”

As I listened intently, she continued, “They’re also telling me to put you in the room, to sit in the stillness, alone, for 30 minutes. It will create a space for lots of Spiritual Beings to attend. Boy, I’ve got lots of goosebumps. And I’m dying of curiosity! So, come with me.”

I had the intuitive feeling to cooperate, and did as she said. Sure enough, I could sense Invisible Souls filling up the room. I realized I’d felt, and actually seen, some of them before. Mostly at very low points in my life. One time I was actually sitting on the potty at a friend’s house, when I closed my eyes, just slipping into stillness. There, in my mind’s eye, were some of these Souls. Just letting me know I wasn’t alone. I remember it moved me to tears.

There, in the large presentation room, I sat feeling especially small and humble. What on Earth had been accomplished to bring forth such recognition?

Once in the middle of the room, on the massage table, face down, with Gloria and two helpers looking down at my spine, I sensed discomfort. It was coming from Gloria. I said, “Please, tell me what’s wrong. I’m very intuitive. Whatever energy pattern you’re seeing, I’ll be able to explain what it symbolizes.”

Hesitantly, she whispered, “A snake is imbedded in the full length of your spinal column! You’ve done the work to loosen and dislodge it. But I must take care in removing it. I’m being instructed to cut it in two places, making three pieces, and lift it out, one piece at a time.”

With calmness and clarity, I said, “Don’t be afraid. The snake symbolizes the energy pattern of the core belief of all religions: The belief in good and evil. Some people call it *The Devil*. That’s why we go around saying, “the devil made me do it”. Remember, it’s the snake from the Adam and Eve Bible Story. And in my case, the three pieces represent what my parent’s believed and taught me. It’s The Father, Son and Holy Ghost. It’s taken fifty-two years for me to be free of this energy pattern.”

When it was over, and I was dressed to leave, Gloria put her arm around my shoulder. With affection she said, “I feel so blessed to’ve been part of all this. I’ve never experienced anything quite like it. I couldn’t possibly charge you the \$275 for the treatment. If anything, I should be paying you.”

Today, when people speak of their religious beliefs, I show respect for how they feel. For their right to make choices. But I feel no identification with any form of it. While I recognize that The Bible contains a

lot of truth, religions have failed to convey these truths in ways that truly transform people. Had they succeeded, we would not still be fighting wars to resolve conflict. And life would not be such a mess. Because 80% of the population has a religion!

For me, being free of the religious energy pattern feels a bit like no longer believing in Santa Claus... times ten.

While writing this particular story, for this message, I had a strong negative reaction. Quite honestly, I stopped typing for the day and said – out loud, “We’re screwed! No way, everybody’s going to heal all the goddamned energy patterns imbedded in us! Based on all these beliefs! My whole life I’ve been driven to do this. It’s been *my* life purpose. But most everybody else is so oblivious to this shit that, even if they wake up to the awareness of it, they have no *time* for healing. It requires hard work and dedication. They’re too busy with jobs, making a living, raising kids!”

Waking up the next morning, I remembered a typed page I’d saved, from many years ago. It’s entitled, *Levels of Consciousness*. It assigns *measurements of energy* to human emotion. The point of reference is: E-motions are currents of energy with different frequencies - low to high. And humans are systems of light. As in 'Ye are the light of the world'. I have no idea who composed it, or where I got it. I just remember knowing when I saw it that it was valuable, and that I should hold on to it. So, here I am sharing it with you. Read and see if it doesn’t respond to my reaction.

LEVELS OF CONSCIOUSNESS

DESTRUCTIVE EMOTIONS - To Individuals and Society at large:

Shame:	Energy Level = 20	Fear:	Energy Level = 100
Guilt:	Energy Level = 30	Desire:	Energy Level = 125
Apathy:	Energy Level = 50	Anger:	Energy Level = 150
Grief:	Energy Level = 75	Pride:	Energy Level = 175

CONSTRUCTIVE EMOTIONS: Levels of 200 and above:

Characteristics are: Being realistic, flexible, non-judgmental. **Positive** in the face of **Negativity**. Confident. Doesn’t need to control. They demonstrate the following:

Courage:	Energy Level = 200
Neutrality: (vs. good or bad)	Energy Level = 250

SPIRITUAL TRANSFORMATION: Power comes from Within, Levels of Healing get manifested.

Reason (versus reaction):	Energy Level = 400
Divine Love:	Energy Level = 500
Joy:	Energy Level = 540

TRANSCENDENCE: Self Awareness and God Consciousness is present

Peace:	Energy Level = 600
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ENLIGHTENMENT: (Example: The Buddha, Jesus)

Enlightenment:	Energy Level = 700-1000
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COUNTERBALANCES OF ENERGY

1 Person @ 300 counterbalances	90,000 who are below 200
1 Person @ 400 counterbalances	400,000 who are below 200
1 Person @ 500 counterbalances	750,000 who are below 200
1 Person @ 600 counterbalances	10 MILLION below 200
1 Person @ 700 counterbalances	70 MILLION below 200

So, every person feeling *inner joy* radiates an energy level of 540, counterbalancing at least a *million* functioning at below 200 (those feeling guilt, shame, fear, anger, etc.). Each person feeling *inner peace* is radiating an energy level of 600, counterbalancing *10 million* who function below 200!

Those numbers brought relief. I felt hope that we stand a chance of making the leap from being an emotional expression of *human* consciousness to being an emotional expression of *spiritual* consciousness. And, did I tell you that *emotional awareness is the very foundation of spiritual consciousness*? Now you see why.

Chapter Six Healing and Releasing Energy Patterns

There's another powerful energy pattern imbedded in most American women: The **belief** that a man is going to come rescue us. Love us and make us happy. Ever after. It's the fairy tale of a Prince Charming.

And it's so prevalent that even those too poor to read the books, or see the Disney Movie, carry the energy pattern in the very cells of their body. I haven't dated in sixteen years, yet I discovered the pattern still imbedded in me. It was revealed in a dream. Steve, the firefighter, came to me. Dressed in a suit and tie, and looking like a million bucks, he never said a word. Maintaining eye contact, he walked slowly across the room. Taking me into a loving embrace, he moved me into a slow dance. Kind of like the one Meryl Streep and Clint Eastwood had in the kitchen, from *Bridges of Madison County*. The love I felt was incredible. His love for me. My love for him. I knew he had come back for us to live happily ever-after.

This, despite the fact that he's been married to someone else for twenty-five years!

In case the dream was a premonition, I got the courage to call and tell him what I'd dreamed. I'll just say that though he was pleased to hear from me, he was having no thoughts of divorce, or reconciliation. Then, Spirit helped me see this was another *energy pattern*. It needed to be included as part of this section, providing a personalized example.

You know who came into this life with the primary purpose of inspiring us to become aware, and let go of, this belief? Princess Diana. Her life showed us that the Prince and Princess do *not* live happily ever after. And whether consciously or subconsciously registered, it helped women see the reality versus the fairy tale.

I also have the perspective that her lifetime served a second purpose. Her early, tragic death made a whole lot of people move from their head down into their heart, at least for a while. This allowed them to remember *what it felt like* to be back in their heart.

How do we release this Prince Charming energy pattern? Like with any other emotional energy pattern, wait until the feeling of need or longing comes up to be felt. Only upon feeling the emotion of it are we in

a position to release it. Focus on allowing, fully accepting, and fully feeling the feeling. Focus on how it feels in the physical body.

Is there a corresponding constriction in the throat? Heaviness around the heart and chest? Fullness in the stomach and or solar plexus? Notice *where it's stored*. Be aware of feeling it. Immediately, conditioned mind will want to take back the power of your awareness. Because, trust me when I tell you this, **awareness is the power of life**. Conditioned Mind does not want us to be empowered, so it will pull us up out of our body, back into mind, with a thought: *Oh God, I love him so much. I need him to be with me. Please come love me.*

It's OK. It's all right.

Just be *aware* when that happens. And, again, take the power back away from the mind. Put it back in the body where it needs to be. Do that by taking a slow, deep breath. That pulls us back inside the body. Then focus on the feeling, again. The thing is this. We don't *want* to feel it because it hurts. We're so conditioned to *avoid* emotional pain that, right away, we want to go get food, a drink, take a pill, or get dressed and go shopping. Something. Anything to avoid feeling it.

But, guess what? It's only a *feeling*. It didn't kill us when we first felt the trauma. It won't kill us now. So, feel the fear and do it anyway. It will soon dissolve. Sooner than if we had taken the time to eat, drink, zone out on meds, or shop. It's also cheaper and healthier. And when it dissolves we feel lighter and more at peace. Because it took off a load of negative energy. If and when the feeling comes back, we simply do it again. Stand, or sit, very still and be aware of what's happening. Do the exercise again. In time, we become proficient at it.

I know for a fact that it takes about an hour for really terrible heartache to dissolve. You may say that's an awful lot of time and hard work. But compared to days, weeks and months, of feeling broken hearted, how does it compare?

Let me tell you how I discovered it takes an hour to dissolve heartache. Because the worst of mine occurred years ago, I had done it the old-fashioned, hard way, with it dragging on for years. Evidently, because we humans are so time oriented, Spirit wanted to present a time-frame example we can all relate to. One night I awakened in the wee hours with the most intense heartache you can imagine. It was excruciating! And I knew I had to use the breathing, and being present with the feeling, to gain release. So that *you* would have a frame of reference. That's how I know it takes about an hour.

Clearly, smaller emotional reactions take much less time.

It is **resistance** to feeling the feeling that creates problems. Avoidance, numbness, denial, distractions and addictions? These are *tools used by conditioned mind* to keep us from taking its power. And becoming empowered ourselves.

You know what emotion is the hardest for humans to feel?

Joy!

We can't handle feeling joy! Something makes us feel pure joy and what happens next? To keep us from staying with the *feeling*, conditioned mind butts in. It switches our attention *away* from the joyful feeling. We bounce back into mental mode, saying things like, "This is too good to be true... This is like a dream... Oh-m-god is this really happening?" Even when something joyful is being *voiced*, who of us hasn't quickly added, "Knock on wood, I don't want to jinx it!" Or "From your mouth to God's ear." Or

right in the middle of feeling overjoyed with the goodness of an event we quickly speak “I can’t believe this. I’m just waiting for the next shoe to drop!”

Conditioning is in place to keep us from feeling empowerment. *Feeling* joy and enthusiasm is empowering. These two emotions come from the heart and soul. They are our spirituality. They make us heartfelt and intuitive. They make us expand. Mind-based energy of fear and doubt makes us contract.

I mentioned earlier that we humans live as if we are *minds with bodies*, rather than souls with bodies. We live a mental existence, not a soulful one. Because we can’t live soulfully without an open heart. No open heart, no soul, just mind stuff. All our dysfunctional conditioning creating life situations that fluctuate between good and bad.

To make my point, let us look at an example. At our present level of evolution, despite industrialization and technology, we look rather primitive. Living a mental existence, with action and choices based on fear and doubt feelings, we create *mental illness*, mental dis-ease. We live in a time when Dementia, Alzheimers, Bi-Polar Disorder (aka Manic/Depressive), Schizophrenia, Anxiety and Depression are common and widespread! Could I even say epidemic?

Spending four hours a week providing assistance to 87 yr. old Margo - a bilingual former Pan Am Stewardess - gave me an up-close perspective. At a weight of 105 pounds, her physical body was doing pretty good. Aside from some arthritis that had recently set in, she had good posture and mobility. She still lived alone in her big house, cleaning it all by herself.

But she was losing her mind. Her memory was awful and she couldn’t drive to the grocery store, or run errands. That’s where my assistance came in. Her only living relative, an out-of-town daughter, had taken over bill paying and handling most of life’s mental details. Clearly, Margo would soon be unable to live alone, no matter how much she insisted otherwise. My arm-chair diagnosis of her health was: a combination of Dementia and Alzheimers, along with a good dose of paranoia, lots of depression, plenty of anxiety, obsessive thinking – all of it negative and judgmental – as well as insomnia and loss of appetite.

Along with all that, she was a chronic complainer. At least an hour of the four hours was spent with me providing undivided attention - patient/therapy style - while she complained. To get an idea of how her dis-eased mind worked, here’s a *small* for instance: She carried on and on about how her daughter’s family wasted food. With widespread hunger in the world, how could they possibly do that!

Yet, *she* was the biggest culprit. She loved to grocery shop. Each week she’d buy all kinds of food. Then it sat in the refrigerator and rotted - because she couldn’t use the oven to cook it - or she would simply forget to eat it! My offers to cook were always refused, and I soon learned that to reason with her, or point out the obvious was a total waste of time. Her *mind* was ill, diseased beyond repair.

One day I took her to a neat Thrift Store. She enjoyed herself so much I could hardly get her out of the place. Afterward she ‘thought’ about it. She refused to ever go again! My conclusion? She had truly *enjoyed* herself and her mind couldn’t tolerate that! There was nothing to ‘awfulize’ and complain about.

Here’s my perspective: Intelligent Life designed mind as an instrument of awareness, connecting mind, body and spirit. Mind being clogged with negative thoughts and beliefs ‘wears it out’. Without Soulful,

heartfelt input it develops illness and dis-ease. In other words, living as minds with bodies drives us crazy!

Closing this chapter, here's a thought: If you wish to know how much *depth* you have as a Human Be-ing, versus a human-thinking, there's a way to tell. When you look at something beautiful, how long does it take before your *mind* jumps in, to label, describe or compare? Once *mind* takes over the experience you've lost the Soulful feeling of *joy* generated by looking at such beauty.

Chapter Seven Separation and Connection...Thinking and Feeling

Let's look at life from a bigger picture. The larger world, of all things and people, and the smaller world, of our life situations. It's all been created **by mental thought**. Individually and collectively, we have *thought* our way to this point in time. There's a lot to appreciate, enjoy and be fascinated with. But look at the mess we're in. To keep it simple, let's focus on America. And let me say, I'm not knocking America. Because I was born on the 4th of July, I feel a close connection to this country. There was quite a mutual celebration as it turned 200 and I turned 30.

What I'm saying is, look at where we are in terms of *the pursuit of happiness*. How many people do you know who are happy? How many have a good marriage? Are peaceful and serene? Joyful and fulfilled? I can honestly say, I know not a soul who has all that. And when asking others, they don't know anyone either. And isn't that our birthright? What we are entitled to?

Why haven't we achieved it? **Because we haven't fully understood the concept of mind as an instrument of awareness**. I acknowledge that it's a challenge to do so, because it's new and different. Unfamiliar. So just go slow and concentrate on what I'm saying. Stop and re-read if you feel lost or confused. If you don't click with insight or an aha, read the sentence again. Because these words can bring beneficial insight to create a shift in consciousness.

Let me break it down into parts: First off, mind serves as an instrument of awareness for the **mind** to communicate. It serves as awareness for the **body** to communicate. And it serves as awareness for the **Soul** to communicate. Ideally, all these are connected and *communicating in harmony* to produce happiness.

Unfortunately, we have been living with separations and disconnects. Actually, from this perspective, *thinking* equals separation. *Feeling* equals connection. As in, when you are in your head with all that thinking, you are separated from Soulful, heartfelt feeling. From *feelings* of knowing. From inner feelings of *gut knowing*. Get that? You're completely *separated* from that part of you.

Here's some supportive insight about the malady. Even when we have a knowing feeling, conditioned thinking mind is so in charge that it will talk us out of what we're feeling! Example: I know a man who had a gut feeling of inner knowing that his wife was in love with another man. Several times he confronted her, each time she denied it. Finally, he told himself he was probably just being paranoid. He literally *thought* and *talked* his way out of the *feeling*!

Months later his feeling was confirmed when the angry wife -of the husband his wife was in love with- knocked on his door. Flinging pages of printed e-mails as confirmation, she made the man remember what he had felt.

Back to the lesson at hand: Let me explain how the body, mind and soul work, *ideally*. When mind serves as an instrument of awareness **for the body** we have a physical *feeling* of, say, thirst. That feeling travels to the mind, is interpreted into thought, and translated into words. We speak what the mind thought, “I’m thirsty, and I’m going to drink some water.”

Mind serving as an instrument of awareness **for Soul** also brings forth a *feeling*. And since the language spoken between the Soul and body is intuition, it’s *an intuitive knowing feeling*. A gut feeling. Actually, intuition can arrive in a variety of ways to produce that sense of knowing. It can be a mental picture in your mind. You can hear a still small voice, or even a song playing in your head. Getting goosebumps is common. Or hair being raised on different parts of the skin. However it presents itself, a knowing feeling travels up through the *heart* for interpretation and translation. Then the mind thinks, and we speak something like, “I’ve got a feeling this person can’t be trusted.”

By the way, have you ever said, “Why didn’t I *know* that person couldn’t be trusted?” This is why. Trust is a *feeling*. Not a thought. When you live from the head, where everything is evaluated with thought, you cannot access a *feeling* of trust. It cannot be done.

Think of the ramifications of that.

For instance, the people that Bernie Madoff ripped off, to the tune of billions, were not a bunch of dummies. They were smart, educated people! They got taken because they could not *feel* that he was not a man to be trusted. They were living from their head, *without access to available information from the heart*. There was a disconnect. A separation between head and heart. They simply could not *feel*, and in turn *hear*, wisdom from their Soul. If so, they would have *known*, “This man is a crook. I’m not going to give him my money!”

When mind is being used as an instrument of awareness for the MIND, that’s where we run into trouble. When I spoke of us being cut off from our ability to feel, you may have felt confused. Because you know that you feel both positive and negative *emotional* feelings, i.e. happy and sad. Well, when we only live life from the *conditioned* mind, mind serves as **an instrument of awareness for dysfunctional, conditioned mind**. That’s the *ideal* mind - containing valuable knowledge, skills and abilities - *plus* the negative dysfunction of conditioned mind, including the commonly held mental STRUCTURES of *not enough, it shouldn't be like this, this isn't right, the need to be right*, etc. Dysfunctional mind awareness makes us aware of *all* our dysfunctional software programming! Yes, the skills and knowledge are there, but lurking all around are self-sabotaging tapes. The little voices in our head that love re-producing programmed negativity!

So, yes, we think both good *and* bad thoughts. Feel good and bad emotions in the body as a result of those thoughts. Remember the mind/body connection, earlier? How all that works? Mind thinks thoughts that produce emotional reactions in the body? And because the thoughts originate in conditioned mind territory, they are based in fear and doubt? How we walk around with all the stored negative energy that eventually produces disease?

Do you see that?

Identification with the conditioned, thinking mind – thinking that’s who we are - and being lost in *compulsive thinking* is what produces fear and doubt. Because it makes us unable to *feel* our connection with Source Energy, with *All That Is*. Which can only be felt through the heart and Soul connection.

Now, remember this: At all times, there are *two* connections going on. **There’s always a connection between the conditioned mind and the body**. Since reality is produced from what’s stored in our mind,

this produces unhappy life situations we all live. Then **there's always a connection between the Heart and the Soul.** This has the power to create peaceful, serene living. But the problem is the huge *disconnect*. Life, as we know it, comes from the result of that separation. When head and heart are disconnected and separated from each other, we can't create purposeful living! We generate dysfunction. As in good that will eventually morph into bad. Because it's the human pair of opposites. Good and bad. Positive and negative. It comes under the broad umbrella of what we call *good and evil*.

So, is that enough inspiration to get out of the head and into the heart? To let mind function as an instrument of awareness with **both** parts of us harmoniously connected? To create quality connections by learning to *feel* our way through life, as well as *think* our way through it?

If not, here's the final incentive: **The heart and soul connection includes a connection with Universal Intelligent Life!** Our Source Energy!

Do you get the magnitude of that?

It provides reconnection that allows us *to know who we are and why we're here!* To *know* with wisdom, about anything and everything beneficial to life being lived with harmony and joy. We can even remember what we came here to accomplish! Whether we need to focus on a business career, or be an artist. Live in the country, or live in the city. Because, with regard to anything and everything, *we know what feels right*.

Connection of head and heart includes, or constitutes, a hook-up with Source Energy. With LIFE. Living a *mental* existence means feeling depleted to the point of becoming an emotional vampire; people who go around sucking emotional energy from others because they can't get energy from the source connection within. It's a process that creates victims all around. When we're connected with all parts of us, we feel good enough. We have enough. And no one is creating victims. We get needed energy directly from Source, that connection within us. It is the Energy of All That Is... That which sustains all of Life.

It also provides Universal Intelligent Life with the opportunity to experience life as an individual us! From this mode, life becomes the miracle that it *can* be. We experience harmony. People are able to cooperate rather than compete. We share rather than hoard. And there's a deep *reverence* for all of life. Meaning: We *respect* the Soul present within living things.

We even respect the circumstances we find ourselves in. Because, believe it or not, locked within the circumstances of our particular *life situation* is the very key to transformation! With connection, we feel insightful awareness of how to restore harmony to chaotic life situations! How to discover our life's purpose. How to live with meaning and fulfillment. Soul is eager to tell us everything we need to know. Because it is our internal GPS!

With dysfunctional living, we've been able to be clever and smart. But not truly intelligent. Because true Intelligence contains heart. With the conditioned, dysfunctional mind we've split the atom. Then we made a bomb. True Intelligence would never have done that. There would have been too much reverence for Life to go around killing each other.

Once again I say, we have not been creating from a Heart and Soul connection. Which includes a connection with Intelligent Life. Because if we had been creating from our connection with Soul, and Intelligent Life, we would not be *pursuing* happiness, we would *have* it!

That realization took my breath away.

And, are you ready for this?

It's our *destiny*... our birthright... to live at a much **higher** expression of Life. *When Life is lived with mind serving, exclusively, as an instrument of awareness for Soul and Intelligent Life, we do not experience the positive and negative emotions of good and evil!* Instead, we feel emotions that have no opposite. Please read that again. It bears repeating.

When we reach the point of living outside the pair of opposites, we live in *States of Being*: Peace, love, serenity, and joy. And when being heartfelt and Soulful, during any creative process, *feelings* of inspiration, enjoyment and enthusiasm become even more magnified.

As the information in this chapter flowed through, I had the most profound feeling: *This* is why I was born. *What I was born to do*. I had to live the years of emotional healing and self-discovery, then write about it, birthing this message. Share the awareness of awake and aware living. I've never felt greater clarity. Never had a bigger aha moment. I truly understand Susan Boyle's experience. All her life she'd been preparing to sing for us.

Mind functioning as an instrument of awareness, for the harmonious connection of all three parts of us - mind, body and spirit - needs a very personal *face*. So, let's use excess body fat and weight loss to demonstrate. Who of us can't relate to that?

As mind serves as an instrument of awareness for our *conditioned* mind, this is our experience: We feel and look fat. We feel unhappy with the fat. We may try different methods of weight loss, and experience success or failure. Or just moan and groan about it. Judging from our preoccupation with the subject, and the billions of dollars spent in the industry, there is more failure than success.

So, whether we try weight loss or not, lots of pain and suffering comes from the issue. Thoughts on the subject produce negative emotions of frustration, guilt, and shame. These emotions are stored in the physical body, eventually producing dis-ease. Meanwhile, the accumulation of negative emotional energy is added to the largest energy pattern on the planet, fear and doubt.

What a scary face.

Mind serving as an instrument of awareness for the harmonious function of mind, body and spirit looks like this: Body Intelligence provides mind with a *feeling* of being uncomfortable, due to excess body fat. Mind sees the value in sorting through, or taking in, knowledge beneficial to resolving the problem. It's response to body is: Let's work together to establish good health and an ideal body weight. Soon, we begin to experience a *feeling* of *what* to eat, *when* to eat and *when* to stop.

Soul cooperates by being supportive. It provides the emotional energy of our true state of being, spiritual awareness. Which generates feelings of peace, enjoyment, love, enthusiasm, serenity, inspiration, tranquility, etc. These feelings provide the needed sense of safety, well-being and worthiness beneficial to success. With all three cooperating, miracles begin to happen. Based on what we most resonate with, any needed book, information, activity or opportunity begins to appear. We're on the road to achieving a healthy, ideal body weight.

A much more peaceful face, don't you think?

Here's a good way for us to know if mind is being used as an instrument of awareness when it comes to emotions: When we feel what's going on in our physical body, *first*, then mind puts thoughts and words to

the feeling. Many of us are so good at living in our head that we are unaware of what's going on in the physical body.

For instance, when there's not enough money, where do we feel it in the body? The stomach, solar plexus, heart, throat? Becoming aware of that is very beneficial to being awake and aware.

Here's an extreme example: A Vice-President of a bank collapsed, vomiting blood profusely. Rushed to the hospital where he almost died, they diagnosed him with a severe case of a bleeding ulcer. When the doctor questioned why he let it get this far, the man confessed he had never, ever, felt any stomach pain! Turns out he'd been abused as a child and had learned to shut off pain. It was such a life changing experience that he now works in the healing field, helping others with emotional healing.

Again I say, I know I'm hammering away with repetition, saying a similar thing, over and over in different ways. I do so because it's beneficial to breaking up *walls of structured thinking*. So, here's another way of saying it again: Mind is an instrument of awareness that creates our life experience. When we live only from conditioned mind -in our head- with no connection to heart and soul, we create *life situations*. They are usually negative because the foundational energy base is fear and doubt.

When we live with a heartfelt Soul connection, we are automatically re-connected to The Universe (Source Energy) and mind being used as an instrument of awareness creates what we call *miracles*. Because that's all this loving Universe *can* create! It's foundational energy base is LOVE. So, from fear and doubt comes life situations that fluctuate between good and bad. From love and trust comes miracles producing joy and peace.

So, what do we choose? To feel love and trust, or feel fear and doubt? Because what we choose determines what we experience - life situations or miracles. And if you're saying, "How can I choose to feel love and trust when what I feel all the time is fear and doubt?" Here's an answer: Choose to take *action* based on love, even though you feel fear. Feel the fear and choose Love anyway. **The Universe supports all actions based on Love.** As a result, in time, you will gain a feeling of trust, based on seeing how the Universe supports your loving choices. That way, you begin to *feel* more and more love and trust, and less and less fear and doubt.

Now, are you wondering: How do I stop living from conditioned mind, so that it stops producing all the dysfunction programmed into it? How do I stop all these negative life situations from being created? It's an easy method, available *free to all*. Even though there is some amount of work involved the payoff is huge, making it more than worthwhile. The great thing is: you can easily do it anywhere, anytime. You simply become the *watcher* of your thoughts. Become the *awareness* of having them.

Observe the content of your mind, but don't analyze. Stopping to analyze and figure things out only gets you back into *identification* with your thoughts! You end up trapped again, right back in conditioned mind, obsessively *thinking*. Believing those thoughts are *you*. When they are only your conditioning. Dysfunctional computer software, remember?

The more you are **aware** of what mind is thinking? That's the more *mind is being used as an instrument of awareness!* Got that? You are **being the awareness** of what you are thinking! So, mind is an instrument of awareness. And in that mode it functions as a communication center for the body, mind and spirit. Note this: Even when the conditioned mind is thinking *negatively*, if you are being the awareness of it, you are generating *positive* rather than negative energy! Because awareness energy is positive energy!

Each and every time you *recognize* that the mind is running some imbedded conditioned *mind structure*, like not enough, not good enough, need to be right, etc., you empower yourself. You use your mind as it was intended. As an instrument of awareness.

In a nutshell, *it's about mind shifting from thinking to awareness.*

I know I'm repeating myself. I do so because it's beneficial. Your conditioned mind does *not* want to hear this information. It wants to tune it out. So, the trick is for you to *really get it*. Once awareness is in place, you can never lose it. Like a seed, it takes root. You'll go from *being aware* - of what mind is thinking - once or twice a day, to being aware ten or twenty times a day! And each time you do, *you become more powerful* and conditioned mind becomes *less powerful*. It's *you*, taking back your life. You, taking back your power. **You, becoming the person you were born to be.**

As often as you can, be aware that you are not the *content* of your mind. You can access valuable knowledge that you've taken in: From education, training, skills and abilities. But when that little voice in your head starts obsessing with fear-and-doubt based thinking, *wake up*. Have an aha moment. Just be the *awareness* of it. The *watcher*.

When it starts to beat up on you a little, recognize it for what it is: your programming. Maybe it says stuff you heard from early care-givers. You can remind yourself that you grew up and left that, a long time ago. That you don't have to take over where your parents left off. And keep doing to yourself what had been done, simply because it's *familiar*. Be awake and aware. Recognize what is happening.

If and when there's an emotional reaction from the past that comes up, *it's an opportunity to heal the stored feeling that's been living in your body*, creating dis-ease. Just FEEL it. Be AWARE of feeling it. Be still and allow it to be. *That's* how it releases! *That* is the healing of the experience. It's much easier than who knows how many sessions with an expensive therapist, right?

That's all you have to do. Watch. Observe. Be aware of thought and emotion. You can *replace* thoughts with positive, loving ones, reprogramming the mind, so to speak. As long as it's not being done from a state of *resistance* to what you thought or felt. Because, resistance is negative energy and the focus is to produce positive energy. So, first you move into the positive energy of *acceptance*... it is what it is. Then initiate change. Allow Soul to guide you to needed books that benefit re-programming the mind. Meanwhile, this new perspective benefits the process.

Listen closely: The more you can be present – awake and aware - the easier it is for *Intelligent Life* to *create* through your mind, using it as an instrument of awareness. And **the blueprint** that it uses? **The very desires of your heart!**

Did you hear that?

So, ladies and gentlemen. This is how individual heart's desire gets manifested! By ***Awake and Aware Living***. Us being awake and aware. Mindful, so to speak, of what is going on in thought. As we are present, and take the power from the conditioned mind, it allows the heart and Soul to generate whatever we need. And, the Soul is not interested in being a millionaire. Unless that happens to be the plot of a particular lifetime; where we've come here to learn about sharing.

What it *is* interested in is creating harmony out of chaos, being cooperative rather than competitive, sharing with each other instead of hoarding, and being reverent of all life. And whether we are creating babies or businesses, we are loving and trusting. Versus fearing and doubting. It will **always** produce the

needed material necessities. We will always have enough money, shelter, transportation, etc. to meet the needs of *our* LIFE PURPOSE.

Again I say, the Universal Law of Life is demand and supply, versus man's law of supply and demand. Whatever is needed is provided *as it's needed*. Not as our Personality *wants* it. Not as a stockpile of accumulated wealth. We don't start out with a million dollars to guarantee us being able to raise and educate children. We acquire what is needed as life transpires. One child at a time. There will always be enough.

If our individual hearts-desire is to be a writer or poet, we will find the needed education, training, or mentoring being provided. It's a harmonious process of things and people arriving in life as needed. Coincidences are not coincidences. And what we call miracles? Simply the reality of everyday life. Instead of the insanity we now live. Even Jesus taught that all the things he did, we could do. And more. We've not been doing it because even though we *were taught that he said it*, we weren't taught the importance – and the *how to* – of doing it!

Reading Dan Millman's, *The Life You Were Born To Live*, I learned that when we move into this level of daily practice, it becomes one of asking, "What do I *feel* and what do I need to do, based on what I feel?" Then we take responsibility for *expressing* those feelings and needs! Our loved ones are not responsible for being mind readers. The practice can be as simple as expressing hunger and the need to eat, or as difficult as telling a partner we feel the need for separation, to pursue a more purposeful life.

When life is lived from a level of connection instead of separation, we live joyously. And that is normal. Not miraculous. Eckhart taught me that spiritual consciousness enters my life when I feel one of three *feelings*: **enjoyment, enthusiasm, or acceptance**. In other words, if I'm not feeling enjoyment or enthusiasm about what I'm doing, I need to move into a feeling of *acceptance*. It doesn't mean I can't change the situation. It means I move out of *resistance to what is*. It already is what it is! So, I need to accept that. In acceptance of it, I'm in a position to feel the inspiration and clarity to best get out of it. If that's what I can and need to do.

The core message of *Awake and Aware Living* is having enough and being enough. Think of the fear and doubt energy we live in as a huge, ugly, dragon. Spewing from its mouth is the fire and smoke of intertwined emotional energy patterns, not having enough and not being enough. The two are so enmeshed they may as well be one. Do you know that even if every one of us had a million dollars it wouldn't be enough? Because we wouldn't *feel* like we were enough. Most wouldn't go out and use the money wisely or constructively. Operating from programmed dysfunction, we would spend it faster than you could imagine. Happiness cannot be purchased with money, remember?

Here's another good point of interest. *Heartfelt*, inner knowing of a truth always sets us free. While it's only an *intellectual* awareness of that truth it does not. During the interval between my *mind* knowing a truth and my *heart* knowing it, I frequently feel frustration, even shame. Here I am knowing truth, yet it isn't operating! Not setting me free. Until it's that *feeling* of knowing truth, it's simply not activated.

There's a new show on one of the cable channels called, *The Locator*. Troy Dunn finds family members for those who have experienced disconnection from birth relatives. Raised by someone other than birth parents, these people feel a need to know their family of origin. The intro to the show stresses that having peace requires having all the pieces to your life.

There's a similar thing going on with humans. We need to know our family of origin. The details of our separation and disconnect. Because knowing the truth sets us free. *Feeling* the truth that we are actually a

Child of The Universe brings the freedom of peace. With this message of *Awake and Aware Living* the truth has been revealed. And, we have the pieces to re-experience peace.

Chapter Eight **Spirit World and Physical World**

Awake and Aware Living reveals that the *conditioned mind* is responsible for the sense of separation we feel. Most humans say: "I believe what I can see." In actuality, we simply see what we believe. That's how the subconscious mind operates. It creates life situations based on our *core beliefs*. What we believe to be true is what we see, everyday. Understanding and changing the belief that created it changes the life situation.

Can you hear my Dad, the preacher, in me? As I write, I'm smiling with recognition. Because I forgave my parents a very long time ago. And I discovered that when I lived being connected with Soul, I began to have experiences of connection with deceased loved ones!

For instance, in 1998, I was diagnosed with a cancerous tumor on the left side of my thyroid. Before the female surgeon went in to cut it *all* out – recommended treatment – I had a dream. Dad came to me and said, "Tell her to cut out just the tumor. Leave the other side alone. You need it."

I was honest enough to tell the surgeon my dream. She said, "I tell you what. I want to honor your dream if it's possible. During surgery I'll have a pathologist available. When I cut out the tumor, I'll let him look at it for a final diagnosis. If it's cancer, I have to remove the whole thing. If it's not, I'll leave the other half."

On the day of the surgery the pathologist discovered that even though the tumor had tested positive, it wasn't. Even though it *looked* like cancer, it wasn't. I got to keep half my thyroid and didn't have to be on medication for the rest of my life. I could simply take a good supplement.

That's how life can be lived when you are awake and aware. It can become an experience of cooperation on *all* levels. Not only will mind and body be connected, along with heart and Soul being connected, but the *physical* realm and *spiritual* realm can be connected. And it's not scary, it's a loving experience.

Since I told you I survived incest you're probably curious about more details. I tell you only to explain that spiritual healing, and seeing a bigger picture, heals anything, including incest.

Back in 2000, I attended a psychic fare with two friends, Patricia and Jewel. Having learned that most psychics are simply good charlatans, I was clear that I wouldn't be wasting time and money on a reading. But Patricia came out of a cubicle, exuberant. "God, she's good! She really knows what she's talking about. Go ahead, try it. It's only \$15 for fifteen minutes. Consider it entertainment."

I thought, *What the hell.*

I need to say that since I was a teenager, I had a knowing feeling: Dad had had sex with me. Over the years, the feeling would bubble up from deep inside, really creeping me out. I'd push the feelings away and get on with life. Finally, I recognized the value of doing more healing work, especially to forgive. Forgiveness was not to help him, but to help me release all that negativity. After that, I assumed it was OK that I didn't have visual memories. I thought it meant all the needed work and healing had been done.

Not so. The week before having the psychic reading, I experienced a clear flashback. It was as if someone had opened a door I had long nailed shut. This scene came spilling out: My Dad and I, on his and Mom's bed. Him naked except for a white t-shirt, sitting back on his knees and ankles, looking down at me, crying into his only hand. Looking at blood on the sheet had brought him to remorseful tears. And there I was, at about ten, *me* comforting *him*.

That's how it was. Him being emotionally immature, me trying to comfort him. Children taking care of parents is never a good thing. But, on so many occasions, I'd felt sorry for him. As I heard him crying and praying to God to let him die. All because of Mom's crazy behavior, and her not wanting to have sex with him. So, I can't say how the sex began, I only saw how it ended. I do know that even if I volunteered, he, as the adult, was the only one responsible. Because I was just a child.

Once the psychic released my hands, after saying a prayer for guidance, she opened her eyes. Looking at me with great awareness, she said, "Your father's here. He's saying, 'I'm sorry. I'm so very, very sorry.' Do you know what he's talking about?" Well, here's the thing. I could tell *she* knew. Eyes brimming with tears, I said, "Yes, I know what he's talking about. It's OK, I understand. I forgave him a long time ago."

She shook her head, "He's saying it's *not* OK. He's saying he needs to *say* this, and for you to be fully healed, you need to *hear* it. He's truly, truly sorry." By then I was choking back sobs. I realized I *did* need to hear it from him! It *did* make a difference inside me. It actually changed and shifted something. Removing even more layers of shame.

She gave a little more information, then ended the session by saying, "Your father says that he spends a lot of time around your daughter." That was it. Time was up. I stumbled out of her cubicle, blinded by tears and trembling. Seeking quiet refuge, I stepped into a large tented cubicle where a Reiki Master was giving a class on Reiki Energy Healing.

The session was ending. The Reiki Master said, "I have some extra time. Let me take a volunteer from the audience and give a demonstration." God, I wanted to put up my hand. I wanted to volunteer. Since I'd arrived so late, it felt like cheating. He chose someone from the audience and when they arrived on stage, I recognized Jewel. Looking out at the audience, she saw me in the back row. Looking back at the Reiki Master, she said, "I'd like you to work on my friend, there in the back, instead of me. Is that OK?"

Bless her, she's so intuitive.

Long story shortened, I received a loving energy treatment from my father! Yes. Superimposed over the Reiki Master's body, I could see my Dad. And as he worked on me, he very softly spoke in tongues. This translated as a lot of spiritual energy. The entire treatment was so loving, I felt humble. At that time I suffered from terrible Fibromyalgia. Moving over my shoulders and back, he put his finger on every single, solitary trigger point, not an easy task. With each spot he stayed till the pain dissolved. Even Botox injections from a neurologist had failed to bring needed relief. His touch eased my pain.

It was one of the most moving experiences of my life. In the past, his movements had produced pain and suffering. Now his movements produced healing and love. The last thing he did was kneel, while working on my feet. Talk about moving; tears just kept rolling down my face. It reminded me of all the times I'd seen him in church when they had a monthly foot-washing.

When it was over the Reiki Master called me aside, to have a private word. Gently smiling, he said, "I'm not sure exactly what all went on here. What I do know is that *you* know. And that's all that matters. I couldn't duplicate the language I heard, so, for the sake of the audience I just hummed. I feel blessed to have been a part of your experience. I can tell it was beneficial."

Two years later, I discovered why the psychic told me my Dad spent time around my daughter. In December of 2002, my son Sam told me his sister gave birth to a baby boy. And it's him. Yes. My father has reincarnated as my grandson! And let me tell you, it's one thing to know this fact intellectually, quite another to accept it emotionally! Years of reading have taught me that Souls recycle within the same family, over and over again. But, in the past, recycle time was more like 100 years. All that has changed. Time has speeded up, so to speak, and so has the ability to recycle. My father died August 16, 1987. In only fifteen years, here he was, back again.

It took over a year to wrap my brain around that information. I haven't read about anyone who has experienced it in their lifetime: Have a Soul be their father, then return as their grandchild. Though it does seem to fit in with me having unusual experiences.

My daughter was fourteen when she spewed, "I never want to see you again. I finally believe everything Dad and Dr. Greenbaum (the child psychologist) said. I don't want *any* visitations anymore. Leave me alone." She's now 38, and we're still estranged. I've never seen my grandson, who is now seven. He doesn't even know I exist. (This was written in 2010)

In 2006, I saw and talked with my daughter, for less than an hour. With tears welling up, she said, "I don't hate you. I really don't. I *don't* hate you. I want to reconnect with you. But I have to wait 'till Dad dies. He's so sick. If I did it now, he'd feel like I'd betrayed him."

I didn't argue with her perspective, just listened as she talked about her unhappiness. I wasn't joyous or enthusiastic, so I moved into *acceptance*, allowing myself to stay connected with heartfelt Source Energy. Because I see the bigger picture, I understood her conditioning, and brainwashing by her father. And know that she's not just my daughter, but a Soul, here learning lessons. As much as a part of me would like to fix her, I can't. As an adult, she gets to have her own experience of awakening, to become aware.

Luckily, my son reconnected when he was twenty-six. After graduating Brown University with a major in political science, a minor in psychology, he met the woman he eventually married. Actually, they had attended the same grade school. When he told her about his terrible mother, and how we were estranged, she said, "Who told you all those awful things about your mother?"

His reply of, "My Dad. Why?" produced an aha moment!

At age 41 (written in 2010), my son is kind enough to forward an occasional photo, and pass along information about his nephew, Tristan. He and his wife have no children. Their focus has been on two English Bulldogs and four cats.

For more insight, let me share this: Remember how I talked about basic mind structures? How we get identified with labels and roles we play as humans? To say that I was identified with being a mother is an understatement. It absolutely defined me. I had the *Lamaze Method* of awake and aware childbirth. I taught the *Womanly Art of Breastfeeding and Good Nutrition* to pregnant and nursing mothers. I went to local high schools, showing students a natural childbirth film, then answering questions. Astrologically speaking, I'm a Cancer, all about home and family. I was a real earth-mother.

With insightful hindsight, I see I had to let go of that role, to move into knowing *all* of me. It explains why the *plot* of this lifetime included separation from the children. I was able to be there in the first critical years of foundational development, then I had to let go. For, as seen from the bigger picture, they too are Souls with bodies. Souls choose their parents, based on what they want to learn this time around.

Adding further to this perspective, I recently received another message from Spirit: *Your children chose you as mother because their Soul wants to awaken in this lifetime.* So, all the suffering between us has been purposeful. It's all by divine design.

And my mother?

In February of '97, I was fifty-one years old, Mom was eighty-one. I received a call to go for a last visit. Suffering from diabetes, she was also dying of leukemia and pneumonia, along with kidney and liver failure. Miraculously, what should have taken two days to kill her actually took forty. During that time I spent lots of time in the hospital, feeding her, and talking. By the second day of togetherness she was healed of schizophrenia! I kid you not. For the first time, we were able to form a loving connection. To say it was healing for me, too, is quite an understatement.

During the days of talking and feeding, I also got to hear her stories. Stories of being in Paradise. You see, every time she fell asleep, she went to the place she called Paradise. There, she saw old friends, who were deceased. Learned she could easily build things with her mind, and feel joy just by being there, doing that.

After building a house with a white picket fence, she built a cabinet to hold fine china, which god-knows she never had in this lifetime! In that dimension, she saw that mental focus, and joy in 'doing', allowed form to more quickly take shape. My interpretation was that in *that* dimension the foundational energy came from love and trust. Spiritual Energy that nurtures creativity. Unlike this dimension's energy field of fear and doubt, where everything requires much more effort and time.

Sweetly, she told me what it was like, adjusting to being back in The Spirit World, after being in this physical world. This, from a woman with a third grade education, who would have beaten me half to death for talking about stuff not conforming to her religious beliefs. Concentrating to find the right words, she said, "Going back into Paradise was kinda like gettin' into here. You know how the baby comes through this little hole in our body? Well, going back was kinda' like being squeezed through a vise of some kind, to get back to the other side."

During that time of togetherness she did another strange thing. Handing me my father's most prized possession - a gold pocket watch - she said, "Your Daddy wants *you* to have this." I knew her decision would devastate the brother who was my father's namesake. From when she died in '97, until 2002, when Dad returned as my grandson, I remained puzzled by her action. Upon Tristan's birth, I realized: Oh-mi-god, it's coming full circle! My grandson will receive his grandfather's beloved pocket watch. He's actually getting it back!

In those last days, Mom radiated joy, serenity, peace and love, giving me the gift of a lifetime. Not only a loving mother-daughter connection, but validation to my knowing that there's life after death.

DYING WITH AWARENESS

In closing, let me say I've learned that dying is the most *sacred* part of living. I have been with three loved ones as they died. It's moving and memorable. I wouldn't hesitate to be with others, even non family members. Most certainly, having someone of awareness present at the deathbed is of great benefit. Not only does it benefit their transition, it creates a peaceful space for loved ones left behind.

A few weeks ago, Spirit revealed that it was my destiny to not only live with awareness, but *die with awareness.* At first, I was surprised to hear such a thing. Then I felt pleased.

Because I've had intuitive contact with dead people, I know that not everyone makes a quick and easy trip back to the spirit world. Many get stuck in a place one might call 'mental mind constructs'. Where conditioned mind thinking persists, even after death. Based on the individual's level of dysfunction and desire, a soul finds itself in a realm where their mind is like a loop from a movie, playing out scenes, over and over.

Since the law of the energy of the Universe is *like attracts like* they can also feel drawn to similar energy patterns of those still in physical form. If there were addictions, they'll feel drawn to those of a similar addiction, be it alcohol, drugs or smoking.

My point is: Dying in unawareness can prevent us from making a smooth transition back into the Spirit World, where Souls live in awareness of making trips to Earth School. Unaware Souls (ghosts) can be the discarnate beings spending time in the Astral Realm, that dimension right next to this physical dimension. Or Souls stuck in the Mind-Construction Dimension, which lies just beyond the Astral; the one just before the Spirit World. As explanation, if you looked at it as energy in an upward spiral, you would see this physical dimension on the bottom, Astral above that, Mind Construction above that, then the Spirit World.

Actually, Neale Donald Walsh's book *Home With God* is insightful on this topic. It helped me feel validation for my own perspective that death is actually in three stages. Stage one: we *lose identification with the physical body* when the soul leaves it. Stage two: we *lose identification with the conditioned mind*, the mental. Stage three, *mind becomes an instrument of awareness*, becoming a tool for creativity.

Meaning that when we slip out of this physical body we recognize: "Oh, I'm dead... but *I'm* not dead!" Then we'll experience whatever *mental beliefs* we have about life after death, or experience the loops of memories from the lifetime, etc. For instance, people believing in hell and purgatory can find themselves in that kind of place. Their *thought* creates it, but even though there's a *sense* of suffering, there is no real suffering attached to the *mentality* of the experience. At some point *awareness* breaks through and the power of Love and Connectedness is felt, making the mental pictures meaningless. Then the Soul is free to re-member who it is and why it exists.

As an example, in September of 1997 my best friend - of twenty five years - who knew about the Spirit World and reincarnation, died from a stroke. Surviving for thirty days after the initial brain attack, she finally died in deep mind delusion. Like an unaware child, Barbara was unable to communicate or care for herself. She didn't even know who I was, other than a loved one holding her hand, talking soothingly, as she strangled to death - from a build-up of fluid in her lungs (compliance with her DNR).

Despite her spiritual background she ended up in the Mind-Constructions realm. I know because that's where I found her, weeks after the physical body had burned in cremation. Simply because that was her state of *mind* at the time of death. My connection with Souls on the other side helped facilitate her getting back to The Spirit World, but it took time.

In that realm, you can't make someone do something they don't *feel* like doing. The unawareness level didn't leave her with a *feeling* of a problem needing resolution. When I made contact, she had only gained enough awareness to *recognize me*, remembering our loving connection. She didn't *fully* comprehend that she was dead! Even with assistance, it was months before there was enough awareness for full transition.

According to the recent message about the status of my awareness, I know that I will get to die with awareness. I'll know that I'm dying. Know who I am. Why I came here. What I accomplished, and why I'm leaving. Also, I'll know where I'm going. And that there's nothing to fear. Because, with awareness, dying is a sacred journey. I'm simply going home. Because *this world* is school. At the end of a school

day we go back to the safety and security of home. And it's not unusual to have some homework, too, before another school day. Do you see the parallels? (*Destiny of Souls*, by Dr. Michael Newton, presents info about life *between* lifetimes.)

We live in The Spirit World and come here to learn lessons. Learn how to create harmony out of chaos. Cooperate and share with each other. Learn reverence for all life. All this, in the midst of concentrated fear and doubt energy! What a challenge for the Spirit. To wake up and become aware. In the midst of such un-awareness! What a wonderful opportunity; to wake up and become aware that we're Souls With Bodies, Spiritual Beings having human experiences.

Can we get an A+?

In closing, *this* just came to me: Society is focused on money and possessions indicating whether we have enough or *are* enough. Yet, even if we "don't have a pot to piss in" we can leave Earth School with a diploma! Grading based on *positive emotional feelings*... experienced while *be-ing* Souls With Bodies!

Positive states-of-being produce lasting happiness. To name a few: Be-ing kind and generous. Be-ing compassionate and cooperative. Be-ing inspired. Be-ing joyful. Be-ing enthusiastic. Be-ing patient. Be-ing courageous. Be-ing loving and understanding. Be-ing insightful, heartfelt and intuitive. Also, be-ing grateful. Even be-ing vulnerable.

Yes, we get *temporary* happiness from money, beautiful clothes, new cars, and great houses. It makes the personality happy, to a degree. But as we leave - as the body becomes dust and ashes - that stuff stays! We take only what was experienced as *States of Being*. Were we in negative states of being? Be-ing resentful, be-ing jealous, be-ing envious, being possessive, judgmental, greedy, mean or cruel?

When *positive* emotional energy outweighs negative, we've created *blueprints* other Souls benefit from... that's called *evolution*.

I wish you *Well-Being*.
Peggy Sue