



LIFE'S HEALING SETUPS

**Guidance to transform
struggles into peace
and live beyond
your ego**

D'ANN ROHRBACH

EDITED BY ROBERT WEIR

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By D'Ann Rohrbach

PREFACE

I write this book with a deep sense of caring and dedication. I share from the depths of my heart to your heart. My intent is that each reader will benefit from exposure to this material.

Life's Healing Setups unveils and explains the powerful energies behind our life dramas, which I identify as *setups*¹—an arrangement of people, settings, and parts of a situation that God brings together to *set up*² a particular holistic life and karmic *healing*³ opportunity. *Life's Healing Setups*, then, offers powerful spiritual resolutions to apparently human-related events.

The information and stories in this text originate from *divine guidance*,⁴ my personal experiences and observations, professional background, and client feedback during thousands of healing sessions since 1987. From these, I have been able to assess my viewpoint of Source-based information and form insights that serve as guidelines for spiritual growth.

Some or much of the information I present might strike you as unusual. That's okay. For many people, the knowledge presented here is outside the norm of what we've been taught by the current traditions of social and religious culture. But I know that the information in this book comes from reliable spiritual guides, beings, angels, and the *Higher Self*,⁵ as well as the *Akashic Records*,⁶ which are the histories of every soul and every lifetime.

¹ **setup or spiritual setup:** a spiritually planned, unexpectedly triggered, interactive issue-healing crisis, that is perfectly orchestrated for all involved to push specific buttons, stimulate acute emotions, and provoke intense dramas

² **set up:** to put someone or something in a particular place, order, or condition

³ **healing:** improvement or resolution in any aspect of a person, including the holistic mind/body/spirit connection, and the karmic roots of past and current life experiences

⁴ **divine guidance or guidance:** timely, appropriate, and beneficial awareness, messages, inspiration, or advice that originate from beyond conscious, logical thought

⁵ **Higher Self:** an inborn, divinely attuned essence that is a single portion of Source

⁶ **Akashic Records:** a high dimensional energetic library that stores all histories of all souls and all lives

Your experiences, opinions, beliefs, and *interpretations*⁷ might be different from what I present here. By keeping an open mind to the *perspective*⁸ of others, we enhance our personal growth. I do not intend to change your belief system, but rather to present additional and enriching views and options for your life. Ideally you will be able to see and interpret situations more fully and make wiser, more appropriate, and better self-empowering decisions.

➤ As you read this book, you may want to turn down corners of pages or highlight what you find to be fascinating and important information for future reference. Then when you find yourself going through a difficult time, you will easily find relevant guidelines, suggestions, and inspirational insight that will have necessary, applicable, and beneficial support for your current circumstance and situation. Even my editor, Robert Weir, after going through the manuscript several times, became aware of divine synchronicities between what was going on in his life and specific sections of text he was editing that, prior to that time, was just “information.” This could also happen for you.

If you find that the material becomes too deep for easy reading, please scan through those sections rather than put the book aside. You might also choose to read one section or subsection at a sitting and allow time for thinking and processing before continuing. You will probably find Etheric Energy in Section 2 of the first Chapter uniquely fascinating. Chapter 7 is the most encouraging and uplifting portion of the book because it addresses the benefits and blessings that result from energetic healing. This information could be strongly motivating, and you will not want to shortchange your spiritual growth by missing what you could learn near the end of the work. You could even read it first if you like.

⁷ ***interpretation:*** the meaning one derives from personal experiences, events, observations, and understandings

⁸ ***perspective:*** the point of view from which a person sees a situation, experience, event, or even life itself

Some of the included spiritual principles might be accessible in other resources, yet my viewpoint might phrase or interpret them differently. Without standardized spiritual vocabulary, other words can be equally appropriate for certain concepts, and some terms might have different or even occasionally contradictory definitions. Portions of this text might disagree with other published, well known material. No one has all of life's answers. My hope is to share what I have learned that has been so profoundly effective in my experience, knowing others' experiences might be equally valid, even if they appear to disclaim what is presented here.

Our perception of Truth is constantly evolving. Therefore, if something stated does not resonate with you or seems irrelevant, out of date, or in error, please disregard that part and continue on with the remaining material.

Because we are all unique, nothing fits everyone equally well. Keep an open mind and be careful of self-diagnosis. Information from books, observations, statistics, and theories should not be blindly or wholly accepted and personally applied without careful thought and prayer. Individual assessment and treatment are vitally and often critically important. You might be atypical. Also, anything is possible, exceptions occur frequently, there seems to be no "never" or "always," God can and does intervene, and miracles do happen.

People's lives improve and heal as a result of regressions, past life therapies, and energy healings. Even if there is no Truth to these tenets, something life changing happens that warrants personal investigation. No belief is required, only an open mind. In these turbulent times, it is more essential than ever to understand the energetic setup of everyday life. Learning about and accepting these unseen schematics and using vibrational healing techniques will improve

emotional stability and clarity. It will create a grounded centering in which you can be safely sheltered during life's storms.

The future presents magnified capabilities, expanding possibilities, greater potentials, and incredible discoveries. May we embrace our destiny!

ABOUT THIS BOOK

Life's Healing Setups is a guidebook to help us on our spiritual journey, and I've employed certain conventions to facilitate your understanding.

One convention is the use of both a lowercase letter followed by the same letter, capitalized, at the beginning of the words: *t/Truth*, *r/Reality*, *k/Knowledge*, *k/Know*, and *l/Light*.

*Truth*⁹ with a capital T refers to eternal spiritual concepts, attributes, procedures, and potentials that are inherent in God and available within the core of human consciousness. A lower case t on *truth*¹⁰ refers to our emotions, experiences, and what we have learned about life. Because each person has his or her own experience of truth/Truth, I use the blended word *t/Truth*.

This notation also applies to: *reality*, which is based on human truths, and *Reality*, which is based on divine, universal Truth—blended as *r/Reality*; *knowledge*, which we have consciously learned in life, and *Knowledge*, which we inherently realize from Truth—blended as *k/Knowledge*; the related verb *know* and *Know*—blended as *k/Know*; and *light*, as in a *light bulb moment*, and *Light* as the essence of our soul, blended as *l/Light*.

To progress spiritually, we need to clear out our stored emotional reality, open and shift our knowledge of how life works, and come to know that we needed our specific experiences—our healing spiritual setups—in order to learn what we have learned. To grow, we need to work through our personal truths so that we can reach and reveal our core Light that holds our Truth, comprehend Reality, and gain Knowledge.

⁹ **Truth (capital T):** the ultimate, universal, and transcendent Reality that is miraculously accessible to all

¹⁰ **truth (lowercase t):** the conclusions that we, as humans, have come to accept as reality in our individual lives

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I also employ symbols to facilitate information presentation.

When you see this design of three tildes, ~ ~ ~, it provides visual breathing room for the text and separates stories or different material of the section.

OM means Creation, a reflection of the absolute reality, and the vibration of the Supreme. The OM symbol, ॐ, is used throughout the text as a visible energetic marker. It indicates that the following passage is a noteworthy illustration or that it delves into a related, yet more advanced concept.

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The OM symbol itself emanates a portion of profound energy that assists our integration with *Source*.¹³ The affect you receive from this essence will depend on your vibrational rate: the higher your average vibration, the more benefit you will absorb. ॐ will stimulate and enhance deeper personal *understandings*¹⁴ and awakenings; it will fertilize your system to embrace, integrate, and radiate a more spiritually abundant and blessed life.

When I offer directions to indicate an action for you to take or a step for you to follow, I utilize a pointing chevron, ➤. When you use this book for healing reference later, the chevron will help you quickly find these instructions.

~ ~ ~

I use many stories to illustrate practical examples of the text and to bring the entire message into greater clarity. Most of these stories involve my interaction with past or present clients and the events or situations they told to me, or therapy results we experienced together. Some of

¹⁴ ***understandings***: concepts, perceptions, and assumptions intended to guide, assist, and enrich life, individually accepted and applied, and effortlessly revised and expanded

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these stories may not have complete or hoped for endings because the client either didn't return for more sessions, gave no feedback, or we moved on to other issues. I relate all of these in the third person, using fictitious names for the clients to honor their privacy and referring to myself with my name. A few stories relate to my clients' previous interaction with other therapists whom I do not identify.

Throughout the narrative text, when I refer to myself, I speak to you directly with the personal pronoun I.

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Throughout *Life's Healing Setups*, my intent is to encourage, inspire, and facilitate spiritual understanding and soul growth as simply yet broadly as possible. The beginning of Chapter 1, From Source to E/go, addresses preliminary concepts with minimal attention to detail. You might have many questions about the information that is covered there, but I ask you to please accept that my primary purpose for that section is to explain the larger picture. Some specifics are included, but excessive details at that point would distract from the stated intent. As you progress through the book, you will encounter new concepts—some of them evolutionary—which I will explain in depth, and you will see how the information in this early section serves as a foundation for that. Therefore, this initial portion is historical and generic. The rest of the book is personally applicable and relevant; it includes over one hundred real life anecdotes that illustrate how the explained spiritual principles manifested in clients' lives.

ABOUT D'ANN

My name is D'Ann Rohrbach, and I have been on a personal spiritual path since 1973, as a result of discovering reincarnation through a book my husband was reading. This new awareness opened doors to vast ethereal and sacred concepts and launched a new direction for me.

Meditation, healing modalities, intuitive readings, and related books created a solid foundational background that enriched my life and developed my skills. The guided revelations I receive help my clients reinterpret, understand, enhance, and heal their life's journey. I feel privileged to be part of the energetic evolution of humanity during these eventful times.

As a National Merit and later a Returning Woman Scholar, I earned a Bachelor of Science degree in Education, Cum Laude, from Wayne State University, Detroit, Michigan, in 1989. I am a retired professional church organist, carillonneur, and former substitute public school teacher.

I began my professional clairvoyant and clairaudient clinical practice, Harmonic Vibrational Therapy®, HVT®, in 1987 as a direct result of a spiritual breakthrough while working with a quartz crystal. Initially, I primarily tapped the Akashic Records for past life readings and healings. The process I use evolved and continues to evolve, and now I specialize in clearing karmic issues and assisting the emerging human.

I was guided to establish a healing center, train associates, and teach spiritual development classes. I mentor innumerable clients across the United States and Canada through this process. A Life Member of the Association for Research and Enlightenment (A.R.E.), I am an occasional speaker for local meetings. I spearheaded the founding of a growing spiritual network, Northern Light Seekers, in Petoskey, Michigan. Serving as the first President of the Board for four years, I moderated the monthly meetings. I receive enthusiastic response at my frequent lectures, readings, and therapy sessions.

A native of Michigan, I am married with two children and three grandchildren. My enjoyments include music, long walks, reading, nutrition, spiritual study, traveling, and relaxing in my northern Lake Michigan vacation home.

If you have a personal setup story you would like to share, I invite you to do so at hvtworks.com.

ABOUT YOU AND YOUR E/GO

We are eternal *souls*¹⁵ who chose to leave the love and protection of God, our Source, in order to have diverse life experiences.

At the moment of separation from God, before the existence of time, we brought with us an internal guiding companion called *Ego*,¹⁶ which is the state of empowered consciousness that is attuned to God. Because we realized we were no longer safely sheltered in God's abode, a small, individual segment of our essence—called *ego*¹⁷, with a lowercase e—volunteered to take control of our life, to protect us, and to manage our experiences.

This ego, a lower vibrational form that separated from Ego, assumed responsibility for our physical survival. Our ego wrote its own new job description, which was based on fear and isolation, and assumed the role as the rational, linear dictator of our conscious life. Our ego devolved to be the least spiritually developed portion of our eternal life system. It became the conscious filter through which we process all our historical experiences, beliefs, life management techniques, emotions, thoughts, and interpretations about all aspects of our present life. Our ego's exclusive focus on our human survival is so thorough and all encompassing that we have forgotten that our—and its—divine core is rooted in Source.

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When we choose to advance beyond rudimentary human living and stop listening to our all-too-basic and restrictive ego voice, we then out-Source ego's job to the higher power, God and our Ego. While this sounds good in theory, it is very hard to accomplish because our ego has

¹⁵ **soul:** our unique, eternal Source energy that animates life

¹⁶ **Ego:** the congruent state of empowered consciousness attuned to God

¹⁷ **ego:** a small segment of our divine core that is responsible for our safety but which also functions exclusively with a rational, limited identity as though it were disconnected from Source

done such a superlative job of controlling us, that it is not willing to abdicate its role even to support our spiritual growth. This is the nature of ego's self-absorbed, limited view, which resists evolving and uses diversionary tactics to remain in *control*¹⁸ of our life, leaving us in a state of struggle rather than *peace*¹⁹

To comprehend why and how to live beyond our ego, we need to understand what ego is.

First of all, the word *ego*, with a lowercase e—written as E/go if it begins a sentence—in some psychological and psychiatric literature refers to an individual's traits of superiority or inferiority compared to others. This concept is similar to the context in which I use the word ego in *Life's Healing Setups*. Through my therapeutic spiritual energy practice with clients and my knowledge of the Akashic Records, I've come to see ego as an energetically immature state of human consciousness in which we are unaware of our core oneness with God. E/go's home is the primal, reptilian part of our brain. It causes us to exclusively identify with earth-bound functions and then apply that physical paradigm to all possibilities, overlooking our connection with God. This is the ego that is most often described in this book and the ego we want to live beyond.

However, the word *Ego*, with a capital E, also appears in the book. This Ego refers to our potential empowered state of consciousness that originates from our soul's innate and eternal association with God and is presently, but too often unconsciously, within us. This Ego recognizes and identifies with our unity and love for all souls and all creatures. This Ego employs our whole brain and all of our being, enabling us to function as a finely tuned unit with all of God's divine energy. When we operate within the realm of Ego, we are multi-sensory, multi-dimensional, whole-brained beings. We are authentic. We are One with God.

¹⁸ ***control***: exercising command over inner and outer aspects of life, causing disharmony, urgency, incongruency, anxiety, and other disturbing emotions

¹⁹ ***peace***: a state of harmony within oneself and in personal relations between people or groups; absence of urgency; congruent acceptance of all aspects of life

The self-centered ego and the God-based Ego are both one-and-the-same and, simultaneously, distinct and at odds with each other. The ego, we might say, is a fallen version of its original Ego ... or ego identifies with our material needs and life, while Ego focuses on our spiritual evolution first.

The struggles in our life originate when we turn our attention primarily or exclusively toward the ego-focused, physical world and turn our back on God's messages of guidance, which can be delivered to us through personal inspiration as well as other means.

Our spiritual goal in life is to live beyond our ego so that we completely and totally identify with God as our Source of all spiritual and life energy. We want our ego, with its limited management of our material life, to merge with our Ego, in a state through which God manages our whole life, and we awaken to our personal union with all creation—as God intended.

When we operate under ego influence, we operate and manage—or cope—our way through life at low-vibration energies. Instead, we want to function and excel with the exalted levels of spiritual energy that we know as *empowerment*,²⁰ a state of being that defines and describes our unified and co-creative connection with God.

Your decision to apply energetic concepts in order to seek an expanded consciousness and divine Truth will incrementally discharge your ego's authority and allow its original spiritual identity to override its survival mentality. Your single conscious decision to spiritually develop, along with continuing supportive techniques and follow-up, as presented in

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Life's Healing Setups, will transform your life into radiance and empowerment.

²⁰ ***empowerment***: the benefits of incremental integration of ego into Ego that stimulates whole brained functioning and manifests Source congruency in our will, thoughts, emotions, decisions, and actions

As you evolve in this manner, you—and your ego—will come to recognize a new Reality. Neither you nor your ego will disappear or fade into nothingness, as ego fears, but will actually *merge*²¹—or re-merge—into oneness with Source. You and your ego will re-gain the Knowledge that you and it are not separate and isolated from Love, but are blessed with and part of God’s eternal and universal Love.

Life’s Healing Setups will address the fact that life can be fraught—set up—with difficulties that are intended to help us grow spiritually. These difficulties are nearly always painful. They might also be shocking and alarming because sometimes we need to be shocked in order to wake up and realize our divine, spiritual potential that ego does not want us to know about. We seem to grow most when out of our comfort zone.

So welcome, or at least accept, the difficulties. See the pains and shocks as opportunistic, powerful, and obvious means for you to reinterpret your experiences. Be open to guidance. Allow yourself to see and enjoy more options and wiser responses. Give yourself permission to easily and significantly heal your life.

Life’s Healing Setups then, is about the process of reinterpreting life’s dramas to actuate personal enlightenment. To do this, we focus on the spiritual patterning behind and within everyday life. As we enlarge our perspective and interpretation of personal experiences and events, we become aware of deeper, hidden, life-improving potentials. It is time for us to discover the subtle yet profound aspects of ego that influence, limit, and block our individual and group happiness and development. My intention is to demonstrate how you can unravel ego’s ploys and move to empowerment. By clearing your ego’s command of your life, you are embarking on a sacred journey. Turn the page and begin to discover a new you. Go with God.

²¹ ***merge***: to gradually blend our limited ego into a whole brained Ego as our new personal identity

CHAPTER 1: FUNDAMENTALS

God is the *Foundation of Life*,²² our Source, the source of all. God is our Prime Energy.

All that we receive from God is *divine*.²³ divine opportunity, divine potential, divine empowerment, and so many other divine gifts.

With this in mind, we will start at the beginning of life.

1: FROM SOURCE TO E/GO

In the beginning was Prime Energy. All creation originated from within this incomprehensible Love. As pure souls, we were unified with Source and unencumbered by any physical or material awareness. We moved about instinctively and immediately, mingling with any and all other souls. We might have existed for eons in this unstructured and blissful state.

Gradually our unique awareness emerged into thoughts and we became thought beings. At some point in distant prehistoric ages, souls chose to leave Source for individual discoveries. There might have been many reasons for this decision, and perhaps these many reasons are why religions have taught various and diverse ideas and theories about the beginning of life.

The consequence of abandoning Prime Energy launched each soul into a state of apparent separation from Source, which created a condition of *fear*,²⁴ a paralyzing emotion based on the absence of trust. Yet, God allowed each soul to take with it the empowered identity of Ego, which contains guidance and other inherent aspects of Source.

²² ***Foundation of Life***: the Source of all that is, commonly referred to as God, Allah, or Yahweh in ancient religions, and with words such as Creator, Prime Energy, or Universal Energy in modern times

²³ ***divine***: that which pertains to or comes from God; Godlike

²⁴ ***fear***: absence of trust, the foundation of ego, a paralyzing emotion

Ego Consciousness

From this Ego, we, now being fearful, extracted a small and confined self-identity known as *ego consciousness*.²⁵ This ego consciousness is, therefore, a remnant of our divine identity, but it is more associated with the fearful domain of our ego rather than the Source-provided Ego. With its primary concerns being our safety, ego consciousness assumed responsibility for our physical survival as well as the self-serving agendas we created through our individualized thoughts.

Because ego consciousness excludes us from consciously connecting with Source-based soul life, it eventually caused us to forget our divine origins. It is as though ego created a metal wall between our conscious awareness and our now unconscious God awareness, resembling the membrane separating the two parts of our brain, that functions as a wall effectively stopping *God's Light*²⁶ from being readily available to us. Eventually, our awareness so focused on ego consciousness that we assumed this diminished and isolated identity as if it were our only true self.

Gradually we began to experiment with different life forms that we might assume. In the vastness of creation, other planes of existence, such as organisms within mineral, water, and some form of plants, offered various states of materiality into which our beings—still only thoughts at that time—could hazily and temporarily evolve into matter. Emerging physical creatures with independently moving bodies, such as insects, snakes, and birds, especially tantalized us. Desiring additional growth opportunities, our souls were attracted to these diverse universes, domains, and dimensions. Over time, we finally fully incarnated into material forms,

²⁵ ***ego consciousness***: our exclusive awareness of and reliance on the self-created remnant of our divine identity, that is more associated with fear and protection of the human form and mind than with Source energy

²⁶ ***Light, God's Light, or Source Light***: the actual radiant Source essence of all life, centered physically in the solar plexus

adapted to having a life span, and explored unfamiliar worlds. In all likelihood, our explorations included *transmigration*²⁷ through which we incarnated and moved from one realm to another.

After living in various locations and forms, we eventually entered early versions of human bodies on earth. At that time, life on this planet was profoundly simple and rugged. Individuals faced physical needs with fear, crudeness, and diligence. Yes, we still had thoughts, but physical life was so harsh that it led us to enduringly conclude that what is in front of our eyes is more important than what is behind them. Because we had lost our original memory and sight of the divine, we identified with ego-based physicality. Spiritual awareness and growth were rare, if not impossible, at this level of existence.

This fragment of our self, originally in union with Source, recognized its isolation from God, but seemed incapable of doing anything about it even if we had the desire to do so. We needed to focus our whole attention on *three-dimensional*²⁸ survival.

Humanity's exclusive reliance on visual, logical, and experiential input created ego eyes that have governed our views and viewpoints for millennia.

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This primordial history shaped humanity's development through various stages of spiritual immaturity. Our ego-driven priorities necessitated that we be judgmental and controlling and that we employ certain *ego management techniques*²⁹ in order to handle our daily life. While today, "to be a manager" depicts a higher supervisory role in business, "to manage" depicts non-

²⁷ ***transmigration:*** incarnating from one kingdom to another

²⁸ ***three-dimensional:*** a view of life based exclusively on that which can be seen, touched, and measured, and which compels and directs human activities; this outlook represents spiritual immaturity

²⁹ ***ego management techniques:*** three-dimensional interpretive and response skills through which a person maintains an ego-induced façade of being in control of his or her life, but which actually signifies that ego is in control

productivity in regard to spiritual evolution. It is the equivalent of getting by or making do rather than moving forward. This is why our earthly trials actually complicate, limit, and confuse life and set the stage for more difficulties. As a result, we have been accruing incomplete, harsh life experiences throughout time.

When we employ ego management techniques, we operate in the state of ego consciousness, and we filter all our experiences through distorted lenses. Our views and interpretations of life are reduced misrepresentations of the greater whole.

Our lives are missing a sense of flow and satisfaction because we no longer remember our spiritual

Our views and interpretations of life are reduced misrepresentations of the greater whole.

foundation. At best, our conclusions are insufficient and not adequately accurate.

Although not required, it might take a crisis or a miracle to wake us up to our True, Source-based identity and stop us from continuing to hinder or harm ourselves both physically and spiritually during our human lifetimes.

God Consciousness

An encouraging sign is that significant individuals throughout recorded history—the prophets and sages and holy people—have been aware that ego consciousness causes a sense of dissatisfaction, this feeling that something is missing, insufficient, and inaccurate. Throughout the world, the number of individuals with this awareness of the detrimental aspects of ego consciousness and the corresponding benefits of *God consciousness*³⁰ is growing. More and more people are now peering through ego's seemingly impenetrable wall and seeing that, even though ego consciousness caused us to have journeyed far from Source, divine love never lets us truly lose our connection with God.

³⁰ ***God consciousness***: our awareness and integration of Source attributes, energetic resonance, and Knowing that transcend present life limitations and awaken empowerment

Our awareness of our connection to God is often rekindled or strengthened through *divine intervention*,³¹ which is an unexpected conversation, event, or message that causes us to perk up and pay attention to seemingly improbable circumstances or experiences. Divine intervention might occur quietly and in the simplest of ways, as the next story demonstrates.

“Roxanne” had been raised in a conservative family with traditional values and perspectives on life. Searching for more advanced and meaningful spiritual Truths had not been in her consciousness. One day, she had an unplanned, in-depth discussion with a new friend about topics that were completely new to her including *reincarnation*,³² chakras, auras, and energy healing. She was fascinated. From that time on, she frequently reflected on these new ideas but didn’t know what to do about them or how to learn about them further.

A few weeks after that conversation, Roxanne walked into a library to get some books for her grandchildren. Her eyes immediately focused on a book about energy healing at the checkout desk. She knew she had to read it. Both the original conversation with her new friend and the “coincidental” experience of easily and surprisingly finding a pertinent book launched a major shift in her life and priorities. As a result of these simple experiences, Roxanne looks at herself and others very differently. She is now on a *spiritual path*³³ to evolve.

³¹ ***divine intervention:*** God’s active involvement in life, either directly or through an angel or a messenger; often considered to be a miracle

³² ***reincarnation:*** rebirth of a soul in a new body to clear karma, learn lessons, foster new experiences, serve others, and spiritually evolve

³³ ***spiritual path:*** seeking development of an inner divine nature

2: ENERGY

Science has proven that everything is energy. Energy cannot be destroyed; it is eternal.

Energy can change form and shape; it can be charged or neutralized. As a foundation to understanding how our ego attempts to manipulate our energy, it's important that we understand how energy appears in and affects so much of our existence.

Soul Energy

Our souls are eternal energy. We are an eternal soul within a temporary body rather than a body with a soul. This statement alone represents a major shift in how we interpret and view life. If we think that our current body is the only physical form that our soul will ever inhabit, we tend to put a lot of pressure on ourselves to perform in our very best way during this one-and-only opportunity to “get it right.” But when we realize our soul has chosen this body for a divine purpose during this lifetime, which is just one of many lifetimes, we bless the body for the role it will play to facilitate our soul's growth at this time.

*Our souls are eternal energy.
We are an eternal soul within a
temporary body.*

We then see great reason and importance for our numerous periods of life on earth. From this largest perspective, we understand that each lifetime represents only a few stitches in our soul's very large experiential tapestry. We can then somewhat relax, attempting to do the best we can while knowing that our soul intends to benefit in one way or another from every incarnation.

Spirit Energy

When the body dies, our soul does not cease to exist. Rather, we simply set aside our bodily form and return to a purely energetic state of being, freed from physical limitations.

Most souls immediately leave earth and reconnect with kindred souls. Some souls, however, linger close to earth as paranormal *spirits*,³⁴ which are conscious energy fields only one step removed from their physical body. These spirits do not continue to progress beyond their recent life because they are caught in some earth-bound, unresolved dilemma; they might not even fully realize or accept the fact that they died.

We call these spirits “ghosts” and refer to their paranormal activities as “hauntings.” These spirits need to be liberated by a person skilled with this type of energy intervention so that they may progress beyond this most recent lifetime. On the other side of life, there are layers of soul development even in between lives on earth, as well as lives elsewhere in other dimensions.

Thought Energy

☸ When we think, we consciously create energy. We broadcast every mental process to the universe. The force and repetition of our messages is the volume control. We are so powerful that we create our own reality. Frequently thinking, “I am so sick of my job,” could eventually manifest as illness unless we change our thought, viewpoint, feeling, circumstance, or employment. We are what we think. There is, however, an undergirding and permeating agenda that skews and limits our ability to manifest our life’s desires: our soul-chosen *karmic* or *life script*,³⁵ also known as our *life blueprint*,³⁶ which has a higher priority than ego consciousness.

*We are so powerful that we
create our own reality.*

³⁴ ***spirits***: souls that are earth-bound and only one level beyond physical life

³⁵ ***karmic* or *life script***: soul-chosen areas to address in the upcoming life

³⁶ ***life blueprint***: the unseen energetic configuration of life that offers healing opportunities and generates visible effects; how the karmic script functions

Etheric Energy

Some electronic equipment can pick up subtle energies, a fact I've learned by providing a recording of each session for my clients. During one client's session, I saw an *etheric*³⁷ on-and-off switch. I explained what it meant to my client and then turned the switch on. Neither I nor the client heard anything at the time, but when we later listened to the recording, we heard a distinct click, as though a physical switch had been moved, at the precise second the etheric switch changed positions.

This is but one example of the unusual electronic awarenesses and situations with which I have been impressed and felt too often plagued during my whole career. Sometimes, after first recording the client's name and date, the rest of the recording was completely blank or only the first and last few minutes of the session were actually recorded. A few times, a high-pitched buzz was present most of the way through. Occasionally, neither my words nor my client's words were on the recording but background noises were audible: an ambulance, lawn mower, or thunder. Experimenting with different microphones, recording devices, and even the assessment from an audio professional who attended a session with his own instruments did not remedy the complication.

I have concluded that extremely high energy overloads my equipment. This dilemma has somewhat stabilized over the years when I started to use an electromagnetic field absorber on my recorder, but I still need to have it repaired unusually often. The repairman's typical comment is, "We've never seen this happen before." I now accept the situation as a consequence of working with powerful energies.

³⁷ *etheric*: a non-physical, energetic, intangible state or existence

Aura Energy

*Vibrational frequencies*³⁸ exist in everything created. When a frequency originates from any apparent life force, such as a person, animal, or plant, it exudes beyond the physical form and is called the *aura, prana, or chi (qi)*.³⁹ This aura essence surrounds the body and is more subtle, sensitive, and responsive to influences than is the body's denser physical form.

Inherent traits and emerging challenges appear in the energy field before they manifest consciously or physically.

Our aura is not under our conscious control but reflects aspects of our personality, life, and body. The human aura has colors and shapes, and contains both physical and spiritual information. Inherent traits and emerging challenges appear in the energy field before they manifest consciously or physically. An intuitive who can read auras might see a person's issues, interests, and possible health concerns before symptoms are apparent.

Human Energy

☸ Energy flows between people. It is invisible, instinctive, and spontaneous, and it ultimately determines the baseline quality of a relationship or an interaction. When we become aware of and look for these subtle energy transactions, we sense what we

*Energy flows between people. ...
Living beings are eternal.*

would otherwise miss. We learn to appreciate people more than things because material items are transient, while only living beings are eternal. From this more elevated vantage point, our observations and opinions of others' physical appearances, such as ethnicity, stature, clothing,

³⁸ ***vibrational frequencies***: scientifically measurable oscillations that emanate from all divine and human creations; frequencies increase as we spiritually develop

³⁹ ***chi (qi)***: a vital essence that arises from and surrounds all life forms

aura, prana,

and grooming, become less important. We apply the old adage: “Don’t judge a book by its cover.” With a deeper and fuller focus, we will nonjudgmentally receive more meaningful impressions of others that will provide wiser, gentler, and more empathetic interpretations of and reactions to them.

Physical intimacy blends the energies of each partner. This partially explains why couples grow to physically resemble each other over time.

“Larry” had been divorced for more than twenty years and had come close to remarrying twice. His first serious relationship was with “Jeanne,” who had epilepsy and, for many years, had been taking Dilantin® (phenytoin), a prescription drug to control seizures.

While dating Jeanne, Larry discovered a spiritual path that deepened his life. He began to seek complementary healing modalities as a component of his new and fulfilling life direction. As a typical engineer who deals with situations that involve logic, methodology, and organizational skills, Larry was not especially interested in psychics. He was therefore delighted to find a *Light worker*⁴⁰ who used an advanced computer-generated healing program that energetically assesses, diagnoses, and treats physical conditions. In his first session, the assessment identified Dilantin® in his system. He was stunned. He certainly had never taken one of Jeanne’s pills and had never even held one. How could it possibly have entered his system?

As of yet, there is no verifiable allopathic medical explanation for Larry’s fascinating computer assessment. Energetic diagnosis of cross contamination from sexual relations is not yet

⁴⁰ ***Light worker:*** a person who contributes to humanity’s energetic advancement

widely recognized, accepted, or endorsed. And additional technological breakthroughs might be necessary in order for allopathic and integrative practitioners to process the implications of what happened within Larry's body.

Scientifically and metaphysically, however, we do know that energy moves instantly, but the physical body is slow to respond due to its high density and relatively low vibration. Therefore, the body can be immediately imprinted, programmed, or tainted by energy that might not show its effects for many years. Similarly, the body can also be instantly energetically healed from these low-vibration frequencies, but these effects of the healing might also take time to manifest physically.

It is likely that every sexual encounter, even a one-night stand, transfers energetic residue between partners. A person who is promiscuous might be carrying a heavy accumulation of unknown, foreign energies. Unless they are cleansed, these mingled energies remain with the body until all the cells regenerate, which happens constantly but requires about seven years to complete. Perhaps the far-reaching physical and energy benefits of abstinence or fidelity, unrecognized by pleasure seekers today, are behind the wisdom of mystics, ascetics, monastics, and cultures that promote monogamy.

Healing Energy

Energy is subtle yet potent. It resembles gentle drops of water hitting a rock, causing the rock, over time, to wear away. In the same way, illness starts to manifest at an energetic level before obvious physical symptoms appear. Identifying and treating conditions at this tier might eliminate further development and/or appearance of poor health or disease.

Skeptics have an especially difficult time accepting this healing concept because they think that, if there are no symptoms, there is no reason to believe anything detrimental is happening

internally. They usually maintain that there is no way to prove the presence of disease until symptoms manifest. The consequences of their opinion, although not wrong, are only a partial view, and will require them to physically process and deal with conditions or symptoms when they become apparent. However, the longer illness is in the body's system, the more complications it can cause and the longer it generally takes or the more difficult it is to heal.

Although the person in the following story was not skeptical, she was aware of something not making sense in her healing regimen.

“Patty” was energetically diagnosed with malaria by a healer using a biofeedback computer software program that identifies, prioritizes, and treats energetic challenges. Because she had no physical symptoms for malaria, she was shocked by what she heard and had no idea she was carrying such a potentially serious illness. She had, however, been in a rain forest a few years earlier and been bitten by a few mosquitoes. So, unfortunately, the presence of this condition was possibly true.

Patty had been diligently practicing many types of alternative healing modalities to enhance other parts of her body and life, but had not noticed any improvements in those areas. Apparently, her body was directing most or all of the alternative therapeutic energies toward containment of malarial organisms and keeping symptoms of that disease at bay.

After the infecting energies were removed, additional healing sessions finally manifested improvements in the other areas of her life.

Energy Resonance

Anyone who has been moved to tears by beautiful art, music, photography, or nature is resonating, beyond appearances, to energy dispersing through the air. This deeper essence, rooted in Source, is so nurturing to our being that even one such experience augments our discernment of quality. From grandeur to simplicity, on its own or combined with innate giftedness, this inherent energy enhances and transports creative effects. Everything less energetically vibrant pales by comparison. As we evolve, we will be inclined to seek out personal items that are both functional, such as a lovely water pitcher, and decorative, such as wall art, that resonate to our core. The energetic internal and external congruency strengthens and enriches our quality and fulfillment of life.

Energetic discord restricts and diminishes the purest energy. Thoughts, feelings, and behaviors that stem from *ego agendas*⁴¹ impede *Source energies*⁴² and generate resistance and agitation. Disturbed energies captivate our attention, tarnish our clarity, distract us from a larger awareness, and minimize the size of our *life lens*⁴³ on the world. With a smaller lens, our energy exchange is reduced to a percentage of what would otherwise be possible. Our ability to receive inspiration and blessings and to manifest Source attributes is compromised.

The Energy of Giving

One of the most direct ways to set aside our ego agendas, open our life lens, and charge our personal batteries is to freely and joyfully give to others. As we give, we make room to receive. The more we lovingly give, serve, volunteer, or donate to others, with no strings attached, the more we open up our own availability and capacity to receive. However, the pivotal words are

⁴¹ ***ego agendas***: self-serving views and behaviors

⁴² ***Source energy***: divine vitality that feeds the soul and provides guidance and opportunities to enhance spiritual evolution

⁴³ ***life lens***: the filtering system, preset with our karmic issues, through which we view and process our life and world; this filter skews our behavior and limits internal and external support, ease, and blessings

freely and joyfully. Buying a gift because it is expected, owed, or if we are more concerned with appearances or what others will think of it or us are signs of an ego agenda that shrinks the size of our receiving lens. So does giving anything for the sole purpose of personal gain. Any ulterior motive, sense of sacrifice, or expectation of appreciation or compensation inhibits lens size, even if it had formerly been expanded.

The size of our life lens fluctuates in response to energy purity. The energy benefits of cheerful giving can present themselves in several ways. As we become aware of more blessings in our own life, we might attain higher levels of personal contentment and happiness, feel more peace, have more hope, see improved personal relationships, and notice more kindness and support within our own world.

“Lisa” loves to buy gifts for friends and family even if there is no special occasion. She is an instinctive shopper and often finds new items for close to garage sale prices. In giving so freely and without any thought of tallying, personal benefit, or expectation of outcome, she is blessed with unusually dear and supportive friends. These close companions respond to her generosity with constant invitations for social and cultural events, dining, and other enjoyable opportunities. She realizes how fortunate she is to have so many loving relationships.

One spiritual concept says that we cannot out-give God. Without intending to, Lisa has activated the benefits from this principle. Blessings return to her in unexpected and diverse ways, and because her actions stem from love and joy, the gifts she receives hold an even higher vibration than the gifts she gives.

Attitudes and Energy

Positive thoughts, words, and deeds extend uplifting energy that can have a remarkable effect on our ability to set aside ego agendas.

“Diane” was driving to work one morning and needed to go around a trash truck in her neighborhood. As she slowly moved past, she caught the eye of the worker and smiled at him. He instantly showed surprise, then total delight. He returned the largest smile possible. Diane felt unusually blessed by that simple interaction.

☸ In contrast, negative thoughts, words, and actions can diminish or even harm others and us. We have all received a demeaning comment and felt the instant assault to our mood and day. Imagine how Diane’s day and that of the worker would have been if she had given him a disgusted look or gesture for being in her way.

Attitudes affect energy. Someone with a chip on his or her shoulder can ruin an enjoyable conversation. Sometimes it only takes one person with a sunny disposition to brighten everyone’s day. The following quote is from a sermon by Charles Swindoll, Senior Pastor of Stonebriar Community Church in Frisco, Texas:

Attitudes affect energy.

“The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, or say, or do. It is more important than appearances, giftedness, or skill. It will make or break a company ... a church ... a home.

The remarkable thing is we have a choice every day regarding the attitude we

will embrace for the day. We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. ... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you. ... We are in charge of our attitudes.”

~ ~ ~

We all know people who are incredibly positive. They have admirable dispositions and remain upbeat and buoyant no matter what transpires around them. Their greater problem is their inability to release management and control and to be authentic. Therefore, overly positive people have an inner desire to be more honest about their need to heal as much as someone who is always pessimistic. Unfortunately, fear or other issues might prevent or delay their progress.

Overly positive people have an inner desire to be more honest about their need to heal as much as someone who is always pessimistic.

“Todd” was a very successful businessman when he came for his first session. Although he believed in God and was seeking a stronger connection, his unsubstantial spiritual relationship was working well enough for him at the time. He was not willing to give up control in his own life, which he felt was fine just the way it was. He could not imagine living his life any other way, and could see no reason to change. He had determined to keep his positive façade in place and to protect and manage his own life so all outcomes would be as good as possible. He had an extreme control issue even though it

manifested in an overly positive way. During his session, guidance told him he was, “Nauseatingly optimistic.” He and D’Ann had a good laugh.

Because Todd was so outstanding in his ability to manage his feelings, he was rarely able to address his own issues and he felt no need to verbally admit or emotionally give in to anything unpleasant. He was barely aware of a less positive, weaker, and more vulnerable inner self. He declined the opportunity to release his ego and *surrender*⁴⁴ his life to God.

For weeks after his session, Todd continued to mull over the idea of surrendering. He decided to review his extensive and lengthy spiritual history to glean insights. He concluded he was ready to take a major step forward.

When he returned for his second appointment, he willingly surrendered his life to God. As a result of this empowering decision, internal and external components of his life opened and rearranged. This began a lengthy healing process as well as the release of emotional disturbances due to buried feelings.

Todd is still predominantly optimistic and positive but is now much more in touch with his own emotions and those of others. He responds more sensitively and appropriately. Having begun to integrate Source energies, he receives guidance. He is a revised and advanced model of the man he was. He felt led to study a healing modality and feels incredibly blessed and privileged to now assist others with their spiritual growth. He is more authentically able to walk his talk.

⁴⁴ ***surrender:*** to release three-dimensional ego processes, functioning, allegiance, identity, and resulting outcomes in order to expedite empowerment

To date, Todd has been the only client who initially refused to surrender his life to God and yet returned for more sessions. His soul was ready to heal, although it took additional supportive efforts and synchronicities for him to relax, open up, and let go of his ego management techniques. His brave decision enhanced his life in unimaginable ways.

~ ~ ~

Attitudes affect not only people but also animals and inanimate objects.

“Craig” had recently purchased hearing aids. He was angry about getting old and resented the cost, nuisance, and need to rely on two small pieces of equipment stuck into his ears for the rest of his life.

Craig often took an afternoon nap and would place his hearing aids on a nearby table. One day when he awoke from his rest, he could find only one hearing aid. He searched everywhere. Later that day, he noticed some odd pieces of something on the floor in another room. He was stunned then furious to discover his dog had tried to eat his hearing aid.

He paid for a replacement and felt even more resentful of his situation. Those little things kept getting lost. In a motel, one seemed to disappear while he was walking between the registration desk and his room. After searching for over thirty minutes, he found it in a fold of his coat. Another time, he drove forty-five minutes back to a store where he thought they might have fallen out, but they were not in the store. Days later, he examined his car for the fourth time and found them wedged near his seat.

Craig’s frustration was mounting. Finally his wife, “Jane,” suggested that his attitude might be pushing the hearing aids away. He initially thought the idea

was ridiculous, but they talked at length about his whole physical and emotional situation. Within a few days, Craig decided to change his viewpoint and be grateful that such instruments could assist his hearing and interaction with people.

Since his attitude adjustment a few years ago, there have only been a few occasions when he has briefly misplaced them. The pattern change was immediately obvious to both Craig and Jane.

SPECIAL NOTE:

I'm including a section from Chapter 3 in the excerpt as well. Turn the page.

CHAPTER 3: LIFE'S HEALING SETUPS

At this point in our development, humans seem to require provocation in order to stimulate our ego-managed emotions. Agitation creates the incentive and opportunity for us to release and clear these accrued and unwanted emotions from our system.

This chapter delves into the intricacies of how life is set up to help us reach the deepest level of our emotions and offer the greatest potential for healing. Fortunately, life's challenges contain divine beneficial intentions. We only need to reinterpret a life challenge into that of a healing opportunity.

13: RELATIONSHIPS

Our oneness with Source originates from a baseline of *unconditional love*⁴⁵ in and for all people. We are each a part of this whole. We select specific relationships and karmic roles to serve each soul in our incarnations.

The scripts that contain our mandated issues challenge us to rise above low frequencies from past lives. The scripts are also a conundrum. The scripted issues are meant to help us heal. Yet, they also block us from accessing our pure core until we energetically and incrementally release them. In this way, our life script initially sets up a barrier to our integration with Source, then simultaneously intends and nearly forces us to become aware of and stimulate our need to heal.

Healing, then, is incremental, like peeling away layers of an onion to get to the core of our divine identity. The process is like learning mathematics: first we learn

The role-playing partners we chose for our close karmic relationships target and expose our fundamental challenges. They help us reach and remove our emotional debris with scripted precision.

⁴⁵ ***unconditional love***: an ever-present state of nonjudgmental acceptance, support, and radiance that is embedded in Source and is consistently all encompassing and all forgiving

numbers, then addition and subtraction, then multiplication and division, then higher math. With the development of each new skill, we advance into deeper onion layers, which represent removing the energy barriers we chose to work on in this life. This gradually opens our ego consciousness to the benefits of spiritual evolution and allows us greater access to and integration with Source.

If it weren't for our close interaction with karmic soul connections, we would be oblivious to our issues. We need people, with all of the resulting dramas and challenges, to keep us on our spiritual healing track.

Relationships can be anything from fleeting to lifelong, casual to life-changing, rewarding to troublesome. We all desire happy, easy lives. We want to be accepted, supported, and loved. However, we are most emotionally and energetically connected to family members because our shared past lives have created deep bonds together. The role-playing partners we chose for our close karmic relationships target and expose our fundamental challenges. They help us reach and remove our emotional debris with scripted precision. Some families provide emotional nurturing. Others model mild to severe dysfunction, drama, and/or abuse.

As a result of our soul contracts with birth, adopted, and adult family members, our life scripts foreordain issues, roles, and the need for enactments. Living spiritually uninformed lives restricts our awareness to visual, experiential, and emotional input. We draw life conclusions based on incomplete evidence. The assumptions and opinions we form calibrate, reinforce, and perpetuate our life patterns.

Living spiritually uninformed lives restricts our awareness to visual, experiential, and emotional input.

☸ Because we are all inherently part of a singular, universal energy, our actions and thoughts affect everyone. This is why healing ourselves stimulates healing possibilities in others. Resembling the ripple effect of a stone dropped in water, those closest to us receive the strongest inducement to improve their lives as we evolve. Their free will choice allows them to benefit from or reject each auspicious opportunity that we and others present to them.

Healing ourselves stimulates healing possibilities in others.

If relationships were puzzle pieces, the people closest to us are those with whom we connect and interlock. As we heal, our basic shape smoothes out, indentations fill in, and protrusions shrink. Our fit with others becomes not as locked-in as before, yet some issues or areas of concern might have improved. As our connections with those nearest to us become more flexible, those people might need to adjust their lives to accommodate our changes. If they are unable or unwilling to adapt, the relationship usually deteriorates, and we might simply slide away from each other or find ourselves face to face with difficult or even excruciating decisions and changes.

As the relationships shift, additional emotional material almost always comes up for us to review and release. Communication is essential, and blame is detrimental. When we address foundational issues, situations in relationships often get worse before they improve. This consequence provides stimulation for us to release accrued emotional energies and facilitates our further healing.

Communication is essential, and blame is detrimental. When we address foundational issues, situations in relationships often get worse before they improve.

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Other people respond to our healing in essentially three ways: by not changing at all and being angry that we are, by shifting a little bit with us, or by changing to a greater degree as part of our and their souls' life script.

Typically, others continue to behave exactly the same way they always have. If they pushed buttons before, they will still attempt to do so. The critical difference in the relationship is that our emotional reactions to the button pushers will gradually become milder. We will more clearly see that they are pushing our buttons, still wish it were different, and yet recognize the other's role is to help us clear our issue. We will notice that we have growing compassion for and understanding of them. We might actually want to thank them for pushing our buttons and, thus, confirm that our change is beneficial and motivating us to change further. When we realize that we don't need anyone to push our buttons anymore, we will discover wiser and healthier responses to situations that, previously, triggered our highly emotional reactions.

Invariably, our healing will also cause some sort of shift in others around us. People who are stubborn, egotistic, outspoken, and controlling will see our improvement as altering the rules of their game without their permission. They will not be happy about it, claim that we have no right to change or treat them this new way, and might declare that things were fine the way they were before. Unless they come to a self-realization of their own, their behavior will seem to worsen, possibly becoming more vehement or vociferous or even violent, as we heal. This is a sign that such relationships were undoubtedly not rewarding to begin with, and are now falling apart or intolerable. Some affiliations will need to be severed. Should this occur, we need to practice spiritual forgiveness in order to eliminate future karma with these souls. As painful and difficult as this might be, our decision could begin to heal each life involved in our script.

Invariably, our healing will also cause some sort of shift in others around us.

☸ It is possible, though unusual, for a person to play a role exclusively for us. At the soul level, he or she was willing to take on the assignment even though it offered no substantial benefit to that individual. Blocked by the limitations of human vision, that person might not even realize he or she is also changing as we heal. As we clear our issue, this soul partner stops playing the old role that used to bring up our strong reaction. As we heal, the other person appears to heal also. We might find this improvement to be perplexing because he or she is not trying to amend his or her life, and we are doing all the work. We will, however, welcome the difference.

~ ~ ~

In the following story, the married couple was enmeshed in soul-scripted and challenging lives that improved because of seemingly discourteous comments from a neighbor. As the wife shifted, so did her husband and her neighbor.

“Dora” and “Carl” had been happily married for many years in spite of some annoying issues between them. The longevity of their marriage was the result of the fact that they were each people pleasers and givers, so they supported each other easily and willingly even when in disagreement. Dora was on a spiritual path, and Carl preferred a proscribed religious practice.

Carl was a wonderful, thoughtful, kind, and helpful man—at least on the surface. He had many friends and would go out of his way to do anything for anyone—albeit at his own pace. He was soft spoken, worked hard to support his family, and was extremely creative. He also had Attention Deficit Hyperactivity Disorder (ADHD,) which resulted in him having an image of low self worth.

His management style was to stay in control of his life as much as possible, to put off for later what could be done earlier, and only do things on his timetable, even though, illogically, he prioritized socializing and others' needs over his own agendas.

It had always been challenging for him to make decisions and complete projects. He had many internal conflicts and his tendency to always have choices at hand created external chaos; as an example, his several bottles of shampoos, conditioners, bubble baths, and bars of soap created clutter around the bathtub.

After the couple was first married, Dora pointed out to him when things were not finished, the mail accumulated, or there was some looming deadline that needed his attention now. Whenever she did this, Carl's response was either anger or withdrawal. Over time, Dora learned not to mention the things that Carl didn't take care of, assumed more of his responsibilities, and worked at minimizing and eliminating judgment from her life. Eventually, even their children would comment that their mom was one of the most accepting people they knew and would give the benefit of the doubt to anyone. However, Dora continued to think blame-filled thoughts about her husband.

Dora's next-door neighbor, "Trudy," was a hard-working, fun-loving person. Her life had been difficult, and she was challenged in relationships. She had the karmic role of being a policewoman and would often help others by pointing out what they were doing wrong and what they should do to correct it. Trudy's primary focus had been her adult family, and Dora had only

occasionally been the subject of her corrective attention. However, after her divorce, Trudy began to tell Dora what she needed to do in order to change her life.

One red-letter day, for the third phone conversation in a row, Trudy told Dora how hurt she had been yet again by their recent talk and what Dora should have said differently so that Trudy would not have been offended. Dora apologized and hung up as soon as she tactfully could.

Dora found the emotions she was feeling to be just too strange. She asked God for clarity about what was going on. A quiet inner voice said it was time to clear judgment from her life. Dora immediately realized that her neighbor had been doing for her exactly what she had been doing for Carl, except that Trudy was verbalizing her complaints to Dora while Dora held her harsh feelings about Carl inside. Wow and ouch! What a stunning and sobering insight.

Trudy and Carl had each been serving Dora very well to bring this problem of judgment to her attention, and she realized that she was ready to be completely rid of this issue. Never one to procrastinate, Dora immediately forgave each of them and, recognizing her responsibility for this issue, she surrendered it to God.

The next morning over coffee, Carl asked Dora for her opinion about how he could improve his ADHD. This had never happened before in their marriage. As Dora considered this and replied, Carl listened with an open mind, which was also a new occurrence, and they had a fulfilling discussion about the

subject. Dora pointed out a few ways that Carl unnecessarily created chaos in their lives, and he was not defensive about her comments. Another unprecedented response.

They each had house chores to do that day, and Carl went to clean the bathroom. A few hours later, Dora went into the room and saw what Carl had done. She was speechless. The tub had only one shampoo, one conditioner, one bar of soap, and one bubble bath. The room looked beautiful. She had not discussed this with him that morning nor asked him to clear things out, rather he had done this completely of his own volition. She complimented him several times that day and carried around an inner smile, knowing that his change had occurred primarily because of her forgiveness and surrendering.

Dora felt a major shift in her marriage with Carl. For the first time in many years, she felt they were on the same side of the fence, working together in a partnership rather than each fending for themselves. This benefit permanently continued but tapered off somewhat over time.

Dora was able to more quickly and easily catch any judgmental thoughts as they came up and surrendered them each time. This technique was effective in reducing the strength and frequency of her negative thoughts.

The rapport between Trudy and Dora mended, although Dora still sensed a need to do more listening and questioning than discussing or sharing her opinion. Trudy gradually began to address judgment in her own life.

If you have ADHD, or any of a number of other chronic, serious conditions, such as bi-polar, hoarder, or obsessive compulsive disorder, you might have areas of happiness and fulfillment in

life, but you have signed up for frustrating challenges and, likely, a spiritually unempowered life that is serving you in some way at the soul level. Medications, support groups, and newer energetic techniques might help you better manage and improve your quality of life. Although it is now unusual, it might become possible to heal this condition in this incarnation. To do so would require an open mind, professional energetic intervention and modalities, and strong determination to continuously make small personal changes. The more family or professional support you have, the more likely you will conquer this challenge.

If you live with a person with one of these significant conditions, you have a soul contract with him or her, and you are also being served by the agreement. Should you be on a spiritual path, you have probably enlisted for an accelerated course toward empowerment. If not, staying in the relationship might strengthen responsibility, loyalty, or other karmic weaknesses, or it might deter your personal development. As in other partnerships, soul-contract agreements might be revised or ended, if a person is at a high enough vibrational level to do so.

One other important spiritual concept to extract from this story is that things happen *for* us, not *to* us.

Things happen for us, not to us.

All things are intended to serve us rather than promote a victim mentality.