

## **Discover and Connect with Your Radical Intuition**

*Energy is the pathway to the conscious mind—the mind is the pathway to transformation. Each needs the other to succeed!*

Me-B Transformation™ challenges us to increase our conscious mind.

Mindfulness happens when we follow these principles:

- (1) Look within.
- (2) Ask for and receive a deeper understanding of who we are.
- (3) Know who we aren't and who we can someday become.

To do this we use aligned intention (Manifest Energy Intention Line) to collect the wisdom from our mindfulness (Enlightened Observer and Explorers Mind) so we can be more present (connected to core being) and lay a steady path toward self-mastery and joy.

When doing this level of work, I don't use the term psychic because it connotes something out-of-the-ordinary. Instead, I believe these skills are very natural and normal. They get programmed out of us as we age and shut down our "naturalness," because what we sense is too often not matched with what people around us are saying. For instance, as a child, I knew my father was imperfect and angry—but when I confronted this, I was told I was wrong. So as I went to reawaken these most natural abilities, it was hugely important to me to have someone else confirm my perceptions and inner knowing. In the beginning, confirmation gives us the confidence to awaken.

Another definition of psychic is something that is "of human mind." This definition supports what is possible and confirms that its origin is very human. Being naturally "psychic" is one of the gifts we can all embrace if we get support, have confidence, and are willing to practice and focus on our successes.

## What Information Can Be Collected From Our ME-B System?

There may be no limit to what we are able to learn when we tune within for answers. After all, look what happened to Buddha! Life's mysteries can be unraveled. Yet often we must take it out of the head and into the body and transform it. If our **Enlightened Observer** is not attached to the material and the "story" behind the energy, it is more easily transformed into higher consciousness, wisdom, and compassion.

**In Me-B Transformation, we find and collect information to promote Self-Mastery. See the following chart of opportunities available to us as our energy awareness skills increase.**

- \***Past lives are revealed that** hold LVC and are transformed to HVC.  
(We find energy of a past life that is negatively influencing us in this life. For instance, if we died of starvation and this energy of the past is negatively influencing us to eat too much in this lifetime, we can locate where it is held within our body/energy system and heal it so our eating challenges can be finally resolved.)
- \* **Pre-Birth and Birth Trauma** are brought to consciousness so fear and pain evolve to confidence and internal safety
- \* **End of Life, Death to Spirit Transitions**—we are able to help loved ones in the process of dying
- \***Archetypical Energies** are located within us so LVC (such as victim consciousness) is transformed into HVC archetype energy (such as the leader archetype)
- \***Core Distortions** (false images, beliefs, traumas) are located and brought to HVC of Core Being
- \***Dream Work**—the subconscious message revealed by the dream is found in the body/energy system so higher alignment is achieved
- \***Adjusting Misalignments**—we can tune into our Energy System to adjust misalignments in our meridians, chakras, Manifest Energy, and levels of the field, realigning them so we vibrate at higher frequencies
- \***Ancestral Energies** can be rewired so we are able to find and receive the talents passed down through our DNA
- \***Chronic Illnesses** are located before they present physically, and/or gifts are found and lessons are learned from them, so healing and joy are promoted
- \***Subconscious/Shadow Material** is hidden in our body and energy system; we find it, learn and grow
- \* **Trauma and Neurological System Adjustments** are found, so we re-pattern our programmed personality back to Core Being; and
- \* More!

We also collect information about our personality type. Below is a chart on body-centered Character Structures. More is discussed about this in subsequent chapters, but we will begin to investigate them here.

We all have parts of each Character Structure within us. As we learn to access the gifts and heal the challenges of our personality types, we become more balanced. The types given below are derived originally from the work of William Reich, Alexander Lowen, and John Pierrakos. **In the chart on the next page,** the personality types are renamed to emphasize their gifts instead of their distortions: Spiritual (Schizoid); Compassionate (Oral); Leader (Psychopath); Heart-Centered (Masochist) and Excel (Rigid).



INTERPERSONAL RELATIONS					
GIFT NAME	Spiritual	Compassionate	Leader	Heart-Centered	Excel
CHALLENGE NAME	Schizoid	Oral	Psychopathic	Masochistic	Rigid
<b>PSYCHOANALYTIC DEFINITION</b>	1. Of or pertaining to a personality disorder marked by dissociation, passivity, withdrawal, inability to form warm social relationships, and indifference to praise or criticism.	1. Of or pertaining to the earliest phase of infantile psychosexual development, lasting from birth to one year of age or longer, during which pleasure is obtained from eating, sucking, and biting.  2. Of or pertaining to the sublimation of feelings experienced during the oral stage of childhood: oral anxiety.	1847, from German <i>Psychopatisch</i> ; from Greek <i>psyche</i> "mind" + <i>pathos</i> "suffering"  1. Of, relating to, or characterized by psychopathy.  2. Relating to or affected with an antisocial personality disorder.	1. Gratification gained from pain, deprivation, degradation, etc., inflicted or imposed on oneself, either as a result of one's own actions or the actions of others, esp. the tendency to seek this form of gratification.  2. The act of turning one's destructive tendencies inward or upon oneself.  3. The tendency to find pleasure in self-denial, submissiveness, etc.	1. Stiff or unyielding; not pliant or flexible; hard: a rigid strip of metal;  2. Firmly fixed or set; inflexible, strict, or severe;  3. Exacting, thorough, or rigorous, so as to meet precise standards; stringent.
<b>EVOKES FROM OTHERS</b>	Intellectualization	Mothering	Submission	Teasing	Competition
<b>COUNTER-TRANSFERENCE REACTION</b>	Withdrawal into Away, Hold Together	Passivity, Neediness, Dependency, Hold on	Exertion of Control, Hold Up	Guilt, Shame, Holding in	Withdrawal into a Holding Back, Reserved
<b>COMMUNICATES IN</b>	Absolutes	Questions	Dictates	Whining Disgust	Qualifiers
<b>LANGUAGE</b>	Depersonalized	Indirect	Direct Manipulation ("You should")	Indirect Manipulation (Polite expressions)	Seductive
<b>DOUBLE BIND</b>	"To exist means to die."	"If I ask, it's not love; if I don't ask, I won't get it."	"I have to be right or I die."	"If I get angry, I'll be humiliated; if I don't, I'll be humiliated."	"Either choice is wrong."
<b>MASK STATEMENT</b>	"I'll reject you before you reject me."	"I don't need you." "I won't ask."	"I'm right; you're wrong."	"I'll kill (hurt) myself before you do."	"Yes, but..."
<b>LOWER SELF STATEMENT</b>	"You don't exist either."	"Take care of me."	"I will control you."	"I will spite and provoke you."	"I won't love you."
<b>HIGHER SELF STATEMENT</b>	"I'm real."	"I'm satisfied, fulfilled, and whole."	"I can give in and trust."	"I'm free."	"I commit to someone and I love."

PERSONALITY MAKE-UP					
GIFT NAME	Spiritual	Compassionate	Leader	Heart-Centered	Excel
<b>ARREST OF DEVELOPMENT</b>	Before or at Birth	Babyhood Feeding	Early Childhood	Autonomy Stage	Puberty Genital
<b>TRAUMA</b>	Hostile Mother	Abandonment	Seduction Betrayal	Control Forced Feeding & Evacuation	Sexual Denial Betrayal of Heart
<b>PATTERN</b>	Hold Together	Hold On	Hold Up	Hold In	Hold Back
<b>SEXUALITY</b>	Sex to Feel Life Force, Fantasy	Sex for Closeness & Contact	Hostile/Fragile Fantasy	Impotence Strong Interest in Pornography	Sex with Contempt
<b>FAULT</b>	Fear	Greed	Untruthfulness	Hatred	Pride
<b>DEMANDS THE RIGHT TO</b>	Be/Exist	Be Nurtured & Fulfilled	Be Supported & Encouraged	Be Independent	Have Feelings (Love/Sex)
<b>PRESENTING COMPLAINT</b>	Fear/Anxiety	Passivity (Fatigue)	Feelings of Defeat	Tension	No Feelings
<b>NEGATIVE INTENT</b>	"I will be split." Tend to separate from others.	"I'll make you give it." When you give it, it won't be enough. "I won't need."	"My will be done." If you don't do it my way, I cannot trust you.	"I love negativity."	"I won't surrender." I won't let go and be messy.
<b>DEVICES BEHIND NEGATIVE INTENT</b>	Unity vs. Splitting	Need vs. Abandonment	Will vms. Surrender	Freedom vs. Submission	Sex vs. Love
<b>NEEDS TO</b>	Strengthen Boundaries	Own Needs & Stand on Own Two Feet	Trust	Be Assertive Be Free Open to Spiritual Connections	Connect Heart to Genitals
<b>BODY</b>	Elongation, Scoliosis, Cold Hands and Feet, Cold Core	Thin, Collapsed Chest, Cold chest, Depleted	Inflated Chest, Top Heavy, Cold Legs and Pelvis, Upper Body Holds More of a Charge	Head Forward, Heavy and Cold Buttocks, Boiling Inside	Rigid Back, Pelvis Tipped and Cold, Withheld from Core
<b>COMMON DEFENSE</b>	Withdrawal, Beside Myself, Porcupine	Oral Sucking, Verbal Denial, Hysteria	Hook, Mental Grasp	Silent Brooding, Tentacles	Power/Will Display, Boundary Containment
<b>DOMINANT CHAKRAS</b>	7 <sup>th</sup> , 6 <sup>th</sup> front	7, 6 <sup>th</sup> front	7, 6, 4 <sup>th</sup> rear	6 <sup>th</sup> front, 3 <sup>rd</sup> front	Back chakras, 6 <sup>th</sup> front

(Some of this information is taken from Judith Anodea, *Eastern Body Western Mind*)

## **Why Collect Information From Our Body/Energy System?**

Empowerment. Information is power because it fosters self-knowledge and self-responsibility. *It strengthens the Explorer's Mind so we locate our **CHOICE POINTS** and can transform LVC into HVC.* We must know what is happening in our own system so we can adequately assist and assess another's system.

Because energy is so subtle, we can easily become confused about what we are sensing—is it us or them? As we become clear about ourselves, then we are more able to energetically assess both ourselves and others.

Throughout our day, all of us use energy as the raw material for that which we create and manifest. Tracking and assessing energy brings this process into our conscience awareness so we are in charge of what we are creating. Energy awareness helps us uncover our subtle yet powerful internal saboteur and avoid painful mistakes.

For instance, in a couple's session, Albert and Sara were sitting next to each other expressing their goals for therapy. As I watched them talk, I noticed that Albert's field grew and invaded Sara's field every time she asked him to be a more equal partner. Without stating what I observed, I asked them to notice what was happening energetically in their bodies. I then separated them from each other. Albert stood on one side of the office, and Sara stood on the other side of the room and again, they noticed what happened to their energy fields. Sara's field expanded, returning to its full size, as Albert's field returned to balance around him and moved away from controlling hers.

A light bulb went off as each of them became aware of the subtle ways they interacted. Albert was amazed at his controlling and dominating energy field and Sara eventually learned to stand in her center when making a request. Each

person owned their unhealthy defenses and practiced interacting with each other so neither energetically dominated nor collapsed into submission.

As our skills grow, we can learn to track ourselves and others. We can learn to track subtle family dynamics so we discover how we might be *subconsciously creating the reality we most want to avoid*. In the case of Albert and Sara, she didn't want to collapse into the victim role, and he didn't want to control or dominate his beloved wife, but that was exactly what was happening.

Neither Albert nor Sara was "energy aware" before this session. Sara had done some somatic work, but energy was a new horizon for them both. Yet in the moment, they found they could actually be aware of what was happening, as long as someone asked the question. I find that this is often the first step: asking the question. We all track and react to energy as Sara and Albert did. *Now, it is just a matter of noticing what we are already doing.*

#### Cautionary Notes

Issues can present energetically that never happened physically. For instance, in the case of remembering incest, it can be difficult to know if the action was an energetic invasion of abuse or a physical actuality. Wanting to know is understandable. However, any emotional attachment to needing to know distorts the energy.

Also, remembering past events that happened when we were preverbal can be difficult to clearly assess. This occurs whenever we or our client remember a past life or earlier event that is traumatizing but can't be confirmed as "true" or not, on some level. If the energy is presenting, then it is asking for attention and support. Instead of focusing on what is "true," and whether it "really happened," we can focus on meeting the energy and feelings in our Me-B System and transforming the LVC into HVC.

The exception to the rule is when there is psychosis or possible abuse of a child. In the case of child abuse, state laws need to be followed; in the case of a possible mental illness, further assessment is needed.

**A Success Story of What We All Can Do  
Question Asked, Wisdom Found, Negative Energy Transformed**

Trudy came to my office. Her right rib kept going out of alignment, which then pulled at her neck and twisted her core. The pain was so great that she could barely walk, let alone work at her job as a Pilates instructor. She asked the question, "What negative belief, trauma, or energy is causing this extreme discomfort?"

We both connected to the area beginning at the right rib and followed where the energy misalignment originated. It took us to the left side of Trudy's third chakra. As we placed our hands there, we could feel the physical knot and the trapped, painful emotions. Trudy wanted to collect information from the area so she could heal whatever she found. She first connected to her Core Being, *remembering that the challenging feelings and emotions were just energy asking for love and support*. She then engaged her Enlightened Observer and placed her hands on her stomach, letting the warm energy melt into the knot. Knowing that if she "tried too hard" she wouldn't be able to pick up anything, *she let her mind wonder and move out of focus*.

It took a few minutes, and then Trudy noticed she had started thinking about a time when she was 12 years old. Ann, her older sister, had just pushed her into confessing her feelings for Joey, a boy in her class. Later that same day, she saw Ann holding Joey's hand. As she remembered this, the energy in her hands expanded and went deeper into the knot. Tears started to flow as she felt her young self's pain. Trudy remembered that when her young self confronted her sister's betrayal, Ann laughed at her and teased her. Shamed, Trudy was told she was overly sensitive.

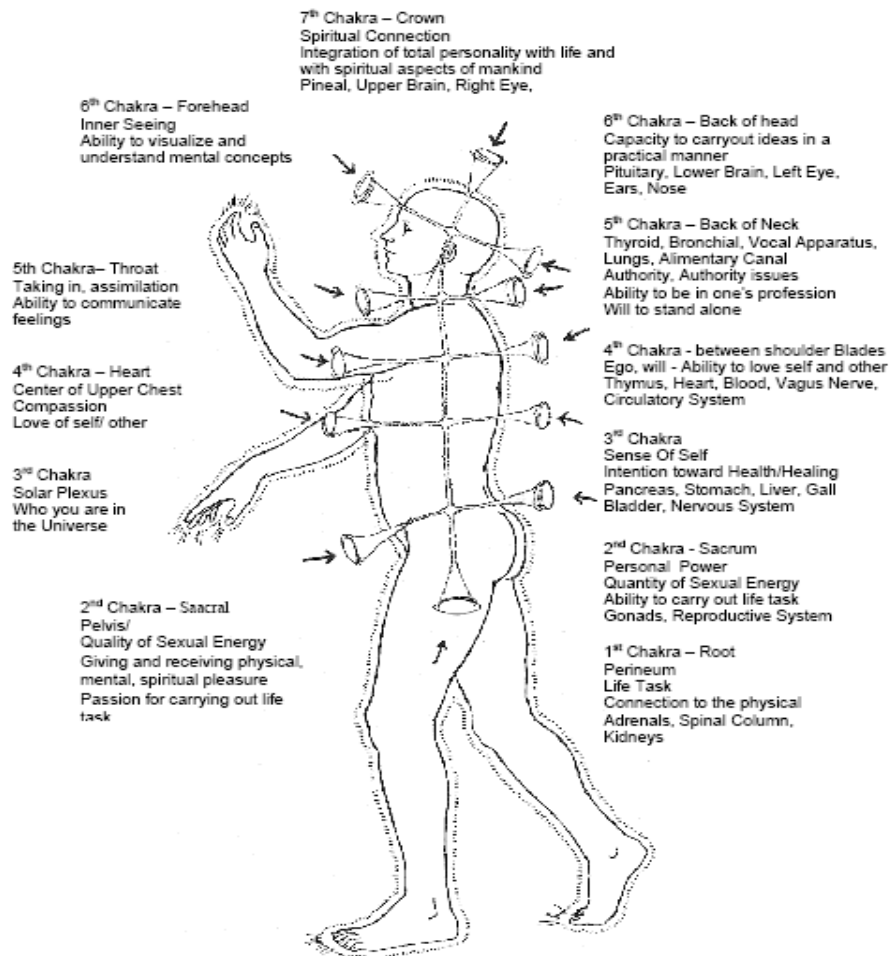
Now, however, Trudy was determined to let the memory go. She melted the energy of her Enlightened Observer deep into the emotions and pain. As she did this, more energy entered her body, releasing the past and bringing in the energy of comfort, self-love, and acceptance. This process helped Trudy own the fact that too many of her past Choice Points had been missed because her low self-esteem had gotten in the way. At 42, Trudy had moved through a string of somewhat abusive, dead-end relationships. As a result of this session, she found her **Choice Points** for change: she broke up with her current unavailable boyfriend and found the love of her dreams!

To collect information from ourselves, clients, or a loved one, we begin by discovering how our energy system is uniquely designed to provide us with information. We simply need to pause long enough so we can (1) connect, (2) ask, (3) listen, and (4) receive the knowledge. To do this, we must **first find out our way in**. Practice the following Pin Wheel Technique. It can teach us how to find our way in.



## Pin Wheel Technique: Finding Our Way In

How do we best collect information? Which sense is strongest? Is it direct knowing, sight, taste, smell, intuition, emotions, kinaesthetics (touch, sensations) and/or hearing? Chakras, literally translated as wheels or disks, are energy vortexes along the body's front and back (see diagram below). According to Barbara Brennan, author and premier healer, each chakra is designed to provide a different type of psychic knowing, as shown in the chart on the next page.



The Chakra System



### Chakras Help Us Collect Psychic Information

**7th Chakra; Crown:** Can give us information in the form of direct knowing, like when we just know someone is going to call us on the phone, and then they do. This book is written from the divine knowing coming through the 7th Chakra.

**6th Chakra; 3rd Eye:** Governs sight in the form of direct seeing of energy, seeing on the mind screen internally, and in the form of symbols or visions. Have you ever seen a flash of light in a dark room, or colors coming out of someone's hands? If so, you are seeing from the 6th Chakra.

**5th Chakra; Throat:** Provides the energy vortex to channel, hear, taste, and smell psychically. Mediums use the 5th chakra to channel. I once smelled burnt pizza while driving in my car. I quickly called home to my son. He apparently forgot to take the pizza out of the oven when the buzzer rang.

**4th Chakra; Heart:** Provides information about love, past life, archetypes, and relationship issues. The old saying, "what does your heart say?" rings true here.

**3rd Chakra; Solar Plexus:** Is the chakra that gives us our intuition. When we are not quite sure, but have an intuition we shouldn't take a specific traffic route home from work, then later hear on the news that an accident had the traffic backed up for miles, is an example of our intuition working for us.

**2nd Chakra; Sacrum/Pelvis:** This Chakra provides information on emotions. When I first learned energy work, I placed my hands on someone and began to notice I was feeling their emotions. Sometimes I felt sadness, anger, or joy. This information was picked up through my second chakra.

**1st Chakra; Root:** Through the root chakra, we can collect information by feeling the sensation of the energy kinesthetically. For instance, sensations such as pain, pleasure, smooth, crisp, cohesive, pulsations, pressure, heavy, light, texture, temperature, flows, blocks, streams, steam, mist, and rough represent energetic configurations. Lightness is an undercharge, flow is balance and blocks are an overcharge of energy. Simply through touch, much information can be collected about energy and its consciousness.

Barbara Brennan, *Hands of Light*

Notice how a pinwheel spins—a continuous flow. As it spins quickly, we no longer see the individual segments of the wheel. Picking up information from the mind, energy, and body systems is similar to the process of observing a pinwheel. At first, we may work slowly with each petal of the wheel—each chakra. The faster the pinwheel (energy) spins, the faster we receive information, until eventually we receive information from multiple chakras at the same time.

This is the ideal. But first, find out which ways of receiving energy are easiest for you, and then ground into that talent. Claim it as yours, so you can build upon it.

Remember to focus on what we can do, not on what we can't do. What we focus on gets charged with energy. As we focus on what we can do, we'll get more of what we can do! How do we move a mountain? One stone at a time.

*As part of our awareness tunes into a chakra, we train ourselves to collect information from our body. For instance, our awareness might tune into the 2<sup>nd</sup> chakra to pick up emotional information—as another part of our awareness tunes into the area of the body we want information from, such as our heart.*

*Doing this exercise strengthens our psychic muscles, just as playing scales on the piano strengthens our ability to play a song. Eventually we won't do this in such a methodical manner, but practicing this technique every day helps us notice which psychic pathways are strongest, and reprograms us to more easily receive information from our energy system.*

*When I first learned this approach, every day for a year, I spent an hour lying comfortably on my bed, tuning into a part of my body where I imagined the energy was blocked. I then practiced the following exercise. Collecting information from my body/energy system is now easy and effortless—as it can be for all of us.*

### **Finding Our Way In**

**Step 1**      *Charge and balance your energy field.* Many ways are explained in this book. For starters, here are some suggestions. Do 25 jumping jacks. Pat your body with your hands, starting at the feet and working up, front and

back, and then working your way back down. Then, stop and breathe in the change—and feel, imagine, or sense the energy filling up our cells with HVC. Imagine the energy flowing and balancing front/back, top/bottom, and left/right.

Now, imagine your outer and inner energy field getting large and filling with acceptance and self-love. The more energy moving through us, the easier it is to pick up psychic information. Referring to the chakra diagram above, connect to the first chakra and imagine red energy coming in. Then connect to the second chakra (front and back) and imagine orange energy coming in; the third (front and back), with yellow energy coming in; the fourth chakra (front and back), with grass green energy coming in; the fifth chakra (front and back), with sky blue energy coming in; the sixth chakra (front and back), with indigo energy coming in; and the seventh chakra, with white or violet energy coming in. Then, imagine your energy field balanced front/back, left/right, and top/bottom. Later we will learn how to program these cues into our field so that just saying the word “balance” will raise our vibration.

**Step 2** Connect to any area of the body or energy system and ask a question. **For the purposes of this exercise, we will connect to the heart area and ask, “What negative belief about me is held in my heart?”** Place your hands on the heart (when possible, always touch the part of the body from which we are collecting information).

Using one chakra at a time, we will ask this question (or any question), as we split our awareness and tune in simultaneously to the heart and to the chakra we are trying to receive information from. Sometimes the more

specific the question, the easier it is to get an answer. Practice on your own and see what works best. An example of a broad question might be, “what wisdom is here?” An example of a specific question to ask is, “What negative belief is being held in the heart chakra?” Once again, for the purposes of this exercise we will ask **“What negative belief about me is held in my heart?”**

With one hand on (or near) the area we want to receive information about—in this case, the heart—place the other hand on the specific chakra from which we wish to collect information. Start at the 1<sup>st</sup> chakra. For instance, the first chakra brings in information kinesthetically, through sensations such as pain, pleasure, smooth, crisp, cohesive, pulsations, pressure, heavy, light, texture, temperature, flows, blocks, streams, steam, mist, and rough. So, one hand is on the 1<sup>st</sup> chakra, and the other hand is touching our heart area. Make a mental note of what you feel through the hand touching your heart.

Then move to the 2<sup>nd</sup> chakra, which picks up emotions. Now, one hand is touching our 2<sup>nd</sup> chakra, and the other hand is still touching your heart. Remember to let your mind wander and go out of focus as we gently invite our self to feel an emotion. Notice what you pick up emotionally: anger, betrayal, sadness, the child consciousness of not being enough . . . .

Connect to the 3<sup>rd</sup> chakra (intuition) with one hand and leave the other hand on the area you are sensing into (your heart). Notice what you receive intuitively about the energy in your heart. Remember to let your mind wander, and notice what wanders back in.

Continue to move one hand to each of the remaining chakras, while leaving the other hand on the heart. The 4th chakra is about relationships and love. Sense what you pick up when your hand is placed here. If you “need” a relationship or have just finished a challenging one, how might that get in the way of receiving information? Being clear and accepting of all parts of our self helps us more clearly receive information and self assess.

Tune into the 5<sup>th</sup> chakra as you also connect to the area we are asking a question about, and ask, “What do you hear in your head about the belief held in your heart? What words want to come through? What, if anything do you smell and/or taste?” Again, don’t focus too hard; invite the response to come through by letting our mind wander—or imagine the answer.

Tune into the 6th chakra as you also connect to the area you are asking a question about, and ask, “What do you see with your unfocused soft eyes, or what do you see on your ‘mind screen’ with closed eyes? (Seeing something on your *mind screen* occurs when you see it in your “mind’s eye” – on your “mental screen” -- and not tangibly in front of you.) Again, don’t focus too hard; invite the response to come through by letting your eyes wander. Or, imagine what flies in front of your open or closed eyes. Is it a dragon, a symbol, or perhaps colors?

Tune into the 7th Chakra (direct knowing) as you also connect to the area you are asking a question about. Letting your mind wander, eventually notice what direct wisdom comes through. Always remember to pause and listen and receive the information. If it is hard for you to trust the information you receive, this could interrupt the flow. It is a way we self-

sabotage. Be playful and make it a fun game. Over time, your information is confirmed and your self-trust grows—and then, so does your skill.

**STEP 3:** Notice which chakras are easiest to collect information from, and write this down. **THIS IS YOUR WAY IN!** *Focus on what we **can do**, and then other senses may come in. In the beginning, most people feel kinesthetically. Some others get an intuitive hit, see something on their mind screen, or get a knowing sense. It usually takes some practice before people see energy tangibly, if at all. Because seeing is often believing, this may be challenging to overcome. No one way of picking up information is more accurate or better than another. Don't judge the manner in which we receive! Patience and practice, patience and practice!*

Different personality types have different talents in receiving psychic information. Generally, Leaders, Excel, and Spiritual types have more difficulty feeling emotions and feeling kinesthetically; they do better seeing or using direct knowing. Heart-centered types tend to feel kinetically and emotionally, as do Compassionate types.

As we are able to connect to the parts of ourselves that represent each Character Structure's gifts, we increase our skills in life, and in collecting psychic information. For instance, we can call in our Leader energies to help us problem solve and find solutions, so we succeed and move away from any negative feelings of not being good enough. Psychically reading energy can trigger our negative egos and create a CHOICE POINT. Remember, we are in charge of our developing skills for sensing and shifting energy, so let us be kind, patient, and receptive to help and support.

Also notice if you have difficulty relaxing. If there is tension anywhere, it stops the flow of energy and makes it harder to read what is happening. You can explore whether it is easier to listen or feel—and what the difference is between the two. How can you expand your gifts so you become skilful at both? Be curious and explore.

*The next exercise expands upon this skill. Once we know our own way in, we can practice so it grows.*

### **Opening to Radical Intuition**

Opening to Radical Intuition is really about the practice of radically opening to receive ourselves. If wholeness is the definition of healing, then connecting to our inner wholeness allows us to receive our inner guidance. All the information of enlightenment is there for us to reach out and receive as we better learn to get out of our own way. Practice the following exercise and investigate with an open heart our own radical intuition. In this way, we also learn to help others access theirs!

Deepak Chopra writes:

*To be completely free means waking up from all dreamlike states, and reclaiming who you are: the maker of reality. Therefore, nothing we can see, hear, and touch, whether in waking, dreaming, or beyond both, is ultimately real; they only represent shifting perspectives. The material world is projected from a nonmaterial source. The invisible world comes first. It contains the seeds of time and space. Reality increases the closer one gets to the source.*

The source in Me-B Transformation™ is called Core Being but it is also sometimes known as the Akashic. By connecting to the Akashic, we can view



our destiny and access a road map to help guide us on the way. The sole purpose of the exercise below is to discover more about us and our defenses, blocks, and gifts. This is our life challenge and a path to freedom.

### **Meditation to Open to Radical Intuition**

We are our own power source. External support such as that from doctors, therapists, healers, family, and friends can only supplement our own internal knowing. The following exercise helps us develop this skill and can be applied to any question we hold.

#### **STEP 1:**

From your **Explorer's Mind**, ask a question. Stay light and playful. In this example, we will ask, "What information is held in my Akashic Records?" The Akashic Records reflect the elements of our soul's journey, energetically outlined like an encyclopedia. For instance, we can ask about our lessons learned and those to be learned.

#### **STEP 2:**

Get comfortable.

#### **STEP 3:**

Balance and charge your energy field. Repeat Step 1 of the exercise presented earlier, Finding Our Way In.

#### **STEP 4:**

Find your center—between your navel and solar plexus. Place your hands here and let them sink in. Feel the spark—the spark that ignited your **Core Being's** existence on Earth. As you breathe, imagine you can (1) recognize the truth of who you are; and (2) let that truth expand—as a sensation in the body, as a thought or image in the mind, and as energy flowing through you.

As the truth of who you are expands, let it fill your body, and then the room. Continue to let it expand until it connects with the oneness of all. Imagine it even if you can't feel, see, or sense it. Trust that some part of you is connected and remembers it is ONE.

#### **STEP 5:**

Send the question outward and pause to receive the answer. Sometimes it's helpful to see the image of a computer downloading information to us as the disk. If we try to get an answer, it rarely comes. Instead, let your mind wander and watch where it goes. Do words and/or images present? If so, keep letting them flow. Follow them. Notice what you feel (emotions/sensations). Notice any images, symbols or pictures, smells or sounds. Do you hear voices or words, or do you just know the answer?

Maybe information will be disjointed at first or just felt as sensations. Record the sensations or disjointed images or thoughts. Let the information flow without needing to understand anything. Give yourself time to practice and evolve. After all, it is the process—not the result—that matters. In the process, you slowly begin to discover you, your defenses, your saboteur and your helper. As we find our internal helper, our skills grow.

Watch to learn what your next step is in developing your internal radical intuition. Eliminate the internal judge. Be in the place of "no excuses," and simply begin to understand what is easy and what is hard about this. The enemy is the false belief that you can't. You choose whether to remember, even if you are only remembering a part of yourself. Remember where you came from. Remember the truth of who you are. **Remember you can and practice, practice, practice!**

Even discovering what makes this difficult for you is a success. Get support from an Me-B trained guide or someone who already has this skill and knows how to help you.

## Connecting to Spirit Guides

Life can be so challenging; external spiritual support can relieve some of the pressure. Some people believe in angels, a higher power, god, or a higher self that can aid us in difficult times.

Clients often ask me about the name of their guide. “How do I get to know them? Why don’t they answer my questions? Do I have a guide?”

I find great comfort in the wisdom and love I get from my spirit guides. We can collect all types of information from them. It is forever there, waiting for us to be open and willing enough to sense. However, I find that receiving the wisdom is only half the battle. *Our real tasks are: (1) believing and trusting what we hear, and (2) acting positively on the advice we receive.*

Many people who go to see “psychics” and those who channel spirits often want someone to tell them what they WANT to hear and not necessarily what they NEED to hear or what is true. If we open enough to receive wisdom from our guides or from a psychic, often we are not willing to follow through with the advice if following through means we have to change or necessitates deep personal work. Too often we want information from our guides because we hope there is another way out than the one that is right in front of us.

*Deep change rarely comes without looking at our ego-based personality.* When guidance does come through, how many of us are strong enough to follow the wisdom—especially if the wisdom takes us out of our comfort zone or demands a new way of thinking? Psychics, intuitives, and spiritual guidance can be used as Spiritual Junk Food to avoid something we need to investigate. If we are in a



process of focusing on Spiritual Junk Food, we can't receive clear guidance, even if a gifted psychic is the channel.

When I was 24 years old, my two best friends and I went to a psychic. At the time, I was a community organizer and political activist in Washington, D.C. trying to help empower the poor. I had just graduated from Purdue University and was enthusiastically on my way to change the world. So when the psychic said I would become a healer and he saw me in a past life as a healer, I was sure he was crazy and that I had wasted my money. I wish I could tell him today how correct he was. I just wasn't ready to hear the truth. Not being ready to hear is one of the main reasons we have trouble connecting to guidance.

The next time I saw a psychic, I was 31, a young mom, and having difficulty in my marriage. I had just left my high-powered lobbyist job to follow my husband to Asia and support his career. I went from talking with congressional staff to being "the wife of." I felt lost and alone. This psychic too said I had a calling in the healing profession. But again, I couldn't hear it.

Receiving the information is easy for me, but following through with the wisdom and integrating it into my life is much harder. If we are having trouble receiving information from our guides, a first step to take is to use our Explorer's Mind and investigate what part of us might not want to know the deeper truth. What part (usually our ego) doesn't want to see clearly? This is the largest obstacle to overcome.

At the time, I didn't know what a healer was, and I didn't care to find out. I felt it was much more helpful to the world and also more prestigious to work on Capitol Hill than to be a healer or therapist. Funny, now I feel the opposite is true. As the saying goes, the only one in our way on the route to happiness and success

is our self. That is why I believe the Explorer's Mind, my Core Being, and Enlightened Observer are so important. I so want to get better at getting out of my own way. The ten years that went by before I found my inner healer was not wasted, and I don't regret a day. I do, however, appreciate that I am much better at listening to my spirit guides, following through with the wisdom, and moving out of my own way!

#### **Finding Our Way to Connect to Our Guides**

1. Balance and charge your energy field.
2. To the extent possible, follow the exercise to connect to Core Being.
3. Ask a question and open to receive the answer. It may come as a picture, symbol, knowing, words/concepts, feeling, emotion, or some other way. If it doesn't come right away, then do something else for a while and notice what thoughts come into your head. Sometimes if we try too hard, we don't get an answer. However, if we let our mind wander, the answer can find its way back to us.
4. Practice writing the answer, using a Pendulum, and/or drawing an answer. If you have trouble receiving information -- practice, practice, practice. Focus on what you can do and look for any part of you not willing to see the truth. Avoid Spiritual Junk food.

#### **Tips to Assess Energy**

Before Beginning, Facilitate Connection with Core Being.

*Before beginning to work with a client, or before we begin any connection with another in our life, we must first align our own field and resonate with our Core Being. We can't have deep connection with another if we are not in contact with ourselves. The more we can move out of the personality level and into our Core Being, the more able we are to assist another.*

*Some energetic shifting techniques we can use to balance, charge, and reconnect to our center are outlined below. Patience and practice ensures success!*

- *Spin colors/chakras clockwise—front and back,*
- *Chi Kung practices such as the oak and the micro-cosmic orbit,*
- *Engage our Enlightened Observer and Explorer’s Mind,*
- *Strengthen our positive intention,*
- *Solidify and balance our outer energy egg,*
- *Run second and forth level colors through the field,*
- *Align with Core Being and the Manifest Energy,*
- *Open the central channel and align all chakras with it,*
- *Practice centered oneness, and*
- *Connect with our multi-dimensional fabric and universal trust.*

Next, Facilitate Deep Connection to self and other.

*Without deep contact, we can’t asses our energy field or another’s energy field. The ease of connecting to a client depends upon the following. (Using these techniques with our spouse, co-workers, boss, parents, and friends is also recommended.)*

1. *We may experience conflict simply because of the way our character structure relates to the other’s character type. Sometimes, if we are too different or too much alike, it can be more difficult to connect. However, as we move out of the personality level and into our Core Being and honor their Core Being, connection happens more easily.*



- 2. Transference and Counter-Transference can either facilitate connection or detract from it. Often there is positive transference from a client toward the Me-B Guide. We can use the positive transference to create a safe space. In the long run, the Me-B guide must encourage a more real and authentic relationship.*
- 3. Mirror back (repeat back) to the client what they say, and mirror their positive sense of self to them to help facilitate connection with them.*
- 4. Track their negative energetic defenses and help them come out of defense.*
- 5. Practice any of the positive resourcing techniques outlined in this book.*
- 6. Be the “good enough mom.” Eventually, we must wean the client from the motherly transference so the client learns to hold that energy for him- or herself. When we do wean them, they usually negatively project upon us their anger. Use this anger as a raw material for them to feel their own power.*
- 7. Depending upon the client’s character type, challenging them can deepen our relationship with them and thus deepen our contact. It can also detract from our connection with the client, so reading the field is important in order to know which approach is most supportive.*
- 8. Sometimes we are imperfect in a session. Admitting we made a mistake can be a powerful tool to facilitate deeper connection with a client. This is especially true if the client’s parents never admitted they were wrong.*

- 9. Following and supporting the Rhythm of Flow of energy deepens connection—as does positive intention and good listening skills.*
  
- 10. In addition to these methods for making contact, there may also be other approaches. List your gifts and challenges in the area of connecting to others. This is not about being perfect. It is about being genuine, even in our imperfection.*

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