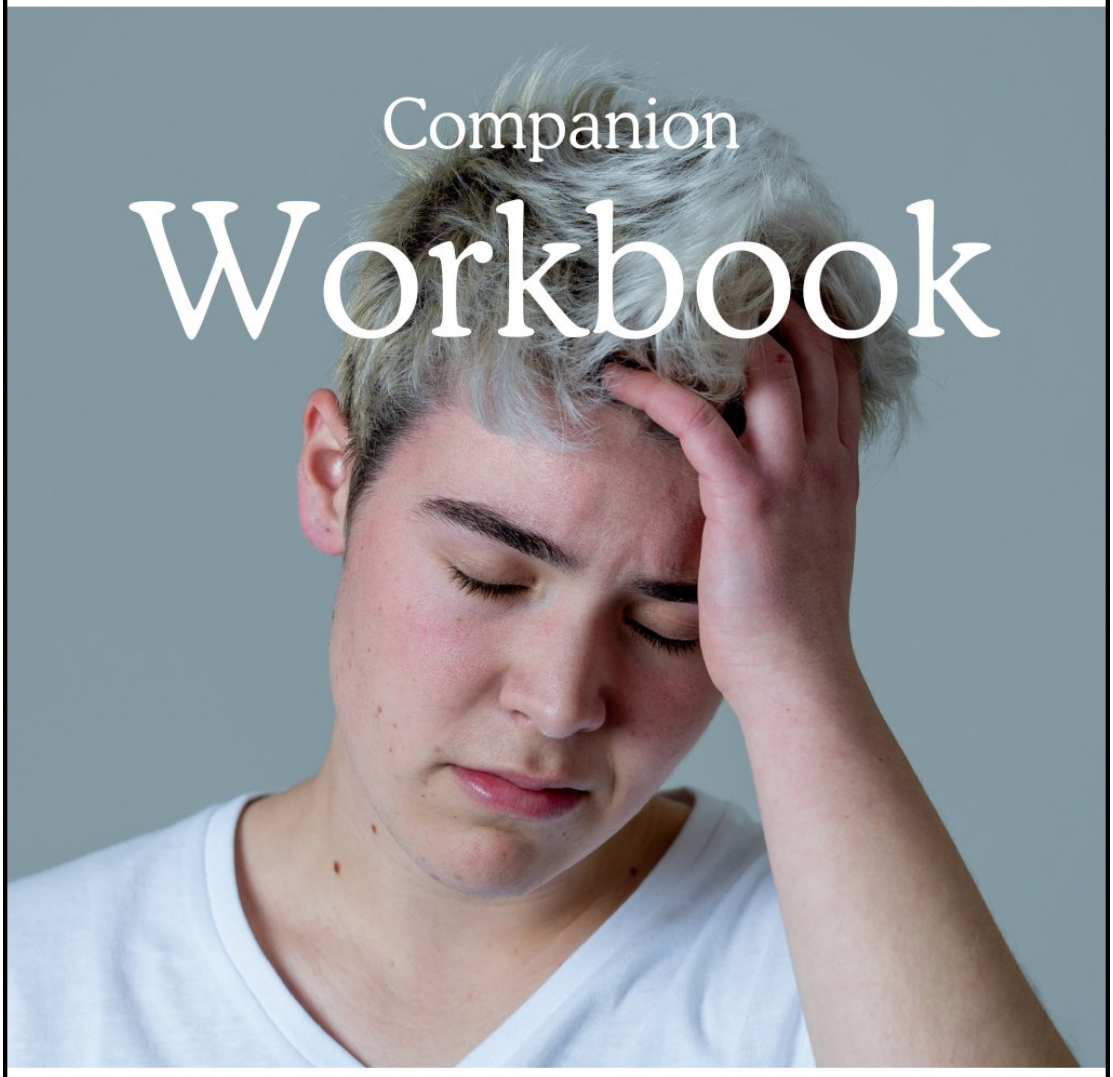
From Transgender Pain *To* *Inner Peace*



Companion Workbook

Moving Beyond Gender Suffering
To A Healed And Beautiful Life

By Jonathan Blackwell

Companion Workbook / Study Guide

For the book

From Transgender Pain To Inner Peace
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An Extraordinary Journey from Gender Suffering to a Healed and Beautiful Life

By Jonathan Blackwell
Soul Empowered Life LLC

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Introduction to the Workbook

Welcome to the study guide / workbook for the book "From Transgender Pain *To Inner Peace*". The fact that you have read the book and are now here, means that you are interested in this journey of healing and that you resonate with the message presented in the book. The purpose of this workbook is to bring what is presented in the book *into your life* in a personal and engaging way that brings the concepts of transgender healing and creating a beautiful life into application in your own daily experience.

In this study guide, I invite you to open up and allow, through question, reflection, exercise and first-hand experience, how the teachings of this material come alive within your own unique circumstances and life journey. It is one thing to read a book. It is quite another to deeply explore and allow the messages presented to impact and transform your life after having made the journey through its pages. In the book you read about the topics in general and how they changed *my* life. In this study guide, the topics are re-directed so that you can consider how they impact and can change *your* life.

In this workbook you will see transgender healing, and the unfolding of a beautiful life beyond it, shined into and reflected through your life. This is where your journey of turning the page to a new life begins—where you explore transformational topics and confront what they bring up in you. It is where you reflect and answer questions where you are the participant and main character—where the plot and happy ending are yours to engage your heart and set your pen to.

I hope that you will give yourself deeply, candidly, and honestly to the explorations that follow—not just to see how quickly you can pass through the material, but to see how deeply the material can pass through you. I invite you to reflect on the questions that would have been deeply poignant to me, if I had possessed the courage at the time to ask them of myself. I invite you to go deeply into the experiences that in my own life I didn't yet know would be the ones that would change my life.

Transitioning back into my male life came by such a surprise that this book almost got published under my female identity. I was happy as a woman and had an established, successful life. It was only when one day I simply realized that I was completely healed and no longer needed to remain in my female life. I realized that everything I had put into practice in my life—that I teach in this book, *had healed me* of every bit of confusion, hurt, and pain that had given rise to my female identity in the first place. I found myself not just being ok with going back to my male life but *wanting to*. *That is the greatest proof that I can offer that the teachings contained here change lives*. **They changed mine**. **They can change yours**.

I'm so glad you are here, and I wish you an extraordinary journey as you open new doors in the direction of an extraordinary new you and new life.

Chapter 1 — Broken to Joy

1. I began the first chapter with a retrospective look at my entire gender journey. I reflected on the family portrait I once had and the losses my gender transition cost me—only to have now returned to my male life where my journey began.

If you are now in the place of considering transition, or are already upon the path, be honest enough with yourself to at least allow the possibility that *one day you might see the transgender experience very different from how you see it today*. And if you are up to being really honest with yourself, envision the possibility—because it **IS** a possibility—that years down the road you might be exactly where I am right now, having transitioned back to where you began, and realizing that everything you put your beliefs in, was not what you thought it was. And if your current mindset is one of being absolutely convinced that, having once transitioned, you would *never* go back—that there's not "a chance in hell" that you would ever return to the life you came from—then know that you are in exactly the same place that I once was.

The truth is that transition and the transgender narrative are not what they are promoted to be. They do not reflect the deepest truth of who you are, and they are not the key to coming home to yourself. What is false can never be true, and eventually truth will present itself in your life to be confronted.

Write your thoughts and feelings.

2. To what extent do you think your thoughts, feelings, and where you place your attention, matter in your life? As I addressed in the later part of the book, you and I are powerful beings, and the universe responds to the frequency and vibration of our thoughts and emotions. It is an intensely powerful truth—one that many struggle with because it places responsibility upon us for what kind of lives we are experiencing. *Yet our lives are largely what we attract to us by the energy we hold and radiate out*.

I now have no difficulty admitting it, but in the years of my gender suffering, my pain and anguish, and the hopelessness of my broken life *was all I thought about and what I constantly poured my energy and emotions into*. As a result, I created an endless continuation of my suffering. I was simply pouring more gas every day onto the fire of my tormented life. Back then I would have denied that I was daily, both creating and adding to my pain—the pain that drove me into transition. Though now I can see it as clear as day.

Where are your thoughts? What are you focusing your attention on? What are you attracting into your life by holding strong feelings and emotions about? What are you giving your mental energy to? Your thoughts and emotions are not benign. They are sending vibrations out that are attracting back to you people and circumstances of the same vibration back to you. Reflect on the above questions and describe below what conclusions you draw about your life. What changes if any will you be making?

3. Now that you have read the book, can you see how absolutely essential it is to have a correct understanding of who you really are? Every decision I made that led me down the transition path was made from the place of *not understanding* the truth of who I was. The beliefs I had about myself had come from my religious upbringing, and they not only provided no answers to what I was going through, but they boxed me into more and more hopelessness and confusion about my life. And it was on the basis of this complete lack of understanding about my fundamental nature and identity, that I made the radical, destructive and irreversible decision to socially and medically alter my identity. Because of that complete lack of understanding about my true eternal nature, I made the most consequential and far-reaching decision of my life. And it's no surprise that in so doing, I made the most shortsighted, harmful, and devastating choice I could have made—all because I didn't know the real truth of who I was. There is an objective truth of who you are. Why does it matter as a transgender individual, that you understand what you are going through, and make decisions about how to navigate your life, from that divine eternal truth of who you are?

4. How would you react if you came across an explanation for something of great interest to you—where part of that explanation involved something you didn't believe in? Would you immediately dismiss the explanation out of hand, or would you be open to the possibility of expanding to a new belief? That is a very real situation for a great many when it comes to the explanation of the transgender experience.

I was SO CONVINCED that I actually was a woman inside because I couldn't find *any explanation* for why I had all the female feelings I did. I couldn't find any explanation that made sense that said I was really a man, but was just feeling female because of x, y, and z. Yet there was just such an explanation—I just hadn't encountered it yet. I eventually discovered that those female feelings were coming from the accumulation of many past lifetimes. But **I didn't believe in past lifetimes**. I didn't believe in *any* other

lifetimes. In fact, the idea of other lifetimes never occurred to me because my religious beliefs at the time—about only living once—were so strong that the idea of anything other than the one single lifetime I was living never made it into my thought process.

This was a real block to my healing and freedom because I had a belief that was keeping me from arriving at the place where my life finally made sense, and all the pain went away. The problem with blinders and limiting beliefs is that we often don't know that we have them until we take them off. So now that you have read the book and now know the explanation for the transgender experience that was given to me, what beliefs do you hold that are obstacles to your healing and to your life finally making sense? Since you are engaging with the workbook material, you are obviously interested in using this material to move your life forward, so how are you planning to move beyond these obstacles?

5. It is absolutely astounding how completely transformative the explanation for the transgender experience really is. It sheds so much light on the whole experience that it **instantly illuminates** every confusing moment and makes the whole struggling saga all makes sense. In the years of my pain and anguish, I wanted to be the wife. I wanted to be the mom—so much so that I felt it really should have been me. The truth was that after seven consecutive lifetimes of being a woman before this life, I *had been* the wife and the mother over and over. I wanted to bear the children because I *had* born the children—probably a lot of them.

If I could have known the answer to the transgender experience back then, I would have sat with that knowledge, had a complete shift of understanding and gone, "Wow, now it all makes sense why I have all the female feelings I do". If I would have had this understanding at the beginning, feeling transgender *would have stopped being a thing in my life at that very moment*, and the whole rest of my life would have been different. I would have instantly realized that I had never in the wrong body. All of the feelings I had about being female were simply echoes of my past coming through into this life.

Can you feel *the complete shift in energy* from the tormenting confusion that exists *before* knowing the answer…to the absolute clarity that comes *after* you have the explanation? Describe how that feels for you.

6. The way we see ourselves and our lives is far from an insignificant thing. It is worth great effort for each of us to constantly view ourselves and our lives in a positive way, as seeing ourselves negatively is more destructive than we realize. Without the belief that my life was broken, the experience of the carton of rocky road ice cream that was actually strawberry would simply have been a humorous moment and nothing else. Yet *along with* the belief that something had gone tragically wrong with my life, the mislabeled ice cream became an analogy that I used to describe my life, *which added imagery, emotion and a tangible way to visualize what I perceived to be my broken life*.

Once you have accepted that your life is broken, you are likely to see yourself in countless broken things in your life. For years, I privately thought of my life as like getting a broken toy for Christmas—all because "broken" had become the one word I used to describe my life. Such "broken" metaphors—the ice cream, the impossible hand in Scrabble, and the broken toy, created a context through which I viewed everything in my life. **Seeing yourself as broken isn't benign. It is a means of self-sabotage, and it becomes a rapidly growing and destructive snowball in your life**. Having a profoundly negative outlook on my life became the filter through which I viewed everything around me—the dark glasses through which I saw the world.

Do you now, or have you in the past seen your life as broken or something along those same lines? If so, in what ways has that perception of yourself resulted in self-sabotaging thoughts or feelings that only made your situation worse?

7. There is a *long way* through the transgender experience, and there is a *short way*. In my case, I took the long way. Depending on where you are in the experience, your path can be anywhere from a little bit shorter to a lot shorter. Consider the two word strips below. The first is the path I followed in my life, and the second is the path that is possible.

pain => confusion => wrong conclusion => destructive choice (transition) => awakening => recognition and regret => detransition => joy

pain => confusion => awakening => joy

The difference between the two paths is simply where in the process (early or late), that one discovers the truth. In my case, I aligned myself with society's transgender narrative and went down the path of indescribable pain and upheaval before I finally woke up and understood the truth about myself and the transgender experience I was having. Not realizing what I was doing until much later, I took the long road from pain to joy. In your case…the length of the journey is up to you.

pain => confusion => wrong conclusion => destructive choice (transition) => awakening => recognition and regret => detransition => joy

Where are you in the process?

Describe how you see yourself moving forward from where you are.

Chapter 2 — Fork In The Road

1. The narrative being pushed by the proponents of the transgender movement is that if you feel like you are in the wrong body, your quality of life will eventually deteriorate to where your only options are suicide or transition. They present you as being in a no-choice situation where your only prospect for finding happiness is to medically and socially change to living as the other gender. No mention at all is given to the possibility of healing. If you are not viewing your situation clearly, it is very possible that you will give yourself over to that false narrative just as I did. The fact is that neither the suicide nor transition road need to be taken *because there is a third road*. It is the one that leads to understanding the truth of who you are and what it is you are really experiencing. It is the path of healing that leads to peace, contentment and joy.

Do not be deceived yourself, and if you are a parent, do not allow yourself to be manipulated, pressured, or exploited by the emotionally charged question that activists often ask: "Would you rather have a dead (son/daughter), or a live (son/daughter)?" It is not an accurate description of the situation as those are **not** the only options. There is a path from transgender suffering to emotional health if there is an open mind and a desire to find healing. Write about your own experience with this, and how you now view the options that are available to a person who experiences the pain and confusion of being transgender.

2. It is possible to become so worn down from the anguish and seeming hopelessness of being transgender that you come to accept a course of action that you would never have chosen otherwise. Over the long, tormenting years of my gender suffering, I had become so exhausted from the struggle and so beat up emotionally, that I believed that a full gender transition was the only way I would ever find peace. Many people tried to talk me out of even considering the drastic path of transition. Yet my own experience of unrelenting pain had caused me to be largely closed off to the idea that I could ever find peace as a man. I had endured the pain for so long that my mind had become an almost impenetrable fortress that kept out any differing points of view. I had heard all the standard responses, and my life experience could refute them all.

In my honest assessment, looking back on those years, the only thing that would have cracked open my thick skull at the time *would have been the explanation that is in this book*. That is not a self-serving statement, but one based on **how powerful** the answer in this book really is. This is the *one explanation* that would have stopped me in my tracks, made it through my mental defenses, and got my full attention. At that point it would have changed my life. The explanation presented in the book would have sunk deeply into my thought process because it is **such a comprehensive and compelling answer**

to the transgender experience. This explanation is a magnificent tapestry of understanding that weaves together every element of self, identity, experience, feeling, past and present. It is the holistic explanation that takes in the *whole picture and the whole person*—earthly and infinite. It is a comprehensive landscape of understanding that explains everything from beginning to end.

Write your feelings about the explanation that is provided in the book.

3. Therapy is a very mixed bag when it comes to the transgender condition. My own experience with therapy was obviously traumatic as it ended with a psychiatrist trying to push electroshock treatment on me. His plan seemed about as soundly based as throwing a dart—while doing much harm in the process. Therapy can be very helpful for treating many different conditions. *Being transgender is not one of those conditions*. The reasons for this are: 1.) The *true cause* of the transgender condition is not recognized in the therapeutic or academic communities, and 2.) The transgender experience has its roots *outside of the human experience*—which, of course, is the boundary of traditional therapy.

Conventional therapeutic approaches only take into account the influences and events that have happened ***since birth***. They do not account for the contribution of experiences the individual had, or choices they may have made *before being born* into this life. Nor does traditional therapy consider the contribution or influences of former lifetimes, or for an identity that exists beyond the human self. Thus, traditional therapy—which is the proper tool for assessing and treating other well understood conditions—is *completely unsuited* to analyzing and treating a condition *that originates outside the limits of the current lifetime*.

Therapists, except for past-life regressionists, are not trained in going beyond the current lifetime, or beyond the current identity. This is, of course, where being transgender has its origins, which means that the individual going to the therapist should be aware and adjust their expectations accordingly.

The typical therapeutic model is to look for any contributing conditions, working backward from the present all the way to one's childhood. The therapist then, often remarks that no contributing cause has been found, and that the condition is just "there" with no explanation. All the while, the therapist is unaware that there is a mountain of contributing evidence existing just beyond the limits of this life. Based on this lack of understanding of the big picture beyond this life—which informs the identity in the current lifetime—therapists are not suited for either diagnosing or treating the transgender patient.

What has been your experience with therapy in regard to the transgender experience, and what are your thoughts about therapy now?

4. The pain of being transgender is real. Yet no one should WANT to transition. Even as I could feel my life heading in the direction of transition, I still shuddered at the thought of going down the gender change path because of the absolute ruin it would bring into my life. And that was while I still had rose colored glasses on—believing that transition itself would be a happy and joyous experience. I had yet to **begin to know** the dark side of transition and what the experience would **really** be like. Anyone who **truly understands** the devastation that transition brings into all aspects of their lives—and can see it with objective eyes *will likely do all they can run as fast as they can the other way*.

What was your perception of what a gender transition would be like before you read the book? And what is your perception of what transition is like now?

5. I hope you felt the depth of relationship devastation as I announced my transition plans to my spouse and children. I wasn't just creating hurt that they would eventually get over in a few years. I was ruining relationships—very likely for a lifetime. I was leaving emotional scars that would be permanent. I was bringing shock, hurt, and disbelief into the lives of those I loved the most—hurt that I would never be able to console because I had been the cause of it. … And I went ahead and broke that horrible news to my children even though as I sat with each one, I had an intense gut feeling that this just **can't** be the right thing to do. And yet I didn't listen because the gender pain that led me to that moment left me not knowing what else to do. I just knew from the sick feeling I had inside, that what I was doing couldn't possibly be right.

That gut feeling we have should be trusted. It's possible for our emotions to trick us depending on how a situation may plays upon our heartstrings. Yet our "gut feeling" as it is often called, does not deceive us. That inner sense that quietly whispers (and sometimes screams), tells us what we need to

know about a person, an experience, or situation—that tells us how we need to react—that is our guidance system.

Have you had an experience when your inner guidance system told you something you needed to know or do in a situation? Did you follow what it told you? Or did you ignore the information (like I did), and later wish that you had listened? Describe your experience below:

6. If you are willing to go through all the destruction, suffering, loss, upheaval and ruin of a gender transition, wouldn't you want to KNOW that the pain you are feeling **is really caused by what you think it is?** I KNEW from experience in countless private moments that dressing and being in the role of a woman caused all the stress and pain and anxiety to drain right out of my being. All the pain that kept me in such high states of distress just flowed right out of me when I was able to be in my female persona. So, I knew WITHOUT A DOUBT that dressing and being in a female role made the pain go away. *But it was only my own feeling that I actually WAS female at my core*. **It was just the only thing that made sense**.

On that basis, I moved forward with transition and the devastation of everything in my life. But *it was a monumentally huge gamble—on which I placed everything I loved*. And it turned out that I **gambled wrong** because the cause of my pain really wasn't what I thought it was. What would the consequences be for **you** if you got it wrong—if you tossed everything in your present life off a cliff to become the other gender—only to later realize that the pain wasn't caused by what you thought it was, and didn't have the meaning you thought it did?

Chapter 3 — More Thorns Than Roses

1. The most important decisions of our lives are the ones where we should have the greatest clarity before we act. Otherwise, we will be victims of hindsight, and the day will come when we will look back with a greater understanding and wish we would have known better and acted differently. That is exactly how it has been for me. All the terrible consequences of my transition wouldn't have had to happen, had I seen and understood more clearly. I went all the way down the transition path. I lost everything. I ruined everything, and I broke everything. And now, having detransitioned, I can see that none of that needed to happen.

Of all the times in your life to understand all the information, to see clearly, and to know exactly what you are experiencing before taking action—being transgender **is that time**. When you do not see clearly, you are almost assured of acting unwisely—in ways that limit your future choices and that disempower your life in significant ways. Yet when you understand the real truth of who you are, the world around you, and the situations you find yourself in, you are empowered to make wise decisions that bring your greatest happiness and serve your highest good.

I was not seeing clearly when I chose to go down the transition path. I was doing what I knew would take away the gender pain that I was drowning in, yet I was completely unaware of how much **more pain** I was dumping into my life. Since everyone's path is their own to walk, what things are you doing, and what things do you plan to do, to ensure that you see clearly in navigating the road before you?

2. If you are an adult with a functioning life, the impact of a gender transition is almost unimaginable as literally every aspect of your life will experience upheaval. If you are younger, the consequences are just as great—though many of them will be far enough down the road in your life that you may think nothing of them—until the time of consequences one day comes. The reality is that the consequences of a gender transition are extreme *at any time* in life. You have read the book. You know the consequences I brought into my life. List below the risks and consequences of a gender transition for someone going down the path much earlier in life.

3. If you are reading or viewing gender transition stories of others that are rosy, glamorous, sugar-coated tales of happiness, know that you are getting a highly edited and heavily sugar-coated version of the story. You are not getting the whole truth because gender transitions aren't like that. People's stories come with their own slant and are usually very one-sided. For your own benefit, don't be deceived by the artificial sweetener in their stories. In my own experience, it was about 2% benefit and 98% train wreck. And that's before my discovery years later that my transition was 100% **unnecessary**.

If you are truly considering this path, try to remove the rose-colored glasses you may be seeing transition with and be completely honest with yourself. In the space below, list every form of upheaval, wreckage, and ruin that will come into your life by transitioning. Include all the things you will lose, the aspects of your life that will forever change, the relationships that will fall out of your life, the difficulties you will have passing in public, the self-doubts you will have, the irreversible changes that will result and the future opportunities that will be gone from your life…And then, with everything you have listed, realize that you have only captured about **half** of the darkness, pain, misery, disillusionment, loss, hardship and irreversible consequences that you will actually experience if you go down the path.

4. Realize that it is not possible to go into gender surgery with your eyes wide open. Surgery is the holy grail of a gender transition, and if you have traveled the road to where that is the only remaining step, then you will be in a state of excitement and almost euphoria at the thought of being able to finally bring completion to your journey. That is exactly where I was, and it is extremely unlikely that anyone going through the same experience would not be in the same mental and emotional state.

Think of a time in your life when you have wanted something so bad that you could scarcely think straight—when you were so obsessed with having whatever it was, that you were beyond reason and couldn't be talked out of it. If you are approaching surgery, realize that this is the state of mind you are

most likely in. It was exactly the state I was in—and it's a very risky state of mind to be in when you are on the verge of one of the most consequential actions of your life.

As I consented to my gender surgery, I was certain that I was thinking clearly and was fully aware of what I was doing. I was convinced in that moment that the surgery was what I wanted. Yet in consenting to surgery, I was actually in great ignorance of what I was really saying 'yes' to, and I was completely misjudging what my reality would be in the years to come. As it turned out, there were consequences that I didn't even know about. There were consequences that I didn't think would ever apply to me—that later did.

I gave my enthusiastic support for the procedure, convinced that it would bring the peace and happiness I sought—not realizing that years later I would shockingly discover that my surgery had nothing at all to do with peace and happiness. I thought that with surgery I was opening doors that would expand my future, when in reality I was closing some very big doors and massively limiting the opportunities I would be able to explore. I never imagined that the surgical outcome I was so certain I would want for the rest of my life would become an act I wished I would never have done.

If even I, as a full-grown adult—who certainly believed myself to be in full possession of my faculties—grossly miscalculated surgery as being the right thing to do—then anyone contemplating this should be unimaginably reluctant to proceed. They should be aware that in later years they are almost certain to have extraordinary misgivings, regret, and remorse over such a drastically destructive act that cannot be undone.

List below all the consequences of gender surgery that you can think of—beginning immediately thereafter and extending into all the years to come. There were more consequences than I thought there would be. The same is very likely true for you as well.

5. I had come to Earth to give attention to my masculine side and bring it into equal expression and mastery alongside the feminine part of me. Not realizing that that was a very important part of why I had come to Earth, I simply ran back to the female life that was comfortable. In so doing, I ended the pain, but I didn't fix the problem. By transitioning to a female life, I not only wasn't solving the real issue, but I was also going exactly **against** one of the main objectives I had set for myself in this life.

Obviously, with the memory loss on coming to Earth—which is common to all of us, I had no way of knowing that by transitioning to a female life, I was sabotaging my own plan for this life. I just thought my action was relieving a terrible confusion and torment in my life. I had no idea that I was going against an extremely important life purpose that I had set out for myself before my birth. It's a powerful example to illustrate how there is so much going on with our lives than we realize. Are you willing to acknowledge that there is so much more going on with your life than what meets the eye? If you are transgender, you

have come to Earth with the same purpose of bringing the masculine and feminine within you back into balance just like I did. Express what thoughts and feelings this brings up in you.

6. Now that you have read the book, your opinion has likely changed on many transgender topics from what it was before. In the space below, describe how your thoughts now differ about transition, and the transgender experience in general from how you viewed them before you read the book.

Chapter 4 — Farther To Go

1. A gender transition may be promoted as the proverbial "end of the rainbow"—the place where happiness will finally be found. Yet it does not deliver on that expectation. It is not the beautiful final destination. It is simply a *different* destination—and one that can be just as far from joy as the last one.

After my gender transition, I realized that I was not at the place of completeness that I thought I would be. The true destination of peace and joy still eluded me. The reason for that—when I finally came to understand it—was very shocking news. I realized that I had completely misunderstood my gender conflict and that transition—the course of action I had taken wasn't the solution at all. *My gender journey was a classic case of completely missing the mark*. All along there had been a need in my life that was far more fundamental than gender that I had no awareness of. I turned my life upside-down over gender when gender was never the issue. I had not only completely missed the target, but all my efforts had also been directed in exactly the opposite direction of where the need really was.

I was out of alignment with my true nature, and that was the real reason that my life was a wreck. If I had been in alignment with my inner self by understanding my true nature and by living my soul's path, I would never have gotten on the wrong road in my life. The pain of feeling gender conflicted would never have consumed my life, and the pursuit of ending that pain would never have wrecked my life. If I would have known the real truth of who I was, I would have understood that my temporary body in his life had nothing to do with my true identity. I would have known that I had lived in many male bodies and many female ones. Gender would not have become the big thing in my life because I would have realized that gender is really no big thing after all.

Can you see how easy it is to get off track in your life when you do not understand the truth of who you are? Describe how this is currently playing out in your life.

2. We are driven to fill the emptiness we feel in life. That is because emptiness is alien to our true nature. Our native state of being—though we have no memory of it in this life—is to be constantly connected to the vibrant, life-giving, pulsating embrace of divine love. Without that remembrance, we only feel that something is missing. We don't know what it is, and we try everything we can think of to fill the void. Once I was on the other side of my gender journey, I tried everything I could think of to fill the emptiness that unexpectedly remained.

Yet life still felt mechanical—like a shallow list of things to do each day and then time to rest and do it again. I somehow knew there was a nectar to life—something that gave life its sweetness, but my life didn't have it. Life felt like dragging a heavy bag around with me everywhere I went. It was a heaviness that was between me and happiness.

I knew there was something that could make the heaviness go away and infuse every moment with a joy of being alive. But my life didn't have it, and I couldn't find it. Maybe you can relate to what I felt, and maybe you feel it now. I poured everything I had into religion, thinking that must be it, but I came up empty. It wasn't in religion. I tried every other pursuit I could think of and came up just as empty. The reason that nothing I tried filled the emptiness I felt was that I was trying to fill my life with external things when the empty cup was within.

At the time I didn't know that what was calling to me was the unhealed disconnection with my own soul. I do now, and it's ironic that what needed to be healed was *within*, and all my efforts to find what was missing in my life were directed *outward*. Once I turned my journey within, I found what I didn't know I had been searching for all along. The discovery is there for you just as it was for me. There is an overflowing fountain of love, healing, companionship, and embrace available within you in every moment—waiting for you to stop searching on the outside for what will never be found there and re-make the connection that is within.

Express what feelings this brings up in you about your own life.

3. You are not alone in making your journey through this life. You may at times *feel* very much like you are alone in the decisions that are part of the unfolding landscape of your life, and the direction you should go. Yet the truth is just the opposite. You have an entourage of beings from the higher realm that have your back in helping you to successfully carry out the life that you planned for yourself. You have a higher self, guides that have taken on the role of helping you through this life, and you have loving beings that are constantly looking out for you because of a deep connection they have with you. These loving beings play a very critical role in your life—a role that you are completely unable to fulfill yourself—and for a very good reason—a reason that makes perfect sense once you recap the events that got you to where you are today.

You lived in the nonphysical realm before you were born. You made a plan for your life that included, among other things, what you wanted to learn, accomplish and experience. In coming into your life here, you didn't just cross your fingers, close your eyes and take the big leap into your life on Earth. You planned your life *in great detail*. And then when you were born, the process of fully merging with a dense physical body, you could no longer access your memories of the higher-dimensional realm. In other words, you put great effort into planning out the details of your life, and now you are here on Earth having completely lost your memory of everything you planned.

All that begs the question of how you were supposed to carry out that carefully planned life if you forgot all the details once you got here? *The answer is that the plan still works because you are not alone*. All the loving beings that are supporting you from beyond the veil ***remember everything you have forgotten***. They can help you to stay on track with the life you planned—subject of course to your own

freedom of choice which always has the final say. These loving beings—that remember every detail of your life plan, *can and do* send subtle messages into your thoughts, and even arrange people and circumstances to enter your life. This is precisely what happened with all the orchestration that brought about my meeting with the stranger in Missouri that completely altered the trajectory of my life. It is also exactly what enables you to stay on your life plan even though you have personally forgotten it.

Reflect on your life and write about times when you have experienced unseen guidance or orchestration in your life.

4. To continue growing and progressing as we move through life, we must be willing to challenge the things we believe as new information comes along. We were all programmed and conditioned in our childhood, and from then on, we have been influenced to adopt beliefs that would frame our outlook on ourselves and the world. As we move through life, it is our responsibility to constantly evaluate those beliefs—especially as our understanding deepens and as we learn new things. Like a snake sheds its skin, we must be willing to critically evaluate what we believe and part with what we no longer view as true and that no longer serves us.

As I made my vacation to Missouri and Illinois—and to the stranger who had been sent to meet me, I didn't have the slightest idea that I would be letting go of my long-held beliefs that day. To the contrary, I went on that trip for the purpose of more deeply anchoring my devotion to the beliefs that had formed the bedrock of my life. Yet with the mountain of new information I was presented with that day, along with the clear indication that our meeting had been arranged from beyond the veil, it was a day to closely scrutinize what I believed. I critically examined new understandings as they were presented, I accepted what deeply resonated and I let go of countless beliefs that I had held to my whole life.

My life changed for the better in a hundred ways that day, and I would not be in the beautiful place I am today had I not been willing to let go of all the beliefs I had outgrown and that no longer served me. Are you open to that kind of liberating and empowering shift in your life? Many people say they are and then are not so much once the moment comes. Reflect on how open *you really are* to a great shift in your beliefs that would change the way you see yourself and your world if new and compelling information was presented.

5. At the end of chapter 4, I describe the experience of having mistaken yellow for white in the construction of my home. I changed out paint colors and lighting throughout the house, only to eventually find out that my vision was the problem. This is the analogy that best describes my long, painful and tumultuous journey with gender—suffering from something that wasn't the issue I thought it was and then taking drastic action only to discover that that action didn't need to be taken.

How does it make you feel to know that someone who was convinced their gender was wrong, who turned their life upside-down at tremendous cost to become the other gender—and who has since detransitioned, now reflects on the whole experience as completely unnecessary? Does it change how you view the transgender experience to know that I was so convinced that I was making the right choice by transitioning, only to later realize that I got it all wrong? How does it make you feel about your own transgender experience?

Chapter 5 — Finally, It All Makes Sense

1. Once I finally understood the explanation of the transgender experience, it made sense to me why I hadn't been able to piece the puzzle together myself—or that I had not come across any other human source that had the answer. The full end-to-end explanation of the transgender experience is not something that someone with purely human knowledge would arrive at because it requires understanding that extends beyond the human experience. The explanation that I received could realistically only have come from those who knew the true nature of the soul, that we live multiple lives, what the impact of those lifetimes would be upon the soul, and what balance—or imbalance—of masculine and feminine energy those accumulative lives would create.

Such an explanation could only have come from beings beyond the earth-plane who had the wisdom, perspective, and understanding of having fully graduated from the human experience themselves. This extraordinary explanation required those who could see beyond this life and this dimension and who had their own ascended level of consciousness and their own life experience with full memory access that encompassed every aspect of the human experience—to bring through to those of us in this life what was clear and obvious from their perspective—even though it was a total mystery to those of us in the dark here on Earth.

When my higher-dimensional teachers explained to me the cause of the transgender experience, I knew it was revolutionary information that the world needed to know. I expected that I would be the only voice delivering that message. Yet in the years that have followed, other higher-dimensional sources have confirmed this exact explanation through other individuals, so my explanation has now been corroborated. [1]

What are your feelings about the explanation of the transgender experience that is presented in chapter 5? How do you feel about the fact that this explanation has been provided by beings who once lived lives on Earth and have since moved on to ascended realms of consciousness?

2. The day that I met the stranger in Missouri who so dramatically expanded my world, he said something as we departed that stuck with me more than anything else he had said in the six hours we had spent together. As we exchanged our parting thoughts about the day and said our good-bye's, his final admonition was for me to go home and *make my peace with the idea of multiple lifetimes*, as he said, it was the key that enabled everything to come together. What he said really hit home to me.

I had accepted that I only lived one life as that was what religion had taught me. Yet deep inside I always wanted the idea that we had lived multiple lives to be true. For one thing, it had always *felt true* to me, and second, it was the only thing that seemed to *make sense*. If earth life was about learning,

growing, and developing, how could a person learn and grow in every way that was needed in a single lifetime?

Most of us advance in character rather slowly, and with so many rough spots in our nature to polish, living only one life would be like trying to bring out all the beauty and luster of a diamond while only polishing one surface, or only creating a single facet. It takes hundreds of individual facets to turn a raw diamond into a dazzling and spectacular gemstone. In the same way, it just seemed natural to me that it would take countless lifetimes for each of us to work out all the impurities of our character and to gain all the unique experience that would finally reveal the magnificent beauty of our soul. … And all of this was long before I became the student of the higher-dimensional beings, who, over the course of eight years taught me that *living multiple lives is simply how it works for all of us*.

Describe where you are with the belief of multiple lifetimes. Describe how your position has changed, if it has, and how it has altered how you see yourself. Finally, describe what you see as most appealing or as making the most sense to you about living multiple lifetimes.

3. In all the years that I struggled so terribly with gender, nothing would have completely let the air out of the transgender experience like knowing that I had lived multiple lives in both genders. This news would have transformed my life in two epic ways. First and foremost, would be the realization that neither gender defined me because I had had many lifetimes as both. With that single understanding, being transgender would have gone from being the most consuming source of torment in my life to being something of no consequence that caused me no pain at all. It would have been like a 10' blow-up monster that had tormented me every moment, become a flat, wrinkled, un-inflated form, laying laughably un-frightening on the ground.

And second, the unanswerable confusion of why I had felt female in a male body would finally be answered because I would realize that I *had been* female—for lifetime after lifetime to the point that being a woman had been all I had known for hundreds of years. With those two realizations, I would have sat back in shock and eyes wide open as the raging monster of my life had become a harmless and cuddly pet. In a single moment of eye-opening realization, I would have gotten my life back. That is basically how it eventually played out for me.

Describe how powerful and impacting it has been in your life to realize that you have had many lives in *both genders*, and that the reason for identifying with the other gender is that you have been that gender for lifetime after lifetime before this one.

4. The crossover lifetime—the lifetime when the transgender experience expresses itself—is actually a tremendous gift in disguise as disaster would result without it. Both masculine and feminine energy are a complete and total train wreck when they exist in a person **all by themselves**. Complete one-sided imbalance, of either one, is a disaster, and this is the condition that the crossover life is designed to prevent. Feminine energy is loving, cooperative, intuitive, and incubates the inner world. Yet, by itself, it is not able to take the inner creation and manifest it in the outer world. Masculine energy organizes, decides, plans and executes with will and power. Yet, by itself, it is unable to create, imagine, and temper its forceful actions with cooperation, gentleness, or in ways that heal and elevate.

The purpose of the crossover life is to correct the accrued imbalance of either the masculine or feminine energy and prevent a situation where the distorted expression of that energy would be to the person's detriment—and to avoid a situation that would be very difficult to recover from. Though a gender transition is promoted as a way to eliminate the pain of being transgender, it is a self-sabotaging course of action because it literally undoes and reverses what the crossover life is designed to accomplish. In other words, a gender transition ***prevents a person from coming into balance*** and simply sets up a crossover life *in the next lifetime* for the effort of healing and balancing to be tried again. Transition is incredibly shortsighted because it perpetuates the imbalance that the crossover life is intended to correct.

Describe how this understanding has changed how you now view both the crossover life, and transition.

5. Individuals who transition away from the gender of their birth are celebrated in the trans and LGBTQ community as living their "authentic life" and being their "true selves". Yet what they are doing is exactly the opposite of that since *they are actually the one who chose the life and body they were born*

into. By choosing to transition in this life, the transgender individual is doing exactly what I did in my life by going against their very own will and is choosing to live the exact opposite of the life they chose for themselves before being born. It's easy to understand how someone suffering the pain of being transgender would transition to try and ease that pain. Yet the crossover lifetime in the other gender body *is the choice that was made by them when they understood so much more than they do here on Earth* after having completely lost their memory of what they once knew.

The "authentic self" and "true self" (as far as the earthly body is concerned), **is the body and gender that one was born into in this life**. This is a perfect example of how the transgender narrative spins what is going on by advancing the *exact opposite* of what is the real truth. This insight provides a very different perspective on the idea of transitioning in order to live as one's "authentic" or "true" self. With this understanding, share your feelings on what it means to you to live authentically.

6. I mentioned in chapter 5 how the true understanding of the transgender experience would have changed my life had I known this remarkable explanation back when my life was consumed in anguish and confusion. I shared that this revelation would have given me everything I would have needed to make sense of my world and build a happy and fulfilling life as the person I was born to be. And so my question is now to you.

How has the explanation of the transgender experience that is laid out in this chapter impacted how you see *your own life* to this point…and how do you anticipate that this information will change your life going forward?

Chapter 6 — Reprogramming

1. The things you believe make up the program you have running in your head. Since that program is constantly producing your thoughts, feelings and actions—and ultimately your life—it's worth seriously pausing to take a close look at the things you actually believe. So, what kind of program do you have running in your head?

In the spaces provided below, list anything that corresponds to that topic that you believe to be true. List as many things as you can in order to get the most complete picture possible. You may want to take this exercise beyond this workbook so that you have unlimited space to add more topics to address all the different facets of yourself and your life, and so that you have unlimited space for your answers. The more information you can get on paper, the more complete picture you will obtain about the inner workings of what creates your life.

What are your beliefs about yourself?

What are your beliefs about your life?

What are your beliefs about the emotions you have and the actions you take in your life?

What are your beliefs about the power you possess to change your life?

What are your beliefs about the transgender experience?

What are your beliefs about the prospects of moving beyond pain and suffering to creating and living a peaceful and happy life?

Since the things your beliefs are the precursor to your thoughts, feelings, and actions, and since the vibration of your thoughts, feelings, and actions draw into to your life people, places and things that match your thoughts, feelings, and actions, **the importance of your beliefs cannot be overstated**.

That said, it is extremely important that you examine very closely the things you believe. Look at each belief and ask yourself <u>if you really believe this</u>. Does this belief serve you in building a successful life? Does this belief make your life better, or does it make your life worse? After examining this belief, do you now want to replace this belief with a better one? Remember, what you believe is completely and entirely up to you and *you can change any belief you want, at any time*. Write your thoughts.

2. Since the things you believe determine the path that your life will take you, beliefs come with destinations. The destination that corresponds to each belief is not vague, random, or unpredictable. The place that a belief will take you, if you continue to embrace it, is very simple to figure out—though we often lose direct awareness of the places where our beliefs are taking us. In the space below, draw a line matching the belief on the left to the place or destination where that belief will take you.

<u>BELIEFS</u>

1. If you believe that you are constantly a victim

2. If you feel that you are small and insignificant

3. If you believe you are powerless

4. If you truly believe that your life is broken

5. If you believe that there is no meaning or purpose to your life

6. If you believe in fate

7. If you believe that you are responsible for your life

8. If you believe that you have the resources to accomplish whatever you desire

9. If you believe you are powerful

10. If you believe that everything in your life is a gift—even if it doesn't initially appear that way

11. If you believe that you are the creator of your life

12. If you believe that your life is full of meaning and purpose

OUTCOME or DESTINATION

A. You will live a life based on gratification in the moment. You will make decisions based on immediate pain or pleasure choices—decisions that will typically not work out for your long-term happiness.

B. You will take ownership of everything that happens in your world, and you will see yourself as the only force acting in your life.

C. You will always see yourself in need of being fixed.

D. You will see yourself as more powerful than anything that stands in your way.

E. You will have someone to blame for everything.

F. You will live a life of happiness and gratitude and will turn everything in your life into a blessing.

G. You will always have everything you need to accomplish what you wish to do in your life.

H. You will never see yourself as one who can make a big contribution. You will not believe in yourself enough to attempt big things.

I. You will master the skills of creation and will live the life that brings you joy.

J. You will feel like, "What's the use. I won't be able to succeed. Why should I even try?"

K. You will act like your actions don't really matter—like you are not the one who is in control of your life.

L. You will find meaning in everything that happens, and you will joyfully fulfill the reason you have come to Earth.

3. Our beliefs don't just chart the direction that our lives will go in. They also frame the way we see the world by defining what things are valid or true from our perspective. *It is as if our beliefs construct walls in our minds that block out any ideas or ways of seeing the world that conflict with what we believe to be true*.

For decades, I had several religious beliefs that were completely opposite to the truths I learned in my awakening that finally set me free. The things religion had taught me, and what I had learned in my awakening were in direct conflict with each other and couldn't both be true. So, I had to choose. Once I let go of the religious beliefs that had consigned me to a prison of pain and confusion, I was finally able to accept the vastly expanded understandings of who I really was and see the liberating big picture of my life. *But until I could part with those religious beliefs, I was blocked from expanding into a far greater and more magnificent view of myself and my life*.

What beliefs, if any, do you currently hold to that stand in the way of you accepting the explanation of the transgender experience, and your life finally making sense?

How willing are you to acknowledge that these beliefs from your past that no longer serve you may also be blocking or limiting you from a greater understanding *of yourself* and greater joy in your life?

Are you willing to retire these old beliefs so that you can expand into new beliefs that set you free and support more joy and happiness in your life?

4. Whether or not you buy into the transgender narrative has a lot to do with how you view yourself. If you feel like you are in the wrong body and see who you are as simply a human being made up of a personality and a physical body, then you are much more likely to accept and go along with the narrative that advocates changing genders. *Yet once you see who you are as so much more than your human self—and your existence as being so much more expansive than just this life*, you then see the act of going down the transition path SO VERY DIFFERENTLY.

That's how it was for me. At the time that I started down the transition path, I had not yet experienced my awakening. After my awakening—which completely shifted how I saw myself—I viewed the entire transgender experience in a **completely different light**—one so different that I would never gone down the transition path if years before I would have had that expansive and transformative understanding about myself.

In what ways would the knowledge that your true nature is a vast infinite being who has sent a fragment of its powerful self into a limited human body impact your thinking about going down the transition path?

In what way would knowing that this life is *one of many you have lived—and that you have been both male and female many times* impact your consideration of going down the transition path?

5. Awakening to the truth of who you really are and rising into your power, is what breaks the enslavement of your consciousness and the exploitation of those who benefit by you not knowing the truth. The instruments of fear, guilt, shame, grief, lies, illusions, and keeping you in conflict, division are powerful means by which your connection to your Soul is closed down. The use of these tools has been the strategy of those who have held the reins of your world for thousands of years to keep you weak and malleable to their wishes.

Reflect on how fear, guilt, shame, grief, lies, illusions about your world, as well as the stirring of conflict and division have been a part of your life, and how they have caused you to feel weak and disconnected from your power. How does this understanding change how you will respond in the future to external attempts to use these tools on you?

How does this understanding change your desire to not allow yourself to be drawn into these states where you are much more susceptible to manipulation?

6. When you consider the programming and conditioning that you have been subjected to throughout your life, try to identify the methods that have been used to manipulate your own state of consciousness. This will help you to recognize these devious and insidious methods going forward. The best way to identify these tools of deception in the world around you, is to consider the techniques *you would employ if you were the one doing the manipulating* and then see if you recognize any of these methods being used by the media or other institutions of your world. Below are some examples for you to consider: What are some techniques or methods that you would want to use if you were attempting to manipulate the consciousness of another.

- Would you **distract** them from looking in certain directions?
- Would you **demonize** people you didn't want them to follow?
- Would you **discredit ideas** you didn't want them to take seriously or to investigate?
- Would you **tell people what to think** rather than give them facts and encourage them to form their own opinions?
- Would you **censor** those who spoke out with an opinion contrary to the one you were trying to push?
- Would you **indoctrinate** them with your narrative?
- Would you try to **keep them blind** from seeing the truth?
- Would you **attempt to dumb them down** so that they wouldn't think critically, and would simply believe what you were telling them?
- Would you **enlist people they trust and admire** to push your message?

Now that you are keenly aware of the tools of consciousness manipulation, notice every time they are used, and realize what is happening under the surface. Hint: They are EVERYWHERE. Then ask yourself, what is it they don't want you to know? How does it make you feel now that you have identified and exposed these tactics? Also, when can you think of that these techniques and tools have been tried on you?

7. While navigating the material of chapter 6 on the changing out of old and unhelpful beliefs to new and empowering ones, you have had a chance to reflect on beliefs that no longer serve you and that you wish to walk away from. Hopefully you have identified specific beliefs things you once embraced that you now wish to leave behind in the ashes of the past. Because it can be such a powerful and liberating experience, I recommend doing this in a very literal way. Using small pieces of paper, write on each piece, one of the beliefs you are discarding and walking away from. Then on a companion piece of paper, write the new and liberating belief that will replace it and take you into the future. Once you have two pieces of paper for each belief you are changing, light a candle, create a peaceful, private moment where you can

one by one, burn the beliefs that have run their course in your life—leaving you with the ones that now take their place. Take time to celebrate the personal power that rises within you as you transform the beliefs that will then transform your life. … Bravo.

Chapter 7 — Shall We Dance?

1. A gender transition is the opposite of healing. Transitioning is a *trauma response* that escapes, runs away from, and avoids the pain of being transgender rather than healing it. That's what I discovered after I transitioned. The pain had not been healed. I had simply moved my life to a place where the pain could not intrude. And yet, healing would have eliminated the need for transition in the first place.

As to each person's right to choose, any mature individual should be able to pursue a gender change if that is what they truly wish to do. Yet healing should be the preferred approach because healing can make the need to escape the pain go away. During the years of my gender suffering, everything I could find in the transgender literature told me that "healing" from being transgender was not possible—that only transition could bring peace. Yet with what I learned from my higher dimensional teachers, the enlightened truth they brought cut through the fog and revealed that healing absolutely *was* possible.

I now understand the cause of the transgender experience. It is an overwhelmingly strong inclination to one gender—from having lived many consecutive lives in that gender body before this life—and then having chosen (and rightly so), a "crossover" body (the body of the other gender), for this life in order to bring balance back to their development. The healing process for each of us consists of understanding the truth about ourselves, where the pain has come from, and in learning to love the part of ourselves that has been neglected. As we gain this understanding as a society, and move forward with *healing instead of transition*, the idea of changing genders will be headed towards simply being a memory.

Write your thoughts on how all of this has changed your outlook on the transgender experience.

2. The first step in coming into balance within yourself is being able to recognize any areas where you may be out of balance and then focus attention there. To assist with this, below are a series of situations for you to first place yourself in. As you do, give yourself a numerical rating on from 1 to 10 on the two questions that follow that situation. This evaluation, though completely unscientific, will nevertheless identify in a very broad stroke kind of way, where you are in terms of enjoyment of, and aptitude for, various activities and endeavors that are expressions of both masculine and feminine energy. Answer as honestly as possible, as the results will help you see what areas you are strong in and where you could devote attention to become fully balanced in the expression of masculine and feminine energy.

Situation 1:

A friend of yours needs to go away for a day and possibly overnight and needs you to house-sit and be with their early adolescent child who is not quite up to managing the time alone. The option is yours to simply be in the house, doing your own thing, while leaving the child to their own activities—

while being there if they need you. You opt, instead, to share an adventurous day together with activities and outings that help the child to build self-esteem, discover positive things about themself, and expand their horizons. You sacrificed time you could have spent doing your own things, but you enriched the world of a child.

Q1a: How much would you enjoy putting your own things aside to have this level of interaction and engagement with a child?
1 2 3 4 5 6 7 8 9 10

Q1b: Would you feel skilled and comfortable at spending a day building the self-esteem of a child?
1 2 3 4 5 6 7 8 9 10

Situation 2:

You are the head of a non-profit organization that has grown out of your own vision—something you are passionate about, and something that is going to do much good in the world. You have worked out how the organization needs to be structured, and you have hired the people who will help you to carry out your vision. You have met with each of your staff hires to motivate them, and you are now about to speak to a public gathering to share your vision and inspire others to join your cause.

Q2a: Is starting an organization and getting it up and running something you would find exciting?
1 2 3 4 5 6 7 8 9 10

Q2b: Do you feel that you have the skills to start a cause and infuse it with your vision?
1 2 3 4 5 6 7 8 9 10

Situation 3:

You have taken a sabbatical from your busy life. You have made a trek to a distant land where you are temporarily stepping out of your hectic life of always "doing" to a rejuvenating retreat where your focus will be on simply "being". It's early afternoon and you step off a bus that runs once a day up to a remote village in the foothills of the Himalayas. The ground and surroundings are green, though not for much longer since as you go much higher, vegetation ceases and is replaced by barren rock terrain, and soon jagged snow-covered peaks that birth glaciers in-between them. You have decided to retreat—though not just to the unspoiled magnificence of nature, but also to the untraveled destinations within yourself. You have found a spot not far from the village where a large rock has fallen from above and created a makeshift cave. There you unpack your blanket and the simple mat you will use for meditation.

Just up the hill is a small tea house where you can get tasty yet simple local fare. Simple…the perfect word to describe how you have chosen your life to be for a time as you immerse yourself in nature—the towering peaks that rise nearby that draw your thoughts upward, and at the same time, the inner whisper that draws you to the previously uncharted destinations within yourself. You have chosen to leave your daily rut and recalibrate your life, to meditate, to see the simple things outside of you that you have missed amid your hectic life, and to discover the vastness within yourself. You enjoy the simple things around you—the local guru who doesn't speak much though has a mighty presence—washing your clothes in a pristine, glacier-fed stream, the unhurried pace of life, and the time to go within, … and something you haven't done for a long time—just "being" and discovering yourself.

Q3a: How much would you enjoy a retreat experience like this?
1 2 3 4 5 6 7 8 9 10

Q3b: Have you developed the balance in your life to where you would be able to step out of your hectic life and truly enjoy such a dramatic disconnection from your daily routine?
1 2 3 4 5 6 7 8 9 10

Situation 4:

You have been asked to be a consultant for a construction company that has been awarded a major project in your home city. Major demolition and renovation are going to be done to a high-volume traffic corridor that will create extreme disruption to businesses along the route—many of which conduct business during all hours of the day and night.

The task you have been asked to do is to assess all aspects of the situation and determine the optimum times of day for both full and partial road closures to maximize the productivity of the construction work while minimizing the impact on the affected businesses. Your task involves gathering data, speaking with business owners to get their feedback and present them with options, look for patterns that would reveal innovative solutions, overlay scenarios—comparing pros and cons, and making your recommendations to the construction company so that they can be implemented in the project.

Q4a: Do the many aspects of this project constitute a challenge that you would find interesting and want to take on?
1 2 3 4 5 6 7 8 9 10

Q4b: Do you have the aptitude and skills that would be needed in active listening to all who would be affected, collecting and organizing the information gathered, analyzing the data, drawing your conclusions, and communicating the results?
1 2 3 4 5 6 7 8 9 10

Situation 5:

You're in one of those moments in your life when you look back at how far you have come in recent years and how you have changed. You realize that you are a very different person from who you were not that long ago. As you reflect, your thoughts expand beyond yourself to the many people who have crossed your path along the way. Foremost in your mind are those with whom relationships may be strained and unresolved issues linger. You sit amid your reflection and decide—born of the wisdom that the years have brought you—that it's time to bring closure to emotional issues of the past. You decide it's time to forgive others and forgive yourself and let everything go.

You recall each circumstance and decide that it's time to heal and send nothing but loving energy to every party involved. For each situation, you acknowledge that everyone was simply acting from the best place they could at the moment, or they were immersed in their own struggles that you don't know the details of. In that moment of healing and releasing, you decide to grant that everyone is just like you—doing the very best they can with where they are. You send them the love and healing that you would want for yourself, and you bless them on their way. And you—as you move on, the weight is lighter and the road ahead more beautiful.

Q5a: How willing would you be to undertake this healing and liberating experience with the people and situations in your life?
1 2 3 4 5 6 7 8 9 10

Q5b: How good would it feel for you to let go of old issues and not have to carry them around anymore?
1 2 3 4 5 6 7 8 9 10

Situation 6:

You are the owner of a small advertising company. You are a person with many varied responsibilities in managing your team and ensuring the success of the business. You have a small staff, but the kind of work they do varies to the extreme. You manage the wildly creative individuals who come up with the ad campaigns, as well as those who write the contracts and keep the books who are painstakingly exact with their feet solidly on the ground. The be successful as a manager, your skill set needs to reach far enough to understand, relate to, and motivate everyone who works for you. Your duties involve knowing what needs to be done and delegating tasks to those who can do them. You handle performance reviews, running meetings, removing obstacles, and solving problems—all to bring it all together and support everyone in reaching the goals of the group.

Q6a: Does a management job like this appeal to you?
1 2 3 4 5 6 7 8 9 10

Q6b: Do you feel like you would be good at handling a wide range of responsibilities, as well as managing people with vastly different skills and job descriptions?
1 2 3 4 5 6 7 8 9 10

Situation 7:

You have long heard about the value of following your intuition, and you have decided to try an experiment in your life. You have come to accept that intuition is a guidance system that is connected to a greater reality, and you have decided to rely more on this under-used aspect of yourself. Your first step has been to adopt a practice of daily meditation so that by regularly quieting the outer world, you become more attuned to the messages that are communicated in the stillness. Next, you have made it a new habit that whenever there is a decision or choice to be made, you pause and check in with the heart space, instead of the brain. You have chosen to be guided more by what feels right as opposed to what you think you should do in the moment.

This simple shift led to two thought provoking experiences in just a few days. On the first occasion you had an errand planned for the next day but felt for some reason that you should do it the evening before—at a time when you would normally be done with outside activities for the day. On the way to your destination, you came open a woman who had to abandon her vehicle and was walking in the rain back home. Being out afforded you the opportunity to pick her up and give her a ride. That moment inspired you to continue to experiment with your intuition, and two days later, at an intersection where you were first in line as the light turned green, you felt almost like a hand on your chest, the feeling to wait a moment before moving. You heeded, and a large truck flew late through the intersection, right where you would have been.

In just a few days you have experienced something that has changed your paradigm about how you navigate your life. Sure, you will still use your mind, and you will use it a lot, but a completely different dimension of how to live your life has entered your awareness. You have always known that you have a brain that tells you to hit the brakes when you see a vehicle headed towards you. But you now realize that you also have an inner sense that can tell you to hit the brakes before the oncoming vehicle even comes into view, and that has changed everything.

Q7a: How comfortable would you be in beginning to truly rely more on your intuitive inner sense in your daily life?
1 2 3 4 5 6 7 8 9 10

Q7b: How good are you at sitting in the stillness, quieting the chatter of the mind, and being receptive to the guidance of the inner world?
1 2 3 4 5 6 7 8 9 10

Situation 8:

You have the feeling deep inside that there is a work that you are here on Earth to do. You have felt this way for years and have wondered if it is something that would grow out of your own life experience that you would then share with others. Since you were young, you had this feeling but didn't have the details. You have wondered if whatever it is that wants you to be its voice hasn't yet called to you because the time is not yet right. Yet that time has finally come. Circumstances in the big picture of your life have come into focus and *you now know* what has been there and waiting for you all these years.

It is now time to bring that special pursuit that has your name on it into fruition. After all those years of not knowing—and now you do—it is constantly on your mind. It fills you with excitement and you can't stop thinking about it. It is an undercurrent in your life that drives you and is always in the back of your mind no matter what you are doing. In your mind you plan the details of what you will do and how you will do it, and in your heart, you fan the flames of passion you have for what you now know is your signature contribution to the world. Willpower, intensity and determination rise within you to overcome every challenge and obstacle in your path. The world awaits the contribution that is yours and yours alone to make, and finally you are filled with excitement and are on your way.

Q8a: How exciting is the prospect of finding your life purpose and pouring your heart and soul into doing it?
1 2 3 4 5 6 7 8 9 10

Q8b: If you discovered your mission or purpose in this life, how focused, passionate and determined would you be to fulfill it?
1 2 3 4 5 6 7 8 9 10

Situation 9:

You work for a house plan design firm. You are experienced in home and floor plan design and are extremely good at what you do. Yet the extent of your creativity is not fully utilized in your work as the homes you design are all fairly traditional. After years of doing rather routine home design for other people, it's time for your work to get personal as it's time to design your own home. For years you have

had several acres in the perfect secluded natural setting and it's finally time to fully unleash your creative ability and draw up the plans for your own dream house. As your work concludes each day, you pull out the plot plan of the land and the sketches you have so far of the extraordinarily unique living spaces inside and out that you envision.

You decided long ago that your home would depart from almost every convention of traditional home design. Your design would embody feminine energy throughout. Every room and every space would be warm, innovative, inviting, and transformative. Every passageway, every transition between floors, everywhere the natural lighting dances with the interior space—each one is a "wow" all its own. In a myriad different ways, you integrate the natural surroundings so seamlessly that the home and the landscape look like they grew together into one. Your joy is in not just in creating a space to live in but in redefining what a space can do as it expands the consciousness of the occupant. As you repeatedly "walked through" the house on paper and looked into the future in your imagination at when it would finally be complete in real life, it would always be only slightly more enjoyable than the extraordinary experience of designing it…

Q9a: How much would you enjoy this kind of truly "out of the box" creative adventure?
1 2 3 4 5 6 7 8 9 10

Q9b: How creative are you?
1 2 3 4 5 6 7 8 9 10

The above situations obviously have nothing to do with being male or female. Each description is a situational wrapper around attributes and abilities that represent inner (feminine) energy and outer (masculine) energy that are present in a balanced person whether they are a man or a woman. The odd numbered situations are expressions of feminine energy, and the even numbered situations are expressions of masculine energy. In a broad categorization, the situations relate to the following topics:

Situation 1: Nurturing, Mentoring
Situation 2: Leadership
Situation 3: Introspection, Spiritual Seeking
Situation 4: Problem Solving, Organization, Data Analysis
Situation 5: Love, Forgiveness, Healing
Situation 6: Management, Delegation
Situation 7: Intuition
Situation 8: Focus, Willpower, Passion, Persistence
Situation 9: Creativity

The two questions that follow each situation assess first, how enjoyable or desirable it would be for you to find yourself in that situation, and second, what degree of skill or aptitude you feel that you have for that activity or kind of activity or pursuit.

What you are looking for in terms of seeing where your development is out of balance is **to simply look for where you gave yourself a low score**. The *relationship* between how you scored yourself on the two questions for each situation is also meaningful, and is described below:

Q#a: Desire / Enjoyment: High

Q#b: Knowledge / Ability: Low

This combination indicates that you have a desire and just need to learn or practice.

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Q#a: Desire / Enjoyment: Low
Q#b: Knowledge / Ability: High

This combination indicates that you already have a developed ability in this area but have no real interest in participating is it. This is not necessarily a flag as we all have reasons why we no longer wish to do things that we once did. It is, however, worth exploring to see if you have a deep resistance to this activity. If you do, then there is something for you to look deeper at. A balanced individual would not hold resistance to expressing any part of their nature.

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Q#a: Desire / Enjoyment: High
Q#b: Knowledge / Ability: High

This is the optimum state where you possess both desire and aptitude for a set of skills or way of expressing yourself. No action required. Well done. :)

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Q#a: Desire / Enjoyment: Low
Q#b: Knowledge / Ability: Low

This is a definite work area. This combination indicates an area of character or ability that has either never been worked on, or that has been intentionally (though perhaps unconsciously), avoided. In either case, it indicates a lack of balance and is an area where time and effort need to be devoted.

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The collection of situations in this section are by no means exhaustive and are not sufficient to provide a complete or comprehensive picture. They simply give a general idea as to how whole, complete, rounded-out, and fully-developed all aspects of your nature are.

And finally, what to do with the results you have obtained …

When you pass from this life and return to the spiritual realm, you, along with your guides and others, will review the lifetime you have just completed to determine what was accomplished, and most importantly, *what still needs to be done*. Based on that assessment, a new life plan is drawn up that includes placing yourself—in the upcoming life—in situations that will facilitate you reaching within yourself to begin to master the skills and abilities that you still need to work on. If, for example, you were a very self-reliant person and needed to learn to the life lesson of being able to accept help from others,

you would likely choose a life where you would be unable to fully provide for yourself and needed outside help to get by. And likewise, for whatever it is that you need to learn to continue your development.

This is precisely what each of us are wise to do when we realize that an essential part of our development is lacking. We are beings who learn by doing, and if we lack a skill or ability that is essential for us to learn, the best way is not to just read a book or watch a video, but to *place ourselves in a setting or situation where our participation in the experience will result in us developing the skill*. So, for the areas where you scored low in aptitude or ability—you can work on them now, or work on them later. It's your choice. ;)

3. Now that you understand that the attributes of masculine and feminine energy have nothing to do with being male or female, explain in your own words the importance of embodying the balance of these energies.

If an individual embodies an imbalance of masculine and feminine energy, is it just that some skills or abilities are absent, or is there more to it than that?

What would you say the complimentary energies are to the masculine attribute of strength? And what would result if a situation required the exercise of strength, and the complimentary energies were not present in the individual?

Chapter 8 — Mistaken Identity

1. When you react to a situation from the place of ego, that response is never one that advances your life closer to a more evolved character or state of being. It always results in a mess that either immediately, or somewhere down the road, needs to be apologized for, made up for, or cleaned up. Reacting to a situation out of the need to be right, the need to be in control, or to defend against a perceived emotional threat—which is precisely how the ego operates—exposes the least developed parts of our character and never results in a win-win response. Acting from the ego—which is the unevolved mindset of self over everyone and everything else—always results in pain, embarrassment, regret, injured relationships, hurt feelings, and remorse. Knee-jerk reactions are the way of the ego-personality. They are usually emotionally charged. They are never thought through in advance, and they always result in a mess that later needs to be cleaned up.

Think of at least two occasions where your ego was threatened, and you fired back from that limited part of yourself. Think about how each incident played out and what it took to mend the situation afterwards. Imagine being able to live your life from a higher and more evolved place within yourself where you never had outbursts or reactions that left you having to apologize and pick up the pieces afterwards. Write your thoughts.

2. Most people spend most of their lives operating from the programming, conditioning, and the way they learned to live their lives as they were growing up. Most of us learned in childhood to react to situations and to protect ourselves if we felt threatened. As we grew older, we learned to be assertive, and sometimes even domineering when we felt we were right. Sadly, most of the world has not moved on from this primitive approach to living. This way of living and interacting with the world is based on the personality construct we call the ego, and it is our protection and self-defense mechanism that began to form in our earliest days and has continued to be reinforced ever since.

The problem is that the ego-personality or ego-self *is not who we are*, and as such is a flawed and misguided place from which to live our lives. The truth—that most people have at least some level of understanding of—is that *you and I are spiritual beings at our core* who are temporarily having the experience of being human in a body on Earth. Yet if the real truth of who we are is an unlimited spiritual being, shouldn't we be living our lives from our far more developed spiritual self than the ego-self which is simply a collection of reactions to situations and behaviors, that act as a personality?

It is indeed short-sighted and unwise to recognize that we are powerful spiritual beings and still choose to live from the limited part of ourselves that has no real answers to the situations we face in life.

How do you personally feel about moving beyond the reactionary responses of the false ego-self to beginning to live from the love, wisdom, and power of this greater, divine part of you?

3. Life isn't just hard and that's all there is to it. It may seem that way, but there is more going on. Most people don't give much attention to the impact of their beliefs, thoughts, emotions, and actions, and as a result, end up unknowingly doing things that actually *produce* a hard life. They then wonder what's wrong. They don't realize that they are *creating their own suffering* by their beliefs, thoughts, and emotions which often run like an untamed beast wreaking havoc in their world. They fail to make the connection between their inner world and outer experience, and as a result, fail to break the cycle of misery in their lives.

People who live their lives in fear, see themselves as victims, and draw into their lives themselves things to be afraid of. People who are angry, vindictive, and vengeful, find their lives flooded with things to be angry about. People whose days are filled with frustration, anxiety, stress, insecurity, and worry, witness the effects of those destructive emotions manifesting as poor mental and physical health. And those who view themselves as small, insignificant, and unworthy, find themselves living lives of limitation and never expanding into their true potential. When we live from these limited states of being, we bring crash and burn moments into our lives where we are reminded that there are better ways to live our lives. This continues until we awaken to the reality that there is a higher part of ourselves from which to live—that we are powerful creator beings, and that our thoughts, emotions, and actions *actually create the reality in which we live our lives*. Reflect on how you currently live your life. What changes do you see that you can make that will result in greater happiness and a life that actually works for you, instead of living in a way that creates a hard life that actually works against you?

4. Shifting away from the belief that God is separate, far above, and far away can be a major change in one's life. Yet going from that belief to the understanding that every being is a unique expression of the Divine—having a spark of infinite God-light with themselves—is transformative in the most beautiful of ways. This was a completely different understanding for me as I learned it from my benevolent teachers from the stars. It was completely different than the belief I was raised with—just as it may be a very different understanding for you as well. Yet even though it came as a dramatic shift for me, it is beautiful, comforting, heartwarming, and empowering in every way I looked at it. The most beautiful part of this shift in belief is not having a different understanding of God but rather coming to a whole new understanding of oneself that is empowering beyond comprehension.

Though this is certainly not a universally held belief among humanity, *vast populations among many cultures around the globe recognize each and every person as an individual expression of the Divine* and many spiritual traditions have it woven into their beliefs in both overt or esoteric ways. The 13th century Sufi poet Rumi wrote, "I looked in temples, churches and mosques. But I found the Divine within my heart." Jesus taught that the kingdom of God was within each person (Luke 17:21), and the psalmist poetically wrote, "…ye are gods…" (Psalm 82:6).

Each person's physical form and human experience is given life and vitality by this great god-self that each of us has as our true identity in the spiritual realm. Yet due to the complete loss of memory that each of us experiences in coming into this life—and the enormous step down in consciousness that each of us takes in coming here, we have no awareness of this grand and magnificent aspect of our own being that is the real truth of who they are.

How would it be knowing that the only worshipping that needed to be done on your part would be to acknowledge, adore, fall in love with, and rest in the loving embrace of the divinity within yourself that is an individual aspect of the Creator?

5. The real truth of who you are is Source Energy—embodied in a human form—an individualized expression of the Creator that is now having a physical body experience, and that has had a great many human lifetimes before this one. Possessing that understanding has been the key to finally making sense of the transgender experience. All of this has been covered in detail in the book, and already in this study guide. But it doesn't stop there. Understanding your true divine nature and the vastness of your past is not just cool because you now understand where all your gender feelings have come from.

Knowing that your true nature is Spirit, Creator Light, Universal Consciousness—temporarily manifesting in a limited human body means that you have creative abilities and powers as part of who you are that you can develop and master and bring into your daily experience to create a life of joy beyond your imaginings. The vast and magnificent understanding about yourself that has enabled you to finally

make sense of the transgender experience, *can now become real in your daily experience, to rise above the stress and struggle of a life dominated by the ego mind, to a life of peace, fulfillment and abundance*.

Describe how you see this change in understanding about yourself as being something that can change and transform your life.

6. The message of this chapter—and most of the book—is that the person you know yourself as in this life is only the "tip of the iceberg" as the expression goes, when it comes to the real you. You and I are beings that are literally an aspect of Creator Source—a greater self that exists beyond the veil of this life that has sent a minuscule part of itself into a human body to have the experience of life on Earth. It's an indescribably powerful way to see yourself, though admittedly, it may be a little difficult to get one's head around, so here's analogy that will help.

Imagine an island sitting alone somewhere out in the ocean. When we think of an island, we only think about the part that is above the water because that's where everything we're interested in happens. Yet we're not naive. We don't absurdly imagine that the island is dirt and rock magically floating on the surface of the water. We don't stop and think about it every time, though in the back of our minds is the awareness that the island actually is a *mountain* that rises up from the ocean floor and climbs up through the depths until a tiny bit of it extends up above the water surface to be the island that we know about. This undersea mountain that rises out of the water has three parts. There is the ocean floor which is the *source* the mountain, the underwater portion of the mountain, and the island which is simply the part of the mountain that extends above the water.

This simple image provides a perfect visual for understanding the different aspects of who we are. Using this analogy, the ocean floor is Creator Source, God, or All That Is (whichever term you prefer). The mountain that rises up from the ocean floor is each person *as a unique, individualized expression of that Divine Source*. This is your higher self or God-self that is one with the Divine at all times and is the real you that exists in a realm beyond your sight. The island at the top is not separate from the undersea mountain as you are not separate from your higher or God-self. The island represents the portion of your greater self *that has projected itself into the human realm into a body on Earth*.

This simple visual makes it easier to visualize and grasp the extraordinary magnitude of who you are. It enables you to see your human life more accurately—that your true identity is not simply the part of you that you can see (your body), that exists by itself. It makes it easy to see that your true nature is a vast being that has sent a tiny fraction of itself into a realm that you can perceive with your five senses (your life on Earth).

Does this analogy help you to better understand the relationship that exists between the Creator, your god-self, and the human life you are now having on Earth?

Does this analogy help you to see how connected and inseparable your higher self is to your human life—and how, even though you cannot see this greater part of yourself, it is intimately part of you, and is the power that sustains you?

Chapter 9 — One True Love

1. Who you are is not just your physical body and human personality. That is only the beginning of the truth of your real nature. You have an identity that is far more vast than just what you can see and perceive through your senses. You are a **multi-dimensional being**, which means that parts of you exist simultaneously in multiple dimensions of existence. There is the part of you currently living in a human body on Earth. This is the part of you that you know and recognize, yet it is only a minuscule part of the totality of you. And there is a vast and incomprehensible part of you (the real you), that is an aspect of the Creator, that is a being of infinite love, wisdom and power that exists in a dazzlingly brilliant and bliss-filled higher-dimensional realm of light. This immense being of unfathomable grandeur has sent a tiny ray of its own light into the human body that you see when you now look in the mirror.

How do you feel about this expansive definition of who you are?

2. Tragically, most of us live our lives far short of the joy, fulfillment, comfort, peace and happiness that is so very within our reach. It happens because we are not experiencing what is being extended to us. Our beloved true self beyond the veil knows and understands us better than we know ourselves, yet in our limited human lives, we don't feel seen. We are infinitely loved, though we do not feel that love. We are never alone, yet alone is exactly how we feel. We are divinely held and embraced in every moment, yet we feel like we are walking the road alone. We are powerful, yet we feel powerless. We are vast beings having a human experience, and yet we see ourselves as being insignificant instead.

The question is why is our *lived experience* so different from what is the unseen reality of our existence? The answer is because we do not open up the connection on our end to this greater part of ourselves, and we unknowingly *make choices and live our lives* in ways **that disconnect us** from the infinitely loving source of our own being. We have never been taught about the full impact of our thoughts and feelings, and as a result, we live very unbridled lives when it comes to states of being that keep us disconnected from our true selves and the divine infusions that could flow into our lives.

Our divine presence exists in a constant state of peace, love, harmony, and oneness with the Creator. Yet we have allowed ourselves to become habituated to being in the lower states of fear, anxiety, stress, worry, and negativity. Not realizing the harm we are doing to ourselves, we frequently embody emotions such as anger, frustration and impatience. We focus on the conflict and division in our world, and traffic in attitudes of judgement, condemnation and sarcasm. These behaviors that are all too common in our modern world *are not benign*. They draw us *out of alignment* with our divine selves—and separate us from all the gifts and blessings that our higher selves are constantly wanting to pour into our lives.

Often it is simply the **awareness** of the consequences of holding these lower patterns of thought and feeling *that is enough for us to let them go* and live move harmonious and aligned with the flow of divine gifts into our lives. Consider all the sublime gifts and blessings that your greater self is wanting to pour into your life…and then reflect on *your willingness* to begin to make the changes that will bring you more into alignment with the sweet, loving, and transformative outpouring of blessings from the divine part of you. Write your thoughts.

3. You have probably learned in a hundred different ways in your life that there's a big difference between knowing something intellectually and actually experiencing it. That is exactly what I experienced with writing the poem for my intuition class—the poem that was the love letter that I brought through from my divine presence. I knew that I had a higher self. I knew it on an intellectual level, and I had some idea of what it meant for me in my life. Yet it wasn't something I felt or knew deeply from my own experience. I didn't know it as a heartwarming relationship that transcended time and filled me with such joy that it elevated my life to a whole new level.

The experience of bringing through that poem—that love letter from the higher aspect of my own self changed everything. It was the experience that took me from knowing that I had a divine presence to *falling in love*. As it happened for me, I discovered a taste of what is available in that relationship for all of us. What I experienced—and much more—is available to you. The sweetness of divine love is waiting for you. The energy that sustains your human life is constantly pouring into you. The ready embrace that lets you know you are not alone, and that is there to comfort you in every moment awaits your upward reach. The experience of going from knowing or believing that you are not alone—to *feeling* that you are not alone—awaits you.

Put into words how you feel about being able to have this divine relationship become vibrant in your life and transform your day-to-day experience.

4. Your relationship with your divine self—your inner beloved, is there regardless of anything you do or do not do. Yet the *extent* to which that relationship is vibrant, interactive and transforming in your life is completely up to you. Your divine true self can reside quietly in the unseen realms and not make its presence known in your life—which is precisely how it is for most people. Or, your day-to-day experience can be filled with peace, joy, comfort, wisdom, and the embrace of divine love beyond description if you invite the participation of your divine self into your life. It is that simple—the love, wisdom, and power of your divine presence can flow into your life if you live so that there is nothing in the way, and then simply open the door.

It is your choice. You can live the routine life you have always known, or you can spend every moment as a partner in a divine love affair with your own god-self. It's all up to you. All by yourself, you are a love affair of the most sublime expression, but it is completely up to you whether or not you actually experience it.

If your life feels unfulfilled, know that there is so much more for you to experience. A life sweeter and more fulfilled than you can imagine is waiting for you just as soon as you are ready to make the relationship with your inner beloved real in your life. Pause and contemplate on how ready you are to transform your life and move into this extraordinary experience with the divine source of your being. Write your thoughts.

5. There is much in the world around you to awaken to. Yet everything in the outer world is secondary to the one great realization that comes with discovering the truth of your own being. You know yourself as a human being going through life on Earth. And while that is true, it is only the tiniest fraction of *all that you are*. Awakening invites you to expand to not just seeing yourself as a physical being, but as a vast and powerful *spiritual being* that is temporarily having the experience of life in a human body.

There are many ways to begin to experience the vastness of your true self. One way is simply shutting out the stimulus and activity of the outer world and going into the stillness and expanded awareness that lies within. This simple act of going into meditation is one of the ways to expand your awareness to what is beyond the physical you.

Below is a simple exercise to assist you:

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When you have around 15-20 minutes that you can devote to one of the most important pursuits of your life, enter into the stillness of your own being. Seek out a place where you will not be interrupted and can be free from distraction. Sit where you can be comfortable and where your spine will be reasonably erect. Close your eyes and breathe comfortably. For a time—several minutes—you will feel like you are simply sitting with your eyes closed. Nothing will feel different, and you will feel like the

child in the backseat of the car after just starting on a long trip who says out loud, “Are we there yet?”, “How long until we get there?”. If meditation feels that way for you, then you are perceiving it correctly because that is how it is…**initially**.

In meditation, there is a shift that happens—in fact there are many, the deeper you go. If you are patient and continue, you will arrive at *a completely different state of being from where you began*.

Quiet your mind by letting any thoughts simply come and go without judging them or giving them any attention. Bring calm to any emotions you may be feeling. Continue to breathe comfortably, just being present in the stillness. Simply be an unengaged observer. Allow the mental chatter to finally cease, any emotions to calm, and continue until you arrive at a point of perfect peace. In this place, your inner state will become like the glass surface of a lake. You will have disconnected yourself from the outer world and all of its stimulus and activity.

As your breathing slows and you continue in the quiet stillness, you will descend into a deep state of pure awareness. Continue until a calm blanket of bliss envelopes you. You may not experience anything the first time, especially if you are new to meditation. Yet as you are patient and continue with the process, you will, in time, feel like you are sitting in a subtle field of energy—a sweet, blissful, loving energetic embrace—one where you will just want to let the world go by while you just bask in it. What you will be feeling in this moment is the inner light of your own Divine Presence—a subtle energy of divine love and light pulsating through your body and holding you in its embrace. You have connected with the Source of your own being—the part of you that is beyond the physical realm yet **is oh so real**.

Take the time to do the meditation as described above. After doing so, reflect on, and write about your experience.

Chapter 10 — Bringing It All Together

1. The spiritual truths of who a person is, and the larger context of their existence are central to why a person feels transgender, and to how they move beyond the pain and find joy and a beautiful life.

Before reading this book, did you perceive the spiritual truth of your own being as something that was relevant to understanding your transgender experience? And now that you have read the book, and essentially worked through the workbook, how has that perspective of the importance of the spiritual aspect changed?

2. For thousands of years, people have pondered the key questions of their existence:
Who am I?
Where did I come from?
Why am I here?
What happens after this life?
The most important of all these questions is the first one. It is the most fundamental and is the most essential one for you to be able to answer for yourself. What is the real, fundamental, core truth that explains the complete totality of who you are? Seek it. There is nothing more important for you to know about yourself, and your life cannot move in the most meaningful direction until you have this solid foundation to build upon. This is why I made the point in this chapter that this knowledge, *and this alone*, was what mattered most to me. It was my own journey of learning this truth that finally uprooted me from the limiting perception of myself as a small, insignificant, and powerless person who had a total dependence on a cosmic being far off in the heavens that I was to worship.

My awakening replaced that view of myself that always kept me down with the empowering understanding that I and every other person was a unique and individual expression of Divine Source, the Infinite All That Is. Realizing that that individualized expression of God—that is the real me, sent a ray of its own divine light into a physical body to be the me I know in this life and see in the mirror. That realization changed everything for me. Instantly the small, insignificant, powerless person that needed to be upon my knees was gone forever. Replaced by it was a forever empowered person, unfettered by limitation, and on a journey of discovering, embracing, and adoring my own divinity—and seeing that same divinity in every other person and every other creation in the vastness of the cosmos. The transforming difference that this understanding can make is why nothing is more important to me is knowing this. It is why going within, into the stillness of your own being, and experiencing the divine within, has been, and ever will be, the most important thing you can ever do.

Reflect on where you are in answering for yourself the all-important question of who you are. Do you feel cut off and separated from a faraway god, or do you resonate with the message in this book that a literal spark of the Divine shines deep within your being?
Express your thoughts on where you are and how you see your journey ahead in this most important of all quests.

3. As stated at the beginning of chapter 10, I cannot prove to you that the spiritual truths I present in the book are true. That is not how it works with spiritual truths. You can neither validate what I have experienced and what I teach, nor can it be disproven. **Though if you choose, you can have your own experience**—and that is precisely what I invite you to do. My higher-dimensional teachers taught me to find the divine light within myself—to experience it regularly, to rely upon it, to have it become stronger in my life, and become the foundation of a transformed day-to-day experience. That is the path I recommend for you—to come to know the reality of your greater God-self by going into the quiet depths of your own being and discovering and experiencing that same divine light within yourself.

4. For each of the four teachings presented in chapter 10, describe in the respective spaces below how each teaching changes the way you see your life and changes the way you live it.

a). [Who You Are and Who You Are Not] For half of my life, I believed that I was simply one of God's many creations. That was enough for me since I felt small, unworthy, one who struggled to get things right, and always fell short. My understanding of both God and myself changed completely with my spiritual awakening when I realized that no one is small, unworthy, or never enough—not me, *not anyone*. I came to know that instead of being separate from God, and small and insignificant by comparison, we are all *unique individualizations* of what we call God—the great, infinitely-loving creative force of the universe. I came to understand why I had always seen God in every person—because it was true. Each of us is expressing the Divine through our own level of development and our own freedom of choice. **We are all the many faces of God**.

I realized that the Great God Energy of the universe has birthed an infinite number of individual expressions of Itself, and that is who you and I and everyone in existence is. The great epiphany of that realization was that there was no single God far off in space where no telescope could find him. Instead, there were shining rays of the great light of God—or individual expressions of God EVERYWHERE. Every person has a higher self that is a pure expression of God, and in every human being, there is a tiny ray of that divine light and love radiating from within the heart space—that is waiting for a quiet moment when we tune in and can feel it.

This reached me right where I lived like nothing ever had. It meant I wasn't alone; I wasn't cut off; I wasn't far away…and I was enough. It meant there was no need to carry the guilt and shame I had shouldered for so much of my life. I was "perfectly imperfect", and I was worthy—**as everyone is**. Each of us is like a child—who still has so much to learn yet couldn't be more perfect or more loved just the way we are—perfectly learning, growing and developing. It means that you and I don't need to be afraid or desperately cry out for help. We are always held in a divine embrace that is always *where we are* because the Divine is never far away. How can it be when the Divine is expressing Itself…as each of us?

This may be a completely different view of yourself than the one you have held for years, yet how do you feel about this unlimited and infinitely empowered perspective of yourself?

b). [Your Long History] You are *so much more* than just who you know yourself as in this life. You possess unimaginable depth, wisdom, and experience from all the lives you have lived and all the experience you have gained. As you have moved through all of those lifetimes—learning, growing and developing in each one—your soul has become like a magnificently faceted gemstone where each facet is one of the myriad lives you have had. Each life has added to the shimmering beauty and perfection of the "gemstone" of your soul, by the experience that has been gained, the attributes that have been developed and the obstacles that have been overcome. Each facet, or lifetime contributes to the eventual perfection of character, at which point you graduate from the Earth school as a perfectly and magnificently faceted gemstone of divinely planned growth and development, ready to move on to greater adventures in the vast, unlimited universe.

What are your thoughts on this incredibly expansive view of yourself?

c). [The Architect is You] We look at a difficult or challenging situation we are going through and we muse that we would never have chosen this circumstance for ourselves. In our present state of thinking

and understanding, that is a true statement as we would all opt for happiness, comfort and enjoyment over struggle, difficulty, and sorrow if we had the choice. Yet before we came into our current lives—at the time when the decisions about this life were being made, *we were in a profoundly different place of understanding*.

In that sublime spiritual realm that we inhabit between lifetimes, we have full awareness of our greater divine self and true nature. We have remembrance of all our lifetimes and the big picture of our growth and development that emerges as we reflect on all the lives we have had, including all that we have learned so far and all that we have yet to master. With this phenomenal expansion of understanding, it makes perfect sense that the decisions and choices we would make from that lofty and enlightened perspective would be far different from what we would choose as a limited human who cannot see past the present moment.

With this perspective we can better understand our present situation. We are the ones who made the decisions about the circumstances and situations we are now experiencing. We set up the people, places, life challenges, and events in our lives because of the long term benefit they would bring us—even if it would not make sense to us in this life. From the enlightened understanding that we possessed before our birth, we know that these circumstances would serve a very beneficial purpose. We also knew that upon our arrival back to the spiritual realm, there would be great celebration upon our triumph over the challenges that we very wisely set up for ourselves.

How does this perspective change how you see your current circumstances?

Can you see, from this much larger perspective about your life, that instead of being a victim of things that have come into your life, that you are both the writer as well as the actor in a magnificent adventure? Share your thoughts.

d). [According to Plan] When you view God as being far away in a distant heaven—with an entire universe to oversee, every detail to manage, and every person to be intimately aware of, it's easy to come away feeling like you could easily get overlooked, and some aspect of your life could fall through the cracks. Especially if you feel small and insignificant in the grand scheme of things, it's easy to conclude that something could possibly go wrong with your life and not get caught because God was busy and distracted at that crucial moment. Sadly, this is a perspective that a great many people have had for much of their lives.

And yet, the exact opposite is the case. You have a greater divine self in the realms of light that has *full awareness of you in every moment*. There is no universe, no galaxy, no solar system, or the affairs of a planet to distract your divine self away from even the most minute detail of your human life. **This means that nothing in your life falls through the cracks, because there are no cracks in the attention of your inner beloved when it comes to every event, big and small in your life**. This overriding awareness of every detail of your life means that *everything goes according to plan*, nothing gets missed or overlooked, and nothing goes wrong.

Describe how it makes you feel to know that there is this level of divine attention to every detail of your life—to ensure that there are no mistakes, and no accidents happen.

5. The closing story of the chapter—of the programming modifications to the amusement park ride—perfectly describes the situation of me now recommending the teachings of this book to you, to be put into practice in your own life. In this book, I have presented a powerful message of healing *and have followed that message in my own life and healed myself*. I have identified the path of healing as it was delivered to me by higher-dimensional beings of light that over many years, I came to know and trust. Over the course of those years, I walked that path to my own healing. Applying these principles in my own life and demonstrating the results they produce is the most powerful message I can send **that you can find healing in your life too**. As I took my place on the amusement park ride to prove it out for those who waited in line, I put my life where my mouth was that the ride was safe. In the same way, I have "walked the talk" of this book, and I now recommend it to you.

If the teachings of this book resonate with you, describe below your commitment to your own healing and what you plan to do going forward to implement the principles in this book into your life.

Describe the beautiful life you want to create as you heal inside—and the pain of being transgender becomes a distant memory.

Conclusion

Thank you for coming along with me in the journey of this workbook. I wish you all the best in the world in your own glorious adventure as you heal and create the life you have come to live.

If you wish to go further with real change in your life and work with me in person—related to any of the teachings in this book, or any of the other topics I present—please visit my website at SoulEmpoweredLife.net to look over the programs I offer and reach out to me. I would be happy to work with you directly to help you reach your goals and experience the glorious life that is waiting for you. The book has told my story and shown what is possible, yet there is so much more material beyond the book that can help you to powerfully transform your life into the beautiful creation it was always meant to be. If it is your desire to go further on the great adventure of transforming your life, it would be my privilege to assist you in the creation of a new you and a new life of joy and extraordinary possibilities.

I hope to have the pleasure of meeting you,
Jonathan