

## INTRODUCTION

# THE TRANSFORMATION

## A Spiritual Rescue Mission

### WHEN THE PAST MEETS THE PRESENT

I used to cringe every time someone asked me what I did for a living. I'd mumble the word "psychic" so softly people would reply with a questioning, "psychotherapist?" or "psychiatrist?" unsure they'd heard me correctly.

In my last book, *The Instruction*, I wrote about how I used to describe myself as "The Reluctant Psychic." The reason was simple: I was embarrassed by what people would think about my unconventional career. I was worried they'd associate me with the charlatans and rip-off artists who give psychics a bad name.

With the help of my spirit guides I'd learned to make a strong connection with the spiritual universe. Yet my self-consciousness was such that I couldn't begin a conversation with the words, "My spirit guides tell me . . ." without blushing.

Then I started working with my spirit guides on issues of self-acceptance. It turned out I had some huge past-life fears

surrounding judgment and self-expression. It not only explained my reticence, but also my aversion to public speaking and huge concern about how others perceived me.

Once I got over my fears, everything changed. I didn't care who knew. I was a psychic and proud of it. And after three decades of not speaking in public, you couldn't get me to shut up. I learned to embrace my calling, and that has led to a deep sense of self-acceptance and purpose.

Now when people ask me what I do, I can look them straight in the eye and say, "I'm a psychic," without the slightest hint of self-consciousness.

What I love most about being a (no longer reluctant) psychic is that it's never dull. I get to meet great people with fascinating stories to tell. I get to help them figure out who they are and what they're doing. And most interesting of all, I get to explore their past lives.

Though I'd experienced some extremely effective past-life regressions back in the late 1990s and knew their value, I was never particularly interested in doing it for others. To be quite honest, I found it kind of boring, especially when I could be channeling the same stuff my client would be getting—only a lot faster.

So, I slipped into the habit of telling people what happened to them in the past, rather than taking them through a lengthy relaxation and regression.

By now I've been all over the world and across time: Ming dynasty China, Renaissance Italy, Industrial Revolution Britain, the Wild West. In the thousands of past lives I've explored, there's hardly a corner on the planet I haven't visited.

The purpose of past-life regression is to clear baggage from the past and make way for a happier future. What I discovered was

that exploring a past life the way I do is as healing and helpful as any regression.

But what has all this to do with the subject of this book? The answer is *everything*.

When I asked the spirit guides I work with what the purpose of this book would be, they told me they wanted to explain why the world is the way it is, why it doesn't have to be that way, and how spiritually conscious souls can be a driving force for change. No mention of past lives.

It was only when I got into the planning stage that I realized just how significant a role past lives would play in the upcoming shift in consciousness my spirit guides call the "Transformation."

I was pleased that my spirit guides wanted to talk about past lives. The subject had become such an enormous part of my work, and I was finding them so fascinating, I couldn't stop talking about them. I was grateful for a chance to share some of the astonishing adventures I've had with my clients and their many weird and wonderful incarnations.

But before I get sidetracked by my pet subject, let me explain why past lives have such significance and how they fit into the subject of the book.

We all have past lives. In fact, you might have a hundred or more incarnations behind you. And as you'll discover in the pages of this book, what we did or didn't get to do in our past lives impacts us in many different ways.

When your soul first left the Soul World (as my spirit guides like to call it) and came to the Physical Plane, it was on a mission. It was seeking knowledge. Since then, it has had many reincarnations. And though each lifetime has allowed it to evolve, your soul has encountered some significant barriers to growth along the way.

A major trauma in a past life can create a fear that will follow your soul across many incarnations. When an incident acts as a trigger, it can cause the fear to erupt, sometimes many lifetimes later.

During a session, I was talking to a woman named Alicia who lives in Southern California about a life she'd had in early twentieth-century Norway. As a young man in that life, she'd been heavily influenced by the hard-drinking father she worshipped, and she had died of hypothermia after passing out from the effects of an all-night drinking binge.

I'm familiar enough with lifetimes where there's been an extreme of temperature involved in the death to ask, "Do you have a problem with the cold?"

"Not really," Alicia said. "I live in San Diego, after all."

I was temporarily silenced. It had seemed a given.

"Oh, unless you mean at night," she said.

"You died at night," I reminded her.

"My husband and I have had to split the bed in half," she said. "He sleeps under a thin wool comforter that I share. On my side, I have a wool blanket underneath me and a king-size, heavy down comforter folded over so it's doubled. Between the two layers of the down is a double-folded blanket. I have a hot water bottle when my feet are cold, or sometimes fleece socks instead. Then I wear a long-sleeved T-shirt and leggings or sweatpants. And if there's the slightest chill, I can't fall asleep. And that's in summer."

Just to prove her point, Alicia sent me several photos. One shows the bed, as described, with the hot water bottle on the nightstand. Another is a picture taken by her husband. It shows Alicia taking a nap in the middle of the day. Through the window,

the sun is shining. But Alicia is all snuggled up under the sundry blankets and comforters with her cats in her arms, and she's wearing a fleece jacket.

At the bottom of the e-mail were the words, "This better not show up on the Internet!"

"My husband finds it all insane, and I can't really blame him," Alicia said. "He feels my skin, and it's actually cold. He's been a lot better, though, since you and I spoke and he understands where it came from."

I asked her if she'd ever found a place that was warm enough for her. She said, "The Caribbean. It was the perfect temperature."

Since we spoke, Alicia has undergone something of a transformation. One night, she simply felt she didn't need all those covers. "I was toasty warm with just a single comforter," she told me. "We've had some chilly nights, and the windows have been cracked open, but I've been fine. I've started falling asleep very quickly, too, which is also new. My husband is happy that he's no longer sleeping with a heavily cocooned caterpillar."

Alicia has noticed a shift in her body temperature, too. "My hands used to be icy cold, but now they're always warm. And I can take sunset walks on the beach and not feel afraid that I'm going to die if I get cold. The change has been dramatic and freeing."

Interesting enough, you might say, but what's that got to do with the coming shift in consciousness?

Past lives affect us in many ways. What Alicia experiences at night is called a "resonance," a visceral reminder of what once happened to her soul. Resonances can be relatively minor, like Alicia's, or they can be large enough, as you'll discover later, to cast a giant shadow over someone's entire life.

Resonances signal the existence of a past life that's trying to get your attention. And once you recognize the symptoms of a resonance, you can get an idea of what kind of fear causes it.

Several of my clients have severe weight problems as a result of starvation in prior incarnations. They overeat in this life as a form of security in case of an event that will most likely never recur.

Past-life fears can cause huge blocks that prevent growth on the Physical Plane. Some people are virtually paralyzed by events that took place hundreds of years ago. These fears appear to have no obvious cause and often little in the way of symptoms, but they will surge to the surface when a trigger is encountered.

I have quite a number of clients who have been hanged in the past. They tend to avoid any kind of physical constraints around their necks, especially turtlenecks and jewelry. Sometimes the presence of this kind of reminder can create a panic reaction with little or no warning. One woman told me she's torn off necklaces. Another, whom you'll meet later in the book, said she can't bear even the weight of the sheet on her neck in bed.

Triggers can cause a dormant past-life fear to explode into life with volcano-like intensity. Many people know what it is like to have a partner cheat on them and to be astonished at the seemingly disproportionate reaction they have to it. But when someone's soul has been imprisoned and executed as a result of betrayal in the past, a trigger like infidelity can bring the fears surrounding the event alive again.

Overcoming these past-life fears is the key to spiritual growth and, as you'll see in the pages of this book, the fast track to a life of greater connection, fulfillment, and meaning.

Like my previous book, *The Instruction*, this book offers a system given to me by elevated spirit guides on what's called the

Causal Plane. It's a ten-step method in which I'll show you how to identify the blocks created by your past-life fears, how to turn each fear on its head to overcome its effects, and how to connect you with your soul's highest goals.

The ultimate goal is to overcome your fears and step into a life of greater spiritual fulfillment and deeper meaning. And, like all change, what you create within will eventually work its way out to impact the world around you.

## LITTLE LOST SOULS

We humans have risen to become top dog on Earth. And we have the technology to prove it. We've built great big cities to live in, widescreen plasma TVs to keep us entertained, and we've been to the moon and back.

Yet, despite our phenomenal progress, we've created a world in which we allow billions of our fellow humans to go to bed hungry every night, while a handful of rich guys runs everything. And as a result of our detachment from one another, half of us are not entirely sure if waterboarding defenseless prisoners is torture or not.

In the space of something like 50,000 years, we've gone from cohesive, well-functioning tribes, in which we all took care of one another, to a fractured world in which we may go months without seeing our neighbors, where we face bankruptcy if we get sick, and where many of us are one paycheck away from homelessness.

And even if you're fortunate enough to have money in the bank, a well-paying job, and a family, you may still know what it is to lack real depth of meaning in your life.

You'd hardly know it from looking at us, but we are spiritual beings, programmed to be cooperative, nonviolent, truthful, and compassionate. Something has gone wrong, especially in the West,

where we have higher incomes and more stuff than anyone else on the planet. You'd think we'd be walking around with big grins on our faces, in a constant state of gratitude for our immense good fortune.

But we don't. Costa Rica ranks number one in the Happy Planet Index, while America trails behind at number 114. Nic Marks, the person behind the Index, is quoted as saying, "There are a lot of people who are unhappy, particularly at the lower income end of the spectrum, but it is not only financial inequality, it is the longer working week, a lack of social cohesion through a sense of belonging to the community or the geographic area, indebtedness, low levels of volunteering and more passive lifestyles."

Marks' analysis is totally consistent with that of my spirit guides. Our lack of genuine happiness is largely a result of our detachment from each other and our self-imposed isolation.

Living in a dysfunctional world makes it harder to connect with our spiritual selves. Our souls are detached from our conscious selves, and vice versa.

The time has come for spiritually conscious individuals to start changing all this. It's time for those who are ready to reject the shallow materialism and greed of our modern world to step up to the plate and become, as Gandhi put it, the change they want to see. This radical shift in human consciousness is what my spirit guides call the "Transformation," and it's happening all around us, right now.

• • •

The last time our species underwent a transformation of this scale was approximately 55,000 years ago. This earlier transformation allowed our primitive ancestors to make a rapid shift from what

my guides call “Stage Two Consciousness”—the kind seen in most large mammals—to what they call “Stage Three Consciousness,” the kind humans enjoy today.

What occurred 55,000 years ago was a dramatic event for *Homo sapiens*. Stage Three Consciousness allowed us to develop a host of useful skills. We became more organized, learned to hunt better, and started having sex for fun. That led to an increase in our numbers and helped ensure our survival.

The tribe after the last Transformation was a place of far greater happiness and contentment than we might imagine. We worked together much more intuitively than we do now, and we took care of each other in a state of mutual cooperation.

Being more closely connected to our souls meant that we recognized our common humanity. Wars, when they did occasionally break out, were short and fought for practical rather than ideological reasons. Then, as now, we fought over access to resources.

On the whole, as long as resources were plentiful, there was no sense in taking more than your fair share. (When bananas grow on every tree, hoarding bananas makes no sense.)

It was only sometime closer to 10,000 years ago that things began to change for the worse. As our tribes grew to fill whole cities, artificial hierarchies sprang up as we lost our connection to one another.

Along with more formal religions and power structures came kings, priests, and other individuals who sought to take advantage of their position.

After thousands of years spent acting according to our souls’ core values, we became, to some extent or another, trapped behind what my spirit guides term the “Illusion,” the invisible block between our physical selves and our souls.

Under the Illusion, our traditions of cooperation and equality were cast aside in favor of greed and inequality. And as our physical world became more sophisticated, spiritual values such as truth, knowledge, and freedom were gradually replaced by hypocrisy, superstition, and coercion.

The purpose of the last Transformation was to bring our species together. By building strong relationships and communities, our souls made sure our species would survive and thrive for thousands of years to come. It meant that humans would be around long enough to learn increasingly complex lessons on the Physical Plane.

Now, as the negative impact of the Illusion threatens our very survival as a species, we're poised to make a leap similar to the one we made 55,000 years ago again.

Stage Four Consciousness will take us to a new level of awareness. It will reconnect us with our souls' core values, such as cooperation, equality, justice, and peace. And in the same way the previous shift in consciousness brought us together in a spirit of cooperation, the coming transformation will give us a renewed sense of belonging and shared purpose.

As we move forward into this great new future, this higher consciousness will help each of us to reunite with the tribe and embrace those core values that lie at the center of our souls. And as we learn to act with greater integrity and compassion, our lives will gain a renewed sense of purpose and meaning.

• • •

The Transformation, then, is a chance to be an active part of the greatest shift in consciousness in 55,000 years. And the good news is that all you have to do is be the person you

really are—to connect with your soul’s core values. Seems easy enough, right?

Not always. We must first free ourselves from the invisible grip of the Illusion. To do that, the key is to learn to live without fear.

Each of our incarnations puts us at risk of incurring soul-level trauma. In one life you might lose your entire family in a war. In the next you might be sentenced to imprisonment and torture. Every event that radically impacts your ability to complete your life plan (what your soul set out to achieve in that life) creates a soul-level fear.

The loss of your family will create insecurity about the future and perhaps irrational worry about losing your loved ones in this lifetime. Imprisonment and torture might give you a seemingly unexplained anxiety when confronted with people in positions of authority.

These past-life fears act as blocks to your spiritual progress by keeping you stuck behind the Illusion. But once you learn to overcome them, you’ll step out of the Illusion into the light, open to achieve your true potential as never before.

And that’s what the ten chapters in this book are all about. They will show you how to identify your fears and then how to overcome them to reach a higher level of consciousness.

The three steps to Transformation are:

1. Identify your past-life fear.
2. Find the motivation for change.
3. Connect with your soul’s goal.

All past-life fears fall into one of ten categories. As you make your way through each of the ten steps in the book, you’ll learn how to identify the fear by its symptoms, or “resonances.”

Personal transformation is achieved by overcoming your soul-level fears. In doing so, you elevate your consciousness to Stage Four, resulting in a more fulfilling and meaningful life. (On a larger scale, each individual transformation elevates the collective consciousness, leading to a more spiritually conscious—i.e., Stage Four—world.)

To use a medical analogy, when a virus attacks your physical body, your immune system will react by sending antibodies to attack the cause of the sickness. In the same way, when a past-life fear is triggered, your soul reacts by offering you the motivation to stimulate recovery.

To take the medical analogy a little further, imagine you're suffering from a disease, but you don't know what it is. Will it keep getting worse? Will you die? Without knowing the cause of the ailment there's no way to treat it. Does it require medication or amputation? It's only when you know the cause of the ailment that you can treat it.

Similarly, when it comes to past-life fears, not knowing the cause or depth of the fear can be scary. But when you learn the cause, you can take appropriate steps toward healing.

In both cases, knowledge is power. It allows healing to begin. In the case of past-life fears, you are the healer. The cure is in your hands. If you choose, you can use the impetus for change to heal your soul and overcome the fears that block your spiritual evolution.

You might suffer from more than one fear at a time. Most people I work with are dealing with quite a few. They may all stem from one traumatic lifetime, or more typically, they have their origins in several different lives. Most fears will come and go several times over the course of your many incarnations.

When you connect with your soul's goals through the motivations, your fears will dissipate, and in many cases, simply disappear.

When you've worked through all of your past-life fears, you'll have undergone a process that would take most souls lifetimes to achieve. You'll have gone from Stage Three to Stage Four Consciousness, which is the next step in our species' evolution. If Stage Three took us to the moon, Stage Four will take us to the stars.

When we underwent the last Transformation, our Stage Three Consciousness gave us the ability for rational thought. Yet, we'd hardly have been considered great minds by today's standards. It took millennia to develop our current level of intellect. For most of that period we relied on our spiritual connection to guide us.

This time, however, we have the intellect. We just don't have the spirituality. Stage Four is the melding of intellect and spirituality.

Once you embody this Stage Four awareness, there's no going back (not that you would want to). You'll feel more connected to your fellow humans, and that will give you a deeper-than-ever sense of belonging.

Without your fears acting like a ball and chain, holding you back from achieving your true potential, you'll have the confidence to manifest your goals, to be all you were meant to be.

And what does it mean to be all you were meant to be? To put it simply, it means manifesting your true self—one that's both physical and spiritual.

Your personal transformation will imbue you with a sense of purpose and meaning. And when that happens, you'll act as an inspiration to others. Your transformation will raise the consciousness of those around you. Without even having to try, you'll become a force for change. You will *become* the Transformation.

## USING THIS BOOK

There are a number of terms that you'll continually run into throughout the book. The following is a quick description of each.

### *The Transformation*

This is the process through which humanity is set to undergo a shift to a more elevated consciousness and a world of greater cooperation and peace. On the individual level, the Transformation is the process of overcoming past-life fears to connect with your soul's goals and raise your consciousness.

### *The Collective Consciousness*

This is the sea of souls, of which we're all a part. It is negatively or positively impacted by our behavior, which is why a small number of spiritually conscious souls can make a significant impact on the world.

### *The Soul World*

This term is used by my spirit guides to describe the spiritual universe—the home to the Collective Consciousness, your soul, and your spirit guides.

### *The Illusion*

The Illusion is an invisible barrier between this plane and the Soul World. Those who are “in thrall to the Illusion,” as my spirit guides would say, are blocked to some degree or other from their spiritual selves. The cause is fear. Breaking through the Illusion is an essential part of the Transformation.

### *Stage Four Consciousness*

The Transformation will take our species from a Stage Three Consciousness to the next (and final) level. Stage Four Consciousness

creates a greater awareness of the importance of peace, unity, and other higher values by connecting us more strongly with our spiritual selves. It will help us create a world more conducive to these values, for ourselves and others.

This elevated consciousness has already been seen in people like Martin Luther King Jr. and Gandhi, and it exists in many who work to help create a better world, especially when they don't necessarily benefit themselves. (A person with plenty of health insurance who fights for universal health coverage is another example.)

As a species, our Stage Four Consciousness will continue to grow throughout the rest of our existence, and in doing so, it will ensure our survival.

### *Life Plans*

Your life plan is a blueprint for this life that you create before you're born. In it, you have all the major goals and missions your soul wants to accomplish. It includes agreements with other souls to work on balancing karma from previous lives or simply to be together for the spiritual growth it offers.

Your life plan allows for total free will. It is only a rough guideline. Your soul will never, for example, choose the time and circumstances of your death or deliberately put you in harm's way.

### *Spirit Guides*

Spirit guides are your support group in the Soul World. They understand your life plan, your agreements with other souls, and they know everything there is to know about your past lives. And to answer a frequently asked question: yes, we all have them!

### *The Tribe*

When my spirit guides talk about reuniting with the tribe, they're not advocating a return to living in caves. They mean rekindling the awareness of our shared humanity that began at the time of the last Transformation, 55,000 years ago, and lasted until approximately 10,000 years ago, when the Illusion began to exert its influence.

### *Resonances*

Resonances are reminders of past-life trauma. They can be mild, like an anxiety in the presence of men in uniforms, or they can color your entire life, like a fear of public speaking. Some resonances are physical, like sensitivity to extremes of temperature or unexplained pains.

### *Triggers*

Past-life fears are triggered by events in this life. Losing loved ones in a previous incarnation can create a fear of Loss. In this life, the death of someone close can trigger the fear, creating symptoms such as uncertainty about the future.

### *Soul Ages*

We are all at different points on our souls' evolutionary journeys. It means that some souls are older than others. Your soul age gives you your perspective on the world and shapes your beliefs. (A fuller explanation can be found in my previous book, *The Instruction*.)

Past-life fears affect young and old souls in different ways. Younger souls, with less experience on the Physical Plane, tend to be more in thrall to the Illusion. Their response to having a past-life fear triggered is often to hurt others as they were once hurt.

Older souls tend to internalize their fears, often manifesting unexplained physical reminders of the trauma.

Though there are five young-soul stages and five in the old-soul cycle, for simplicity, I simply refer to old and young throughout the book.

### *Karma*

Though some believe karma to be about payback for earlier “crimes,” my spirit guides describe it simply as a way to balance trauma from the past.

For an event to create karma, it must be significant enough to have blocked your ability to complete your life plan. This can happen through deliberate injury, disempowerment, or killing.

### *Spiritual Acts*

Spiritual acts are ways of helping those less fortunate than yourself. The same motivation that enables you to balance the karma from a past-life fear can be used to help others who suffer as you once did. An organization like Amnesty International, for example, is full of people who have suffered imprisonment and torture in previous incarnations.

Through Spiritual Acts, you can accelerate your personal transformation.



Like a butterfly emerging from a chrysalis, when you step out of the Illusion and into the light of the Transformation, you will have undergone a radical and permanent change for the better.

The “Stage Four you” won’t necessarily look any different. But you will feel and act differently. You’ll find you have a higher than ever level of kindness and compassion, both for yourself and others.

As you become more loving, your relationships will be transformed. The changes you undergo will influence everyone you come into contact with. You’ll be drawn to others and they to you. You’ll become a walking example of what it is to be a spiritually conscious embodiment of the Transformation.

As you embark on your voyage of transformation, be assured that you have all the support of the universe behind you. Your spirit guides will encourage and guide you at all times. Your soul will do all it can to keep you connected to its highest values throughout.

I’d like to wish you bon voyage and good luck on your journey. You are a spiritual being in a physical body. May you bring the two into alignment and create a fabulous future of connection, fulfillment, and meaning.