

Confidential

Heartbeat: How to Tap into The Love Wisdom Energy and Stay Out of the MUCK

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Chapters:

INTRODUCTION

CHAPTER ONE - The Love Wisdom Energy and Consciousness

CHAPTER TWO - Dare to Believe -It is All About the Energy & Wisdom

CHAPTER THREE:

TO ADVANCED READERS... (chapters 3-12 are not included)

CHAPTER FOUR

THE INTRODUCTION, CHAPTER 1 AND 2 ARE READY TO BE SENT TO THE EDITOR. The remaining chapters 4-12 are not. This is simply a snapshot to give you a preview and some context around the subject matter of this book which is the third book in the Heartbeat Series.

CHAPTER FIVE

Book 1- Heartbeat: Why Heart-based Leadership and Courage Matter

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CHAPTER SEVEN

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What would the Love Wisdom Energy do?

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INTRODUCTION-

As humans we told that it is best if we are driven to succeed, be happy, create wealth, experience joy, learn, win, be in relationships with others, have supportive families and enjoy the pleasure of life.

Yet, there is one thing I know for certain is that none of us have a continuous “happy life.” We all have some type of situation that creates drama due to fear, drama, challenge, hurt, pain, illness, or a situation that stops us and seems to suck the joy out of life. I call this the “MUCK” of life.

Many of the great teachers of our time tell us that what we think, feel, visualize, and what we give a vibration of intent to, will manifest into our reality. The Law of Attraction says we simply need to visualize our desire, anticipate, allow it, and release any attachment to it. It would be like putting in our order for a great happy, joyful life, and then with anticipation and allowing what we want to manifest we watch it happen. However, many times what we manifest is not what we ordered. We discover we attracted a different situation. I have experienced this many times and I wonder what went wrong. Why are negative situations (the MUCK of life) showing up when that is not what I wanted?

This book will introduce you to why MUCK continually shows up and why you will not ever be able to get away from it. You will however be able to transcend above it, step away from it, release it, learn from it, and even dissolve it at times once you learn how to use an energy that I refer to as the “LOVE WISDOM.” And it is an energy that will communicate with you if you dare to believe it. Everyone has a different word to describe this LOVE WISDOM Energy depending on your belief systems and culture that you grew up in. This book isn’t religious, it is simply a book that will give you a new perspective on how to tap into a deeper level of Love Wisdom Energy and stay out of the MUCK. It will fit into any religious or spiritual belief that you have because Love is a

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universal energy that has no bias. It is not owned by any institution or religion. It is not a thing that can be worshiped, bought, or controlled. It is simply an energy that permeates every fiber of our world and can be found in any situation, and it brings immense wisdom that as you become aware, you will understand deeper levels of this wisdom and how to use it in your life.

Once you understand this LOVE WISDOM energy, and how to find it, hear it, and let it guide you then your life will begin to change. It will direct the energy of our sub-conscious and conscious minds that continually derail our best efforts. At times, our thoughts can be so overwhelming the thought energy will create physical sensations in our body. Yet what we must understand is that when energy is swirling through our body, it really is not negative or positive. It is how we interpret it. That interpretation then causes us to label the sensation with a feeling word. Next, we begin to put several thoughts around those feelings and soon we are telling ourselves both negative and positive stories. Then we create more thoughts to substantiate those feelings. And it becomes a vicious cycle that robs us of living life to its fullest.

Think about your life, and what would happen if you had a special tool that could tap the MUCK, move it out of your way, dissolve it, and simply take it out of your present moment? You do have a super tool and it is called the LOVE WISDOM energy. And it is bold, it's beautiful when you download, and it provides the path out of the MUCK.

Why does it matter? Because living life in the MUCK will create stress, illness, lack of focus, and exhaustion from dealing with feelings that can remove serotonin from your body and land you in the hospital. How do I know this? Because I experienced it. There was a period in my life, I was so deep in MUCK that I couldn't get out. I was an individual that prayed daily, had a habit of meditation, and exercise. I did not drink or have any addictions. I ate healthy. I had a wonderful career, had no financial stress. I was in relationship with some very close friends who knew my heart and understood

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what made my heart sing. People would say that I was extremely compassionate, loving, caring and courageous.

But it was those overbearing feelings and emotions of fear, sadness, loss, grief, and relationships that were toxic that trapped me. I could not find my way out. This book is not about my journey through those challenging times (that's another book I wrote called *Heartbeat: Why Being Bold, Beautiful and Brave Matter*). This book is going to help you recognize the LOVE WISDOM energy and how to tap into it so you can release it and step out of the MUCK of life.

This LOVE WISDOM energy is the path to greater understanding and discernment. It will give you the wisdom to make better choices, and help you know what it is you should do. It will help you know what the right choice is that you should make. If you make the wrong choice, it will get your attention and nudge or push you to do something different. It is a bold LOVE WISDOM. It will strengthen your courage muscle and you will find yourself having the will to take brave actions in your life, at home, in your work, and in your relationships.

You will be able to hear this LOVE WISDOM energy and know when it is speaking.

Knowing how to tap into this LOVE WISDOM energy will change your life. It will always place you on the path to joy. It can help leaders of businesses, society, families. This is the shift that is taking place. When we say we are raising our level of consciousness, there is nothing really to raise. Consciousness is simply an energy. What you really are doing is getting a toolbox that helps you tap into the Wisdom of Love energy that exists in that consciousness.

There is great value in learning how you can release the MUCK and stay in the energetic LOVE WISDOM.

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Many of you reading this book may experience what I did before I discovered how to use the LOVE WISDOM every day of my life to guide and direct me. I thought I needed to work harder at controlling those thoughts and I would feel better. And yet, the more I tried to control them they seemed to win and take over when I had a lot of MUCK to deal with. I often say, “calm seas are easy to navigate, it’s the rough seas that send us overboard.”

I know that my journey of discovering how to stay out of the MUCK and step away from those negative emotions, feelings and thoughts that sucked the life out of me, was something that needed to be shared. I have spent thousands of hours helping individuals who are recognized as strong leaders be it at home, in their community, church, work life or family. Insights that I learned are shared in this book. The book will be helpful for both individuals and leaders who want to live a purpose driven life and be consciously aware enough to know how to get out of the MUCK and into the LOVE WISDOM energy where they can be their best version of themselves. They can shine and succeed at anything they want to do because the LOVE WISDOM energy has a frequency that is so strong, there is no MUCK that can take it down. It will help the individual transcend to see MUCKY situations with a new perspective.

It sounds a bit hokey however I will refer to research and science that confirms we can be in control of the energy around us. And I guarantee it will work if you dare to believe it and have an intention to experience the LOVE WISDOM. There will be many people who are deeply religious and still find the insights in this book to be a missing link in their walk with God. No longer will God simply be some masterful thing that lives up there in heaven determining if you followed the rules or not. For you, the discovery will be that the LOVE WISDOM energy is how your God communicates with you. And if you have no religious beliefs, it is still going to work.

Our egoic minds rule our conscious, sub-conscious and unconscious minds unless we can train our minds and implement some mind management system to control the

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thoughts that will take over. Elkhart Tolle says that our egoic mind is that “*voice in our head*” that pretends to be useful but it’s not.¹

One of the things you will begin to understand is how I frame out life “life” experience. I call it the 3-D game of life. And in this 3-D game of life, it is our ego that pushes us to achieve success, become somebody, gain the knowledge, be the best athlete, mom, employee, teacher, doctor, leader, business owner and so on. Yes, this part of the ego has its benefits, but it also is very self-serving. It will do anything to win, achieve success, be the best, get recognized even if it must conjure up false feelings and put false stories in your mind.

As I came to understand what the word consciousness meant and what the energy of love meant. I downloaded the wisdom that the LOVE WISDOM offered, and I describe how to do that in this book. The LOVE WISDOM is an energy that understands all things and does not interact with the egoic energy that exists within consciousness energy that helps us interpret life. The LOVE WISDOM energy is pure source and is simply an energy where the ego does not reside. This LOVE WISDOM energy flows in and out of this 3-D game of life into realms that often our conscious mind cannot comprehend. It connects with our spiritual self; our innate intuitive intelligence and it can be everywhere at any time. Some people call it the love energy, the Christ consciousness, and other names for it are the universe, God Source, Holy Spirit, prana, it has many names. I will let you decide what you want to call it.

In this book, I will refer to it as the “LOVE WISDOM energy.” Love is not an emotion. Instead, psychologists will refer to it as a complex mental function that interacts with other mental functions such as memory, our attention span, how we perceive things, taste, reason. I would like to challenge this theory. Because then what is a mental

¹ <https://www.shortform.com/blog/eckhart-tolle-teachings-ego-power-of-now/#:~:text=What%20is%20the%20Ego%3F,world%2C%20not%20a%20true%20reflection.>

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function? What influences the mind? And these questions are answered in what I discovered about the LOVE WISDOM energy. It is the energy that influences far more than our mind and vibrates deep into our cellular, biological, hormonal, nervous and various bodily systems.

The LOVE WISDOM energy influences energy in a room. It can influence another person's energy that is halfway around the world. Love energy can be prayed into a situation. It can be found in laying on hands of people, you will find it Reiki and energy modalities. Whether you practice prayer, meditation, any spiritual modalities that asks for the LOVE WISDOM energy to be present will experience it.

As you read this book, I am going to challenge your beliefs on love and how you can pull yourself out of the MUCK of life and recharge yourself in the LOVE WISDOM energy.

I would ask that as you read this book, let it speak to you. The teacher appears when the student is ready. Let it challenge your beliefs and the stories that your ego puts into your conscious and sub-conscious minds.

If you approach this book with an open mind, you may find the answers to questions such as:

How do I move through life's drama and not let it suck the life out of me and instead find love, joy, and peace?

How do I know if I am making the right decision?

How might I face an illness or devastating situation and still find, joy and peace?

What can I do to keep the joyful loving moments of life become more present?

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How can I face a challenge and not get so triggered with negative emotion that everything around me starts falling apart?

How can I put down the MUCKY emotions that I have been carrying around, so I feel free to enjoy life?

These are just a few of the questions this book will answer. And hopefully even more words will resonate with you and find a coherence with your heart.

The title of this book sounds simple, yet it is not easy. I authored this book as a series of questions that your egoic self might ask. The answers will either resonate with you or they will not. I would suggest that you try to read the book asking that the LOVE WISDOM energy becomes your teacher in ways you would understand. Everyone's journey to understanding this energy is different and we all take unique steps to advance our awareness of it.

If you the student are ready, the words will resonate. If you are not, then put the book away and pick it up again in the future. I have started reading many spiritual books that did not make any sense to me. However, as I began to advance my awareness, and raise my level of awareness I slowly started to open the door to the LOVE WISDOM. As I peeked inside and kept getting the nudge to explore more and more from my intuitive self, I began to download wisdom daily. I was gaining a new perspective on situations in my life. I found myself smiling at the MUCK and the lessons it taught. I began to have a different relationship with the MUCKY things in my life.

This book is timeless. If it makes sense now to you great! If not, keep it as one day it will. Or pass it along and someone who needs it may find it.

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CHAPTER ONE - The Love Wisdom Energy and Consciousness

The word “consciousness” has been around a long time, yet lately it is a word that the average person who has done some sort of personal development will be aware of. Yet my intellectual side asks, what is consciousness? Why do I need to raise my level of awareness about consciousness? What is being raised? Why do I need to be more aware? Aware of what? For years, I simply thought it to be more of a scientific term, until my own advanced awareness and wisdom downloads gave me the explanation. Consciousness is energy.

That made sense to me, however my egoic self said that this was simply nonsense thinking. Until I discovered that the National Library of Medicine had an abstract that discusses the following findings:

Recent neuroscientific evidence can be interpreted in a way that suggests consciousness is a product of the organization of energetic activity in the brain. The nature of energy itself, though, remains mysterious, and we do not fully understand how it contributes to brain function or consciousness.²

It was enough to acknowledge my egoic self-got in the way. Because I am one that has those “woo woo” gifts to where I can pick up energy by hearing, seeing, feeling, sensing, it made sense to me that consciousness is simply the energy that exists in this 3D game of life. It is the energy that works with the egoic self-providing us the necessary life curriculum to become better versions of ourselves. When we say “raise our level of consciousness” it means we begin to become aware of the Love Wisdom Energy and how to use it to stay out of the MUCK that is found in the 3D game of life.

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6225786/#:~:text=Recent%20neuroscientific%20evidence%20can%20be,to%20brain%20function%20or%20consciousness.>

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Once we understand that everything is energy, we can begin to understand we have the choice to manipulate the energy.

When I explain this concept to people I mentor and coach, I often have to remind them that they rely on unseen energy all day long. I ask them to go the stove and turn the gas burner on. As they look at the flame coming out of the burner, I ask them, “can you accept that the flame is started with some type of energy?” Next, I ask them to shut off the flame. I instruct them to put their hand over the hot burner again even though there is no flame, and then I ask, “Do feel the energy of heat without seeing it?” The response is yes. We accept many forms of energy into our belief system without consciously thinking things like yes, I want my heart to pump. I want my solar watch to work. I know the radio waves exist. It is only when we begin to talk about energy and our thoughts that people will start to say; “I have no idea what you are talking about!”

The stove burner is a good exercise for people who I mentor and coach to do, especially when they keep going back into the MUCK of a situation and replaying it repeatedly in their conscious minds. They claim they cannot avoid it and cannot get away from it. They often explain it is like the MUCK has a magnet drawing them into its power. And that’s exactly what it does, and I will explain why. As we keep focusing on the MUCK it gets bigger and bigger as it works with the egoic self just keeps creating more and more fearful stories.

Negative thoughts that trigger us are often the things that keep us up at night. We focus on these thoughts continually and in doing so we are creating neural pathways in our brain. And these neural pathways become deeply engrained, and they wire and fire constantly. I like to call them the deep cow paths that we often see in a field only they are in our brain. When we have the good thoughts we become so calm and relaxed it is easy to fall asleep. When we attach to the energy of the negative thought and keep replaying it in our mind we begin to give energy to it we find it often robs us of valuable time that we instead could be experiencing joy. Many times, wreaks havoc on their

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decision making. We have all been there when we think the world is completely against us. Until I mention one of my favorite phrases; “it’s just energy!” Thoughts are simply energy and you do need to observe, witness, and experience them, to understand what they can do. However, you can choose to play with their negativity as well which will create more MUCK in your life.

So, when you think of consciousness, you must become aware that it is an energy that interacts with you when you are awake, (conscious) as well as your auto-pilot state, (sub-conscious) and your unknown awareness which we call our (unconscious) mind.

I could get very technical, scientific and provide a plethora of information from science and medical professionals. However, those books are written, and I simply wanted to relay this message in an easy-to-understand message. So, the simple concept again is that everything is energy. It is in every thought and is all around you.

All these energies combined create consciousness and we experience it with our sensory perception. That’s all it is, just a combination of experiences. It is just the simple experience of life in the here and now. and our experience of it. And if you really look closely at this energy you will find that there are only two energies: love and fear. The ego is an energy that uses fear. It propels us to success and at the same time it works stop our successes by giving us thoughts of doubt.

Love is the energy that you can experience when you are in the present moment (not future tripping or in yesterday’s history, not saying “what if” or I coulda, shoulda). Those are all ego interactions. The love energy just stays in the present moment, observing, witnessing, experiencing, and downloading wisdom to gain a greater perspective of the situation. Nobody can live in a constant state of mindfulness when means we stay the present moment.

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What the ego does not want is for you to be in the present moment, noticing your breath and chilling out not paying attention to your thoughts. Because at that moment that you are able to tap into what I refer as the LOVE WISDOM energy. And in the LOVE WISDOM there is no ego, it is a LOVE WISDOM that transcends you to a point where you can view the 3D game of life, the consciousness you are experiencing and then download incredible insights about it and all the MUCK around you. You can tap into this LOVE WISDOM only by tuning into its vibration and understanding how it is different than that of the egoic consciousness.

Consciousness is energy. Love is an energy. Everything is energy and a vibration and that includes love.

I had the privilege of spending a long weekend with Bob Proctor who is an internationally recognized author and lecturer and known internationally for his work around the book by Napoleon Hill called, *“Think and Grow Rich.”* This book’s principals directly impacted and changed my life. Bob has authored several books that all stem from the principles of the Think and Grow Rich book. He is often seen as a pseudoscientific individual as he talks about the Law of Attraction and the Law Of Vibration. For those who have studied under Bob, they know the significant changes in one’s life when they begin to implement the basic principles found in the book *Think and Grow Rich*.

Here is what Bob Procter says about the Law of Vibration which science is proving and this belief system is being adopted now as mainstream.

“The Law of Vibration is real. Your energy frequency and vibration directly relate to both your thoughts and your surroundings. So, if something resonates at a stronger energetic frequency than you do, that level of frequency pulls you in like a whirlpool.

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*For that reason, be aware of what is going on inside you and around you.”
Surround yourself with what you want in life, fill your mind with positivity and purpose,
send love to all those around you, and live every day with good intentions.*

—Bob Proctor

And of course, this is easier said than done, which is why I authored this book and offer an online course. ³

Now, even though I thought that Bob Proctor was an amazing teacher, and I found his wisdom and guidance to be profound, I still wondered about some of the things he taught. I would have to ask; Where did the Law of Vibration get created? Who thought it up? I am always wondering; Who produces this stuff? It is the realist part of me which keeps the extra-sensory, empathic, intuitive me in check. In doing some research I discovered that The Law of Vibration is one of the twelve universal laws that are attributed to hermetic philosophy that dates back to ancient Egyptian times. The twelve laws are thought to be the unchanging laws of the world.

The laws are:

The Law of Oneness

The Law of Vibration

The Law of Correspondence

The Law of Attraction

The Law of Inspired Action

The Law of Perpetual Transmutation of Energy

The Law of Cause and Effect

The Law of Compensation

³ Footnote <https://www.proctorgallagherinstitute.com/47878/the-law-of-attraction-vs-the-law-of-vibration>

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The Law of Relativity
The Law of Polarity
The Law of Rhythm
The Law of Gender

Now, I suppose there will be some of you reading this chapter and will say “so what”- it cannot be proven. But many of these 12 laws show up in your daily life. These *12 Laws of the Universe* are a blueprint for you as you experience this 3D game of life. It is the way things operate. The laws are always working in the background even if you are not paying attention to them. And you do not need to understand all the mechanics and the methodologies that went into creating them. Do you question the Law of Gravity or the Law of Motion?

So, I ask you to simply relax your belief systems and be open and let one of these twelve laws play out in your game of life.

What is the LOVE WISDOM vibration and is it different than the law of vibration?

Remember that the Law of Vibration is about matching up things. When looking at the LOVE WISDOM vibration, we look to science and researchers for insights into energy. I will mention later the work of Heartmath,⁴ an organization that studies the heart as being an intelligence that has awareness, understanding and intuition when the mind and emotions are brought into coherent alignment with the heart. The research and work of Heartmath is becoming widely known used in hospitals and even is even being used within organizations during meetings.

⁴ <https://www.heartmath.com/science/>

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A third researcher that I admire, is Dr. Royal Raymond Rife⁵. Dr. Rife invented the Rife machine in 1920. This machine would deliver low electromagnetic waves. Through his research he specifically identified various frequencies and studied how to use them throughout the body to heal us from disease. If you look online for “Rife” frequencies, you will discover there are frequencies for any ailment you can imagine

I often listen to Rife frequencies. The Gregorian monks listen to the 528 Hz for its healing properties, this is the frequency of the LOVE WISDOM. To understand what the 528 Hz frequency is, it is important that we know that our entire universe is comprised up of light and sound, frequency, and vibration.⁶ Dr. Rife’s work gave an understanding to how our bodies react to specific frequencies and vibrations.

I often say that this LOVE WISDOM thing is simple but not easy. Living in the LOVE WISDOM vibration is a good example of this. Every day the 3-D Game of Life, brings to us events and circumstances that trigger our emotions, feelings, and thoughts. Our mind takes those thoughts and creates stories. These stories only stick around if we keep giving energy to them. Now you can have two types of stories: positive and negative. The positive story is developed from tapping into the LOVE WISDOM energy and the negative stories are developed from giving energy to the egoic energy and fear. A few examples of an egoic story rooted in fear are:

I am not good enough

They are not doing their job

⁵ <https://enneagramegypt.com/blog/f/stages-of-the-heart-levels-of-capacity-for-presence>

⁶ Footnote: https://www.einnews.com/pr_news/582366013/the-science-behind-the-528-hz-frequency

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They are not listening to me

I am just not successful or worthy

I do not know what to do because if I do something and it is not right, I will pay the price.

If I say what is really on my heart, that will upset them

I need to prove myself and then they will respect me

I really do not need people thinking I was a fool

If I lose it, then the impression and label people put on me is going to be harsh

And so on...

The egoic mind is a trickster. When we are entertaining these types of thoughts (and not just observing, witnessing, or experiencing them) then we can quickly find ourselves knee deep in the MUCK. And those thoughts become the stories spin off more stories. Until you have a big motherload of MUCK showing up in your life.

Our sub-conscious mind will map them with previous life experiences and our mind will want to bring up a story in your memory and tell you to remember it, even though it had happened in your past.

And it does not feel good. Our inner heart and body will begin to feel the vibration of the MUCK. It will show up in your physical body in a variety of ways such as:

Stiff neck

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Sore knees or back

Sweating

Headache

Nausea

Lost of appetite

Lack of energy

And many ways that can even be life threatening. There is long list of the ailments, and what type of thought energy they are connected to documented in the work of another incredible author Louise Hay. She authored a book, "*You Can Heal Your Life.*" This book will give a long list of things that the physical body experiences that she provides insights into the emotional thoughts that create them. For instance, a sore back often will appear when one feels that they are not supported. Both Louise Hay and Dr. Rife taught that energy and its vibration will speak through our body. Louise then took it a step further and asked what are the thoughts that created that energy? And of it comes full circle to what Bob Proctor and the National Library of Medicine published.

So, it is simple right? Just stay out of the MUCK! Why would you do that to yourself? And the perception of what you have of the MUCK is simply fabricated in your mind. And it is telling you MUCKY fear stories. And FEAR is simply "false evidence appearing real."

It does seem to be simple to stay out of the MUCK. Just manage your mind better and do not think those thoughts! If only it was that easy. Unfortunately, the struggle comes because throughout the day, we are constantly entertaining the thoughts of the lower

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vibration and your body will speak to you and tell you, that something does not feel right.

When you live in the LOVE WISDOM you learn to push aside the energy of the MUCK that is vibrating within the conscious energy. MUCK has a lower vibrational energy than that of the LOVE WISDOM energy. It is important to be aware of your thoughts and emotions constantly throughout the day change the dial on your mood meter.

Can the LOVE WISDOM help me with the darkest moments and tough challenges in life?

Many people wonder can the LOVE WISDOM energy help them in their darkest and most challenging moments in their life. The answer is YES! It certainly will change how you move through these types of situations. However, it will not necessarily take them away. Finding, tuning in, aligning with the LOVE WISDOM energy is for sure a game changer in the game of life. It can help you. It is beyond capable it is miraculous! It is magical!

The question that you should ask is, are you capable? Are you willing?

It takes discipline, repetition and it takes constant observing, witnessing, and experiencing life to learn from the MUCK. The MUCK tells us what we do not want and where we want to go. If we observe MUCK and do not attach ourselves to the drama of the MUCK, we can use it to inform us. We can find a deeper level of understanding about life, when we make a practice of being able to step back from the MUCK and seek to understand what wisdom comes from it. Everyone has their own MUCK. So, MUCK is okay. I often hear my inner sage say, “suck it up buttercup, it’s part of life!”

If you are ready to do the work, you will find that tapping into the LOVE WISDOM is as important as eating and drinking water. You will advance your awareness to a new way

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of living and within the consciousness. You will be able to move through life with new perspectives and not always succumb to the negative energy of the MUCK.

There is a poem I have always used in my mentoring practice. I have never been able to find the author of the poem, but. is simple and profound.

The higher you climb

The more you see

The more you see

The less you know

The less you know

The higher you climb

When you begin to do the inner to stay out of life's MUCK and stay more into the LOVE WISDOM you will climb to new heights. And you will start gaining new perspectives and see more and then realize there is still more to learn to master, and you will continue to climb. The climb never really stops, and it just gets better and better and you become wiser.

It takes training to learn how to discover where our energy is at, and if it is at a negative vibration. Then to move away from the MUCK and recognize when your ego is pushing away the muck with judgement or anger or fear. It can be a trickster. There is an expression I learned many years ago. Rather than face your life's challenges with a knife trying to kill them off and cut them into little pieces, just use the knife to cut the rope that ties you to them. That rope is simply energy. You now have a way to get away

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from the MUCK with love, peace, grace, and the LOVE WISDOM energy. If each of us could make it a daily practice, our world would change dramatically. I believe the consciousness is becoming more aware. People are more open to the idea they can shift their energy. It will give us all a new perspective even if all you do is wonder about it.

But as I said it is simple. It's easy, except we live and must experience the egoic energy. It simply is part of the human experience.

Our ego likes to get us to buy into the negative stories, feelings, and emotions. Constantly badgering us with thoughts of fear and telling us to pay attention to however everyone else is playing the 3D game of life. We find ourselves questioning everything about a situation and future tripping or getting triggered by the past.

We need to continually cut the cord with the egoic self, ignore it, say stop, and continually remind ourselves that it is simply energy. Why would we let energy control our emotions and fears and behaviors?

Each of us has within our heart and spirit a natural love frequency that continually points us in the right direction of the LOVE WISDOM. Some will call it our intuition, our hearing the Holy Spirit, a God sensing, a spiritual guides whisper. It doesn't matter what you call it, it matters that you begin to understand and interpret it.

My physical body and energy use what I call my innate intuitive intelligence to help me open the door to the LOVE WISDOM. It's my whisper, the nudge, the sensation I get when I know I am supposed to pay attention to the MUCK or a situation. We all have an innate intelligence. It's what makes your heartbeat, your breathing occur, it heals your skin, it is what told you when you were going to be born. I talk to my innate intuitive intelligence constantly throughout the day. And I talk to my body because I know it can hear me when I ask the energy of the innate to translate that I love my body.

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And I tell my body I love all of it such as my skin, bones, muscles, lymphatic, nervous, cellular, biological, chemical, and many other systems. For example, if your cortisol levels are too high from stress, it works with your brain and can give you a headache as a sign that you need to pay attention and stop what you are doing. You might hear yourself say, “oh I need to stop this is making my head hurt!” Or we might even project the physical feeling on to someone and say to them, “Stop you are giving me a headache!” When I experience a headache or my eyes hurt from work, I say thank you innate intuitive intelligence, I appreciate the warning!

And with that warning, I now have a choice. I can stop the headache. You can step out of the MUCK. And if you have a chronic condition or illness, then you may not be able to step away from the pain, however you can step away from feeling it or the emotion of feeling it.

You will know when you are in the LOVE WISDOM because you will be able to feel it and you will also see a stark contrast of things that are not in the vibration of love. There are people who become familiar with the LOVE WISDOM because they sense or feel something is different as they move towards it. Once they have an intention to release and surrender the MUCK they begin to feel a sense of calm and peace. You may wonder why life’s circumstances are not getting you down. There is an advanced awareness of situations that continually increases as you begin to relate to the LOVE WISDOM.

You will have to be diligent to get yourself back on track when the MUCK creeps up on you. It often is a surprise. I daily use powerful reactions to tough situations that you can discover later in this book.

I authored this book from my own experience. It is so easy to regress to fear and judge others or myself. And often if I am not having my own pity party then I am so self-righteous that I point and look at everyone around me as idiots. I attract people into my

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life during that time are also idiots. Again, like energy attracts like energy. However, I do shame myself or condemn myself when I'm in the MUCK and welcoming MUCKY situations. It is part of the human experience. The goal is to learn from this our life and use our LOVE WISDOM and our innate intuitive intelligence as our GPS guiding system. No matter how lost we get we are, it always takes us back to the LOVE WISDOM.

As you explore how to live with the LOVE WISDOM you will understand when I say it is both our individual and collective purpose. It truly is so simple and the secret to living a joyful life. Can you have joy in life when you are up to your neck in MUCK? Yes! When, we begin to master moving through life connected to the LOVE WISDOM, we impact many lives as it is infectious. Every heart picks it up, including the ones that belong to those who may bring to you the greatest challenges.

What if I am struggling with an illness, can the Wisdom of love help me then and remove me from the MUCK?

I experienced a sudden brain break in December of 2021 and it left me in the hospital for a week unable to put my sock on or walk straight. It was caused by a depletion of serotonin in my body. Something I never knew because most people experience depression or anxiety and lots of worry when their serotonin is low. I never had suffered from anxiety, or depression. I am aware there is good stress and negative stress, and I always felt the good stress is what makes me tick. I love a challenge.

I also considered myself very self-aware, emotionally intelligent, but I was driven to conquer any problem. I had two elder parents that were living with me, and they both started to become very fearful and ill at the same time. My egoic self-told me to work harder at conquering the situation. To try to bring the situation under control after all I am known in the business world as a great mentor when it comes to the challenges of business. I simply thought I'd apply that to my situation with my parents. But parents who have elder fear and memory loss, they live in a different reality. I never experience

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it and so on December 3rd everything stopped. I couldn't walk straight. I couldn't put my sock on. I was blacking out, hallucinating and I had no idea what was happening to me. I never even took a medication on a regular basis. I was in good health. No high blood pressure, or cholesterol. I ate well, exercised.

I share my story because serotonin is considered the boots your body needs to function. Many healthcare professionals talk about "burn out" when taking care of elder parents. Mine was not only a burnout but I can joke today and say I fried my brain. Thank goodness I didn't do any permanent damage and I simply had to take the time to recalibrate my brain. Slowly I was able to walk, talk normal, read, type on a computer and remember things. I couldn't remember how to tie my shoe, until I finally remembered. I am very thankful for my amazing friends who walked that journey with me. Now, I have a very strict regiment every morning to recalibrate my energy. Remember, I've got some extra sensory gifts, so the energy around me often has been known to knock out a computer, a light, watch or knock a picture off the wall. When it would do this I would call it my zapper energy. And it zapped me first! I am thankful to my innate intuitive intelligence that shut down my brain. It knew what I needed.

Illness is a great teacher. You can learn from it; however, the lessons can be painful and our egoic voice in our head will tell us that everything about the illness must be bad! It must be painful! Illness does not have to be as bad as the ego paints it to be. In fact, you could get in relationship with your illness that you are experiencing in life and gain a new perspective by simply observing it, witnessing it, experiencing it, and then ask for understanding about it, from your innate intuitive intelligence which will request the LOVE WISDOM merge with your own energy and heal you, in the ways you need to be healed. For me, I was completely healed. For other's it is a journey of new understanding, and they get in relationship with their illness.

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When people view their illness in this way, it will teach you things nothing else can. And if you can honestly believe this, surrender to it, and release the ego and the MUCK it creates around it, you will find the experience to be very purposeful.

It will bring to you the lessons that peace is simply a state of alignment with your true self. And when suffering becomes so great, the only way out of the suffering is the truth that starts in the heart with the LOVE WISDOM and tuning into its frequency.

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Chapter Two - Dare to Believe -It is All About the Energy & Wisdom

Do you fear that if you start talking about energy and being able to control it to impact your everyday life, people will think you are a bit whacky?

I'd like to introduce you to some research by scientists on the topic of energy. And remember science is about discovery, testing, wondering, exploring, and continually evolving. A scientist will dare to believe and the look for the data and the facts to substantiate their wonderings.

Most people know who Albert Einstein was. His many studies of energy and his work in this field provided him insights to what energy is and how it works. He has been quoted saying.

"Energy cannot be destroyed: it can only be changed from one form to another. " It moves. vibrates ---and we cannot see it, but we know it exists."

"Everything is energy and that is all there is to it. Match the frequency of the reality you want, and you cannot help but get that reality. It can be no other way."

We easily accept that our watches, MRI machines, radio, satellites, phones, all work due to energy. We trust that the force of the wind has energy and the tides come in and out due to an unseen force of energy. Yet, when it comes to us personally using the LOVE WISDOM energy and frequency, we find many raising their eyebrows. If you read up on some of Einstein's work, you will know that he connected with his innate intuitive intelligence and knew that creativity and imagination are turned on when you are in the frequency of love. And the reason for that is you are out of the lower vibrations and frequencies, which I call the MUCK.

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Those who are drawn to the wonderment of energy have often come upon the work of David R. Hawkins M.D. Ph. D who was a nationally renowned, physician, psychiatrist, researcher who also was a spiritual teacher and lecturer. As an accomplished scientist and researcher, he knew that “rarely” did the scientists and researchers seek to study the spiritual path. With his unique qualifications he did just that. He contributed to humanity a pathway that is scientific and compelling to modern society. He became a teacher of “Advanced Awareness.” His spiritual research led him to advise Catholic, Protestant and Buddhist monasteries. He also conferred with foreign governments and has been recognized as being instrumental in resolving long-standing conflicts that were major threats to world peace.

In, September 2011, Dr. Hawkins presented to a large audience of over 1700 people who traveled from around the world to hear his lecture on the topic of “love.” He considered “love” as a way of being in the world, and this became his life’s work.

Many years ago, I bought Dr. Hawkin’s book, *Power vs. Force* where he introduces a scale of expanding levels of consciousness that he calibrated using kinesiology (muscle testing). I remember it being foreign to me and just like I mentioned in the introduction of this book, I had to put it back on the shelf for a while. I was not ready to comprehend his work. I had never heard of frequencies of vibration and that the frequency of being alive is simply one, and one thousand is the advanced state of enlightenment. However, today you can find his work supporting a host of healing modalities. His Map of Consciousness is one that has been studied by many.

His work provided a framework for why getting into the frequency of love can help you rise out of the very challenging, difficult, hard and dark times in your life.

Hawkins’s research found that “love” is one of the highest vibrating states of being (the fourth highest level on the Hawkins' scale of consciousness). His work provided a framework for why getting into the frequency of love can help you rise out of the very

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challenging, difficult, hard and dark times in your life. If you can align and attune your heart to the love energy you will find that you will transform your perspective on life. You will download wisdom and you will find a new path through the deep dark moments. ⁷

We hear a lot about the phrase “law of attraction” and “like energy attracts like energy” and my rational mind always says I need to know the scientific basis for this. So, I have been reading *Scientific American* for over a decade now and love how they provide some basis for the buzz words that become very popular. In their blog there was an article published called “*The Hippies Were Right: It’s All About the Vibration Man!*”

This article talks about a phenomenon that occurs when different things /processes/objects come into proximity; you will find that they begin to vibrate at the same frequency. It is as if they are synchronizing up and this phenomenon is referred to as “spontaneous self-organization. As I read this article, I often thought every mom of a toddler knows this. Put several 2-year-olds in a room and if one starts crying, they all start crying. Or how about that contagious laugh? The contagious yawn. These are the things I wonder about. We take them for granted but something really is happening that is unseen to the common eye. Yes, it’s all about the vibration and energy.

In the human body, doctors have determined that more than 60,000 blood vessels bring oxygen and nutrients to the organs and tissues through what seems like miles of travel. Every day, your heart will pump more than 2,000 gallons of blood and beat more than 100,000 times. This amazing machine weighs less than 10 ounces and is typically the size of a fist. It is the most important organ of the body.

According to the HeartMath Institute⁸, the heart also possesses an amazing intelligence. Scientists, through research, have determined the heart generates an incredible

⁷ <https://veritaspub.com/dr-hawkins/>

⁸ <https://www.heartmath.org/articles-of-the-heart/the-math-of-heartmath/heart-intelligence/>

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electromagnetic field that is sixty times greater in amplitude than the brain. This field can be measured several feet away from one's body and between two individuals who are in proximity of one another. The amazing thing about the heart that many people do not realize is that it has an ability to communicate to other hearts even before the mouth utters a word or the eyes look. HeartMath is conducting research to show and measure the energy that passes between two people. Could research show that — as we walk into work, sit at our desks — our hearts are already communicating?⁹

As you begin to discover the Wisdom of the love energy, I hope you wonder how you might live your life using the heart-energy as an intentional foundation for developing your personal self or teams of people working within organizations. ¹⁰

If you are wondering if people might think you are crazy when you begin to talk about the vibrational fields of energy, it could be that some people will judge you. (Unless of course you are in a room of scientists.) I have personally experienced judgement put on me by certain members of my family because of what I call my special extra sensory gifts. However, I also know that this is their MUCK and not mine. Now if I was in a room of scientists, I'm sure a lot of interesting conversations will take place once we raise the topic of energy. However, I'd like you to dare to believe that you do not need to be the victim of negative energy. There is a way out of the MUCK.

We believe what we were programmed to believe. Every society has its beliefs, and we get imprinted sub-consciously with those belief systems. Then our thoughts just come and go describing the programming. And often it takes something out of the ordinary to create a desire to question those beliefs.

¹⁰ *The Electricity of Touch: Detection and Measurement of Cardiac Energy Exchange Between People.* Rollin McCraty, Ph.D., Mike Atkinson, Dana Tomasino, B.A., and William A. Tiller, Ph.D. In: Karl H. Pribram, ed. *Brain; Values: Is a Biological Science of Values Possible.* Mahwah, NJ: Lawrence Erlbaum Associates, Publishers, 1998: 359–79.

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If we look at religious institutions, they provide the programming and the rules so that those who worship with them believe their doctrine. They provide the rule box that one must follow in order to be enlightened. They create the rituals and studies in hopes that people obey them and only then they can experience love, joy, and peace.

It is interesting to see children who have the same fears as their parents. You may hear a child who is three years of age say, "I hate spiders! or "I hate clowns." This is simple programming that they picked up from their caregiver. This programming and imprinting would not be too much of a problem, except that it heavily influences our thoughts, and we create patterns of thinking that produce certain behaviors. Changing these beliefs can be difficult due to our conscious and sub-conscious thoughts.

What is important is to know that the LOVE WISDOM is not found by following a certain dogmatic system You do not have to meditate for 2 hours a day to tap into it. You do not need to go to church or your mosque or synagogue, or dance in the moonlight. This LOVE WISDOM energy is found deep within you in your heart, and it is pure.

So, I would encourage you to challenge your belief systems that run continually in your sub-conscious mind. It will take some reflection as the sub-conscious mind is like a room full of filing cabinets and files of stories, emotions, and things you have experienced. Many people feel the intuitive nudge to discover LOVE WISDOM and in searching they will try new things such as take the vacation to Peru, follow a guru or shaman. Some will be drawn to the latest trends in spirituality. They decide to attend a new place of worship. Everyone has their own path to discover this advanced awareness. The way to find it is to just stop and get silent. Go into your heart and get to know the energy of the heart and love as the first step. When you find the Love Wisdom Energy and let it lead you, it will take you to the places you are to go for awakening. It's like reading this book, you were seeking something in it. Your heart already led you to read this much of the book, so now reflect and observe. Is it starting to create curiosity? Is it resonating? What does your intuitive sense tell you about reading this book? Are

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you able yet to determine when you are picking up messages from the LOVE WISDOM and when you are picking up messages from your egoic self-reminding you of old patterns and your engrained belief system?

The LOVE WISDOM is a frequency that you can tap into anytime, anywhere. It is infinite and it has no conditions. You need no religion or special practice to experience the wisdom. It is our mind that always sets up conditions, telling us to do this and do that. The LOVE WISDOM energy and frequency will only require that you open your heart to it and then listen and let it guide you.

It is also important that I make it clear I am not negative on religious practices. Religions are a permission box, a structure for understanding how to have a relationship with God. Personally, for myself, I have been involved in many Christian communities and feel that I really can find the God love energy anywhere I would worship.

So, when I say, “Dare to Believe,” I would invite you to be open. Crack the doorway just a bit and look inside where the light is. Follow your innate intuitive intelligence. In fact, all you must do is set the intention of “help me learn” and the energy of that statement will bring to your ways to understand the LOVE WISDOM. In a quiet moment when your head is not spinning with a lot of stuff, simply say, “my mind and heart are receptive” to being daring enough to believe.

I am willing to explore, be open, curious and give it a try but I am still wondering if there is a risk? What should I expect?

If you want to live your life where you can tap into the Wisdom and frequency of love, you need to develop some disciplines on how you react to life. It is about observing and opening to the possibility that the LOVE WISDOM energy can heal, change your perspective, and give you peace. It’s about becoming familiar with your innate intuitive intelligence (or whatever name you want to call it) and let it help you in this journey.

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There is no risk other than discovering more love and a calmer way to go through life. And, even if you feel you are judged, you still can view that simply as MUCK that you simply pull away from and not attach to the negative thoughts.

Regarding expectations, you will also have to raise your level of awareness of what is occurring in the consciousness energy. And you will need to be present and mindful so that you are hearing what your egoic mind and thoughts are telling you. You may hear it say things like; “you will never figure that out” or you “don’t know how to do this” and it will manufacture all types of stories, and data to convince you. This is part of the human experience which we refer to as “ego.” I call it my Itty-Bitty Shitty Committee. And when I listen to them, they love to push me into the MUCK. They convince me to stay in the MUCK, and they even encourage me to find new MUCK and often I have a MUCK party filled with people who love to have MUCKY conversations.

You will know you are in the LOVE WISDOM and out of the MUCK when you find yourself being more an observer, witness and one who experiences life and the feelings the experience brings. Instead of simply acting immediately on your thoughts and moving into carrying out a reaction based on the MUCK, you stop the doing and just be. Do nothing until your LOVE WISDOM guides you as to how to manage the situation.

This is the better way to living life to its fullest. Your heart’s vibration, which is connected to the love energy, will help you notice that when your Itty-Bitty Shitty Committee is collaborating with your thoughts and creating a false reality of what is really happening it will provide you the insight and wisdom to awaken to it. (This is what many people refer to when they say they are awakening.) I like to imagine in my mind that my Itty-Bitty Shitty Committee has a giant fog machine. And they can fog up every window I look through and every road I take in this 3D game of life. They love to use the fog machine and block me from seeing a different perspective of the MUCK. A perspective that is connected to the LOVE WISDOM that provide a deeper understanding of what is happening.

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These stories blind us from what really is going on. And our egoic mind loves a good story. It tells us we are not worthy, pretty, handsome, wealthy, smart, thin, muscular, successful, a good parent, a good son or daughter. The list goes on. And as we listen to the thoughts and stories, our egoic mind is constantly creating a fog so we don't see things clear. The fog blocks the ability to see what lies ahead. The stories that our ego tells us have their own vibrational energy and at times it is very strong.

The vibrational energy of the egoic stories is something we can get familiar with if we teach ourselves to observe, witness, experience and then choose not to attach to them. Instead of accepting the MUCK, we notice it and use our innate intuitive intelligence to tap into the LOVE WISDOM and download wisdom on how to respond to the negative vibrations. The MUCK will not go away, instead you will go away from it which may take some surrendering and releasing of pain and hurt.

When I say "be in the LOVE WISDOM, I am suggesting that you give yourself permission to see, feel and hear that which you may not yet physically see, feel, or hear. You must dare to believe and give intention in the present moment, ask for advance awareness of your heart, your breath, and you are simply allowing yourself to hear use innate intuitive intelligence to help you identify what is the LOVE WISDOM being downloaded. This will help you see what is possible beyond the fog and MUCK. The energy will begin to change your perspective and help you imagine and bring to you peace, a sense of calm, wellness, security, and many other positive loving feelings. As we tap into the LOVE WISDOM energy and stay within its frequency we will transcend above the negative vibrations and begin to move away from it. When this happens you will have a deep level of advanced awareness that will guide you as to how to handle the MUCK.

I love visuals. So, imagine if you were a superhero and you noticed MUCK and fog. You would pull out your LOVE WISDOM energy zapper gun and get ready to zap the Itty Bitty Shitty Committee and put their fog machine out of order so it didn't work.

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In doing this you would be able to see what all the MUCK is about and be in a good position to observe, witness and experience it without being in it. If you were like the superhero you would be able to have a conversation with this LOVE WISDOM energy that is connected and grounded within your heart.

And this superhero will never tell you to go back into the MUCK and use a low vibrational energy to fight with the MUCK. (Also known as MUCK It up!) Instead, it will give you wisdom to understand that MUCK is simply an energy that is part of the consciousness. And it is here in this 3D game of life to help everyone grow and become aware. Unfortunately, a lot of people live their whole life in MUCK. They never even notice it. And then there are many that never realize you really do have superhero powers, and science has proven it

If you want to live a beautiful, satisfying life just open your heart to the possibility and your heart and love energy will be able to guide your mind. Know that every vibration you give is attracting the same. When you feel, emote, breathe, you are transmitting a vibration, even if you are doing something sub-consciously. So, pay close attention to the emotions within your body, the feelings you attach to them and the stories that your thoughts create.

How do I discard the unwanted imprinted beliefs in my sub-conscious that I have been carrying around for years?

You begin to realize that everyone has beliefs in their sub-conscious that have were imprinted and programmed into their thinking since the time they were born. It is just a part of life. One of the outcomes of raising your level of advanced awareness is that you begin to become a different observer of life and you build a practice of observing. You simply do not attach to the thoughts or stories. It is as if your physical body is walking in

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front of you and your energetic spiritual body is sensing things all around it and giving you guidance as you walk through life.

It is part of the human experience to question what we encounter in this 3D game of life. Other times we accept those experiences. Sometimes the beliefs we were imprinted and programmed with will provide us the first step to explore new beliefs. The last thing you want to do is jump from one set of beliefs to another without investigating. Everyone's heart knows its truth. The LOVE WISDOM energy does not lie, and it is very intelligent, and it communicates.

Often, we experience what I call the contrast in life. There are the very ugly, sad, painful, challenging moments when we have MUCK up to our eyeballs. This is when we have an opportunity to call upon our LOVE WISDOM with an intention to gain a peace and understanding of the MUCK. As soon as the intentional thought of peace and understanding is said with authentic feeling, the energy of that thought will seek out the LOVE Wisdom and a coherence between the thought and the process of downloading will begin to occur. The wisdom begins to download regarding the MUCK and why we need to feel it and observe it. The insights received from the LOVE WISDOM is like having a GPS system that gives us the path out of the MUCK. But it takes patience, and practice to do this. It is simple but not easy, as we need to learn new behaviors so we can quiet our thoughts and silence our mind so we can step back and choose to tap into the LOVE WISDOM and allow it to continually communicate with us.

There only two feelings in this 3G game of life; love and fear. So, if you feel bad that you were imprinted and conditioned with something that no longer resonates with you, then you are operating on the fear side of life. The only reason you feel bad is you fear you may have been left out, steered in the wrong direction. When you operate out of the LOVE WISDOM all those situations simply teach you what you want. It helps you get really clear on that which you desire. And if you were born into this world getting everything that would make you happy you really would not know what joy was.

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Is it normal to feel alone while embracing the advanced awareness of the energy of the consciousness and the LOVE WISDOM?

Everyone experiences something different when they start to become more aware. For me, I understood that I had extra sensory gifts. I could hear, see, and feel things empathically, intuitively, and psychically.

Many people who may have felt uncomfortable sitting still and being in silence often find they be in a state of “doing” something rather than just sitting still and “being” and doing nothing. When we can sit still, and just be, this is when we are in the present moment observing. We are not future tripping on tomorrow or in yesterday’s history.

The other thing that happens is that you realize you have an entourage of spiritual guidance that is so easy to communicate with. The LOVE WISDOM is an energy that vibrates and sends us signals so we can open the door to its guidance. When you dare to believe and open that door it will radiate light, wisdom, discernment and understanding on so many things that you did not know before. This inner knowing is something you will begin to become familiar with. You will eventually want to share it with someone and realize they have no idea what you are talking about, and they don’t want to talk about it. They may even begin to push you away, ignore you, shut you out of their life.

This can spark loneliness and a feeling of isolation and abandonment. I experienced this with my immediate family. What I was experiencing was so profound that I wanted them to know. I was careful to honor their belief systems but wanted them to understand my spiritual gifts and this amazing thing I could tap into. It was such a part of me that to keep it shut off was not something the LOVE WISDOM wanted me to do. The joy of this amazing LOVE WISDOM gave me tremendous peace in my everyday living that I could not shut it off nor did I want to. But they were afraid of it or put up a defense system so

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that they did not have to deal with it. I was a threat to their beliefs. For some of my family I was even told due to my gifts that they didn't want their children to be with me alone. It hurt and was a very painful time in my life. I had to continually tap into the LOVE WISDOM and download the guidance and peace so I could move through the MUCK. I understood that I was simply playing a role in their life as they were on their own journey of discovery to an advanced awakening, and they were in the resistance stage. It is important to realize that everyone must play out this 3D-game of life and on their own terms and in a timeframe that they decide. You cannot play the game for them. They must do it themselves to obtain advanced awakening and experience the WISDOM of LOVE..

This sounds simple, you say it's not easy, I wonder if I would find someone who understands this journey.

This journey is going to be different for everyone. I can certainly relate to needing someone to understand the journey. I did not necessarily find this type of understanding within my church, or work. I had many friends however they didn't seem to go deep into the heart. My family and children had no idea what I was talking about, so I stopped having those conversations as it often created fear. I then realized by listening to my innate intuitive intelligence, that the wisdom I could download was my greatest friend. The LOVE WISDOM energy was like a close friend that comes and goes, holds me firm when I'm in lots of MUCK. It listens, never judges, never shames. It simply is the best friend I ever could have. As I began to understand the energy of love and this 3D game of life and awaken my heart, I was sending out the vibrational energy of LOVE WISDOM. This began to attract likeminded individuals into my 3D game of life. I had to think of myself as a tower that is continually emitting vibrational waves. When the waves are tuned in and tapped into the LOVE WISDOM energy something similar will match it and it boomerangs back at you again.

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You start to think about being with people who are open minded, they are deep into personal development, they are familiar with their heart. And then if you anticipate meeting these people they start to show up in your life. That's when the Law of Attraction begins to work. What we think and feel is what we bring to us. So, you really do not need to ever worry about the "how" you connect with people. Instead, simply focus on what it is you want to bring into your vibrational field. And if you feel that you don't know what you want in regard to friends, community or how to continue mastering the ability to download, then just ask the LOVE WISDOM. It knows exactly what you need.

A good practice to get you started is to take time to sit still for a moment, noticing your breath, and have a journal with you. Write the question that you want to have an answer for. Then wait for the thoughts to come into your head. You may see pictures, hear words, or just have a sense of knowing. Write it down. Don't argue with it, just write down whatever comes to you. It could be a paragraph, or just a few sentences, or even words and shapes. You may also sense it or feel it. Some will say they can hear the words in their head. The LOVE WISDOM will figure out how to communicate with you and guide you to what is best.

The other great thing about living in the 3D game of life, is that it is possible to get out of the MUCK at any time and get answers about the MUCKY experience if we tap into the LOVE WISDOM and receive the guidance. And if it is hard for you to understand or fully believe in the LOVE WISDOM then just start with talking to your innate intuitive intelligence. You cannot argue that your heart is pumping without you thinking about it! There is an energy that is working, and it is an intelligent energy, and it hears your thoughts that are also energy.

Over time, you will begin to experience that the guidance is something you never would have thought about, or it was something beyond your mind set or imagination. If you have ever caught yourself getting a great idea that even surprised yourself, or you

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What would the Love Wisdom Energy do?
What would the Love Wisdom Energy say?

caught yourself saying, “I was brilliant and I have to confess I don’t know where that brilliance came from, but I was good!” Or you said, “I fixed it, I have no idea how, but I did fix it. It’s like I had some magic genie helping me.” Everyone has experienced the inner gut intuition, the feeling that comes and randomly speaks to us. An example of this is if you ever heard someone say, “I just had this strong feeling to not take that road,” and then they discover there was a big car crash. Therefore, I like to call my LOVE WISDOM and innate intuitive intelligence my GPS guidance system. If you have a religious faith, you may call this God Sightings, or the Holy Spirit guiding you. Whatever it is that you call it, it’s real. It works. It is pure love.

There may also be times when the decision you made was not the right one. Once you moved forward with the decision you clearly felt it emotionally and physically that it was not right. That is ok! It is important to soak up those feelings as they are signals of what it is you do not want. Sometimes the LOVE WISDOM and innate intuitive intelligence want us to observe, witness and experience things so that we can relate to our work here in this 3D- game of life.

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What would the Love Wisdom Energy do?
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