

# WELCOME

Welcome to The Owl!

A collaborative sharing of contemporary ideas, fresh perceptions, art, beauty, Universal wisdom, and modern inspiration across traditional and non-traditional spiritual and religious teachings. We invite everyone to the table to share in the rich feast of Life and Living.



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# Come On In & See What's Inside



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## A Sacred Story

by Dr. Joanne Halverson

We left the gold of inland sunshine to journey to a rented cottage on the grey and silver coast in mid-summer. Our rustic, temporary home rested on a hill deep in an old-growth spruce forest above the sea. After the first day, the steady drum of the waves worked its magic to slow and syncopate with our heartbeats. We settled in and spent days walking the shore or tucked back into the dunes, out of the chilly wind.

One late afternoon, I walked to the cabin alone to make dinner. Jim lingered on the beach. My night-owl husband would eat much later. Once I'd cooked and eaten the spaghetti, I walked over the uneven floor to gaze west through the wall of windows. I could see the shades of color and texture gracing this adored place. Dark and pale greens, steel-blue sea, and a lavender horizon spread out before me. Looking down through the woods, past the shrubs, the dunes open onto a vast plane of sand. Standing on the dove-grey sand, my

husband, Jim, stood with his back to me. It seemed a long time that he meditated on the rhythmic tide.

What was occurring in his inner world of thoughts and feelings?
What messages was he hearing?
I smiled when, characteristically, he shook his hands to warm them. Then he turned around and began to walk up the path.

Jim is easily recognizable. Like a dancer, he is slim and athletic. He has shoulder-length hair. His monochromatic dark clothing and the graceful cadence of his movements are emblematic. He entered the shrubs leading into the forest and was no longer visible, absorbed into the dense green. It's a short, nearly straight, uphill hike to the cottage and for Jim, without my company to slow him, it was a five-to-seven-minute stroll.

Eager to reunite, I went out through the glass doors adjoining the picture



windows and onto the big, tilting deck. When Jim emerged just below the deck railing, I would wave and yell "Welcome home!" or something teasing at him. Beaming, I waited to lean over the railing—but no Jim appeared.

I waited longer. Something was amiss. A strange mix of dread, loss, and wonder filled me. It was not only bizarre that he hadn't yet arrived, but there was also a change in the atmosphere. The giant trees leaned in, their presence intensifying. The waves sang louder, and the air felt lighter, as if infused with helium. Everything around me changed. It felt like the molecules that bind us into form had loosened. The chair, wooden beams, and porch were somehow less solid. I felt disoriented, a bit dizzy, and untethered. I thought I might float away.

Alarmed by a racing heartbeat and moisture dampening my forehead—along with resistance to what was unfolding—my mind grasped for explanations. As I paced the room, reasonable possibilities arose. Perhaps my husband has wandered off the path to explore one

of the short side trails. He might be admiring a giant tree or returning to the beach. Or am I at the beginning of an illness that has skewed my perceptions?

But rationalizing could not override what I sensed in body and soul.
Inexplicably, everyday reality had shifted. Eternal time and space had opened up new possibilities. Agitated, I decided to move and to seek resolution.

I walked down the path to find him. The forest was a witness.

I couldn't find Jim in the woods, on the beach, or down the shoreline. No one was visible. The salty air permeated my body. I sighed and took a deep in-breath—and a liberation transpired. It felt like the first inhalation of a newborn. My thoughts quieted and the world no longer felt discordant, but serene and resonant. All would be well.

I walked back to the house, washed the dishes, and cleaned up the kitchen. Then, peacefully, I settled on the velour orange couch in the living room and read.

#### A Sacred Story

About half an hour later, I heard the back door open and Jim ambled in.
To get his immediate attention, I rose swiftly and stood in front of him.

"Something bizarre happened, and I want to tell you," I said.

His eyes widened, and he stood attentive and close. I didn't expect rational answers to my questions but, in a performative way, I asked them anyway. "Why did you start up the path earlier but not come home? How long ago did you leave the dunes? Did you stand in the sand and look out, watching the ocean, before you left the beach?"

Jim explained he had not started up the path. He had been on the beach contemplating the sea before heading to our temporary home—but he'd taken a different route back, from farther down the shore.

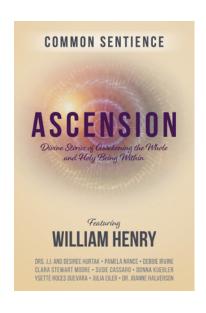
"I think I entered a rift in space and time—an unexpected place between worlds," I told him.

Accustomed to my spiritual sojourns, he listened without skepticism.

For that night and our remaining time at the coast, a sense of smallness smiled in my heart. The awe of the encounter had left me more aware of the mysteries of the universe. The experience was humbling and a blessing, because it opened a fluid, vast sense of reality for me.

Story excerpt from <u>ASCENSION: Divine</u> <u>Stories of Awakening the Whole and</u> <u>Holy Being Within.</u>

Dr. Joanne Halverson lived off-grid in nature. She has a doctorate in clinical psychology. Traditional Coast Salish Indigenous spiritual leaders (shamans) entrusted her with initiations, wisdom, and medicine names. Such gifts are meant to be shared. Her medicine names are Ancient Spirit Person and Sikahtahlia which means guardian of the earth.



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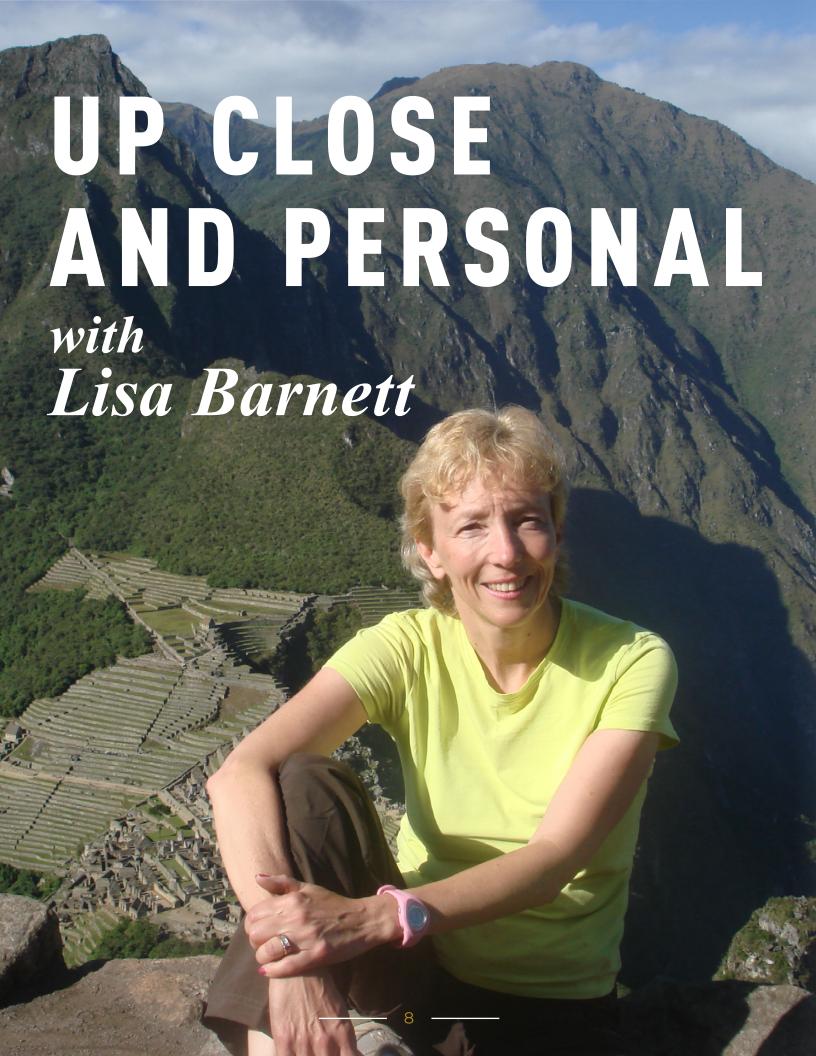




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Lisa Barnett is the author of her newly released book Your Soul Has a Plan: Awaken to Your Life Purpose through Your Akashic Records. Lisa has devoted her life as a Divine channel of the Akasha to help people connect to their soul guidance. As the founder and teacher of the Akashic Knowing School of Wisdom, an internationally recognized school, Lisa has taught thousands of students worldwide and has helped to train and certify dozens of Akashic consultants and teachers.

Lisa is also the international bestselling author of The Infinite Wisdom of the Akashic Records and From Question to Knowing: 73 Prayers to Transform Your Life. She has developed many programs including written and auditory courses, dozens of meditations, and frequent webinars to teach people around the world how to access their Akashic Records. The goal of all her programs and books is to share the tools and prayers from the Akashic Records to help people at a soul level create the life their heart and soul desires.

**Ariel Patricia:** Welcome, Lisa. It's a pleasure to speak with you. Please tell me who is Lisa Barnett.

**Lisa Barnett:** Lisa Barnett is a multidimensional ancient soul who has come to support humanity's awakening.

AP: Multi-dimensional ancient soul. That's a very deep knowing that you have about yourself. What age were you when you started to become aware of something beyond this world, beyond this Earth?

LB: I was three years old when I had my first epiphany, and it was that I was trapped in a body. I say trapped because the feeling was a combination of panic and of wanting to go home. My memory is of me and two other souls, etheric souls, not embodied, on another plane or dimension. We were communicating without words.

It was an instantaneous flash as I looked at my little baby hands thinking, "Oh my gosh, I'm trapped in a body!"

Later I remember being with these other souls in this beautiful etheric world, and I said to my mother, "I want to go back."

**AP:** Was this a vision that you had? How would you describe the experience?

LB: I was standing in the kitchen and my mother was cooking dinner. Since I was always a finicky eater, as a three-year-old I'm trying to tell my mom, "I don't like that, whatever it is you're cooking up there." But I didn't



have the words to express it to her. I was frustrated by my lack of language and the memory of not having to use all of these words as an etheric soul communicating with my soul sisters. It was so much easier to communicate as a soul than a little person.

**AP:** That's really fascinating. How did this experience inform you going forward? What's your next memory of something beyond this world, or you as a being that was not from this world?

LB: I had quite a few mystical experiences as a child. I could see some ghosts. A lot of those kind of experiences were scarier rather than heartwarming. I think that's kind of common for a lot of people who are more consciously awake at a very young age. But the next time I really was old enough to consciously think about it, I was thirteen years old. My family had recently moved to California from Illinois, and my best friend, Shuby, called me. This was in the 1960s when you didn't pick up a phone and call across the country very often because it was expensive.



Shuby called to tell me that our other best friend Marsha was in a coma in the hospital.

What's strange is that not long before this call I had received a letter from Marsha that she was in the children's ward in the hospital, and she was laughing about how cute all the younger kids were. The next thing I know I hear from Shuby that Marsha's in a coma. Between her letter to me and the call from Shuby, they found a large tumor in her brain and did immediate brain surgery.

My reaction was to heal her. I felt that I had the ability to heal her and that I should know how. And of course, I'm thirteen years old and I had no idea how, I had no training. I didn't have any religious background, so I didn't even know how to pray because my family didn't go to church.

Between shock and sadness and disbelief and frustration, I felt responsible in a way to heal my friend. I spent all night praying as best I could. And in the morning, I heard that she had passed.

**AP:** You were thirteen years old when Marsha died?

LB: Yes.

**AP:** Your prayers may have eased Marsha's transition into a higher transcendent state with more ease and grace.

**LB:** Right, absolutely. But at that point in my life my feeling was, "I'm a healer. I should be able to heal people, so I better figure out how to do it."

**AP:** Your prayers might have worked perfectly; it may just be us inserting what we feel is the outcome we want versus the healing that the person's soul received.

LB: Absolutely. And now, of course, I understand that our soul makes a plan before we embody. Part of her plan was not to live a very long life. I don't know why she chose to leave when she did at thirteen. But I know now that everything is in Divine right order and timing, and everything truly is perfect. And because we're infinite souls, she's still here in some form or dimension.









Lisa, Shuby, Marsha and friends



**AP:** At three years old you had the experience of communicating with your soul sister and had some other spiritual experiences as a child. By age thirteen you wanted to heal your friend because you knew you were a healer. How did you know you were a healer then?

LB: Marsha's death honestly triggered my awakening. I just knew that I had been a healer in many other lifetimes, and that was part of my purpose and calling. Of course, at that age I took it personally, like it meant I was supposed to heal her now. Although, we know that healing, as you were mentioning earlier, may be crossing over and that may be the greatest healing as the soul is intending to leave the body. So, healing doesn't mean fixing the body or keeping a person or a soul in a body. It can be, again, making that transition with ease and grace, supporting the energy, being the love that helps to make that person feel safe. All of those aspects are part of healing. It doesn't always mean fixing people.

The experience of Marsha's death awoke that calling in me. But I was

so young and unaware of the idea even of healing, right? Back in the sixties you went to the doctor if you were sick. I didn't know anyone who went to a healer or had a shaman in their family. That was not part of our culture or tradition.

**AP:** I think it expresses what a beautiful soul you are that even as a young teenager, a child in the sixties with no other experience, that your response was to heal your friend. You were going to help. You're a helper and a healer.

What happened next?

LB: I began to study because I was trying to figure out what I knew intuitively—that I had been a healer in many lives. I felt lucky to be living in California where the new spiritual books and psychic training were happening. I then studied philosophy in college, and along with Hinduism and Buddhism I read all the esoteric books that I could get my hands on.

Then the next pivotal piece happened when my soul sister Shuby died at nineteen years old. I was two years into college, and I came home one

night, it was midnight, and my parents were sitting up in the study. I thought, That's odd. My parents are never up at midnight.

I went in to say hi and they had obviously been crying. They looked so very sad, and they said, "Shuby died in a car accident tonight."

It was tremendously shocking again. My instinctual reaction, honestly, was to lay awake waiting for her soul to come and say goodbye. I was very clear that we are infinite and that she might come by and tell me goodbye. But she never came.

This experience triggered a whole cascade of emotions, including abandonment and survivor guilt and emotional trauma that affected my life in its own way.

**AP:** This is your second very close friend, in a short number of years, that dies very unexpectedly. It sounds like with Shuby it was traumatic.

**LB:** Again there was a part of me that felt responsible. I always believed in a sense that I was my sister's keeper.



Shuby

**AP:** And you were the infinite healing soul.

LB: Yes, and I also felt that as soul sisters we had come to do something together, and that somehow I should have been able to save her, that I should have been able to do something, including talking her out of being with that crazy guy who drove the car so fast that she died.



I felt responsible and abandoned at the same time. I thought, "Hey, we were supposed to do life together. How can you leave me? How can you abandon me?"

After doing 10,000 Akashic readings, I realize that this is a common sort of abandonment issue that we have with Source. We often feel that we are separate, that we have been abandoned by Mother, Father, Goddess, God, and left here alone. That feeling was triggered within me at the point when Shuby died.

So I felt like: "Marsha's gone, now Shuby's gone, and I'm left alone. Screw it, I'm over it. I'm not doing whatever I was going to do. I've been on the spiritual path already for more than half a dozen years, and I'm only nineteen. And I'm over it. Instead I'm going to take all that energy, all that information, all that wisdom, all that reading, and I'm going to shove it in an etheric shoebox and stick it up on a shelf in some etheric closet and lock the door and go on my own journey. I'm going to be human, whatever

the heck that means. I am going to have fun, I'm going to make money, I'm going to party, I'm going to travel around the world, I'm going to have a good time."
And that's what I did for a long time.

**AP:** It seems like a very reasonable response to me.

LB: Me too.

AP: Lisa, today you are a recognized teacher of the Akashic Records and healer. You embraced this calling for over twenty-five years. Bring us from you at nineteen saying, "Thanks, no thanks," to rediscovering your spiritual healer and helper role.

LB: After I finished college,
I literally went down what I
considered to be a normal
human path. I got a good job
in advertising, and I did well. I
traveled and had fun. This went on
for almost a dozen years or so, until
I got really sick.

What I know now is that often when we get off our path or when

that part of our path is done and we're not realizing it, the soul and body will carry us back in some way. It's like they're saying, "Hey, wake up. Time to wake up."

For some people it's an illness, for others it's an accident, or even a near-death experience ... those are wake-up calls from our soul to our personality telling us to change things. I had that experience in my early thirties.

At the time I was drawn to an acupuncturist who I worked with to heal all of my chronic fatigue and autoimmune issues. One day she said to me, "I can help you heal your body, but I can't heal your soul. And your soul has a message for you, and I don't know what it is. You should go talk to a psychic channel to receive this message."

And she sent me to a good friend of hers who was a phenomenal intuitive healer. That woman said to me, "You are a healer."

The joke is that I replied, "No, I'm in advertising," because that's what I was doing. It took me a

minute until I'm like, "Oh yeah, that's right! I've known I was a healer since I was thirteen, but I have been ignoring that for almost fifteen years."

That was the next huge wake-up call. It just hit me to the core: "How could I forget who I was?"

After that I started to study with a teacher who was an excellent intuitive energy healer, and I studied with her for over six years.

AP: What were you studying?

LB: It's kind of a funny story. I was studying to be a psychic intuitive energy healer where I learned phenomenal information about the energy bodies and how to heal all these different layers and levels of our challenges. She taught me about past lives and the twelve layers of each chakra, along with so much more information.

What she taught was to go up to the gates of the Akashic Records and ask the Record Keepers to fill your client up with their highest Akashic information. But she told



us that we were not allowed to go into the Akashic Records. "You are only allowed to go to the gates. Ask them for some healing for your client, and off you go."
I spent at least six years going up to these gates of the Akashic Records when I did a healing for a client, and I would see the energy come in, almost like sparkly energy waterfalls pouring down into their crown chakra and down into their body.

When I opened my own healing center and was doing intuitive energy healing work, every once in a while I'd be working on a client, and I would get this big, expansive information. Sometimes it would come through like a booming voice. I could see all these past lives and these timelines and futures and other dimensions. It was like looking at a huge expanse of information instead of just looking at their energetic bodies and aura. It was mind-blowing.

But I didn't know where this information was coming from or who was talking to me. And that went on for years. It wasn't

until many years later that I was on a personal retreat in Sedona, Arizona and I talked to a woman who was a medical intuitive.

After having chronic fatigue for so many years I could finally ask, "What else can we heal?"

"This is really interesting. The Akashic Record Keepers are coming in and they're trying to get your attention and talk to you," she said.

This took me by surprise. "But I was told that the Akashic Records were off limit."

"No, not according to these Record Keepers," was her reply.

It was intriguing to realize that not everything our teachers tell us is still current and true. Of course, they're teaching us as best they can, but energy changes and the universe changes.

Years later, after I started having a full-on conversation with the Akashic Record Keepers, I asked them about that. They explained to me that a thousand years

ago, around 1000 AD, the Record Keepers had pulled the vibration of the Akashic field away from Earth so that people could no longer access this information because people were misusing it for their own gain. We were in the Dark Ages with a very low vibration, so people were using it to find other people's money, gold, jewels, and abusing it to win wars and conquer other countries. So the vibration was drawn away from the Earth and people forgot about the Akashic Records. The information that my healing teacher had shared was true at one time, but it changed in the late 1960s.

**AP:** That's really fascinating that it changed correspondingly with the peace movement, with the shift of energy the sixties and seventies brought on, what many consider the first wave of light workers on this planet.

LB: It aligned with the dawning of the age of Aquarius. And so it's in connection to this new higher vibration, this new Yuga, this new age of Aquarius that has

been coming in literally since the 1960s. And that is why the peace movements began.

**AP:** I think it's a good time to share what the Akashic Records are.

**LB:** The Akashic Records are the recording of your soul's journey throughout all time-space continuum.

If you can imagine that from the moment your soul individuated from Source and started its journey, everything your soul has done, every place or dimension that your soul has lived, every body your soul has inhabited, every life here on Earth, it's all recorded in an etheric library that we call the Akashic Records.

The wonderful thing about the Akashic Records is that not only does each person have their very own library, but they also have their very own librarians. Imagine that you were born with a video camera built into your head so that everything you did or felt, every single day you lived, was videoed and then at the end of the



day you uploaded it to the cloud. Whenever you wanted to access what you were doing last week or when you were ten or even two, you could call in those recordings, those videos, and look at them, watch them, re-experience what you were experiencing at that time in your life. That is very similar to what the recordings of the Akashic Records are.

**AP:** How does that tie into the healing work that you were doing and how you first were acquainted with the Akashic Records?

LB: When a soul individuates from Source, it is still always part of Source. All of the recording of what the soul has been or done, all of that information is part of Source energy stored in the quantum field. The quantum field has no time or space, and that gives us the ability to go into the void, into a no time-space quantum field, and pull up what we might consider a past life or a future life, or a childhood challenge. Because there is no time or space, we can go to that idea, that image, that time in your past life, and do

present time healing on it because it's in the quantum field.

The way I was shown this many years ago was that when I asked a question, such as what is stopping me or making it hard for me to finish my book, the Akashic Record Keepers, those librarians that are working with me, might say, "There are a variety of lifetimes in which you were challenged as an author. There were lifetimes where you were persecuted for what you wrote about."

And those traumatic lifetimes create energetic blocks in us now. That past life trauma can create unconscious fear that we hold onto in this lifetime.

So, because we're in this quantum field of the All, I can see these past lifetimes, I can go into each one, see the story of that emotional pain or trauma from that specific life, energetically clear the trauma, release the pain, and in a sense, we can rewrite some of our Akashic Record.

When we bring it into this present moment, it has been healed and

that trauma or fear is gone. Now we're open to finish writing that book, because we know we will not be persecuted for it.

**AP:** Once you realized the Akashic field was open and you'd been working with the Record Keepers for a few years, is that the point they became the main focus of your work?

LB: Yes, when I realized that
I was inadvertently accessing the
Akashic Records, and that there
were Record Keepers trying
to get my attention by literally
showing me all this information
and often speaking loudly to me
so they would hold my focus,
and I fully realized this was
available, that was all I did from
then on.

It was such powerful information even though I had been a healer and had a healing center. Here I was doing more intuitive readings, and I completely switched to doing Akashic Record readings. After quite a few years of that, the Record Keepers said to me, "Will you start a school and

help us bring this information back to humanity?"

**AP:** Why do you think you have such an intimate connection with the Akashic Records? Does everybody, or is there a reason that this is such a big part of your work?

**LB:** When the Record Keepers asked me to start a school, I had three small children and I felt overwhelmed. So, I told them, "I think you have the wrong woman."

**AP:** Another reasonable response!

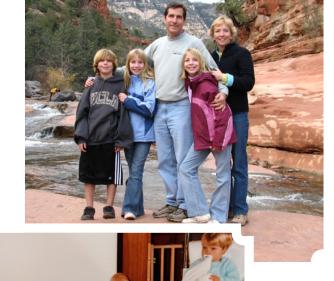
LB: Exactly. "I'm busy here." My son was only one and a half when my identical twin girls were born, so I literally had three toddlers running around.

But it was an honor to be asked to help the Akashic Record Keepers, so instead of saying no, I asked, "Why me? Why would you ask me?"

And they said, "Because you were one of us."

That meant that a very long time ago I had been an Akashic Record





Family

Keeper before I started my journey to other places, planes, dimensions, and before I started coming to Earth.

So, it was really a wonderful way to learn more about how these things work, because, of course, I asked lots of questions, and the way they explained it to me was that the Beings of Light that keep the Akashic Records are very pure beings. They have never been human, they are not your great-grandparent or ascended masters, and they're not angels. They are pure Source beings who have chosen to devote their life, at that time, to assisting other souls.

These huge libraries that we call the Akashic Records are supported by Beings of Light that have never been human, which keeps them from having judgment. They said that's what I was, that's what I did for a very long time before I started my journey. And so, I can hear them.

**AP:** How did you feel when they said that? Were you like, "Well, of course." Or were you like, "Wait, what?"

**LB:** At that point I had already been working in the records for quite a few years and it resonated with me. The whole explanation felt like truth, so I accepted that





answer and said, "Yes, I will do the best I can to assist you." And I did.

**AP:** For the past twenty-five years you've been teaching the wisdom of the Akashic Records and the Akashic Record Keepers?

LB: Yes. What they said to me was, "You are very galactic, and we will give you access keys that resonate with many of the Starseeds on the planet, because it is time to be able to connect more fully with souls from all areas of the galaxies."

I thought that was fascinating, so I agreed, saying, "Okay, show me. Give me a few access prayers, and if they work, I will do this."

At this point, I knew quite a few people who were reading the Akashic Records, and I said, "Try out these prayers. See if these access keys take you into the Akashic Records."

Everyone came back and the exciting thing to me was that they all said the same thing! They said they are faster, deeper, and lighter

than the old access prayer they had been using.

The three Akashic access prayers they gave me all opened the records, so I have been downloading access keys to the Akasha, teaching students, and helping people to heal since then.

**AP:** We started talking about how you knew at three years old that you were an infinite being and you were communicating with the etheric beings then without having to use words, right?

LB: Right.

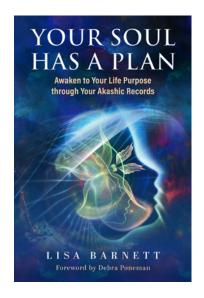
**AP:** And at this point in your life, events have confirmed that. You also mentioned a soul plan or a soul path. Share a little bit more of your thoughts around soul paths and whether you feel that you are in fact living yours.

**LB:** What I've realized over all of these years is that our path is long, it changes over time, and we have many different soul purposes. The Record Keepers always say, "If you only had one purpose, you

would be bored silly." So, we have different purposes at different stages in our life, which, of course, now makes sense, right?

Part of my purpose was to be a healer, but also a big part of my purpose was to be a mother. And a large part of my purpose was to help bring the Akashic Records back to humanity and anchor this energy back on the Earth. Part of my purpose is about soul contracts and relationships with family and people in my life. Everyone writes dozens of soul contracts.

I would say that the biggest purpose in life is to complete your soul plan. That is what I'm doing and will continue as long as I'm here in some way. What that way is, I am not positive, because the world is changing and it's so important to stay in alignment to the highest and best energy for us each day. To stay in our hearts and to support humanity with unconditional love. No one knows the future, because it is not written in stone, rather it is forever being created in the moment.



Learn about your soul plan in
Lisa's new book <u>Your Soul Has a</u>
Plan: Awaken to Your Life Purpose
through Your Akashic Records

**AP:** What final thoughts do you have for people who feel drawn to the Akasha or feel that it is part of their soul path?

LB: One of the things that the Akashic Record Keepers said to me all those years ago when they asked me to start a school was that this is everyone's birthright to understand your soul's plan and purpose, to understand the soul contracts you've written to support other people, and also to learn from others. We all have come to work through old karmic patterns to heal ourselves and help to heal others,



because when we heal an old karmic pattern, it helps unravel that pattern for humanity. We do our healing work and become more conscious of our patterns and challenges. This becomes easier for everyone else to unravel, to understand, and to release those old patterns that have been here on the planet for so many thousands of years.

To me it's very much about awakening, raising our consciousness,

knowing that we are so much more than just these little one-time people, that we are all ancient, infinite souls. As we step into that knowingness, we become empowered to create the new Earth, to create the highest and best life for humanity.

**AP:** Lisa, your life and your work are inspiring. Thank you for living your soul plan and teaching others how to do the same.

#### **FUN FACTS**

AP: Coffee or tea?

LB: Coffee.

AP: Books or movie?

LB: Both.

**AP:** Favorite book?

LB: The Alchemist I have to say. I've read it at least three times. I read it very young when it first came out, and I've read it probably twice since then. It makes so much sense to me. Those are the kind of things that made me feel, "Oh, good. I'm not nuts."

**AP:** Early bird or night owl?

LB: Early bird.

AP: Beach or mountains?

LB: Beach.

**AP:** Homebody or globetrotter?

**LB:** Well, I'm a globetrotter, but I don't leave the house. So, when I'm not traveling, I'm a hermit globetrotter.

**AP:** A hermit globetrotter. That's perfect for the nondual world that we're living in.



Lao Tzu









Sound—it's everywhere at every moment, and it impacts us. Yet we're hardly conscious of it. In this article, I'm going to briefly discuss the many sounds in our lives and our world, its impact, its connection to the Divine, and how we can harness sound's power to heal.

Be quiet and listen. Do you hear the sound of silence? The heater in the background, the ringing in your ear, the hum of traffic, your heartbeat. Do you hear music coming from someone's car radio, the screaming of children, the arguments of adults? It's everywhere.

What is the impact of sound?
Let's start with nature. Owls don't only hoot. They make lots of different sounds, including barks, whistles, coos, and cries. They are communicating with each other. And of course, it's not just birds. Squirrels emit many different sounds, some even resembling the calls of birds. Then there's howling, and it's not just wolves. My dog barks, growls, howls, and more.

What these creatures are saying, few of us know. But they know. They are

communicating without words.
And that is how I see sound. Sound provides deep communication without words. In fact, sometimes sounds convey the opposite of the words being spoken, as in when we are angry but are trying to sound reasonable and polite while there's a strain in our voice.

We are constantly, if unconsciously, communicating through sounds: laughs, tone of voice, sighs, and more. And we are being communicated to as well. Try this. Listen to someone you know and pay attention to their sounds, not their words, and do the same with yourself. See what you are communicating. Is it really what you think, or is it exposing your real emotions?

Now, tune into music without words. Ask yourself what you are feeling as the music resounds.

Maybe it's rhythmic. Melodic.

Dissonant. What are you feeling moment by moment as you hear the music? Try moving to it. Try chanting to it. Let yourself open to the energy of the sounds and express your response to it as well.

Sound: Its Impact and Connection to the Divine

As we do these things, we bring consciousness to an unconscious process of either communicating through sound or receiving communication through sound. We are heightening our awareness.

Then there are the sounds that transmit messages to us even from machines, communications that the world is awake, that people are on their way somewhere, that the heat is on, that the dishwasher is finishing another load. And there are sounds from our body, such as stomach growls, unconscious sighs, heartbeats, the cracking of joints. All these sounds inform us of something, something that might soothe us or even bring up fear. How are these communications impacting us? Let's look at that.

We have all experienced moods being altered by music or "noise." Compare soothing harp music with chalk on a blackboard. Compare heavy metal with Mozart. Notice the way you feel when you listen to a saxophone, then see how you feel if you hear the same notes played on a harpsichord. The mood will change with the sound of the instrument. The impact isn't always what is expected. Sometimes

soothing sounds can annoy us, because in that moment we prefer discord to match our inner state.

All sounds impact our consciousness to a greater or lesser extent because they are received by the brain and the spirit. And yet we hardly think about them or notice them, much less make conscious choices about which sounds we are going to let in, which we are going to block, and which reactions to those sounds we have to process. Yet all of this can be very healing.

Beyond dealing with the sounds that come to us, can we harness sound to benefit us? Yes, but first we need to acknowledge that the sound's impact depends on the level of consciousness that generates it. When the impulse for the sound is generated by our distress, the sound will reflect that, and it will increase distress for ourselves and others. The distress may be useful, as it may coax our real emotions to the surface, or hearing distressed music may help us feel less alone in the world because we recognize that others feel as we do. But whether or not it's useful, the sound being generated by anyone's distress will amplify our distress as we match the energy. (At times that



distress can be resolved by further sounds or emotional processing.)

And what happens when sounds are generated by the ego? Just as it is with distress, when we hear sounds or music that come from ego, our egos will be stimulated as well. We match the energy, and that music can foster in us feelings of separation or upset.

On the other hand, what happens when sounds are channeled from the Divine? I am an intuitively guided

#### Sound: Its Impact and Connection to the Divine

counselor, teacher, and musician. In September 2021, I started to improvise piano music to help reverse my husband's dementia. I was guided to play certain notes and patterns without my conscious intervention. To my surprise, it worked. I have since recorded almost nine hours of "healing" music, and my husband has demonstrated significant improvement in his cognition, revealed by test scores meant to measure brain function. Others have been impacted by this music as well. How did this happen?

I received the impulse from the Divine. Their brains were stimulated by those sounds, and they were impacted by them. The energy is visible. When I play, I can see it coming through my hands. Even if others can't see the energy, they will experience it penetrating their unconscious minds and physical brains.

Yes, we can use sound to heal, as long as we're channeling the healing energies available to us. Or we can use sound for another purpose, to channel energies that the world prefers and supports, but which may not heal. Currently, many people use sound for

their egos or personal benefit. But we can use it for healing. The choice is ours.

**Beth Green** is an intuitively guided counselor, teacher, workshop leader, author, musician, and Facebook livestreamer. Having had a spiritual awakening in 1980, Beth has channeled powerful modalities to help people reach their potential and to develop their intuitive gifts. She has written six books, released seven albums of original music and has been a blogger and vlogger on a wide range of topics. In addition, she has intuited piano music that has helped heal people, including reversing dementia. Other than counseling, all this is available free of charge at The Healing Arts Network www.healingartsnetwork.org which provides entertainment, enlightenment, and healing.



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## WisdomKeepers Shamanic Storytelling

by Oscar Miro-Quesada





Through storytelling, shamanic societies have connected with a sacred manner of knowing that transcends rational discourse and intellectual understanding. For thousands of years, indigenous people communicated primarily through oral tradition, which required the talents of revered storytellers. It also required listeners to open their minds and hearts and to listen with care so that they might, in turn, become keepers of the traditions. For tribal elders, words were magical, invisible, and powerful. Words were medicine; they were the way in which people knew themselves and the wider world around them.

In native stories, songs, dances, prayers, ritual arts, and sacred ceremonial objects, we can experience the unbroken tie of Spirit and know some of the cultural treasures held in heart by our original peoples. We can enter a timelessness where neither age nor chronology has meaning, where time stands still, and we live in the story. Through our delight, we can come into ways of knowing beyond that of any nounbased, descriptive, written language.

Shamans often learn their origin stories and medicine by dreaming and being taught by spirits. In the coastal desert, Andean highland, and Amazonian rainforest regions of Peru, a great number of native healers claim they've experienced the creation of the world in their dreamtime. As a matter of fact. my own mentor in traditional altomisayog medicine ways, don Benito Qoriwaman Vargas, often told me that "he was present from the beginning and saw and heard it all." He said he "lived our world's beginning while it occurred in real time, by repeatedly dreaming the same creation story and thus learning it firsthand." Once he had become proficient at living the origin story that he first dreamt, it took him a minimum of four nights to recount it, if asked.

In shamanic societies, the oral storytelling tradition keeps cultural truth alive as surely as food sustains the body. I once heard this truth underscored by San Carlos Apache elder Dale Curtis Miles when he said: "We do not like our stories referred to as myths; our sense of who we are in our worldview are wrapped

#### WisdomKeepers

up in these stories. Even clothing, tools, baskets, and other material culture so important in everyday life, have direct links to the stories of the people."

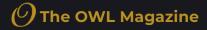
Based on this understanding, shamanic storytelling is something lived and lived through, a way in which the soul finds itself in life; a form of soul-making that serves to de-literalize consciousness and restore its connection to our primordial and metaphorical cognitive origins. Heartfelt shamanic storytelling is a lived experience fraught with inspirational personal meaning. Such a story can fuel our human evolutionary direction and existential choice by recounting how a particular historical event has been altered by the intervention of the sacred and numinous in the world. In this way, the story serves to spiritualize our human relationship with ordinary dimensions of earthly reality.

In a nutshell, shamanic storytelling is soul-making *par excellence*, a de-literalizing of consciousness and thinning of the veil between

the seen and unseen expressions of our Great Originating Mystery.
This is why, in pre-literate societies, the oral tradition is not memorized but remembered.

Stories are a form of medicine. They have the power to heal and to clarify identity. Stories also unify the community by reinforcing our cultural and spiritual continuity. During traumatic events, indigenous people will use the stories they grew up with to make sense of their lives. Stories tell us that a difficult, painful experience—such as addiction, abuse, or loss—has in it the dormant seeds for transformation. The native philosophy holds that each transformation brings about the necessary teachings and experiences for the next crisis and transformation. The enlightenment process becomes a circle of greater and greater self-awareness as well as awareness of one's place in the universal circle of friends, family, nation, and beyond.

A common understanding among indigenous peoples is that every time you heal someone, you give

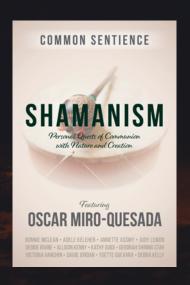


a piece of yourself away, until at some point, you will need healing yourself. You take something of yourself and give it away, free of charge. You do this because you believe you are connected to everything else. You become aware of yourself as a part of everything. You suffer momentarily so that someone else will not have to.

Among many native people, the "patient" or healee is placed on a chair in the center of a circle surrounded by his or her family, friends, and other trusted persons. Then the native healer or medicine person will often tell those present, "One day, you may possibly need to sit in that chair yourself." This serves as a poignant reminder for those participating in a communal healing circle to never think of themselves as superior to the patient. We are all part of a Great Circle, and a circle has no head or top. I'm fond of reminding all earnest aspirants of initiation into the Great Work that "the first shall be last, and the last shall be first." Jesus reportedly said this during his famed Sermon on the Mount.

We tell the stories to pass on the insight in a way that allows people to remember who they are—to let them see the shadow without running away. We tell the stories to let people remember that there are always alternatives. We tell the stories and, sometimes, the stories tell us.

Oscar Miro-Quesada is the author of SHAMANISM: Personal Quests of Communion with Nature and Creation, a book in the Common Sentience series. He is a transpersonal psychologist and respected kamasqa curandero and altomisayoq adept from Peru, the originator of Pachakuti Mesa Tradition™ cross-cultural shamanism, founder of The Heart of the Healer (THOTH) Shamanic Mystery School, Fellow in Ethnopsychology with the Organization of American States, and Invited Observer to the United Nations Forum on Indigenous Issues.



# ARTIST IN RESIDENCE by Franne Demetrician





It all started with a "blip on the radar."

The breast cancer was removed and a course of radiation treatments followed. Here I am just barely on the other side of twenty daily sessions of radiation treatment, celebrating the end of one aspect of this journey and entering another. The rest of the healing begins now.

This was not a journey I expected, and certainly not one I wanted. Breast cancer, any cancer, is not a diagnosis one absorbs into their mind easily. But I heard the words and took on the challenge once I realized that the gauntlet was down and it was my job to pick it up and run with it.

For a time, I was able to compartmentalize my diagnosis and the steps needed to ensure my future good health. But the day I walked into Procure Proton Treatment Center in Somerset, New Jersey for my first treatment, reality took a huge bite out of my peace of mind. The facility is warm and welcoming, but the sudden recognition that I was there to allow a dangerous ray to penetrate my body for twenty days set me back on my heels. Sitting there in the waiting room

with my husband, my emotions broke through. It was a natural response, but in that moment nothing felt natural. All I could do was ask, "Where am I? What am I doing here?" Just like the day of my surgery, it was hard to make sense of it.

Here's what happened next. I met some of the most gentle, kind, and compassionate people I've ever known. These are the angels who hear a call to service like no other. They receive people like me, who are terrified and wonder what will happen to them, and offer reassurance and professional care. These are the doctors, nurses, and technologists who took care of me as if I was the only patient they had every day.

I also met other patients, many of whom were extremely ill with various forms and levels of cancer. One woman was the appointment ahead of mine each day, and we became fast buddies. She was always happy, always positive, always sure that "today is a wonderful and blessed day," in spite of the fact that this was her second bout of lung cancer. I saw children in wheelchairs, women and men barely able to walk, some on stretchers, other women were bald and had been through chemotherapy, and all of these people valiant in their pursuit

### Artist in Residence

of healing. On balance, I was a lucky one. My cancer was already gone and my future bright. Not every patient at this facility could say the same.

I made it my business to look my best for every treatment. Regardless of how I felt each day, I got dressed, styled my hair, put on makeup, and wore my biggest smile.

Procure has a bell that patients ring on their last day, proclaiming success at having made it through what everyone hopes will insure their successful healing. I gazed at that bell every day, envisioning my moment.

On my last day, my team escorted me to the bell, applauding my accomplishment. I did a happy dance and rang the daylights out of that bell. Later in the day they conducted a graduation ceremony for those of us who completed our prescribed treatment. I received a diploma and a challenge coin with my personal number on it: 6393. The number represents how many people have completed treatment. Challenge coins have an interesting history, but in this case earning one means you are in the company of an elite group of survivors.

My closest family and friends came to celebrate with me. It was a day I will never forget, and an accomplishment that heads my list of lifetime successes.



I have more healing ahead, but the message I received is one of hope, joy, and tremendous appreciation for the gift of my life and the people I have the good fortune to walk with. I rang that bell with vigor, and I plan on ringing many more bells of joy and accomplishment.

Today I encourage you to reflect on your own accomplishments, your own good fortune, and every blessed breath you take. Do a happy dance, ring a bell, and celebrate the fine art of appreciating all the blips on your radar. That's where the juice is. Until next time.

Rev. Franne Demetrician is an interfaith minister. She has been a licensed holistic health practitioner since 1995 and wrote a spiritually oriented weekly blog from 2015-2018. Franne is a working artist, photographer, writer, spiritual counselor, mentor, and teacher.

## Conscious Programming Is Here

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by Emanuel Kuntzelman



There is a grand movement taking place around the world, based on unifying principles to change the fundamental nature of society. Despite these tireless efforts by so many people and organizations, our vision for creating a world that works for everyone has been painfully slow to take root. Why could this be?

There are numerous reasons for this stalled realization; one possibility being that in the spirit of inclusivity, it is believed these endeavors should be nameless, leaderless, and perhaps even formless. However, history has shown us the consequences of a prolonged void in strategic coordination. As a species, we look to people and groups to guide, connect and inspire us in realizing sustainable, transformative impact. Being able to identify a North Star is critical in navigating this long and often disorienting collective journey toward unity and social transformation.

Now poised at the bifurcation point of our species' breakdown or breakthrough, our global family must find consensus in shifting our cultural values from "me," to "we," to "all." To achieve this requires a movement

guided by a unifying worldview and outlined by defining principles giving us hope, meaning and evolutionary direction. A transformative movement of this magnitude needs a name to rally around, one we propose calling the *Holomovement*.

The term "holomovement" comes from American physicist David Bohm's use of the word as describing "a holistic understanding of our universe as a manifestation of the consciousness of our universe." Bohm believed that at the core of our universe there is an implicate order—the field of consciousness and multidimensional reality of oneness that creates our world. The manifestation of the material universe is the explicate order. The holomovement is what weaves the two together.

The flow between the core of consciousness and the material manifestations of its information represents the interwoven components of the holomovement: the implicate order as the Source and explicate order as physical reality. Pure consciousness vibrates and then flows out in waves from the center of timelessness as the holomovement and unfolds into the density of the material universe.

### The Art and Science of Creating a Unified Field

Bohm was also intrigued with how the collective consciousness of humankind was developing into its own movement of unbroken wholeness and increasing self-awareness. His scientific contributions have inspired further expansion of his interpretation to represent the sociological phenomenon that heralds the convergence of individuals, organizations and movements around the globe. Humanity's existence is a result of this vibrational expression, our evolution leading us to seek an understanding of this oneness. And it seems we are now beginning to recognize this call to serve in humanity's healing and facilitate its transformation into a higher level of consciousness. In doing so, we enfold our consciousness back into the flow of the holomovement, bringing all of the explicate order's diversity into wholeness.

It is a call to unity, but not uniformity. We may not be separate, but we are certainly different. The Holomovement recognizes this diversity and asks for all to heed the call—back to the cooperative,

loving and altruistic nature of the human spirit. Aligned under this holistic vision, we reawaken to our true spiritual nature serving the coherence of new paradigm thought and putting it into action.

We believe it can be done. There has been no other time in human history when we will have had such an immense impact on the karmic field of humanity. It is up to every individual to find our purpose and put it to work if we're to correct course.

The Holomovement invites us to re-discover our sense of awe and wonder in our evolutionary unfolding. It is time to put the tiny yet powerful stamp of our contribution into the flow of the Cosmos. In knowing our wholeness, we can embody what it means to give compassionately and generously in a way that nourishes and supports "me AND we" and ultimately, the cosmic ALL. As the poet Rumi reminds us, "Even when tied in a thousand knots, the string is still but one."

Even in this beautiful vision of unity, our collective journey toward



wholeness will be a challenge. We are being asked to practice in every moment what it means to embody our evolutionary potential. As Ken Wilber expresses in a piece within our book; The Holomovement; Embracing Our Collective Purpose to Unite Humanity, it is never too late to "wake up, grow up, open up, clean up, show up," and when our

evolutionary octave comes full circle, ultimately "link up and lift up" in loving Wholeness.

"You know, it's tantalizing," said David Bohm to his wife Saral on the phone as he left Birkbeck College, University of London (as it was formally called) on October 27, 1992, "I feel I'm on the edge of something." An hour later, as



The world lost one of its grandest visionaries before he was able to finalize his alternative quantum theory to his highest expectations. Today, however, we see that his work not only lives on, but it also has become the centerpiece of quantum physics and, in its application, a sociological model for guiding humanity to its proper flow on the path of the Holomovement.

world today, we surely can say the same: it is, indeed, tantalizing that we are on the edge of something.

Whether that edge is the danger of civilization falling off a cliff or the cutting-edge breakthrough into a transformative new era of holistic understanding, it is our hope that the Holomovement acts as a call to action in finding and embracing our collective purpose for the greater good of the whole. It may be more a work of art than science, but nevertheless











Do you trust life? Do you trust the Universe? Do you trust others? Do you trust yourself? These questions began a series of life experiences that led me to the most amazing mystical experiences. But they began in a place that we all find ourselves at some point or another: times that are dark, challenged, heavy, and barren.

We do not desire to be in, look at, or experience such places, but those shadow-laden spaces also provide the depths and darkness where the Light may sparkle and shimmer all around us, revealing the extraordinary within the ordinary. But for this Light to be recognized, seeing beyond the illusion of chaos and challenge is necessary. This requires diving into experiences rather than avoiding them. In moments of deep pain, we cry out for help. We ask for signs. While down on bended knee, we pray for guidance. While prostrating upon the ground, surrender can create a doorway that brings meaning back to life.

### **Signs Are All Around**

There are many different ways to live life. We can experience the ordinary, seek out the extraordinary, or discover

that they are one and the same. There is a tendency to rush past our everyday lives in search of something shiny in the distance. Sometimes we stop, only to keep looking back for the path that must have been missed. But when we become aware of something that catches the eye or ear, everything can change. Things change in the moment a sign, symbol, or synchronicity appears. But often, this is believed to be a special occurrence, something rare and cosmic. Depending on the state of affairs, many ask for another sign in order to confirm that the first was actually a sign. And at times, even after a second sign arises, a third confirmation is wished for.

I have been in many of those same places—questioning, wishing, and wanting. Those were the days I looked for signs and waited for synchronicity. That is what one in fear does. They seek what they can't see. Why? Because they are looking beyond what is right in front of them. Yes, the signs, symbols, and synchronicities are in front of you all of the time. You have been looking so hard that you have missed them.

### Trusting the Signs of Life



What if there truly is only good in the world? And all of that good is there to show you more of you. Is it possible that everything is conspiring to give you messages? Obstacles, challenges, and heartbreak are misconstrued as experiences that tear us down, but what if they are filled with amazing messages that awaken your Light? What if signs are so present that every perceived difficulty would resolve if we simply looked more deeply?

### **Messages in Everything**

There are messages within every element of every experience. This does not mean you should drive yourself crazy trying to decipher every single thing that crosses your path. But it behooves you to be aware of your surroundings. Gain a general understanding of how the Universe invites you to co-create with it. It can and will use everything in your





experience to communicate in, as, through, and with you.

Become more present to what is going on in your home, your car, and your office space. These are all extensions of you. A flat tire on the right rear of your car is more than the mere illusion of a puncture. It is a deeper message that something in the past relating to a male caregiver needs to be addressed.

That memory influences a current experience. For example, the right side of your body, vehicle, or home is the masculine aspect. The left side is the feminine. The rear of anything is a depiction of a past influence, the front an expression of the future. The objects in life, specifically related to you, are representations of you.

Is it crazy? Over-the-top? Wackadoodle? We do live in a pretty insane world as it is. Is this any crazier than what you see going on in the world? It certainly is more magical, mystical, and fun. You create what you believe, consciously and unconsciously. Signs appear as everything from personal artwork to children and pets. They appear as people you meet, words on a card, and a parking space number. These are things that show up in everyday life. You do not need a set of binoculars. Don't scrutinize every little thing in your life. Instead, exist in the natural flow of life, allowing your senses to guide you. What does your eye land on when you find yourself fixated on something for no apparent reason? What if

Trusting the Signs of Life



everything in your external world is merely an extension of your inner world? Everything exists as the co-creative play of this Universe. By merely changing perspectives, a secret world becomes available to you.

publisher of the Award-winning 11:11 *Magazine she advocates for the visionary* and mystic embodied within each person, through creating and sharing conscious, uplifting, and inspirational media. www.iamsimran.com

SIMRAN is a speaker, artist, author, and catalyst for love, compassion, and humanity. She is the author of the upcoming book SIGNS: Sacred Encounters with Pathways, Turning Points, and Divine Guideposts the

9th book in the Common Sentience series releasing March 2023. As the host of 11:11 Talk Radio Show and



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## The Heart of the Matter

## for Spiritually Conscious Parents

by Mary Ellen Lucas





My previous column was directed to parents who are non-churchgoers or non-affiliated in any particular belief. As more children are raised outside of conventional religious institutions, I encouraged evolving a spiritual consciousness while instilling children with a reverence for the sacred gift of life.

A retired middle school art teacher who read the column responded: "I so hope young families are showing their children the wonder of our world. It's too easy to get caught up in the distractions. I used to be Catholic. Then I was None. Now I am All. And I know that that All is so much more than we can imagine."

It is the "so much more than we can imagine" idea that is the theme of this column. How to bring this about even if one doesn't have a belief in the "All" is the challenge.

People who attend worship services will maintain their faith through their religious practices in adherence to the tenants of their church's beliefs. Spiritually-minded seekers who are not connected to a church will find their own understandings of the "All"

whether through introspection, a deep connection with nature, or via their own transcendent experiences.

Secularists, atheists, and agnostics who aren't attached to any religious or spiritual beliefs might want their lives to be "so much more" than what can be imagined. Truly, it makes no difference how people define themselves, for religious, spiritual, and non-believers alike become united by the humanistic desire to embrace a good life, living happily while engaging wholeheartedly in a purposeful and fulfilling existence.

### The Cornerstone

Architecturally, the first masonry stone laid for any new structure is called the cornerstone. The integrity of the foundation will depend upon this bedrock. It is the cornerstone that orients the building in a specific direction as all the other stones are placed in reference to the cornerstone.

Symbolically, the cornerstone indicates rock-solid strength. It's the beginning point for what is to be built, and it is meant to last. As

The Heart of the Matter for Spiritually Conscious Parents

societal structures continue to crumble, rebuilding cornerstones to create a sustainable future for ourselves and our children is imperative. It's a waste of time to continue to argue over differences in beliefs. However, agreeing on ethical values that a society needs to uphold would behoove us all.

### **Ethical Values**

Without a foundation of mutually agreed upon behaviors that reflect the values of what is acceptable and what isn't, a society won't survive. We have all witnessed the disintegration of boundaries, of all that is now being tolerated. Just a few short years ago, vicious speech and behaviors would have caused an outrage. Not anymore. This shift will set solid cornerstones in place that will help orient us back to what President Lincoln referred to as "the better angels of our nature." If we want a society where families thrive, then teaching ethical values must be established within the family structure. It is not up to the schools, police, church, or government. First and foremost, it is a parent's job to lay the cornerstone in place

for their children to know what is expected.

Integrity, compassion, honesty, and loyalty are just a few ethical values to help put us back on solid ground. To find a longer list, google ethical principles. The following include a couple more cornerstone values.

### **Kindness**

Kindness, a universal antidote for fractured relationships, speaks a language understood by everyone. Kindness tenderizes our hearts. Whether we are the giver of a kindness or on the receiving end of a kindness, responses to one another cannot help but be softened. Through the centuries, Buddha's wisdom echoes even more poignantly today with the teaching that whenever words that are both true and kind are spoken, the world itself would change.

Affirming the value of kindness,
Aldous Huxley, author of The
Perennial Philosophy, and whose
life work involved examining the
spiritual beliefs of various traditions,
voiced near the end of his life: "It's

### **O** The OWL Magazine

a bit embarrassing to have been concerned with the human problem all one's life and find at the end that one has no more to offer by way of advice than 'try to be a little kinder.'"

"Try to be a little kinder" are words to live by. It doesn't require much other than knowing that even by extending just a little bit of kindness towards another or even oneself, you



The Heart of the Matter for Spiritually Conscious Parents



are contributing to making a change in the world.

### Responsibility

Rachel Maria Martin neatly summarizes the ethical value of responsibility: "Today you have a choice. You can choose between anger and love, division and unity, frustration and hope, selfishness and giving, turning away and showing up. Choose kindness and the choice is simple. It's hard to regret being kind."

Cornerstone ethical standards gives us the choice to ensure the ability

to optimally respond in the kindest, most compassionate way. Children taught to take responsibility for how they are feeling and the choices they make will grow into insightful adults.

### Changing the World

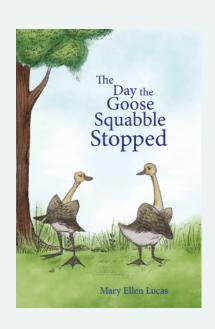
It might seem to be a daunting task, an impossibility, to try to change the world even one iota. So, let's turn our attention to children, ever our teachers as much as we are their teachers. Children have a knack for staying present in whatever small corner of the universe they inhabit. Whoever comprises their immediate circle of relationships has their full

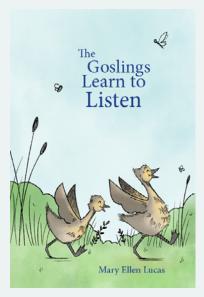


attention. When the cornerstones of your family have been cemented in place and given full attention, children will orient and build upon these foundational blocks all their lives. Then by extension, as more families stand firmly upon shared cornerstone values, concentric circles will form and overlap, affecting more and more people. This is how change in the world ultimately happens.

As you think of the cornerstones that support the principles that are most important to you, set these values as a strong foundational part of parenting. You will set forth a change in the world to help all become more than we could ever imagine.

Mary Ellen Lucas, an Interfaith /
Interspiritual Minister, believes we
can learn to make wiser choices that
create pathways of connection and
collaboration to ensure a better world
for our children. Life on Little Puddle
Pond is a series of children's books she
wrote with silly goose playfulness along
with meaningful lessons. The books are
pre-chapter books and appropriate for
children four to eight years old. Available
from online retailers worldwide.









Healing Through Divine Mother & Yogic Wisdom

by Joni Dittrich, Ph.D. (Rajashree Maa)



What distinguishes Kali-Ki Reiki from the traditional Usui Reiki with which more people are familiar? After all, like a rose, isn't reiki always reiki by any name it is called? Yes, reiki is reiki, and it is the energy of love. However, Kali-Ki Reiki offers refinements and elaborations to the traditional understanding and practice of what reiki is, how it works, and how it can serve as both a healing modality and a path to spiritual awakening or what Kali-Ki Reiki practitioners call "wisening," specifically from the perspectives of the Divine Feminine and the wisdom of the ancient yogic seers. This is why, in Kali-Ki Reiki, the traditional description of reiki as universal "lifeforce energy" has been replaced by "loveforce energy."

From Lifeforce to Loveforce. The yogic tradition teaches that, ultimately, there is only one being, one awareness, one energy. However, this Oneness is experienced on three levels: the absolute, the universal, and the personal. All three of these, from the Kali-Ki Reiki viewpoint, are love.

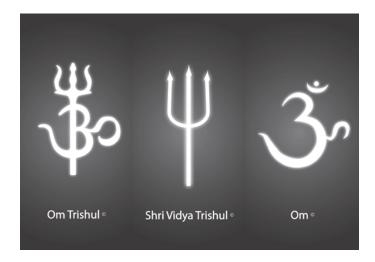
Kali-Ki Reiki calls the absolute level Limitless Love. It is the Source of all that is. Limitless Love is the

infinite awareness that is eternal, all pervasive, unitive, and changeless. In yoga, it is called the Brahman. The second, or universal, level of reiki is referred to in Kali-Ki Reiki as Loveforce with a capital "L." This is the manifesting energy of Limitless Love. In yoga, this is the power of the Shakti, or Divine Mother. Westerners might think of the Loveforce as the power of the divine creator. For Kali-Ki Reiki practitioners, the third level is called *loveforce* with a small "l." This is the personal or soul energy of Limitless Love, which is manifested through the Loveforce and animates and sustains the human system: our physical, emotional, mental, and spiritual being. It is the individual lifeforce which is dependent upon the universal Loveforce, which in turn, is derived from Limitless Love.

Sacred Symbols. All reiki lineages employ sacred symbols that empower the practitioner to become a transmitting channel through which universal energy is invoked and transmitted. The symbols of traditional reiki were revealed by the founder of modern reiki, Mikao Usui, a male Japanese Buddhist monk who lived in the early part of the 20<sup>th</sup>

#### Kali-Ki Reiki

century. The Kali-Ki Reiki symbols were revealed in the early part of the 21st century to myself, a female reiki master and interspiritual yogi and healer. The Kali-Ki Reiki symbols are dynamic, dancing forces of light, which manifest individually or in partnership with each other to offer the healing of the Divine Mother's Loveforce. Here are illustrations of three of the Kali-Ki Reiki symbols so that one has a visual reference for what is being described.



To those sensitive to such things, the Kali-Ki Reiki symbols vibrate at higher frequencies than the still powerful Usui symbols that are typically presented as two-dimensional, static forms. The new symbols were given over many years in a series of direct mystical encounters with the Divine Mother

in the form of the goddess Kali Maa (thus the name Kali in Kali-Ki Reiki: Kali as Divine Mother, and Ki as the lifeforce/loveforce energy in Reiki.) Those in Kali-Ki Reiki feel Her crying out for the healing and awakening of all beings everywhere.

Wisening and Awakening. Not only do the Kali-Ki Reiki symbols transmit healing energy, they also serve as gateways to higher consciousness, what in Kali-Ki Reiki is called "wisening," and they help all to see and work with the Loveforce energy that is the very foundation of creation and, ultimately, to know through grace the wisdom that, at the heart of it, we are all that absolute Oneness, Limitless Love, to which we will all return. Thus, Kali-Ki Reiki is not only a healing practice, but it also can be a path to enlightened awareness. It is felt that the Kali-Ki Reiki symbols were purposely given to humanity by Divine Mother in these turbulent times and that anyone who is drawn to this path is answering Divine Mother's call to help humanity through our many challenges and to contribute to the collective awakening of our planet.



Practical Mysticism. While on one hand this may seem mystical and esoteric, Kali-Ki Reiki is eminently practical, with the other hand firmly and physically grounded in healing applications. The protocols and procedures for using the symbols and activating reiki can be learned by anyone who is interested.

No particular belief system is required to practice or receive Kali-Ki Reiki healing. Invariably, however, the consciousness of most Kali-Ki Reiki practitioners and clients transforms or "wisens" over time. The realization of reiki as the energy of Limitless Love comes alive through practice and

Kali-Ki Reiki

experience. The practitioner begins to know herself as an ever-wisening being and conduit for offering the Loveforce in service to the world. Being immersed in the loveforce, she doesn't just feel the reiki but becomes the reiki.

As for the Kali-Ki Reiki clients, their consciousness also begins to evolve. One doesn't have to be a mystic or even a spiritual seeker to experience the benefits of reiki. People often turn to reiki only after trying multiple medical and alternative modalities with disappointing results. For someone in pain or suffering from trauma who may feel unseen, unheard and unloved, the idea that she is actually composed of loveforce energy initially may seem absurd. When reiki works for her; however, as it almost invariably does, there can be a profound shift in consciousness. The experience of healing from a persistent and treatment-resistant condition. without chemical or physical manipulation, often creates a curiosity and new awareness beyond the physical dimension of reality. Through firsthand experience, it becomes clear that reiki is the



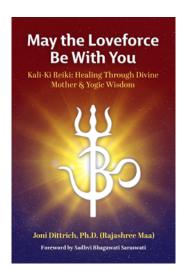
dynamic force of a very real, if intangible, power.

While healing in reiki does not always mean "cure," the profound relaxation and insight it brings can offer pain relief, emotional ease, mental balance and an overall sense of wholeness. This provides clients the comfort and strength to face their challenges with a gentle strength, equanimity, and acceptance of what is. Some even begin to have mystical experiences, catching glimpses of their soul that is untouched by whatever has affected the outer self and the Limitless Love at the core of all being. After such experiences, it is not unusual for Kali-Ki Reiki clients to choose to learn reiki and to give forward what they have received.

In my new book May the
Loveforce Be With You, one can
learn more about the loveforce
and Kali-Ki Reiki—how it works, as
well as its roots in yogic wisdom
and connection to the Divine
Mother. The book is filled with
practical techniques, guided

meditations, and stories about healings and how the Kali-Ki Reiki symbols were revealed and their functionality that will be both healing and wisening on all love levels.

Joni Dittrich, Ph.D. (Rajashree Maa), is the author of <u>May the Loveforce Be</u> With You: Kali-Ki Reiki: Healing Through Divine Mother & Yogic Wisdom. She is a master of four reiki lineages and a venerated interspiritual teacher of meditation, yogic wisdom and holistic wellness. From many years of practice as a psychologist and healer, she sees true healing as a gateway to spiritual wisening and awareness of the Limitless Love at the heart of being. She is the founder of The Wisdom School based in Napa, California, which is dedicated to offering online and in-person healing sessions and training in Kali-Ki Reiki and supportive practices. www.thewisdomschool.us



## Only the hand that erases can write the true thing.

- Meister Eckhart



### EXCERPT FROM

# SCIENCE, BEING, & BECOMING

### THE SPIRITUAL LIVES OF SCIENTISTS

PAUL J. MILLS, Ph.D.

CHAPTER 2

## HEEDING THE CALL: THE MAKING OF A "SPIRITUAL SCIENTIST"

We must have perseverance and above all confidence in ourselves.
We must believe that we are gifted for something and that this thing must be attained. — Marie Curie

hat prompts an individual to become a scientist and take on this pursuit?

Throughout the conversations I had

with my fellow scientists, I found remarkably different reasons. Some were deeply sensitive to nature as a child or had innate intuitive or telepathic abilities. For others, it was trauma, a mental illness, or a death in the family. Still others first encountered the mystical through the use of psychedelics or, like me, pursuing a meditation practice. Still others accessed the mystical through a profoundly deep desire to know themselves and their place in the universe.

Varied as these reasons were, they were pivotal moments in each



interviewee's life—moments that opened the door to their journey. It was the proverbial "heeding the call to adventure" stage of the monomyth. A consistent feature among them is that they were all deeply personal experiences. The memory of these experiences and the lasting imprints they left on their consciousness continue to be guiding forces through their lives.

### THE CALL DURING CHILDHOOD

For Rudolph (Rudy) Tanzi, his opening into the metaphysical wasn't through trauma, drugs, or meditation, but through playing a game with his twin sister. When they were children, they played a game where they tried to convince each other that nothing existed. They would begin the game with a series of questions to each other, "What if there was no house?" "What if there was no neighborhood?" "What if there was no city?" "What if there was no earth?" The questions would go on and on until they arrived at the question, "What if there was no universe?"

If they were successful with the game, as they arrived at the place where nothing indeed existed, not even the universe, they would get a unique experience in the pit of their belly that they called the "flip." They would race each other to see who could get to the flip first, to experience the feeling that absolutely nothing existed.

Rudy told me that his experience of the flip was deeply visceral and energetic in how it affected his consciousness. It was something beyond anything he could experience in any other circumstance in his life. It wasn't until many years later that he was able to categorize the flip experience as a window into the metaphysical.

The more they played the game and experienced its rewards, the more Rudy's interests in the mystical grew. He said, "The game led me to wonder, 'What is consciousness, what is awareness, what is the universe?'" He eventually decided that since science allows us to measure what meets the eye, perhaps if it could also lead him to what lies beyond the senses, he

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should learn the scientific method in his quest to understand the metaphysical.

He said those earliest passionate interests and his willingness to explore the metaphysical made him a different type of scientist, helping him maintain an open mind and keep thinking about the big questions. He said it kept him thinking "outside of the conventional box of science." He also shared that he's "always been titillated by the idea of new discovery. I love when you discover something new and for that moment, or for that day or perhaps a few weeks, you're the only person that knows something really important about the universe that nobody knew before."

Science fiction, too, became a passion because, through it, he could learn about the paranormal, telepathy, and mediumship. He read voraciously on these topics. He recalled that his friends wondered, "What's wrong with Rudy?" because all he was interested in talking about were these strange things.

I met Rudy through Deepak Chopra. He and Deepak had just published the book Super Genes, and Rudy came to the Chopra Center for Wellbeing in Carlsbad, CA, to give a talk. We later worked together on the SBTI Study I wrote about in the Introduction. Rudy is an amazingly talented human being. In addition to being a toptier scientist—having discovered three of the four genes linked to Alzheimer's disease—he's also a professional musician, having played with the rock band Aerosmith. Some years ago, he appeared in a GQ Magazine photo shoot for a campaign called "Rock Stars of Science." Today, he is the Joseph P. and Rose F. Kennedy Professor of Neurology at Harvard University and Director of the Genetics and Aging Research Unit. In addition to the Chopra Center, he's shared his explorations of consciousness at numerous meetings around the world, including the annual Science and Nonduality conference.

Other interviewees had a different kind of sensitivity as children, not in a form that manifested while playing a game, but a sensitivity



to the natural world around them, prompting in them a deep yearning to understand the world and their relationship to it.

Neil Theise is a Professor of Pathology at NYU Grossman School of Medicine, a diagnostic pathologist who also does academic work in stem cells, liver disease, and the anatomy of the human interstitium, and "dabbles in complexity theory." Neil grew up in a household that was open to spiritual exploration. He said that religion "was a lovely thing as it was practiced by my family. It was very rich, warm, and non-punitive." His father was actually part of the Kindertransport, or Children's Transport, a rescue effort between 1938 and 1940 that brought thousands of refugee children, the majority of them Jewish, to Great Britain from Nazi Germany. "That's how he survived." His father's parents, however, did not survive. "A lot of our family was killed. I grew up in a world of survivors where there was an imperative to find a way to flourish."

As a young child, Neil experienced that world with "a deep-felt sense."

He felt the world was highly personalized and rich with feeling. "If I kicked a rock, and it went into a sewer, I felt bad because the rock would be unhappy. If I found ants in our home, I would carry them outside because I didn't want my mother to notice, since she would then call the exterminator, and there'd be an ant Holocaust." That intimacy with the world turned into curiosity, which eventually turned toward medicine and the sciences.

His mother was from England, from a family with a long line of rabbis going back to the Middle Ages—a true lineage, I thought. She "operated in the world through magical realism, which included her being able to communicate with the deceased." He explained, "Magical realism wasn't a style; it was how my forebears experienced the world, and my mother very much experienced it that way. There was the emotional sense of being connected to God. which included ritual, holiday celebrations, and family relationships."

Magical realism is something that Neil, too, has direct experiences

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with. I found that linkage interesting because there is evidence that lineages can carry abilities such as clairvoyance and clairaudience through generations. After his mother passed away, Neil told one of his mother's friends that his mom had recently been communicating with the deceased. The friend replied, "Your mother was always seeing dead people!" One of Neil's dearest friends, Richard, died during the AIDS epidemic. "Before he died, I said to him, 'Look, you will probably have more important things to do, but if, after you're dead, you find yourself aware of things and able to interact with this world, and don't have anything more important to do, I'd love to have you around for a year as a guardian angel." Richard promised he would stick around if he could. Neil shared that he did stick around. "He was a very vivid presence for me."

While Neil was in college, a cousin from Canada visited and gave him a copy of James Michener's *The Source*, which describes the rise of Jewish mysticism during the medieval period. He had never heard

of Jewish mysticism; Michener's novel opened him to those new ideas.

As he learned about Jewish mysticism, he was moved by the idea that, as a human, we can experience God's perspective of the world, particularly as he contemplated the Jewish Holocaust. He then related a story of a walk on the beach with a friend shortly after gaining these newfound insights from Jewish mysticism. As he related the story to me, he choked up. While walking, he was sharing with his friend what he was learning about Jewish mysticism, and he had a sudden insight. He said to his friend, "The idea is that if a human can have an experience of God's perspective of the world, then everything can make sense." He was thinking about the Holocaust, in particular, "So that's when I started thinking about mystical stuff and wanting to learn about it."

A rub for Neil, however, was in the classic teachings in Judaism, you can't formally practice Jewish mysticism until you are forty years old, married, and have attained a



full understanding of the Talmud. "I was gay and couldn't be married, so I couldn't go that route." During his senior year of college, someone gave him the book The Three Pillars of Zen, by Roshi Philip Kapleau. The book contained meditation instruction and descriptions of people's firsthand experiences of enlightenment. "I thought to myself, 'This is the kind of stuff I was reading about in Jewish mysticism, but more so, this is a how-to guide rather than a novel." Zen offered him a route to study mysticism that Judaism would not permit him to pursue.

A few years after that his husband Mark read an article about a Zen monastery in the Catskill mountains where one could do retreats. Mark said, "You've been talking about this Zen thing forever. Why don't you go and do it?" So he did and started a deep dive into Zen practices. His practices included the use of Zen Koans, which are "the sort of thing that, when you're working on it, there's no intellectual way through it. You can't answer it, but you can't let it go either. It sort of wears away, even when you're not thinking directly about it."

His Zen practices eventually led to a deep realization of the "emptiness of inherent existence." He was in the Zen center in New York City, sitting on his cushion. "I looked up across the room, and on the altar was a burning stick of incense turning into smoke. This was just one of those moments where you get it. I realized the emptiness of inherent existence. Something is a thing, and at the same time, from another perspective, it is a phenomenon, and one does not exclude the other. But you can only see one or the other, depending on your perspective." He said, "I got very excited; it was a blissful moment."

The next time he had the opportunity to meet with his Zen teacher, he described what happened and asked, "Is that what emptiness of inherent existence means?" She responded matter-of-factly, simply saying "Yeah," confirming his experience. He said, "That's it?" She said, "Well, yes, that it's. It's not easy, but it's simple," meaning the emptiness of inherent existence is simple, whereas getting to that realization is not. "Since

then, for me, it's been just how those two things dance with each other." He described it "as a gifted moment" because it helped solve something he had been living with since he was a young boy. He had his Jewish tradition and its theology, and he had what he was learning about in science. They were separate, and that was okay. He didn't think they had to be connected. "They were in two separate boxes in my brain." He wanted to do both and did not want to choose sides. Going forward, his Zen realization brought those two boxes together for good. The spiritual informs the science, and the science informs the spiritual; they're no longer separate things to me they came together." Questions that he had thought were spiritual have scientific answers, and questions he thought were scientific have spiritual implications.

Christine Peterson's early spiritual experiences came through as a child with her deep connection with the natural world. Christine grew up on a 50-acre farm in West Virginia, where the nearest town was an hour away. Other than her parents, she wasn't in contact with many people. As a

child, if she wasn't tending to the cows, she would climb up to the top of the mountain behind their home and stare at the sky. "I had some of my first nondual consciousness experiences on the top of that mountain," she said. Nonduality, or living in nondual awareness, refers to a state of consciousness where the dichotomy of "I and other" is transcended and awareness is experienced as oneness.

"I would stare into the expansiveness of the blue sky, with maybe a cloud floating by, and just feel my body start to melt away and merge into that expanse." She didn't have the words then to describe it but can now say that it was a dissolution of her sense of individual self into a much larger non-personalized Self.

Christine said that losing the typical sense of self boundary that most people carry around wasn't in any way upsetting or disconcerting. In fact, she preferred it. In that nondual awareness state, she would feel more love for and connectedness with the cows, the rocks, and the plants—all of the natural world. She added that those early experiences



of the expansive nature of her own consciousness sparked her eventual movement into science.

While an undergraduate student at the University of Virginia she found an ashram, the Satchidananda Ashram called Yogaville. There she was exposed to "hatha yoga and, luckily, to the concept of living yoga alongside of the asana itself."

I asked her what she meant by "living yoga." She clarified that she learned all the limbs of yoga, not just hatha (the asana postures), but also bhakti, jnana, raja, karma, and japa yoga. She said people who go to yoga studios don't often learn the full context of what yoga actually is. After our interview, I went to the Yogaville website and learned that they teach what is called Integral Yoga, which "synthesizes the various branches of yoga into a comprehensive lifestyle system, the purpose of which is to support the harmonious development of every aspect of the individual."

While later getting her Ph.D. in Microbiology & Immunology from the Institute for Biomedical

Sciences at the George Washington University School of Medicine, she started taking yoga teacher training programs. She also started taking formal meditation classes.

While learning meditation, she met someone who would later become her Tibetan philosophy teacher. His name was Llama Tsoknyi Rinpoche. While on a meditation retreat with the Llama, he taught her and the rest of the students a specific meditation technique called Sky Gazing, the purpose of which was to "help the practitioner find release from the narrow confines of the individual personality to connect to the expansive experience of their authentic nature as awareness."

As Christine was learning this, she thought to herself, "Wait a minute, I know this technique!" It was what she had been doing as a child on the mountains of West Virginia. She learned there was a name for what she had practiced and experienced. It was part of a formal meditation system in Tibet.

I asked her how learning this information might have affected

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her spiritual experiences. She said, "It allowed me to go deeper with the practices themselves and also, importantly, to have a context for what I was experiencing." She felt she grew more from the experiences because she now understood what was going on.

During graduate school, she went on a three-day retreat with the spiritual teacher Amma and there learned about Ayurveda. "When I heard what Ayurveda was, I had a recognition that I needed to study this ancient medical system. It lit a spark in me." It gave her goosebumps speaking about it during our interview.

Over the subsequent years, she's taken intensive training in Ayurveda, learning the different daily and seasonal practices which benefit her own health and well-being. In addition, she graduated from the California College of Ayurveda and, with her certification, helps other people benefit from Ayurveda. Christine said that the "purpose of Ayurveda is to help us realize our connectedness to all of life, to balance and extend the life of the

human being and support selfrealization so the natural state of
Samadhi can arise." As she said these
words, I realized that Ayurveda was
much more than I had previously
thought it to be. A few years ago,
I had the pleasure of traveling with
Christine to Kerala in Southern India,
the acknowledged birth pace of
the Science of Ayurveda. It was a
wonderful and adventurous trip.

Today, Christine is on the research faculty at UC San Diego, at the forefront of scientific research showing how traditional herbal medicines cultivate health for our gut microbiome and can have positive effects on diseases such as Parkinson's. She's published many groundbreaking papers on these topics.

I asked Christine if she thinks there is hope for the materialistic sciences to be transformed. She said, with the rise of systems biology, she sees hope because that approach to science is by nature more inclusive and expansive, taking the scientist further and further beyond what were previously thought to be the limits. She explained that we'll



need a new system of science with new methodologies and tools of assessment. "I've heard people complain and 'call out' science as being too materialistic, but they never really offer a new system or framework to replace it."

She recalled the book *Flatland*, by Edin A. Abbott, where everyone can only see in two dimensions, so their view of reality is skewed and not completely relevant. They needed a new perspective. I hadn't read the book in ages but wondered if the people in that book who lived in 2-D were deeply prejudiced against concepts of 3-D and beyond, as we see in scientism today.

#### **END OF EXCERPT OF CHAPTER 2**

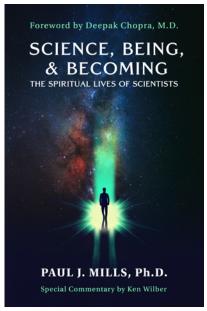
Paul J. Mills, Ph.D. is the author of Science, Being, & Becoming: The Spiritual Lives of Scientists. He is professor of Public Health and Family Medicine, Director of the Center of Excellence for Research and Training in Integrative Health, and Former Chief of Behavioral Medicine at the University of California San Diego in La Jolla, CA.

Paul has over 400 scientific publications in the fields of pharmacology, oncology,

cardiology, psychoneuroimmunology, behavioral medicine, and integrative health. He published some of the earliest research on meditation.

His work has been featured in Time magazine, The New York Times, National Public Radio, US News and World Report, Consumer Reports, The Huffington Post, Gaia TV, and WebMD, among others. He's presented his work at hundreds of conferences and workshops around the world, including at the United Nations.



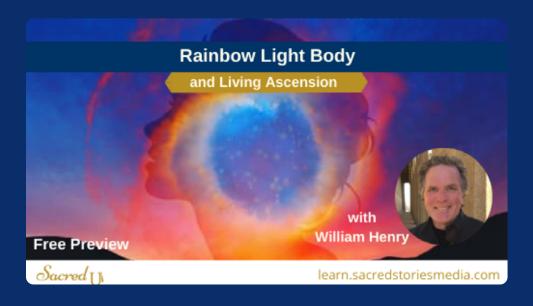


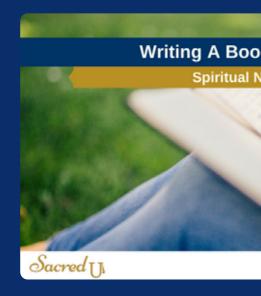
# Sacred

### Allow Your Highest Potential to Emerge







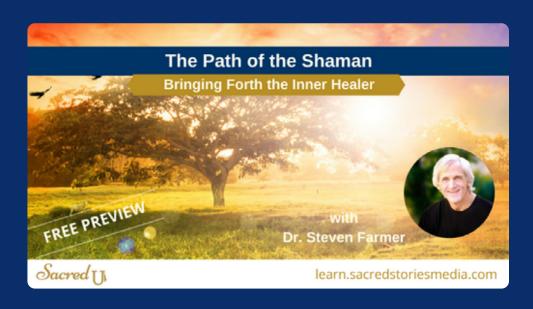


Where Learning is Experienced

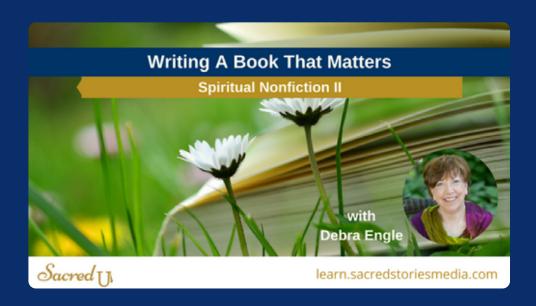


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