

Message From God

As I visualized myself entering the eternal waters I asked God, "If you had one message to share with the human race, what would that message be?" His reply opened my eyes.

"Congratulations. War is no longer a challenge. Men have perfected war. Now rise to the challenge of perfecting peace."

Destiny

At the time I had begun journaling to draft this book I was thirty-eight years young. I had spent quite a bit of energy trying to figure out why I was put here, up until the time Mark passed away. Great Spirit's answer gave me a foundation to stand on. Up to that point, I had just meandered through my life, helping where I felt I was called to, creating businesses, educating people on personal health issues and trying to maintain my own sense of peace.

I worked hard no matter what I engaged in and I was aligned with good people that believed in and supported me in my endeavors. Nothing ever really came easy except for my ability to feel what others were feeling. When I use the term easy I mean to say that it was a gift or ability that came naturally to me. Of course, I had to develop my ability further with the help of different teachers over the course of twenty plus years, but what I experienced when feeling the energy of others, brought with it a sense of knowingness that I could not and would not dispute. Some mentors had come into my life and stayed while others went on to work with other very gifted individuals. All were very special spiritual beings and I am truly grateful for their compassionate guidance and wisdom.

When Great Spirit said that I was to guide his sheep I felt a bit uneasy because I had no plan and no clue about what to do, where to go, or who to help. So I called out to Great Spirit and shared my hesitation with beginning my work. I asked Spirit to send me someone that could help me further define my life work, to fulfill the job of guiding his followers. It wasn't long after I had asked that I was sent a guide. What was interesting is that this person was someone I was already acquainted with. He was already a client/student of mine, but this time he would take the posture of teacher. Teacher or student, it doesn't matter which one we are today. The only thing that matters is that we show up and do what is asked of us, be it to learn or instruct others.

I believe it was during the year of 2003 when Gregg Spieth took the posture of teacher to me, and he had remained faithfully compassionate, trusting in God's processes and open until the day he went home. When I shared the Mark Argo story with Gregg he lit up with enthusiasm and told me that he knew what I needed to do to further define my path in life. He shared his story about how he found something that was helping him. The book he shared was written by Lance

Secretan; its title, Inspirational Leadership: Destiny, Calling and Cause. I will refer to specific questions taken from Secretan's book in order to show you how I found more direction. In requesting permission to share his information with you, his Executive Assistant confirmed that I was allowed to do so by reminding you these works came from an earlier version. Secretan's new updated version The Spark, the Flame and the Torch can be found by visiting his website <http://www.secretan.com/books-dvds/the-spark-the-flame-the-torch>.

I used Secretan's questions in order to connect to my higher purpose and lead me to my destiny. The workbook came with instructions on how to use the worksheets, which made my quest that much easier. When I first began reading through his questions I felt as if I would never be able to put anything on the paper. I overthought the process and tried to make sense of it right from the start, which is something he suggests you not do. He does not want you to worry about making your answers pretty or perfect, he just wants you to write. You are then supposed to sit and meditate on your answers, reviewing what you had written in order to see what themes surface.

"As *destiny* has to do with your personal purpose, what you are passionate about and how you see yourself contributing to making the world a better place; *cause*, is connected to the here-and-now and should lead to your destiny; and *calling* is the work we love and how we are when we are in the flow." (Lance Secretan)

I committed myself to this process because I knew I wanted to make a difference while here in this body. I began asking myself questions like, "How hard can it be to find my true calling?"

"How hard are you going to make it," I heard my inner voice reply.

Have others been successful with this process? I thought to myself. Then I realized I was already making it hard. I was over analyzing the process instead of diving in and doing it. More thoughts flooded my brain. "Okay dummy, let go!"

My questions and answers proceeded as follows:

What is the uniqueness within me that calls to be lived?

My answer: Deep faith, a knowing. My ability to feel what others feel, to be a voice for those that don't have one, or do not know how to share what they feel. The ability to guide others to a space of understanding themselves physically mentally, emotionally, and spiritually. To awaken the spirit in everyone that seeks to truly know.

Is there community, national, or world issues that you feel passionately about changing?
My answer: Disappointment, anger, murder, stress, lack of integrity, lack of honesty, resentment, greed, thievery, jealousy, lack of passion, and fear-based thinking.

How will you inspire divine results?

My answer: Guide others that are ready to make a change. Teach by example. By sharing my personal quest for peace and prosperity, Walk it, don't just talk it!

How does your time here and the role you have assumed create enhancements and bliss in your life and in the lives of everyone with whom you are connected with?

My answer: Being at one with what I feel or knowing that I may not want to be at one with what I feel coming from others. Just by choosing one or the other, to feel or not to feel, and knowing that I am who I am, which enhances every day of my life.

What are your divine gifts to be shared?

My answer: Empathy, passion, compassion, faith, vision, a deeper level of perception, and intuition.

As you can see, all of my answers were a bit fragmented. I just wrote what came to mind and did not try to rip the information to shreds as it came through. I just let it be.

The exercise worked like a charm. It really helped me see the reoccurring themes in my life. It was much easier to move forward once I realized that I was here to be a voice for those that could not speak, to serve and guide others to find clarity in their lives. I sat and reflected on my answers from the destiny, calling and cause process, and began to ask my spirit more questions.

"How can I begin to do what I have come here to do?" Spirit answered, "Release."

"I feel as though something hinders my progress. What is it?"

Spirit answered, "Memories."

"So what do I need to do to get past the memories?" Spirit answered, "You need to visit the memories stored in every cell in your body in order to move forward."

"But, I don't think the past has anything to do with who I am right now. The past is the past. Why go back to rehash these things when it is all done and over with?"

Spirit answered, "Everything you have experienced in your life is stored within every cell of your body. Good, bad, or otherwise. In order to be at one with yourself you must visit these memories and view them to see the patterns or habits that you have carried. Feel them and allow your body to cry, laugh, and detoxify them one by one."

"So you are saying that everything I have ever experienced is stored in my body as cellular memory? And, you say that in order for me to see my habits and patterns, I must revisit these memories?"

Spirit answered, "Yes."

"All of them?"

Spirit answered, "As many as your body needs you to see and feel in order to create a release. If that means you view all of them in order to create a healing on the cellular level, then yes, all of them."

"How do I begin?"

Spirit answered, "Focus your attention on any aches and pains your body is bringing to your attention. One by one, ask each pain what emotion lies within it. You may need to use some deep breathing exercises to help bridge the body and mind. Breathe in through your nose until your lungs are completely full. Hold three seconds. Breathe out of your mouth until your lungs are totally empty, releasing all stale air at the bottom of your lungs. Repeat the process three times, or until you begin to feel dizzy. Once you experience this dizziness you can return to your normal breathing. This breathing exercise is extremely helpful in stopping the internal chatter in your head so you are more apt to hear what your body is trying to tell you. Try this and then we will move on.

I surveyed my body. Okay, my tongue hurts a bit today. I asked, "What emotion is stored here? It seemed as if my tongue began to tremble and it took a minute or two for the answer to come. When it did, the word terror appeared boldly, typewritten in my mind's eye. "So now, Spirit, I know that terror resides in my tongue, what's next?"

Spirit answered, "Ask the tongue to show you to the very first memory the body has stored within it around that particular emotion. I asked my tongue to show me and it immediately appeared with no conscious effort on my part.

I was standing on the bank of the Delaware River watching my father and my brother race boats. My brother's engine had shut down. He couldn't get it started so he shimmied to the front end of the boat and began to paddle with his hands to draw the boat to the shoreline. As I surveyed the younger version of myself I would say that she appeared to be about five years old. I remember being so worried about my brother's safety because the other boats were continuing to race and he could have gotten hit by one of them.

What was truly amazing about this method of exploration was that as soon as I saw the memory attached to the emotion, my tongue stopped hurting.

If the tongue had continued to hurt after seeing the memory, I would have gone on to ask the body to show me what was needed to restore balance. Since the pain stopped, I stopped my questioning.