



## Shaping Thy Spirit

*The Journey to Know Thy Self*

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We live in a time where the trauma and the brokenness of our generational past affect our current state of being. Each of us has to heal for ourselves to connect all that have come before us to bring the harmony back to our world. Since I was a small child I have seen this journey in my mind's eye clear as day.

This foggy world is filled with its illusions and delusions. There is no clear path to find our way. These visions have always been clear as day to me, like an inner knowing tugging at my soul. Since I into this world, I have been on a journey to make sense of my inner and outer worlds. From the beginning I learned that the natural world is so much clearer than all the rest of our current day culture which is filled with smoke and mirrors.

Today it is vital that we embrace the whole of life. Scattered to the winds are the broken pieces of our wholeness. The divisions within our being are spread far and thin around our world over the expanse of time and space. The current day bridges of researchers, educators and visionaries are tying together every aspect of life that has been shattered through times past. This reweaving is an arduous task fighting the currents of our accepted culture. These guides have laid a path, but they cannot take us to our own salvation.



Our survival depends on our individual abilities of pulling all these scattered pieces back together and reweaving our lives into a solidly-based, well-connected purpose. The key is in understanding that the 'truth in life' comes from inside of each individual. Life is subjective for from our personal position. We cannot be objective. Our positioning is unique and cannot be experienced by any other. No other can truly know our soul. That is our own personal journey.

The problem is that we have given away the power over our individual lives for others to tell us what to do. We have forgotten how to think for ourselves and know what the right thing to do in any moment

is. We believe that 'quality of time' and 'having the best expert in every field' is the solution to navigating every situation we encounter. This is a lie. We have left our lives to be attended to by other that we believe are working for our best interests. Our silent acceptance has allowed a misguided path to be laid and our very lives are being sacrificed.

We are drunk on the current times and cannot see the picture clearly. The simple world of the past has been given away not for a better way. Open your eyes and remove the layer of deception. We think that it will not happen to us. We truly do not care if it happens to another unless that is directly in our path. The over inundation of 'bad news' in this world has deadened our hearts to feel compassion and empathy for others. We accept 'bad news' as a way of life. When the 'bad news' is in our life, we say as long as we tried our best. We accept the bad thing happening and move on. We put on blinders and use words like 'it's not quantity, but quality,' 'they say he is the best,' 'we've done all we can,' 'this is being done to us and there is nothing else we can do,' and the list goes on and on.

Truly this is a lie. The truth is that we have given our power away to others and have accepted the scraps that we are given back. We have created the illusion that we have to live with what is given to us. We feel that pains that we are powerless and have to live with all that happens to us in life. We pat ourselves on the back and say 'we deserve one thing or another,' 'we did the best we could,' and 'we had no choice in the matter since it happened to us.' That is a lie.

At some time in our past, we as a people suffered a great tragedy (Michael Tsarion's current research and upcoming works to be published) which like any tragedy which is devastating to our soul allowed our being to be split in order to survive. This is commonly known today. This split shattered pieces of our soul in every direction. The division within each of us has allowed ourselves to not see clearly the big picture. We do not have the tools to understand how everything fits together. If we cannot see the connection, we do not understand how each relates to another. Without this cohesion, we deal with life as completely separate and unrelated pieces.

Once life is compartmentalized and we have given the power of each part to another to choose for us, we have become victims. We accept this role that ultimately we do not have the power over any aspect of our lives. We are trapped by our genetics, our environments, our caste, our family lineage, our financial status, our professional status, our education, our location, our physical traits, our lifestyles and the list goes on.

Each of these separations is give an expert for advice. We go outside of our self with the most accepted person to make decisions over the statistical best for our lives. Think about that for a moment. We are individuals in a super position which is like no other. We go to an expert that has knowledge of the situation and what is typical. Okay, they have taken all that is known, put it in a pot and told you what the average of all those individuals combined are. That is a straw man. It is not real. You cannot be that straw man. Statistics have always upset my soul and have gone against my grain. I am not a statistic nor do I want to be. I am a unique individual and no one knows better than I what the best path is.

In today's world we feel okay when we have others that are reputable telling us what the best thing to do is. We have completely lost our ability to know for ourselves. We do not know how to navigate our internal worlds nor our external worlds. We do not know how to use our bio-suits (our human bodies that house our eternal energetic souls). We do not understand our navigational systems of our body, mind and spirit. We cannot read emotions, energy, intellect, intuition, ancient symbols and anything

beyond our current teachings. We have collapsed our multidimensional beings down into a material flat world working on a linear level of existence.

The time is to expand and awaken.

The world has gone off in these broken separate directions lost and misguided. They believe what they see but their vision is limited to the compartment that they currently exist. They cannot see over the walls. There is no way to relate one compartment to another. We are lost in a hypercube that is continuously changing and reshaping before our eyes. There is no way to decode a clear path and decipher any true direction. We feel lost in the ever moving and changing rooms with no keys, no direction, no map, no compass and no way to change what we are living day to day.

In recent times this world which once was so separated by distance is now available in a moment. Only those that have the ability and the power see the grand design. In today world, the power has shifted. Before we were divided into many little pieces over a great distance, now the world has become smaller.

There are a handful of people that have risen to the top in every aspect of life and gathered those pieces together. They have manipulated the board moving us around like pawns to achieve power over each of our lives. Though we have access to see the current state of affairs, our minds have been trained to keep these pieces separate. We have lost our abilities to see the picture as whole. We cannot see the connections between all. We are happy if we can 'do' one piece in one aspect, giving away our power in all the rest thinking that we are only victims and truly cannot do anything better. We accept these terms.

NO ... we need to stand up and say NO! It is not okay. To heal our world, we need to heal our souls so we can see the world as it truly is. We need to call back our power and not accept that we are victims in this world to be sacrificed for the greater good. THAT is a lie. The one world that will be strong and true to benefit all is the one where each of us is standing strongly in our own rite, not the rite of another. Our rite is the ability to find 'right' in our own lives and live fully into ourselves.

How do we achieve this end? We have zero tolerance. Anything that is against our soul is not acceptable. We need to draw clear lines. We do not attack that which is not us. We do not allow it in our lives. We say no. No is a great power. It clearly sets healthy boundaries. Life is not quality and deserving. Life is the cohesive consistent path of our journey. Take back the power over every aspect of your life and know what the right way is for you. DO NOT assume or allow others to make that decision for you. Their vision is shortsighted and cannot know your truest position.

We fear taking this step. It is a rather large step to go from the old accepted position of being out of control in our lives to being authentic in everything we do. But this first step is empowering. It gives us the ability to navigate our lives clearly. Each step builds on each other and clears the path that is stronger and stronger with each step. We are no longer bored, scared, uncertain and fearful with each passing moment. The fog lifts and the path is no longer hidden. We start working with nature. We see the connections. Decisions are clear. Life is full and abundant.

The hardest step is the first step on any journey. By realizing that there is more in life and a better way, we begin this journey. Each step is one deciding if the step is in our best interest or not. Is that relationship supporting who I am or not? Is that food full of vital energy to feed my soul or not? Is that

response the best response to get what I am seeking? Is that job using my best gifts for the highest purposes or not? Am I taking my fullest responsibility as a parent raising my child to be the best they can be or not? Each step is clearing what is in line with our soul and all that is not good for our being.

No longer do we live on the surface pretending all is well and accepting the false masks and titles and accepted way of doing things. Life clears and the strong foundation so authenticity shines through. Our being within us shines and we feel the peace of being alive. Taking true steps forges a solid path that we no longer have to hide from. Our vision grows and our peace deepens. When we are spurred on in a circumstance we respond from a solid place that empowers our actions in a right way that matches our truth.

In order to understand our soul, our inward person has to be a healthy individual that has experienced the depths of his soul and cleared all that haunts his being and keeps him in bondage. The shadows we fear have kept us chained to the worthless lives for too long while others reap the rewards of our labors. Rise up to be free at last!

This journey is the key to healing the psyche and dealing with all the internal aspects that keep us from our true selves and our true abilities to discern what is real. Once we experience the fullness of our being and bring all the broken aspect back into our central core and reweave all that has been broken and frayed, our gain strength in our essence. Our true beliefs are known and the intellect and the emotions can now be utilized to help guide us through our outer experience. The outer is a reflection of our internal trauma and brokenness to help us purify our soul and shape our spirit.

## MY PERSONAL JOURNEY:



My personal journey has been full since the beginning of my life. I have seen the world differently than most and have felt a separation from the experiences of others. My vision has always been beyond the surface of life and riddled with much depth and meaning. I entered this world in the magical time of the sixties. This was a time just beyond the 'American pie' of the fifties and before the full fledged 'hippy love' rebellion of Vietnam Era. The world was enough naive not to see the darkness looming in the distance, yet still tied to the vision that we need to have the perfect life to be happy.

My family was representative of the broken time that was getting ready to erupt. One side of the family was old royalty thrown in the new world lost in the generation woes of the fallen south. The other side was from the broken north filled with bankers and oil men confused about their monetary gains and the meaning of true happiness.

My parents met in college with the freshness of escaping the unsettling youth that left much in a dark fog. The times presented so much hope and happiness. Through the new marriage, young family and moving forward with the typical family life of the current times, our world erupted into complete devastation with no survivors being left untouched. The family divided and never moved beyond the dysfunction that confronted their position in life.

Everyone went their own ways and no one remained in any real contact.



### **New Beginnings** | *Sink or swim in the brave new world*

My world went from the perfect little family with so much promise to one of devastation. I was two. My intellectual professional parents with advanced degrees were just as lost as I was and thrown into turbulent times of the seventies. Each of us journeyed solo to find our way in the darkness.

We moved from the great union of Texas to the independent California (you wonder why I am so strong minded in my position). My mother went from the 50s stay at home mom with a teaching degree to obtained a PhD. By the time I was in third grade I wrote a paper on the three jobs my mother had: a private practice psychoanalytic psychotherapist, chief of psychology at a local psychiatric hospital and a fellow doing research through a high powered organization.

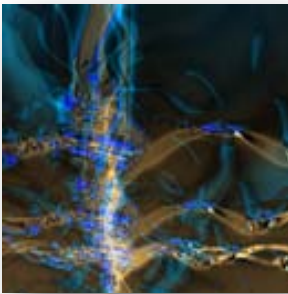
This success affected my raising in a variety of ways. We moved to Beverly Hills. Our life became filled with the glitz and glimmer of the California. We were living in the top of what this world had to offer with some of the finest homes and lifestyles available. My mother was always focused on the best schooling and setting us up socially into the right communities. We were not the mega rich, but we were well off enough to feel the atmosphere of kids racing their parents Rolls Royce's through Sunset Hills and all the other benefits (or curses) of the 90210 address.

The problem is the flip side to the superficial life we were living. Many that drove those roads sold their soul to live and be in this station in life. The shadow was very close to the surface and the plastic surgery and money could only cover up the empty darkness that filled so much of the life. The cars, the clothes and the drugs had to get bigger and faster to keep the wasteland at bay.

This is no place to raise a family, in my opinion. There is just too much working against you. Los Angeles is the City of Angels which is absolutely true because in LA we needed all the angels we could find just to survive.

From an early age, life did not look right to me. So much did not make sense. I was a big picture person with the mind to put all the little pieces together. Things did not add up. With a professional working mother, I was left home with my little brother and the world to explore. We actually had a grand time as Beverly Hills latch-key kids. The world was ours to conquer, and mostly we were left to our own devices to find our way. by living the life of privilege, we truly did not have horrible things to confront on the surface of life. We had a nice home filled with many nice things. We ate out most days since my mother worked, and we had housekeepers that kept the house and watched over us (to some extent).

I look back on my school age time with many fond memories. My mother filled her roll of 'quality of time' as a parent and took on many jobs to be the 'good parent' to include girl scout leader, cub mistress of Beverly Hills, soccer and little league mom and horse show mom. We were involved in every possible activity after school and during the summer.



## **THE SHADOW** | *Coming to terms with the dark side of life*

The difference is that there was a dark side to our life. Mom, who was my hero as a child, was raised in the south where strong women that were taken care of by their men. We had no man in our life, so she was left to fend on her own. Mom had to play both roles of mother and father.

Looking back, I would say we were taken advantage of by the feeding frenzy of ravenous wolves. Somehow with all the good intentions, we walked right in the middle of a den of thieves. The one thing I learned was that no matter how tough a situation gets you always stand for right.

I grew up in Los Angeles during the seventies and the eighties. I would not say this was the best era to raise children. I believe the back lash from the fifties and sixties led into the craziness of these times. Life was like a roller coaster.

During my childhood my mother was groomed for some high powered spots within her chosen profession. I only have limited information that I personally knew and even less that I will share with you, but I do intend to make specific points to paint a picture of my personal experience.

I was living in Beverly Hills. My mother was a 'shrink' in a very powerful location in our world. She was connected with the forefront of many influencing fields. Her heart was in the best of intentions, but she was compromised time and time again so that others could get ahead.

I was raised to help those in need. The women of our family have always been healers with a big heart. My mother stood up for the forgotten patients that people just locked away and medicated. She dedicated her work for the greater good.

Time and time again, she started a project with good intentions only to find out about the compromises that were happening for the 'so called good.' As soon as she realized anything that was wrong, she would immediately try to correct the situation. Even with treats she dedicated herself to standing up to anyone and anything that was not doing the right thing.

Only later while doing my research did I realize that all the different encounters that I experienced as a young child feel under the research projects at UCLA that had to do mind control, known as MK Ultra and sanctioned by our government, the shadow government under the guise of the 'greater good.' When I go to google today on disclosed practices 30 years ago from the different whistle blowers or released government documents I see many names from my childhood.

After turning away from the research community, my mother started working with children of ritual abuse. She was going to court to try to get their abuse to stop. She did everything in her being to protect these little children that were being sexually sacrificed and the mothers that were powerless to protect them. Again, when I did my research years later, I understood the devastation my mother faced trying to stop an outrageous situation that was impossible to conquer.

When I was a child, my mothers work took her to areas that were reached by the long arm of the shadow government. These times were near impossible for our family to endure. We were personally attacked with the current research being used: poisons like organophosphates, directed energy later known as electromagnetic frequencies that have devastating effects on the human body, terrorism through different mind control techniques, manipulations of different people pushing them to the threshold and destroying families all around us. Each time we went too far down a rabbit hole and ruffled feathers we were attacked and we had to radically change our lives to survive. We had body guards, large attack dogs to protect us and had pick up and remake our lives to keep the attacks at bay. The police knew about the abuses but there were limited stalking laws in LA at the time. Basically there was not much we could do but disappear.

Over the years my mother ran a variety of psychiatric hospitals. Each one seemed to have its share of ritual abuse and mind control experiments. Somehow these practices were considered acceptable and normal. I found this to be completely unbelievable. How could so many people be involved, and basically 'go along' with the program without giving it a second thought.

She spent her whole career coming up against really bad guys and all their deep strings across the professional world. Our family had to deal with the backlash of all the abuse, terror, mind control and physical harm that was imposed on us over the years.

Being the eldest, I would I spent hours trying to my mother figure out what was going on, who was doing what and why. Our goal was to try to navigate the situation and figure out how we could protect ourselves from the abuse. In the public, no one believed anything we said. We were either considered batty or we held up the illusion of a normal Californian life.

Every time we fell down the rabbit hole and looked around, again, we would find a way to climb back out. Who knew there were so many rabbit holes!

At this point I was attending a California University (preMed), my mother became ill. She had a mix of symptoms and no one seemed to be addressing the real issues. The doctors would find one thing or another and try to lump everything into that specific category and just dismiss the rest of the symptoms that did not 'fit' their diagnosis.

I ended up being the go between many experts that did not agree on what were the causes of her symptoms. The experts of one specialty could not stretch outside their knowledge base to deal with health issues that they had no firsthand knowledge. My mother at one point was denied oxygen because they did not understand her other health concerns.

Since the doctors could not get to the bottom of her health issues, I ended up putting together a list of all her symptoms. I went over to the 'stacks' of UCLA Medical Library and spent two weeks researching every possible symptom and came up with a list of 5 pretty bad scenarios. One by one we had her tested.

We finally found a solution, but still had problems dealing with all the experts.

Back then when my mother was in the hospital, we said that there was a great need for a service to help the common man navigate hardship to find the solutions they needed in time of crisis. I personally kicked into overdrive to care for my mother, research all possible solutions and deal with medical politics. I did not know how anyone could handle all of this while dealing with the emotional stress of the health concerns, as well.

During this time the radiation experiments on infants were recently disclosed by our government. The experiments were done on children during the mid and late fifties without disclosing the true purpose while telling parents the radiation was needed medical intervention. I was horrified that our government would support testing on little babies to see what would happen. Again, here are more government experiments that personally affected my family.

My mother opened a home to treat the ever-rising autistic population for autistics. I helped her develop the idea, put together all the information support the program and open the house to receive patients. The development of this wonderful project was not down with any partners that would jeopardize the program. This unique population taught me so much while working with these individuals that were walled off into their own world and had a completely different way of being. Later a patient that might have had some kind of government affiliation ended up forcing the program to close. Another uncertain crazy time filled with mayhem, body guards and all kinds of smoke & mirrors.

My life was like a Clancy novel or a current day Dan Brown. Satanic rituals, break ins, mind games, poisonings, power plays, armed guards, dead animals, bomb threats and electromagnetic weapons that were straight out of a sci-fi movie. Complete craziness filled this time. Life took all kinds of twists and turns. Nothing made sense and good/bad, truth/lies, illusions/cover-ups were all in the grey zone. There was no way to make heads or tails out of something until the test of time proved the situation one way or another. You had to fasten your seat belt and hold on for the ride.

As a child and through my young adult years, we met with people caught in this conspiracy from one side of the country to the other. We spent hours upon hours trying to understand who was who and

why in the world would they do the things they were doing.

At one point, we flew out to Maryland and met on the floor in a dark apartment with a woman wearing a copper hat staring out the curtain waiting for some unknown attacker. Later, I found out she was the head in one of the main conspiracy movements and a high level x-government agent. Sheets of copper and other anti-electromagnetic devices became part of our life for years on years. Since western medicine did not have any solutions for the ailments we were encountering from all the abuse, we turned to alternative medicines to purge our bodies of all the toxic substances that were put into our systems against our knowledge and against our will.

I went with my mother to Washington DC and met with the head organization to discuss the 'happenings' in LA. We met with the head of the organization who confirmed that this group in LA existed and many more like them around our country. He told us that these people have great power, and I mean GREAT power. He basically said there was nothing that he or his organization could do. Their power was too far reaching and too deep to do anything about all the abuses that were occurring.

I kept saying, "There is NOTHING that can be done to stop these people and what they are doing??!?!!" I had lived through the crazy chess match of these insane professionals that were pulling the strings of all these puppets that followed their orders blindly. I personally saw and experienced mayhem that I wished on no one.

He told me directly, "NOTHING..." He continued, "...until ... UNTIL EVERY PERSON marches onto their court house steps and says NO MORE! MAKE THEM STOP! WE WILL NOT TOLERATE IT ANY MORE. "

He continued, "This will continue. Until everyone unites, NONE of us individually will have the power to stop it!"

I was blown away. How could this be true? I thought that once the 'powers that be' knew what was going on and saw how wrong it was, things would be stopped. Not so... I was shocked.

This all happened before I turned twenty. I was raised with a front seat of what our government, the American government, the dark side of our government, the shadow government was capable. The experts across our country were used for their gifts to test unsuspecting citizens for unknown gains. There were many agendas and many costs to reach their unknown ends.

This proved to me that basically there was no regard for the value of human life. People were expendable like lab rats. People that did not fall in line were disposed of without a second thought. Fake programs were created to push unknown agendas. One faction turned on another just to produce specific results. There were no rhymes or reason to anything in this world. It was dark and everything was done in the shadows.

Somehow I was supposed to smile and continue living in the real world. I seriously questioned what was truly real in this world. Why the hell we are here and what power do we have to do anything to combat what I just lived through?

I have been asked time and time again how I did not get sucked into all the craziness. Why did I not become a victim of ritual abuse? The stories are out there. I know friends that were sucked in and disappeared. I have been told that I must be very lucky. All I can say is that I do believe that I have a 'seal

of protection' and that my dedication to not accept the illusion by looking beyond the surface at every situation I encounter truly saved my life. I know that I have a great power, energetic vibrational frequency that when it is turned on is awesome and gives me a great ability to navigate a situation. When I turn it off, I become almost invisible. Depending on my time in life, this ability to control my energy has served me well.

Another system failure was working out the responsibilities of my parents as a child. My father left. We had minimal contact. After years of not being able to deal with forcing any responsibility, my mother took my father to court. The process was not to take money or make my father pay. The process in my mind was to stand up for what was right. We were children and needed certain things to be okay. This role fell 100% on my mother. We faced our devastations and she made the best of hard times. This burden was a hard journey to carry alone. When we went to court, she was finally standing up for my father to take responsibility for his children. The response was it was basically thrown out of court on a technicality. He paid a minimal amount over a time period. The court and the money never right the wrong of a fatherless childhood. It's a lose, lose, no matter how you looked at this. Again, this was another government system that was not working on the best interest of the child, the parents and what was right, but what could be legally achieved.



### **Growing Up | *The pains of challenging and defining the world***

At some point, I was done with LA. My brother had been overseas and just returned. I decided to move east. Why east?

Let me back track for a moment, when I was growing up, we went on a 10-day pack mule trip into the mountains on horseback. This experience changed our lives forever. We didn't know until we came back from the trip that we were the first woman and children that had ever been on the adventure. Actually it was amazing we survived. We had a horse fall off a cliff to her death (which we cried for hours upon hours); we fired the cook leaving us alone with a cowboy at least in his eighties; we had blizzards; this country was completely isolated; and we saw people that have lived in the back country for months upon months.

This was living at the will of nature. The one thing was this trip was real, life and death. You could feel it. We had to work with nature to survive. The cold was cold, and the beauty was crisp and clear. Fear was part of the reality, but it was a real fear with a sense of balance to it. The work to live and survive made us appreciate the good moments in life even more. It was GREAT. Life finally made sense. If you didn't keep warm, you were cold. If you stepped too close to the cliff, you fell off and died.

I was eleven, and we were in the middle of a quiet time in my life. The last explosive situation was a few years before, and we had maybe two years before the next out of control situation!

This trip entailed riding horses up to Kings Canyon outside of Yosemite. We had the lead cowboy (a billion years old), a cook, another guest and the three of us. The plan was a 12 hour ride every day for 10 days. We got to the first camp site and mom changed the plan. After 12 hours of riding, she declared that was our base camp. Dailey, we would take rides out and back to base. The time was amazing. We were out back living the old life under the stars in the back woods of nature. The trip changed our lives.

The next Christmas, the lead cowboy brought us to our surprise, two cow ponies (actually horses) with all the tack and everything we needed. We kept them in the Hollywood Hills about 45 minutes from our house. We spent the next two years riding the canyons and going on adventures. Life was like living in the old west. Horses brought a sense of calm, a sense of normalcy and helped us just be kids. We couldn't wait to jump on the bus, climb the hill and be at the western rental riding stables located at the bottom of the Hollywood Sign. We loved our time there.

Later we went to riding camp in the country and moved over to a proper English riding school in Topanga Canyon, and then to a private farm in Hidden Hills. The next twenty years of my life was filled with horses. I trained for Three-Day Eventing (Dressage, Cross Country/Endurance, Show Jumping - the old calvary training) and showed monthly. I went to the Continental Young Riders in British Columbia as the youngest rider, and hoped later to go back east to train with Olympians.

I can say that the competition schedule allowed me to understand the dynamics between nutrition, exercise and performance. Each horse had a unique combination of requirements to allow them to operate at peak performance. Each horse had to different supplements depending on the season or the current physical concern. We continuously did bran mashes and other types of resources to keep their systems running smoothly.

I remember thinking that my horses eat well and I wish we spent as much time taking care of our systems. Actually, in the spring when we fed the horses flax seed to help shed their winter coats, I use to eat the whole flax seeds by the fist full! (Who knew all of that would set me up years later to be able to navigate our supershakes and all the different combinations of whole foods, seeds, herbs and other natural ingredients to maintain our family's health.)

The horses saved my soul, literally. My life changed, and I learned how to truly live! I found myself and my natural way to exist in this world. I had a intuitive ability of 'horse whispering' before the term was popularized by the book/movie. I rode from an intuitive/energetic connection that goes beyond any intellectual understanding about mastering riding a horse. I called this experience 'shaping thy spirit.' (Later this became my website [ShapingThySpirit.com](http://ShapingThySpirit.com).)

My goal was not to break the horse's spirit. My focus was to shape them. I wanted to keep their spirit fully intact, broken and submissive. I wanted to build a relationship based on trust by working together. This gave me the foundation in life to understand what really worked and what did not. Power and control ultimately never truly worked. Losing control and becoming angry failed every time. Love, compassion and trust did work. Now this means doing your homework and spending time, but in the end it was worth all the effort.

Life was not about 'quality of time,' but seriously the quantity and consistency of time. Seeing the big picture and making sure all the little pieces fitted together in the right way. Creating a strong foundation, connecting all the pieces, spending the time to develop true trust and understanding, creating healthy boundaries, being firm yet loving, and knowing which battles to fight or let go, was vital to trying working with the natural way of a horse. This allowed the brilliance shine through into this world. By using our wholeness, we are able to bring forth such splendor.

A horse is pure in energy and reflects the energy we hold. A horse is also a great teacher. Like a mirror, a horse allows us to see our own reflection. Later as an adult, I ended up going into helping horses with 'people problems.' I would 'fix' the problem and then send the horse back to the owner. The problem returned every time. So over time, I realized that working with the owner was just as vital as working with the horse.

The true connection between horse and rider made all the difference. The foundation was the healthy horse and a healthy rider. When the rider was toxic and could not communicate to the horse well, the horse became toxic. By fixing the horses toxicity (issues), a clear foundation was laid. Then if the rider's toxicity was not solved, the horse's toxicity returned. Only when the two in conjunction was cleared and an open flow of energy between the two could there be success and completion in my so called job.

So as a young adult, I moved to Virginia. Since I was eleven years old, I had read the Chronicle of the Horse located in Middleburg that told tales of the horses in the Virginia old country. I had family in Northern Virginia who was a retired military. I needed to return to my studies, and I had high hopes that living with my family would provide the stable environment in which I could thrive. I wanted to focus on finishing school and finding a strong footing in this world.

I was deluded. After leaving the world of mind control in LA, I now entered the world of the military industrial complex. You thought the world of mind control was crazy. I learned the hard way that our state capital and the whole government was not the ... place ideal place that each of us in America is raised to believe.

Our government of the people, by the people and for the people is not true. DC was another grey zone. This place was built on secrets upon secrets. Truth was so blurred and hidden; there was no way to discover what was real. Each agenda had rational reasons for all that was happening. Life was justifiable. I was living in another crazy world that was not to be trusted. I spent years trying to jump the hoops and understand how to play this game. Life was a never ending cycle of slippery shadows.

One of my abilities is to see the world from a very broad perspective. I can fit into someone life and experience their position and then move into another and understand theirs. It's a wonderful gift. I tried and tried again to figure out what was going on.

I became involved in a military family's son that was a surgeon. Here we go with another great profession. I had planned on going into medicine. I am a healer and wanted to help children. For my whole life, my heart went out to those being abused and neglected. My concerns regarding modern day beliefs about children, raising children, what we were teaching children and how we cared for children set alarms off in my soul.

Though I was dedicated to becoming a doctor, time and time again doctors told me do not go down that path. They claimed the health industry had lost its way. Medicine was not about healing any longer. Many doctors claimed the politics of the health industry would ultimately kill my spirit.

The next few years was a time involved with military system and medical professionals. I had grown up around psychologist and psychiatrist, but this was a different ball game. All I can say is that I was thankful when my life finally took me a different direction. The military and the medical fields are riddled with so much ... complicated navigation that is not about what is best for the wellbeing of anyone. The people I met believed they were doing the right thing, but ... there were some serious problems. Once again, things did not add up.

There are some amazing people trying to do some amazing things in this world, but there are some really bad folks working just as hard to destroy life as we know it. There are many in between just trying to live life and do the right thing. They do not see, know or understand all the dark sides of life.

Bottom line, finally when I ended my involvement with the medical or the military worlds, I was personally devastated by the destructive nature I had experienced. I was destroyed, and I needed time to heal. The short of it was that I ended up getting married to someone whose heart went out to my life and my situation. I needed a safe place to find myself again. My husband at the time helped heal me. The problem was that when I was back to myself again, we were not able to work out a relationship. My soul had been depleted from all the hardships I had faced. By that point, my horses had been sold and I was not longer riding. I literally was at the end of my rope. I knew that my life had to radically change, or I would be gone from this world.

I made the choice to leave my husband and returned to a life with horses to rediscover my soul. I dedicated to working with an Olympian, and then went out on my own working with horses, training and fox hunting.

Slowly I rebuilt my wellbeing, and this time my complete wellbeing. I was physically, emotionally and spiritually strong. My energy was soaring. I still did not have a strong foundation in my life, but at least I knew myself again. For a time, I actually thrived very well. I spent the next few years working with animals and people full time to re-establish my connectedness in this world. I learned to work out balanced relationship and how to navigate the most complicated relationship issues.

I started working on fixing the horse and then working with the rider to resolve the issues they were experiencing between themselves and their horses. This period in my life taught me the most interesting dynamics. Different than most therapeutic situations, this process was one using many levels of existence. The horse's mirroring allowed me to learn about the effects of our intellectual understanding, our emotional responses, our intuitive abilities and how much our energy plays a role. We might appear to have it all together, but if there is a flaw, you cannot hide it from the horse, such a pure spirit. The hidden issue was reflected as clear as day. Horses became my tool to create a balanced connection. This is the concept of natural riding or balanced riding. I called it 'shaping thy spirit.'

Horses taught me so very much. They taught me about myself, relationships and people. They taught me about life and how to live life. They taught me how to use your mind, your intellect, your emotions, your energy, your intuition and your higher self all in one place working to one end. They brought my full spirit back into my body. The horses allowed me to work with others so their spirits could find a great place to express themselves more completely.

The problem was that I still did not have a strong foundation to stand on. Financially I was not secure. I did not have the resources to fall back when I needed time and space for my self. This made life like living on sand. I wanted to help everyone that needed help. I gave and gave until I had nothing left. I had no ability to understand that depleting my energy resources would eventually haunt me.

Professionally, I became a high demand. My goal was to only work four horses a day, and then enjoy my two personal horses. Most days I was working with eight or nine horses and my horses were being neglected in the field. People wanted me to watch their animals, consult on behavioral problems and ride their young horses in the hunt field. I needed a shirt that just said, 'NO!'



### **Soul Work** | *Journey into the Heart of Darkness*

Finally, I physically fell apart. My chronic fatigue came back full force. This was my first time being diagnosed, but I believe that I started the cycle of chronic fatigue as a child before they even had a name for it and again when I got married. When I worked myself into the ground and fell apart, western medicine would say that nothing was wrong. I would rest until I felt better again.

I had to re-cooperate and rebuild my system. This time I was in my mid to late twenties. We already had alternative health professionals that had helped with the previous poisonings and the directed energy. I researched and researched to understand exactly what was going on with my health. What I discovered was that our physical environment is so messed up, to create a healthy environment with good quality food, water, air and other essential was going to cost a fortune. Also, I discovered that we were not taught some basics about how to live and how to maintain our wellness. I didn't have the resources, so with the help of my mother, I decided to go to a house she co-owned in Fiji.

Here is another crazy story. The Fiji property was bought by a group of doctors when the truth came out about LSD experiments that were sanctioned by the shadow government. They bought 250 acres in Fiji to escape in the event they were prosecuted by the government, even though the government originally funded them. One hand did not know what the other was doing. A dear friend of mine spent 10 years living in Fiji immediately after the program shut down. My mother was never involved in experiments, but when a couple doctors passed away and an option became available, she purchased a portion of the interest.

So I went to a remote place on the far side of Fiji for four months. I had a strict regimen to nourish and rebuild my system. I had spent four months prior in LA before I went overseas detoxing and clearing out

my system. My time overseas was to rebuild my wellbeing by reducing stress, eating well and enjoying life. I took eighty pounds of books and spent the whole time in the sun. I met some wonderful people; though I did end up trying to help the locals deal with problems between villages. Actually Fiji can be a scary place when the local get upset, since they happen to have big knives in their hands!

After four months, I went to New Zealand (great horses and people too) to visit some riding friends and decide if I wanted to move there permanently. I figured the United States was totally crazy and New Zealand would be a place that turned back the clock to a better time. I spent the next two years enjoying an alternative to the American lifestyle. Finally in the end, I decided that New Zealand had its own concerning issues (highest suicide rate of teenagers, highest pollutants per capita, social controls, etc.) that would take me years to understand, and even longer to create a way to counter balance all the shortcomings. I decided to return to America believing there is no way to run away from your heritage. At least there I knew the problems in America, now I had to find a way to move beyond barely surviving.

During that time overseas, I had to do some real soul work to clear the demons from my inner world. I felt like I was Conrad as he went down the Congo into the Heart of Darkness. This was a very transforming time through the darkness. My healing was not immediate, and my foundation in life did not quickly materialize. Years and years would still have to pass for each layer to be pulled apart and relayed on a solid foundation.

The journey into the depths either makes you or breaks you. My life took on a whole new meaning. Once I began to look truly at myself and my life, one by one I could address all the issues that haunted my soul. There is no quick fix here. The challenge is remaining open and being willing to look at that which makes you feel completely at odds with yourself without completely falling apart.

Living in a world where people only want to remain on the surface, we do not learn how to go deep. People do not want to know the truth beyond the surface. This is a solo journey, and there are only a few in this world that actually want to make this journey. The cool thing is that it is freeing, very liberating. By taking the journey things do not scare you any longer. Nothing chains you like you were in the past. You can build a strong foundation. You can reach the central core of your being. It's easier to see what is true and real in your life. People can no longer push you one way or another. Your path becomes clear. You become stronger, yet more flexible. You can easily decide what is worth doing and what is worth letting go of.

I remember sitting at the resort in Fiji where I did my shopping every two weeks when I went to town, my only trickle of hot water during four months. The rest of the time was no power and no water back at the plantation, living life in the old days again. I was staring off into the distance from my porch looking out over the waves on the beach below. The palm trees were blowing in the wind. They were swaying back and forth so beautifully, each going in a different direction. They were tall and beautiful bending as need yet remaining firmly in the ground. The breeze which was quite strong allowed them to dance with the flow of life. I realized this is how we move beyond surviving and learn to truly live life.

Now this process does not happen all at once. We have layer upon layers to see what is real and face things that we have held onto that have prevented us from ourselves and our desires. It's a never ending self realizing process.

The cool thing is that when we no longer fear the things that go bump in the night and we face those shadows, we can overcome them. They are not the enemy that we need to hide from any longer. We do

not think everything outside of us is going to get us or hurt us. We find a peace within our being. Our roots reach deep into mother earth and our spirit soars high into the heavens.

We are not perfect. Life is full of color and shades that give brilliance through the texture of life. By realizing that we are not the duality of good and bad, we begin to embrace our shadows as part the bring definition to our whole self. With the information about what is real, we can begin to incorporate more truth and authentic-ness into our life.

The ebb and flow of life is working with the shadows and the brilliance to find or shape our way. This is shaping thy spirit. This is living within this dimension. This is embracing our truest nature and growing through situations to a higher state of being.

Any situation that presents itself is now a challenge to find our truest path that aligns most authentically with our essence. As we learn to navigate situations we learn to use our emotions and our intellect to guide our steps. The more we use these tools the more clearly we see our path.

This is a practice I first learned with my horses, and then later I learned in my life. Now I am learning with a full family filled with high spirited beings. I will tell you it's easier to learn with a horse! Our human life, our human souls are much more intertwined!



### **NEW ERA** | *The Age of Revealing and the Time of Choice*

Flash forward, I am married to Robert with eight children between the two of us ranging from two to thirty-two (his, mine and ours). We actually have a new grandson this last fall from Robert's middle adult son. We have four girls and four boys. At home currently we have four girls and a boy.

We live in the country just outside DC on 3.5 acres. Actually I am only 15 minutes from the Chronicle of the Horse from my childhood. The location is beautiful. The farm is great for its size. I would like more land to be able to include animals once again in my life. I still have not found a better way to feed and restore my soul on a regular basis, than a horse. My children are ready to learn so many lessons that only nature can teach us so well. Some horses and other farm animals will be a wonderful addition to our life.

For the last twenty five years, I have had my consulting business working with people using my process of Multidimensional Quantum Development. This is what I call the vision that the natural process of life

that I see in my mind's eye. The connection with nature through the horses helped to define this connection to create an authentic holistic development process.

My work has been in the area of people on their relationships with their animals and their own dynamics; people contemplating life and defining their life's dream; people focusing business ideas and mapping out plans to develop their dreams; and helping people work together to open lines of communication to move projects forward. Currently I am working full time with my children navigating their special gifts, shaping their spirits and encouraging them to discover their inner bliss.

After I married Robert, his young adult son came to him about 'The 9-11 Truth Movement' and asked his 'Dad' to look into what really happened. Robert, who was as American as they come, believing in the system and the people running it, was shocked to find out that this shadow government existed. When he was young, he like the rest of the hippies of the time did not buy into the system and believed there was a better alternative way. Since then he had joined the system and kept his nose to the grindstone.

This wakeup call by his son caused him to research like crazy. He went down every rabbit hole and turned over every rock. He could not believe that he had not seen it before, and he could not believe that others could not see it. He had grown up in the DC area amongst the military industrial complex and all the spokes that live in this town. He had known about the cloak and dagger and how cops and robbers were basically acting the same, yet one held the current cultures approval and the other was deemed wrong. He knew the grey zone and rebelled against all the injustices. Yet, his journey did not include up till that point a wider view of what was going on. Now he blew it wide open and could not believe his eyes. And even more upsetting that no one else believed him at all.

I had no doubts about how the dark side of our country was using methods that were unknown to the public at large to develop unknown agendas and move pieces of their puzzle into place. My question always came back to what can we do about it? I did not like the feeling of helplessness and I am not a victim. I have been waiting patiently to find a way to make a difference. I always came back to what can we really do? In the back of my mind was 'not until everyone united to say we will not take it any more... thing will go on as they always have been.

After researching for the next three years and reviewing my twenty five years of journaling on Multidimensional Quantum Development, we together came up with the concept of Didactic Edification. Didactic Edification is what all of us can do to affect the state of the current world. Each of us can build up our whole system to navigate this world to a better place. That day we dedicated ourselves to step beyond our family to begin the process of creating a platform to spread the word to anyone that wanted to listen.

Robert started his work on his eBook, *The Real Deal: a Transformation of Consciousness ~ the Enigma of Robert Reckmeyer*. (this is his journey from childhood to wake up).

I started working on putting all the information that I see in my mind's eye into some kind of workable format. I took an online website development course at our local community college. Encompass Strategies evolved into [ShapingThySpirit.com](http://ShapingThySpirit.com), [RobertReckmeyer.com](http://RobertReckmeyer.com), [ThriveRightNow.com](http://ThriveRightNow.com) and the [ThriveRightNow Store](http://ThriveRightNow.com). I have more ideas that we will develop over time. Right now I am focusing on what we have started and trying to get them completed.

In the meantime, the old paradigm in our country was unraveling quickly and Robert's extended family was imploding. His family like mine is riddled with many unhealthy dynamics from a variety of different American systems. So many families in today's world are broken and destroyed by our dysfunction. There was a strong split between the intellectual and the spiritual, between the power/control and love/compassion, between the old way and the new way, the material and the energetic. This issue turned into a microcosm reflection of the macro we were seeing in the outside world.

Robert's retail business had completely crashed and burned. We decided to change gears, closing the retail stores and begin working on shifted our life by putting everything on the table, doing our research, prioritizing, and making hard decisions about what was the right choices in our life to be ready no matter what life brings.

I would like to take a moment to sidestep and discuss another issue that is close to my heart. During this time I have had my delivered two children into this world. Each experience was a shocking wake up call to the current state of affairs.

My concerns about how our culture currently views bringing life into this world. There are many concerns over pregnancies, delivery and the first vital years of life. Parents want to do what is best for their families, but I believe that the medical profession has drifted so far off course that our children are truly suffering. This time has always spoken to my soul loudly. I personally had four full term pregnancies and four natural delivers (some with more intervention than others). In the perfect world I would have delivered all my children at home creating the best environment with my family and support team.

My first child was delivered at 31 weeks and weighed less than 4 pounds. She had no real complications, just small but perfect. My next was born with a heart defect which almost cost her life when she was born. My first two children spent three weeks in the NICU where I was present 24/7 or as much as the medical system would tolerate.

My other two young children were born in the hospital with no complications and no issues. All my children have received 9 APGARs at birth and have thrived once they were home. All my births were in birthing centers. Three of my births were with the same doctor. I had my sister in law as a birth assistant involved in three of my four pregnancies and deliveries.

My concerns are with the current system we are using to bring babies into this world. Women are treated like growing machines and no other value to the fetus' development. Deliveries are a check off list that is represented by a time table. Babies are lab rats that are measured, weighed and monitored on a regular basis. Tests tell us if there is a problem that has to be fixed by a professional. The human body is looked at like a machine that when a part is broken we just replace the broken part. We believe that our DNA is the formula for our life and that we truly have limited control over our outside environment. All this spells spiraling health in our country today. I understand that this has become the norm, but it is not health, its not wellness and it definitely not thriving.

My doctor that delivered my last three children slowly slipped from being a care giver to a disgruntled man that was fed up with the current system and was just waiting on retirement.

Long story, short, when my son was born, my doctor couldn't bother to wait for delivery. His partner I had known just as long, went down her list, and in my book, radically jeopardized the wellbeing of

myself and my child so that she could be back in her car within 15 minutes after delivery. My once beloved doctor turned into a turn mill with the calendar and medical notes ruling all decisions. My child's birth was no longer about bringing life into this world and the blessing of creation, but marking all the boxes while navigating normal without getting sued.

Once again the system didn't want to listen; the system was not flexible; and the system did not care about the circumstances of the individual that is involved. The system only cared about the system and maintaining the order of the system. Our priority was the wellbeing of our family. Our plan was not rigid (death) but flexible (life) to focus on and ensure our wellbeing. Thank God that our little boy was strong and healthy. So many things could have gone wrong, and with the care I received my risk went up greatly. There has to be advocates out there opening the eyes of new parents to do their research, contemplate an alternative to the new normal hospital birth. I am so willing to stand up and make this message heard. My heart goes out to all these souls that are missing so much and being damaged by the ignorant arrogance of the current system.

Our family on the farm includes five minor children at home ranging from two to seventeen, a bunny and a black lab named Buddy. Each is very diverse and extremely strong willed by nature. Working between strong willed spirits is a full time job! Our home has a full spectrum of energy co-existing on a daily basis. Life is not without challenge.

Key to my current position is to stay connected at my core essence and believe that I do have all that I need when I need it. Time is spent clearing and cleaning. I reflect on the energies at hand and adjust as needed to secure wellbeing for all involved. After facing all my concerns about the children of our world, our health care system and the current interests of all industry, we as a family decided to take the education completely into our hands, since our children are our responsibility.

We could not find a system that teaches all the lessons that are missing in our current culture today. This world is not teaching us the tools we need to navigate and thrive in this world. Our job and our priority as parents is to raise our children not only to survive, but to thrive! The way of power and control will no longer produce fruit. The new way of being is through our energetic understanding of this world using our whole being. By incorporating our mind (intellect and emotions, left and right brain, the whole brain), our intuitive self, our energetic self, our spiritual self and our divine self, we can approach this world on a whole new level.

Since I have seen such divisions in this world and the dynamics it creates with the triangulation of not dealing with an issue directly, not confronting the emotions stirred up inside that go beyond the current situation, realizing there are effects and consequences that go beyond initial intentions, and coming to an understanding and awareness about the outside by seeing the perspectives of many sides. The old dynamics that are common practices today support the divisions we have created in this world which allow spinning false understandings without grappling with the interconnected relations of the whole picture. Without looking for the direct correlations and affects, we have lost our direct responsibility, our holistic viewpoint and there is no real truth that can be found.

Therefore, my number one focus with my children is conflict resolution. Any situation that cannot be resolved well by them, we all come together with me as the mediator. Everyone gets the opportunity to share their story. No one is allowed to cross healthy boundaries. They may have their emotions and their opinions, but they must also respect the emotions and opinions of the other. We stay until everyone understands what each has experience. We look for the truth. Ultimately, we find a resolution.

In the end every child feels heard, appreciated and that their situation was resolved. They all run off and play together in harmony.

To me, this lesson is the most vital lesson I can teach my children in today's world. If they learn how to navigate their internal worlds and their external worlds, they will be able to accomplish anything. If they learn what pushes them and what pushes others, they will be more aware. When a situation arises and emotions are out of control, if they understand that the focus is to find the right resolution rather than getting their own way, life is such a better place. This daily routine, helps everyone involved laid the foundation to building our new time. When a situation arises and there is upset, the worst thing you can do is just take one child away claiming they are the victim and the other is the bully. That dynamic only enforces all the unhealthy relations that are currently being held up in our society. The goal should not be to protect one over the other, but instead to protect all. I am learning as I teach my children. Together we are working to deal with life in a better way!

How this translates into all of life is the fact that if they learn this lesson of conflict resolution well, they will be able to navigate any situation before them. When a challenge comes up they will not just react. They will learn to take their time to understand all the possible ways to look at something, all the possible solutions and will know what the best possible outcome is for themselves and all involved. This holds true not for only conflict, but for learning about anything in this world. Approaching something in a way that is not there to validate a position already held, but instead, to stretch beyond what is known in order to find the best possible position encourages seeking to find truth outside from a variety of sources. All the information will be absorbed, contemplated and a higher ground will be sought. What more can a parent ask for? These are the survival tools that will allow anyone to rise above their current position, gain solid ground and thrive.

One of our goals is to look for new understandings and new approaches to all things that reflect the most authentic and the most balanced way of living within this world.

We looked and looked for any program or ideas that would support multidimensional quantum development. The current ideas of education are mind-closing, mind-control that dumbs us down and keeps us from embracing our fullest potentials. We decided that a didactic edification that allowed us to create an experiential learning which builds up our complete being to its fullest brilliance is exactly what we want for ourselves and our children. This is not an easy task. The goal is to take the time and the effort to invest into our children so that they have the strong foundation and awareness to thrive in this world.

There are many keys to make this work well. Being open, being in right energy, having a strong foundation, being true, being awake, being alive and being in-tune. Part of this is doing our work, spending the time, connecting all the dots, finding the balance and learning to work within our selves and between all our relations.

At home we challenged every aspect of our life and put everything on the table. Nothing is too sacred to discuss. Now we don't necessarily agree on everything. We do have different perspectives about many situations. Most times I say that we tend to look at things in the exact opposite way, coming from the exact same position. It's like we are standing on the same spot, back to back looking out in different directions. At times you wonder now we make it work, but we do. This is part of strong spirited people working together on a common goal, each doing it imperfectly.

We went through and decided what relationships, environments, communities and nourishments were healthy and which were toxic. We cleaned house. We continue to clean house, internal and external.

We had to make hard decisions about family members that were not okay. We decided what relations were unhealthy and at this point unfixable. Only after a time and setting strong boundaries have we included some family that was once excluded. We want to heal those bonds that can be healed and keep the ones that are toxic at a distance.

With our bodies, we are detoxing all 'the ails' of the past that have brought us to a weakened state. We nourish with the most wholesome foods sources available to build a strong foundational constitution. We do not believe that individual vitamins or supplements that are target specific concern well with our bodies. We believe that we need whole foods, herbs, spices, mushrooms and other natural resources to nourish, detoxify and rebuild our complete being. By providing whole natural substances our bodies which are self aware know what they need and regulate themselves.

We have diversified our food resources to include: our own garden, local growers, organic brands, high quality superfoods and the best quality whole resource blends (herbs, roots, dried superfoods, mushrooms, seeds and other beneficial food sources).

Part of this process was to realize that the environment we create in life either supports our wellbeing or is toxic (or too has no effect being neutral). One vital aspect is to realize what we are putting into our systems on a daily basis is living up to this principle. What are we listening to? What are we watching? What is going through our minds? What is coming out of our mouths? What does our immediate environment look, feel, smell and sound like? What energies are we exposing ourselves to? We are what we think. We are what we eat. Our environment is a reflection of how we are inside. What does the dynamic between our inner worlds and outer worlds look like? What is feeding what?

To this point three years ago I decided that now that I knew more about the latest scientific understandings of Epigenetics, quantum theories and other ground breaking realizations of many researchers to move forward in two directions. I wanted to learn more about our ancient origins and the wisdom of esoteric teachings and about the ancient wisdoms about healing and wellness.

This brought me full circle realizing that the concepts that we have learned that man prior to our existence were primitive and archaic was false. Man had great wisdoms in the past that far outreached some of the understandings we have today. Our technological advances does not mean we have become more enlightened and in tune with working on all levels of existence with our full powers. Scientifically we know that we are using a very little bit of our brain (some more than others) and we also know that the 'junk' DNA that we use to think had no purpose actually does.

My dedication is to keep understanding what has brought about the divisions we see in today's world, to understand some of the remaining nuggets of wisdom from our ancient origins and to find a way to reweave all that I learn into a workable and teachable model to share as I share with my family.

Since I can control my direct environment, I continuously reflect on how to make my home, life and relations the least toxic while securing the most supportive for all the individuals involved in our family.

Another concrete example is that I have embraced the concept that our kitchen is our wellness center. I have heard it be called the medicine cabinet, but I would say it is far more than that. To me the kitchen

is the most vital place in the household. This is the heart of the family. Here the food that creates our wellness is made or the ingested toxins are spread. Here is where we learn to nourish our souls or starve. Here is where life becomes open, flexible and capable of dealing with many different systems that have a variety of requires at any given time. Creating meals that have no considerations to the sensitivities, means that some are nourished while others are being toxed. This is not the best option for all involved. Life is in our awareness and our flexibility.

I created an apothecary in my kitchen. When we switched to the Ball jar and bucket system this was the reasonable next step. All the healthy grains, legumes, nuts, dried fruits, dried teas, dried roots, and all the powder superfoods replaced the typical cupboard filled with packaged goods of one kind or another that are highly toxic. I remember my teenager looked at our shelves and said what is this? This is not food! Where is the food? She was looking for a familiar bag of something or can that she could open to eat immediately.

We make super shakes multiple times a day (a fruit in the morning, a superfood shake midday and a veggie shake at night). This is in addition to healthy balanced meals. The shakes allow me as a parent to ensure the children are receiving the nourishment they need without have to police mealtime and cause issues around foods. The kids each have their favorite shakes and enjoy making new shakes at different times.

We have bulk organic foods (whole grains, beans, fruits & nuts) in a system where we rotate the food between our ball jars and our storage buckets on a regular basis. This ensures high quality food, and assures us that if there is an emergency, we have the freshest food we use daily on hand. Therefore, we always have a strong foundation of good food sources.

We detoxify and cleanse on a regular basis through herbs, teas, baths and meditation. We make our own aged garlic in brandy and make a variety of tinctures. We rebuild and repair our systems to fortify our wellbeing on a regular basis. We have a wonderful energy medicine professional we see regularly to help trouble shoot any concerns as they arise. We have a fabulous Chinese herbalist to help support our system as needed. I have my childhood alternative doc a phone call away!

Our system of wellness uses the idea of detoxification, nourishment and rebuilding our system on a regular basis. We research the newest and latest on the forefronts of the current times to keep us fresh and alive to address any concerns that confront us.

Here are some examples of the health issues that have challenged our family: chronic fatigue, headaches, arthritis, lyme disease, learning disabilities, heart defect, special needs resulting from trauma, heavy metals and mercury poisoning, and a few bumps here and there. I was riddled with ear infections as a child I am sure from our common health practices. Since I research my health issues back twenty years ago, I have not had to use a round of antibiotics or any antihistamines to keep my sinuses under control.

Last year we turned to whole foods for healing and turning away from supplements and individual vitamins. We are biodynamic and do not understand the full process of nature. We believe that providing the right resources our bodies which are quite capable of healing themselves can detox, nourish and rebuild. Our Apothecary has proven a wonderful addition to our lives. Not everyone has the time or the energy to invest this deeply. Recently we found a wonderful product line that covers exactly

what we have been doing manually for over a year now with wonderful results. Our store now offers these premixed whole food sources to meet the needs of any individual needing to detox, nourish and rebuild. Please visit our Thrive Right Now Store to see the variety of essentials to move beyond surviving to Thrive Right Now.

My children have never had an ear infection, have never had a course of antibiotics and have no typical health concerns. This does not mean that we do not encounter a variety of illnesses like everyone else. The difference is that our bodies are now functioning at a higher level. When an opportunist bug strikes, our body is there to respond. With our current lifestyle and regimen, no one is sick for more than one day unless we completely go crazy on our diet weakening our immune response and do nothing to fortify our system (or actually system of systems).

For example the storm of February 2010 taught us a variety of lessons. After three days of no power during the blizzard, we realized that living off the grid would not be that difficult. We would like to have an alternative energy source and use the grid as back up. Living life was amazingly easy.

The other lesson we learned was that when we could not maintain our normal shake routine and we added more sugary foods (turning to comfort foods to keep spirits up) for three days, all of us struggled with a cold that lasted more than one day. The situation was quickly remedied by restoring the shakes and stopping the extra sugar. The lesson showed us that our systems still are not as strong as we would like, and the fact that a poor diet can ruin your system pretty quickly.

All in all the blizzard that brought life to a halt revealed that we as a family did very well and could manage just fine. All the work we have done in the past years has really brought us to a new level of living. Our children are very aware of the short comings of this world and are empowered with ways to navigate any hardship they might face.

Here are some of the best lessons I have taught my children so far:

- To read the labels on any foods (that has labels).
- Last year my three year old told her teenage sister who was eating junk food that sugar will make you sick.
- To know that the best foods are the ones that God has provided straight from nature.
- Not to hold guilt over eating less than good food. Just realize that there is a trade off. So if you eat that chocolate cake (hopefully homemade and not just Hostess!) enjoy, bless and love the cake. Then make better choices with more nutritious options that cleanse, support and heal.
- Realize that since everything is energy, some things are better conductors and hold the energy (energy memory). Being aware of the environment has the ability to be charged with a type of energy. Someone who watches violent movies in a room, store the negative energy in the surroundings. Someone that blesses food and water is later ingesting a higher quality of energy through the natural crystalline structure than the person that had the water sitting in a car while they were playing heavy metal. Everything has its natural vibrational frequencies that affect our wellbeing. Knowing what relates to us and being away that certain things are charged with energies that either support us or are toxic to us.
- Doctors do not heal us. We can heal ourselves by finding the right answer through knowing what is going on with our bodies, our minds and our life. All you have to do is your research and locate the right information or expert to help you solve your own problem.

- To know that to find truth we do not just accept what is currently believed. We research and test to find out what the deeper meaning is and listen intuitively to know what is real for us.
- We are what we think and what we surround ourselves with, so it is vital to be aware of what is going on in our internal and external environments.
- When we are upset or not acting like ourselves, realize that we are out of sync. Do not just attack the outside world for the internal disconnects. Stop, claim the current state and take the time to bring yourself back to center.
- NEVER is it alright to just grab, take, steal, lie or react in regards to any situation. If life is threatened than fight or flight is the immediate solution. A toy is not a life threatening event (no matter how big the toy is!). Stop, ask. If asking does not work and a solution can not be found, find another way: mediation, letting it go, communicating differently, asking about the problem. Brute force is never the answer and creates a failing solution always.
- Some things are not okay. We have to have healthy boundaries. Always claim what is yours in a situation and not accepting that which is not yours. Be open to hear what others think could be yours to own. This is a dynamic process and never is there just one response. (ie. My way or the high way)
- The list goes on and on....

To see some of our favorite recipes and our super shakes and other recipes, please see our Thrive Right Now Recipe eBook.

Ultimately, I feel very good exactly where we are building a strong foundation, getting back to basics, prioritizing our life, staying focused on what we feel are vital to living well within our world, maintaining a high level of wellness and embracing our fullest being.

The proof is in the pudding... so as we finish navigating the old life closing down (finally) and we are now moving forward dedicated 100% to this new life, we are ... so excited to be exactly where we are right now!

## The Lesson from My Story



Each of us is here for a purpose. No one can define that purpose. We all have a hole in our heart, deep within our soul to find that meaning. We try to fill it with superficial material things, but it remains empty. We become vampires needing a never ending supply from other spirits. Eventually or at least hopefully we realize that we cannot satisfy this hunger from the outside, no matter how hard we try.

The only solution to the hole that exists in our heart is to follow our bliss. This is the journey to know ourselves and find our own personal meaning. Until we take up the quest to rid ourselves of all that is not us and uphold all that is us, we remain lost. Our spirit is looking for itself. Our pieces of our soul are scattered to the wind. We are unfulfilled no matter what we do. We took to others to satisfy our hunger. It's easier to take their energy and blame them for falling short than realizing the shortness is within our being and only by clearing our own internal world and connecting to our true self can we heal the hole and become whole.

The choice is ours and ours alone. We hear the whispers on the wind. The messages are sent clearly but we look away. The calls come but we do not answer.

When we awaken from our slumber and make the decision to move beyond our current position do we realize the depth of our being and the true essence of our soul.



There was great wisdom once that is no longer connected to our current ways. The ancient origins have been broken from our knowledge. The powers and the truths have been lost. Many are seeking to restore what has been taken from our lives. Many are looking to reconnect the paths that no longer seem visible. Many are discovering what ancients knew to be true.

All of us have the ability to reach beyond the surface and find what is rightfully ours. We can heal the holes in our heart. We can re-gather all that has been lost on the four winds and scattered to places unknown.

Those who hear the call have the choice to make the journey. Some will see nothing and will hear nothing. Others know all this to be true. What matters is what is true to you. Another's truth will not do you any good. Do not follow the path of another. Find your own way. Make your own way. Listen for yourself and know the truth.



This time is about bringing wholeness to the brokenness. The male energies have ruled for too long. The answer is not the feminine. The feminine is to restore the balance between the two. The ultimate is to find the right path baring both. Each of us has these energies. Each of us has the right path.

To restore the world to a true position is for each of us to embrace our personal internal balance. Restore our own wellbeing. Build from a strong foundation. Shed light in the dark place. We are not here to rid ourselves of the demons but to shine light and reveal all we fear. When the light is on we no longer fear the dark. The goal is not to be blinded by the light or make others lost in our light. We are here to shine within the brilliance of our own light and allow others to shine within theirs.



When we clean house from the inside we can begin to reconnect all aspects of our life. The path becomes more clear about what is real to us and what is not. When we are along this path, the things that are toxic and make us less than who we truly are, become less attractive. We no longer want the things that harm us. Once we realize that the things of the past that we held dear actually are not there for our best interest, they lose their power over us. Making the decisions within our lives on how to live in a more real way becomes simpler.

The more we do the more we see. The more we see the more real all is. Life keeps unfolding in a beautiful way that is whole and complete within itself.

The more we pull together all the pieces and the more we connect the dots the clearer our vision in this world becomes. We become more and more committed along our path.



Once we have established a strong foundation in life and have connected so many of the pieces that were once broken can begin the journey to soar to new heights. We free our spirit and allow it to soar. The foundation gives us the platform in which spring boards our journey. We can climb higher and higher to find the dream within our soul.

This journey is the rising phoenix comes forth through the continue death and shedding of the soul.

Each layer reveals more of our essence and purifies our essence within this time and space.



As we climb to these great heights we gain much vision. The journey gives us the depths and the brilliance that we see beyond our current position. It allows us to reflect and give insight into that is before us. We learn to work with the spirit through the depth of our right brain while being able to use our left brain to keep this dimension in perspective.

Being able to move from this plane to the next and being able to navigate within the linear and material expands our experience and allows for growth in our journey in every direction.



People are looking for a quick path to enlightenment. They have a vision of what that looks like in this time and space. They think that it can be obtained by taking a mushroom or ingesting one drug or another.

Miracles happen and we can wake up in a moment. Mostly it is a journey of a lifetime or many to develop the true process within our being.

Lightbody activation or DNA activation is moving beyond the limitations of this dimension to use your full body (physical, mental, intuitive, energetic and divine) to realize beyond the physical world.

Part of this journey is finding your center. This is a process of learning to know yourself well enough to navigate the internal landscape. This is learning to use the vital functioning to purify the environments inside and out. This is the ability to use your energy, your intellect, your emotions and all your bodily functions to align and balance your being.



Part of our limitations in this world is thinking that we are held bondage by our DNA, by our genetic code, by our environments, by our cultures, by our governments, by our physical bodies, by our families, by our abilities, and by our beliefs. These are all illusions that keep us trapped within ourselves. We have allowed them to hold us captive and it takes great energy to uphold these illusions. We are swimming upstream and fighting the natural current in life.

If we can open our minds and release all the false assumptions that we have previously accepted, we can free our soul.

When we realize that we are barely using our capacities, we can begin to look for the more in life. When we realize that all that we have learned has been used against us to keep us asleep, we can begin to move beyond our current position. When we understand that if we start working with the natural order of things, we can open life up to a greater and richer experience, we begin to thrive.



Life is the brilliance that we create. When we live in the dark shadows fearing what is lurking outside our reach, our world is a dark place. To clear away the shadows is to only turn on the light to reveal that which was hidden in the darkness. To enlighten our soul is to remove the burdens that have held our soul down and kept us from our ultimate selves.

This world is not a world based on the survival of the fittest, endless wars, hate, scarcity and lack. Our enslavement is based on the fear that we are not good enough to live so we hide in the dark. We fear being found out or not receiving what we feel is owed to us. We accept blindly the scrapes that are thrown our way. We feel stuck in our current position and unable to move to a better place. We create an illusion to make ourselves feel safe and secure, yet we do not want to look in the dark places and burst the illusionary bubble.

We have a light deep within each of us that is meant to shine. My shining does not diminish your shining. When we shine together we create the most brilliant rainbow.



The power of your lightbody resides in you. That is the only place it exists. Your light is not my light. I cannot make your light shine. You do not know the capabilities of my light. How to ignite your light is a solo journey into yourself that will shine as brightly as you have connected and cleared the path to your soul.

When you put your bushel under a bush, your light is hidden. Place your light on a lamp post for all to see. Allow each light to be a spark in all the journeys that cross paths.



Your power is one that if developed well can change the world or if the power is developed poorly will destroy the world. The choice is in the palm of your hand.

It is a gift to each one of us. This gift has been hidden or diminished for way too long. The time is now to let the power out of the bottle to take the proper place in this world. What will be your contribution? The choice is ours to make. No one holds our power over us except our own beliefs.

The world right now is preoccupied with how we are going to change all that we see. Our focus needs to be on the why we should change the world. We should change the world we see so that our lives are more full and more happy and more real for each one of us. This experience is personal to me. This experience is filled with my emotional and intellectual understanding of what is real. My beliefs about life are the only thing that truly allows me to define the world in which I live. I do not want to live in a world that is defined by another. No government, no

school, no professional or any other expert will ever know my life better than I know my life. No one can tell me what is in the best interest of myself or those I love.

Anything that you tell me that I must do to live my life will never feel right to me. Anything I tell you on how to live life will not feel right to you. My world is no more rational or superstitious than yours. We each see things differently. That does not make mine right or yours right. It is only right for me or not. It is only right for you or not.

My power lies in creating my life. Your power lies in creating yours.

We each want the freedom to be able to live. When we learn to respect each other at this level we will finally be free.



Our world will rise up to a new level and be enlightened when each one of us does this individually in our own lives.

## ABOUT THE AUTHOR



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*Deborah Sue Pomeroy Reckmeyer lives in Northern Virginia with her husband and children. She works from home on a variety of projects ranging from consulting to supporting authentic living and conscious creation. She is developing a host of websites dedicated to bringing people and needed resources together so that each can embrace their personal power by 'doing their own research' and 'taking personal responsibility' in their own lives.*

*Deborah has been called a philosopher, a visionary, a teacher, a healer, a prophet, a muse, a mentor, a friend, a wife, a mother, a sister and a daughter. Actually she is a spiritual being of light energy experiencing and expressing herself imperfectly through her limiting bio-suit that does not fit her free spirit within this dimension, like everyone else.*

*Deborah lives in the broken world with the rest of us. She, as others do, expresses her vision with her wisdoms in today's culture. She has studied and researched science, physics, the language of math, medicine, healing, philosophy, history (ancient origins & myths), psychology, education, teaching, human development, animal training and many other pursuits. Each falls short from the vision that Deborah holds. Plainly life does not work. Many would say that Deborah has failed to fit into the current system of this dimension. Deborah would say that the current system has failed to work (not only for herself), and she is dedicated to her part in forging the new way that will bring forth a world that works for all. Deborah is currently pursuing many esoteric teachings to further her personal evolution and expansion.*