

Continuing Education

For those of you interested in learning more about sustainability or about educating yourself further, on any subject, visit www.coursera.org.

Coursera is a holding house or educational platform whereby universities offer courses for those that like learning from home. I haven't looked at the statistics from 2020 but I can surmise that they would have been quite busy during the lock-downs. These massive open online classrooms allow you to take courses with millions of others from around the world. Most courses are free but there are some that do charge a small fee. Classes are offered on sustainability through the University of Illinois as well as other colleges. These classes can help to motivate and inspire you to be who you were put here to be. This type of learning platform is an excellent way for you to dig deep within yourselves to see what makes you feel good about being who you are. The change must start with you. Dig, detoxify, adopt new life sustaining practices, and teach your children to do the same. Think about what you can create for the children to come and how you can foster life-sustaining practices that will help them transcend our old paradigm of thought.

Be mindful though. There are large conglomerates that donate money to this and other educational platforms to further their own interests. I found that out the hard way after signing up for a sustainable living course. After a little detective work on my part I found out that Monsanto had donated 250K to that program. When I asked questions about environmental toxins and their company, I went head-to-head with one of their representatives posing as a class monitor. I signed myself out of the class and haven't used the platform since. If you do utilize their offerings, go into it knowing that there is great potential for classes to be monitored and manipulated by those that donate to course creation. They lurk in the shadows and keep their finger on the pulse of student questions and coursework, to squelch any information or misinformation they feel could hurt their business practices. Because of that negative prior experience, I had thought about not sharing this information. I did not want to spend a lot of time focusing on the negative world conditions and the poor behavior of steering organizations. My thoughts were jaded by my own dilemmas relating to food and financial security, and sovereignty, and wondered just how our politicians intended to steer this nation into recovery. The only way we will know is if we force them into changing policies, procedures, and practices. We have to take a stand on what is right for all and not that it's okay to turn a blind eye and sweep big issues under the carpet for another day, or for another generation to deal with.

Now is also not a time to be angry or dissatisfied with our government practices or faulty systems. There is no time for vengeance when action is necessary to create positive

change. This is not a time for separation but a time for integration. Focusing on the problems instead of the solutions can only lead to more disappointment, breaking down and separation. Segregation is seen in our daily practices as we choose different business, religions, and cultural practices. We all seek to be a part of something, only to separate ourselves further from one another. Think of the past few years of cataclysmic events, not just natural disasters, but the economic losses many have experienced. Even if you don't watch the news or listen to the radio, you may have noticed the negative events taking place in your neighborhoods, the shootings, killings, raping, and thievery. It's difficult to remain focused and positive in the wake of such crisis, death, and destruction; but I am not writing this book to dwell on those events. I am here to awaken your spirit and guide you to a space of safety and peace no matter what goes on around you, yet even that cannot be guaranteed because the forces of nature cannot be quelched. It is my intention to guide you to a space where you can learn how to heal your inner and outer worlds while expanding your spiritual consciousness to create endless streams of prosperity in your life. You need to know that you have some say in how your life will play out. The transitions, disruptions, and innovations occurring around the globe represent a quickening of sorts. Whether we are fully aware of it or not, we are each gravitating toward creating safe spaces for ourselves and guiding others to do the same. This changing world requires us to confront and defeat our inner demons so that we may be more capable of teaching the younger generations and helping those less fortunate or less aware.

If you were to focus your intention and awareness around being a conduit for such change, your God source will lead you to be just that. Get very clear on your wants and you will see magic happen in your life.

When my husband and I were looking for a home in Tennessee, it took almost two years to recognize that I was going to great lengths to look for land and houses yet I was not using my own inner guidance system to put in my dream order with the Universe. When you put in your order, the Universe does the work. You don't have to focus on the nuts and bolts of how to make it happen. What we wanted in a house, property, and community, were scrutinized away as I actively fixated and then tossed out all those I didn't like. We took 20 or so trips between NC and TN before I admitted that I was exhausted and frustrated. Just as I admitted to my husband that I felt defeated I used my knowledge of intracellular communication to ask my body what I was doing wrong. My body notified me that I was trying too hard. I was looking rather than clearly stating what I wanted. It also told me that once I was able to clearly state what I needed and wanted, I would not have to look, the house would find us. Two days after writing out our desires we got a call from our Realtor. We had already seen the house and I dismissed it. She insisted that we make a final run up to see it and put in an offer. When we got here I took the dog out back to run and met a

neighbor. He fell in the love with the dog and we hit it off when I told him about my remote viewing work. So, in the end, we found our community, the right house knew we were to be the owners, our neighbors are amazing, we have a fabulous view and now, three years later I am ready to plug into the local community using the non-profit I created 22 years ago to help bring people together.

When you get clear on what you want and why you need it to be that way, have faith and know a higher power is listening and working ahead of you all the way. Know that the hard work does not have to be done by your hands alone.