



*Meditations and  
Transformations*

A GUIDE TO SPIRITUAL GROWTH

*by Wendy Chaffin*

WITH EMPOWERMENT AUDIO

*Meditations*  
&  
*Transformations*

*A Guide to Spiritual Growth  
with Empowerment Audio  
by Wendy Chaffin*



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*This book is dedicated to  
WomanSpirit*



WomanSpirit is a receptive, giving, nurturing, yet powerful vibration. Along with our deeply and culturally ingrained Divine Masculine (a drive to powerfully go forward and move toward our goals) holding the energetic balance permeating every man and woman in all of nature expanding throughout the universe is the Divine Feminine vibration carrying a message, “Ask and you will receive.” We are all capable of creating and manifesting exactly what we wish. However, meditating on what is for our best and highest good is recommended.

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# Introduction

In this book and Audio set, I offer you a compilation of the simplest, yet most profound, lessons I have learned in my life. It is the unfolding of Awareness Within as I followed the Radiance of our changing moon vibrations. I am excited to share my lessons with you, with love.

This book and Audio are designed to help you travel through your life with a Higher Intent to follow your Soul Path and remain connected to Divine Spirit within and around you. After reading each chapter, please meditate on what you have read. Use the Guided Questions to help you pull out your own issues for healing. The questions may be used again and again for new issues that may appear as your life unfolds. Write directly in your book, or keep your notes in a notebook or journal for reference and release. Allow as much space as needed to explore your thoughts and feelings.

After you have spent time in contemplation on a chapter, and have written down your thoughts and



feelings in your journal, find a place where you can meditate without disruptions. Choose the track on the accompanying Audio that corresponds to the chapter in which you are currently working. Get comfortable and cozy, and relax into the meditation. Allow my voice to be your guide. Please don't feel discouraged if you tune out once, twice, or even for the entire meditation. Sometimes you may find that your best healing occurs from a subconscious state. Each meditation is written in this book so you can preview it and prepare for a whole and complete experience.

Changes may occur immediately or over time. Do not allow yourself to fall into the judgment trap. Stay in the present moment and allow your growth to unfold with ease and grace. Never underestimate the power of your intent to heal! Just relax and enjoy the journey. You are worth it.

My wish is that you will begin to recognize that you are a Co-Creator with Spirit. Experience, expand, and explore your own Divinity. Feel your magnetic Light and enjoy being connected with many others who are on

a Light-filled path!

Many blessings are in store for you as you take personal authority in healing and lifting yourself into Higher Awareness.

**And So It Is.**

## Making a Statement of Commitment

Throughout the guided practices, you will be asked to make a Statement of Commitment. This is simply an affirmative statement of your intent to pledge yourself to your own growth process. It is very important to set your intent by clearly defining what it is you want to achieve.

Always be sure to write your statements in the positive. Avoid words such as: *don't, no, not, try, hope, won't, should.*

For example:

Do say: I speak with gentle kindness.

Avoid: I don't want to hurt people's feelings.

Do say: I set positive boundaries for myself.

Avoid: I won't let others penetrate my boundaries.

You will find that as you practice it gets easier and more natural to set your thinking on a positive track.

## Notes on Meditation

The following notes will help you create a focused, clear mind and will provide a foundation for all of your meditations. (Recommendation for beginners: Practice meditating without the help of the accompanying Audio.)

Learning to meditate takes patience; clearing your mind takes practice. Sometimes it is necessary to sit in a comfortable, quiet spot in short meditations of about ten minutes a day. Sit in the same spot at the same time for each meditation. Music, a lit candle, incense, and lowered lights are helpful, but not necessary. Always make yourself cozy. I recommend sitting up until you are able to meditate lying down without dozing off. Give yourself a few months or more to get used to it.

Always declare aloud or in your mind that you are surrounded and filled with Divine Love and Light. Set your intent to remain connected to Divine Light as it's moves through your head and down your spine and legs. A wonderful way to do this is to imagine the Divine

above, and bring the energy down through you and into the Earth for miles and miles until you reach the colors of red, orange, yellow, and finally bright white Light. Now you are safely connected to the core of Mother Earth.

Many people say that at first they just can't stop thinking. It's okay to let each thought be important. Pay attention to each one. Is it a message to hold for later? Ask your Higher Mind to hold it for you. Tell your lower mind that you are meditating now and you would be more than happy to act on that thought later, unless of course it is some old fear or worry that in your heart you know is creating confusing clutter in your mind. Gently talk to this kind of thought. Thank it for the lesson you have learned or are learning. Thank it because it did serve a purpose at one time, but now it has become clutter so it must go. Each time it appears, release it in this gentle way.

Many people become distracted or annoyed by sounds in the room or outside. Tell yourself, "Each sound helps me drop deeper and deeper." Saying this to your-

self always helps. Breathe into the sound and feel your whole body relax even further.

Another thing that happens sometimes is you're sitting there floating along when suddenly you are confronted with an image or thought that scares you. It can jolt you right out of your meditation. This is just yourself (or lower ego energies) trying to thwart your success. Send the image or thought to the Light and continue on. Your old Saboteur loves to work on you when you are ready to get serious about enlightenment because it is afraid of its own demise. The expanded consciousness and raised vibration make the ego feel abandoned. The lower vibrational Saboteur hates that. Your Inner Light is much more powerful and significant. Remember, you are Light! The rest is an illusion.

Another way we sabotage ourselves is by allowing ourselves to be physically uncomfortable. Always make sure you are cozy. Adjust the temperature in the room. In colder weather, take the time to put on warm socks if your feet are cold, or have a fan blowing lightly your way in warmer weather. If you have an itch, scratch

it! Make needed adjustments, then settle in. It's okay if you need to move. If you just can't get comfortable, plan to meditate another time.

Meditation feels wonderful! As your mind clears the clutter, peace begins to permeate all areas of your life. Allow yourself to feel unlimited and expansive. Let yourself be the Light You Are and feel yourself connected to All Things. Your Heart will sing and your days will flow beautifully! Stick with it, and you will see that each delightful experience leads to another you never dreamed possible.

*Many Blessings,  
Wendy Chaffin  
March 2005*

*Letting Go*





Letting go can sometimes feel like we are denying the importance of a situation. Fears, unrealistic expectations, controlling behaviors, illusions and projections seem important, but inspirational living (living from the Heart) requires us to release the old so that we can welcome and appreciate the new.

Letting go heals the guilt, anger, resentment, resistance and pain from the past. When we hang onto feelings that have passed, we are hanging onto the past. The wholeness of the present moment can heal the ties with all involved, even those who have passed into spirit. When we let go, as we think on loved ones, friends, challenging people and painful situations, we can vibrate our wholeness rather than our feelings of brokenness.

Letting go can sometimes feel like you are denying someone in need. I have found this to be the opposite of the truth. Rather than taking care of another, you can *care about* them. Rather than denying others, you are accepting them as capable individuals.

As soon as you try to fix, adjust, arrange, or regulate for someone else, you are communicating your judg-

ment that you know more than this person knows about his/her own life. In that moment, you assume that you have the answers. That person can no longer hear his/her own Soul Voice, or the voice of his/her Higher Self. Inner Awareness becomes masked by the “fixing” caretaker.

You cannot know what is meant for another, or what contracts have been made with others, with Self, or with the Divine. Each person has to discover and connect to his/her own Soul Contract.

Each person must look within to find the power to accept his/her mistakes and blunders, as well as beauty and grace. To let go is to be supportive by allowing space for another to search for and expand Awareness. By letting go, you allow someone to discover his/her own answers. Remove your interfering energy and a magical knowing space filled with an abundant supply of inner resources can be revealed. What a gift you can give by letting go!

At times, it may feel as if you could have avoided pain *for* your loved ones. You think that somehow, by

helping, you can protect them from realities and harsh lessons. You project your own fears onto the situation or onto the person you love. The control you attempt only turns against you. Most of the time your special someone becomes angry because you interfered. It hurts deeply afterward to be told to “back off and mind your own business” when all you wanted to do was “save” them. Another mistake is to be angry with them or become lost in an endless loop of despair, blaming them for hurting you when all you wanted to do was “be nice.” The best gifts I have been given are straightforward friends who reminded me that to be a loving friend or family member is to let go. So, Let Go!

The Truth is that you are not cutting yourself off from them. You are empowering them. You are gifting them with support and confidence that they know their own answers. They will be more enlightened and free in the end, no matter how long it takes for them to find the lesson. Learning comes from natural consequences and the power of the human BE-ing in the present moment, awakened to his/her own inner resources. Fear is released and Love rules.

## *Tips*

Take care of *yourself*.

Monitor *your own* behavior and life situations.

Make appropriate changes from within.

Cherish every day, for it is another day to *Let Go* and love *yourself*, which reminds others to love themselves too.

*Guided  
Questions:  
Letting Go*



Write down different times when you felt very angry and frustrated with the way a situation, circumstance, or event developed. Describe it and name the people, fear, illness or pain involved.

Write about how each situation, circumstance, or event reflected behaviors, attitudes, or thoughts you were carrying in your unconscious mind. Pay close attention to *your* own judgments, control issues, enabling, blame, lack of acceptance, powerlessness, aloofness, negativity, doubt, etc.

Write about the lesson or blessing received from each. How are you more aware now?

Make a statement of commitment to yourself to not linger in your lesson. It is not necessary to feel guilt, remorse, or resentment for extended periods of time. Shift and heal it now.

Can you see the situation, circumstance, or event in a positive light? Create a new vision from your heart.

*Meditation:*

*Letting Go*



*Begin by closing your eyes and take nine cleansing breaths. Allow yourself to go deeply within, remembering your Light and letting it radiate outward all around you. Imagine a wonderful place where you feel safe and peaceful. It may be a lovely garden, an elaborate temple, a beach, a forest, or an island. Sit in your lovely place and allow yourself to feel the Love of God/Goddess all around you. Allow yourself to feel a very special Guardian sitting next to you holding your hand. Feel the energy of this Higher Divine Being as he/she meshes his/her energy into yours. Allow your mind to be clear, only focusing on the sweet feeling of your Angel Friend.*

*With your Guardian's assistance, allow yourself to remember a troublesome experience with a person you attracted and any uncomfortable situations or feelings that manifested in this relationship. Take the time to reflect on the problems no matter how painful they were. Breathe deeply. You are now safe to explore because you will be enlightening the experience, filling it with Love and Light.*



*Now, allow a positive blessing to emerge and form in your awareness. You may experience a powerful “knowing,” a symbolic representation or picture, a sense, a color, words, or music and lyrics. Whatever comes, allow that to be the blessing. Know that you will remember each blessing. Give thanks. Let this person know that you let the situation go now. You will detach in a healthy way. You will cherish the present moment, release the past, and begin to dream of new and wonderful ways you can be together, respectfully and lovingly. Thank your guardian for the insights received, and declare to create and accept only healthy, positive interactions with others. Bring yourself back to an awakened state. Wiggle your toes and fingers and open your eyes. Journal the blessings.*

***And So It Is.***

*Re-teaching the Ego:  
Aligning  
with the  
Heart of  
Divine Will*



When you are loved unconditionally, and when you love others unconditionally, ego issues simply fade away. Aligning your heart with Divine Will frees you to live with more joy and peace.

The ego is a part of you. It can be expressed in a lower vibrational way or a higher vibrational way. The ego in its lower vibrations can be quite bothersome. It is very reactive to fear that originated in a past event. This fear may be triggered in the present, or it is very easily projected into the future with an emotional thought about it. The ego will do anything to protect itself. It tries to avoid fear at all costs. It is the conscious and unconscious part of you that will do anything to keep you from having to look at painful truths because it is afraid of them. You may not want to look at your own challenging behaviors, attitudes, thoughts, and beliefs that are judgmental, controlling, inappropriately detached from life, mean, negative, boastful, rude, or prideful. The ego loves to blame anyone, anything, or any event for the pain it feels when the lower vibrations seep out into consciousness. Blame, anger, and even low self-worth can be a

good cover-up. Beneath it all is a belief that you are not loved or loveable. You may also have a subtle belief that you are not a part of Divine Source. You feel separated and alone, out in the world fending for yourself, but in reality you *ARE* Source.

I see the personal will, or ego, like a mechanical arm rotating and spinning the third chakra (solar plexus) in the same predictable way as it runs our lives. We are like trained seals, expecting our treats as we look for approval from others. We even approve of ourselves more if we follow our predictable patterns. The mechanical arm bops us on the head every time we try to do something different. It doesn't know any better. It's a machine programmed only to respond this way. The ego's eyes are only on the world outside of you. As you allow your eyes to see from inside, you begin to live your life with Heart Magic, that part of you connected to Divine Will. The "inner-viewing" ego then becomes the mechanism that helps you bring forth, activate, and live your dreams!

Imagine yourself as a star printed in a coloring book. Throughout your life, you are "colored in" by your

parents, your household, community, social traditions, rules, governments, and the people of the world. In addition, you are shaded and outlined by Spirit and your Soul quest. These colors radiate into your mind, your emotions, and your body as cellular memory.

Now, how do you reteach your ego to disengage from the mechanical arm and emancipate your true “star” potential? Think of three roads. When on the first, you live the same as always. On the second, you say things like, “I try and try,” or “I hope,” or “If only,” or “I shoulda or coulda.” When on the third road, you are filled with the thrill of unlimited possibilities.

You must remember that all thoughts, feelings, and actions are cemented into your being through repetition. Your childhood heart tried to capture as much love as possible. You have energetic memory of the times when you were able to collect love and when others were receptive to your love. You also have an imprint of the times when you were rejected and when you, in your own defense, rejected others. You have memories of interactions with others where unhealthy boundaries were

set. These issues continue on in adulthood unless you choose a new way. To get on the road of possibilities you have to get in touch with that vulnerable side of yourself, one loving moment at a time.

Put on your headlights, and focus your high beams on the path. Light up the way to feelings that are pleasurable and evoke happy responses in your whole being. This is the Higher Divine Will, the ego in its highest state, connected very nicely to the higher qualities of the Heart. Your Soul sings and your Heart rejoices. By igniting the Higher Divine Will, the mechanical ego arm that blocks your loving freedom and positive birthright is released from its predictable pattern of control.

Remember:

What do you love?

What always felt so good?

Who and what brings on happy memories?

What sets you free?

What pleasantly fills your heart?

What reminds you of who you really are?

Are there good things you like to do or say?

What lovely things are you hiding about yourself?

In each situation in life, what just feels right?

The ego is not meant to hide. Without the mechanical arm of personal will running it, it is instead driven by Spirit and Soul to carry out Divine Will.

With the help of your Heart, you are charged into Higher Vibrational Actions and are able to let go of your reactions to life. Are you inhibited in some way? Many begin to feel like they are not worthy of carrying out Divine Will. Remember, you were born a star. You *are* the Divine.

We all become inhibited at times. The old fear and pain of “love rejection,” or old patterns of thinking or feeling like you are “not being enough,” may surface. Stay focused and allow the hurt and pain to come up. In my own process, I learned to “give honor” to all of it. Talk to someone who helps you feel safe, who does not judge you. Share as much as you can. Free yourself. If you don’t have anyone at the time, speak to an angel. You can also ask the Universe, or God/Goddess for help to bring a special friend into your life. There may be different people, angels, guardian spirits, or even animals who step up and play the part of teacher or good listener, allowing you to experience the release.

Each time you stay focused and don't push the pain or fear away, you allow yourself to release the block as if the energy were being run through a cycle in the washing machine. It may take a few washings to get really clean.

Then, by all means, wear that wonderful energy with confidence, like a clean, sparkling cape, and let it shine for everyone to see, including yourself! Let the ego be fulfilled and positively proud. Some areas may still need spot cleaning, but wear it anyhow. Nobody really notices the small spots! This way, you begin the process of attracting others who love the sparkling cape you wear because they wear it too, or they want one for themselves.

Bright days, dull days, calm days, lazy days - it doesn't really matter. The only thing that does matter is this question: "Does my Heart feel expressed?" Ask yourself constantly, "Does my Heart align with the Will of the Divine?" You'll know the answer if you are feeling great and you know you are loved unconditionally. You are aligned with your Divine Heart, loving yourself so incredibly and so easily by just paying attention to which road you really want to be on.



*Guided Questions:*

*Re-teaching  
the Ego*



Write down a time when you blamed someone, something, or some event for the unfortunate feelings you had.

Where in your body did you feel uncomfortable?

What are some of your major fears? List them.

Get into a feeling experience and ask yourself if you were:

judgmental

controlling

inappropriately detached

mean

negative

rude

prideful

unforgiving

---

---

... to yourself or others. Be honest.

Why were you angry? Whose fault was it really? What were you protecting?

Make a statement of intent to be on the road of unlimited possibilities and to be consciously connected to your Divine Will.

What do you love?

What always feels good?

Who and what brings on happy memories? Where are/were you?

What sets you free?

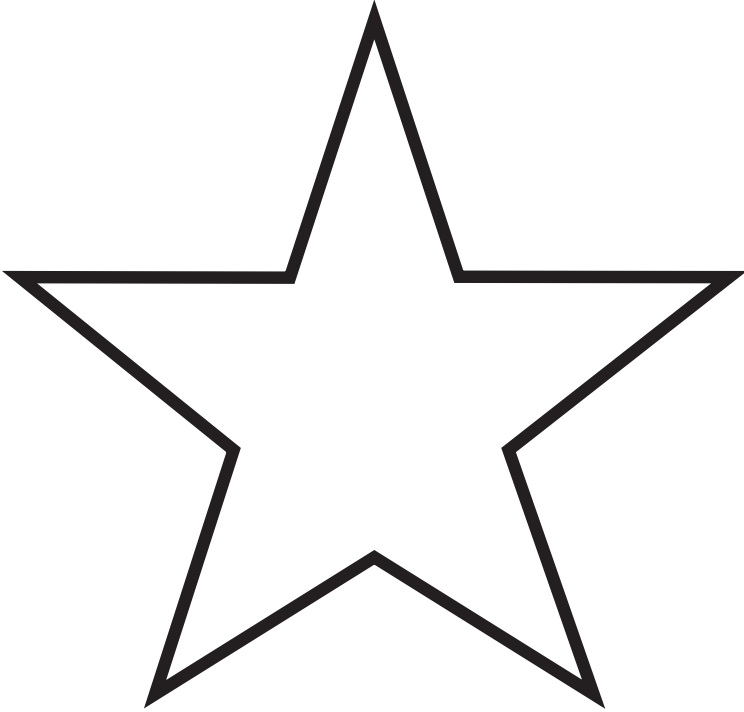
What pleasantly fills your heart?

What reminds you of who you really are?

What good things would you like to say?

What lovely things are you hiding about yourself?

In different life situations, what just *feels* right?



Color in the star that you are!

*Meditation:*  
*The Heart of Divine Will*



*Begin by asking Great Spirit and WomanSpirit for assistance in knowing your Divine Will. With Angels of Light all around you, above you, and beneath you, enter into your Inner Holy Temple. A warm, comfortable feeling washes all around you and within you. The temple is safe and truly your own. Allow its Divine beauty to surround you.*

*Ask to have people, circumstances, and events revealed to you that align with your Sacred Heart's Will. Sense yourself in a life of love, peace, beauty, and comfort. Pay attention to who shows up or doesn't show up. Are you taken somewhere? How do you feel? What secrets does your heart hold? What exciting new adventures will you go on? Let your mind be still as events and circumstances play before you. Know that you will remember everything.*

*Ask for assistance again in maintaining your focus on your Divine Will as it aligns with your Heart in your daily life. Sit in stillness and soak up the peaceful vibrations of Love. With gratitude, reflect on what you have learned.*

*Create an altar that represents your Divine Will aligned with your Heart, where pictures and objects that remind you of pleasant experiences, pleasant people, goals, and whatever else has positive meaning in your life can be placed.*

***And So It Is.***

*Patience*  
*and*  
*Understanding*





The word *patient* is defined by *Webster's* as: 1. Bearing or enduring pain, trouble, etc., without complaining or losing self control; 2. Refusing to be provoked or angered, as by an insult; forbearing; tolerant; 3. Calmly tolerating delay, confusion, inefficiency, etc.; 4. Able to wait calmly for something desired;

5. Showing or characterized by patience (a *patient* face); 6. Steady, diligent; persevering (a *patient* worker).

Usually, people become impatient with themselves and others because things are just not going in the way they perceive they should go. They begin to feel illusionally angered by this. You may have been taught very early on that maintaining control and being tolerant is the way to patience, although control and tolerance is what can anger you in the first place. The way you may have identified with patience most of your life is like the *Webster's* definition: a wordy, illusional trap. When reflecting and meditating upon this, another approach became evident to me.

In order to demonstrate true patience, understanding is essential. Understand that you must get out of the way of someone else's process and/or your own, and trust in the Divine to handle the details. Each person has made agreements with the Universe to serve his/her own purpose. Relax into YOUR own purpose and let go of directing others on their path. Relax and trust that the purpose is for the Highest and Best Good of all concerned. Let others find their own truth. Remove your rigid expectations of what you and others should do or say. Remember, your ego protects you by rationalizing and over-thinking the process. Your ego urges you to meddle in the affairs of others. You may think you know better than the Divine. You may criticize yourself, others, and the conditions in your life. It may seem as if the process is all wrong and something must be done! Every action, every cause, produces an effect. Without your interference, the consequences will teach the lessons that bring awareness and truth. The lessons can be brought to Higher Consciousness and not left to be misinterpreted by your lower consciousness, the lower ego.

Listen, pay attention, and respond in the present moment. Listen without turning your back to the truth that understanding teaches. Recognize your breathing. Sometimes that's all that is needed. The truth may feel uncomfortable. Just breathe. Patience and understanding does not mean "putting up with" or "getting it over with." This is toleration of the worst kind. Try listening with "ears of understanding" and "ears of awareness." What do you know? What have you discovered about yourself (positive or negative)? Just observe. It is enough. Then, patience becomes liberation.

Understanding is love, compassion, freedom, and willingness to be still with another and yourself. You are not helpless. When there is an inner drive to do something for another or for yourself, radiate the highest form of compassion and give the gift of "Self Love"- love of your process! Radiate the message for all to live and experience. When you love in this way, completely, and without holding anything back, you offer your BEINGness, your ONENess, your inner Love as a reflection shining outward. Love is unconditional freedom and

acceptance. Love says, “No matter who you are or what you have done, I love you without attachments. I let go. I accept that you have the power of the Divine within you. Without obligation to one another, we give and receive love.”

Simply put, patience is calmly trusting in the Love of the Divine.

*Guided Questions:*

*Patience*

*and*

*Understanding*



What would you like to see happen more quickly in your life?

List some expectations you have regarding this situation.

Write down ways that you can be understanding instead of controlling.

Write ways you enjoy the present moment.

*Meditation:*  
*The White*  
*Trolley*



*In this meditation, allow as much time as needed to expand and unfold memories in any way that feels comfortable and natural to you.*

*Close your eyes and relax into a very comfortable sitting position with both feet on the floor. Begin with Nine Sacred Breaths\*. Breathe in and imagine energy moving down through your torso, down your right leg, into Mother Earth. Breathe out as Divine White Light moves up through your left leg, through your torso, and out your eyes. Repeat each in/out cycle nine times.*

*Feel yourself connecting very deeply to your inner light and allow it to radiate around you. Float in the opalescent colors of safety and Love.*

*With you now is the Angel of Patience holding your hand and guiding you on a journey. This Guardian stays with you and maintains contact with you.*

*You notice you are now on a radiant, white, luminescent trolley. It takes you through time. Time becomes temporary, impermanent, and illusionary. You feel relaxed and serene. Beautiful, natural landscapes of*

*\* A technique taught to me by a Guardian of the Spirit Realm, Malachi, during a channeling with Katherine Torres, Ph.D.*



*many earthly colors move past you like a slow-moving movie. There is an easy smile on your face. Joy and happiness fill you. You feel confident. People you know and don't know move past. You feel trusting. Memories of situations and circumstances gently glide by. You feel acceptance with no fear of the future or the past. You can easily understand lessons and blessings. You become acutely aware of your intuition. You know that the Light Within you and the white trolley is the Light of God/Goddess.*

*As you depart the trolley, you feel the Sacredness Within allowing you to develop and live with a trusting consciousness and observe the activity of God/Goddess in your life. Give thanks to the Angel of Patience and any others who assisted you on your trolley ride. Give honor to Yourself.*

***And So It Is.***

# *Higher Consciousness*



At the center of yourself, you are Unconditional Love. Just like a soft-centered candy, you are rolled in experiences that coat you and harden you like a chocolate shell. The soft center is typically the best part, although it can be hard to tell by outside appearances (your life experiences) that sometimes seem dark, light, bumpy, smooth, creamy, bitter, nutty, etc. They can seem to hide what is really inside.

Hiding in the lower vibrations of human existence, you may forget that you are an individual with the power of choice, and so haphazardly create many layers (or coatings) of experiences that sidetrack you from your Higher Knowing, your Higher Consciousness. However, no matter where you end up, you are still able, with awareness of this truth, to tune into your birthright, your soft center, your Love.

Your Unconditional Love is your truth, and by living your truth, freedom reigns! Try to see yourself with a center that is unmistakably God/Goddess. Then you begin to connect with Higher Consciousness, which is Unconditional Love! With this in mind, anything that

is out of harmony in your life can be brought into balance with the realization that you have simply forgotten your TRUE nature.

Drop judgment, forgive yourself, and allow the Spirit within you to expand and surface. Remember, your emotions, your mind, and your body are Holy. With Higher Conscious Awareness, all your life experiences, no matter how they appear, are Holy too.

*Guided Questions:  
Higher Consciousness*



How do you maintain awareness of your Sacredness?

Do you have certain rituals to assist you in remembering to be aware?

Write a written request to your Higher Spiritual Self to assist you with awakening and listening to Higher Intuitive Messages from within and all around you.

Can you see Spirit in everything? Name as many people, places, events as you like.

*Meditation:*  
*The Basket of Higher*  
*Consciousness*



*Begin by calling on Great Spirit, Woman Spirit to assist you now in setting a Sacred Energy Vortex in your room, all around you, above, beneath, and within you. Imagine a beautiful ball of Divine Light with sparkles of gold, silver, and opalescent colors over the top of your head. Breathe deeply and allow the colors to flow down through your head, releasing tension and relaxing all facial muscles. The Light continues to move down through your shoulders into your chest. The Light moves down into your belly. Every sound makes you go deeper as you breathe deeply. The Light moves down your legs, down into the earth, connecting you to the Earth. Breathe in this Divine Energy, and go deeply within yourself.*

*Find your most beautiful Sacred Spot, a natural setting of some kind, and allow yourself to sit comfortably in your Sacred Space. It is warm and beautiful, and you are completely safe here. Breathe in the essence of your sacred place.*

*Call upon a beautiful, radiant, Sacred Being, your Guardian, who assists you in all matters for your Best and Highest Good. Feel this Guardian with you now,*



*sitting with you. Become one with this guardian. In the guardian's hand is a beautiful basket. The energy in the basket twinkles and sparkles. The whole basket glimmers with Divine Love, unconditional love, vibrations of higher consciousness. In the basket is an unlimited supply.*

*With your Guardian, imagine yourself over the top of your home. With your Guardian, generously sprinkle this beautiful Divine Light all over the top of your home. Let it trickle down into the living room, bedrooms, all the rooms of your home. Let it fall over your furniture and other belongings. Let it clear the energy and raise the vibration level of your home. Sprinkle this Light all over your yard, and over your car. Now sprinkle this Light over your workplace. Imagine all the people in your home and at your work smiling and happy, sensing this beautiful vibration around them and within them. Now sprinkle this Light over your friends and acquaintances. Let everything and everyone sparkle. Now imagine the entire neighborhood covered and glistening, your city, your state, your continent, even the world. Just you*

*and your Guardian spreading these Love sparkles all around from a bottomless basket of Unconditional Love.*

*Give gratitude to the guardian who has assisted you and to Great Spirit, and WomanSpirit. Know that when you are ready to come out of your meditation, you will feel blessed, vibrant, and renewed, and that you always carry this energy within you as it connects you to the Universe and all things.*

***And So It Is.***

*The  
Sacred  
Heart*



Understanding mirror reflections helps you to be more accountable for your own life. It is important to become acquainted with a very important Universal Law, the Law of Reflection. The energy you send out always comes back to you by being “reflected” in your world around you: in people, places, circumstances, events, animals, objects, the seasons, you name it. In your present lifetime, you can see the effects of your actions, whether the actions originated in another lifetime or not. You have been conditioned to pay more attention to the past, and you project what you know about it into your present and with expectations of the future. With a focus on the present, it becomes much easier to be aware of your reflections. When you focus on the present, you pay attention to your thoughts, feelings, actions, and experiences, and you align them with your Heart. The present moment automatically and magically ignites the Highest Vibration of your Heart!

We all know the importance of living from our heart. We have been hearing the phrase “follow your heart” all our lives. How do we do it though? If we really

knew how, we would be feeling beautiful ease and flow every day. Nothing would bring us down. There may be setbacks, but the heart's truth always helps us bounce back. The truth is simple...we are all One, Divine, and Creators of our own lives. Every experience teaches us, expands us, and enlightens us, if we allow it. As we journey through life, we may come to know these truths, but it may take time to develop the skills to remain in complete awareness.

Here are some ways to practice staying in the Heart that may assist you:

- Recognize your feelings at all times. Allow them to pass through, even when the experience feels uncomfortable.
- Accept that stress is a part of life experience, and it can be seen as an opportunity, rather than a limitation.
- Hold tight to the activities you dearly love. Make a list of them, and put it in a place where you can read it and add to it daily. DO at least three a day. No excuses!

- Watch and observe the natural world. Listen to its silent language. Allow yourself to connect to the subtle vibrations all around you. Start with a Sacred time each day to do this, then gradually add more experiences and more time to this incredible activity. Perhaps you may add a walk, a photography session, or a gardening experience, but do not get lost in busy-ness. Get lost in the feeling. It may become one of your most important daily routines. I know it is one of mine. It may start out as a thinking process as you may wonder where a bird flies, or how it may be time to trim the bushes, etc., but wait and relax. Soon there is “no mind” and the Heart engages even more. Breathe the colors, sounds, and movements into your heart.
- Listen with understanding to words, and let them lead you to silence. Let the silence still you and help you to not react to life. Be one with life.
- Be artistic and create something from deep within you; for example, a poem, a piece of writing, or an object of beauty.

- Meditate. Any kind of meditation where you tune right into your inner self, feeling instead of thinking, can center you into that peaceful, balanced place, especially if you can hold your energy focus on your Heart center.
- Breathe deeply. Catch yourself when your breathing is shallow.
- Spend time appreciating your life, the good and even the seemingly bad.
- Look deeply into the eyes of people you come in contact with. Look into their hearts. Feel who they are at their very core. You can experience the Light Within someone, no matter who it is, as you look into his/her eyes.
- Enjoy your connection to others by engaging in relationships.
- Absorb unconditional love from animals.
- Laugh, giggle, and smile as often as possible.
- Practice gratitude for the life you have created in partnership with the Divine.
- Love and recognize the Light that is in All Things, including objects. Each are made up of subtle vibra-

tions from our natural world. For example, the cotton sheets in which you cuddle up come from a live plant. You can get very creative with this.

- Dance and move with playfulness and soulfulness. These activities become reflections of your Magical Heart. They become mirrors to show you your Love. As you focus on it, you see more Love, you feel more Love, and you attract more Love to you. As a result, ease and flow will magically become your experience.



*Guided Questions:*  
*The Sacred Heart*



Write about how you feel in one of your favorite natural settings.

Describe the feelings and sensations of your favorite meditation.

How do the special people and animals in your life touch your Heart?

Name your favorite activities. Why are they your favorites?

*Meditation on the Sacred*

*Heart:*

*Swaying Waters*



*Call forth Divine Beings to surround you with a loving, compassionate energy. For example, you may ask Jesus, Quan Yin, Archangel Michael, or Mother Mary. Take in and cycle the Divine Light around you and within you by breathing in nine sacred breaths, going deeper and deeper into your sacred inner place.*

*You are alone on a safe, magnificent, tropical island. A warm breeze blows and warm sand is beneath your feet. The sounds and smells of the ocean fill you with peace and joy. You become the swaying palms and expand into the warm earth and clear, blue sky.*

*Take a moment to feel the wholeness of the experience.*

*You begin to take steps toward the ocean water. Very slowly, you immerse your feet. The water is warm and refreshing. Move in deeper and feel your calves sinking into the water. As your body touches the water, you feel more and more relaxed. Any tension just disappears. You feel safe and comfortable.*

*Next, move in so that your knees and thighs feel bathed in the luminescent ocean water that glows with*

*magic. You relax further into the water as your tummy and chest relax. Now you are up to your shoulders, floating and relaxing. You are so deeply relaxed now that your whole body, including your head, dips into the water. You float and sway. You can breath underwater. Now your mind clears completely. Your heart glows as you drift. Safely and peacefully, you experience the fullness of your heart. You feel expanded, lighter, and free. Here, you can allow memories of sensations and visions of the many people, events, and things that you love dearly to pass through your consciousness. You do not hold on. You observe, smile, and feel the beauty of your heart extend and surround all things and continue to float and drift in safety and autonomy.*

*Know that you will remember this feeling in your daily life. You will more easily feel and extend your Heart to other people, situations, events, and things. You live a compassionate life with the freedom to attract many beautiful experiences.*

*Little by little, lift your head, shoulders, and upper body out of the water. Breathe the fresh, island air*

*and walk yourself out of the water.*

*Give thanks to the Guardians that held Sacred Space  
for you to explore the peace, balance, and harmony of your  
Heart.*

***And So It Is.***

*Gentle*

*Action*



When my fiery Leo son was in fifth grade, I was inspired to write *Gentle Action* after he told me about an impatient, impulsive experience he had at school one day that resulted in his getting into trouble with his teacher. By putting *Gentle Action* into simple words, I not only helped him understand the problem, but I helped myself to understand.

You have a path to burn and a fire in your belly. The passion inside you wants out and wants a way to express itself! When there is something to say, to act on, to ponder, attune yourself first to Gentle Action.

If it's all passion and no Heart, you will not want to start.

Then don't!

If your passion and intuition give you a positive *get go*, then *go go go*, right now!

When using your action-passion with others as you tune into your Heart, you will automatically be more gentle and compassionate. You will not only feel *your* peaceful intent, you will tune in more carefully to the peaceful place in others. You will be more effective in



conveying your message, and in communicating with others.

When there is something you feel you must do and passion rises, check in again. “Hello, Heart. Is this a message from my Higher Self?”

Ask yourself how you feel. If you feel overly anxious, or you feel a big slow down, be aware that these are warnings that this action may be impulsive. What if it seems too late? Breathe Enlightened air into your body and invite balance to be more important now. Your whole body will respond and *quickly, quickly* find your Heart.

Ah, that’s better.

Act now, don’t wait, but first find your Heart. Don’t start without it! Your Heart is your message center for your Higher Self. Listen quietly within and your intuition will guide you.

*Guided Questions:*  
*Gentle Action*



Name some situations that bring up fiery agitation and frustration in you.

What do each of the situations have in common?

What are your beliefs about why you are not able to remain balanced in these situations? Does your Higher Mind believe you?

What does your Heart say about this? How would you like to handle yourself next time if the situation arises again? (Remember **stop, breathe, balance**...connect with your Heart.)

*Meditation:*  
*Gentle Action*



*Inhale and exhale a golden glow all around you. Call on Guardians of Balance and Healing. Ask for the assistance of God's/Goddess to awaken a new, patient approach in communicating with others. Find your center and breathe into your Heart.*

*Now focus on the color red. Imagine this color encircling you and filling you. Without judgment or thought, allow the blessings of this color to work through you. Feel the vibrations of this color. Feel the power and the passion. Go strictly into the feeling of it. Continue to clear your mind of any chatter, and find your way back into feeling. From deep in your belly, you are now going to allow a giant ball of red, glowing energy to rise up. As it does so, breathe consciously and with full intent. Use this energy effectively, and most of all, gently. The power is necessary and important, and you are fully aware of how to use it.*

*As this energy looks for a way to be expressed, you consciously stop and observe it. You breathe white, Enlightened Energy of Higher Vibrations into your whole body and acknowledge the balance you feel. You*

*feel calm enough to express yourself honestly. You feel compassion for yourself and others. You have mastery of your feelings, mastery of your moods, mastery of your mind, and this feels wonderful. This process of stopping, breathing, and balancing is used quite easily for you in any situation. You are ready for anything. You are open to everything in the present moment. Any uncomfortable situation that may arise is handled with gentle action and integrity.*

*Give thanks for the assistance you have received.*

***And So It Is.***

*Everything*

*Is*

*Sacred*



With True Awareness, know that you are a Radiant Burst of Light. As all things, you vibrate with Divine Essence. All creations in this vast Universe, including your planet Earth and the life on it, vibrate with the Power of Love Enlightenment.

As you sense your world through your own body, mind, and spirit, all things you perceive and cannot perceive vibrate in the Sacredness. Dimensions known and unknown vibrate with Higher Love at all times. By maintaining awareness of these love connections through all of your senses, you can live your life with joy and peace.

In order for you to know this Love, it is logical and necessary for you to experience the polarity of all things through the eyes of Love. Therefore, you will experience and observe death, pain, despair, fear, negativity, confusion, unhealthy attachments, loss of love, ungroundedness, and voids of all kinds because they are the polarities of pleasure, joy, courage, optimism, clarity, healthy detachment, groundedness, love, and awareness of your connection to all life.

When you perceive yourself as separated from



Love, you are always able to reconnect to your Radiance at any time through the power of choice.

True sacredness is loving your seemingly negative polarity vibrations, as well as the positive ones. You can choose to sense and know how EVERYTHING helps you grow and expand your awareness of your Divinity, not only in love, peace, joy, and harmony with all, but with discord, chaos, pain, anger, and all other manifestations of separateness as well. Learn from separateness without denial, avoidance, and attachments, and the truth of your Radiant Oneness can be sacredly honored.

Not only do we need to practice being comfortable in higher vibrations of Love, we also need to learn how to move with ease through the lower vibrations. Positive and negative experiences happen to everyone in life. Learn to accept those experiences as Sacred.

Always be kind to yourself with all your so-called imperfections and blunders. Always show compassion to others, knowing that true compassion is generated by the act of being compassionate with yourself first.

It has been much easier for me to accept polari-

ties in my primary relationships since I realized that they symbolize my relationship with the Divine.

With careful observation and complete awareness, it is possible to see hidden patterns of avoidance or non-receptiveness to the gifts of a Sacred, Loving relationship with the Divine.

*Guided Questions:*  
*Everything is Sacred*



Write down some of your most obvious judgments. What really bugs you?

Now separate your judgments from discernments. Some things have earned your judgments, for example, abusers, and rapists. Name what you have discerned.

Can you condemn people's actions, yet still feel compassion toward them? How do you feel when you practice having thoughtful compassion?

*Meditation:  
With Your  
Eyes Open,  
Sense the Sacredness*



*Ask for Loving Light to surround you and the place where you are. The lighting may be dimmed or bright.*

*Place some objects before you, including a lit candle. With your eyes open, stare into the candle flame. Allow your eyes to go out of focus. Imagine yourself becoming one with the Light. Let it represent the Light Within you.*

*Feel yourself relaxing. Release all tension in your body. With soft eyes, gaze at one of the objects. **Look only at the form of the object without looking at the material or substance it is made of.** See it in its wholeness. When you feel connected to the object, sit for a moment or two and absorb this experience. Pay attention to the way you feel, and allow yourself to become a part of the Sacredness of the object. Move on to another object or even a person who may be in the room.*

*Take note of the many wonderful sensations, colors, lights, shapes, and images you may see. As you begin to see the whole and not the parts, you will become acutely aware of yourself and Sacred Oneness. Expand*

*this meditation in any way that interests you. You may even allow yourself to experience wholeness at different times throughout your day. Allow wholeness to be a part of every day.*

***And So It Is.***

*Set Your  
Intent to  
Your Heart's Desires*





Thoughts manifest positively or negatively when charged by your emotions. It is important to decide what really resonates with your emotional Heart's desires. State it. Write it. Affirm it. But most of all, feel it! Then, take the necessary, intentful steps to bring ideas into action.

Emotions can carry little obstacles, or "fear factors," that block your positive manifestations. Your mind may say, "I believe I am now ready to let go of trying to control the way this situation turns out," and your emotions say, "Are you kidding? If this does not go the way I expect, I may get really hurt!" You may feel emotionally ready to create, while your mind is stuck like concrete, locked into past thinking that keeps you stagnant.

Why do we do this to ourselves, and what can be done about it?

Little by little, you can overcome the emotional obstacles and stop manifesting the direct opposite of your true intent. Paying careful attention to your emotional patterns is a good start.

Many times, you may become emotionally para-

lyzed because you have been hurt before, usually more than once. You are hurt by others and by your own actions and behaviors, in the past and in the present. Thoughts and feelings are projected into the future that pain is going to happen again. Your intent may be to move on, but your fearful thoughts, words, actions, and feelings sabotage the new affirmation.

The solution and bottom line is that you need to be acutely aware of your thoughts and feelings in the *present moment*. Whatever energy vibration your thoughts and feelings have, a like vibration will be attracted. Energy attracts like energy. Remember, thoughts alone will not create the life you want to live. Your emotions and feelings must be aligned with your thoughts. When setting your intent, really allow yourself to feel what you want. Be creative, imaginative, and think about it. Then feel it as if it is happening right now.

You have been conditioned from birth to think like your family, friends, society, and the world. You accept others' belief systems because of the early memories and energies carried within from when you were

very young. as an adult, you readily tune right into these systems out of habit. The messages and accompanying feelings may or may not resonate with your own heart's messages from within, but you put up with this because you may not have known a better way until now.

Everyone has a sweet, creative, brilliant center in the present moment that waits for an outlet for its own expression. As you grow and mature, so does your Knowing-Heart, and the only one in charge of it is you! Your Heart, the emotion and feeling center of You, in connection with your Spirit, can free you. All you have to do is listen to your Inner Truth, which, by the way, may be unlike any other person's truth. Let it speak to you. Learn to tell the difference between a good feeling and a bad feeling. The spirit-heart feels good, right, comfortable, free, safe, and happy. Living in the Spirit-Heart is our natural state of being!

Follow this kind of inner prompting and over time you will see that everything begins to go your way. You may notice life flows more easily. You are more peaceful. Difficult people and situations begin to fade away,

or they simply do not affect you in the same way. Now you are attracting Love and the natural, positive, accommodating flow of the Divine Within and around you. Everything you set your intent for MANIFESTS!

Remember, Love always brings you back to the power of the present moment. The present moment always brings you back to Love.

*Note*

*With more practice empowering your feelings, your thoughts and affirmations can be charged with the Higher vibrations of your emotions. Setting your intent and manifesting your desires becomes easier.*

*Guided Questions:*  
*Set Your*  
*Intent to Your Heart's*  
*Desires*



Are you willing to set your intent to following your Heart's desires? Give permission to yourself with a statement of commitment.

How do you feel right now? Where do you feel it in your body?

Allow the feeling to expand even if you are uncomfortable. Describe the feeling. Take note: are the feelings related to a past event? A thought projection of the future?

Bring yourself to the present moment and hold yourself there. Look around, feel, and connect. Describe the way you feel. Describe the way your body feels.

*Meditation:*  
*Awareness of*  
*Feelings*



*Begin with encircling yourself in Radiant Light. Deeply breathe, very slowly, into different sections of your body, beginning with your head and working your way down to your feet.*

*With your Guardian Angel, take a trip to a time when confusion seemed to run rampant. Where were you? Who were you with? What conversations were you having? What were you thinking? Allow yourself to feel your whole body. What areas of your body are uncomfortable? Rather than going over the situation for an extended time, see yourself nurturing your feelings. For example, if you have a heaviness in your head, place your hands on your head and send loving, nurturing energy to it. Relax the area. If you feel like crying, either allow the tears to flow where you are, or see yourself leaving the room to sit privately in a safe place to release your tears. If you are having an argument with someone and you're feeling hurt or misunderstood in some way, let your angel wrap loving arms around you, comforting you.*

*Quiet down your thoughts and expand your Inner Light to encircle you...and breathe deeply and gently.*



*Now, imagine the confusing situations clearing up.*

*Now, remember a time that is particularly joyful.  
Where are you? What are you doing? Who is with you?  
What are you thinking? How are you feeling?*

*Again, go to your body and feel. Expand the energy of joy all around you. Know that you can experience this joy more and more in your life. Let yourself sink into your Heart. Why is this so joyful? What are you experiencing? See yourself in different circumstances feeling this joy and happiness. Do the same with the feeling of peace and calm. Remember peaceful and calm moments. Let joy and peace permeate your entire energy field. Wrap yourself up in these feelings. You are wrapped in a soft, silky blanket of pleasure. This feeling stays with you.*

*Thank your Guardian for his/her assistance.  
Know that you can empower your feelings whenever you choose. Any uncomfortable feelings are soothed with your awareness. All is well.*

***And So It Is.***

*Cycles*

*&*

*Change*



You are repeating cycles. That is the nature of the Universe, the way of life, and the way of the Soul. Pay attention to your cycles. Are you circling around and around in a stuck, uncomfortable pattern, or are you spiraling upward, as well as downward, to Heaven on Earth, and honoring the Higher Vibrational pattern of your Soul Quest? With awareness, it is your choice.

Connecting to cycles connects you to your Soul! It is your root, your core, and the deepest part of yourself. The Soul can take you to the muckiest, muddiest places, as well as the most beautiful places. Questioning the process and trying to “figure it out” will only take you away from its magic. The Soul can feel irrational and confusing, and yet it can be your greatest source of inspiration.

At times, it can feel as if you are lost in an endless loop of patterns. You feel victim to your own repetitions. Mental and emotional repetitions can be painfully discouraging, but with clear awareness of your cycles, awareness of Higher Spiritual Realms, and discipline, you can stop the negative wheel from turning. You have to really want it!

Physical and energetic cycles are experienced by all life forms, including people, plants, animals and minerals. You naturally experience sensations and instinctual patterns in relation to the seasons and weather changes, the movement of the planets, and everything else in the Universe. All of life relates to itself in a continuous wheel of life, death, and rebirth.

Appreciating your physical body is a Soulful experience. This assists you in recognizing and feeling your Whole-Self and, in turn, the present moment. Being in the moment at hand can liberate you from a spinning head and twisting emotions. Taking notice of the way your body feels connected to Mother Earth is a magical experience. The Earth grounds us and helps us focus more clearly on what is really in front of us. We tune right into our lives and begin to see through and beyond the physical, into the spiritual elements of life. Read the signs all around you and resist the temptation to explain everything.

Why not connect and have this experience all the time? Of course, this requires practice. The meditation

following this section and the meditation in All Things Are Sacred are very helpful in this process.

With conscious awareness, you can enjoy the connection you have to all things. First, still the mind, emotions, and ego reactions. Clear your mind to be receptive to the abundant gifts life gives you every moment of every day. Release bottled-up emotions and feel the Now. It's an incredible high to be the calm in the middle of endless movement all around you. Energy flows through you and around you. The Earth moves, and life continues its cycles and patterns. Go on and feel it! Gratitude for all existence begins to well up inside your Heart. Practice allowing this sensation, and magic will occur.

Appreciation for the cycles and phases of life, death, and rebirth no longer appear scary or negative. Let the endless flow of Light and Life remind you of your Truest Self. Tuning in allows you to recognize that you are Spirit Essence just as all things are. Change, including death, is only transmuting into a new form. Your wonderful essence stays the same.

The endless, flowing spiritual essence is pure creativity. You can, with positive awareness of your

thoughts and feelings, activate new cycles and patterns in your life. Heightening your awareness and focus on exactly what you are creating, and appreciating each manifestation, can ensure your continued happiness and joy. With this higher vibration of thought and feeling at all times, you can TRUST that Spirit flows in alignment with your highest intentions and desires.

Let go of negative manifestation and hook into Higher Vibration Manifestation. Flow with the Abundant Energies of the Universe. The Earth itself (Mother Earth) is a loving, higher vibration too. Follow the planetary changes. Follow the thirteen faces and stages of the moon. Follow the seasons. Mellow your mind and emotions, connect, and go with it. Let Life take you on a journey of movement, and you will flow to a place called Happiness!

*Guided Questions:*

*Cycles &  
Change*



What scares you about change?

Describe a time when you were stuck in a negative and repetitive emotional cycle.

Explain any feelings of victimization or confusion.

What was your energy level? Were you scattered?  
Describe how you felt.

Walk yourself back through the repetitive thinking and emoting, and imagine yourself able and willing to stop and re-direct your energy to the Divine Light Within you. Imagine yourself connecting to the present moment instead of feeling dysfunctional. Now, write about how you can re-direct yourself to the present moment.

What does your Sacred Center feel like?

Write a statement of commitment to realign yourself with the present moment when your mind and ego seem to work against you.

How do you honor change in your life?



*Meditation:*  
*Awareness of Cycles and*  
*Change*



*Begin by breathing in the Light of Spirit and breathe out any leftover tensions or busy-ness from your day. Feel yourself lighten, and expand into your Inner Awareness, your Sacred Center. Now allow this energy to move down...down through your legs, down into the Earth, miles, and miles, and miles into the Earth, passing the colors red, orange, yellow and white. You are connected to the core of the Earth. Focus your intent on recognizing and appreciating the constant change and movement that is a part of your life.*

*Allow yourself to imagine nature all around you, and feel yourself in the season of Summer. Feel it, and become one with it. Recognize the weather. With all your senses, take a side trip in the season of summer, and let yourself experience the colors, the tastes, the people. Now do this with the season of autumn...then winter... then spring...*

*Now, remember back to different ages in your life. With only feeling activated, let yourself experience a particular age that seemed important. How does it feel to be that age again? If thoughts and circumstances come to mind, allow them, but then feel what they were like.*

*Now ask yourself to reveal another age...experience again with feeling...and move to another. Pay attention to the changes that have occurred within you. With this feeling meditation, you may notice that there are no words to describe what you are experiencing. You can only sense a change of feeling. Allow this.*

*Remind yourself that you are safe experiencing change and movement in your body. Feeling is natural and safe. You will change again and again. Each day you appreciate changes in your life, and each day you appreciate your body and its ever-changing messages. You can feel your emotions shift, and you give great honor to what you are experiencing.*

*Give gracious gratitude to yourself and your ability to grow with positive awareness in each cycle and season of your life.*

*Take deep breaths, and bring yourself back to your physical world, ready to feel it with more depth and presence.*

***And So It Is.***

*Surrender*



True surrender to the present moment can instantly bring you to peace. This does not mean to give in to any person, situation, event, or circumstance. It means to be aware of your feelings in the present. Detach, let go, or take positive action. The present moment is where you will find your Divine Personal Authority and where your Intuition can easily be acknowledged. This wisdom is available to you every moment of your life. In this space, there is nothing you cannot face or handle. The Light is in the present moment, so the present moment is where you are literally lighter. And you are Enlightened! More accurately, you are surrendering to your Highest Self. You will feel more creative, loving, and peaceful. Life becomes more enjoyable. As you practice surrender, miracles and transformation will occur.

# Acknowledgments

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*I am thankful for the opportunity to share my journey.*

## About the Author

Wendy Chaffin has accomplished much on her spiritual journey. She is a Minister in the field of Metaphysics, a High Priestess in the Daughters of the Moon, Reiki Master, Karuna® Reiki Master, and a California Credentialed Teacher since 1991. She strives to learn, love, dream, and to become more than she ever imagined.

In 1985, Wendy began reading for friends and family. During her elementary teaching years, she continued to develop as a Divinely inspired clairvoyant reader and practiced Reiki energy work. In 2002, she opened her Spiritual Counseling office. Clients leave feeling grounded, motivated, and energetically balanced. In addition to Metaphysical studies and practice, Wendy continues to enjoy facilitating spirited, uplifting meditation classes and groups in a supportive and nurturing atmosphere.

Clients and students at Sacred Discoveries in La Jolla, California, are encouraged to discover their own Soul Paths, follow their hearts, and uncover and celebrate their many gifts so they can live a more empowered life.



## About the Cover Artist, Mary Ford

*“What drives my passion to paint? I paint to visually communicate how I see the spirit of nature.*

*“On the canvas, I will place some paint here... there...change a color...add another...as if learning new steps to a dance. In time, the painting starts to fit together, as when you finally feel the beat of the music. The colors begin to exist side by side comfortably. An energy takes over and I am just the choreographer.”*

*Experience more of Mary Ford’s incredible, award-winning artwork at [www.maryfordart.com](http://www.maryfordart.com).*





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AND BRING YOUR ENTIRE BEING INTO HARMONY WITH ITSELF.  
WENDY SHARES HER HEALING PATH WITH READERS AND LISTENERS,  
LINKING SPIRIT WITH PRACTICAL LIFE EXPERIENCE.

LEARN TO SET YOUR INTENT TO CREATE THE DIVINELY INSPIRED  
LIFE YOU HAVE ALWAYS WANTED TO LIVE. THE ACCOMPANYING AUDIO  
TAKES YOU ON A SOOTHING, MUSICAL JOURNEY AS WENDY'S VOICE  
GUIDES AND ENCOURAGES YOU TO DO YOUR DEEPEST HEALING.

*"Intent is a sacred process. Wendy's intent to bring the Sacred through meditation is a warm blend of love, thoughtfulness, and purity of spirit."*

KATHERINE TORRES, PH.D.

AUTHOR OF THE FACES OF WOMANSPIRIT: A CELTIC ORACLE OF AVALON.

*"With Wendy's guided meditations, I am able to center and find a deeper inner calm more easily and quickly than when I meditate on my own. Her guidance and questions help me to listen to my inner voice and find clarity and sense of purpose. The lessons from Wendy's meditations have helped me to be more heart-centered and connected, more responsive and in the present, both in my personal life and in my classroom."*

STEPHANIE HAMMES ~ 4TH GRADE TEACHER

*"Wendy's guided meditations led me to great insights and revelations with clarity and calm. I have grown so much spiritually, and have a new sense of peace and purpose."*

DEBBIE STACEY - BUSINESS PROGRAM MANAGER

SACRED DISCOVERIES  
SAN DIEGO, CALIFORNIA

