

The Enclave Program: How Shadow Work is Ruining
Your Spiritual Awakening and the Alternative

by

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To my former sponsor Bob who believed for, and before, me.

To my former therapist Susan who saw my potential and took
a risk to show it to me.

You each showed me the truly transformative power of caring
about another person.

This book is for you, my friend, but...

Words don't teach.

Experience teaches.

And I don't know what works for every person. But I know a little about how to set the stage for the Divine to enter your life. I've put it into this book you're reading and made it customizable.

The process within is designed to catalyze a spiritual experience. This experience will include the source of all life. There are many varieties and iterations of what

these experiences look like. Your experience will not be like anyone else's. It will be unique to you.

This book is deliberately short. It is a manual. (With a few unicorns in it.)

Keep an open mind.

Be curious.

Give yourself some space to explore why you are here.

And if you question whether this experience is available to you, depend on me.

I know who you are.

I've seen you. I know we are divinely made.

And I know how amazing your opening is going to be.

When you lack faith, lean on me. I know you. I've asked for us to find each other to carry out our highest callings.

I love you.

If you're up for the adventure of a lifetime, join me in this process.

I've got your back until you remember who you are.

Then we show the universe what we're made of...

TOGETHER.

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FOREWORD

The foundational rule of this program is:

Do not abandon self.

Perhaps this program would not be necessary at all if we carried this ability - this pure presence - with us into adulthood. I am not concerned with whether we learned it, or retained it, or whether it evolved with us as children. That is not a debate which interests me. If we had this ability as children, we would have experienced no trauma. Difficult things happen, but it is the lack of an understanding, compassionate witness which influences whether we experience the event as traumatic or not.

The good news is that the ability to stay - to not abandon self - can be learned. However, I do not recommend you seek to master this ability before beginning the program. This can be a lofty goal at the outset. Simply set your intention to be present with yourself for whatever arises to the best of your ability in the moment. You do not need to know how to do this. A simple commitment to yourself, no matter how uncomfortable it may seem, is sufficient to move forward. Do not allow doubt to hamper your first steps. You can do this.

For now, say to yourself (or you may write this out as a promise to yourself):

_____ (*your name*), *I have been away for a while, sometimes for very long periods of time. It has*

not been my intention to leave you on your own to figure this out. I love you. Even when I may not act like it, I love you.

I am beginning a process that is going to bring me closer to who I truly am and closer to you. We are one and I experience this in many different ways. I ask your patience with me. This is a new way of being for me. I am excited about getting to know you better and all the wonderful adventures we will have.

Be patient with me. I love you.

Forever.

No matter what.

Put your hands over your heart. Imagine and visualize giving yourself a great big hug. As you do this, picture flowing love to yourself. Whatever you experience in

addition is welcome and do not judge it. Give yourself time with this.

I love you. And I'm so excited for your coming days and months. Let's begin.

This book is intentionally short.

It is the manual for The Enclave ProgramSM.

Part I: Shadow Work Subverts Spiritual Awakening

Shadow Work is Damaging to Seekers

Want to come over and hang out?

Sure! What do you want to do?

I was thinking we could make some popcorn and watch Lord of The Rings.

Sounds great. Anything else? I'm free all day.

Actually, after the movie I thought we could do some shadow work.

Excuse me? You want to hang out and do shadow work?

Sound like a fun afternoon to you?

Me neither. So, why does it seem like everyone is doing it?

Because it's the only thing they've got.

Once upon a time someone said that doing shadow work was a good idea. Nobody had a better option so they repeat what they have heard from other people.

But why do shadow work? What is the allure?

The purpose is to uncover repressed aspects of your psyche. Then you feel better once you've recognized that the repressed piece is part of you. In theory and practice, this has been helpful to people who are not on a spiritual path.

However, this is a problem if you are on a spiritual path. Going through a spiritual awakening requires a different modality. Shadow work for awakening people results in frustration and confusion. If that sounds like you, join the club! Let me explain why and how shadow work is ruining your spiritual awakening.

First, I need to share that I had been a huge fan of shadow work for the beginning of my adult life. I gained

great benefit from it and used it in combination with therapy and 12 step recovery to straighten myself out after a less than desirable childhood and adolescence. I am very appreciative of the process and grateful it was available when I needed it.

However, shadow work does not work for spiritual seekers.

It hijacks your awakening and keeps you trapped in healing loops. It negates any possible spiritual causes for what you are experiencing. It doesn't say that energetic answers are wrong. It simply has no framework for energy or spirit and denies their existence. It doesn't acknowledge them. So it cannot provide an answer that will be appropriate for someone going through a spiritual awakening who is experiencing phenomena not recognized by the system

in which shadow work operates. Shadow work is the hammer and everything looks like a nail.

The main reason shadow work doesn't work for those on a spiritual path can be understood intellectually. The rest are causes which seekers will understand in the next several chapters. But the main reason shadow work doesn't work is due to simple definitions.

Most spiritual paths acknowledge a non-dual ultimate All That Is. It's the idea that we are all one, or we are all love or the Tao, God, Source, etc. You get the idea. If you are All That Is, nothing is outside of you. You encompass everything and everything is you ultimately. You are the things you like in the world and the things that you don't like. You are the things that you have feelings about one way or the other and the things you have no feelings about. You are all the people doing all

those things too. You are a lot of people! (And other things!)

In shadow work, you look at things which are uncomfortable or evoke strong (usually negative) emotions in you. Then you begin to open to the idea, through various methods, that this “triggering” event or person is a repressed aspect of yourself. The goal is to bring that aspect to your conscious awareness so it doesn’t prompt the undesired emotional response from you again. The idea is that relief from this tension is gained through bringing this aspect to light, thus why it is called shadow work. You bring this aspect to light by acknowledging and accepting that it is part of you, not only what you see in someone else. For non-spiritual seekers, this can work well.

However, the issue of seekers beginning to recognize their Divine nature brings conditions which make shadow work ineffective. This issue arises when the seeker begins to realize he or she is a being that encompasses All That Is. The logic for this is short and sweet.

If you are All That Is, nothing is outside of you and you recognize that you are All That Is. If something you experience causes you pain (your “trigger”), you are causing yourself pain which is counterproductive and you would stop immediately unless it had a purpose.

In that instance in which the pain had a purpose, as All That Is, you would know the purpose for the pain since you are All That Is. There would be no confusion over the cause of the pain. Then you would take whatever steps are necessary once the pain had your attention.

Pain is thus ameliorated. You are able to adjust yourself and your responses accordingly.

Alternatively, you know you are All That Is so there is no need to do shadow work. You already know that everything you encounter is you. Therefore, shadow work has no constructive purpose to you because there is no shadow. All of you would be brought to light by the awareness that you are All That Is. You would be looking at you which you already knew. This is what mystics know. I have experienced this along with many of you. You wouldn't have picked up my book if you weren't already onto this.

That is the short answer for why shadow work doesn't work for seekers. Clearly, if you are going through a spiritual awakening, you need another method to interpret what you are responding to.

The idea that it is only your shadow is not of help when you acknowledge you are All That Is. There is still a response prompted which may elicit many emotions. These range from simple curiosity to profound rage and fear.

First, you need to know some of the problems that happen when you do shadow work on a spiritual path. If you see yourself in any of these, don't worry. I've experienced them all and they are all things you can change. My program in the second half of this manual sets you up for success in each of these areas. No matter where you find yourself, it doesn't take long to straighten your course.

The Need for An Expanded Viewpoint

One of the ways shadow work derails spiritual seekers is because you are limited by the concepts and knowledge you, or whatever practitioner you're working with, understands or has familiarity with. Therefore, what you can identify as the "trigger" is limited to something you already know about. This leaves no room for expansion or growth in new areas or to examine your experience in an alternate light. It limits you to ideas you already understand, have experience with or have heard of. This leads to misidentifying and misunderstanding what you are experiencing while going through a spiritual awakening.

It puts you, specifically your thinking mind, as the most knowledgeable observer of the experience which is incorrect. You are not your thoughts, your belief systems or your opinions. You are an infinite being having a human experience. It is that perspective which is necessary to embody going through awakening, not the reasoning, analytical mind.

Your infinite Source is available to orient you to the nature of your experiences beyond the comprehension of the thinking mind. This is the intention of awakening beings, to expand consciousness while embodied. You need an expanded view to interpret and understand what you are experiencing. Shadow work has no framework for this and offers no expanded viewpoint.

This doesn't mean that we are always perceiving accurately and need to take no action in a situation,

though. There is always room for growth and learning but shadow work is not the only option on that path. Many times being upset by something is due to not understanding what you are experiencing and judging it. A better alternative is working with your higher power that has broader knowledge and more advanced understanding than you to help you see what the true message and purpose is behind that experience. This is a path to true expansion, being open to something new. I'll give you an example of what this looks like.

Let's say you become very upset that a friend has decided to go no contact with her mother. You are shocked. You believe that family is above everything. You would never do that to a family member. Nothing is thicker than blood.

In your own life, family contact is intermittent and sparse. Sometimes there are family holiday get-togethers and other years everyone does their own thing. This often leaves you scrambling to come up with plans on your own. You crave a closer, more intimate connection but nothing seems to come of your efforts. It doesn't seem to be as important to others as it is to you. You recognize that you're jealous of how often your friend's family gathers together. They seem to be okay looking from the outside. You know your friend has mentioned trying to work things out. But your friend hasn't shared too much about this and you haven't asked.

Using shadow work, most people only uncover that they are jealous of what they think their friend has - a close knit family that celebrates holidays and supports each other. The friend is judged and the one judging piles

guilt on top of themselves for not being more compassionate and giving the friend more grace.

I've seen huge shifts once people start working with a higher power and find themselves revisiting their family of origin. In the case above, the woman I was working with, who we will call Sam, learned from her higher power that the issue was not jealousy although jealousy was present.

The issue was that she wasn't able to see what her next steps were in the situation. She was already on a life path to have more intimate and enjoyable relationships but she was focused on the choices that someone else was making instead of the action and change building in her own life. Her next steps were to be joyful but she had gotten lost in the trees, comparing to someone else.

My client was meant to have exactly what she desired but was unable to see the opportunity. The purpose was not for Sam to understand jealousy or to understand the friend, although that came along the way. She needed to take action to talk with her friend to discover all the ways her friend had tried to resolve and repair the family relationships. Sam needed to set aside her belief of what family should be and view her friend and herself with compassion. The first opportunity here was for her to deepen her relationship with her friend through this shared experience and be open with someone about what she was going through.

Once Sam began trying to understand her friend and how she could support her instead of condemning her from afar, Sam saw that her friend wanted to have loving, supportive people around her too. She and her friend wanted the same thing.

Sam's higher power was able to give her more information about what was going on and to guide her along the smoothest path. This enabled Sam to be open to having some conversations with her friend which prompted her friend on a similar path. They were able to support each other as each began to build what they wanted in their lives. They began separately taking initiative to plan holidays and special events with loved ones and broadening who they considered family.

For Sam, some of this included revisiting boundaries, showing up as love, forgiving her family of origin and being able to let go of those relationships and experiences as needed. A larger part was learning how to accept and be okay with other people's choices. Sam also needed to learn when to take action and when to refrain. Six months later, Sam was enjoying planning

and attending holidays with people she cared about and knew she could depend on and her friendship was much deeper and stronger.

In my view, the most important part was Sam was able to accept she was experiencing jealousy. It didn't stop her from looking at what else might be present in the experience and she didn't judge herself for feeling jealous for very long. She identified it and moved through it. That's all the jealousy was - a marker on her path, an arrow pointing at something. She didn't identify it as defining who she is. She didn't feel less than for having the experience of jealousy.

Since Sam had a connection with her higher power and a way to communicate with it, she was able to get all of the extremely personalized support she needed. She trusted that she would know or be guided to her next

steps. For those times when she was overwhelmed (they absolutely happen!), she knew she could yell and scream safely with her higher power. There was no fear of retribution or that she was ruining her relationship with her higher power. She knew she was loved unconditionally and safe to allow whatever she was experiencing.

I find this a stark contrast to my own experience with shadow work and the experiences of the people I work with.

Typically, awakening people doing shadow work are extremely sincere and earnest in their efforts. I find that the new age culture commonly associated with it has captured the minds of many on this path and instilled a belief that the individual is responsible for everything in their lives. As a result, I see that well-meaning seekers

turn things inward, blame themselves and then look for ways to become “better” and different than they are. The self-condemnation is extremely painful and isolating.

Then seekers recognize it and do shadow work on that self-condemnation. The true nature and purpose of the experience is missed because there’s no outside input from a higher power. And the cycle continues because seekers have been told there is no end to shadow work. Shadow work begets more shadow work. Or seekers eventually give up and surrender. (More on surrender later.)

We need a unicorn here. They always make me smile. Getting a little too morose thinking about all those seekers turning themselves inside out trying to help themselves. I wish I could tell them all it can be

different because awakening can be so much more enjoyable.

Have faith! There is a light and an answer for empaths and trauma and abuse survivors.



The Surrender Trap

Shouldn't I just surrender?

Won't my life be easier?

Good questions. Let's talk about it.

Shadow work can be very demoralizing. Discovering unflattering things about yourself, being stuck in healing loops and looking into a future with no end to shadow work can be exhausting. It certainly was for me.

Surrender becomes very appealing. When you are worn down by self-condemnation, any relief is welcome.

Constant self-examination is draining. If there's one thing that defines people who do shadow work, they are earnest and dedicated to their own healing. No one does shadow work because they're having a great day.

Enter surrender.

It's extremely alluring and many seekers choose surrender at one time or another. I definitely used it as a landing pad to catch my breath and find emotional improvement during hard times.

The relief from surrender is very welcome to seekers. There's no need to continue berating yourself. You can accept yourself as you are, which is a wonderful thing. You turn your will over to whatever feels best to you –

God, Source, Love, the cosmos, etc. And there's a reward in that as well.

You still experience synchronicity. You can ride the waves a bit easier as you are going through life. You have fewer decisions to make. For those suffering from decision fatigue, this is very appealing. You finally have peace. You can take life as it comes. You are free from worry and anxiety. You break the cycle of self-condemnation.

This is the trap of surrender. It feels good and you want to stay there. But it has a price.

You have will for a reason. Your will is valid. But you need education in order to execute your will correctly. There's more to life than material pleasures and their

pursuit. And there's more going on than can be seen with physical eyes.

You have a purpose here. Your higher self doesn't want you to subvert your will. You need to learn the right way to exercise it in accordance with your higher self's perspective and intention.

In surrender, you don't pursue the desires of the individuated self. Those desires are discounted. That impulse for a taste of chocolate, a dream to vacation with loved ones or a desire to find others for connection is depreciated. Seekers rationalize that those are just echoes of something selfish or what the horrible, bad ego wants. Those desires become surrendered as well. They are never pursued.

Then comes what I call “neutralized thinking.” You tell yourself that if it’s meant to be then the universe will send it to you. You effectively take yourself out of the picture and remove your own agency in your life.

That is extremely dangerous. It’s inaction. And it’s wrong. That’s not the language of using your will here. It’s not what your higher self would do.

You are waiting. And waiting manifests more waiting.

You can tell yourself that if it’s meant to be, it will be but that doesn’t make it true. It just smooths over your fears that you are unwilling to face for a little while. There is no being or force in the cosmos who’s going to shower you with what you want while you are waiting for things to happen.

Let me repeat that.

Waiting manifests more waiting. Or the two-by-four.
We've all gotten the two-by-four.

Things are going pretty well. You don't know that you
have a blind spot then...BAM!

Life hits you with a two-by-four and it upends your life.
It's not a fun way to adjust your trajectory. It's always
better if we can straighten out the energy before the
two-by-four. The two-by-four is unpleasant but it
usually does the job of forcing you to exert your will in
the situation. It's a situation in which you must respond.
It returns you to exercising your will even if it's
unpleasant.

I bring up surrender because it's dangerous. The danger is that you don't take action. You don't educate yourself on how to use your will so it never becomes refined. You don't learn how to work in concert with your higher self or higher impulse. It's a dance of coordinating different levels of Self and you never take a step.

Learning this dance is important because if you're reading this book, you have a purpose here. Some of you have missions. All have gifts that need to be activated. Staying in surrender short circuits your path to these. You don't get to where you intended yourself to be.

For those times when seekers are tired and worn down, I offer rest as an alternative to surrender. We don't need to surrender but we do need to rest. Every time I rest, amazing things happen. For projects I've been working

on, it gives the energy time to complete. It is rejuvenating and refreshing. I get a fresh perspective and enjoy slower pastimes. We all need rest at some time. It allows us to retain our agency and our will during times of weariness.

Rest also helps us catch our breath as we are educating ourselves on the best use of will. We learn how to use our will in the second half of this book, in conjunction with our higher self and/or Source. We become true co-creators with our higher aspects. It's quite enjoyable.



Interference is Masking as Shadow

The main reason I asked for another way to purify and love all aspects of myself was because I couldn't do shadow work several years after my awakening.

The short version is that the first avatar of my higher self in this body became awakened through self-love, shadow work and extended meditation with a focus of being love in the world. Then she developed psychic senses.

Several years later, that avatar left and this avatar came. I am much more dynamic but what worked for her

doesn't always work for me, especially because I already had psychic abilities and, honestly, I do not have the high amount of patience she had. I make my own way instead of waiting. So I asked for another way because I stink at meditating and I know who I am.

One of the things I learned early while trying to do shadow work again is that it is easy to get side tracked. What I mean by this is that all those things you don't like about yourself are commonly known to energetic beings and they can bring them up to distract you.

It's the funny little joke of living as human. We think that we are hiding things by wearing clothes, talking about only what we want and posting the highlights on social media. The truth is there is very little privacy on the astral.

You need to know how to create that privacy; it doesn't come automatically usually. For most people, your thoughts, feelings, addictions, judgments and intentions are clear to anyone interested enough to look on the astral. And you can be influenced if you don't know this. Your thoughts, emotions and nudges can be manipulated. That's why it's important to know yourself and to learn who you truly are and why you're here.

Shadow work ruins your awakening because negative interference operates on and activates pathways which you've already traveled. This means that your own tendencies, previous trauma, habits, belief systems, addictions and ways of thinking and acting are used against you. It is insidious and can be so subtle that you think the issue is you which is exactly what the interferer wants you to think.

Pretty clever, right? I point this out not to scare you but to educate you. No one ever told me this and I spent so much time suffering because of my ignorance. I thought the problem was me until I learned that I had been vulnerable to this by not educating myself. Spending time judging yourself and thinking you are less than, and the time it takes to recover from that, if you can recover on your own, stymies your own evolution. The negative side knows this and uses this against you in your own seeking. Can you see how you could be trapped in healing loops for the rest of your life? This is very cunning.

Now you know.

The good news is this becomes all smoke and mirrors once you see through it. Your willingness and the

program in this book can help you get there. I don't want anyone to suffer and I know there's a better way.

This doesn't mean we think that we are all rainbows and sparkles. (As much as I love rainbows and unicorns. Unicorns are my favorite!) We all have things we would like to change about ourselves and things we wish didn't exist in the world.

The fact that we are All That Is answers that for us. You and I are those things our thinking mind is judging. The good, the bad, the beautiful and the ugly. That is true. It is counter to our nature to attempt to squash desire or want something different for ourselves and our world.

Spoiler alert! It's good to have goals and vision. In fact, it's extremely advantageous for us to want things.

DESIRE SUMMONS LIFE FORCE. Anyone who tells you to give up desiring is mistaken.

Let me say it again: DESIRE SUMMONS LIFE FORCE.

You want to desire. You want life force. What you may lack is a method for using attachment and detachment to skillfully navigate life's ups and downs and a belief system that supports your desires. But good news! These can be learned. So don't stop desiring. Desires are good!

There's a better way than shadow work to reconcile who and what we are experiencing with what we want. It doesn't involve self-flagellation and condemnation.

It's uplifting, fulfilling and healing. You will get personalized answers for what you are going through and free yourself of self-recrimination and feeling you are broken. No one is broken.

You will see yourself as you truly are - loved and loving, cherished and valued, one of the most achingly beautiful beings to walk the earth. You will feel fully supported and empowered to explore your newfound freedom. Most importantly, you will realize your own purity and innocence.

You are not being punished.

You are being pushed, gently. Pushed to turn more intimately into your own heart and your own source than ever before.

You are worthy of everything. It's closer than you think.
This program will get you there but first, I want to cover
another pitfall. Meet me in the next chapter.



Incoming Information is Labeled as Shadow

For a long time, I thought I was “just another bozo on the bus” as they say in 12 step rooms. I was no better or worse than anyone else on the planet. I’m still no better or worse than anyone else but I am more aware and awakened. I have far to go but I know who I am and what I’m here for, at least up to this point.

When I say I know who I am, I’m talking about my higher self, not this human experience and not All That Is. I acknowledge both of those as well but I find that my best insights and capacity for informed and inspired

action come from knowing and embodying my higher self and my higher self's characteristics.

I fully acknowledge this may change in the future. I don't have lots of information about things like past lives but I don't feel I need it right now. What is important to me is knowing characteristics of my higher self and intentions and my purpose. It helps me understand how and why I am the way I am as well as why certain things appear in my life and why some changes I want to make are harder than others.

This brings me to another reason shadow work is hijacking your spiritual awakening. Some of those things that bother or "trigger" you are **not** because they are a shadow aspect you don't accept. It's because they are anathema to who you truly are on a higher differentiated level. Basically, the indestructible core

which recognizes that something is off and is giving you feedback about it. You are receiving input to help guide you.

Using shadow work attempting to resolve all so-called “triggers” can be extremely detrimental. You keep moving toward something that your higher self is trying to tell you is not a good choice for you at this time.

Poor thinking mind! It wants to know everything all the time. That is not always how it works. We are meant to experience life, not read about what will happen and then go through the motions, knowing what is around every corner like a book we’ve already read. We are meant to experience enjoyable surprises and new interactions. Not knowing what’s coming leaves room for wonder, serendipity and miracles. *Miracles are*

really your true nature becoming known to you but it's so fun to think they are miracles! Heehee!

What we do need is to have a system to learn discernment. That's the purpose of this book, to share a method of developing discernment so you can trust and understand your experiences. Then those "triggers" become what they were meant to be, simply information on your path to help you steer.

Your higher self is giving you information that you are judging and not able to distinguish because you have labeled anything which "triggers" you as something you need to process through shadow work. Now you have missed the information... and given yourself work to do while placing a judgment on yourself. Been there, done that! Not a fun place to be and it feels like the only option when you don't know anything else.

This is due in part to what I call level confusion. Level confusion is the misguided approach of applying the principles that work at one level to another level. For example, in kindergarten you could walk up to another kindergartner, introduce yourself and ask to play with them and their toys. The other kindergartner would say yes and you now have a new friend and a new toy.

But this doesn't work as an adult. Have you walked up to a stranger whose car you admired and asked if you could have it? Did they give you the keys and become your new friend?

This is level confusion. What works at one level cannot be applied to all parts of a system. Part of it stems from only knowing yourself as two things- being human and being All That Is. Sometimes there is an awareness of a

starseed, otherkin or other origin. Without an awareness of your multidimensionality and other levels of yourself, you have no idea of the principles at work at that level which affect you.

Another example of level confusion, and I did this frequently in the beginning of my awakening, is to identify something in the physical world that is harming someone else or taking advantage of them and use a spiritual concept, such as karma, soul contracts or that everything is part of the one infinite creator so there is no harm, to absolve yourself of a responsibility to act in the situation to help.

This is a very neat way of not having to get into the messy details of life on Earth. You tell yourself that it's all part of a grander design or that it was predestined and chosen ahead of time. It absolves you of any

complicity. It justifies inaction because at a higher level everything works out. Since all actions are resolved at the highest level, the existence of this resolution is used to assuage guilt at a lower level. Applying the higher principle at a lower level is level confusion.

It sounds confusing, right? How could we have done it any differently? The problem is that you and I didn't have any true knowledge of how reality worked. We were repeating what other people said and what other people were doing. It made things easy for us. We never had to question it. And we thought we were doing the right thing. It hurt to watch these things happening but we didn't know what to do. The platitudes we were given said that we had no action to take because it was bigger than us and part of something grander. So we suffered silently. And we did shadow work because it was the only thing offered.

Until now.

There is a better way but I have one last and extremely common negative side effect of doing shadow work on a spiritual path that needs to be discussed.



Eternal Healing Loops for Empaths and Trauma and Abuse Survivors

In the first few years of my spiritual awakening, I lived in a 14 story apartment building with 16 apartments on each floor. I was wrapping up my time in 12 step groups, continually taking a daily inventory and making amends. I was driven to clean up the wreckage of my past. I did a lot of writing and shadow work in those days. I was amazed by how much I had to work on. It was overwhelming but I was diligent.

My psychic skills were developing as a result of learning how to love myself combined with my intention of being

love in the world. It was a busy but happy time. My boys were young and I adored time with them and being a mother.

What I didn't know at that time was that I was processing emotions for many of my neighbors. As both an empath and a trauma and abuse survivor with no energetic hygiene skills, I was picking up things from other people in my building and thinking they were my own.

I was so sincere and earnest I never questioned what was mine. It was no wonder it never cleared up. There was always more no matter how much shadow work I did. It was like digging up bones in someone else's backyard...and someone else's...and someone else's. I had no idea they weren't mine. I figured I was doing the good work of cleaning up my psyche and my judgments.

It wasn't until I learned how to clear and shield my energy correctly that this lessened. I was already grounding on a regular basis. Heck, I used thick iron chains around my feet from the local hardware store multiple times a day to ground, among other methods. The usual grounding methods weren't enough for me. I had serious grounding issues my first few years. This is not uncommon for empaths and trauma and abuse survivors who imagine a "better" life somewhere in the higher, presumably more loving, realms. Wanting to go somewhere else is common. I'm happy to say that I want to be here today. It fulfills me beyond my wildest dreams.

In the past few chapters, you have seen how doing shadow work is detrimental. Empaths have a hard time

with shadow work because they naturally pick up on others' emotions. How much this can be controlled varies from person to person. What matters is why you have empathic abilities and how they are to be used. Trauma and abuse survivors are susceptible to picking up energies from others due to the search for a safe environment and sustained environment checking for self-soothing and protection from possible future harm. This searching creates an energetic susceptibility to take on what is around you based on the trauma energies which are still active.

Empaths and trauma and abuse survivors are prone to permeable energetic and personal boundaries if not addressed. This creates an opportunity to pick up other's energies. If you don't know how to identify and clear that energy, you'll be doing shadow work on input that isn't yours. Without addressing the cause of the matter - your permeable boundaries - you will keep

picking up other energies and keep doing shadow work on them. It's an unending cycle.

Learning energetic hygiene, developing strong personal and energetic boundaries, healing trauma and abuse and strengthening your personal intuition come with working the program in this book. All of these are not only possible but promised. I am still an empath and I use my empathic skills when I want to, 97 % of the time. I rarely experience another person's emotional state unless I choose to dial into it.

However, I am no longer a trauma and abuse survivor. That no longer fits for many reasons. I am an empowered being capable of whatever I put my mind and heart into. And I am happy to say that I, along with Source and my higher self, have developed a road map

to discovering who you truly are and why you are here in a joyful, honest, fulfilling way. Let's dive in!



Part II: The Answer is the Enclave ProgramSM

Find Your Engine

One of the most useful and practical pieces of knowledge along my path was a cryptic message I received sitting in my art room one day.

I heard, “Your child is the engine. “

I didn’t know what it meant at the time, but I had been asking for guidance in the proceeding weeks for how to make some changes in my life. Over the next few days, I

learned from my source what this meant. I needed to love and care for that child aspect within.

I have always had a playful, silly, inclusive orientation, but I had not made time for it when my family and work responsibilities increased. My source told me that I needed to schedule regular time for this part of me to play and explore. I also learned that this time had to be separate from my grown-up relax and unwind time.

Once I learned how to schedule and use this time, I saw big changes in what I was experiencing in my life. My synchronicities increased exponentially. My enjoyment of life skyrocketed. I began embodying all the changes I wanted to make. Life was smoother and I carried that energy into my daily life.

In writing this book, I asked Source whether a chapter on finding your engine could apply to others, and I received a resounding “Yes.” At the time of this writing (August 8, 2023- watching my house bunnies hop around my living room), I am aware of three engines. Please note that these are not exclusive of each other. You may have a combination. I do use the other two engines but the child is definitely my primary.

I’m also told that there will be more engines coming soon. You may be the one who discovers the next engine. How neat-o! I would love to learn from you. Please reach out and let me know about your engine. Together we help each other. I will share on my website any new additions as well, so everyone can find them.

My engine - the child - loves to play and explore. It could be making a mess with paint, going to a petting

zoo or riding a carousel at the amusement park. The one constant is that it's never the same thing. Often I head out in a direction and follow whatever she wants. It's always an adventure!

The second engine I learned from my husband. We have complementary, but different, core orientations. What feeds him is his warrior aspect. He is fueled by a desire to protect, defend, and become a master at various spiritual, physical and mental warrior arts in the service to something greater. This can feel like a calling, often involving discipline, dedication and a pursuit of mastery.

I've met some amazing and inspiring warriors doing work that few can do or feel the calling for right now. Their skillsets are needed at this critical time. I often find them in my own life when I encounter a new

personal interest I want to pursue or crave a new form of thought and way of living. They shift (and sometimes jolt!) me out of my comfortable chaos into new ways of approaching life.

The third engine is the artist or communicator. If you are invigorated by expressing yourself in any form, this may be your engine. Seekers with artist engines may create paintings, blogs, or expressive dances. They may write and edit films, compose visual displays or weld metal sculptures. The list here is endless. It doesn't have to be a traditional art practice. Anything done with the purpose of expressing yourself qualifies. The artist engine has a need for self expression independent of how it's publicly received. It is not about who or how many do or don't appreciate the art or form of communication. It is about creating it in the first place as a statement of being.

Artists and communicators help push boundaries and establish new ways of being. They are essential to growing burgeoning systems and offering alternative ways of interpreting our experiences. I love the way artists and communicators stretch my ways of thinking. I am frequently awed and inspired by the novel and brilliant combinations they share.

So, how do you know what your engine is?

While I can embody each from time to time, only one is purely joyful and revitalizes me to move forward with my plans and goals. There is only one that fuels me to greater and greater heights. This is what you are looking for. The engine that has you feeling more invigorated after expressing that aspect is your main engine.

Here are a few questions I've received for clarification on engines.

Why is this the first tool we learned?

Because Source told me to make it first. That's the truth. Things always go better when I follow directions from Source so it's the first tool presented in the book. (That's my answer to quite a few questions these days.)

How do I know what my engine is?

We all embody and access these aspects of ourselves at different times. Some of the activities we do may overlap different engines. You may know right away which engine you have. Or you may need to do some exploration. Enjoy the process. The way you will know that you have found your engine is you will have a

combination of experiencing joy/delight/your highest fulfillment while engaging in the activity. Afterward you will feel that you are recharged and energized.

You will not need a rest after doing the activity of your engine. You will look forward to doing the activities.

You will be eager to put your energies back into whatever sounds most exciting to you afterward. After I feed my engine, I am excited to jump back into whatever projects I'm working on without a break. I have refilled my cup and feel the pull to return to my purpose.

In regards to engines, be aware that if you are engaging in an activity, and it is relaxing or centering to you, then it is not the activity of your engine. It may be a good recreational activity, but it is not fueling your engine. Activities which help us relax or feel calmer are not

indicators of engine activities. They are good for relaxation so save them for when you need a break.

What should I look out for?

Unicorns. Always be on the lookout for unicorns. They are awesome. (Couldn't help myself!)

In regards to your engine, be aware of how often you need to fuel your engine. It is easy to identify! If you have gone too long - whatever too long is for you - without feeding your engine, then the activities that typically rejuvenate and energize will not have the same effect. You will be irritable, easily annoyed, and possibly tired. You will not want to engage in your engine activities. They will not have their usual appeal. Not to worry! I've had this happen as well, and there's a simple solution.

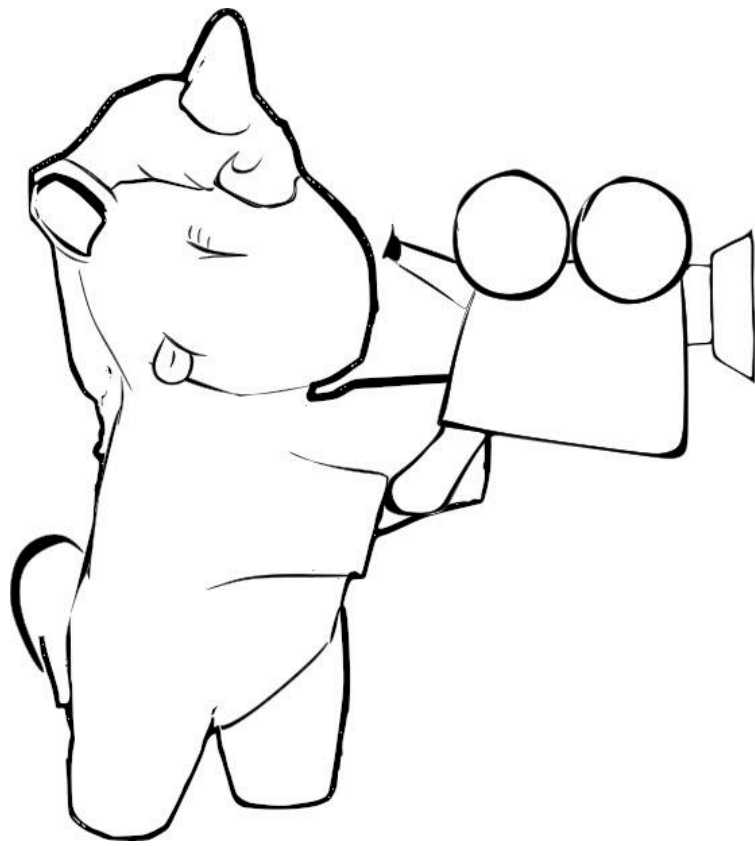
First, this is a great learning experience. Welcome it. You will come to read yourself better, and are becoming more skilled at learning when you need to feed your engine. All it will take is some rest and relaxation time for you to feel a bit better and then you will be excited about engine activities once again. Give yourself the time and space to relax and be sweet to you. Read a book, go for a swim, take a walk or a nap. Do whatever helps you relax and come back to yourself. You'll know when you can engage in engine activities again because they will sound fun to do and not like a chore.

Note: I call this “the wall.” My husband knows it well. If I postpone my “kid date” too long, I can feel “the wall” coming. I usually have 10 to 15 minutes to wrap up whatever I’m doing. Sometimes I can talk to my child aspect and get a little more time but a date must be set in the next few hours. If I don’t, I hit “the wall.” I experience irritation and grouchiness, and I want to be

alone. Keeping up with my usual personal and professional responsibilities requires more concentration. When I hit “the wall,” I don’t find the usual enjoyment in my daily life and I’m emotionally reactive. I keep to myself, and take care of myself until it passes. But none of my engine activities have appeal until I am feeling better. Over time, I’ve learned what works for me and I continue to fine tune so it rarely happens anymore.

Go easy on yourself. You have plenty of time. Be open to whatever comes and also be aware that your engine can change. This is new territory and a new program for you.

Have fun with it. You’ll make it yours over time. You will find your rhythm.



Designing Your Higher Power

Now let's talk about some more fun stuff. After all, we need a process to replace shadow work because spiritual awakening continues. We need guidance to help walk us through it. Personalized guidance is best and that's why this program is customizable over time. You start with the basic framework and then tweak it for what.

The purpose of this program is to transmit a personal spiritual experience relating to your source and/or The Source. These are two different entities for our purposes. I use them both interchangeably in this book because I relate to both but I view and orient to them

separately. I do make a distinction between my source and The Source. For me, my source (little s) is my higher self/ higher mind/ origin of the projection of this avatar. The Source (capital S) is the consciousness that pervades at all levels; it could be called All That Is. That's how it identified itself to me eventually. You can call this God, the Cosmos, Almighty Mother and Father, Oneness, All That Is or whatever appeals to you. Please note I used these terms loosely. Use a term that works for you.

While definitions are important in certain conversations, we don't need to use the same definition for the little s and big S sources. We only each need to have a little s source and a big S Source.

Understanding this difference between these two becomes important as you personalize this program for

yourself. Also, Source told me it's important. So, it's important and I have to put it in the book. Haha!

I feel we need a unicorn here. They could jazz this part up a bit. It's getting a little heavy and I don't want anyone getting stressed or feeling overwhelmed. None of this is hard. It's a bunch of simple steps put into a short book. You got this. Make it to the end of the book. There's places we can help you if you're having trouble so stick with me.

And the unicorns. They love us SOOO MUCH!



So, there is your source and there is Source. This program is going to set the stage for you to learn to relate to them as you follow your guidance. This typically develops over time.

But we don't start out looking for your source or Source. That can be too big an ask at first so we are going to build a bridge. That bridge is going to be a higher power that you create. You will decide what you most want in a higher power that you can depend on and begin there.

This is the most fun part.

I love this part!

You are going to get so much out of this relationship. I'm really excited for you. I still use my higher power from time to time today because it's just such a fulfilling relationship during certain times for aspects of myself.

The starting point for this process was how I designed a higher power while working the twelve steps for my multiple addictions. When I joined twelve step recovery, I didn't believe God cared or existed, depending on the day. My sponsor said I needed a higher power that I felt good about. So I started thinking about what I would feel good about and made it my higher power. I've added onto this process since my spiritual awakening. My source also guided me for this chapter so it works cohesively with the rest of the program.

Using the original process, I did create a higher power, or HP, that worked for me. (Spoiler alert! It was Santa.)

Today the requirements are expanded for our purposes. You are going to design a higher power for yourself. The key is imagination here. That is the doorway to this step. You are creating this higher power through imagination. Think of who (or what) feels good to you. This will become a relationship you can go to for support and guidance so you want to feel good about this higher power.

The characteristics your higher power needs to have are:

To love you unconditionally,

To be approachable,

To be enjoyable to interact with,

To be available to you in a trusting relationship, or willing to develop a trusting relationship,

Cannot be a currently living being,

To have a broader perspective than you, and

To possess abilities to think and feel beyond human words.

Use your most flexible thinking here. No one else will be in this relationship. This is entirely for you. If you want your higher power to possess the ability to know exactly how you are feeling without you saying it but the picture your mind makes doesn't include that then you can add it. You are making this higher power. You get to decide exactly what you want this higher power to be. You can start with an idea of something you already know and tweak it or you can design the entire higher power from scratch. The point here is not to tell yourself no if there is something you will need from a higher power. You have permission to make what you want as long as it includes the criteria above.

When I mention the key is imagination, some people hesitate. There are a small number of people who want to be given a proven higher power. I have two suggestions for this. The first is to use something that you already know exists like love or peace. The second suggestion is a mental perspective to help you accept imagination as a doorway. You can design a higher power to be whatever or whoever you like. It can still come through your imagination and be valid.

Remember that we are infinite beings. Below our conscious awareness, we have many different aspects available. We are love, peace, benevolent benefactors, nurturing mothers, protective fathers, disciplined warriors and many more. Remind yourself that you are pulling from that source to design a higher power that works for you. You are everything so you can create a customized higher power to assist you. It's you helping you through imagination. So, this isn't coming from

nowhere. You aren't actually making it up. You're accessing new parts of yourself to help yourself.

Creating and forming an intimate relationship with this higher power is going to open doors for you. I was amazed at how comfortable I was and how much I was willing to share with someone I trusted. It opened me to new levels of healing, willingness, intimacy, and honesty I'd never had before. I also learned how to view myself more compassionately and receive unconditional love. It is my hope for you that you will find this and more in the coming months with your higher power.

When I work with others, this is one of the first things we do together. It's necessary to lay the groundwork and it gives you a focus for turning within. However, you don't need anyone else to create a higher power that works for you. You are going to use the same

requirements, but I want to give you a little more context to flesh it out.

This higher power doesn't have to be a person or anything which can be anthropomorphized or made to look like a person or animal. It can look like a person or animal or color or feeling but it doesn't have to look like anything as long as you can imagine how it presents to you. Do not use anything like God or Source. That relationship is separate from this.

Your higher power could be love or the power of forgiveness or hope or the possibility of a different future. But it must be something you feel good about. Preferably, something that you feel adores and cherishes you. Something or someone who wants the best for you.

It's OK if you don't have a higher power that you feel cherishes you. That will come with time. But it must be something that you feel loves you unconditionally and would never hurt you. You must feel comfortable with it. Finally, it must have a way of thinking and feeling that is beyond human words. This part is important as well. Simply being open to receiving that communication from your higher power that is beyond human words is sufficient. You don't need to know what it will be.

Be open to your higher power changing and evolving over time. It's natural that as you deepen your relationship, your higher power may expand as well.

Once you've designed your higher power, give yourself a pat on the back. That is a huge step and your future self thanks you for it.

I thank you and applaud you for taking this step. I'd love to hear what you created if you're willing to share. You can tweet me on X (@LivingAsGod), message me on Instagram (@livingasgod) or contact me through my website (www.LivingAsGod.com).

Now let's talk about laying the groundwork for communicating with your higher power and refining your energy.



Energetic Hygiene

Learning how to clear, shield, and ground your energy effectively is vital to this process. The skills and abilities you develop here combined with those in the chapter on personal integrity determine your trajectory in accessing honest guidance for yourself. Every step in this book may eventually be altered and you will find your own unique combination through working with your source over time. These energetic skills and developing personal integrity are important because they create your energetic “vehicle” and road map to accessing who you truly are and receiving divine inspiration. If you don’t have effective energetic hygiene

and personal integrity, the information you receive will be of a lower quality and unreliable. Essentially, you will be unable to determine if a source of information is telling the truth because you are not coherent with your own intention.

As your psychic skills increase, these foundational abilities will enable you to detect entity attachments, portals, soul gems, organic portals, and more. You will also gain and enhance your ability to intuit what actions, if any, to take in these and similar situations.

Are you still with me? I'm not trying to scare you off, but Source told me to include that last paragraph. Don't worry. We aren't doing anything in that realm right now, or even in this book. But you need to know why I am very specific about these two chapters and having you get them correct at the outset. You cannot get the

results of this program and discover who you truly are in all your magnificent, ever-loving glory without a solid foundation. Here is where we set your foundation.

Now, for some more instructions. If you channel, stop. This includes channeled writing. If you use cards, like angel cards, tarot cards, animal spirit cards, playing cards. .. actually as I'm writing this, I am receiving instructions from Source to drop all physical items that you use to intuit or divine or seek guidance. Cards, pendulums, Bible verses, anything that you use in the physical world. They are no longer reliable. And you aren't going to miss them for long. You are going to develop new psychic and empathic senses available to you in any situation.

Also, do not visit the astral realms. Do not attempt to leave your body to travel anywhere, whether you can see

the silver cord or not. This includes methods using mental and physical enhancements or inducements. Nothing in this program has you entering the astral realm. There are no answers out there without an effective foundation.

Do not be led by your ego thinking that you are the only one who can “save” people and you need to continue astral traveling. Until you know who you truly are and what you came to do, you are spinning your wheels and may be at risk of undesirable results. Learn these first, then discuss with Source your plan. There might be something even better in your future. (Spoiler alert! There is. I’ve seen it!)

Now to the nitty-gritty, let’s review some definitions. I love clarity, and I want to be sure we understand each other. When I talk about energetic hygiene, I’m talking

about clearing, shielding, and grounding your energy and orienting your focus.

Clearing your energy is removing anything foreign (anything that is not of your nature) from your energetic field and purifying your energetic signature. Yes, you are All That Is but most of us don't identify as such on a daily basis. We need the ego to interact here and we use it to determine our focus. We are talking about your highest self.

Shielding your energy is creating and reinforcing a protective barrier around your core energetic self.

Grounding your energy is anchoring yourself to mother Earth, the Gaia.

Orienting is the conscious focus of our perception (AKA where are you focused energetically and psychically?).

First, you need to know that I have messed up all of these at some time or another. Sometimes it's been more than one at the same time. And it can take years, sometimes lifetimes, to figure out. And I didn't know what I didn't know. Why? Because we have free will and I wasn't asking if I had it right or not. I was in the pursuit of knowledge, and my ego blinded me from being teachable.

The dirty little secret of the New Age - where more than half of my clients come from - is that most have no idea what they are doing and how to know if what they are doing is right. Many think all channeled information is reliable and use that as their authority. It's horrible and I have seen too many well-meaning clients wrapped up

in situations that they thought were helping them but were really going in circles or worse. They were doing what someone else had taught them, not questioning why they were doing it, or learning how to sort information and its sources along the way. Sometimes it was the only source of metaphysical information a client had so they didn't know any alternative. It's new and becomes fun and exciting to them. Before too long, bad habits became ingrained.

So, what is the concern?

My analogy is crude, but I think it is effective. Quite simply, we are all walking around in a spiritual "soup." You are encountering, and being observed by, many different entities on a regular basis. And just like this world, some of them wish you well and some of them don't. Being able to clear, shield, ground and orient is

necessary to get information that is accurate. If you aren't doing this, as well as developing personal integrity, you will get a lot of inaccurate and unreliable information. Simply, you will get taken advantage of because you don't know how to tune yourself like the radio receiver you are. Without proper energetic hygiene, it's the equivalent of asking for legal advice from someone you meet on the bus. You both happen to be in the same place at the same time but it doesn't mean you're getting reliable or accurate information. You need to learn how to find the courthouse to get reliable information.

I designed this program around the methods I used to exercise my psychic skills again after I stopped using them for a year and a half. It was a personal decision, and I wanted a safe way to develop my skills again. Left-brain mental methods that expand awareness outside the body to develop psychic skills are currently

unreliable to beings going through spiritual awakening due to the changes in the astral over the past 15 years. This program is designed to keep you safe while you learn. You will note that everything we do is focused on going into our heart space and into ourselves. This is 100% intentional. We are not going into the astral realm. That may or may not come about on your own journey. The purpose of the Enclave Program is to show you where it is safe to learn and connect with Source and that is inside yourself.

This program is designed to connect you with you and connect you with Source. (It becomes a game of semantics at some point.) The point is you will be setting your intention then feeling and going within your own heart space to the core of who you are. You aren't projecting your awareness out of your body. You aren't at risk of running into anyone you don't want to because you are only with you.

Since you have a source, you can tap into your source through your heart. It's built-in. You're going within yourself to access the origin of you. Great system, right? I think so too. It's exactly what I did and still do most of the time. I love getting the truth directly from Source. And I'm pretty sure you will too, if you want truth.

One thing I do want to mention because I can hear the groans from being asked to stop channeling, using cards, and only going through the heart instead of projecting out. It's worth it. And I hear you. I used to channel, use cards and ask a pendulum questions. Then I realized I could make the pendulum do what I wanted it to do. I could predict the next card and make it appear. I could influence those things I was using for guidance. Not as much fun. And it kind of sounds like

an echo chamber to me. My ego loved that but I wanted truth and love, not power.

Let me offer this. If you're meant to use anything to help you access information, your source will tell you. It will come about organically from this program. But wouldn't you rather get information anywhere anytime from Source? It's so empowering and affirming and accessible at any time. I urge you to give it a year. It will be more challenging in the beginning, but once you have it, you never lose it.

CLEARING, SHIELDING, GROUNDING

This is a list that will grow and change but as of the writing of this book, there are three recommended ways to begin clearing, shielding and grounding. New ways will be shared in future book editions and on my website.

Choose whichever feels best to you. You can use the lesser banishing ritual of the pentagram from Western ceremonial magick as one option. I suggest incorporating the directions of up and down to the four directions for the ritual. You can add that as an intention and visualization to any ritual that appeals to you. You can also use the 12D shield offered by Energetic Synthesis. The video can be found on YouTube. Finally, if you know who you are and you know your own abilities, you can set the intention to clear, shield and ground on your own. Follow your intuition, but you must know your own abilities first to do this on your own. I only suggest it if you are positive of your origin and abilities.

While I mention the lesser banishing ritual of the pentagram and the 12D shield as options, both of these

methods fit into particular belief systems and practices. You don't have to subscribe to the belief system in order to use these methods effectively. They are effective used alone. I do not endorse any systems or beliefs associated with these methods, but I have found these methods for clearing, grounding and shielding to be functional and effective from a technical perspective.

Orienting is the step I added to stay out of the astral and avoid unwanted interference. I wanted to interact only with the core of my being and my source. This is the opposite of what many people are taught to do when developing psychic skills when they are told to broaden their awareness and begin feeling past what they perceive as their body. We are going to stay within ourselves and explore internally through our source connection. You will be amazed at what is within you. You are the cosmos, after all.

When I talk about orienting, I'm talking about directing your internal focus. In this program, I'm specifically talking about focusing on your heart space and acclimating to it. This involves feeling and sensing into your heart space. Imagine feeling through yourself to your source. Your origin is within you and you can access it through your heart center. It is a matter of orienting your focus there and feeling into it. You can feel through it to access all sorts of information about yourself and your source.

Let yourself be free to explore this area and be open to what you experience. As you feel comfortable, I suggest creating a space there for you to interact with what you find. Make it suited to you. I have a lovely natural area I've created that I enjoy in my heart space. Create what will bring you peace and what feels centered for you.

This will be the platform for you to connect to your source and the higher power that you designed. This is the area where we will be interacting with our higher power and eventually Source and our higher self. We will talk about this more in the next chapter.

One final note: If you are used to extending your awareness outside your body to sense and use your psychic skills, this may take some time to get used to. When I began orienting to my heart space, there was a marked difference in my psychic sensitivity. Previously when I expanded out past my body to feel into something, I could receive information pretty clearly. Once I started orienting inward, it felt like I was wearing thick wool mittens on my hands and trying to feel around. I could still pick up on things but it felt muffled. This may or may not happen to you. I share it for those who have a similar experience. It does improve over time. Now my skills are sharper than they were

before. I have my source and Source to connect with and get more details which increase my clarity. As with all our steps, be kind and sweet to yourself. Success is built in by showing up and being willing.



Tailor Your Morning Routine

Ahhhh... the morning routine. The basis for our really great day.

I have switched up what my morning routine looks like many times. Like with everything else, the Internet says I'm doing it wrong. I don't care and neither should you. Results speak for themselves.

You likely have a morning routine. Or strive to have a morning routine. Many people I work with beat themselves up over their lack of a consistent routine they follow every day. They resolve to do better, to have a routine they follow every day, and to start every day

the same way. And they find themselves unable to do it.
Month after month, year after year.

Sound like you?

Excellent!

That was me too for a long time.

You are in the right place.

And I have some great news.

You never had a consistent morning routine because
you aren't supposed to have one. You are not a

predictable cog in a machine. You are a dynamic, fluctuating, growing divine being that needs change and challenge to stretch themselves.

This is the last book you read on setting a morning routine. After you connect with Source and receive your guidance directly, your morning routine is between you and Source. For now, I'm going to share with you how to design your first morning routine until that time. Think of it as your starter pack. It's easier than you think but it is not optional. This step you can start right away.

Briefly, the purpose of your morning routine is to set your tone for the day. We want to guide our thoughts, words, and actions at the outset, before we become involved in daily life.

The purpose of this program is to enable you to walk soundly in life while interacting with others. We do not confine ourselves to ashrams and closed communities. The work I share is made for daily living in neighborhoods and communities. Source has been clear on that. Not better than seclusion, only different. Made for broadening our reach and impact in community. We are made to be sharing ourselves!

In order to do this, we need to center ourselves each morning. If you do not have an inspired morning routine you are leaning toward, I recommend starting with this brief seven minute starter kit. This will change as time goes on, but I find it helpful to provide a starting point to avoid overthinking and indecision.

First, go into your heart space and tell Source how you are feeling about preparing to have a more intimate and

personal relationship. Expect no response. This practice is about opening yourself to having this relationship. Be honest. If you aren't ready or are scared, tell Source. It doesn't have to be long. But you are giving it to Source and moving forward with your day. If you like, after talking to Source, you can also talk with your higher power (the one you designed who can interact with you) in your heart space to share anything that is on your mind.

Second, remind yourself- there is a divine plan of goodness for me. Repeat it aloud and let it sink in. When I first started this, hearing that put me in tears. Eventually, it became an exciting promise. Let it be whatever it is.

Third, write your goal for the day. Sometimes I make this the screensaver on my phone. You can share it on

social media if you like. You can start a notebook with your goals in it. Write one goal that feels doable for you for the day.

Here are some of mine from past days to get you started.

I will color for 10 minutes today.

I will stand my ground at my son's IEP meeting today.

I will ask Source for ideas on what to eat today.

I will read for pleasure for ten minutes today.

I will call three plumbers for estimates on the sink repair.

I will bike for 20 minutes at the gym.

You can see the goal can be whatever you want. Make sure it's something you feel you can accomplish with some focus.

Finally, for your last three minutes, you will do one of the following things. Choose whichever you want each day.

Meditate by focusing on going within your heart space.

Sing an uplifting song you know by heart.

Dance or move joyfully.

Gaze upon or be present in nature.

At the end of the three minutes, say thank you to your heartspace. You are ready to start your day.



Practice Integration

I stumbled onto this tool. When my spiritual awakening picked up steam, I experienced what I called “brain melt” frequently. My logical, thinking brain wasn’t able to process some of the things I was experiencing and I started to think I was losing my mind. I couldn’t keep denying what was happening but what I was experiencing was too much for my thinking mind to process. I have since learned a few other ways to address it, but I started by sharing what I was going through.

At first, I shared it with my psychic development classmates, and then I started a blog with written and video entries. I didn’t know anyone else who was

experiencing these out of the ordinary experiences. I needed to get my thoughts about them out of my head. I had to put them somewhere out in the world. Somehow it felt more real to me and not like I made it up if I could look at it on a page or in a video.

Sometimes my sharing would result in conversations and comments exchanged on my blog. A few times there were no responses. But I felt the same whether someone saw it or not. I could point to a place I had published and shared my experience and it solidified in my reality. Several times my share connected me with others who joined me on my journey for a time. But my ultimate goal was always to validate my experience.

I had spent ten years in therapy, but there was no therapist to validate what I was experiencing going through a spiritual awakening. I wanted to give myself

the space. I trusted my experience, and I was focused on love and helping others. Looking back, I am so grateful to who or what gave me the idea because it saved my sanity and enabled me to develop faster and acquire strong abilities. I am very appreciative. I named the process integration because it united all of me and all of my experiences. It wove them into the fabric of my life.

My hope is you will find a form of sharing that appeals to you. Integration enables you to process your experiences. Integration is very important because the rational mind wants to dismiss the mystical and metaphysical. You need to speak, write, or share about your experiences so you don't question yourself and can begin to make sense of what is happening over longer periods of time. Sometimes it is only by looking back on what has been happening during awakening that you can understand the broader experience.

My suggestion is to practice integration on a regular basis. This means that you share one or more experiences you had, either with another person or in a public space for others who can access it freely. For example, it could be a blog, video journal, sharing at a meeting or telling someone else. This is not an exhaustive list. Feel free to start a podcast and share there. As long as you're sharing your experience, and others are able to access it, you are covered. Have fun!



Weekly Check-ins as a Gateway to Source

I love this tool.

I feel like I say that about every step in this program.
But I mean it every time!

Here's why I love this tool so much. This tool takes the program and makes it tangible, trackable, and follow-up-on-able. (*That's a word! I swear!*)

This tool lets me put down in writing what goals I'm working on, how they are going, and celebrates wins and my willingness to show up.

Let me repeat that last part.

Celebrate!!

I don't want you to forget that part. It can be easy to forget so it will be something that we will be practicing and strengthening. I do it too, so I'm reminding myself. Celebrate! Celebrate! Celebrate!

This weekly check-in can become whatever you want in the future, but I'm going to give you an idea of where to start. This is the quick start method and you will adjust as you go. Don't overthink this. You just need to do it. I've done this in bullet journals, on index cards, and, when needed, on a supermarket flyer that I put on my fridge so I didn't lose it. The most important thing is to

start so any notebook you have is fine. If you don't have a notebook, any piece of paper you have will do. Then next week you can move to the notebook you're going to purchase this week. (That might be a good goal for the week.)

Your weekly check-in will look like this in the beginning:

1. Orient and check in with your heart space
2. Untangle/refine the coming week's energy
3. Review three goals and their progress
4. Celebration and reward

Step one - Orienting to the heart space is the practice you've been doing in the morning routine and when connecting to your higher power. You are deliberately

focusing and going inward into your heart space. Spend at least five or six minutes exploring the space and noting what you find in your notebook. Take your time.

Step two - Detangling the coming week's energy. While this program is not a "manifesting" program, I do think it is important to learn how to smooth out the energy for your upcoming week. This won't eliminate anything that needs to cross your path but it will decrease large swings that come from intense desire and longing. Such as finally finding that home close to your child's school only to discover after closing that the upstairs has no grounded electrical outlets and if you plug the fridge in, the entire first floor electrical shuts off. (Oddly specific, right? Guess how I figured out how to do this? Yes, that's my house after apartment living for over 10 years. My source told me my intense desire had brought the house - my rose - but I never cleaned up the bumpy

energy because I wanted it fast so - it has thorns. True story.)

So, you can learn from my mistakes. Here's how you straighten out your upcoming week.

While in your heart space, ask to be shown the energy for the next week. Mine looked like a knotted electrical cord in the beginning. Then you are going to unravel and untangle that energy. Stay with it until all the knots and irregularities are out. It should look and feel smooth and unencumbered to you. Keep an open mind; you may sense your week's energy differently. You know yourself best. The intention is to orient to the heart space, ask to see the coming week's energy and then correct it.

Step three - Goal review and progress. I suggest starting with three goals for the week. You can adjust this later as you follow your intuition, but keep it simple to start as you are developing this habit.

You will have one goal related to the Enclave Program. It might be attending a meeting that week, spending an hour designing your higher power, or making a commitment to do a specific type of service. You decide where you are and what you need.

Another goal will be something you need to do for your daily life. This will depend on your individual situation. It could be sending out five resumes to leads you have, researching and deciding on a major purchase or getting to the gym three times that week for Zumba (my favorite!). Don't make the goal something you already do. If you are a regular at Zumba class, then you need a

different goal. The goal should be a reach but it should feel doable.

Your last goal is up to you. You know your life best. I designed this program with loose structure, but wanted it to be customizable. I've met and worked with people and their families long enough to know that each person finds what works for them. And once put in touch with Source, they become unstoppable.

Use this third goal as you wish. I'm sure you could write 20 goals for the week, but the idea is to develop a habit, not to see how productive you can be. (I've been there! Not as much fun as it sounds. It's way better to plan with Source!)

Sometimes I use my third goal for something my source and I have been working on. Right now it's spending time writing this book. My other goals at the time of this writing are related to getting guardianship of my stepson with my husband and enhancing my health.

Make these goals work for you. Each week set aside time to review the past week and determine goals for the coming week. I usually do an hour on Sunday mornings. Of course, now as I'm writing this, Source is telling me that I will be doing weekly check-in events. (*Oh my goodness! How fun! Yes!!*) It feels like this may change over time so go to my website for details. This will be free, as is every part of this program.

I would love to see your goals and hear about your progress. If you need a witness to them, send them over on X (formerly Twitter) and Instagram (@LivingAsGod

on both). I will be happy to witness your transformation and cheer you on!

Speaking of progress, that takes us into the review portion. Unless this is your first weekly check in, you will have goals from the past week to review.

Take a look at last week's goals. Did you make it to the meeting you committed to attend? How did revising your résumé go? Maybe you made it to two out of three Zumba classes. This review is not to beat yourself up. The opposite is what we're doing and we will talk more about that in the last step.

The purpose of this review is to reflect. Be compassionately honest with yourself. If you are learning how to be compassionate with yourself,

approach this as you would approach a project that a close friend is working on. How much more warmth and kindness would you have when reflecting back? That's what we want.

Looking at the past week's goals, how did it go?

Remember this is not an indicator of your self-worth.

Whether these goals were achieved or not has nothing to do with your value. Our purpose is to determine if we are setting attainable goals for ourselves. This is a self-love exercise that, over time, helps us to see ourselves more clearly and know how we want to structure our lives. It is important to know that achieving every goal is not always a good thing. For instance, did you go to a meeting, research and make a big purchase and go to three Zumba classes but cancel plans with a friend because you were too exhausted from the week? Then it's time to dial it back a little. You can make these changes and reflect on them in the

coming week's goals. You may need to make socializing one of those goals for the coming week. We want to flow and be open to adjusting our plans.

The important thing to remember here is that perfection is an ideal. It's a nice idea but for day-to-day living, good enough is just fine. All we need to do is overcome that inertia and do it. There is no ending point so even when we have an ideal week, we enjoy it and know that it's one of many and things always change.

Two of the skills we are developing with weekly check-ins are adaptability and compassion. Embrace that you are getting to know yourself better, and if you wish you had done more, but don't know where you could have fit it in, I get you. I've been there frequently and that's why we have our last part.

Step four - Celebrate and reward!

In a totally Pinkie Pie world, confetti and glitter would burst out of the book when you arrived here. Yay! (I do adore My Little Pony; so many great lessons on friendship and working with others.)

Then, it would slowly dissolve as you finish reading the chapter. Because surprises are great, and the ones that clean up after themselves are the best!!

So I'm sending you psychic glitter! Wheeee!! No mess!

* * * * *

This brings me to the final part of the weekly check-in - Celebrating.

DO NOT SKIP THIS.

IT IS MANDATORY.

IF YOU SKIP THIS, YOUR HOME WILL BE COVERED IN GLITTER THAT NEVER GOES AWAY, AND YOU WILL FIND IT ON YOUR FOREHEAD AT THE MOST INCONVENIENT TIMES FOR THE REST OF YOUR LIFE.

I'm not big on threats. Can you tell? They don't work but I thought this one was pretty funny.

So, don't skip this step. You will be missing out. Missing out on a lot of fun and maybe some major heart openings. (Just sayin'.)

After you have gone into your heart space, detangled the coming week's energy and reviewed and set new goals, it's time to celebrate! You are not celebrating only what may be thought of as successes. The fact that you are doing this is already a success. You are celebrating all of these:

- Spending time in your heart space and anything you learned there

- A smooth entry into the week and taking care of yourself by detangling the energy for yourself

- All the insight you gained by reviewing your goals, regardless of whether you achieved all the goals

- The goals you achieved

- The goals you adjusted as you learned more about yourself

-Your willingness to show up for yourself and follow this program

Woo hoo!! Way to go!!

Celebration is mandatory and it gets easier and becomes more natural the more you do it.

Celebrating can be whatever you want but you must do part of it immediately after goal review. It can be a celebration dance you do right where you are, giving yourself congratulations and a high five in the mirror or, if you're like me, giving yourself some unicorn stickers at the bottom of the goals you just reviewed. All of these can be done immediately.

Next, you are going to give yourself a reward for that week. Make it something you enjoy. It could be 30 minutes reading with a cup of tea, trying a new spot for an outing or giving yourself an extra hour of something you enjoy. One of my favorite rewards is putting away a certain amount of money for something I want that's a luxury for me, but attainable within a few months. Right now I'm high-fiving myself and enjoying my unicorn stickers with a celebratory dance in the moment and putting away some money each week for a piece of jewelry I want.

Find what works for you and make sure it is sustainable. You know what motivates you. This is not the time for deprivation thinking. Consider what you truly want and enjoy.

Each week at your weekly check-in, you will celebrate and reward yourself. You do these no matter how the three parts before it went. Do not reward yourself more when you achieve all three goals and reward yourself less when some goals are unmet. You reward yourself because you are showing up and completing the check-in. If your week had some challenges and the goals are moved to the next week, that's fine.

We celebrate that we are doing the check-in and forming this habit. If your goals do shift to the next week, you will still have the insight of what happened the week before. Were the goals unrealistic or did you forget a factor that influenced your week? Maybe you're getting better each week at detangling the coming energy and you're riding out the end of that wave. It all gives you information to make decisions for the next week. You may need to celebrate even more because a part of you feels like beating yourself up.

Remember you have resources like the other steps in this program. There is vast help available to you for this, both embodied and inorganic. You don't have to do it alone. Orient to your heart space, ask to be shown your next steps and celebrate your own willingness to make this change. You are doing it!

We celebrate, celebrate, celebrate! Dance around. Write yourself a love letter and mail it to yourself. Make a list of all the ways you are awesome and tape it to your refrigerator. Sing your favorite song to yourself. Give yourself a hug. Tell that amazing soul in the mirror just how wonderful they are and how proud you are of them. Yay you!



Before we end this chapter, I'd like to mention why weekly check-ins are part of the program. First, it is an opportunity to exercise honesty, open mindedness, and willingness which you'll hear more about in later chapters. As with many aspects of this program, you develop personal integrity, accountability and responsibility. It allows us to see ourselves accurately as we look back on our week. It brings us back to our heart space with no intention, other than curiosity. We reaffirm our commitment and love to ourselves. It gives us a way to integrate our program into our daily life.

It also addresses a need that I've seen in myself and in working with others. We have vast inner worlds. We live in bodies spending most of our days interacting with the outside world. It can be easy to spend a day, or two, or a week, pondering or examining our feelings and staying inside our own mind. I found myself here many times. It's beneficial for the type of inner work many of us do. Then when I found out who I truly am, and why I am here, I needed another way to anchor myself in day-to-day life to begin setting pieces in motion for what I am creating. I needed a way to begin moving forward and monitoring my progress and goals so I could look back and see how far I'd come.

Thus, the weekly check-in. It's an anchoring point you will develop as your own path unfolds. It grounds you in the world in which you are called to share your work. It also cuts short those thought loops that keep us focused

solely on the mental plane. It helps engage hearts and hands in the world.

You have your starting point now. Over time your check-in will change. This tool is a framework and there is so much available to you here, including what will develop during that time in your heart space. Stay honest, open-minded and willing. What unfolds is magical. And if you need some unicorn stickers, let me know on my website, and I'll send you some to get started!

Integrity and Character Building

This is the tool that many of my clients say is the most challenging... and the most rewarding. I've had clients ask if we can skip parts of this chapter. (Nope. Sorry!) Clients tell me that they don't need to develop personal integrity because they've been doing shadow work for a long time. (Also, no. This typically results in identifying as a "good person" and making things that need to be "addressed" into your shadow. If you continually think that you are a "good" person, you keep yourself from embracing the wholeness of who you truly are as All That Is.)

I used to think it would be great if there were a shortcut to becoming who you were meant to be. But I've done enough of my own exploring, and worked with enough people to find out that there are no substitutes for the gains and satisfaction that come with walking yourself through becoming your own person. The process of finding what is truly important to you and what you want to be representative of your character cannot be rushed. It influences your energetic nature, what you resonate with and the types of beings, both embodied and discarnate, that you interact with.

But first, it's necessary for me to point out one of the biggest traps for people going through spiritual awakening. I call it the Belief System Battle. The players are different depending on which spiritual tradition or background a seeker ascribes to but the mechanism is the same.

Seekers become attached to particular belief systems or explanations. This happens for a variety of reasons. Then the seeker self-limits information, personal contacts and experiences and openness to new ideas by testing what's encountered against this preferred belief system or explanation. If the new input is congruent (or doesn't directly threaten the belief in the preferred belief system), it is accepted. If the new input challenges the preferred belief system, it is rejected and often attacked. It becomes a threat to the comfort and security of the ego and/or the preferred belief system. You see this frequently in online spaces where people debate the "best" ways to be, do or have an experience. What works for one person is shared but it doesn't work for another or is seen as threatening a belief which someone else holds so the speaker and/or the practice is attacked.

For example, let's say a seeker has found an explanation for energy centers in the body or a specific method of awakening practices belonging to a particular branch of a spiritual tradition to be very important in their life. It could be different branches of Buddhism, mystic Christianity, new age practices, indigenous traditions of different locales, different types of magickal practices, Toltec mysticism, theosophic inquiry, etc. The list can go on. The seeker begins limiting their own experiences and interactions to ones that don't challenge what they believe to be valid.

By reducing what is acceptable, they have now begun operating on a smaller field. They have contracted their own awareness for the sake of comfort. The end result of this is ultimately that they diminish their own experience and awakening. Their ability to access new information and to hold seemingly opposing thoughts concurrently is diminished.

This also creates division within spiritual communities. The old adage, “If you aren’t for me, you’re against me” comes to mind. The totality of who we are as All That Is becomes lost. The seeker loses sight of the multiplicity of paths to Source.

So why do we become so attached to our ideas of how things are that we can’t examine new information?

How did this begin?

What are the risks?

We become attached for a variety of reasons. I'll provide a few, but honest examination of your own life will show you more.

We become attached to certain spiritual belief systems because they were helpful to us at one point. We may become attached because someone we trust told us something was true. We may take on belief systems that fit well with belief systems and explanations that our ego already believes to be true. We may become attached to belief systems and practices because we believe it will get us something we want or because it worked for someone else. We may take on belief systems that feed our ego and tell us something we want to be true about ourselves. We may become attached to belief systems that explain something we haven't found another explanation for and are desperate to understand with our thinking mind. This list goes on but you get the idea.

There are two main risks. The first is that you do not accomplish what you came here to do. The second is that you do not refine yourself enough to move on to the next level and repeat another incarnation. (This is not a punishment. It is simply repeating a choice to gain more experience. Ultimately, it is all happening in the same one moment so it is simply another incarnation for your higher self.)

These risks are possible because you have narrowed what ideas and experiences you will entertain. You become unable to examine any new experiences or information with curiosity. Your awakening stymies. You cannot assimilate new input or broaden your consciousness to an understanding that can hold seemingly opposing viewpoints and paradoxes.

Unfortunately, this is the most common impediment to spiritual development I see. It keeps seekers from diverse backgrounds with complementary experiences from interacting and working together. I see it keep seekers from following up on insights and intuitions because the preferred belief system doesn't match with the inspired action. The seeker chooses the preferred belief system instead of curiosity and exploration in following their inspiration. The inspired action is not taken and an opportunity for expansion is missed. (Note: There will be more opportunities but there is a long term detrimental effect here. However, this book is not the place for that explanation.)

But this chapter is about developing personal integrity and character formation. Why am I talking about the Belief System Battle? What does that have to do with personal integrity?

You need to know about the Belief System Battle because it is the biggest impediment to developing personal integrity. You need to be able to recognize it in yourself and others. Once you know about the Belief System Battle, it's fairly easy to identify. Often, interactions with a new person are driven by the other person's inquiry about your belief systems and experiences to see if they match. You are testing each other out to see if it is safe to continue, to see if you both agree on some core premise. Once the other person feels that their belief system is safe with you, they can explore other topics of conversation. If there isn't any common ground around belief systems, the interaction typically ends for seekers caught in the Belief System Battle. The opportunity for expansion and a new experience is missed.

But once you are aware of this dynamic at play or you are confident in your own identity, it's possible to have another scenario. Instead of discussing belief systems and experiences and looking for a match, you have many more options. When meeting a new person or experience, you can follow your intuition or inner guidance. Maybe you feel like you need to introduce yourself to someone across the room. Perhaps your eye is drawn to something on their shirt and you ask about it. It ends up being exactly what you needed next in your journey. Or you ask some questions about the other person. Getting to know him or her will reveal more topics that may pique your interest. Of course, you may not be called to interact with a person at all. You may feel pulled to enter a garden at a party and begin stacking rocks. Then it attracts the attention of the only person at the party you really need to speak with. Stay open to ideas. There's more to explore here but the point is that opting out of the Belief System Battle is an

option that can become more familiar to you over time. It has great rewards. you meet some amazing people and have great experiences and stories to tell!

So, now you know how to identify the Belief System Battle. It sidelines your awakening, just like shadow work does. It also hinders developing personal integrity because you become focused on matching your belief system to outside input rather than developing yourself. When you are focused on developing yourself and becoming a person of integrity, the focus moves from being right to being coherent with your own values. You become willing to be wrong if it helps you become honest and whole. You recognize that you have an ego that wants to be right and you don't let it run the show.

So the next question is, Why do I need to develop personal integrity?

You need to develop personal integrity because you want who you are as an energetic being to be driving your awakening, not attachment to belief systems. This matters because you want to develop your intuition and psychic skills for guidance, not be reliant on outside input. The non-cognitive information you receive as guidance, whether it's a hunch, your clairaudience or a dream, is influenced by what you have decided is important to you. If you decide that a certain belief system is important, you will receive guidance pertinent to that belief system. If you decide that someone has wronged you, you will receive guidance pertinent to that interaction. If you decide that you want to become a being of integrity and learn truth even if it shows your belief systems to be wrong, you will receive guidance of a higher quality which broadens your consciousness and expands your mental capacity for understanding.

This alignment with personal integrity has additional benefits. First, this focus on personal integrity gives the thinking mind something to focus on besides particular belief systems and reinforcing those belief systems. It reduces the ego's dependency on being right or being seen as superior. Second, it strongly influences which energies and entities you encounter as guides and in your experience. As you set a higher goal, you attract beings and energies aligned with that goal. In short, if you want higher truth, choose that above all else and your inspiration and intuitions will begin to match it.

This is also a starting point for communication with other beings that value integrity and truth. There are great benefits when you become proficient at interacting with inorganic beings (or spirits) as well, but that is beyond the scope of this book. Suffice it to say, you will have a foundation with this program as your starting point.

Now, we need a unicorn.

Just need to drop one here. That was a lot of info.

Feel free to break out some crayons. I might color my unicorn for a little break. I might get carried away for the rest of this chapter. Every chapter needs at least one unicorn or funny picture. That's a rule. I made it up, just now. I don't know why but I'm making it a rule. We are here to have a good time after all! Even if a little work comes our way.

Say hi to Smooni.



Smooni loves to brighten days and eat ice cream. She's pretty much the best friend of five year olds everywhere.

OK, Smooni. Thanks for stopping in. Catch you later, Beautiful. We're building personal integrity here.

Back to business.

What is personal integrity? How do we develop personal integrity?

My definition of personal integrity is the process of becoming aligned with the values that you hold. Exactly what that looks like will vary from person to person. You need to be clear on what you value as you develop a personal code of values for yourself. And you need to understand that my definition says “becoming.” There is no arrival point. As in life, we are in a continual process of becoming who we desire to be. Personal integrity for me means that I am someone who keeps her word, is present for what shows up in life and relationships, contributes to help others and cares for herself.

Now, I’m not perfect at this. I just do my best each day. Having personal integrity means you strive to become the kind of person that you want to interact with and enjoy being around. One of the biggest markers is whether you act the same in front of others as you do

when you're alone. Being able to be in coherence with your own values when no one is watching is a big deal. Because ultimately, the only person who will ever know if you have lived up to what you set out to do is you.

The core of personal integrity lies in what you are focused on. In this program it is a concentration on H.O.W. This is a concept put forward in the big book of Alcoholics Anonymous. It may be mentioned in other places, but 12 step rooms were my introduction to it. It stands for honesty, open mindedness, and willingness. These principles have changed my life. I know they will change yours.

My personal favorite is willingness, because in those times when I am not ready to be as honest or as open minded as I'd like, I can always be willing. If I'm having a difficulty, I ask for the willingness to be willing so I

can be or embody whatever change I'm looking to make. That softens my resistance, and I can be kind with myself, while still focusing on what my next steps are.

Being honest, open minded and willing is a full-time job. I suggest you go easy on yourself and be sweet to you. As we develop personal integrity, we also foster a commitment to personal growth. As you'll discover, developing integrity is ultimately about relationship – relating to others, relating to ourselves, relating to our environment and the decisions and values surrounding those relationships.

We learn to focus on doing our best. With that commitment, we recognize that our best will vary. Some days we are capable of fulfilling our obligations and vision for the day. Some days we are not. Through using the rest of the tools in this program, and being honest,

open minded, and willing, we cultivate self-reflection. This allows us to see ourselves clearly to know when we need to challenge ourselves, and when we need to step back and regroup. This insight comes with time and willingness. Remember to be kind to yourself. There is no race. The journey has no end. And we have multiple helpers along the way, so we are not doing the heavy lifting ourselves.

The foundation of this tool is reliant on learning how you want to approach and interact with your emotions. I find this is the biggest stumbling block to developing integrity. Emotions are non-cognitive information. There are entire books and systems of thinking around how to interact with emotions. I would love to add an entire list of processes and methods of approach here. My source told me no. This program is made to be customizable. The beautiful people who are brave enough to open themselves to working with me have

shown me that there are many, many ways to approach this. Personally, I have seven different approaches I use for myself. I use whichever I feel would fit in the moment. Over the past 20 years, I've used over four dozen different methods of addressing emotions. It's important to try new things so that you can synthesize and create methods that work for you as you evolve.

Use whatever methods you like. Make sure that the method doesn't judge emotions and sees them as valuable information. We know joy feels better than resentment, but all emotions give you information and are valid. I've learned some of my most important lessons while experiencing fear. Then I learned how to ask for a more enjoyable, learning experience, and what the fear was indicating about my personal belief system. We are not abdicating responsibility for emotions and we are not denying emotions that don't feel as pleasurable as others. We need them all.

Tip: Stay out of the ER. As we learn which methods we prefer, we remind ourselves to stay out of the ER. The ER stands for Expectations and Resentments. Both of these place our personal power in someone else's control. Reclaiming agency and personal accountability in our lives is a big portion of personal integrity and feels much better.

Meetings

Meetings are the cornerstone to solidify your transformation. This is where we separate out those people who want to read this book to see if they agree with it, try out a few ideas, and when they don't get the change they're looking for, put the book on the shelf or give it away. They tell themselves, "This program doesn't work, just like all the others." Then they go looking for the next thing. That's fine. This program isn't for everyone. It's for people who want change and are willing to walk a heart-centered path with others to do it.

If I had to pick only one of these chapters to implement right away to get started, this is the one. I love this

entire program, and all these steps work together in a very mystifying, yet satisfying way. You will eventually be using all these steps to achieve the transformation and revelation you're looking for.

But if you can only do one to start, this would be it. Attending and participating in a meeting is the best step to start if you can only do one step. You can attend one of our meetings, meet other people working this program, say hi and get as involved as you'd like. You can also attend a meeting, say nothing and take in what we have to offer.

People who regularly attend and participate in meetings get vastly better results with this program than those who don't. I deliberately formed this program around meetings, because they are so transformational. I'll be honest; I don't have much confidence in long-term

transformation without regular meeting attendance. While I'm a mystic at heart, and have experienced multiple miracles in my life, I don't believe you will have the same powerful change in your life if you don't participate in meetings while establishing and personalizing your program. But I am happy to be wrong. I want this program to help as many people as possible in as many ways as it can be made available.

I made meetings the foundation of this program for several reasons. First, attending a meeting - showing up to a room full of strangers and identifying that you are ready for something more in your life - is a powerful action.

That's one of the things this program relies on - action. Being willing and taking this first step separates you. It separates you from everyone else who reads this book

and says, “I’ll try this some other time. I am too busy right now.” It is the people willing to take action who will realize the totality of who they are and why they’re here through this program. As I learned in the rooms of my recovery - Meeting makers make it. You know that you will need to make this a priority. It’s sending a message to the cosmos that you are ready for more and engaged in your own awakening. You resolve waiting.

Ready to make this a priority? Take two minutes to contact me for meeting announcements and list on my website. It’s below.

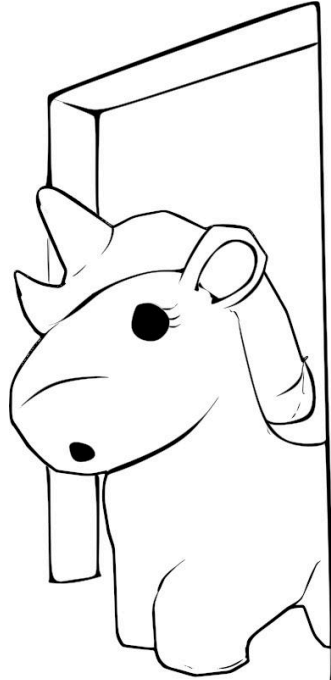
Go ahead. I’ll wait. Fill out the contact form and select The Enclave news and meeting list.

www.LivingAsGod.com

Signed up? Excellent!

Meetings are free and I only send meeting-related emails for that list.

Also, I'm super excited to see you at the next meeting!
Sweet!



(I think a unicorn snuck in while you joined the meeting mailing list. No worries; they are friendly.)

Why else did I make meetings so important? Glad you asked!

As well as cultivating willingness, meetings help dissolve the sense of isolation and loneliness that often accompanies spiritual awakening and spiritual work. I often hear from clients how they wished they had found me and my work sooner. They felt alone and isolated for most of their lives, unable to discuss much of what goes on in their interior world.

I also know exactly what this is like. I found spiritual groups during my awakening but they were always built around subscribing to a particular belief system and

some were built around entrepreneurs building a following and charged a fee. It is common to feel lonely whether going through a dark night of the soul or not. Sometimes you just want to be able to share something that you're going through and be seen and heard. That's something, increasingly rare currently, but so necessary for walking this path. Sharing at meetings and supporting others at meetings builds what is necessary for sustainability on what is sometimes a challenging path. It builds community and belonging. We are united in the common goal of becoming who we were meant to be and we are supportive of each other and our diverse paths.



Community! Togetherness! Sis-boom-bah! Yaaaayyy!
Meetings!!!

(Have I mentioned that I love teamwork!?)

What else are meetings good for?

What?!

There's more? Really?

Yes. I will give you more reasons meetings are awesome.

Remember that chapter on personal integrity? Guess where you can start practicing all those skills right away?

Your next meeting!

Yes, you too can practice all these and more!

Honesty! Open mindedness! Willingness! Personal accountability!

That personal code of conduct you've been working on?

Time to practice. Time to share.

When it comes down to it, it's just interpersonal skills. It's how you interact with yourself and how you interact with others. Meetings are a relatively easy way to start because meetings have a set format. Once you've been to a few, you have a good idea of when people talk, what the expectations and roles are, and how to interact. Also, you can meet new people. What a bonus! It's a great way to keep our program front and center to reinforce what we are practicing.

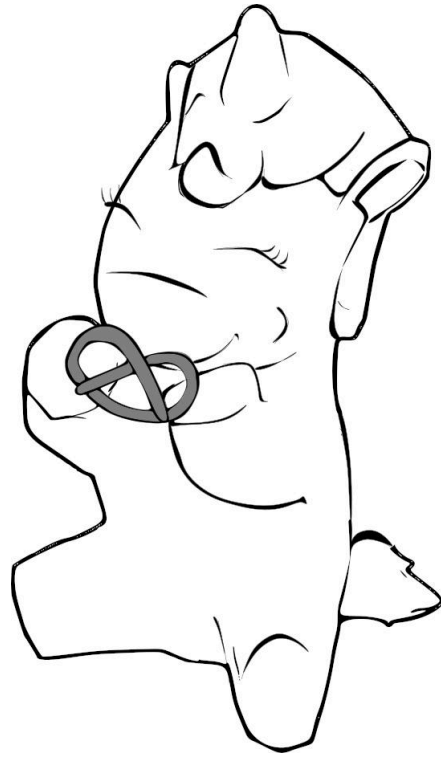
Before you ask, there is one more reason I absolutely adore meetings. This reason is integral to this program.

I don't want to give away too much. (HINT: It's the next chapter.) Not only do meetings allow us to practice building integrity but... stay with me here, it's better than you think... Meetings are your gateway to...

Service!

It's easier than you think. I promise! Doesn't hurt at all! Actually, if you are reading this and you can talk, then you can do service. Meet me in the next chapter. I'll tell you how easy it is and how it's going to help you.

Come on.... Grab a snack. I'll bring the unicorns. We got this. We're almost done.



Service

Hello! Welcome to our final chapter.

Feeling good? Did you bring a snack for yourself?

Great!

I told you in the last chapter that the final reason meetings are beneficial is due to service.

So, what is service?

Do you have to do manual labor?

Tell your neighbors about this program and spread the word?

Am I trying to start an MLM empire?

Nope.

Nothing like that. I actually designed everything in the Enclave Program to be free so it's accessible to as many people who want it as possible. I do charge to work with me personally but you never need to do that to take full advantage of this program. Everything you need to be successful is found in the program in this book. Your willingness to apply it is the only hurdle.

You need to go to a meeting.

And read.

Out loud. So other people can hear you.

It's two paragraphs. Can you do that?

Of course you can!

So this chapter doesn't feel so scary anymore, does it?

You can go to a meeting and read. Now you've done some service. Way to work your program! Woohoo!!



Great job!

So, what is service and why is it in this program?

Service is any activity done for the benefit of others with a heart willing to help while respecting free will. It starts at meetings and we move it outward as we are inspired.

Meetings are a great place to do service because it strengthens our fellowship. It makes us all responsible for ensuring the meeting runs smoothly.

There are always opportunities for service at a meeting - doing a reading, using the timer for shares, speaking with newcomers after the meeting and signing up to

lead an upcoming meeting. Not only does it help the group, but it keeps you connected and engaged as well. As with all the steps in this program, how you practice service will change over time as your intuition and personal guidance evolve.

Not bad in exchange for some reading, right? You got this.

Congratulations! We're done here. Now your action begins and you take this into daily life.

You've read this manual. You know why shadow work doesn't work once awakening starts. You have tools and you're on the meeting list.

I'm excited for you. Your life is about to get next level. I know what's in you which is why I created this program.

Don't worry. This isn't goodbye. You know where to find me online and I'll see you at the next meeting.

I love you.

Further Resources

Congratulations!

You've finished the manual.

I have further resources I'm developing to support The Enclave Program™. I'll be releasing videos, worksheets, opportunities for online sharing and whatever Source moves me to share and create. You'll find those on my website and social media accounts.

Website: www.LivingAsGod.com

Instagram: @LivingAsGod

YouTube: Living As God/@LivingAsGod

X (formerly Twitter): @LivingAsGod

Get a copy of the meeting list by signing up for the email list on my website under The Enclave™. You'll get updates of future meetings and all additional resources as they are released. See you at a meeting soon!

