

# You're Awake. Now What?

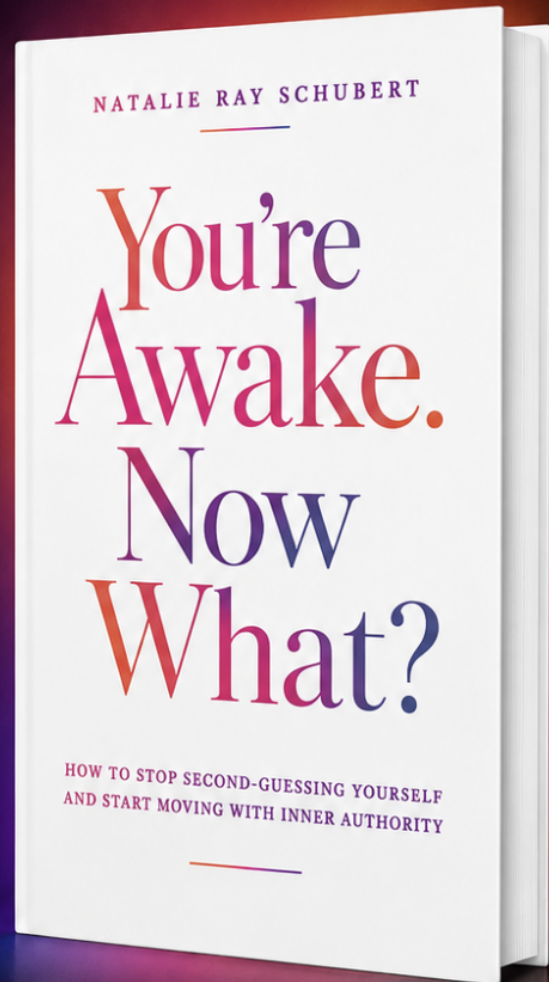
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Stop second-guessing yourself  
and start moving with  
inner authority.

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# **You're Awake. Now What?**

How to Stop Second-Guessing Yourself  
and Start Moving with Inner Authority

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This book is a work of original insight, experience, and creative expression.

Any references to known spiritual teachers, teachings, or practices are acknowledged with respect and are used to support the author's unique synthesis of lived wisdom.

This content is intended for educational and inspirational purposes only.

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# Part One

Orient

## INTRODUCTION

### **A Message to the Spiritual Gangsta' in You**

Have you ever known something in your gut, then opened Google, called your best friend, watched three YouTube videos, pulled an oracle card, and somehow ended up more confused than when you started?

I have.

For years, I thought the problem was that I couldn't hear my intuition clearly enough. I thought I needed better answers, more information, one more sign, one more confirmation that I was making the right decision.

What I eventually discovered was that the guidance itself was rarely missing. More often, my state was interfering with my ability to hear it.

When I was worried, everything felt uncertain. When I was overwhelmed, my mind became so loud that I could no longer distinguish guidance from anxiety. The problem wasn't that I lacked answers. The problem was that I kept trying to access clarity from a state of fear, pressure, and self-doubt.

I didn't know it yet, but that realization would become one of the foundations for navigating everything that came next.

Because here's what I didn't understand back then: the reason I couldn't hear myself wasn't a flaw in me. It was a sign. My whole life was quietly reorganizing, and I was trying to read the old map while standing on new ground — the same ground you may be standing on now.

You didn't plan for this.

Maybe it began quietly, with a growing sense that the life you built no longer fully contained you. Maybe it arrived through burnout, heartbreak, illness, loss, or a moment so synchronistic it cracked your understanding of reality wide open. However it happened, something inside you changed. You started sensing more depth beneath surface conversations, more awareness inside your own body, and more intelligence moving underneath everyday life.

The structures that once gave your life meaning began feeling different. Your career, your relationships, your goals, even the way you moved through ordinary conversations.

Small talk starts to feel almost unbearable. The weather. The how-are-you-fine-and-you. The surface chatter you used to move through on autopilot. Suddenly, you're craving something real, something with depth, and you find yourself going quiet in rooms where everyone else seems content to stay on the surface.

How do you move through everyday life when your inner world has fundamentally changed but the outside world still expects you to function the same way?

That was the question I couldn't find an answer to.

From the outside, your life may still look perfectly normal. You go to work. You pay the bills. You answer emails. You show up for the people you love. Yet privately, it can feel like you're trying to navigate a completely different reality than the one everyone else seems to be living in.

Think of it like finding your sea legs. You haven't lost the ability to walk. The ground has changed. You've stepped onto a ship that is already moving, and your nervous system is learning to navigate an entirely new kind of terrain.

The disorientation that follows is real. The things that once grounded you no longer fit the same way. You may feel isolated, emotionally raw, misunderstood, or detached from the life you spent years building. This is the Sacred In-Between, the bridge between who you were and who you are becoming.

This book is for the person standing in that space. The person whose old identity no longer fits but whose new self has not fully stabilized. The person who knows something profound has changed yet cannot quite explain it to the people around them.

You do not need another sign.

You do not need another confirmation.

You need a map for the territory you now find yourself in.

You keep searching for certainty when what you actually need is orientation.

That is why I wrote this book.

### **My Own Sacred In-Between**

My own awakening did not begin in a temple, a meditation retreat, or a mountaintop ceremony. It began through the cracks in my own becoming.

Less than a year after leaving the United States Air Force as a Captain and Air Combat Controller, I found myself completely disoriented. I had a Master's Degree in Aeronautical Science, years of leadership experience, ingrained discipline, and a life that looked successful by every conventional standard. I had done what so many of us are taught to do: work hard, achieve, perform, and keep climbing.

From the outside, my life looked solid. Internally, I felt restless in ways I could not explain. Eventually I realized I wanted to know who I was beyond the uniform, beyond the expectations, and beyond the identity I had carefully built.

So I left.

I didn't have some brilliant master plan waiting on the other side. I had no idea how any of it was going to work out. What I did know was that I could no longer ignore the part of me that wanted more aliveness, more expansion, more direct experience with life itself.

Did I land comfortably outside the military landscape?

Yeah. No.

Within a year, my car was repossessed. I declared bankruptcy. There were months when I slept in my car while attending massage school at night and working temp jobs during the day for ten dollars an hour. I remember wondering how someone could do everything "right" and still end up completely face-planted onto the pavement of life.

Yet underneath the shock, something else was quietly happening. Even in the hardest moments, I could not imagine going back to my old life without at least trying to experience freedom. I already knew what it felt like to be stable but disconnected, safe but numb, outwardly successful yet internally restless.

Ironically, my first attempt at freedom gave me poverty. It also gave me presence and depth.

For the first time, I began meeting people who lived completely differently than anyone I had known. Artists, healers, wanderers, musicians, seekers. Many of them had no idea where their next dollar was coming from, yet they did not carry the same fear around money I had been conditioned to carry. What impacted me most was not what they believed. It was how alive they felt. When they spoke to me, it felt like they were actually seeing me, instead of interacting with the role I played in the world.

I had never felt so alive and so poor at the exact same time.

On my way to work, I remember riding the metro into downtown Atlanta and noticing the posture of the people around me. Heads lowered, bodies collapsed inward. This was

before cell phones trained everyone to stare downward, so what I was witnessing was not distraction. I remember thinking very clearly: I am in survival energy too, but I do not identify with it.

After a couple of months, I remember looking up toward the Universe and saying something like, “Okay, this is starting to feel a little more permanent than I expected, so if you could help me out here, that would be great.” Then I let it go. I did not obsess over it or try to force solutions. I simply returned to the life in front of me.

Then one day, while I was at my temp job, my pager went off.

Yep. This was the 90’s.

It was the Army Corps of Engineers offering me a job and in a single conversation, my entire sense of stability changed. There was only one problem. I did not even have enough money to rent a U-Haul for the relocation. So I calmly told them I would accept the position under one condition: they needed to take care of all my moving expenses.

They agreed and just like that, my next rise began.

I was returning to my comfort zone, back toward certainty and structure and out of survival mode. All I wanted was to stop being poor and chase money. Yet part of me knew I was leaving something behind, even though I couldn't name it.

Years later, I had rebuilt my life and become a self-made millionaire. From the outside, it looked like success. Inside my body, I felt completely disconnected from myself chasing money working 7 days a week.

My body began sounding alarms I could no longer ignore. Pre-diabetes. Adrenal collapse. Osteopenia. Exhaustion that sleep could not fix. The joy I thought success would bring never arrived.

So I left that life and chose me. This time, I trusted my journey into the unknown instead of running back toward certainty.

Over the last two decades, I have guided thousands of clients through profound inner transformation as an Advanced QHHT Practitioner personally trained by Dolores Cannon. Somewhere along the way, I became one of the butterfly people too.

What I have witnessed in almost 2 decades of sessions is that your higher self is far less intense than your human mind. Most of the pressure, urgency, and fear of “getting it wrong” comes from the part of you that believes you are somehow behind, failing, or missing your awakening.

The most consistent message I have heard, session after session, is this: there are no supposed-to's. No script you are failing to follow, no cosmic checklist you forgot to complete. You came here to explore themes and illuminate your own authentic self.

The burning question clients ask more than any other is: "What is my purpose?" The answer is almost always some version of: to help, to love, to serve. But here is the part people miss — it starts with you. You serve by becoming the most illuminated version of yourself you can be. Others feel it. That is how a single soul frequency lifts an entire room, neighborhood, city...you get the idea.

You are allowed to be a work in progress and still be entirely worthy of being here.

A Spiritual Gangsta is not someone who has it all figured out. It is someone who has stopped waiting for permission to trust what is unfolding.

Perhaps that's why this book found its way into your hands. Some part of you already knows there is more waiting beyond what you've been taught to trust.

The old map no longer fits. You are recalibrating, remembering and learning how to trust yourself again.

You're not lost, Spiritual Gangsta'.

You're awake.

Now what?

## **Chapter 1**

### **The Sacred In-Between**

What Your Body Knows Before Your Mind Will Admit It

*“The privilege of a lifetime is to become who you truly are.” — Carl Jung*

I wish I could tell you I arrived at these insights because I was exceptionally wise. The truth is that many of my greatest spiritual lessons arrived after exhausting every other option.

For years, I tried to navigate life using the same strategies that had helped me survive. I thought harder, analyzed more, accommodated more and tried to be understanding, responsible, and a good person. I tried to make things work. If effort could solve it, I was willing to give more effort. If thinking could solve it, I had thousands of thoughts ready to go.

Often from the outside, much of it looked like it was working. I was busy and had achieved many of the things I was told would bring fulfillment. I earned the degrees, built the businesses and made the money. I checked all the boxes. I won!

Yet somewhere along the way, I lost contact with myself.

You may not recognize it at first because survival patterns rarely arrive wearing a name tag. They become normal.

They become the water you swim in.

What once helped you belong, succeed, avoid rejection, or stay safe gradually becomes the lens through which you see yourself and the world around you.

Until one day it doesn't work anymore.

For me, the awakening journey wasn't born from being a model student of spirituality. Awakening has many doorways. Yours may have arrived through loss, illness, heartbreak, a spiritual experience, or a growing sense that life no longer fit the way it once did. Mine arrived through the slow realization that the life I had built no longer felt like my own.

My mind was willing to keep negotiating, to keep making adjustments, keep finding another reason to stay where I was. My body, however, had an entirely different opinion.

My body, my nervous system, knew before my mind did when I was saying yes while feeling overwhelmed, when I was carrying responsibilities that weren't mine, when I was trying to force a radio station that no longer came in clearly.

There were years I lived with a signal that wouldn't quite come in — full of static, strain, and efforting. I was frenetic and kept trying to make this complicated station work for me.

Eventually my body reached a conclusion my mind was unwilling to accept. Not one more step, accommodation, or attempt to earn worth or become who everyone else needed me to be.

At the time, that felt like failure. In hindsight, I see it was my fragmented self asking me to come back home.

Sometimes awakening arrives because we simply cannot continue living the way we have been living and the body becomes unwilling to pay the price that the soul can no longer afford.

If you find yourself exhausted, questioning everything, unable to tolerate what once seemed normal, I want you to know something important. It may mean that something deeper within you is finally refusing to negotiate away who you are.

There comes a moment in an awakening journey when the cost of checking out on yourself becomes greater than the fear of being yourself.

The discomfort is coming from becoming unable to continue being someone you're not.

That is often what awakening feels like in the beginning. For me, that moment felt like surrender. Surrendering the exhausting effort of trying to be someone I was never meant to be.

You feel it, even if you can't fully name it.

Something is unraveling. Something inside you is shifting in ways you can't explain. The things that once anchored you, old goals, old roles, even old relationships, suddenly feel like a frequency you no longer broadcast.

You didn't plan for this. Something inside you has expanded past the edges of what your old life was built to hold. Now there's no going back to the version of yourself who could comfortably live there.

Maybe you've noticed the spark fading from things that used to excite you. Maybe certain conversations feel hollow, or your body hums with restless energy at night.

Maybe emotions come in waves you can't predict, and you find yourself quietly wondering, "What is happening to me?"

Pause here for a second. Just notice where you are right now while reading this. In bed at the end of a long day. In your car before going into a building you don't want to walk into. On the couch while everyone else in the house pretends not to notice you've been quieter than usual. Wherever you are, your body already knows something it hasn't fully told your mind yet. The rest of this book is helping the two of them have the conversation.

Awakening is a real, physical, energetic recalibration of your entire system. A deeper, truer self is ready to emerge. All that you are that no longer matches it, is simply making room.

It can feel as though reality itself has changed overnight. In truth, what has often changed first is your capacity to perceive it. You are seeing, feeling, noticing and sensing more. The emotional dynamics in a room that once passed beneath your awareness suddenly feel loud. The roles you once performed without question begin feeling tight, artificial, or impossible to sustain.

At first, that can feel disorienting. You can see what no longer fits before you know what comes next. You can recognize old patterns while still living inside them.

That is why this phase feels so strange. You are no longer fully identified with the old world, but you have not yet stabilized in the new one. Your perception has expanded first. Your life is still catching up.

This chapter is your permission to stop performing a version of yourself that you have already outgrown. You're standing at the edge of something entirely new, and the discomfort you feel is the sensation of your inner world expanding faster than your outer life has caught up. What once felt motivating may now feel like interference. You may need to slow down to let what is actually trying to come through catch up to you.

At the beginning of my own awakening, all I knew was that everything around me felt like it was dissolving and I couldn't hold onto the person I had been. There were days when the life I had built felt like a role I couldn't stop performing. That's the initiation. It sometimes arrives as the opposite of bliss. Sometimes it begins as burnout, anxiety, or a quiet understanding that something is off, and the part of you that has expanded past the old story can no longer pretend it's not.

I remember sitting in family conversations during Christmas, smiling, nodding, and participating while quietly feeling disconnected from the entire reality happening around me. I love my family, but something inside me no longer knew how to fully

participate in the old emotional patterns and conversations I once moved through so naturally. That kind of loneliness is difficult to explain unless you have lived it yourself.

Many of us quietly hide the very part of ourselves that is beginning to come online during awakening because we don't want to be seen as crazy.

We begin having experiences we cannot fully explain logically, even to ourselves. Some become far more intuitive, sense things before they happen. We walk into rooms and instantly feel emotional dynamics without anyone speaking. We feel deeply connected to energy, synchronicities, nature, animals, or unseen intelligence in ways we never did before. Some of us begin sensing guides, frequencies, timelines, or dimensions that completely challenge the way we once understood reality.

At first, these experiences can feel interesting or even beautiful. Then they can become confusing, unsettling, or difficult to fit into the reality you thought you understood.

That was certainly true for me. I came into this open-minded but pragmatic. I wanted explanations. I wanted evidence. It took experiences I genuinely could not explain before I became willing to question what I thought was possible.

If something similar has happened to you, there is a good chance you haven't been running through the streets announcing it. More likely, you've found yourself sitting alone afterward wondering, *"How am I going to make sense of this?"*

You may have become surprisingly skilled at looking normal while privately carrying experiences that have completely altered how you see reality. Maybe you edit yourself in conversations. Maybe you test the waters before sharing anything meaningful or you say you're fine even though something much deeper is unfolding beneath the surface.

Awakening rarely arrives all at once with clean explanations attached. It often arrives in fragments. A feeling you can't quite explain. A knowing that appears before the evidence. A moment when something inside you recognizes more than your logical mind can comfortably account for.

You begin realizing that the version of yourself that carried you this far cannot fully contain what is emerging now. Your beliefs are expanding. Your perception is changing. Yet you may not know how to comfortably live inside this newer experience of yourself.

That can be a lonely place.

You may find yourself trying to reconcile two completely different realities at the same time. One part of you still wants certainty, logic, safety, and social acceptance. Another part is beginning to recognize something much deeper.

Over time, awakening becomes less about collecting extraordinary experiences and more about becoming willing to trust what you already know.

Your sensitivity begins to feel less like a flaw and more like a form of intelligence. And maybe the hardest part of awakening was never learning how to reach these deeper parts of yourself.

Maybe it is learning how to stop hiding them.

You may have felt that hiding last week at a dinner you didn't want to be at. You may be feeling it right now, reading this on a Sunday afternoon while the rest of the world seems to know how to belong to itself in a way you used to and somehow no longer do.

If so, I want you to know you are not the only one. Right now, someone else is carrying the same quiet knowing, in the same kind of room, wondering the same thing about themselves.

Something no longer fits. You are outgrowing a frequency that can no longer contain who you are becoming.

There is something almost no one warns you about. When you first wake up, the world can look *darker*. Your perception expands to include what the old conditioning kept filtered out — the façade, the quiet manipulations, the suffering that was always there.

I remember not being able to watch the news anymore. Suddenly I could feel it. The steady drip of fear and negativity being delivered straight into my living room. What once felt like information now felt more like programming. Tell-a-vision, broadcasting a fear-based frequency directly into my sacred space.

This is part of what people call the dark night of the soul. Some of the grief isn't even personal. It's collective. You've risen out of slumber, and now you can see what the slumber was filtering.

Here's the honest mistake that's easy to make next: you assume that seeing all the darkness means your job is to fight it. But fighting darkness still keeps your attention fixed on darkness. As long as you tether yourself to something — shouting *yes* or shouting *no* — you stay partnered with it. What you resist doesn't always persist because of some spiritual law. Sometimes it persists simply because you keep handing it your attention.

You don't have to fight the darkness. You only have to rise above it — to stop living inside the frequency instead of battling it.

This is the Sacred In-Between.

What once felt stable begins feeling unbearably small, and the strange part is that nothing on the outside may have changed yet. You can be standing in the same relationships, the same routines, the same career, the same body, and yet internally it feels as though the entire architecture of your reality is shifting underneath your feet.

Awakening sometimes arrives as clearing rather than addition. Everything that was never truly yours making its way out. Beneath all of it, something deeper is emerging, the real version of you. The true you wants presence over performance, and aliveness over the exhausting chase for self-worth. This is why this season can feel both terrifying and sacred at the same time.

You are learning how to operate without the old map, and your identity is reorganizing around truth. Although it may feel like all that you understood is becoming uncertain, something far more honest is finally beginning.

Awakening doesn't always arrive with fireworks. Sometimes it begins as the quiet crumbling sound of the old world breaking open inside you. If you're feeling it, you're exactly where you're supposed to be.

Sometimes the most transformational thing you can do during this phase is stop forcing premature clarity.

Presence creates more access to truth than pressure ever will.

That was one of the hardest lessons of my own journey, and it took me a long time to understand why.

Have you ever been the kind of person who could eventually figure anything out, the one people relied on, the one who didn't wait around for clarity but created it? That was me for most of my life. Building businesses, creating financial success, moving things forward. Then something shifted. It didn't feel like I lost my capability. It felt like the tools that had always carried me had hit the ceiling of what they could build. Still intelligent, still capable, and yet operating from an entirely different terrain my old toolkit wasn't designed for. The capability was intact. The approach needed to evolve.

Every instinct built from the old system said the same thing: lean in harder. So I did what I had always done. I thought more deeply. I analyzed what was happening, believing that if I could just understand it well enough, I would regain the forward movement I was searching for. What I could not see at the time was that the harder I worked the problem, the further I got from the answer. Why that was true would take me longer to understand.

I can now see something that I couldn't then. I wasn't stuck in the way I thought I was. I was circling. I was moving, but not moving forward. Sometimes the nervous system uses

constant motion to avoid presence. Stillness can initially feel threatening to a system that learned safety through managing, anticipating, fixing, or preparing.

Stillness is not stagnation. It is where the deeper signal lives.

So I stopped trying to force myself forward long enough to actually listen to what was happening inside me. I was burnt out, exhausted from trying to think my way through an experience that clearly wasn't asking to be solved intellectually.

I needed relief. I found a brain entrainment meditation that helped guide me into stillness when I couldn't access it on my own, and although it seemed small at the time, that simple act of surrender became the beginning of a massive shift in my awakening.

What I understand now is that the in-between was a doorway. The world around me didn't suddenly change overnight, but my relationship to myself did.

Little by little, I stopped building my life from survival and started learning how to live from trusting myself. I began noticing how different my decisions felt when they came from peace rather than pressure, panic and fear. How much clarity became available when I stopped trying to force certainty before I was ready.

I began paying attention to what my body, emotions, and inner world had been trying to communicate all along. I started noticing which environments left me feeling contracted and emotionally drained, which conversations felt genuine and which ones felt performative, and where I was quietly disconnecting from myself in order to maintain harmony, belonging, or approval. That awareness became the beginning of real self-trust. Awakening was really a process of releasing the identities, roles, and survival patterns that no longer matched who I already was underneath all the conditioning.

Pay attention to where you're scolding yourself. That critical voice — the one cataloguing everything you got wrong — is not your higher mind. It's your wounded ego, and it will keep you treading water in the deep end on AM radio if you let it run the station.

So tell yourself something truer: I'm figuring it out, and that's the assignment. You didn't come here to be perfect. The intense lessons, the ones that produce real shame were never meant for you to harbor shame afterward. You experienced them so your soul could grow, and your soul is full of gratitude that you were willing to come into this land of forgetfulness and bump around down here at all.

Be your own best friend while you're here. That's how your higher self loves you — without the scorekeeping. I got a glimpse of what that feels like through listening to "I Only Have Eyes for You" by Art Garfunkel. If you're like me, let yourself hear it as if your higher self were singing it to you.

## **The Orientation Practice**

For now, rather than asking yourself, “What’s wrong with me?”, try asking a question that actually fits where you are:

“What no longer feels true for me?”

Notice what drains you and what energizes you. Notice where you feel yourself performing and where you feel most like yourself. Pay attention to the places where your body relaxes and the places where it tightens.

You don’t need a journal or a quiet hour for this. You can run it in ten seconds, standing in a doorway you don’t want to walk through. Here is the portable version. Picture whatever is in front of you right now — the meeting, the text, the dinner, the relationship. Ask: *What no longer feels true here?* Then don’t answer with your mind. Drop the question into your body and notice which way it moves — does something open, or does something tighten? That’s the whole practice. You’re not deciding anything yet. You’re just taking a reading.

You are allowed to move slowly right now. You are learning how to trust your own knowing. You are learning what it feels like to make decisions without forcing, pushing, or demanding immediate certainty.

If you’re anything like most awakening souls, you’re probably reading about the Sacred In-Between and wondering how long it lasts.

The goal is to become honest enough to recognize what in your current life genuinely belongs to the real you and what was built for a version of you that has already been outgrown.

Awareness comes before alignment, and the more honestly you observe yourself without judgment, the easier it becomes to hear the deeper truth underneath the noise.

Think of the last time you felt your stomach drop at the thought of something you were about to do. Not fear of something dangerous. Just a quiet, persistent wrongness that had no good explanation. Your mind probably overrode it. Your body filed it away and kept sending the signal anyway.

A woman once told me she had been waking up at 2am for two years. Every single night, the same hour, the same low-grade dread. She had tried so many things to fix the insomnia. When I asked her what she thought her body was trying to say, she went quiet. Then she said: I think it knows I need to leave my marriage. Her mind had been too loud to hear it during the day.

The body had been delivering the message every night anyway.

Another client, Cheryl, came to me completely exhausted by the life she was living. On paper, she looked stable. She had a good corporate job, reliable income, benefits, and the kind of career many people would have been grateful to have.

But inside, she felt trapped. Every morning felt heavy before her feet even touched the floor. She no longer felt respected at work, yet the thought of leaving terrified her.

Almost instantly, her mind began generating every possible disaster.

What if I can't support myself?

What if I leave and regret it?

What if I end up broke?

What if I never find something aligned?

Like so many people during awakening, she was standing between two identities at once. One part of her already knew the old chapter was ending. Another part was gripping the familiar because uncertainty still felt unsafe.

During her session, the guidance that came through was surprisingly simple and calming. She was told very clearly that she was going to be leaving the job. The transition was already unfolding. She did not need to force it, panic, or obsess over how it would happen.

Breadcrumbs would appear in perfect timing.

Then came the part that shifted everything emotionally.

She was encouraged to stop mentally rehearsing fear all day long and begin relating to her life differently right now, before anything had physically changed. The job no longer had to be viewed as a prison sentence. It could become something she appreciated for a little while longer, knowing she would soon be leaving it behind.

Notice the drive to work, she was told, because you won't be making it much longer. Notice the people in the office. The view from your window.

The chapter is already becoming a memory; you might as well be here for the end of it.

I watched her shoulders drop as she listened. The job hadn't changed. The fear that had been running her morning had.

By the end of the session she wasn't white-knuckling an exit anymore. She was almost curious about how it would unfold, the way you are at the start of a trip you didn't fully plan.

If you feel alone during this phase, the aloneness is not a sign that something is wrong with your path. It is often a sign that your internal world is changing faster than your external one, and the people around you may not yet have language for what you are moving through. That experience can feel isolating, but it is often part of standing at the leading edge of your own growth.

There is a fragile season during awakening when it becomes tempting to disappear on yourself simply to feel connected again. You may feel pressure to return to old identities because they were accepted, familiar, and easier for other people to understand. Yet constantly shrinking yourself to maintain belonging creates a deeper kind of loneliness, the loneliness of sitting in a room full of people while feeling disconnected from your own truth.

Each time you choose yourself over performance, alignment over self-erasure, and presence over force, you strengthen your relationship with yourself. You begin building the inner authority that the rest of this journey depends upon. This is how embodiment begins. It builds through repeated acts of internal trust.

Awakening asks you to be the real you underneath the survival programming. The confusion, uncertainty, and emotional disorientation that often accompany this phase are signs that your relationship with yourself is changing. Something deeper is reorganizing beneath the surface. Over time, the inner landscape stabilizes. Decisions begin feeling cleaner. Self-trust grows stronger. You stop needing every answer right away because your relationship with yourself becomes stronger than your relationship with certainty.

I didn't realize it then, but everything that followed would teach me one thing: you can only see what your state allows you to see.

The old map may no longer fit, but noticing what no longer feels true is only the first half. The other half is learning what you're actually feeling, and what to do with it.

You were never lost.

You were becoming.

# Part Two

Tune In

## Chapter 2

### Why Clarity Goes Missing

When the Hustle Stops But Your Mind Doesn't

*"Life has everything in it. But you only see what your perception allows you to see."* —  
Bruce Lipton

So how do you learn what you're feeling - and what do you do with it?

There comes a quiet moment after awakening, much quieter than you'd expect and in many ways more disorienting, where all that you used to rely on to move your life forward simply stops working the same way.

The way you used to make decisions starts to feel forced. Even the way you used to motivate yourself begins to feel like you are operating from a version of you that no longer fits. Your system is refusing to organize around survival-based momentum. That is an upgrade asking to be integrated.

You may be reading this in the middle of a workday when you should be answering emails. You may be reading this after a meeting that left your body feeling strange when nothing technically went wrong. You may be reading this at 2am when your mind is racing and you are trying to understand why things feel stuck. Your operating system is updating, and the old shortcuts are no longer compatible.

Also, before we go further, notice one place in your body that feels tense right now. Just one. Don't try to fix it. Remember where it is. We are going to come back to it.

You may interpret this phase as becoming lazy, blocked, unmotivated, or stuck, when what is actually happening is far more intelligent. Your system is beginning to refuse forms of movement that require you to check out on yourself in order to sustain them.

The refusal is the signal. The signal deserves respect.

In Chapter 1, I shared how I kept trying to think my way through this. That is one of the more hidden forms of interference. The mind becomes so active trying to regain certainty that it drowns out the very inner signal it is searching for. Overthinking can create the sensation of movement while keeping you trapped in constant internal management.

There were periods where I felt like I was gathering endless insight through self-development courses, astrology, psychic readings, and personality tests. I could see patterns. I could understand more about myself and reality.

Yet nothing in my actual life was moving. It was as if I was collecting data I never integrated, learning constantly and living none of it.

My attention was always directed outward, scanning for stability, trying to manage what was happening around me so I could feel some sense of internal peace.

If you're an empath, you may recognize this pattern. The constant effort to manage what is happening around you so you can feel better inside is exhausting, even when you don't realize how much energy it is consuming.

### **The Hidden Doing**

My body had slowed down, but my mind had not.

For a long time, I genuinely believed I had become someone who knew how to surrender. I listened to my guides. I took what I believed was only inspired action. Compared to my earlier life of constant hustle, achievement, and force, I thought I had shifted into mostly being and less doing. But internally, I was still constantly scanning, analyzing, anticipating, interpreting, monitoring energy, managing possibilities, replaying conversations, trying to read situations correctly, and mentally preparing for outcomes before they happened. My system was still working constantly even when my outer life appeared calm. I was still a doer.

That realization shocked me.

I had simply moved the doing from my body into my mind. I was working far harder internally than I ever was externally. All that efforting was me trying to solve a problem with my logical mind. Once I could finally see that pattern clearly, I could begin changing it.

This is one of the reasons awakening can feel exhausting even when your outer life appears slower. You may still be carrying hypervigilance, internal pressure, emotional monitoring, self-management, or unconscious preparation for danger beneath the surface.

The body can sit still while you continue sprinting internally.

There's a simple move I'll give you later in this chapter for catching this in real time — a single question you ask before you act. But it only works once you can feel the difference between sprinting and stillness, so let's get you there first.

What began standing out to me over time was that my clearest moments were not coming from thinking harder. Have you ever had a moment where the answer showed up when you weren't trying so hard, maybe when you stepped away, or when you were no longer obsessing over it? In those moments, interference drops and availability opens. The signal was always there. You just created enough space to receive it.

For me, those moments usually came when I had reached a point where I simply could not keep pushing in the same way. Clarity would arrive without effort while driving on the highway, not thinking about it at all. The next step would feel obvious without needing to be analyzed. Another thought would drop in while taking a shower. When I finally let go of the mental chatter, I would receive.

There was a simplicity to it that I didn't fully trust at first. It felt too easy compared to how I had always operated. I needed proof. Yet that is often how being tuned in feels at first. Simpler, cleaner, more relaxed, less dramatic. A state of relief. You are so accustomed to equating effort with value that ease can initially feel suspicious. Yet many of the clearest forms of guidance arrive when internal pressure softens enough for you to actually hear yourself.

That is when a question started forming that I could not shake: what if the problem was simply that I was constantly interfering with what was already trying to come through?

The answer, I would discover, had nothing to do with thinking harder.

One of the most confusing parts of awakening is realizing that your higher awareness often does not communicate the way the logical mind does. The conscious mind wants guarantees, visible pathways, timelines, evidence, and proof before it moves. The higher mind works differently. It communicates through resonance, inspiration, curiosity, relief, expansion, or a quiet inner pull that makes absolutely no logical sense in the moment.

If you've ever felt yourself talking yourself out of what you already knew, this is often why. The mind keeps trying to solve an energetic journey through purely linear perception.

Imagine it like this. You arrive at the beach hoping for peace, space, and a quiet few days to yourself. You already know the part of the beach you want to stay near, farther down the shoreline, away from the loud crowds, where you can walk quietly to a café, hear the ocean, and actually relax.

As you approach your favorite parking area near the edge of the beach, the entire section is blocked off for construction. Orange cones everywhere. The only visible option is to merge into the main beach traffic where hundreds of cars are barely moving while crowds of people walk past faster than the vehicles themselves.

So you sit there inching forward with everyone else, even though everything inside you already knows this is not the experience you came for.

Then you notice a tiny one-lane road off to the side heading in the complete opposite direction, away from the beach entirely.

Immediately, the logical mind starts talking.

“That makes no sense.”

“You’re going the wrong way.”

“Everyone else is going this direction, duh.”

“Do you even want to go to the beach if you’re considering that?”

“Don’t be stupid and waste even more time.”

Technically, the logical mind is correct. The road is heading away from the beach. Based on visible evidence alone, it does not seem connected to your desire at all.

Still, something inside you feels drawn toward it. Just a quiet knowing that sitting in deadlocked traffic feels worse than exploring the unknown.

So you take the road.

If someone were sitting in the passenger seat, they would probably ask what you were doing. Your honest answer would be: I don’t know.

A few minutes later, the road curves through a local neighborhood. You circle around a small side street and discover a hidden beach access point reserved mostly for residents. Open parking and almost no crowds. Within minutes you are walking peacefully toward the exact kind of experience you originally wanted.

That is why inspiration so often feels irrational in the beginning. It asks you to move before your logical mind has enough evidence to feel safe.

## **Study Frequency**

This is where I was introduced to the idea of neutral, and if you are anything like I was, your first reaction might not have been excitement. Neutral sounded passive. It sounded like settling. Which, as it turned out, was exactly the point.

After about six weeks of consistently meditating with a brain entrainment program simply to calm my nervous system and relax my mind, I had an experience that completely disrupted my understanding of reality. Two beings appeared, not as a vague feeling or symbolic impression, but in a form my mind immediately recognized as what

most people would call angels. White robes, wings and a calm, luminous presence that felt unmistakably real.

My immediate reaction was not fascination or spiritual excitement. It was discomfort and resistance.

I actually lifted my hand up beside my face almost like I was blocking the whole thing out and said, “Wrong room. I’m not meditating to get spiritual. I’m just doing a brain program.”

That response says everything about where I was at the time. I was searching for relief, not revelation. I wanted to feel better, not become spiritual. The logical part of me still wanted everything to fit neatly into categories I could mentally understand.

So having what looked like angels suddenly appear during meditations felt completely outside the boundaries of what I considered normal or acceptable reality. Yet part of me felt strangely aware that whatever was happening felt more real than my imagination.

What struck me most was how calm they were.

Their presence carried no pressure and no urgency. They remained completely at ease regardless of whether I believed them. They simply looked at me peacefully and said, “We noticed you were meditating. We thought we could give you some advice.”

That alone stayed with me because their presence itself felt like nothing about them was trying to force, convince, persuade, or override me. The energy felt completely neutral, steady, and oddly respectful.

That alone became a teaching. You can’t force alignment, you relax into it. The more regulated something is, the less pressure it carries. I was being shown what congruence feels like from the inside, and what it looks like to hold space without needing to convince anyone of anything.

I remember thinking somewhat reluctantly that I did like advice, even if the situation itself felt far outside anything I would normally consider reasonable. So despite my discomfort, I agreed.

I still could not really look directly at them. The entire experience felt overwhelming, and they gently suggested that I walk with them so I would feel more at ease. As we moved together, they said something that at the time meant absolutely nothing to me, yet would eventually become one of the most important things I would ever hear.

“Study frequency.”

Then they were gone.

In the next moment, I was back in my body sitting upright in bed in the exact same position I had started in, trying to make sense of what had just happened. I had no framework for it, no reference point, and no understanding of what frequency even meant at that time.

So I did what I had always done when I did not understand something. I went to Google. The search showed me musical notes, which only deepened my confusion. Instinctively I knew that was not what they meant.

What came next mattered far more than the experience itself.

Through continued encounters, they began introducing me to something I resisted more than anything else, the concept of neutrality. My response was pushback. I remember saying very clearly: I do not accept this. At that point in my life, I had spent years striving, working, pushing, and building a life around the pursuit of joy, happiness, and success. That was my orientation, and when they pointed to neutrality as power, it felt like a contradiction to everything I had worked for. I told them directly that I did not want a neutral life. I had earned joy and I intended to keep it.

What stood out to me, and what I now recognize as part of the lesson, is that they never argued back. They were modeling neutrality while teaching it. They continued to introduce the concept gently and consistently, then allowed me to experience it for myself in a way that made it undeniable. What they were actually teaching me was to stop being reactive and start living as a creator.

They introduced me to the idea that emotions operate on frequencies and that there is no such thing as a good or bad emotion, only information being communicated through different states. That reframed the whole experience for me. Instead of trying to avoid certain feelings or chase others, I began understanding them as signals rather than obstacles. I started to think of it as a spectrum.

Everything from neutral and above felt like FM radio, in stereo, clear, expansive, and connected. Below neutral felt like AM radio, monotone, 1 speaker, slower, heavier, and more effort-driven. It's like a swimming pool: AM is the deep end, where you have to generate and force effort just to move. FM and Neutral are floating on the surface, the place where the water stops fighting you and starts supporting you. Neutral is enough. Sometimes it's all you can do and it's enough.

Neutral has much less effort, more being, receiving and allowing. You become a powerful magnetizing allower

Try a five-second version right now. Don't analyze. Just ask yourself what are you broadcasting at this very moment: AM or FM?

Notice your thoughts first — are they focused on a low vibe emotion, like doubt or worry, or are they peaceful, open and curious? Notice your body next — jaw tight or soft, breath high in your chest or low in your belly? Then notice how safe you actually feel right now, underneath everything — not what you think you should feel, but what is actually running beneath the surface. Contracted and braced for something or settled and present?

You don't need to fix whatever you find. You just need an honest reading before you act from it. That check of your thoughts, your body, and your sense of safety can happen at a red light, in a bathroom stall, or before you answer a text you don't want to answer.

In fact, one of the most useful awareness tools I've ever discovered came from something so simple that I almost ignored it completely.

One of the strangest teachings I ever received during my awakening journey had nothing to do with chakras, dimensions, past lives, or meditation. It had to do with my chin.

The first time I became aware of it, I honestly thought it was ridiculous. At different points throughout my journey, both during meditation with my guides and later during an ayahuasca ceremony, I kept receiving the same message: lift your chin. That was it. The grand revelation and ancient wisdom downloaded from another dimension was just a simple instruction that seemed almost too ordinary to matter.

At the time, I was exhausted. I had spent years questioning myself, searching for answers, trying to navigate a reality that no longer made sense, and wondering why everything that had once worked seemed to be falling apart. Somewhere along the way, I had lost my strength. Not physical strength, but something deeper. My confidence had faded. My trust in myself had weakened. Without realizing it, my body had begun reflecting exactly what I was experiencing internally.

I was told repeatedly that whenever I drifted into fear, pressure, overwhelm, self doubt, or mental spirals, my chin would slowly lower toward my chest. I wasn't doing it consciously. I had no idea it was happening. My gaze would just move downward. My shoulders would contract slightly. My attention would narrow. I would become completely absorbed in whatever problem, fear, or uncertainty was occupying my mind.

What fascinated me was what happened when I became aware of it. The moment I gently lifted my chin up and looked forward again, something shifted. The circumstances hadn't changed. The challenge was still there. The unanswered question remained unanswered. Yet I felt more supported, present and hopeful of seeing beyond the story my mind had been telling me because I knew I'd been given a key. It was as though my perspective expanded the moment I stopped staring at the ground.

Over time, I realized my guides were never teaching me about posture. They were teaching me about orientation. The position of my chin wasn't causing my emotional state. It was revealing it. My body was showing me where my consciousness was pointed. When my chin dropped, I was usually focused on survival, fear, pressure, or trying to control an outcome. When my chin lifted, I naturally reconnected with possibility, trust, and a broader view of what was available to me.

Years later, I began thinking of it as a navigation system. One of the simplest ways to tell whether I was tuned to what I call AM radio or FM radio was to notice where my attention was pointing. Was I rehearsing problems, replaying fears, and searching for certainty before taking a step forward? Or was I connected to trust, openness, curiosity, and the larger landscape of possibilities around me? My chin became a signal. Long before my mind could recognize that I had wandered into pressure, my body already knew.

Today, when I feel tangled, stuck, or emotionally contracted, I rarely begin by trying to fix the thought itself. Instead, I check my orientation. Where is my attention focused? What story am I rehearsing? What station am I tuned to right now? More often than not, my body gives me the answer before my mind does.

Your body is constantly communicating with you. It is offering feedback every moment of every day. Most of us were taught to listen only to our thoughts. A dropped chin was where I started learning to listen wider.

It would take a far stranger lesson to show me just how much my state was shaping what I could see.

One day during meditation, my 2 angel guides decided I was finally ready for a lesson about frequency. To be fair, they had been trying to teach me this for quite a while and I was not making their job easy.

They brought me into a huge room that looked like a giant glass cylinder floating in space. The walls were thick, clear glass. Even the floor was glass. Everything was glass. It was like the world's most expensive observation deck.

The guides stood on one side of the glass room and I on the other.

Outside the glass was complete darkness.

Then they said, "We're going to show you something."

Suddenly the darkness exploded into life.

The entire sky filled with what looked like millions of luminous craft glowing in the most fantastic array of colors. Not hundreds but millions of them.

Every shape imaginable. Circles. Cylinders. Cigar-shaped craft. Geometric craft. Lights everywhere. Colors everywhere. The whole thing was breathtaking.

I was completely mesmerized.

Then I noticed a gigantic mothership below them.

The guides said, very casually, that they were going to ask all of them to dock at the mothership at the exact same time and they wanted me to watch.

Immediately my Air Force Air Traffic Control brain showed up.

My wonder left the building.

I wasn't seeing beauty anymore.

I was seeing a collision catastrophe.

I was seeing the world's largest air traffic control disaster.

I remember looking at them and saying, "Are you seriously bringing me up here to witness a crash? Why would you do that?"

The guides ignored me completely.

Then they started counting down.

Ten.

Nine.

Eight.

With every number my concern increased.

I wasn't admiring the ships anymore. I was calculating impact points.

By the time they got to five I was genuinely worried.

By the time they got to three I was shielding my eyes with both hands because I was absolutely convinced of what I was about to witness.

Then they reached one.

Every ship moved like a song at the same time and what happened next completely broke my brain.

Nothing crashed.

Nothing collided.

Nothing even came close.

Millions of ships flowed together in perfect harmony. The entire sky moved like a symphony. Like a dance. Like every craft somehow knew exactly where every other craft was without a single moment of confusion.

It was one of the most beautiful things I had ever seen. Within moments they had all entered the mothership. The sky went dark again.

I just stood there staring in disbelief.

Then the guides explained why they had brought me there.

“Did you see what happened?” they asked. “You went into worry, concern, and fear.”

That got my attention.

They continued, “You would have been removed from this experience instantly and never been able to witness it from that worried state.”

The moment uncertainty entered the picture, I stopped witnessing what was happening and started projecting what I feared might happen.

Then they explained the purpose of the glass cylinder.

They knew exactly what I was going to do. They knew my fear would pull me out of the experience before the lesson had a chance to unfold. The glass acted as a barrier, allowing me to remain present long enough to witness what was actually happening instead of what I imagined would happen.

That lesson followed me home because suddenly I was seeing the glass cylinder everywhere.

The job, the relationship, the bank account, and the future were not always the problem.

My perception of the problem was often the problem.

Fear had narrowed my field of vision so dramatically that I could no longer see the possibilities standing right in front of me.

That night was one of many.

For nearly four months they met with me in meditation several times a week. They were teaching me how consciousness, energy, and perception function both here and in other dimensions.

The surprising part was that I understood almost everything they taught me.

At least I thought I did.

Then the tests would come.

Every time I was tested with a new lesson, I failed.

Every time I thought I had understood it, my guides would put me in a situation in my meditation that required me to live it instead of explain it. That was usually the moment I discovered I had not integrated it at all.

The guides eventually explained that knowing and understanding are not the same thing as integration.

I knew the concepts intellectually. I could discuss them, analyze them, and teach them back. Yet when pressure appeared, my old patterns, fears, and conditioning would take over and I would react exactly as I always had.

The glass cylinder was one of those moments.

I understood the lesson right up until the moment I was asked to live it.

### **The Frequency First Formula**

By this point in your journey, you've probably encountered the idea that your energy matters. Maybe you've heard it called frequency, vibration, alignment, state, consciousness, or presence.

Whatever language you use, the challenge is rarely understanding the concept.

The challenge is remembering it when you're standing in your kitchen feeling overwhelmed, staring at your phone wondering whether to send the text, lying awake at three in the morning trying to make a decision, or feeling the pressure of not knowing what comes next.

For a long time, I thought frequency was an interesting spiritual concept. Eventually, I realized it was something far more practical.

It was a navigation system.

When I look back at many of the decisions I regretted most, I can see that the decision itself was rarely the issue. The problem was the state from which I made it. I wasn't responding from clarity. I was trying to force an outcome, control a situation, solve a problem, get certainty, avoid discomfort, or make the fear go away. The circumstances

looked real enough, but I was viewing them through a frequency that couldn't see clearly.

That realization eventually organized itself into a simple practice I now call the Frequency First Formula.

Before you make the decision, check your frequency first.

Before you send the text, check your frequency first.

Before you react to the comment, check your frequency first.

Before you try to solve the problem, check your frequency first.

Before you decide what something means, check your frequency first.

It sounds almost too simple to matter, which is exactly why so many awakening souls overlook it.

Here is why this is the whole answer to second-guessing.

Second-guessing is not a thinking problem. It is a frequency problem.

You make a decision from one station, then the station changes, and the decision suddenly looks wrong — so you reverse it, and reverse it again, chasing certainty across frequencies that each show you a different version of reality.

The Frequency First Formula ends the loop at its source. You stop asking "is this the right decision?" and start asking "what station am I making it from?" You check the signal before you trust what it is telling you.

That single reordering is how you stop second-guessing yourself and begin moving with inner authority instead.

One of the biggest surprises of my journey was discovering that frequency doesn't just affect how you feel. It affects what you see and what you have access to. The same circumstance can look completely different depending on the frequency from which you're viewing it. When you're operating from fear, everything can look urgent. When you're operating from scarcity, every opportunity can seem risky. When you're operating from pressure, every decision can feel like it has life-or-death consequences attached to it. Yet when you return to trust, neutrality, presence, or appreciation, the landscape often changes without anything outside of you changing at all.

The circumstance may be the same, but your perception is not.

This is why I believe frequency is one of the most important tools you can learn to work with after awakening. Awakening doesn't automatically teach you how to navigate your life. It expands your awareness, but awareness alone doesn't tell you which direction to turn when you're standing at a crossroads. Frequency helps you orient yourself before you move.

Most of us were taught to immediately ask, "What should I do?" The Frequency First Formula invites a different question. Before asking what to do, ask yourself, "What state am I viewing this from?" That single question has saved me from countless unnecessary detours, emotional reactions, assumptions, and decisions that would have pulled me farther away from myself.

You do not need to be perfect at this. I certainly am not. The goal is not to maintain some ideal frequency every moment of every day. The goal is simply to become aware of the signal you're broadcasting before you let that signal choose your direction.

When you learn to recognize the frequency you're standing in before you act, static loses its power to steer your life. You pause more often. You choose your response more consciously. You notice old patterns before they take the wheel. What once felt like emotional whiplash begins to feel more like navigation. You are no longer at the mercy of every passing weather pattern. You know how to return to your own signal.

In other words, you become the one holding the steering wheel.

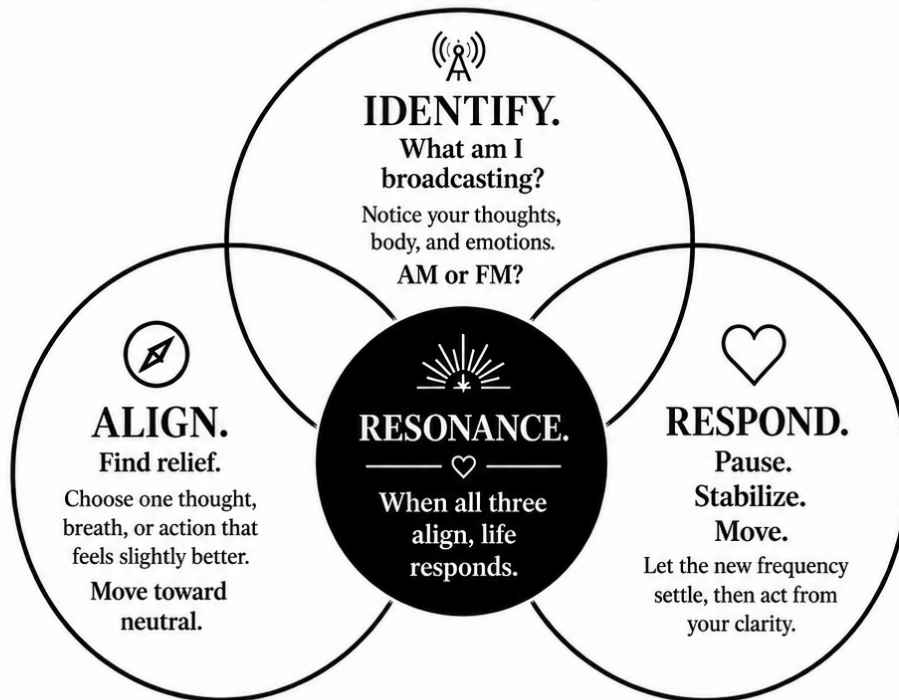
The formula has three movements that overlap into a fourth.

# FREQUENCY FIRST:

—— The Reset That Stops Second-Guessing ——

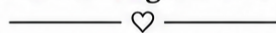


—— Check your frequency before you act. ——



## AM or FM?

The question that changes what happens next.



by Natalie Ray

### Identify

Clear the static. Identify your broadcasting station.

Notice what you are actually transmitting right now, not what you wish you were feeling and not what you think you should be feeling. What is actually moving through you in this moment? Are you predominantly broadcasting AM or FM?

This is an honest reading of your current signal before you act from it.

If you discover you're sitting on an AM station, let that information be enough for now. You don't need to argue with it or immediately change it. Awareness creates space, and space is often the first step back toward neutral.

## **Align**

Choose relief, or focus your intention. AM or FM?

Now that you are conscious and present, you have a choice. You are allowed to simply find relief. Find relief and let go of your focus on the problem, for now. If that doesn't work, feel the energy of "I give up!" That allows the AM station to quiet down enough for relief and the FM signal has room to come in. You are not reaching for bliss. You are reaching for a cleaner signal — and a cleaner signal is what makes bliss receivable in the first place.

## **Respond**

Pause until stable. Then take inspired action from your new perspective.

This is where you may be tempted to rush ahead. You identify the static, find a moment of relief, and immediately want to act before the new frequency has had time to settle.

The pause matters.

Give yourself time to stabilize in what you are seeing. Let the new station come in clearly. Then move from that place. You move because the next step has become visible now that the noise has quieted.

## **Resonance**

When all three are working together — when you are tuned in, aligned, and expressing from a stable signal — you do not have to chase anything. Life begins responding back. That is resonance. It is not a fourth step. It is what happens when the first three are in sync with each other.

For years, I thought second-guessing was a trust problem.

I assumed I needed more confidence, more certainty, more proof before I could finally trust myself and move forward. What I understand now is that second-guessing is often a perception problem.

When we are operating from fear, pressure, urgency, guilt, scarcity, people-pleasing, or survival, our perception narrows. We stop seeing the full picture. We stop noticing possibilities that would have been obvious from a different state. We begin relating to life through the lens of the frequency we are standing in.

From that state, almost every decision feels uncertain because our perception became distorted.

This is why inner authority is not something you force. It is something that naturally emerges as the distortion begins to fall away. The clearer your perception becomes, the less you need to second-guess yourself. The more bandwidth available, the easier it becomes to recognize what you already know.

Most of the time, you do not need more information.

You need less distortion.

One day I had a frantic problem I needed to fix with a sense of urgency. My mind scolded me when I turned to the Frequency First Formula. It literally said, "I know you like this frequency game, but we have a real-world problem and no time for games."

That stopped me.

I had to remind myself this was how I navigated reality, not how I avoided it. I could feel that I was anxious, reactive, and nowhere near neutral. If I tried to solve the problem from that state, I would only create more of the same.

So I walked away from it.

I promised myself I would return in two days, after I had settled back into neutral. Not because the problem didn't matter, but because I didn't trust the state from which I was viewing it.

You'll hear the rest of that story in Chapter 4 and what arrived when I finally returned to it. For now, just notice: the formula didn't ask me to ignore the problem. It asked me to stop letting the problem decide who I was being while I solved it.

Find neutral first.

From there, clarity becomes available. Often much faster than you think. Sometimes nothing outside you changes at all. You simply stop looking at the situation through fear, urgency, or resistance. The signal was there the whole time. Neutral is what allows you to hear it again. If joy feels inaccessible, aim for neutrality. If neutrality feels inaccessible, aim for one breath that feels safer than the last.

Here is what that shift looked like before I had any language for it.

In my mid-twenties, I crashed on a friend's couch after a long night out and woke at three in the morning desperate for water. I stumbled into her kitchen, and there was orange juice sitting front and center in the fridge. Perfect. Still half-tipsy, I grabbed the

carton and started guzzling straight from it like my life depended on it. I remember thinking it tasted strange because there were huge chunks in it, but my brain casually explained it away as pulp.

Then the chunks got bigger.

Way bigger.

Something in me paused.

I turned on the kitchen light, poured the remaining orange juice into a glass, and instantly froze.

The entire thing was green.

Not slightly spoiled. Not questionable. Solid green with massive golf ball sized chunks of mold floating in it.

I looked at the expiration date.

Over two years old.

In that instant, my mind went straight to horror. I could feel my body preparing for death, fixated on what I had just swallowed in giant gulps.

My brain instantly presented me with two options.

Option one: Force yourself to throw up. Unfortunately, throwing up was one of my least favorite human experiences imaginable, and the thought of throwing up giant mold chunks nearly incapacitated me psychologically.

Option two: Somehow believe I was going to be okay.

Oddly enough, that second option arrived almost immediately.

Out of nowhere, my brain grabbed onto the idea that mold is connected to penicillin in some form. Now logically, was this refrigerator science backed by medical research?

Absolutely not.

But in that moment, it was enough. Enough for my system to stop spiraling. Enough for my body to soften. Enough for me to move out of panic and into trust.

So I made a decision.

Instead of believing I had poisoned myself, I was going to believe I had just given my body something strangely beneficial. I literally started talking to my body differently. I

put my hands on my stomach, laid back down on the couch, and completely surrendered into the idea that my body was intelligent and capable.

Then something even more interesting happened.

I stopped focusing on fear entirely and started focusing on the future. I began imagining myself years later telling this exact story to people. Laughing about it. Being completely fine. Maybe even better because of it somehow. I moved emotionally into the version of me that had already survived it. Not barely survived. Thrived through it.

You know the strangest part?

Nothing happened. No stomach pain. No sickness. No discomfort. Nothing.

It was as if I had drunk water.

Look at what actually happened there in frequency terms.

The moment I saw the green chunks, I dropped straight to the deep end of AM. Pure panic, and from down there the only options my mind could see were force myself to throw up or spiral.

Then something in me reached for the one slightly-better thought available, the penicillin idea, ridiculous as it was. That single thought floated me up toward the waterline.

Then from neutral, a completely different option became visible, one I literally could not see while I was drowning: trust my body and rest.

Nothing about the orange juice changed. My station did.

I am not telling you belief neutralizes spoiled food. I have no idea why nothing happened, and that was never the point. The point is what I could see once I stopped drowning: from panic, only two options existed; from neutral, a third appeared.

That does not mean life cannot deeply affect you. Pain is real. Loss is real. Trauma, heartbreak, uncertainty, illness, pressure, and fear all affect us in profound ways.

What began changing everything for me was realizing that beyond the experience itself, I was often adding another layer of suffering through the meanings, expectations, fears, and worst case scenarios I continued rehearsing long after the moment had passed.

You may recognize this in yourself.

Perhaps the event is over, yet the conversation continues. The mind keeps replaying what happened, predicting what might happen next, or imagining every possible outcome. The body responds as though the experience is still unfolding in real time.

The moment you begin noticing the internal reality you are strengthening every day, something starts to shift. Your body softens. Your mind clears. Your intuition becomes easier to hear. Your energy feels less scattered.

Often the transformation you are searching for in your outer life begins with the relationship you are building internally with yourself, your body, and life itself.

Let go of any expectation of when the breadcrumbs will be revealed. Check the station. Shift if needed. Pause until stable. Then move. Drop the how. Allow. Trust the now. The formula was never asking you to figure it out. It was asking you to get out of the way long enough for what is already moving on your behalf to arrive.

Be intentional about who you stand next to while you are still learning to tune. Energy often seeks equilibrium, and it can be more challenging to hold your station when you are immersed in a field of worry, cynicism, or fear. This is discernment about the emotional field you're in while your new frequency state stabilizes - not cutting people off.

You are allowed to be human about this. You are here to live, to taste the contrast between what you love and what you do not prefer, to move through the whole spectrum and learn what each station has to teach you. Some days you will be on AM. That is data, contrast, and information. "Oh, I'm on AM today." That sentence, said with a small smile instead of self-judgment, is often enough to begin the shift on its own.

What do you do when your nervous system goes full AM radio before work?

First, understand that there is nothing unusual about this. You wake up and the mind immediately begins picking up yesterday's signal. Familiar thoughts return and familiar worries reappear. The same routines, pressures, and emotional patterns start playing before the day has even begun.

One of the simplest ways to interrupt that pattern is to ask yourself a very different question: "How can I make this fun?" Your mind will immediately generate reasons why you can't. Ask again anyway. "If I could make this fun, even a little ridiculous, what would I do?" Suddenly the nervous system starts loosening.

The imagination begins opening. The pressure softens.

Maybe you take the back roads instead of the highway. Maybe you leave early and stop at a tiny breakfast café you have never tried before. Maybe you listen to music that reminds you who you are outside the role you have been performing all week. These

seem like tiny decisions. Frequency shifts through tiny decisions. You interrupt the momentum of survival and teach your nervous system that life is available now.

Before any meaningful choice, before you respond to the email, have the conversation, accept the invitation, or commit to the thing, pause long enough to notice your state. AM or FM? If it is AM, you are allowed to simply know that. Knowing is already half the practice. Then there are those that make AM decisions and call it being realistic.

That is the formula, Spiritual Gangsta'. Check the station, then choose.

I want to show you what this looks like when someone applies it to the hardest kind of decision, not a business choice or a career pivot, but the kind that reorganizes an entire life.

I vividly recall this particular client. She was trying to answer one of the hardest questions a person can face: whether to leave her marriage.

She had been carrying the full emotional weight of the relationship for so long that she no longer recognized herself inside it. She was performing a role that had nothing left to give her, and getting nothing back in return. The warmth she had once hoped for had simply never arrived.

What kept her stuck was the doubt. Every time she moved toward what genuinely called her, fear pulled her back. The outside world had opinions. The stakes were real. Her system, tuned to AM, could only perceive the risk, never the possibility waiting on the other side of it.

When I ran into her, she said she began working with the Frequency First principle, and something shifted in how she related to the whole situation. She stopped asking what should I do and started asking what frequency state am I in when I'm asking that question. She learned to wait, not in paralysis, but in the deliberate choice not to act from fear. She began recognizing the difference between the contracted, urgent pull of doubt and the quieter, steadier signal of what actually felt true. She made a commitment to herself: she would only take inspired action.

She eventually left the marriage.

Getting there was not a princess story. There were bumps. There was resistance from the outside world, the kind that comes when you change and the people around you haven't. She had to navigate all of it but she kept her eye and her heart on what was unfolding rather than on what was pushing back. She kept returning to the question: AM or FM? She kept choosing to wait until the answer came from neutral or FM.

Today she is CEO of her own company with many employees, confident and dressed for success. She helps others heal and describes her life as magical because she stopped letting the outside world change what she knew on the inside.

Remember the place in your body that was tense at the start of this chapter? Check it now. Both outcomes are honest - softened or not. If it softened, that was not because you forced it. It softened because, for the length of a chapter, you stopped guarding it.. That is what neutral feels like in your own tissue. You did not have to earn it. You just stopped interfering with it.

Something shifts when you stop fighting yourself all the time. You still move forward, make decisions and take action. The movement feels different — calmer, more aligned with who you actually are. Instead of forcing your way through life, you begin responding to what genuinely feels true. That is inner authority in its most practical form.

You now have a compass. The next chapter shows you what it was navigating around all along.

## **Chapter 3**

### **Who Did You Have to Become to Feel Safe?**

The Version of You That Was Built to Survive

*“Until you make the unconscious conscious, it will direct your life  
and you will call it fate.”*

— Carl Jung

One of the deepest realizations awakening eventually brings is that many of the qualities you once believed were simply your personality may have actually begun as survival strategies.

The way you learned to speak, relate, anticipate others' emotions, avoid conflict, stay useful, overachieve, stay agreeable, remain emotionally aware, or become easy to love. These often developed long before you were conscious enough to choose them intentionally.

They worked and served you.

The fact that you are now seeing them clearly is evidence that you have grown past the level that required them.

The old version of you couldn't see the strategy because it was busy surviving through it.

These patterns began because your nervous system was intelligently adapting to the emotional environment around you. From a very early age, the nervous system learns what creates connection and safety, and what creates tension.

Over time, those adaptations quietly become your identity. That is why awakening can feel so emotionally confronting. You begin realizing that parts of your personality may have been organized around survival for so long that you no longer know where the Protective Self ends and the authentic self begins. That confusion is the beginning of a much more honest conversation with yourself.

This realization often arrives through exhaustion. The constant emotional monitoring and overthinking. The pressure to maintain harmony. The endless effort to be good, liked, needed, emotionally safe, or easy for other people to handle. Eventually the nervous system can no longer sustain the performance, and when it can't, you may assume you simply need to push through harder. The nervous system is refusing a life that no longer fits the person you've become.

For most of my life, I would have been the worst person to write a book about trust. I did not actually know myself at all. From the outside, I looked highly functioning, successful, responsible, capable, and emotionally aware. I was the good girl. I did what I was supposed to do (but with a rebellious spirit). I pleased teachers, parents, authority figures, relationships, and society. I became extremely skilled at reading what was expected of me and then becoming that version of myself. Underneath all of it, though, I was filled with self-doubt because I had learned to outsource my authority almost completely.

I did not really know what trusting myself meant.

What I did know was how to manage a room. I could feel emotional dynamics instantly. I knew how to soothe tension before it escalated. I knew how to become easy to be around, adaptable, helpful, uplifting, emotionally aware, and “go with the flow.”

Honestly, I got very good at it.

For decades, that became my identity. My nervous system learned that if everyone around me felt relaxed, then I could finally relax too. If I could keep the room peaceful, then I could feel safe inside myself.

At the time, I would have called it being a good person. Now I understand it was also a survival strategy.

What I eventually realized was that I had become so focused on regulating the external environment that I had almost no connection to myself internally. I was constantly scanning, adjusting, softening, accommodating, helping, soothing, and managing emotional energy around me while quietly losing track of my own needs, truth, exhaustion, desires, opinions, and boundaries underneath it all.

I could feel everyone else.

I barely knew how to feel myself.

Because I identified as a good person, and because I genuinely wanted to help people, I believed this was who I was supposed to be.

I thought being loving meant overextending.

I thought being spiritual meant accommodating.

I thought being helpful meant carrying emotional weight that was never mine to carry.

I thought peace came from keeping everyone else emotionally comfortable first.

Until one day, that strategy stopped working completely.

No matter how much I adapted, soothed, performed, or tried to hold everything together emotionally, my nervous system would no longer let me operate that way. It was as if my body finally said:

We're done.

Honestly, it felt terrifying at first because the identity I had spent decades building suddenly stopped functioning. The very strategies that once helped me survive and feel safe no longer created safety at all. My body would not let me perform from that energy one more moment. Overriding and disappearing on myself in order to emotionally stabilize everyone else stopped working.

That collapse became one of the greatest awakenings of my life because, for the first time, I had to stop searching for peace outside of myself. I had to stop regulating my nervous system through other people's comfort. I had to pull my energy back home to me and learn what self-trust actually felt like inside my own body.

My body was demanding something different. I could no longer organize my life around managing the external world. I had to discover who I was underneath all the performance.

This is the hard part because these patterns are often rewarded by the world. People praise you for being dependable, thoughtful, accommodating, selfless, capable, emotionally supportive, or endlessly responsible without realizing how much self-monitoring may exist underneath those identities that you never reveal.

You become extraordinarily skilled at a game that slowly empties you from the inside.

From the outside, everything appears to be working. Few people can see the energy it takes to maintain, or how much of yourself gets left behind in the process.

One woman once shared with me that she said no to attending a gathering for the first time in her life simply because she was exhausted and needed rest. Nothing dramatic happened. Nobody became angry or rejected her. Yet for the next several hours, she noticed herself mentally overexplaining the decision to herself over and over again. Guilt flooded her body almost immediately.

At first, she kept trying to justify the decision internally.

"I really am tired."

"I've been overwhelmed lately."

"I need to take better care of myself."

"They'll understand."

But underneath all the mental explaining, she noticed something much deeper happening in her body. Tightness, anxiety and a kind of trembling uneasiness she could not fully explain. It was as if some deeper part of her believed that disappointing someone meant she had done something wrong.

She had learned to associate being loving with constantly being available and once she saw it, she began seeing the pattern everywhere.

She later said to me: “All this time I thought I was just being a good person. Helpful, loving, selfless. But I can see now how often I was leaving myself behind little by little without even realizing it. I taught people what to expect from me. My body never fully relaxed. Some part of me believed I had to quickly jump toward everyone else’s needs in order to feel safe, valuable, or worthy of connection.”

### **How Self-Abandonment Hides Inside Kindness**

Self-abandonment wears noble clothing. It rarely happens all at once. It happens quietly and incrementally, like a thousand small cuts where you silence your truth, suppress your needs, soften your honesty, or disconnect from what you genuinely feel in order to preserve connection externally.

You can misunderstand this numbness during awakening, feeling lost when what is actually happening is that the nervous system can no longer sustain the exhausting effort of performing identities that no longer feel true.

Sometimes the numbness is not disconnection from yourself at all. It is the nervous system pausing long enough to stop performing automatically.

In that pause, deeper truths finally have room to surface.

The numbness is the doorway.

You begin recognizing the difference between authentic kindness and self-erasure, between compassion and emotional caretaking, between peace and self-silencing, between being loving and disappearing in order to preserve belonging. That recognition is your expanded perception doing exactly what it is designed to do.

One of the most healing realizations of my life was understanding that my nervous system was intelligent for creating these patterns. It adapted to the environment it experienced. At one point, those strategies genuinely helped me feel connected, protected, and emotionally safe. The Protective Self was never trying to harm me. It was trying to help me survive the only way it knew how.

The survival strategy is not the mistake.

Continuing to organize your life around it long after you need it is where the suffering begins.

That realization shifted something enormous inside me. Instead of judging myself for people-pleasing or emotional hypervigilance, I began seeing those patterns with compassion. The more gently you observe yourself, the less defensive the system becomes. Real change begins through awareness without attack.

That is why recognizing the Protective Self matters so much. It is not the enemy. It is the version of you that learned how to survive emotionally inside environments where authenticity did not always feel safe. It developed strategies to help you maintain connection, avoid pain, anticipate reactions, and navigate uncertainty. Awakening is about understanding these parts clearly enough that they no longer need to run on autopilot.

What happens when survival is no longer the same thing as living?

That question changes the way you relate to yourself entirely.

As you move through your own Sacred In-Between, there is a question worth sitting with:

“Who did I learn to become in order to feel safe?”

Sit with that question for a moment and notice what arises.

Notice where you monitor yourself before speaking. Notice where approval still influences your decisions. Notice where you overgive, overexplain, overperform, or shape-shift in order to maintain connection. Notice the subtle moments when you move away from your own truth without even realizing it.

Frequency First awareness often begins this way. Before the mind understands the pattern, the body has usually been signaling it for quite some time.

Notice, too, what happens when you tell the truth.

Pay attention to the moments when your body softens, your shoulders relax, or your breath deepens. Relief is often one of the earliest signs that coherence is returning. It is the feeling of coming back into relationship with yourself and, in many ways, coming home to your own life.

Observe these patterns with compassion. Your nervous system created them intelligently. The goal is to stop confusing the Protective Self with your entire identity.

**One Foot on the Gas, One Foot on the Brake**

One of the most common things I hear from clients after awakening is: I feel stuck. You may resonate with this. It's like something inside you knows there is more for your life, more for your relationships, more for your purpose, more for who you really are, but somehow you cannot fully access it.

You can feel the desire, the pull and that something inside you is trying to emerge. Yet at the same time, everything feels foggy, heavy, confusing, uncertain, or emotionally tangled.

You may assume this means you need more discipline, healing, information or more certainty before you move. That is rarely the real issue.

What I eventually realized is that the experience of feeling stuck often has less to do with a lack of clarity and more to do with the state from which you are trying to perceive your life. You can only perceive from the state you are currently existing within.

This is why the same opportunity can feel exciting one day and terrifying the next. The opportunity itself has not changed. Your perception of it has. When your nervous system is filled with pressure, doubt, overwhelm, fear, self-abandonment, or survival, your ability to see clearly becomes distorted. The signal is still there, but the static becomes louder than the guidance.

I often describe it like driving a car with one foot on the gas and one foot on the brake.

You have a desire. A real desire. Maybe you want to write the book, leave the relationship, start the business, speak your truth, move across the world, or finally become the person you know you are here to be. That desire is the gas pedal. It creates movement. It creates expansion. It pulls you toward something larger.

Then the protective self joins the conversation.

What if I fail?

What if I lose money?

What if people judge me?

Who do I think I am?

Without realizing it, you begin pressing the brake at the exact same time you are pressing the gas.

That creates enormous friction. You feel it as exhaustion, overthinking, confusion, endless seeking, starting and stopping, and waiting for clarity while simultaneously blocking every answer that arrives. Eventually, something has to give. You either release the doubt and move forward, or you release the desire.

One of the most important things I realized during my own awakening was that I was rarely blocked because I lacked desire, motivation, talent, or potential. Most of the time, I was creating friction because I was trying to accelerate and protect myself at the exact same time.

What took me much longer to understand was that the brake was my old survival program and Protective Self.

Underneath those practical-sounding concerns lived a much deeper question.

What happens if this actually works?

What happens if I become the person I keep saying I want to become?

Success changes more than circumstances. It changes identity. It asks you to release familiar ways of seeing yourself and familiar ways of moving through the world. It asks you to step into a version of yourself your nervous system has never fully met before.

That is why awakening can feel so contradictory. Part of you is genuinely ready for expansion while another part is still trying to determine whether expansion is safe.

When I finally understood that, I stopped treating resistance as an enemy. I stopped assuming friction meant I was on the wrong path. I became curious instead.

The next time you find yourself wanting something deeply while simultaneously feeling stuck, pause for a moment and ask yourself a different question.

What is the brake in this situation?

What feels unsafe about becoming this version of myself? What might change if this actually worked? Who might I outgrow? What identity might I have to release? What familiar emotional pattern would no longer feel available to me?

Those questions matter because awakening is not simply about seeing more. It is about creating enough internal safety to embody what your deeper knowing has been showing you all along.

The moment you can see both forces operating at the same time, the friction begins to make sense. What once felt like being stuck reveals itself as something else entirely: a conversation between the part of you that is ready to expand and the part of you that is still learning that expansion is safe.

## **Keep Your Energy Home**

Now, instead of immediately reacting, I practice something different. I call it keeping my energy home. The next time a room starts to pull on me, before I adjust, soothe, or

explain, I do four small things in my own body and nothing in anyone else's. I feel my feet on the ground, relax my jaw, and let my shoulders soften. I take one slow breath without rushing to fix the tension, manage the room, or soothe everyone around me. That is the whole move. I stay in my own body instead of leaving it to regulate the room. I can remain warm and grounded at the same time.

At first, this can feel incredibly unfamiliar because your nervous system has spent years believing your safety depended on managing everyone else's emotional experience. It learned that being liked, needed, agreeable, helpful, calm, easygoing, or emotionally useful created protection. So the moment tension appears in a room, your body instinctively wants to move into performance and adaptation again.

But every time you stay connected to yourself instead of slipping away from yourself, your nervous system begins learning that your authentic self is safe too. Over time, you stop feeling responsible for managing everyone around you in order to relax. Your body softens. Your energy stabilizes. Your presence becomes more grounded because you are no longer scattering yourself into every room trying to control how everyone feels.

One client, I'll call her Dana, had spent her whole life as the one who smoothed things over at family dinners. The second her mother's voice tightened, Dana was already on her feet, refilling glasses, changing the subject, making a joke, doing whatever it took to dissolve the tension before it landed on anyone. She told me she usually drove home from those dinners feeling wiped out and couldn't say why.

One Sunday her mother made a sharp comment across the table, and Dana felt the old pull rise in her chest — the instinct to leap up and fix the mood. This time she didn't. She felt her feet on the floor, and took one slow breath and stayed in her chair. She didn't rescue anyone and just stayed home in her own body and let the moment be what it was.

There was drama, then the comment passed and someone else changed the subject. The dinner went on. Nothing she had always been terrified would happen, happened. What was different was Dana. She told me she drove home that night and realized, somewhere around the second red light, that she wasn't as wiped out as usual. For the first time in years she had sat at that table and let herself observe and not manage the room. She said that was the night she finally believed me that it was ok to stop running, monitoring and rescuing.

This is where life quietly begins changing. When you deeply trust that you are connected to yourself, you stop leaking energy and pull your power back. You begin trusting your intuition, your decisions, your relationships, and your creativity because your energy is no longer trapped in survival mode and hypervigilance. You begin walking through life trusting yourself rather than scanning for danger.

From the higher self's vantage point, it doesn't care whether you go left or right. It will continue offering golden breadcrumbs that lead you toward the experiences your soul came here to have. So enjoy the journey. Don't judge it. Every experience becomes part of your expansion. These are the gifts you carry with you when you leave this incarnation. They are the raw material through which both the soul and the Universe continue to grow.

Yet knowing that intellectually and living it are two different things.

At some point, awakening begins asking something far more honest of you, Spiritual Gangsta':

Can you remain connected to yourself even when authenticity feels unfamiliar?

Can you trust what you know inside when it no longer matches who you used to be?

That is where real self-trust begins - one moment at a time.

That is how inner authority is built, in ordinary moments where you choose yourself anyway.

Now that you can see the pattern, you are ready to hear what was always underneath it.

# Part Three

## Trust

### Chapter 4

#### Intuition Without Second-Guessing

##### Why You Keep Mistaking Guidance for Overthinking

*"The intuitive mind is a sacred gift and the rational mind is a faithful servant."*

— Albert Einstein

One of the most confusing parts of awakening is realizing that the voice you once trusted most may no longer feel reliable in the same way. That voice is the analytical mind, the part of you that plans, prepares, figures things out, stays three steps ahead, and searches for certainty before taking action. Chances are, this mind helped you accomplish a lot in your life. It helped you stay safe, make good decisions, solve problems, and navigate uncertainty. It was extraordinarily good at its job.

Awakening eventually reveals the limits of trying to navigate your entire life through analysis alone. The mind was always meant to be a tool, not a compass. Awakening begins returning each to its rightful role.

At some point, you begin noticing something strange. The harder you try to force clarity, the less clear you feel. Decisions begin feeling heavier. Simple choices become emotionally exhausting. The mind starts circling the same questions repeatedly, searching for certainty while becoming further disconnected from your own inner knowing.

This is where second-guessing takes hold. Most of your life was spent learning to trust pressure, urgency, performance, or logic first. Trusting your own inner signal came later, if at all. That is what happens when someone with genuine depth is trained to look outside themselves for confirmation of what they already know.

Intuition rarely arrives as panic, urgency, force, obsession, or mental spiraling. Real intuition communicates much more quietly than you expect. It tends to arrive through subtle inner knowing, body resonance, emotional expansion, simplicity, relief, or a calm sense of clarity that exists underneath the noise. Intuition often feels more like being in sync with yourself than emotional intensity.

A system conditioned around pressure often needs time to recalibrate before it can hear those quieter signals clearly. It is a process already in motion.

I thought awakening would make me trust myself.

Instead, I spent three years asking everyone else's opinion.

### **What It Cost Me Not to Listen**

Before I could teach anyone to trust their body signal, I had to live through what it costs to override it repeatedly for years.

For seven years I chased money with everything I had. Not because I was greedy, because I genuinely believed what our culture teaches: that you work now and live later. That happiness is waiting on the other side of enough. That once the foundation is built, you will finally be free to play.

So I built.

My body told me to stop at twelve rental units. Not in a vague, spiritual way. In the clearest possible signal a body can send: I was making more profit than I had ever made in my life. I could live well. I could play. I could afford a beautiful life for myself. The math was done. My body knew it.

But my mind stepped in with its version of logic: if twelve is great, twenty-four would be amazing.

I did not stop at twenty-four. I went to fifty-one rental units, a comedy club, a three-hundred-seat restaurant, and an eighteen-thousand-square-foot retail warehouse. Seven days a week. Nineteen-hour days when the restaurant needed it, up at five in the morning, to bed at midnight or two, sometimes later. Sunday afternoons from three until five the next morning were the only gap I had each week. Fourteen hours and I spent most of them sleeping, just to get up and do it again.

By the time I got there, I had pre-diabetes, osteopenia, near-adrenal failure, and no vitality left in my body. I had become a machine. I had traded every signal my body ever sent me for the momentum of an empire I no longer wanted.

The price was not just physical. It was existential. I had created obligations I could not walk away from: mortgages, contracts, employees, renters, businesses that needed me there whether I had anything left to give or not. I had built a life that had become a trap and the trap was entirely of my own making, one overridden body signal at a time.

I remember the feeling clearly. If the universe would just give me one dollar and release me from every obligation, I would take a tent and live on the side of a mountain and be so happy.

That was not depression. That was my body telling the truth my mind had been refusing to hear for seven years.

The body signal had been accurate at twelve units. It was accurate at twenty-four. It was accurate every single morning I got up at five and every night I went to bed at two. It never stopped speaking. I simply never stopped overriding it.

A slow disappearance into a life that looks successful from the outside and feels like a cage from the inside, until the body stops cooperating entirely and forces the conversation the mind refused to have. That is what it costs when the mind consistently wins the argument with the body.

Your body is your most honest ally, and every time you override it in the name of logic, security, or what you think you should want, you are making a withdrawal from an account that has a limit.

### **When Your Body Begins Speaking Before Your Mind Can Catch Up**

Awakening is not only emotional or psychological. The body awakens as well.

The body often begins recalibrating as awareness deepens, and at first it can feel confusing — because most of us were taught to push through and override ourselves rather than listen. What feels like confusion is often the body coming back online after years of being talked over.

When my body finally broke down, I realized we had been living together like roommates for years. My mind ran the household. It paid the bills, made the plans, solved the problems, worried about the future, and replayed the past. My body, meanwhile, lived down the hall behind a closed bedroom door covered in stickers. We barely spoke.

As long as life felt manageable, that arrangement seemed to work. Then one day it didn't. The tension inside became impossible to ignore, and I realized I needed to have a conversation with this roommate I had spent decades avoiding. The problem was that I had no idea how.

I made an appointment with a somatic coach expecting to learn how to listen to my body. Instead, she spent the first two sessions teaching me something much more fundamental: how to be present. Not the version of presence I thought I knew. Not sitting quietly waiting for my thoughts to stop. Not trying to meditate correctly. Real presence.

The kind of presence that includes your body, your emotions, your sensations, and all the super subtle information you've been overlooking most of your life. It was humbling to discover that what I had called presence was mostly observation from a distance. I

was still standing in my head looking out at my experience rather than fully participating in it. I had spent years living in the house, but I had never truly moved in.

One day, in the middle of my awakening, I went for what I assumed would be a simple massage appointment. I was lying face up on the table when the practitioner lightly touched my lower back to do some cranial sacral work.

The moment she did, my entire lower back popped with a huge energy burst.

A powerful wave shot through me so intensely that my body began moving on the table in rhythmic pulses, up and down, like an electrical current running from my legs to my head, down through my spine, and back again. My stomach lifted and dropped with each wave as though something deep inside me had suddenly come online.

At first, I genuinely did not know what to make of it. I remember looking over at the massage therapist trying to read her face to see if I should be concerned. She avoided eye contact and quietly kept one hand resting on my belly as it rose and fell beneath her palm. The energy continued moving through me for nearly an hour.

It honestly felt like a champagne cork had been pulled from somewhere deep in my lower back, releasing a force that had been trapped there for years. Every time I tried to speak, my voice came out in broken fragments. My body was reverberating so strongly.

“Is... this... normal?” I finally managed to ask.

She simply nodded and stayed present.

So eventually, I stopped resisting it. I stopped trying to intellectually understand what was happening and simply allowed myself to receive the experience instead of fighting it. By the end, I was drenched in sweat like I had just finished an intense full-body workout. My hair was wet at the back of my neck. My hands were clammy. I felt stunned, fascinated, vulnerable, confused, and strangely aware that something inside me had changed.

Then the massage therapist quietly admitted something that caught me off guard.

“This is not normal,” she said softly. “But I trusted what was moving through you.”

That trust stayed with me.

A few hours later, after I returned home, the movements started again. My back began pulsing and jumping with the same energetic waves, and instinctively I went straight to my bed and laid down to let it happen. It felt like my body was completing something unfinished, some kind of recalibration I could not logically explain but somehow trusted anyway.

That was the strange part about awakening for me. Part of me was deeply curious while another part of me felt completely alone, like I had been dropped onto the leading edge of an experience nobody around me had language for. This is one reason awakening can feel so isolating during the Sacred In-Between. Your inner experiences often evolve faster than your ability to explain them to others. That is not a sign you are going too far.

That is a sign you are going first.

A few days later during meditation, an insight landed so clearly it stopped me in my tracks: something in me was changing. The beliefs I held about myself, reality, possibility, and consciousness had shifted so dramatically that the old internal wiring no longer matched who I was becoming. Something old was leaving and something new was arriving. Whether I fully understood it or not, I had crossed a threshold I could never uncross.

When I think back, the turning point was not the experience itself. It was the moment I stopped assuming something was wrong with me.

Curiosity replaced resistance.

I became interested in what I was feeling rather than trying to make it disappear. I started listening more closely. Paying attention. Asking better questions. What had once felt alarming began revealing itself as information.

In that shift, my body stopped feeling like a problem to solve and became something I could trust. Curiosity creates openness. Fear creates contraction. You respond very differently depending on which state is leading.

Some sensations during awakening are simply the body recalibrating after years of stress, emotional survival, overperformance, suppression, or disconnection from self. It is often the first place truth begins speaking. The more gently I learned to listen to my body instead of fearing it, the more clearly I could feel the difference between panic and intuition, fear and expansion, dysregulation and genuine inner knowing.

## **When Laughter Saved My Life**

There is another story I rarely tell that taught me something I would later see repeated again and again throughout awakening, healing, business, relationships, and life itself: your inner state is the variable. Not the circumstance. Not the obstacle. The state you are in when you meet it.

When I was in Air Force Basic Training, we had to complete a confidence course after an already exhausting day of physical drills, obstacle challenges, climbing exercises, and strength tests. By the end of the day, everyone's body was shaking from fatigue, but there was one final obstacle left that stood out from all the others.

In the middle of this remote training area was a massive water tower built beside a lake. To reach the top, you had to climb a narrow metal ladder all the way up the side while your hands and arms were already exhausted. Once you reached the top, you were expected to grab onto a wooden broomstick handle attached to a zipline and launch yourself across the entire lake, no harness, no safety attachment, nothing underneath you except open air and water.

The catch was that you needed enough upper body strength left to hold yourself up while lifting your legs during the ride. If your grip failed or your body collapsed at the end, you risked hitting the water badly or injuring yourself on impact.

Normally I was extremely fit and confident, but by that point my upper body was completely spent. My hands were sweating, my arms were trembling, and my body honestly did not believe it could do what was being asked of it.

Before they allowed us onto the tower, we had to complete a strength test, hang from a bar and lift our legs for a full two minutes without dropping. I failed it. Then I failed it again. Then again. If you fail, they simply send you to the back of the line to try again.

By the fourth attempt, I was very weak and beyond exhausted. I remember thinking how strange it was that they would not let me quit. Eventually, even after failing again, they waved me forward and told me to climb the tower anyway. It took all I had to muster up the determination for that experience.

Now I was even more fatigued than everyone else by the time I reached the top. I sat high up on the edge of the platform with my legs hanging over the side, staring down at the tiny safety net suspended far below me. The net only covered the first small section underneath the platform. After that, it was just open water stretching across the entire lake.

The instructor looked at me and calmly said, "Just pull yourself up onto the broomstick handle and it'll carry you across."

That was it. No deep encouragement. No motivational speech. Just pull yourself up and go.

I was terrified. My body was terrified. Everything inside me was contracted. I could die was all I could hear, see and feel.

Then something unexpected happened.

My mind suddenly imagined my mother standing below watching the entire thing unfold. I could instantly picture her in complete panic, far more terrified for me than I was for myself, and the image was so vivid and absurd that I started laughing.

The moment I laughed, everything changed.

My body relaxed. My grip softened. My breathing changed. The fear loosened its hold.

Nothing about the external situation had changed, but my internal state had completely shifted.

A few seconds later, I pulled myself up, launched across the lake, and found myself flying through the air holding onto that broomstick handle with a grin pretending my Mom was watching me. By the time I reached the end, I was so relaxed that when I let go, I completely forgot to try and lift my legs. I hit the water doing what felt like five or six giant cartwheels across the surface before finally crashing in.

People came running over to check on me, but I was completely fine.

My strength had not suddenly increased. The obstacle had not become safer. What changed was my state. Sometimes the shift you need is not more force, more preparation, or more certainty. Sometimes it is a single moment of relief that gives you permission to access what you already have.

### **Check Your Frequency Before Asking for a Solution**

Then life gave me another experience I could not ignore. This one showed me what trusting the body signal actually produces when you honor it instead of overriding it.

I had decided to move to Atlanta and found an apartment that instantly felt right to me. It was a knowing. One of those rare moments where something inside you is simply certain before the mind has caught up, but my application was denied. The emotional whiplash hit hard. I had less than a month left to move.

Almost immediately, my mind entered survival mode. It started generating fast solutions rooted in urgency and compromise. Maybe I needed to lower my standards. Maybe I should settle for a studio. Maybe I needed to become more realistic about what was possible.

Logically, those thoughts sounded reasonable. Internally, they felt completely wrong.

In a moment of clarity, instead of forcing action, I chose something different. I realized that every option my mind was generating was being filtered through pressure, fear, and urgency. I was broadcasting on AM radio. So I used the Frequency First Formula and made a decision that initially felt deeply uncomfortable: I would not take action until I could first return to a more neutral state internally. I could feel that would take a few days.

That did not mean ignoring reality or pretending the situation was not urgent. It meant I stopped allowing urgency to drive my perception. My mind argued: this was not the time to relax, I had a real-world deadline. But something deeper already knew that clarity rarely arrives when we're gripping the steering wheel with both hands.

So I loosened my grip and gave myself room to breathe.

I went kayaking at sunrise with a thermos of coffee, floating on the water, watching the sun come up, a deer and a raccoon coming down to the lake, part of me quietly laughing at how this must look. I had less than a month to figure out where I was going to live, and instead of solving the problem, I was out there playing. I rode my bike. I went to a movie. I let my nervous system remember that I was safe before I asked it to find a solution.

Then, on the second night around 9:30 pm, I received an unexpected call from an Atlanta number. A man with a thick Indian accent asked if this was Natalie. He explained that I had applied for a one-bedroom apartment from a friend of his, but that unit had already been rented, so my application had been passed along to him. He had a two-bedroom available directly across the street and wanted to know if I would be interested.

I asked him to repeat that. Directly across the street. Yes, exactly. He would send the rental agreement in the morning, which meant I would be sitting there with my coffee, calmly signing a lease for a two-bedroom in the exact place I knew I was meant to be.

I remember sitting there completely still because something inside me had just been confirmed. The inner knowing I almost overrode had been right.

Not lucky. Right.

I had come within hours of letting it go simply to relieve the discomfort of not yet having proof.

This is what the body compass actually does in practice. It works in urgent situations, in high-stakes decisions, in the gap between what you know and what you can prove. The body was accurate at twelve units. It was accurate about the apartment. It has been accurate every time I have been willing to listen before the mind finished arguing.

Intuition is signal literacy, learning to accurately read the difference between two very different internal broadcasts. Pressure feels contracted, urgent, fearful, obsessive, and mentally loud. Intuition often feels quieter, cleaner, simpler, and strangely steady underneath uncertainty. Both are real. Only one is navigating from the deeper knowing.

**Where Is the Answer Coming From?**

This is how you stop mistaking guidance for overthinking. The two don't just feel different — they live in different places in your body, and once you know where to check, you can tell them apart in seconds.

Pressure lives high, in the chest, jaw, and shoulders. Intuition lives lower, in the gut, the sternum, the area just below the ribs.

So before any decision, ask one question: where in my body is this answer coming from?

If it is coming from above your collarbone, it is probably pressure dressed up as clarity. Wait. The answer underneath will rise on its own.

That check is short enough to use anywhere, at a desk, in a parked car, in the middle of a conversation you weren't expecting to have.

There is a second kind of misread worth naming. After awakening, many of us learn to turn inward whenever something feels wrong — to look for the wound, the belief, the part of us that still needs healing. That instinct is often right.

But not all discomfort is asking to be healed.

Sometimes it is your knowing telling you that a relationship, a job, or an identity no longer fits who you are becoming.

The trap is asking "What do I need to fix in myself so I can stop feeling this?" when the truer question is "What is this feeling trying to tell me?"

One leads you back to yourself. The other can keep you trying to make a wrong fit work long after a deeper part of you already knows the truth.

During a period of deep meditation later in my awakening, I received one of the clearest insights of my life:

“Check your frequency before asking for a solution.”

Trapped inside urgency, pressure, or fear, it felt like being tuned to AM radio. Everything sounded narrow, distorted, reactive, and limited. The solutions available inside that state usually felt like compromises designed to relieve pressure as quickly as possible.

A small amount of relief and a return to neutral was like shifting onto a completely different frequency. Suddenly the signal became clearer, more spacious, more creative, and more alive. Possibilities appeared that literally were not visible to me when I was

trapped inside the emotional intensity of the problem. Those possibilities were always there. The shift in frequency simply made them receivable.

What mattered most was not positive thinking.

It was alignment.

That is inner authority awakening inside the body.

### **The Voice That Sounds Like You**

One of the biggest misconceptions I had about intuition was that I thought it would sound different from me. I thought guidance would arrive with a different more confident voice or at the very least some unmistakable feeling that this was not my own mind talking.

What I have discovered after thousands of hypnosis sessions and countless conversations with clients is that our higher self is often so familiar that we overlook it completely.

One day, I was driving through a neighborhood where it seemed like there was a stop sign at the end of every block. I was crawling along at what felt like four miles per hour. Stop. Drive twenty feet. Stop again. Repeat. I had my window rolled down, my elbow hanging out, and I was deep in my own private space.

Then, completely out of nowhere, I heard a thought.

Fasten your seat belt.

I actually tilted my head and said it out loud.

“Fasten my seat belt? Why would I do that?”

I was barely moving. I was less than a mile from where I was going. It made absolutely no sense.

The thought had arrived so clearly that it caught my attention, but it didn’t come with an explanation. It was just there.

About thirty seconds later, red and blue lights appeared behind me.

I stopped the car, completely confused.

The officer walked up and informed me that they were conducting a seat belt enforcement campaign in the neighborhood and were pulling people over who weren’t wearing one.

I remember sitting there in disbelief. I had gone from four miles per hour to zero in half a second, and somehow I had been warned moments before.

What fascinated me most was not that I received guidance. It was how ordinary it sounded. It wasn't mystical or dramatic, and it didn't sound like a spirit guide. It sounded exactly like my own mind.

What if the voice you have been waiting to hear has been speaking to you your entire life?

The challenge is rarely hearing it but recognizing it.

One thing I eventually noticed was that the guidance I came to trust felt very different from the voice of fear. Fear always seemed to need an answer immediately. It told me I was behind, making a mistake, disappointing someone, or about to ruin everything. It felt tight, urgent, and insistent. Guidance felt different. It didn't argue its case. It didn't pressure me. It simply appeared as a quiet nudge to call someone, bring an umbrella, leave a little earlier, read a certain book, or pay attention to something I might otherwise have overlooked.

Over time, I realized I had been looking for certainty when what I was actually receiving was clarity. Fear creates pressure. Inner knowing creates space. One narrows what becomes visible. The other expands it.

Eventually, I stopped worrying so much about where the thought came from and started paying attention to the station it arrived on.

That is where self-trust begins. The more you trust it, the less you need to force, grip, and figure everything out on your own.

I thought intuition would arrive with certainty. Instead, it arrived with a whisper and no supporting documentation.

### **Drop the How and Allow**

One of the most common things I hear from clients is, "I know I need to surrender... but I don't actually know how."

Every time they say it, I recognize the look immediately. It is the look of someone who has been carrying the weight of their own transformation for far too long. They have tried to think their way through it, heal their way through it, understand their way through it, and control their way through it. They have consumed every book, podcast and method, hoping the next insight would finally bring relief.

Then they ask the question that sits underneath it all:

“But how do I surrender?”

I look them right in the eyes and say, “Do you realize you’re asking me what do I need to DO to BE?”

That is the trap.

Surrender gets approached with the exact same energy that created the exhaustion in the first place. The analytical mind only knows how to work with effort. It is extraordinarily good at effort. It has no model for receptivity. Surrender does not happen through force. It usually arrives first as relief.

Every time you hear yourself obsessively asking how, the analytical mind is trying to control the outcome from a very limited perspective. The mind wants guarantees. It wants a sequence. It wants certainty before it relaxes enough to move. Yet the mind can only perceive from its current level of awareness, conditioning, and evidence. It cannot always perceive the full field of possibilities already trying to organize around you.

That is why awakening asks something very different of you. Loosen your grip on the steering wheel long enough for something deeper to participate. Drop the how and just allow.

Imagine the feeling of pushing the seat back in your car and just saying, "I give up!"

Feel the relief in that.

Stop trying to solve your entire life, mentally rehearsing or holding the universe together by yourself. Just sit there and breathe. Let yourself stop.

Let yourself feel the relief of no longer trying to control everything for a moment. That space matters more than you might realize. When you stop constantly forcing, managing, monitoring, fixing, overthinking, and gripping life so tightly, something inside you finally has room to breathe again.

The real pivot point is when your system softens enough to allow support to enter. That softening is the most sophisticated thing you know how to do.

Awakening eventually teaches you that your inner being, intuition, higher self, Universe, or whatever language you want to use for it, cannot be fully let in through constant pressure. Soften and it arrives. Force it and it goes quiet.

Sometimes the most powerful thing you can do is stop trying so hard to save yourself for a moment and simply allow yourself to be held by life again.

**The Body Listening Practice**

The next time your body feels emotionally charged, overstimulated, activated, or unusually sensitive, pause before instantly deciding what it means.

Instead, ask yourself:

“What am I actually feeling underneath the activation right now — not what I think it means, just what it is?”

Sometimes it looks like crying unexpectedly in the grocery store because you finally feel safe enough to release emotions you have carried for years. Other times it looks like laughing harder than you have in a very long time because life no longer feels like something you are constantly trying to survive.

Years ago, I would have judged myself heavily for moments like this. Now I see them differently. I see them as signs that my nervous system is finally softening enough to let me fully participate in my own life again.

The moment you notice you are performing is awareness returning. That noticing is the whole practice working.

Sometimes all it takes is smiling internally for a moment and relaxing back into your own body again. No shame. No spiral. Just a quiet return.

Awakening is about becoming honest enough to notice when you have left yourself, and compassionate enough to come back.

You are learning to trust the signal. The next chapter shows you one of the places that trust is most likely to get hijacked.

## **Chapter 5**

### **The High Vibe Trap**

Why “Raise Your Vibration” Keeps You Stuck

“We cannot change anything until we accept it.” — C.G. Jung.”

One of the strangest parts of awakening is realizing that the same survival patterns you once carried can quietly follow you into spirituality too. The nervous system rarely abandons its familiar strategies right away. It redirects them, intelligently, into new environments and new identities.

Only now they operate under a different name.

Instead of trying to become successful enough, attractive enough, or productive enough, you begin trying to become healed enough, conscious enough, peaceful enough, high-vibe enough, or spiritually correct. Without realizing it, the Protective Self often rebuilds itself inside spirituality through perfectionism, people pleasing, self-monitoring, and pressure disguised as growth.

At first, this feels empowering. Awakening genuinely does open the door to deeper awareness, healing, and transformation. You begin seeing patterns you never noticed before. The turn happens gradually, so gradually that you don't notice it until the exhaustion becomes impossible to ignore. Healing begins as genuine expansion, until it quietly turns into another identity to perform.

You start constantly analyzing yourself, monitoring your emotional state, trying to stay aligned, trying to think positive enough, trying to heal fast enough, and trying to become the future healed version of yourself as quickly as possible. Healing quietly becomes another form of self-rejection. You become trapped in constant interference while calling it growth.

I thought awakening would help me stop overthinking.

Instead, I started overthinking awakening.

Before awakening, you may have said things like, 'My parents made me this way.' 'My spouse made me do it.' 'My boss is the reason I'm miserable.'

After awakening, the language often becomes more sophisticated, but the pattern can remain surprisingly similar.

'My trauma made me this way.'

'My nervous system won't let me.'

'My conditioning is blocking me.'

'My shadow is running the show.'

'My inner child needs healing first.'  
'My Human Design says I'm not built for that.'  
'My Gene Keys explain why I struggle with this.'

The words change, but the pattern can remain the same.

None of these things are irrelevant. They can offer valuable insight, context, and understanding. The problem begins when understanding quietly becomes an excuse to stop choosing. At some point, every framework, diagnosis, story, wound, or explanation must answer the same question: 'Now that you know, what will you do with it?'

Please don't misunderstand me. Trauma is real. Conditioning is real. Your nervous system matters. Human Design and Gene Keys can offer extraordinary insight. The problem begins when awareness becomes identity and understanding becomes another reason you cannot move forward.

No wonder this feels exhausting. You may have stopped performing for the world, only to start performing for your awakening.

Awakening was never asking you to become less emotional. It was asking you to become less at war with your emotions.

I understand this deeply. I spent years unconsciously doing it myself.

In my own awakening, I became intensely focused on healing, growth, expansion, consciousness, life purpose, and connecting with my higher self. I immersed myself in spiritual teachings, meditations, energy work, self-development, emotional processing, and every tool I could find that promised transformation. From the outside, it looked incredibly intentional and self-aware.

Internally, part of me was still organizing around the same pressure that had always existed underneath my seeking and my never ending research patterns. Survival energy had simply taken up residence in new territory.

I had a client who was suffering in silence because she believed when you arrive spiritually grounded you become someone who no longer struggled, no longer reacted emotionally, no longer felt fear, insecurity, sadness, frustration, or uncertainty. She had quietly created another impossible standard for herself to live up to, without ever naming it as such.

For years, she thought awakening meant rising above her humanity somehow. Becoming more healed. More evolved. More spiritually "together." But every deeper layer of this journey kept bringing her back to something far more honest.

Life was asking her to become more present within her humanity — and that still needed tenderness, rest, laughter, truth, or change.

This is one of the hidden traps inside modern spirituality.

It is not uncommon to begin treating ordinary human emotions as evidence of failing spiritually. The moment sadness appears, you try to fix it. The moment anger surfaces, you judge yourself for being low vibe. The moment fear arises, you immediately search for the mindset shift or affirmation that will make the discomfort disappear as quickly as possible. Underneath all of it is often the same unconscious belief:

“If I heal enough, maybe I will finally feel safe being myself.”

At some point during awakening, you can become unintentionally afraid of your own humanity, believing every difficult emotion means you are out of alignment, confusing emotional suppression with spiritual mastery as calmness becomes another identity to maintain. The intention underneath this is usually genuine: you want to grow, you want to be free, you want to stop suffering.

Awareness alone can become exhausting if it is constantly filtered through judgment. You start watching yourself too closely. Correcting yourself. Managing yourself. Trying to spiritually outperform your own humanity instead of actually living.

Real integration feels different. Softer. More alive.

The goal was never perfection. The goal was to clear enough of the noise, conditioning, fear, shame, survival patterns, and old identities so your real self could finally breathe underneath it all.

Your system surfaces unfinished emotional material in order to integrate it, not to punish you for having it.

This is where you can accidentally leave yourself behind again, only this time in the name of growth. Instead of listening to what you feel, you rush to change it. You affirm over it, meditate, analyze, override, suppress, and judge it. Emotions integrate when they are safely felt without shame, simply met, without needing to be fixed or transcended.

There is a subtle form of self-abandonment that hides behind language that sounds conscious or evolved. You tell yourself you are staying positive, protecting your energy, or keeping your vibration elevated, while underneath, you are exhausted from constantly trying to regulate, suppress, or override what you genuinely feel.

Consider how much energy goes toward trying to become emotionally acceptable to yourself.

## **Burdens**

One of the most transformative realizations of my awakening happened during a deeply emotional plant medicine experience where I suddenly saw how exhausting it had become to constantly monitor myself internally. I could feel how much energy had gone toward trying to become better, higher, healed, or aligned instead of simply allowing myself to exist honestly.

It felt like I had spent years trying to spiritually earn my own worthiness.

During an ayahuasca journey, the medicine showed me something I never would have seen through logic alone. The issue was not that I cared too deeply. The issue was that I had unconsciously built my identity around being perceived as a good person.

When your identity becomes tied to being good, capable, loving, or emotionally strong, you can slowly lose connection with your own internal limits without even realizing it. You begin measuring your worth through endurance, through how much you can hold, through how available you remain while quietly overriding your own needs, exhaustion, discomfort, or truth.

It looks like love from the outside. From the inside, it is self-erasure wearing love's face.

The medicine showed me something even deeper. Every time I stepped over myself this way, it created an energetic burden inside my body. I could literally see them during the journey, burdens accumulated over years of self-abandonment, emotional accommodation, over-responsibility, and survival conditioning. Many of them had arrived through inheritance — family conditioning, emotional expectations, patterns I accepted before I was old enough to consciously choose otherwise.

My body had carried all of it faithfully.

Until it couldn't anymore.

One client shared that she had spent most of her life trying to become the best version of herself. She journaled constantly, tracked every emotional trigger, consumed endless spiritual content, attended retreats, and analyzed herself relentlessly. From the outside, she appeared incredibly dedicated to growth.

Inside, she was exhausted. At one point she admitted something that surprised even her:

“I don't know if I actually know how to relax or what it looks like to be myself anymore.”

That sentence captured something I had witnessed repeatedly in awakening spaces. You may have spent years learning how to improve yourself. Learning how to simply be with

yourself is a different skill entirely. When growth becomes a constant focus, presence can begin to feel unfamiliar, almost suspicious, as though stillness must mean you are falling behind.

Healing becomes transformative the moment you discover, often for the first time, that worthiness was never something to earn. Embodiment begins in becoming emotionally real. Your humanity stops feeling like something to transcend and becomes the very thing you finally get to inhabit.

### **What Your Higher Self Actually Says**

After two decades and thousands of sessions guiding clients into communion with their higher self, I can tell you with full confidence what the number one message is. It will probably surprise you.

The number one message, said in slightly different language by every higher self I have ever witnessed, is this, Spiritual Gangsta': there are no supposed-to's.

Only themes. Only your own particular flavor of aliveness that no one else on this planet is broadcasting. Your preferences, your desires, your authentic self, already inside you, waiting to be discovered and trusted.

What I hear constantly underneath people's stories is the same quiet exhaustion. Perhaps you recognize it in yourself. Many of us learned early in life that being a good person meant carrying the emotional weight of everyone around us. We learned to equate worthiness with helping, soothing, fixing, rescuing, or sacrificing ourselves for others.

The truth is, you may genuinely be here to uplift humanity. You may be here to bring compassion, healing, comfort, wisdom, love, and light into this world. Yet the higher self continues bringing forward the same correction over and over again: your gift was never meant to come at the expense of yourself.

If you're exhausted from carrying everyone else's emotional weight, you may have mistaken self-abandonment for service. From the outside it can look like compassion, dedication, strength, and generosity. From the inside it often feels like responsibility without end. Underneath it is usually a pattern learned long ago that associates worthiness with carrying emotional weight for others. Yet over and over again, the higher self guides out of this pattern because the suffering inside the helping was never the requirement. The most powerful service you can offer the world comes from an embodied, connected, fully alive version of you.

If you're an empath, you may have spent years believing that helping meant climbing into the ditch with everyone who was hurting.

The intention is beautiful, and the cost stays invisible until the helper becomes a wounded healer. People are saved by your illumination, your embodiment, your unapologetic presence, by a frequency so coherent and grounded that it raises the room simply by being in it. Others feel it. They want some of what you are having. That is the actual service.

The vibration you carry is the medicine.

The soul benefits from every experience you have, including the hard ones. The seasons that were difficult earned you something. We came here to experience contrast, to taste what we love and what we find less nourishing, so that our preferences and our uniqueness can clarify themselves. Hard times carry enormous learning. How can you know light without having felt the dark? They are part of the curriculum the soul genuinely grows from. Once the lesson is metabolized, though, you are free to order something different.

That is the lesson the higher self brings forward over and over again.

From your very first breath, before you ever helped anyone with anything, you had full permission to enjoy your life. Your worthiness is already established. The pain you carry for others is yours to put down.

Almost always, what your higher self points you toward is something more playful than you expect. Lighter, more buoyant, more alive. Something the client had been postponing because it seemed too simple, too joyful, too selfish. The higher self consistently points toward exactly what the inner critic kept dismissing.

I remember a client sitting straight up in disbelief from a lying down position, eyes closed, after just listening to her higher self. I asked what was happening. She told me her higher self had told her to go have fun. She looked almost offended. "I've never had fun in my entire life. Are you kidding me? I'm supposed to have fun?" The realization bolted her upright, all that seriousness and suffering had made her feel valuable and worthy. She was being guided to bring her energy back to herself, find relief, and feel uplifted.

Lighten up. Literally. Add more light, more buoyancy to your day. Focus on your own energy. Find relief and peace. Make yourself the first priority. The rest will reorganize from there. That's how you uplift the world.

That is not a soft message. It is the most direct guidance available, and it cuts against almost everything the Protective Self learned about how to earn worthiness in this world. After thousands of sessions, I can promise you: this is the assignment.

If you are not currently in that more playful, alive frequency, the higher self never says force yourself there.

Find relief first. Find your way back to neutral. Drop out of the static.

From neutral, the sync winks become visible. The golden breadcrumbs appear. The downloads arrive, usually quietly, often while you are doing something ordinary like driving, making tea, or staring at a tree you had somehow never noticed before. The intelligence is always broadcasting. Contraction is what interrupts the signal.

### **Caring Is Not Carrying**

Nowhere is the wounded healer pattern harder to hold than in real caregiving. One of the women in one of my masterclasses asked a question about this.

She was caring for her aging mother and was the only one available to do it. There were no siblings stepping in or relatives offering support. No obvious solution. She felt completely trapped by the circumstances and wanted to know what she should do. She was asking me how to find herself inside a situation that felt impossible.

Maybe your circumstances look similar or different. You may be carrying a weight of your own. You may be caring for an aging parent or supporting a struggling child. You may be navigating illness, grief, financial stress, divorce, or responsibilities you never would have chosen.

If that's you, I want to be very clear about something. This book is not asking you to pretend your circumstances don't matter. It is not asking you to smile through suffering or deny what is real.

Some situations are genuinely difficult. Some seasons of life are heavy. Some responsibilities are real, and they don't disappear the instant you find neutral.

The question is not whether your circumstances are challenging. It's who you are being inside those circumstances.

When we operate from pressure, panic, guilt, obligation, resentment, or the belief that we are trapped, our world becomes smaller. We lose access to creativity, possibility and intuition. We begin looking at life through a very narrow lens.

You know this one by now.

When we move toward relief and neutrality, something shifts. The circumstance may not change, at least not right away. But our relationship to it does. We begin hearing a different signal. We become capable of seeing things that were invisible from the contracted frequency. Sometimes a next step appears that we simply could not access

while operating from pressure. Just release your expectation of when the sync winks will appear.

Neutrality is not surrendering to life.

Neutrality is becoming available to life.

I have learned that some of the greatest suffering comes from believing we are responsible for carrying outcomes that were never ours to carry. We care deeply about someone, so we begin carrying their future, their healing, their choices, and their pain.

Yet caring and carrying are not the same thing.

You can love someone without losing yourself in the process. You can support someone without making their journey your responsibility. Sometimes the most loving thing you can do is trust that their path belongs to them.

There have been seasons in my own life when I couldn't see a solution either. In retrospect, I can see that fear had narrowed my perspective. The answer didn't arrive because I forced it. It arrived when I finally loosened my grip enough to receive it.

Usually it wasn't a complete plan. It was a single insight, a conversation, an opportunity, or a next step.

That was enough.

This is why this book is not about having all the answers. It is about learning to trust yourself enough to take the next step before you can see the entire path.

What I do know is if you're anything like that woman, the pressure you carry is making the burden even heavier.

She believed she needed an answer immediately.

She believed she needed to figure out the rest of her life.

She believed she was trapped and needed certainty before she could exhale.

You do not have to solve your entire future today. You only have to meet today. You do not have to know how this ends. You only have to take the next honest step.

The goal is not to become neutral so that the universe rewards you with a solution.

Sometimes a solution appears. Sometimes it doesn't. Sometimes the circumstance changes. Sometimes it doesn't.

The real gift of neutrality is that it returns you to yourself.

Whether you are caring for a parent, navigating grief, struggling financially, or carrying a burden you never would have chosen, you still deserve access to your own peace.

Not after the problem is solved. Now.

You deserve moments of relief, presence, appreciation, and even joy.

The circumstances may still be difficult. The burden may still be heavy. Yet you no longer have to carry the weight of fighting reality on top of carrying the circumstance itself.

Over time, you begin to realize that much of your exhaustion was never coming from the circumstance alone. It was coming from the struggle against what was already here. As that struggle softens, you become more available to the present moment, more available to yourself, and more available to life.

This is where suffering begins to soften. Peace stops being something you are waiting for and becomes something you can access now. Not because life suddenly changed, but because you did.

### **Mirror, Mirror**

This is the mechanism underneath what just happened. Neutrality returns you to yourself because of something the AM/FM metaphor reveals that almost nobody talks about.

Your station determines what you can perceive, not just how you feel.

When you are tuned to AM, you cannot fully see what FM is broadcasting. The signal is real, but you cannot receive it from where you are.

The same room, the same conversation, the same circumstance will look completely different depending on the frequency you are perceiving it from.

This is why two people can stand in the exact same situation and have entirely different experiences of it. One feels held by life. The other feels under attack. Both are accurate. Both are real.

They are just tuned into different bandwidths of the same moment.

Once you understand this, two things shift.

The first is that you stop arguing with your own perception when you know you are in AM.

You stop saying everything is falling apart and start saying: I am perceiving from a contracted frequency right now. What looks impossible from here may look completely different from a neutral or an even higher station.

That is inner authority in action, you recognizing the state you are in without being consumed by it.

The second is bigger.

You stop trying to convince other people their station is wrong or dragging the friend who is in AM up to FM. You stop arguing with the family member who cannot yet see what you see.

You let everyone have their journey on their own radio station.

They literally cannot perceive what you are describing from where they are tuned.

It is bandwidth, not stubbornness.

One of the greatest lessons I ever learned about neutrality came during my final week in the Air Force.

I was preparing to leave the military and move into the next chapter of my life. As was customary, there was a going away ceremony. Friends, coworkers, commanders, and fellow officers gathered together to celebrate the transition. What many people didn't know was that my direct supervisor and I had a difficult relationship from the moment he arrived.

He was a British officer who held very strong opinions about women serving as officers. Before he even arrived at our unit, he had already expressed those opinions to others. I happened to be the only female officer working directly under his command, and over time I became the target of much of that bias.

The strange part was that none of it really made sense. I had been promoted to Captain. I had earned one of the highest grade point averages in my program and graduated with a Master's Degree in Aeronautical Science in record time. My performance evaluations were excellent. I worked hard, cared deeply about people, and genuinely enjoyed connecting with everyone around me, whether they wore officer bars or enlisted stripes.

Yet no amount of achievement was ever going to change the story he had already decided to tell himself about me.

On the day of my ceremony, he chose to serve as the master of ceremonies. Standing at the podium with the microphone in his hand, he began introducing me. What followed was one of the strangest moments of my military career. Instead of sharing stories about my service or accomplishments, he publicly criticized me. One comment after another. It felt as though he was describing a completely different person than the one everyone in the room knew.

The room grew uncomfortable. People shifted in their seats. Some stared at the floor. Others looked at each other with expressions that said, Is this really happening?

When he finally finished, he handed me the microphone.

Everyone was waiting to see what I would do. Would I defend myself? Would I correct him? Would I explain why he was wrong? Would I fight back?

For a brief moment, I looked out across the audience.

I said, "I want to share with you some advice my Dad gave me."

You could have heard a pin drop. You could feel the pause in the air.

I went on to say, "My dad told me when you join the military, make sure you take advantage of everything they offer. Get an education. Take those military flights overseas for ten dollars..."

I never even finished the sentence.

The entire room erupted in laughter because I ignored him completely.

Just like that, the energy shifted. What had been painfully tense became light. What had been uncomfortable became warm. What had felt heavy suddenly dissolved.

Years later, I realized what actually happened in that room. The lesson had nothing to do with him. It had everything to do with me. I wasn't responsible for changing his opinion. I wasn't responsible for correcting his story. I wasn't responsible for defending my worth. I already knew who I was.

The moment I understood that, there was nothing left to fight.

One of the most powerful things you can learn is that not every invitation deserves a response. Sometimes people invite you into an argument. Sometimes they invite you into defensiveness. Sometimes they invite you into proving, explaining, justifying, or convincing. The invitation can come from a stranger, a family member, a friend, a boss, or even someone you love. The moment you accept the invitation, you step into their reality. You begin operating inside their frequency instead of your own.

That day, standing in front of that audience, I unknowingly declined the invitation. I stayed where I was, connected to myself and to what was true. I stayed neutral and because I stayed there, the entire room shifted with me.

The moment you know who you are, there is nothing left to defend.

### **The Healing in Ordinary Aliveness**

Once you stop fighting other people's stories, you have energy left for your own — and your own emotions turn out to be carrying something. Beneath almost every emotional reaction is information. Grief reveals attachment. Anger reveals the place you stopped honoring yourself. Anxiety reveals pressure you can no longer sustain. Sadness asks to be witnessed. Every emotion is a message, specific, purposeful, and already pointing toward something true.

Your emotions are part of the conversation your deeper self has been trying to have with you all along. They are the conversation.

Awakening asks you to remain present with yourself while emotions move through you, without collapsing into reaction, without suppression, without the constant self-judgment that turns feeling into a performance review. Being tuned in is that steadiness and capacity to be moved without being swept away.

This is why play, ordinary life, laughter, creativity, rest, relationships, nature, movement, and simple human experiences matter so much more than you may realize during awakening. Playfulness interrupts survival energy. Joy softens hypervigilance. Ordinary aliveness, the kind that does not need to be justified, analyzed, or turned into a lesson, is often where the deepest integration quietly happens.

Some of the deepest healing in my own life happened when I stopped obsessively trying to ascend and started reconnecting to ordinary aliveness again. Riding my bike. Laughing with friends. Watching movies without analyzing everything spiritually. Sitting outside at sunset. Allowing play without needing to turn it into a lesson.

Think of a child who stubs a toe. There are big tears, real ones, immediate and total. Then a parent appears and mentions cookies in the kitchen. Those tears dry up mid-cry. A smile arrives. The child is already moving toward the kitchen.

The emotion was fully felt. Nothing was suppressed. Nothing was analyzed. No meaning was extracted, no pattern identified, no lesson journaled about. The feeling ran its course and the child moved on, completely present to whatever came next.

This is what ordinary aliveness looks like from the inside. The full experience of being human, stubbed toes and all, without demanding that each feeling explain itself. Just presence and contact. Just you, actually here.

## **The Emotional Integration Practice**

The next time you feel emotionally activated, uncomfortable, reactive, ashamed, or tempted to fix yourself spiritually, notice the reach first.

Notice the hand already moving toward the affirmation, the reframe, the breathwork, the "everything happens for a reason" — the spiritual move that would make this feeling acceptable faster.

That reach is the performance.

Before you let it fix you, pause before trying to change the experience.

Instead, ask yourself:

"Am I feeling this, or am I trying to heal it?"

That single question catches the trap this whole chapter is about. In Chapter 4 you learned to ask where a signal is coming from in your body. This one catches the moment you turn a feeling into a project. The fix is the performance. The feeling, simply felt, is the integration.

Notice what changes when you stop labeling emotions as good or bad. See what happens when you stop trying to become emotionally acceptable for a moment and simply allow yourself to tell the truth internally. Awareness without self-judgment often creates more integration than forcing emotional change ever will.

Sometimes relief begins to appear when you stop trying to spiritually manage yourself. Relief often signals that you are coming back into alignment with yourself, that the real you is making contact with the present moment.

As you sit with the experience, you may discover places where healing has quietly become another performance. You may notice areas where growth still feels driven by fear, urgency, or self-rejection instead of curiosity, compassion, and presence.

Then ask yourself something gentler:

"What if nothing is wrong with me in this moment?"

Transformation unfolds very differently when it is fueled by curiosity and presence rather than the fear of not being enough. Growth still matters. The energy underneath it is what changes.

That question, held honestly for even a few seconds, often produces a small but unmistakable sensation: a softening somewhere, a breath that comes easier, a feeling of

relief. It is the experience of recognizing, even briefly, that it is safe to stop performing. The signal this practice is looking for is simple: a moment of honest contact with yourself that feels quiet, ordinary, and real.

I want to show you what this practice looks like when it reaches someone who has built their entire identity around the pattern this chapter describes.

A client came to me who had built her entire sense of worth around what she could do for others. She was genuinely gifted at it, her capacity to help, uplift, and hold space for people was real and considerable. She wore it with pride. When I asked her if she was a rescuer, she gave me a sheepish grin. There was some self-awareness there already. But underneath the grin was the truth she hadn't fully named yet: a significant portion of what made her feel valuable was her ability to save people.

She hadn't chosen this consciously. It had simply become who she was, so early and so completely that it felt like personality rather than programming. Survival programs like this often form by the age of seven. She was a fully functioning adult in the world, navigating relationships, work, and purpose, all while running on an invisible instruction that said: your worth lives in what you can do for others.

For a long time, her large capacity made it sustainable. She could hold a lot. She could keep giving. The people around her noticed and slowly began expecting it. Over time, what started as genuine care quietly became a role she felt responsible for performing. Nobody directly asked her to save them. She simply showed up that way so consistently that people naturally learned to lean on her light.

Most of them didn't change much over the years. Their journeys were simply their own. The wounded healer, seeing people as problems to fix or rescue, often interferes with exactly that. You cannot walk someone else's journey for them. You can only illuminate the path.

She found herself becoming more and more disenchanted, not with any one person, but with something harder to name. She had a large capacity to help. She knew that. But the helping was no longer giving her any life force back. It was only taking.

When we talked about the wounded healer pattern, about how it looks like service from the outside but functions like self-abandonment from the inside, something landed. She hadn't realized she was running on a program. She thought the exhaustion was the cost of caring deeply — proof of her dedication.

What finally broke the pattern was not another insight. It was her body. It took a level of exhaustion so deep and unavoidable that she eventually stopped because there was simply nothing left to rescue with.

Inside that forced stillness, she finally did what the emotional integration practice asks. She stopped performing. She stopped reaching for the spiritual fix. She allowed herself to feel what was actually underneath the exhaustion: the fear that without her usefulness, she might not matter.

She sat with that honestly. She did not immediately try to heal it, transcend it, or turn it into wisdom. She simply allowed it to be true for a moment.

That was when relief appeared.

Relief appeared because she had finally stopped leaving herself behind in order to avoid feeling it. Something she hadn't felt in years began returning. Presence. Her own presence, directed inward for the first time in as long as she could remember, simply here, in her own body, her own life, her own quiet. She stopped needing their transformation to validate her existence. She let them have their journey.

She had always been enough. The program had simply never let her feel it.

Every healer learns how to help others. The harder lesson is how to stop disappearing while doing it.

Sometimes healing begins the moment you stop trying to become someone else and recognize that who you already are, right now, exactly as you are, is who you came here to be.

# Part Four

## Embody

### Chapter 6

#### Designing a Life You No Longer Need to Escape

The Dream Life Isn't Built by Trying Harder

*“Follow your bliss and the universe will open doors for you where  
there were only walls.” — Joseph Campbell*

There is a story you are living inside of without ever fully questioning it. It quietly shapes the way you move through nearly every area of life.

It is the idea that life moves in a straight line. You begin where you are, work hard, stay disciplined, push through discomfort, and eventually arrive somewhere better, somewhere life finally feels the way you have been hoping it will feel all along.

At first, this belief sounds logical, even comforting. Awakening has a way of disrupting that entire framework. At some point you begin realizing that many of the things you spent years chasing were never actually designed to bring you home to yourself.

You spend years unconsciously organizing your life around that future moment that promises relief. You will feel better when you achieve the goal, build the business, heal the wound, find the relationship, make the money, discover your purpose, or finally become the version of yourself you believe you are supposed to be.

Over time, your peace gets placed somewhere out ahead of you. Gradually, you stop relating to life as something you are living and begin relating to it as something you are trying to finally arrive at. This pattern made sense once. It was how you learned to create forward motion. The invitation now is to notice it and ask whether it still serves the version of you that has already arrived further than the old map imagined.

You feel this constantly. Your body does not respond to imagined future outcomes. It responds to the emotional environment you are living inside of right now. When your attention is constantly focused on what is missing, your body interprets that as pressure, not as expansion or inspiration. Pressure.

This is why you may feel exhausted even while accomplishing impressive things. Your movement through life is often being fueled by an underlying belief that you are still not quite safe, complete, or there yet.

When discomfort becomes the engine behind your decisions, urgency quietly enters everything. Your goals begin carrying emotional weight. Timelines start feeling

personal. Your worth becomes entangled with outcomes. Even growth itself can become another form of self-rejection when the deeper energy underneath it is secretly saying:

“I’ll finally be okay once I get there.”

For much of my life, I unconsciously lived inside this same pressure pattern. Even after accomplishing things I once believed would finally create fulfillment, there was still an undercurrent inside me quietly whispering: not yet. Keep going. You still haven’t arrived.

I did not fully realize how deeply I had internalized this until awakening began revealing the ceiling of what the adrenaline-driven approach could build. The old relationship with force, pressure, proving, and pushing forward no longer felt sustainable. Part of me still wanted certainty and control, but another part was beginning to understand that constantly organizing life around future relief was disconnecting me from my actual life in the present.

Only later did I understand that I wasn’t actually trying to redesign my life. I was trying to stop abandoning it.

I thought learning to surrender would feel peaceful.

Instead, I spent months trying to let go correctly.

This was one of the places where Frequency First became more than an idea. I could feel how different life became when my internal state was no longer dominated by urgency.

I began noticing how much of my energy had been trapped in reaction rather than conscious creation. My attention constantly moved toward whatever felt most urgent, emotionally charged, unresolved, or uncomfortable. One of the strangest discoveries of awakening was realizing how much of my life had been organized around problems I was trying to solve rather than experiences I wanted to create.

Reaction keeps you tethered to the current version of your life. Creation asks something different. It asks you to move toward what’s quietly emerging before the proof arrives.

This is often where identity reconstruction quietly begins. It happens through repeatedly choosing what feels more true than what simply feels familiar. The life you begin building after awakening is often less about image and more about living in alignment with yourself.

The work you have been doing throughout this book, learning to hear your inner signal, trust your own knowing, and loosen the grip of old survival patterns, is the beginning of what I call the Extra-Ordinary™ Self. It’s a deeper expression of who you already are.

The next book explores what becomes possible when you begin building your life from that place. For now, the most important thing to remember is this: your life responds far more to alignment than force. The vision is real. The signal is already there. You are simply learning to tune into it.

You are not waiting to feel one hundred percent certain before allowing yourself to move forward. Clarity does not always arrive all at once. More often, it deepens through movement itself. One honest step reveals the next, and then the next. The clarity you are waiting for is often on the other side of the step you are hesitating to take.

This is one of the reasons awakening often disrupts old productivity patterns. At first it can feel disorienting. You no longer want to build life entirely through force. The old adrenaline-driven operating system begins collapsing, and you may mistakenly interpret this as failure, laziness, stagnation, or losing ambition.

Slowing down isn't stagnation — there's power in the pause and confusion is often just your inner world reorganizing faster than your outer life can track. Sometimes your inner world is reorganizing itself faster than your external life can keep up with. The pause is the intelligence. Not a gap in the process. Part of the process.

The pause often allows something deeper to emerge that constant motion was drowning out. Presence restores access to your inner signal. You finally have enough space to stop reacting and start listening.

The deeper intelligence guiding awakening rarely hands you the full blueprint all at once. Instead, it tends to reveal life in sequences: a conversation, a realization, a subtle inner pull, a moment of resonance that seems small but quietly changes your direction.

The mind often resists this. It wants guarantees before movement. It wants the entire map before taking the next step. This is where the Sacred In-Between can feel so uncomfortable. You are being asked to move before the whole picture becomes visible.

Life rarely unfolds all at once. More often, it unfolds through relationship, response, and discovery. This is what inspired action actually feels like — following what lights up directly in front of you rather than waiting until every variable is known and every outcome feels certain.

When inspired action arrives, there is usually less panic and less urgency than the mind expects. It often feels surprisingly quiet. It emerges from curiosity, interest, and resonance, which is why it can feel simple before the mind understands its significance.

Inspired action also tends to create less internal residue. You do not feel as though you are fighting yourself every step of the way. There may still be uncertainty, but there is less resistance, less forcing, and less self-betrayal inside the movement.

## **Purpose Is Often Quieter Than You Expect**

I remember one particular session during my first year as a Quantum Healing Hypnosis Practitioner, a woman who had been diagnosed with Stage 4 cancer. At the time, I was still early in this newer chapter of my own life, learning how to trust what was unfolding through me instead of constantly needing to understand it first.

She told me she came to me to reconnect with herself fully before making important decisions about her care. Not just mentally, but emotionally, spiritually, intuitively. She wanted access to the deeper part of herself that already knew what mattered most.

After our session, she looked at me and said something that has stayed with me ever since.

“You know how you meet some people and you just know they arrived on the planet to do this? That’s how I feel about you.”

What struck me most was that it did not feel like flattery. It felt like recognition. Something inside me became completely still when she said it, not inflated or important. Just still.

For the first time, I stopped trying to force myself into an idea of purpose that looked impressive from the outside and began understanding that purpose may have far more to do with the quality of presence we bring into the world than the roles we perform within it. Purpose began to feel like play, like flow, less like a destination and more like a frequency of being that other people could feel before I could fully explain it.

Purpose is not always loud.

Often, it feels more like finally relaxing into yourself.

## **The Dream That Caught Up to Real Life**

There were periods during my awakening where I wanted confirmation that what I was sensing was real, that the unraveling was leading somewhere worth trusting. I wanted timelines. I wanted proof that the new way of moving was actually working.

Then something happened that shifted my relationship with life permanently.

A few months before a trip to Europe, I had a dream that felt unusually vivid. In the dream, I was flying first class to Europe with my mother and sister, and by the time I landed, I had already earned more money than the trip itself had cost me. What stayed with me most was not the luxury of the dream. It was the vivid and buoyant feeling. There was no forcing, overworking, or trying-to-control-everything energy at all, only a

deep sense that life was supporting me in ways my logical mind did not fully understand yet.

I enjoyed it and moved on. Months later, real life quietly mirrored the dream almost exactly.

I found myself upgraded from basic economy to first class, flying back from Europe with my mother and sister. While I was away, without launching anything, forcing anything, or obsessively trying to make it happen, new clients continued booking sessions through my website. By the end of the trip, more had come in than the entire vacation cost while I had done nothing but allow myself to live.

I remember sitting there in complete awe.

The money wasn't it — something deeper had clicked into place.

Some of the most aligned moments of my life arrive when I stop gripping so tightly and allow myself to actually trust and relax.

From that more neutral place internally, things no longer required the same level of force. What used to feel like work began feeling more like alignment. “Be more, do less” stopped sounding like a spiritual concept and became something I could feel in my body.

Neutrality revealed itself not as the absence of life, but as the center point of power. No longer reacting to everything around me, I became present enough to notice what life was already trying to show me. There was movement without panic, direction without desperation. Clarity stopped feeling like something I had to wrestle into existence. It felt more like becoming available to what had already been quietly waiting underneath the noise.

That dream was never really about travel or money. It was about becoming the version of myself who no longer believed life had to be survived before it could finally be enjoyed. If I had been shown the entire path too early, I would have tried to control it. Awakening was not simply changing my external direction. It was changing my relationship with life itself.

### **When the Confirmation Hasn't Come Yet**

There is a moment this book has been building toward, and it is not a dramatic one. It is quiet and specific, and you may recognize it immediately.

You have done the inner work. You have checked your frequency. You have chosen trust over panic. You have made the aligned decision, said the honest thing, trusted the inner knowing that arrived quietly without drama or external proof.

Then comes the hard part. Nothing has happened yet. The external evidence has not arrived.

This is the moment doubt often returns. Your inner knowing wasn't wrong. The gap between inner alignment and outer confirmation can feel uncomfortable enough that the mind starts searching for other explanations. Maybe you misread the signal. Maybe it was wishful thinking. Maybe you should have been more practical. Maybe the people around you who said it wouldn't work were right.

The Protective Self is very articulate in this moment. It has excellent arguments. It has evidence. It will remind you of every time you trusted something that did not work out. It will make the case for retreating to familiar ground with extraordinary logic and compassion.

When I first stepped into the healing arts and became a brand new QHHT practitioner, I was still learning how differently reality seemed to move once I became more conscious of energy, emotion, and desire. I was deeply connected during that first year of awakening. Almost hyper aware at times. It felt like the veil between worlds had become thinner and life itself was constantly teaching me through ordinary moments.

I had a wealthy and famous client traveling through town who booked a session with me. He took a taxi to my house, and we ended up having one of the longest, most profound sessions I had experienced at that point. It went so deep and lasted so long that by the end of it he was talking about possibly writing a book about the experience.

By the time we finished, it was late into the evening and he was starving. I remember standing in my kitchen, suddenly aware that I barely had any food in the house. I was still rebuilding my life financially during that season and charging less than \$200 a session nearly two decades ago.

Once a month, I would allow myself a small luxury. Earlier that day, I had purchased two prepared dinners to enjoy over the weekend. They were more expensive than I would normally spend and felt like a genuine treat at the time.

I told him, "Honestly, all I really have are these two meals I just bought for myself."

He looked at me and said, "That will work."

Everything inside me hesitated for a second, wondering if he would offer to replace the meal. I drove him back to his hotel. He took the dinner, smiled and walked away without offering a dollar.

I remember driving home feeling angry almost instantly. That quiet kind of resentment where your mind keeps replaying the moment. I had given something that genuinely

mattered to me at the time, and suddenly all I could think was: Seriously? He didn't offer to replace the meal?

Then almost immediately, I felt that familiar correction from my guides.

It was so clear.

"You do not need the replacement to come from him. By choosing him as the only vehicle the money is allowed to come from, you dramatically narrow your ability to receive it."

I could feel the deeper wisdom arriving underneath my irritation. They were showing me that I had unconsciously decided my abundance had to come through this one narrow opportunity.

Then I saw something else.

What I was actually feeling underneath the disappointment was a powerful new desire. The experience had awakened a deeper longing for overflow, support, ease, receiving, and abundance.

The mistake would have been collapsing that desire onto a single person and deciding he had to be the source of it.

The guidance became clear: let the Universe decide how it arrives.

Less than three weeks later, I received a "random" check in the mail for \$1,500. Apparently, I had overpaid my mortgage taxes more than twenty years earlier.

Here is what the Protective Self cannot tell you: the gap between inner alignment and outer confirmation is not evidence against your knowing.

It is the duration of the most important practice this entire book has been preparing you for.

In my sessions, one of the most consistent things I have witnessed is that the human part of us arrives wanting a destination. Almost every client I have ever sat with wants to know where their person is, where they should live, what work they are meant to do, and how to get there as quickly as possible. The pain of not being there yet is real, and the mind believes that arrival is the way out of it.

The higher self never operates that way.

It never says: meet Tom at two pm on Smith and Broadway on Tuesday. He will help you get the job that is waiting for you in Boulder, Colorado, starting in June.

Just imagine for a moment that it did. We think that is what we want.

But if the higher self handed us the full map, the precise coordinates, the exact sequence of events already arranged, we would not actually be living our lives at all. We would be the avatar. The higher self would be the joystick.

There would be no contribution, no learning, no discovery, no becoming. We would simply go wherever we were pointed, which is not why we are here.

The human part of us wants the destination because we believe that is the way out of pain.

The higher self knows better.

What it does instead is give you a glimpse. A feeling of what that experience will be like. Enough to orient you and ignite genuine desire. Enough to confirm you are moving in a real direction and then it lights up the first breadcrumb.

Just the first one.

It wants you to find a friend before you arrive at the destination, because that friend is part of what makes the destination real.

It wants you to build a skill before you need it at full capacity, because the skill is what allows you to hold what arrives.

It wants you to make the smaller mistake now, in this more forgiving terrain, before you arrive somewhere the stakes are higher.

It wants you building confidence all along the way so that when you finally arrive, you own it.

It is yours in a way it could never be if it had simply been handed to you before you were ready. You would have spent the whole time afraid of losing it.

Stay present enough to see each one as it lights up. Follow what genuinely inspires you in this moment without demanding that it explain how it connects to everything else. If something disappoints you or looks like a mistake from where you are standing, it is not evidence that you have lost your way. It is part of the preparation. The only thing that actually interrupts the path is the belief that you are off it. Doubt pulls your energy back. It takes your foot off the accelerator and puts it quietly on the brake.

Trust that your higher self has you, even when it makes no sense to the logical mind — what Dolores Cannon, in class affectionately called the stupid brain.

The destination is real. The journey to it is the point.

Staying connected to yourself when there is no external confirmation yet is the advanced practice and the fullest expression of trust.

That is what a Spiritual Gangsta' actually looks like in practice.

Not fearless. Just faithful to what they know.

Self-trust often looks far less polished than you might imagine. Sometimes it looks like your intuition quietly saying yes while fear screams every possible worst-case scenario at the exact same time. Sometimes you have no idea if you are doing it right until you are already on the other side of it.

But over time something becomes clear: everything really does work out, even when the path getting there looks imperfect while you are living it.

### **How Am I Trending?**

This is the question that dissolves the arrival trap, and you can ask it in five seconds, anywhere. It does not ask whether you have made it. It asks which direction you are moving. One of the questions I ask myself often is: "How am I trending?"

AM or FM? Contraction or peace? Pressure or openness? Peace is information too. Moving toward ease, even slowly and imperfectly, is you learning to trust yourself. You are not grading where you landed. You are checking the direction of the drift. A life that is trending toward ease, one ordinary day at a time, is already a life you are no longer trying to escape.

Self-trust also gets built by proximity. Sometimes it means finding people who already embody the energy you are learning to stabilize inside yourself. You read what they read. You study how they think. You practice small shifts in the way they move through life. At first it feels unfamiliar. Over time you begin recognizing that frequency as available to you too.

The Atlanta apartment did not appear the moment I chose tuning in over panic. It appeared many nights later. The Army Corps of Engineers did not call while I was still figuring out how to believe in my own future. It called after I had returned to the life directly in front of me without demanding that it prove itself first.

In every story in this book where alignment preceded confirmation, there was a gap. A day, a week, a season. Sometimes years. Inside that gap, the question was never whether

the knowing was real. The question was whether I could stay connected to myself long enough to let what was already in motion arrive.

This is where confidence is actually built from the experience of remaining with yourself through the uncertainty. Every time you do not override your inner knowing the moment outer confirmation delays, you are depositing something into your own trust account that no external outcome can give you and no external disappointment can take away.

If you are in this gap right now, if you have made the aligned choice and the outer world has not caught up yet, this is not a sign that you got it wrong. This is the sign that you are doing it. Stay. Staying connected to yourself through uncertainty is the whole point. That is what no-matter-what actually means.

The life you are designing from tuning in with yourself is not built in the moment of the aligned decision. It is built in all the moments afterward, when you choose not to override what you know simply to relieve the discomfort of not yet having proof.

### **Designing from Coherence in Three Domains**

The method becomes practical the moment you start applying it inside the ordinary parts of your life, the way you do relationships, the way you do work, the way you structure your days. These are not separate from awakening. They are where awakening either gets embodied or remains a concept you visit during meditation and lose the moment life accelerates again.

You do not have to dismantle your entire life at once. Most of the design work happens incrementally as your internal frequency stabilizes and you can no longer tolerate the parts of life that require you to disappear on yourself to maintain.

### **Relationships**

Old relationships were often built around the version of you that performed safety, agreement, or emotional caretaking. As you stop broadcasting that signal, the dynamics inside those relationships begin shifting whether you initiate the change or not.

You may notice you have less tolerance for conversations that require you to shrink, soften your truth, or carry someone else's emotional weight. You may notice certain friendships feel hollow without performance. You may notice that some relationships are not actually ending, they are recalibrating around a more honest version of you.

Some relationships will deepen as you become more present. Others will quietly fall away, sustained by patterns you are no longer willing to maintain. Both are part of the design, and neither requires management or explanation. The signal change does the work.

The practice here is not to dramatically cut people off or announce a new identity. Stop disappearing on yourself inside the relationships you already have. Stop overexplaining. Stop softening every truth before it leaves your mouth. Stop managing emotional weather that was never yours to carry. Then notice what changes.

When you stop performing connection, the connections that remain are real.

## **Work and Boundaries**

For most of your life, work may have been the place where the Protective Self was most rewarded. Productivity created safety. Output created worth. Hypervigilance created competence. The patterns that exhausted you privately were the ones the world praised publicly.

Awakening starts exposing the real cost, not to punish what you built, but to show you what it has been running on.

You may notice your body refusing to override exhaustion the way it used to. You may notice irritation rising around obligations you once accepted without question. You may notice that work which does not match your frequency starts feeling unbearable even when nothing about it has technically changed.

This is discernment about where your energy actually belongs. It has outgrown paying the price for a life built on someone else's definition of enough.

The design work here often begins with boundaries, not the version of boundaries that gets explained loudly. Real boundaries are usually quiet. They show up as the moment you stop saying yes when your body says no. The decision to leave the meeting on time. The email you don't answer immediately. The pace you stop apologizing for. The capacity you stop pretending to have.

Boundaries are the structural integrity of your inner life. Without them, every other piece of the design collapses, everything you build still has to be defended against self-abandonment.

The redesign of work rarely arrives as one dramatic decision. It usually arrives as a thousand small refusals to keep leaving yourself behind in the name of being needed.

There were moments during my awakening that looked incredibly small from the outside but felt enormous inside me.

I remember two friends excitedly inviting me on an RV adventure with their dogs. Their enthusiasm was overflowing. Years ago, I would have felt pressure to match their excitement, soften my response, explain myself carefully, or possibly even say yes simply because they wanted me there so badly.

Instead, I just smiled and said, “No thank you. That’s not really my style.”

That was it.

No long explanation, guilt or elaborate justification to help everyone feel emotionally comfortable about my answer. I remember one of them trying again playfully, and we even laughed a little, but I stayed connected to myself instead of automatically shape-shifting into accommodation.

That may sound tiny to someone else. For me, it was massive.

Another moment happened while traveling with my family. There was pressure for everyone to attend the same event together, and I quietly said, “I think I’m going to pass.”

There is usually a small pause when I say things like that now because people who love me were used to me going along with everything for most of my life. I could feel the disappointment on my mother’s face almost instantly. Years ago, that expression would have emotionally hooked me. I would have felt responsible for soothing it, fixing it, or changing my decision so the room could relax again.

Instead, something inside me stayed peaceful.

I remember almost smiling internally because I realized I no longer needed her emotional state to determine mine. I could love her completely without losing myself in the process. I understood that disappointment was simply part of her personality and her way of responding when things did not go the way she hoped. For the first time, I allowed that experience to belong to her instead of making it my responsibility to emotionally manage.

That changed something profound inside me.

I also began noticing how uncomfortable boundaries initially felt in my body after a lifetime of being endlessly accommodating. I once had someone helping take care of a few things for me while I was away, and although her intentions were good, her energy felt extremely pushy and invasive. She wanted constant access to me, like lunches, texts more connection and interaction.

Because I had grown up with almost no boundaries, simply noticing my discomfort felt unfamiliar at first. My old pattern would have automatically overridden myself to keep the other person comfortable. Instead, I stayed soft but firm. I responded gently. “We’ll see.”

Maybe I did not handle it perfectly. Maybe I still softened more than I needed to. But I celebrated the win anyway because awakening is not about becoming flawless overnight.

It is about slowly learning how to remain connected to yourself instead of automatically stepping over yourself to manage everyone else's comfort.

That is where self-trust is built. It happens in the small ordinary moments where you finally realize you are allowed to exist as yourself in the room too.

## **Daily Rhythm**

This is often where awakening becomes a life rather than an experience.

You can have profound insights, breakthrough sessions, transformative ceremonies, and clear inner knowing, and still return to a daily life structured entirely around urgency, overstimulation, and pressure. If your daily rhythm does not match the frequency you are becoming, you will be pulled back into the old identity within hours, because you respond to repetition more than intention.

Daily rhythm is not about perfect morning routines or rigid spiritual practices. It is about whether the way you actually live your day matches the truth you say you believe.

After thousands of sessions, I can tell you exactly where people get quiet. It's here.

Do you allow rest before exhaustion demands it, or do you only stop when your body collapses?

Do you eat in a way that respects your body, or are you still overriding hunger and fullness signals to stay productive?

Do you give yourself unstructured time, or does every hour need to justify itself with output?

Do you let yourself feel joy in ordinary moments, or do you keep postponing aliveness for some future arrival?

These are the questions that quietly determine whether awakening becomes a baseline or a peak experience you keep trying to return to. A body that experiences daily safety, honesty, aliveness and allows stillness begins reorganizing around those states as its new normal.

That is when designing a life you no longer need to escape becomes real.

“I Didn't Redesign My Life. I Stopped Abandoning It.”

One client described it perfectly. For years she had been the dependable one, the friend everyone called, the employee who never missed a deadline, the partner who absorbed the household emotional load without complaint, the daughter who quietly managed her

aging parents without ever asking for help. From the outside, her life looked enviable. Internally she was exhausted in a way sleep could not fix.

When awakening hit, she described it as everything she had built suddenly feeling like a costume that no longer fit. She didn't want to blow up her life. She just couldn't keep performing it.

We worked through the design domains slowly. She didn't quit her job, she stopped answering emails after 6 pm and watched the world not end. She didn't end her marriage, she stopped translating her partner's moods for him and let him sit in his own emotional weather. She didn't move, she let her mornings get slower and watched her body relax into a rhythm she hadn't felt since childhood.

"I didn't redesign my life. I stopped abandoning it."

She never made one dramatic decision. She just kept asking, in the small moments, which way she was trending — and kept choosing the direction of ease over the direction of self-abandonment. Email by email, morning by morning, the drift reversed. That is the whole tool, lived out over months instead of seconds.

### **When Urgency Softens, Perception Changes**

As this shift deepens, your relationship with time begins changing too. The pressure to constantly catch up softens. You stop interpreting every delay as a setback. You stop treating your life like something perpetually unfinished. Time itself begins feeling different when you are no longer organizing around lack.

You begin noticing things that pressure previously drowned out. The way sunlight moves across a room in the late afternoon. The subtle pull toward experiences that leave you feeling more alive instead of more performed. The ideas that quietly return again and again. The conversations that unexpectedly shift your direction.

Sometimes the next step does not arrive through force. Sometimes it arrives through allowing yourself to become still enough internally to recognize what has already been trying to guide you.

### **The Reaction vs. Creation Audit**

"How am I trending?" is the five-second version you can run anywhere. This is the longer version, for when you have the time to sit with it. Pause for a moment and ask yourself something honestly:

"How much of my life is being built from reaction, and how much is being built from conscious creation?"

Notice where urgency still drives your decisions. Notice where you still believe peace exists somewhere out ahead of you instead of here.

Then notice what changes when you slow down long enough to reconnect to yourself before moving. Does the decision still feel the same? Does the urgency soften? Does something quieter and more honest begin revealing itself underneath the pressure?

Notice too what creates relief in your body versus what creates contraction. Your body often recognizes alignment before your mind fully understands it. This is part of rebuilding inner authority after awakening, learning how to design life from being in sync with yourself instead of chronic reaction.

You are learning how to live it as yourself, fully, honestly, without overriding what you know in order to make it more comfortable for everyone else.

The design is underway. What follows is what it feels like when it becomes your life.

## Chapter 7

### **Embodiment is the New Awakening**

Learning to Move While Fear is Still in the Room

*“As soon as you trust yourself, you will know how to live.”*

— Johann Wolfgang von Goethe

There was a time when spiritual awakening was often imagined as an escape from the human experience. You were expected to transcend the body, detach from emotion, and reach some elevated state far removed from the ordinary realities of life. That understanding is evolving.

Awakening is not about leaving life behind. It is about becoming fully present within it. If this book found its way into your hands, there is a good chance you are part of that shift.

Awakening was always meant to bring you fully into your humanity, to be more alive, honest, and present. The real shift is learning how to remain grounded while carrying greater awareness inside a rapidly changing world.

It is relatively easy to feel spiritual while sitting alone in meditation. It is much more challenging to remain connected to yourself in the middle of difficult conversations, uncertainty, financial pressure, emotional triggers, family dynamics, heartbreak, or the constant noise of everyday life. That is where embodiment begins revealing itself, not in isolation from life, but in the middle of it.

Embodiment is what happens when your awakening becomes lived, not just understood. You feel it in the way you speak to yourself when fear rises. In the way you pause before reacting, and soften when life gets difficult. You stop abandoning yourself to keep everyone else comfortable. It is a relationship you build one honest moment at a time.

Embodiment is often much quieter than you might expect.

It is sitting in traffic, noticing your body tightening, and choosing something that helps you return to yourself.

It is recognizing you are emotionally overloaded and giving yourself what you actually need, whether that is a walk in the park, a few moments of stillness, or a conversation with someone you trust.

It is laughing at yourself more. Breathing more deeply. Allowing yourself to be seen more honestly. Feeling your emotions without making them your identity.

Embodiment is becoming fully present inside your humanity.

## **The Hourglass**

One of the most important teachings I ever received came directly from Dolores Cannon during what would become her final Advanced Practitioner Training before her passing in 2014.

I can still picture the room clearly. Dolores stood at the front with her old overhead projector, preparing to explain something Spirit had shown her about the times humanity was moving into. She told us this would become important later and urged us to remember it carefully.

Then she drew an hourglass.

The bottom half was shaded dark while the upper half remained light. In the narrow center where the two halves met, she circled a tiny point. She asked Spirit what she was looking at.

Spirit replied, “This is Earth.”

They explained that for thousands of years, humanity had been operating within a much denser energetic field, represented by the lower portion of the hourglass. But now the planet was moving upward through the narrow center point into a different frequency entirely.

Dolores pointed toward the tiny circled area in the middle and asked what it represented.

“That is where you are now.”

Then she asked the obvious question.

“What does that mean?”

Dolores laughed while telling us this next part. She said Spirit would not even say the word directly. Instead, they spelled it out letter by letter across the transparency.

C H A O S.

The room went silent.

Anything still resonating with the lower frequencies, fear, suppression, distortion, control, would experience tremendous friction moving through this transitional point. Whatever could no longer align with higher frequencies would begin breaking apart and become transparent.

More than a decade later, I understand exactly what she meant.

You can see it everywhere now. Systems unraveling. Identities collapsing. Relationships shifting. Emotional intensity rising faster than people know how to process. Entire ways of living that once felt stable suddenly feeling unsustainable.

But this is not only happening collectively. It is happening personally.

Awakening has a way of bringing everything unresolved to the surface, not as punishment, but as preparation. Part of you is expanding while another part is grieving what can no longer continue. Anything built on self-abandonment, fear, performance, or disconnection eventually becomes too heavy to carry forward unchanged. This is the pressure of expansion meeting the containers that have already been outgrown.

The goal was never to become less human. The goal was always to become more fully yourself, the version that existed before the world taught you who you needed to become in order to belong.

### **When the Quiet Voice Knows**

Early on, I kept hearing that awakening would eventually bring me to a place where fear disappeared and clarity became constant. But that was describing the absence of being human, not awakening

Self-trust is learning how to remain connected to yourself while uncertainty is still present, the ability to hear your own inner knowing without drowning it out through overthinking, emotional monitoring, or the endless need for reassurance from the outside world.

Even after my awakening began unfolding, I kept searching for the feeling that would finally allow me to relax. But the deeper truth inside me rarely arrived through mental analysis

It arrived softly.

That quieter part of me often recognized truth long before my mind was ready to accept it. My analytical mind was working from visible evidence, while something deeper inside me was tracking stability. That deeper intelligence could feel alignment before logic had enough information to explain why.

My mind wanted guarantees, reassurance, and evidence. The deeper part of me wanted honesty and presence. It wanted me to stop overriding what I already felt simply because I could not fully explain it yet.

### **State Changes Reality**

Not long after moving to the quiet countryside of Kentucky, I started learning that rural life came with a very different relationship to nature and unpredictability. The few people in the area often kept large dogs loose on their property, and more than once I was warned to be careful while walking in the countryside and to carry a gun. Yeah. No.

At first my dalmatian and I were very nervous walking down these barren country roads, I could feel her body become alert and tense before I consciously noticed anything myself.

One afternoon we were walking down a long stretch of country road with woods on one side and open land on the other when something enormous exploded out of the trees and came charging directly toward us.

For a split second, I thought it was a bear.

It was huge. Mangey. Fast. Growling. Completely locked onto us as it sprinted in our direction.

Fear hit my body instantly.

I looked for an escape route, but there wasn't one. There was nowhere to run. Nowhere to hide. Every instinct in me wanted to panic, brace for impact, or prepare for a fight I had no chance of winning.

Then another awareness surfaced underneath the fear.

I realized there was nothing physical I could do. I couldn't outrun the animal or overpower it. The only thing I had control over was change my state. ~~At~~ At that moment, it became crystal clear that fear was no longer helping me. If anything was going to change, it had to start there.

So I did the only thing I could think to do.

I surrendered.

I closed my eyes and let go completely.

I could hear the growling creature getting closer.

Thirty feet.

Twenty feet.

Ten feet.

Five feet.

Then something happened I will never forget.

It stopped.

I cautiously squinted my eyes and discovered that what I had mistaken for a bear was actually an enormous guard dog. Unleashed. Raggedy. Massive.

It was standing directly in front of me, breathing heavily from the run and staring straight into my eyes.

A few seconds earlier it had looked completely ferocious. Now something had changed.

The dog slowly stood up on its hind legs and placed its giant paws on my shoulders. It was panting in my face while I reminded myself how to breathe again. Then I noticed something that made absolutely no sense. Its tail was wagging. The aggression had vanished.

To this day, I believe the shift happened the moment I changed my state. The dog entered a completely different field than the one it had been running toward.

Nothing about the external situation changed. The only thing that changed was me.

That experience taught me something I have never forgotten. Your state matters, far more than most people realize. The energy you bring into a moment influences how you experience reality, and sometimes how reality responds in return.

It's one of the most practical demonstrations of inner authority I've ever witnessed in my own life. Neutrality is not weakness.

That afternoon taught me that neutrality is one of the most powerful states available to us. It is not the absence of feeling. It is the ability to find something steadier underneath the fear and trust it enough to let it lead.

## **The Embodiment Practice**

Stop asking yourself whether you are “doing awakening correctly” and begin asking a different question:

“How fully am I actually inhabiting my life right now?”

As you move through ordinary moments, notice how quickly your body tightens before your mind even registers it. Notice how often you rush, brace, overperform, overexplain,

or mentally leave the present moment while carrying invisible pressure underneath the surface.

Then pause.

Take one slow breath. Relax your shoulders. Unclench your jaw. Feel your feet on the ground beneath you. Allow yourself to recognize that in this moment, there is no immediate emergency demanding your survival.

Then continue living your life from that place.

This is Frequency First in its most practical form, returning to your state before letting fear decide your next move.

This is also where embodiment stops being something you understand and becomes something your body knows. You begin noticing yourself relaxing around certain people and tightening around others. You start recognizing the difference between decisions that create expansion and decisions that create contraction. Over time, instead of constantly asking, “What should I do?” you begin asking deeper questions.

What feels true? What creates relief? What feels aligned? What feels like leaving myself behind? What allows me to remain connected to myself?

Little by little, your life begins reorganizing around those answers.

One of the quietest signs of self trust is how differently you begin moving through ordinary moments. You stop rushing yourself. You give rest the same respect you once reserved for effort. You stop pushing your body to keep pace with an identity that no longer feels like home.

You begin listening to yourself in smaller moments. You take the long way home sometimes. You sit outside a little longer. You notice when your body needs silence. You let heavy conversations wait until you have the capacity to meet them. You allow joy to matter again.

This rarely happens all at once. It unfolds through small moments of honesty, tiny decisions, and subtle course corrections. You start noticing what creates tension and what creates relief. You become more willing to tell yourself the truth. You learn to stay present when uncertainty appears. Sometimes trust is simply taking the next honest step without demanding the entire map first.

There were many moments during my awakening when I did not know what came next. I simply knew what no longer felt true, and that knowing became enough to move from. Honoring it one small step at a time built a deeper form of self trust than certainty ever could because it taught me how to stay connected to myself before the evidence arrived.

Now I understand, that may be what self trust really is. It's a willingness to remain connected to yourself as you move into the unknown.

### **The Rocking Chair Effect**

Sometimes knowing what's true isn't the hard part. The hard part is moving when old patterns and comfortable hesitation are making a strong case for staying still.

For those moments I use something I call the Rocking Chair Effect.

I imagine myself sitting on a quiet front porch in my nineties, slowly rocking back and forth at the end of my life, looking back at the experiences I lived and the ones I avoided. I ask myself one honest question: do I have any regrets? Any opportunities I let fear make the decision about?

I never want to sit in that rocking chair and realize I repeated the same comfortable patterns simply because they felt familiar. I never want fear to have made my world smaller than it was meant to be.

At the end of all of this, the only things we truly take with us are our experiences. The moments we lived. The risks we took. The love we allowed. The adventures we said yes to. The version of ourselves we were willing to become.

The Rocking Chair Effect reminds me that this existence is temporary, and strangely, when I remember that life is not permanent, I become more willing to fully live it. More bold. More willing to participate even without complete certainty.

Sometimes embodiment looks exactly like that. Not having every answer. Not feeling fully ready. Just deciding to show up for your life anyway.

I thought awakening would make me fearless.

Instead, it taught me how to move while fear was still in the room.

Many people secretly imagine awakening means transcending ordinary life somehow. Like eventually you'll move to a mountain somewhere, meditate twelve hours a day, and float peacefully above all human emotion forever.

That has never been my experience.

Embodiment looks much more human than that.

You live your life fully. You laugh more. You notice when your body needs rest and you give it that without apology. You create space for joy without needing to earn it first. You allow your emotions to move without judging yourself for having them.

You celebrate people on their journeys without needing to control them. You stop monitoring every thought for evidence of imperfection. Life stops feeling like a constant self-improvement project that always needs more fixing before you are allowed to relax.

Strangely enough, that is often when the deepest peace finally begins arriving. You stopped fighting yourself, and life softened in response.

### **What Comes After**

Once you trust yourself, really trust the process is unfolding perfectly to give you the biggest gifts and lessons, you stop feeling like a visitor in your own life.

The constant mental noise begins to quiet. Decisions that once felt exhausting become clearer.

You wake up differently.

Maybe the morning is quiet. Coffee in hand. Sunlight coming through the window. A body that no longer feels at war with reality.

The endless pressure to become someone worthy of the life you want begins to dissolve. You walk into rooms without needing to monitor, manage, or prove anything. Conversations become deeper. Your energy grows steadier, cleaner, more grounded. You stop shape-shifting to keep everyone comfortable, and you begin discovering how extraordinary it feels to simply be fully present inside your own skin.

You notice yourself laughing more. Breathing deeper. Booking the trip. Saying what you really mean. Letting mornings unfold instead of racing through them.

One day, almost without realizing it, the life you used to dream about starts feeling normal. You became the kind of person who could hold it without collapsing, overcontrolling, or leaving yourself behind.

The magic you spent your entire life searching for outside of yourself was quietly waiting within you all along. Not hidden. Not withheld. Simply waiting for you to stop looking elsewhere long enough to recognize it.

I thought awakening would help me find my people.

Instead, it first asked me to stop hiding from them.

At a certain point, you stop searching for the transmission and realize you are meant to become one.

That point is now.

That is the Soul Shift Frequency Method, lived. Not a system you completed. A way of moving you have become. Orient. Tune In. Trust. Embodiment. You will move through these every day for the rest of your life, sometimes all four in a single hour. The difference is that now you know what you are doing.

You are not lost in any of it and notice what this book never promised you.

It never said the doubt would disappear. It never said you would reach a place where you always feel certain before you move.

That place does not exist, and chasing it was the second-guessing all along.

What you have instead is better and more durable: the ability to hear the doubt, recognize the station it is broadcasting from, and move anyway from the deeper signal underneath it.

That is what moving with inner authority actually means. It means acting while the fear is still in the room.

You stopped waiting to stop second-guessing, and in that exact moment, you started moving with inner authority instead.

It took me a long time to arrive there. For most of my life I thought inner authority meant having all the answers. Certainty. Confidence. Knowing exactly what to do before taking the next step.

What I discovered is that inner authority has very little to do with certainty and everything to do with your relationship to your own signal.

Throughout this book, you've seen countless examples of what happens when we stop trusting that signal. The woman whose body woke her at two o'clock every morning for two years. The intuition that arrived before the evidence. The relationships that no longer fit. The jobs that had already ended emotionally long before they ended physically. The pressure, confusion, exhaustion, and second-guessing that seemed like problems but were often carrying information we hadn't yet learned how to hear.

The signal was there all along.

The challenge was learning how to listen.

The signal was there all along.

The challenge was learning how to listen.

That is why the Frequency First Formula became such an important part of my own journey because it helps you access the answers that are already trying to reach you.

The goal was never to eliminate fear, remove uncertainty, or guarantee that every decision would be perfect. The goal was to become willing to trust my own signal a little more than my own second-guessing.

That is what moving with inner authority has come to mean for me.

Identify.

Align.

Respond.

Again and again.

Life presents challenges, so each time you return to your own signal, you strengthen the relationship you have with yourself. Over time, trust stops feeling like something you are trying to achieve and becomes something you naturally live from.

That is the steering wheel.

You no longer need to know the entire map before taking the next step, once you learn how to use it.

Welcome back, Spiritual Gangsta'. You're awake and now you know what.

## **To all the Spiritual Bartenders of the World**

This book is dedicated to all the spiritual bartenders of the world.

Thank you to the healers, the empaths, the intuitives, the gentle souls, the kind hearts, the space holders, and the dimensional dancers helping humanity remember who they truly are. Thank you for the unseen work you do, the compassion you offer, and the light you carry into a world that sometimes forgets its own.

The people who sit with others in their darkest moments and gently hold space for possibility. The ones who offer a kind word, a listening ear, a new perspective, a healing touch, or a reminder that someone is not as lost as they think they are.

Thank you to the bold spirits who dare to live authentically in a world that often rewards conformity. Thank you to those willing to question, explore, evolve, and become more of who they truly are.

Thank you to every beautifully unique crayon in the crayon box and ‘Thunder’ (you know who you are).

Most of all, thank you to those navigating the Sacred In-Between. The ones who have awakened to something more but are still finding their footing. The ones learning to trust themselves, their inner knowing, and the path unfolding beneath their feet.

You are not alone.

May this book serve as a reminder of what you already know deep within yourself.

With love and appreciation,

Natalie Ray

*A special thank you to Dolores Cannon, a legendary teacher whose work opened doors for so many of us and whose influence continues to ripple across generations of seekers, healers, and explorers of consciousness.*

## Epilogue

One of the biggest surprises of my awakening journey was realizing that the things I was trying hardest to get rid of were often pointing me toward exactly what I was here to learn.

As you've moved through these pages, you may have noticed a pattern.

The things that seemed to create the most struggle in your life were rarely the things you thought they were.

The pressure was never just pressure.

The overthinking was never just overthinking.

The searching was never just searching.

The need for certainty was never just a need for certainty.

Most of us spend years believing that the uncomfortable parts of our experience are obstacles standing in the way of the life we want. We assume that if we could just get rid of the fear, silence the doubt, stop overthinking, stop questioning ourselves, stop worrying, stop searching, then we could finally become the person we're meant to be.

Yet what if those experiences were never the enemy?

What if they were messengers?

It took me many years to see that the things I spent years trying to overcome were actually pointing me toward exactly what I was here to learn. The pressure was revealing all the places I was still trying to force life instead of trust it. The overthinking was exposing where I had not yet learned to trust my own knowing. The endless search for answers was slowly guiding me back toward the realization that the wisdom I was seeking had been within me all along.

Life seemed to ask me the same question over and over again, wearing different disguises each time.

Will you trust your own signal?

That question was hiding beneath the pressure. It was hiding beneath the searching. It was hiding beneath the doubt. It was hiding beneath the need for certainty.

Inner authority was trying to emerge.

One of the most confusing aspects of awakening is that awareness often arrives long before embodiment. You can understand self-trust and still ask five people what they think. You can understand boundaries and still struggle to hold them. You can

understand abundance and still feel fear when you look at your bank account. You can understand surrender and still find yourself trying to control the outcome.

That doesn't mean you're not doing it right or that you've missed the lesson. It simply means awareness arrived first. The rest is the journey. Over time, I stopped asking myself, "What's wrong with me?" and started asking a different question.

What is trying to emerge through this?

That single question changed everything because it transformed the way I related to my own experience. What once felt like evidence that I was stuck began feeling like an invitation. Curiosity took the place of self-correction, and I became more interested in what life was trying to reveal.

Again and again, I discovered that the thing I was fighting wasn't the problem at all.

It was the doorway.

Perhaps that is what awakening has been trying to show you all along. Not that you need to become someone else, or fix yourself, or reach some distant destination.

Perhaps awakening is the gradual process of allowing the person you already are to emerge from beneath everything you learned to do in order to feel safe.

And perhaps the next time you find yourself struggling, doubting, searching, overthinking, or questioning where you are on the path, you can pause and ask a different question.

What is trying to emerge through this?

You may be surprised by the answer.

Because here is what that question keeps teaching: you may still have moments after this book where you question yourself, where old patterns resurface, or where the path ahead feels unclear. That does not mean you are failing. It means you are alive, and humans are not meant to evolve in perfectly straight lines. Awakening was never about becoming untouchable. It was about becoming conscious enough to stop abandoning yourself every time fear, uncertainty, conditioning, or discomfort appears.

Something inside you knows that now.

You see differently than you once did. You notice your energy differently. You notice when something feels heavy, forced, performative, or disconnected from who you really are. You notice when your body softens around truth and contracts around what no longer fits. You are beginning to understand that your life is not meant to be managed into perfection. It is meant to be lived, experienced, explored, and embodied.

Somewhere along the way, you stopped needing the outside world to validate every feeling before trusting what you already sensed inside yourself. You began recognizing your own signal, your own truth, your own frequency. Even though you may still question yourself sometimes, something deeper has started anchoring underneath all of it, a steadiness that no longer disappears every time uncertainty shows up.

That changes the way you move through life.

You may still reinvent yourself ten more times. You may move cities, change careers, end relationships, begin new ones, cry unexpectedly in your car, laugh harder than you have in years, or wake up one morning realizing you barely recognize the person you used to be. That does not mean you are failing. It means you are alive. It means you are allowing yourself to evolve instead of forcing yourself to stay loyal to identities you already outgrew.

A Spiritual Gangsta' understands that awakening is about finally becoming honest enough to fully live as yourself.

So as you close this book, I do not hope you leave feeling perfect or endlessly certain. I hope you leave with a little more trust in yourself. A little more compassion for where you are in your journey. A little more willingness to stop organizing your life around fear, pressure, performance, and proving.

I hope you remember that your body matters. Your joy matters. Your honesty matters. Your peace matters. Your aliveness matters.

Most of all, I hope you stop waiting for permission to fully live your life.

Awakening was never meant to pull you away from life. It was meant to return you to it. To the laughter, the tears, beauty, adventure, the deep conversations and the messy becoming. The sunsets you almost missed while overthinking your future. The strange miracles hiding inside ordinary Tuesdays. The version of you that no longer needs to earn the right to exist fully.

One day you will look back and realize the life you were searching for was never somewhere far away waiting for you to finally become worthy of it.

It was waiting for you to reveal and embody the fully functioning authentic you on the inside.

## **What's Next?**

You're Awake. Now What? is the first book in the Spiritual Gangsta' series. This book was about orientation, learning to hear your own signal, trust your inner knowing, and stop organizing your life around survival patterns that no longer fit. The next book goes deeper into the design, how to build a life, relationships, and purpose from the frequency you've now learned to access. If this book gave you the compass, what follows teaches you how to navigate with it.

This is the foundation. The Frequency First Formula and the Protective Self. These are not concepts you finish with. They are instruments you learn to play. What comes next is learning to play them in the full complexity of your actual life. That is what the next book is for.

To connect with Natalie go to: [www.quantumhealingsynergy.com](http://www.quantumhealingsynergy.com)