

## Message from the Author

Congratulations on finding yourself here at this time in your life. As this second edition is being presented to you, humanity has passed through some very interesting times. Post Covid, many lived through being terrorized, segregated, and even lost family, friends and colleagues to illness, fear, and or death. It saddens me to think on how some humans manipulate and try to control the masses. If you are one of those people, you will answer to what you have done. Good luck.

Those that are ready to break free and expand your life, read on.

Making the decision to share some things and not share others, to use care in order to not offend or seemingly criticize the choices anyone makes. To make a final decision, I focused my attention on connecting with my God source, in order to do what was necessary to pull all of this information together for completion. I could not help but reflect on why I had agreed to use this text to reveal stories from my life and communicate my experiences in order to awaken something within you-the reader. I willingly chose to remain in a state of allowance, in order to stay connected to a higher authority, perhaps to not allow my own prejudices to overflow onto these pages. Each chapter is designed to provoke thought and inspire you to connect deeply with an innate wisdom that exists within you and that may even predate your present incarnation. As you read, please consider that my ideas about God are just that, my ideas, and that I wrote this text so that you would be able to discern for yourself just what resonates for you around your life.

I will take you on a journey through philosophy and religion, Native American prophesy, and into my own hypotheses about how the ebb and flow of our emotions affect the weather, our relationships, and our body. I will describe my hypothesis regarding Cellular Memory, what it is and how I came to understand how matter communicates with all other matter on sacred time, not via our human concept of time. I will discuss control and manipulation issues, how the ideas of others affect how we live our lives as we try to figure out what is fair and reasonable. Again, much of what I have shared was created in order to trigger your thought processes in order to determine what is right for you to bring you, your body, and your life back into balance, to shift your consciousness from a state of doing into a state of connectedness, allowance, and being.

This book contains many of my own experiences that were revealed to me as I learned how listen more deeply and to communicate with the cells of my body. At first it was difficult to let down my guard and share. After all, no one really wants others to sit in judgment over them, me included. To willfully choose to be vulnerable means that I had to risk ridicule, to remain open to feeling the negativity associated with any emotion you might feel about my experiences and

ideas. To fully grasp the complexity of a life of full-blown empathy, you might consider visualizing a spiritual Navy S.E.A.L. of sorts. To allow oneself to be empathic means always being vulnerable to outside forces-to walk in someone else's shoes, to risk exposure and condemnation, to lose oneself, and become what someone else is, in order to understand them more fully. You may ask why a reasonable and prudent person would allow this. My only answer is that something moved my soul and told me that there was a need to remind humanity of its connectedness to all things, to each other, and to teach you how to make better use of your thoughts, time, and energy.

Each chapter is designed to teach you something about yourself, to assist you in applying what your body knows at a cellular level, in order to put you back in balance with the world around you. From Indian prophesy about environmental issues, to the maiming and killing of others, to cultural upbringing and societal practices, there is information that will assist you in finding out just what you need to know to restore flow, create stability, and learn to live life more fully.

You, the reader, may have gone through some terrible experiences, or are going through some now. Your bones and joints may be aching, your spirit may live within a body surrounded by pain, but-by the end of this text I guarantee that you will know yourself more fully than you ever thought possible. It is my hope that you are able to harvest enough information from my experiences and this text to know the difference between beingness versus the use of power and force, to be open to creating peace in your own life, and willingly helping others do the same.

Remember to treat others as you wish to be treated! Choose to do no harm.

Namaste