

Vibrational  VOYAGES

**Go-to Guides**  
for Spiritual Beings

**How to Make the Most of Your**

# **EARTH EXPERIENCE**

**14 Principles** for Living  
**UNCONDITIONAL LOVE**

**Glenn Younger**

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how to make the most of your

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14 Principles for Living  
**Unconditional Love**

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## **Intergalactic testimonial buzz for**

### **How to Make the Most of Your Earth Experience**

[Note: The testimonials below have been obtained by extraterrestrial imagination.]

“It’s fun. It’s practical. You’ll reference it so much, you might even fray the edges of your eReader.”

**~ G.Ohmsoriae, President**

#### **The Divine Soul Travel Agency, Milky Way Division**

“If you’ve forgotten you are Unconditional Divine Love living in a human body, buy the book. Read it. Use it. You’ll be glad you did.”

**~ Reinai Ohm, Vice President of the Galactic Council**

“Quit messing around. It’s time to remember your primary mission: Live Unconditional Love every day, in every way.”

**~ Zhaaamhraaaa, Divine Soul Extraordinaire**

**From the Origin Dimension of all Creation**

[Human testimonials will be forthcoming, as soon as you put yours on Amazon and Goodreads. They might sound like one of these.]

“This book picks up where “The Law of Attraction” left off and explains step by step how it all works.”

**~ (Your name here)**

“I never thought it could be so easy to stop getting in my own way!”

**~ (Your name here)**

“I used to say, ‘If I knew then what I know now...’ and look

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back with regret. No more! This little book gave me the tools I needed to make the most of now.”

~ (Your name here)

**To quote real readers on Amazon:**

“Glenn Younger's witty writing combines with important spiritual and personal growth concepts in such a way that we all benefit...”

~ **FullyAlive**

“My soul is rejoicing. I already know yet I have forgotten, and this book resonates with me in such a way that I feel at home.”

~ **Rachel**

“I assure you this is the perfect next step, where ever you may be in your life journey. I have recommended it to friends and family.”

~ **Kelli**

“Great, easy read with lots of great info for all levels!”

~ **April**

“It is less about learning and more about understanding oneself, remembering why we're here and the inner power that we all have to move forward on our own terms.”

~ **Milton**

“Read this, live this, and love this!”

~ **Kakalaka**

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## **How to Make the Most of Your Earth Experience**

### **—14 Principles for Living Unconditional Love**

It's spirituality with pizzazz... with a fictional premise that's fun, practical, AND concrete.

It's time to remember all you've forgotten about living the power of Unconditional Love.

Use it well. It's powerful.

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How to Make the Most of Your Earth Experience  
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# DEDICATION

To Divine Souls everywhere who instinctively  
know there's more to life than a good plate of  
pasta.

(Although a good homemade pesto sure can  
enhance this Earth experience!)

# ACKNOWLEDGEMENTS

A belated “Thank you,” to three key teachers I had early on in my spiritual awakening. Two are no longer on this Earth in physical bodies: Katherine Jarvis and Jim Goure. You first introduced me to Divine Light, which prepared me for Drunvalo Michelzedek whose work introduced me to the sacred geometry of the Universe.

You three paved the way for my Divine Soul to bring me all the way home to understanding the infinite power of Unconditional Love (aka: Divine Light Vibrations).

And a current “Thank you,” to:

Melissa Crosswhite, an Editor extraordinaire, Queen of proper punctuation, and owner of an award-winning smile.

Milton Rodriguez and Carolina Stolagli who were the first to tell me I should publish this as a complete book. You enthused. I finally listened. Here it is.

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Google has yet to create a road map back to your heart of hearts, so it's good you've got the Table of Contents as a reference right here in your Vibrational Voyages Go-to Guide for Spiritual Beings, "How to Make the Most of Your Earth Experience—14 Principles for Living Unconditional Love."

Each chapter gives you a key piece of information for understanding how Divine Light works, especially in relation to your own inner power. Self-discovery exercises help turn ideas into practical application. Before you know it, you'll be living in a world with broader horizons than you've yet imagined during your Earth visit.

# GLENN YOUNGER

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**THANK YOU**

**ABOUT GLENN YOUNGER**

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# FOREWORD

What if a fictional fantasy world could open doors to your own reality?

What if it could show you reflections of how you turn left instead of right, sit down when you could be dancing, hold back instead of embracing with open arms all the love and fulfillment that are your full birthright?

What if it could guide you to remembering the majestic grandeur of who you truly are—in all your glory and magnificence—so that each day would celebrate the heart of the life you came here to live? And you'd never look back on your life with regret.

Would that be a book worth opening?

I hope so, because that's what you're opening right now.

Isn't it time? Welcome.

You know you're here on Earth for a reason. You



## How to Make the Most of Your Earth Experience

instinctively want to sing your heart song from the rooftops in perfect harmony. You feel it in your bones.

You want a good life, one that's filled with meaningful relationships, with love. You want a roof over your head, good food in your belly, a sense of fulfillment, and some pretty things that represent value and reflect your self-worth in the world. Speaking of the world, maybe you want to discover it through travel, or maybe you simply want to tend to your garden without the fears and cares of the world pressing in on you.

Bottom line, you want peace, happiness, and prosperity on your terms. And you want it with no regrets looking back.

That's a no-brainer.

But do you, somehow, keep getting in your own way?

Maybe you're not yet completely clear on what your mission is. Or perhaps you are clear, and you want to take your creative and professional expression to the next level, even if you can't quite put your finger on how.

Still, you know there's something more to life here on Earth than what you've been doing.

That's about to change.

Up until now, you've done all the things you've been taught to do, in pursuit of your happiness, from the confines of your cultural upbringing. Maybe you make lists; read books and take courses on strategy and spiritual growth; maybe buy too much stuff; and hope for that perfect soul mate, or that your current partner will become your perfect soul mate.

But why isn't it working like it should? Do you have to work harder? Or maybe work smarter? Listen to the 'experts'?

Throw off the weight of a dysfunctional management system that we call bad parenting, or bad government, or bad anything that we feel subjected to? To break out, you might read books, study new spiritual disciplines, change jobs, or just move away.

What's the key?

The fact of the matter is we live in a world that's taught us to honor our minds above all other aspects of our human make up, that the true secret to understanding ourselves is through the mind. We've become inordinately attached to that one aspect of ourselves at the expense of our true greatness. Yes, it's fascinating to discover what parts of our brains process what parts of our perceptions, emotions, and bodies. Yes, it's cool to know that 21 days to two months of repetition can change a habit.

But...

In the process of putting so much of our attention on the mind, we handed our power over to our ego-intellects to decide our fates, to decide what's true, what's false, what we want to believe or discredit, to show us the way into the heart of life where peace and beauty reign. Our conditioned ego-intellects can convince us that whatever we truly want will be difficult, or unattainable, and maybe it's better to dig our heads in the sand and stay safe.

When that doesn't work, then our ego-intellects declare an inner war between our heart's desire and our past conditioning. It sets up a dictatorship that tells us willpower is the key to bringing us the freedom we instinctively know is possible. Subtle inner power games abound, and they reflect on our life experiences.

## How to Make the Most of Your Earth Experience

There's just one problem with this singular focus on the mind, and it's a significant one. It's given us a world of separation and strife within ourselves as we deal with the world around us. In the process, we cut out our inner heart knowledge where the memory of the greatness of our real power lies. You see, the mind is just one aspect of a greater whole called 'You.' It's not the be all, end all to our human makeup.

The answer is very simple, and it lies in your innermost heart of hearts. It will take you to the heart of life you are meant to live on all levels.

Vibrational Voyages is a self-guided journey out of the mind of the ego-intellect (with its desire to be in control at all costs) and into the remembrance of the heart of you, where all things—and I mean literally all things—are possible. No more squeezing into the life you were conditioned to live. It's time to let all aspects of you work together for your highest good on all levels.

No matter what personal growth technique and approach you currently use—mental or spiritual—the Principles of Divine Light Vibrations will shed light on how and why your techniques are working, or not, and how they can work better. The Principles are valid at any step of the way.

If you're already acquainted with the Law of Attraction, this is going to take you to a whole new level of understanding. If you're not, you're about to, and it'll be simple.

Because I wanted to give your ego-intellect a chance to play as it grows, I wrote the "Vibrational Voyages Go-To Guides for Spiritual Beings" series under the fictional premise

that they're spiritual how-to guidebooks for Divine Souls visiting Earth from other realms. Yes, the premise is lighthearted, but the principles and action steps offered are anything but fictional. They're practical, concrete, and even fun, if you want to use them that way. They will actually change the way you live—without heavy doses of will power.

So...

Just for fun, pretend for a minute that you're one of those Divine Souls visiting Earth. You applied to the Divine Soul Travel Agency for permission to incarnate into the human form.

Permission was granted.

You made a contractual agreement.

You came.

There's just one problem: You forgot who you are.

Now you think you're only human.

Most important, you forgot how to use the power of Unconditional Love for your highest good.

HOWEVER... if you did remember, what would you change about your life?

Keep that in mind as you read this book because you're about to go on a personal voyage that can take you straight towards what you just envisioned for yourself.

Divine Soul Travel Agency

Milky Way Division

Traveler #5G-305G-268Y

Aka: Glenn Younger

**Chances are, you have an important question  
hanging in the air.**

WHY SHOULD I LISTEN TO GLENN YOUNGER?



*Sailing on SS Queen Victoria*

The answer is, you shouldn't.

Yes, I've had 30 years of copious study of texts on spirituality and psychology, ancient and modern, religious and secular. Yes, I've studied all sorts of energy disciplines from

the East and West, just about anything that came my way. An insatiable curiosity drove me. Yes, I founded a Cultural Association in Italy that helped people move beyond their limiting past conditioning through improvisational theater games and my course, "Intuition: Listening to Your Inner Voice." And, yes, I've traveled the world over in the process, learning how different cultures reason out their form of reality.

Then one day something clicked, and it all came together—I saw how simple it all really is and how difficult we've been taught to make it. I've had the pleasure of walking hundreds of individual clients through the process of remembering their Divine Soul and use the vibrations of Unconditional Love (aka Divine Light Vibrations) to transform limiting beliefs into personal illumination and the freedom to live their dreams, as they want to live them. No more squeezing into the one they were conditioned to live. No more holding themselves back.

Bottom line? You should listen to your own Divine Soul, the part of you that's consciously aware of your connection to the Unconditional Love of all Creation. It knows you better than any person on the face of the planet and is constantly trying to gently guide you in the right direction. He/She/It knows why you're here on Earth, knows what you came to learn, knows what you came to accomplish, and knows the best way to get you there... if you're willing to make the free choice to listen.

That's what this book is all about—helping you to remember that most amazing part of you. As for me? I'm a

## How to Make the Most of Your Earth Experience

spiritual messenger who's passing along the information to help you remember.

And you DO have the memories! Here's a quick story about my niece that illustrates the process we all go through.

When Spencer was about two or three, I asked her, "Spencer, where is God?"

She looked me square in the eyes, patted her solar plexus, and went back to playing with her toys.

When she was about four, I asked, "Spencer, where is God?"

With an expression that said, 'Glenn, you're being silly everyone knows that,' she made a sweeping gesture with her hand and said, "Everywhere."

When she was about seven, I asked, "Spencer, where is God?"

She rolled her eyes at the absurdity of my question, put one hand on her little hip, and pointed the other up towards the sky.

So at two years old, God was inside. At four years old, God was everywhere. It only took three more years for her to forget what she already knew.

Get it? We instinctively know our connection to all of Creation; and so we willingly shape ourselves, in order to live a connection with our tribe members, i.e., family, friends, and work relationships. Then, somewhere along the line, we instinctively know it's time to wake up.

That's what your Vibrational Voyage is all about—waking back up and remembering who you truly are, why

you're here, and how to live Unconditional Love every day, in every way, because it's the essence of who you are.

So...

Are you ready to step out of the old ways of believing you are less than or too much, that the innate power to create isn't already active and present within you? Do you want to step into knowing and remembering how fabulous you really are, no matter what you were taught to believe? If so, read on.

If you're not ready, go have a coffee or a cup of tea, and consider what it is you are ready for. Because the world is changing and it's changing fast. Whether you realize it or not, you're at a crossroads.

What will you choose? Frenzy? Or flow?

Frenzy is the way of the conditioned ego-intellect where you run around like crazy to achieve whatever it is you want, all the while battling the past conditioning that holds you back. You can get there, but the costs are high.

The flow is the way of consciously living Unconditional Love and joyfully embracing your innate power to create.

If you choose the flow, read on... and enjoy the journey!



## A QUICK HISTORY OF THIS GUIDEBOOK

(If you don't care two diddlywats, skip this part;  
although you'll miss out on a good opportunity.)

"Vibrational Voyages Go-To Guides for Spiritual Beings" started out as a blog in 2009 to explain to those who wanted to understand the basic Principles of Unconditional Love (aka Divine Light Vibrations) before jumping into their heart knowledge. It grew into a book that people used as reference in their journey. Clients would refer back to the Principles of Divine Light Vibrations to help them understand the dynamics going on in their lives. People I'd never met would contact me to thank me, or ask a question. Many became individual clients. More people than I could count asked if I could make it into an ebook that they could read without having an Internet connection.

Soon, I promised, soon.

Life has a wonderful way of helping you make good on your promises. Sometimes, when you're paying attention, it's with a gentle reminder. If you're not, then it's often with a metaphorical kick in the seat of your pants and you've got to deal with the ramifications of having procrastinated while not being able to sit down for a while.

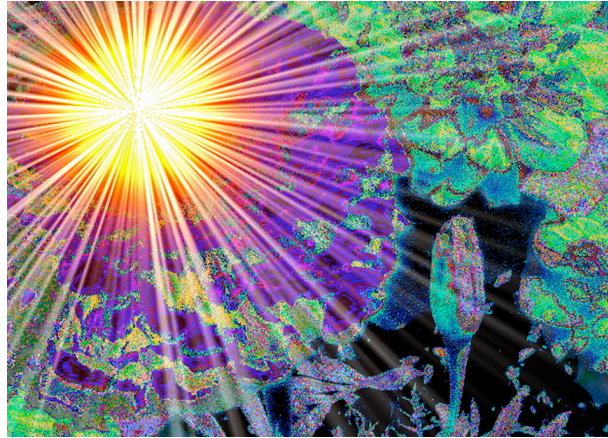
My kick came when I discovered that iWeb, the software I'd built my site with in 2009, wasn't robust enough to counteract the spambots running around creating havoc on the Internet. I know, what was I thinking? And I'd never set up a way to let people sign up to a mailing list. Again, what

was I thinking? Certainly not about having a long-term Internet presence, but that's a whole other story. At any rate, now you know why the title might seem familiar to you. Welcome back.

I took the spammed site down in 2014 and used it as an opportunity to update all of the material, and make good on my promise of publishing it as an ebook. I also put up the website [divinelightvibrations.com](http://divinelightvibrations.com) as another place to share information about living Unconditional Love. No, you won't become a doormat; and you can do it in the comfort of your own home.

Sign up at [divinelightvibrations.com](http://divinelightvibrations.com) to get periodic updates that'll help you stay on track to a new way of dancing freely to your own unique heart song with Unconditional Love as your music track. You'll also be in the direct loop of knowing when my other books are published. I won't inundate your inbox—that's a promise—and, of course, you can unsubscribe at any time.

## WHAT IS A VIBRATIONAL VOYAGE?



*Rendering from a scarf of all things. My closet. Vicenza, Italy*

Even though the Principles of Divine Light Vibrations remain constant, the vibrational voyage in consciousness is unique for each one who decides to take it.

Here's how other travelers have described it over the years:

“It’s a journey of freedom, real freedom, with no boundaries. I’ve been the one to put limits on myself, and now I don’t have to anymore.”

“It’s discovering your heart song.”

“It’s developing an intimate relationship with our Divine Soul, that part of us that knows everything, what’s best for me, how to guide me.”

“It’s learning who I am really and not how my parents and society told me I had to be.”

“It’s been a dance with all of life in its higher forms.”

“I’ve learned a deepening awareness of the majesty of me, of you, of all humanity.”

“It’s almost like learning a new language—a telepathy of sorts—with that aspect of myself that knows things I couldn’t have imagined I knew.”

“I see the world through new eyes. It’s like a veil has been lifted.”

As you see, we all have our own way of describing an intimate experience.

For me, I describe it as remembering, as recognizing truths that I already know, but have tucked away deep within the recesses of my conditioned thinking.

Since not everybody uses the same spoken word to mean the same thing, this guidebook was written in the most neutral language possible. You might encounter new terms that have no specific religious history. This will help you approach the information from a new point of view, so you can learn outside the box of your current worldview and have new experiences, which bring you new self-illuminations and freedom.

## How to Make the Most of Your Earth Experience



*On the deck of Drunvalo Melchizedek's  
retreat center. Sedona, Arizona*

Don't let the semantics trip you up! Your Divine Soul will guide you to deeper understandings beyond the words.

From there, you can easily translate your new awakenings into the language of your chosen religion whether you're a student of the Christian Bible, the Hebrew Kabbalah, the Hindu Gods, Buddha, or any of the great religions. No matter the teachings, you'll find the Principles of Divine Light Vibrations (aka the Unconditional Love) flowing through all things—including you—are present. You'll probably have "AHAH!" moments, where you metaphorically slap your forehead and say, "So that's what that meant."

Even if you lean towards the sciences rather than spiritual, you know how all of physical life exists in a vibratory state. Remember those bouncing molecules from high school science class? Well, you also exist in a vibratory state, as does

Divine Light. Just look at how your “vibe” changes when you shift emotions from happy to sad or angry.

I'm reminded of one client who attended my course years ago on “Intuition: Listening to Your Inner Voice.” She was a declared and committed agnostic and scientist. Yet, she attended faithfully. Never missed a class.

“I’m curious,” I said one day. “Why do you come here? Especially when you say you don’t believe in anything with the label spiritual.”

“I like the way I feel when I leave, so I keep coming back. But,” she added, “I don’t like any terminology that includes the word Divine. I have to block that out.”

“That seems like a lot of mental work.” I made a comical mime of carrying a big load on my shoulders, and then wiped my brow when I metaphorically dropped the load behind me. “What word would you like to use?”

She shrugged. “I don’t know.”

“How about Weekiwakiwu?” I suggested.

She laughed, and her eyes lit up. From that point forward, she privately practiced the Principles of Weekiwakiwu Light in action. She listened to the Weeki within. And when synchronicity became a common occurrence in her life, she called them Wu’s.

So if the word “Divine” throws you for a loop like it did her, then substitute it for Weekiwakiwu, or whatever other word you want to invent that reminds you of something all powerful and beyond your current human conditioning.

## How to Make the Most of Your Earth Experience

In the end, what counts most is not the language, but the intention to allow yourself to make the voyage to your (all powerful) Divine Soul knowing.

If you've ever been in an extreme state of happiness or deep inner peace, you've experienced, first hand, more refined versions of the vibration of Divine Light before. You know the feelings? If you do, then you're tuned in enough to know you can always go deeper. If you don't, then it's time you do! Naturally, the vibrational sensations of extreme happiness and deep inner peace are distinctly different, but you can inherently recognize them as something 'higher' or 'deeper' than the normal state of everyday living that's filled with stress, a pile of to do's, and lots of white-noise chatter all around.

The goal of the voyage into your heart of hearts is to live in those more refined states of Unconditional Love as 'normal' throughout the course of your day, and not save them as special occasions to yearn for in the back of your mind.

As you go through this guidebook, listen to what resonates within you as true. If you've been working and playing in the world of your spiritual awareness for a while, try to recognize your truths on deeper levels than before, instead of intellectually saying, "Yeah, yeah, I know that."

There are literally worlds between knowing something intellectually and recognizing it from the center to circumference of your being. Infinity is a pretty huge concept, and our growth is never ending.

**“Intellectual knowledge only counts on written exams. You’ve got to live it to know it.”**

The good news is you can choose to change how you live and perceive your world at any given moment. All it takes is a little practice and a shift in focus. Since you’re already unconsciously using the Principles of Divine Light Vibrations every day and with every thought you have, this Vibrational Voyages Go-To Guide, **“How to Make the Most of Your Earth Experience—14 Principles for Living Unconditional Love,”** can help you apply them more consciously.

Bottom line? The more you become aware of how you've been unconsciously using the Principles of Divine Light Vibrations, and begin using them with more awareness, the more your life will change for the better. The more you make friends with your own Divine Soul—the Divine or Weekiwakiwu aspect of the human makeup that they forgot to teach us about in school—the bigger your entry ticket becomes to a world filled with more love than you’re able to even conceive of at this point, much less handle physically on a vibrational level.

Let’s walk through the door to the fictional premise and take a look at how simple it is...



# PART ONE

## PART ONE—THE BASICS



*Baltic Ocean*

Before you get started, I need to give you a heads up: If something “pushes your button” and you feel confusion or resistance, pay attention. That’s a good growth opportunity.

Don’t worry though. Your Divine Soul is ready, able, and waiting to guide you through to the other side of confusion and resistance straight into new illuminations, if you say “Yes” to the experience, that is...

GLENN YOUNGER

## LETTER FROM THE DIVINE SOUL TRAVEL AGENCY



*Before iPhones were invented and well before telepathy was remembered. Alice Springs, Australia*

Greetings, fellow Divine Souls,

How's your Earth visit going so far? Chances are you've forgotten how to use the power of Unconditional Love (aka Divine Light Vibrations), and you've created all sorts of unnecessary hardships for yourself. It's ridiculously easy to forget how you're a Divine Soul having a short-term human experience, isn't it?

## How to Make the Most of Your Earth Experience

If you're like most...

- ☯ Maybe you've gotten lost in the labyrinth of the human ego-intellect.
- ☯ Maybe you think Unconditional Love is something to strive towards, that it's not something concrete and practical.
- ☯ Maybe you think living Unconditional Love means you have to be a mealy-mouthed sweetie pie that people can walk all over.
- ☯ Maybe you're secretly and subconsciously afraid of your own innate power.

Think again. On all counts.

The Divine Soul Travel Agency, Milky Way Division, has authorized this guidebook on how to live the power of Unconditional Love every day, in all situations, and still stand up tall.

It will remind you of some basic salient facts:

- ☯ First, how Unconditional Love works.
- ☯ Then, how to activate more refined vibrations of it. We call them Divine Light Vibrations.
- ☯ Once you do, you'll consciously use the vibrations of Unconditional Love for the alchemy of personal human transformation. Why would you want to do that? So you can easily transform past conditioning and limitations into personal freedom and illumination.
- ☯ From there, you can create anything you want in your Earth experience.

This might trigger a recognition or two in your memory banks. The following is an excerpt from your original acceptance letter issued by the Milky Way Division of the Divine Soul Travel Agency. It was in your permission packet for visiting planet Earth in a human body.

*“Congratulations! You’ve been accepted as one of the lucky Souls granted an Earth incarnation. As you know, this is a critical time in human evolution. Take your sojourn ‘Lightly.’ Approach it with reverence.*

*Your self-discovery journey into a whole new dimension called Earth will be a denser world than the one you know. Those human bodies are complicated pieces of creation. The good news is you’ll have about nine Earth months to help create it using your Earth parents’ DNA so you’ll have a pretty decent idea of how it feels to live inside a physical human body before you actually begin your Earth sojourn. The bad news is you’re going to get used to a weightless physical world where your body is fed with no work on your part and the temperature is perfect.*

*Why is that bad? Because, when your nine-month transit time is finished, you’re going to have to move on from the incubation chamber of your Earth mother’s womb and be born completely into Earth’s physical world. Even if you want to stay longer, biologically you can’t, and there’s no point in resisting. Either your Earth mother’s body will push you out, or someone will cut you out.*

*There’s no need to be alarmed when it happens. Sure, the outside temperature won’t be perfect, and you’ll get hung upside down so blood rushes to your head. Then you’ll get slapped on your rear parts. It’ll strike you as violent at first,*

## How to Make the Most of Your Earth Experience

*but they're doing it to make sure your lungs are working. With more time for further enlightenment, they won't be like that in the future. But for now, know it's coming, and try not to freak out, as they say.*

*[Note: That phrase might be out of use by the time you get there. We try to use correct language from your upcoming worldly time frame, but we can't always be 100% accurate. Linear time is tricky, and their language is constantly evolving.]*

*If you do freak out, try to calm down as quickly as you can. Otherwise, you'll be in a constant emotional battle with yourself against a fear of change. Plus, you'll have a hard time truly appreciating your human body.*

*From there you're going to spend a lot of energy just figuring out how it works.*

*Your first physical challenge will be food.*

*They won't know you're hungry, until you cry to get their attention. Most likely, your mother will supply food through her breasts, and you'll automatically know how to suck on them to pull it out. If not, someone will provide sustenance through a bottle.*

*That same sucking motion will also exercise your pineal gland. Exercising your pineal gland will not only help you stay connected to your memories, it'll help you remember how to use Unconditional Love to create whatever you want, whenever you want. Most humans have forgotten that about themselves.*

*Try not to fixate too much on her breasts, however, once you learn to eat other foods. Humanity spends inordinate amounts of unnecessary energy on the subject of boobies. Some women actually measure their self worth by*

*them. Many men have trouble thinking of much else.*

*It's worth repeating. Exercising your pineal gland is good. Overly obsessing about boobies is not so good.*

*Your next challenge will be to learn how to communicate verbally beyond laughing and crying.*

*You'll find out right away that humans have forgotten how to speak in telepathy, so you'll have to learn their language of words using what's called your vocal chords. This can also be tricky. One word will have a lot of different meanings, depending upon the context and what tone of voice you use.*

*At the beginning, they'll think your first efforts at speaking human language are just baby babble. Don't give up. Keep communicating. It's all trial and error. Sooner rather than later, you'll either get the hang of words or they'll tune into your telepathy.*

*In general, younger humans like to invent new words to differentiate themselves from their parents. It's all a part of their growing up cycle. Also, the sounds change by geographical location and social groupings. So if you decide to travel the planet, you'll probably find that you must learn a whole new set of sounds in order to connect.*

*There's no need for concern, though, because you'll be wired to give and receive information through sound, touch, taste, and hearing, as well as sensory discernment.*

*Some of you will decide to see what it's like to have a human experience without one of those physical attributes. You'll find that other attributes will grow stronger to compensate, so you'll still be equipped to exchange information.*

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*Warning: The more unenlightened humans believe that without every single one of those physical attributes, you are somehow “less than” the rest. This is not true; so if you’ve decided to experience life on Earth without one of your senses fully up and running full speed, it’ll be up to you to show them by example.*

**“Living by example is stronger than words will ever be.”**

*(You can tweet that. No, not whistle like a bird. You send it out on something they call “Twitter”, and it gets transmitted electronically to others. It’s the closest thing they have to mass telepathy.)*

*You’ll also be wired to intuitively understand their vibes, although that brings us to your next challenge—human conditioning.*

*Because they’ve forgotten, they’ll do their best to make sure you forget who you are—pure Unconditional Love living in a human body. They mean well, so try not to hold a grudge. To many, something as basic as an intuitive voice is labeled “weirdo whacko.”*

*Fear not!*

*They’ll catch on sooner or later. When you do start to remember how your Divine Soul aspect is always actively guiding you along the way, it’ll be easier to let go of silly human ideas like the value of holding grudges and playing the blame game.*

*Here’s the biggest challenge to your human journey—remembering to listen to your Divine Soul aspect. You can laugh and say, “Now who’s being silly? Hah! Hah! Hah! Like I’m going to forget who I am!”*

*Odds are you're going to forget. It's part of the human experience. History has shown us that the more involved you get in learning about your new environment—and believing when they tell you how that's all there is—a kind of amnesia sets in. Think of it like they're sleepwalking, or dreaming with eyes open.*

*The good news is more and more people are starting to wake up and remember. Since Divine Light connects us all, their waking up will make yours easier. Just like your remembering will make it easier for others, without ever having to say one word about it.*

*This is your primary objective, and we cannot emphasize it enough. Once you have command of being in the physical human body and moving in the Earth realm, wake up! Snap out of it! Remember that you—and everyone else—are a form of Unconditional Love incarnated. Anything less than that, well, it's a boldfaced illusion of the worst kind.*

*Everything you want and need is at your disposal. Tap into your Divine Soul memories, use the Unconditional Love flowing through you at all times, decide what experience you want, and then let it unfold.*

*Your waking up is more than enough to fulfill your contract of assisting humanity in their ascension to higher levels of being. From there, you do whatever you feel like. It's your holiday, so you can either build castles, live in the open elements, or do whatever strikes your fancy in between. As long as you do it from the heart of Unconditional Love, you'll be within your contractual guidelines.*

*While we're talking about tricky things, we can't skip the human brain. It's the most wonderful command center to run*



## How to Make the Most of Your Earth Experience

*your physical body and process human emotions. Remember, though, you always have your free will to make choices, so let your Divine Soul be the pilot. Don't fall into the trap of letting your ego-intellect think it's the one in charge, like most do on Earth."*

(End of excerpt)

If you've read this far, it means your Divine Soul has guided you here. You're ready to snap out of it! You're not "just human." You're a Divine Soul having a human experience.

### **An Important Key of Recognition:**

The more you become aware of how you've been unconsciously using the Principles of Divine Light Vibrations and begin using them with more awareness, the more your life will change for the better, because you'll head towards your innermost heart of hearts. That's where you'll find all your Divine Soul memories are stored. Once you get back there, you'll be in the heart of life, the one you signed up for.

Consider everything else you do up until then as playground activity for children.

It's time to start. Are you ready?

Then fasten your seatbelt.

As the professor said to Marty in the movie "Back to the Future," "Roads? There ain't no roads where we're going!"

[Note: By the time you read this, there might be a more current movie reference, but "Back to the Future" is available in what they call DVD as well as their Internet. We quite liked the idea of their cars running on garbage waste.]

There might not be roads, but there is a roadmap

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showing all of your potential key stops. Just look outside the box of your human conditioning and towards your innermost heart of hearts. Keep the Table of Contents as a reference, when you feel you're getting off track.

Happy travels to you!

From the Light of Our Divine Soul to Yours,

Divine Soul Travel Agency

Guidebook Author and Traveler# 5G-305G-268Y

AKA: Glenn Younger

DON'T LET THE SIMPLICITY FOOL YOU



*Vicenza, Italy*

Waking up to consciously living Unconditional Love is deceptively simple. It's as easy as turning a key to open a door.

Don't let the simplicity fool you. It works. And you can remember how, with these three key words:

Look

Let

Love

**Look...** towards your Divine Soul, the part of you that consciously remembers your connection to the Unconditional Love of all of Creation.

**Let...** your Divine Soul guide your ego-intellect, until your ego-intellect has released all of the past conditioning that holds you back and limits your flow of love, prosperity, peace, health, and well being.

**Love...** let the Unconditional Love of all of creation transform that past conditioning into illumination and the remembrance of your power to create whatever situation you desire in your life.



As you go through your remembering process, your ego-intellect is going to try to jump through all sorts of mental

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hoops in its disbelief and fear of your power. Don't worry about that—it's pretty doggone normal and part of your reawakening process. Simply apply the three words in any situation, and they will help shift and refine your focus.

**Look...** at the mental machinations you're going through.

**Let...** yourself release them. Then let...

**Love...** Unconditional Love (aka Divine Light Vibrations) transform them into illumination. How? Just ask it to. This guidebook will remind you how it's that simple.

If you have to add another layer of love to it because you start mentally beating yourself up for not getting it right the first time, apply the three words in a different way.

**Look...** at the fact you're mentally berating yourself. Accept it. There's no need to resist.

**Let...** yourself receive...

**Love...** Unconditional Love from your Divine Soul. It will give you all the love you've learned to crave, and fear about not having, in abundant proportions. If you let it.

See how these three words will loop around, depending upon how you choose to implement them? The more you work with them, the more you'll understand. When you're making the progress you want, you can see how you let the concept flow freely.

At any step of the way, if you're not making the progress you want, look at how and where you are—and are not—Looking, Letting, and Loving.

As you spiral out of limited ways of thinking and spiral into your heart of hearts memories, the Look, Let, Love

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sequence will become second nature, just like breathing is second nature to you.

But first things first—you need to start feeling those vibes, so read on.

THE FIRST STEP TO LIVING UNCONDITIONAL LOVE—  
FEEL THE VIBE



If you're currently unwilling to check any one of those things on the list, then you're advised to put this guidebook away and go bang your head against a brick wall until blood runs into your eyes. You've been doing that metaphorically already and probably just need the extra push to realize how it just isn't fun anymore.

Whether you've been studying your own spirituality for one minute or one hundred years, the learning never stops because infinity goes on forever. The minute you think, "I've got it pinned down," is the minute you've stopped growing, and you know you're letting your conditioned ego-intellect reign.

This means waking up out of the trance state of human fears that have convinced you that you are less than or not enough, that you need to be in control, and/or you already know it all. As one colleague in the Light put it, you stop “living by default.”

If you catch yourself living by default at any time, please refer back to the Spiritual Journey Checklist.

**Look...** at the checklist, and

**Let...** your curiosity reign, so

**Love...** Unconditional Love can give you new illuminations about yourself, so you will let it flow in new ways and directions in your life.

Are you able to check them all off? If so, you're ready for the first step to living infinite Unconditional Love.

### **Here's how you feel**

#### **Divine Light Vibrations in meditation:**

On the website [divinelightvibrations.com](http://divinelightvibrations.com), there's a FREE guided meditation called the **Basic Activation of Divine Light Vibrations Meditation**. It's only nine minutes long and without it, everything else you read in this book will be good for your intellectual knowledge, but not much else. The meditation is simple. Again, don't let the simplicity fool you!

If you've read the book “The Law of Attraction,” you know how the quality of your vibration is important. If you haven't, you'll soon learn how the quality of your vibration counts. More about that later. This will make sense the more



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you do the meditation and the more you experience changes in your life.

The Basic Activation of Divine Light Vibrations Meditation was specifically designed to activate a deeper awareness in you, as well as activate new and more refined vibrations in your body's physical energy flow. You can do it before your regular meditative practice or as a stand alone, if you're new to meditation. Know this—there are no substitutions. My Divine Soul gave it to me over ten years ago, I've shared it with thousands of people, and it works.

For some people, visualizing comes easy. For others, it doesn't. Don't worry if you don't visualize what the words are saying. Simply allow yourself to listen to the words, let them resonate whether you can visualize them or not, and feel whatever sensations you feel. Your Divine Soul will guide you. Your job is to just listen and let.

I've met people who've wanted to understand what it's all about before actually experiencing the sensations. It's like trying to explain what it feels like to be in a swimming pool, embraced by perfect temperature water, to someone who lives in the desert and bathes out of a bucket. You just can't imagine ahead of time what it'll feel like. Like anything, you have to experience it to know it.

As a heads up, if you really allow yourself to sink into the sensations, you'll probably have a "WOWZA!" experience. Many people liken the sensations to a super-cool, super-fantastic kind of orgasm. That's the vibration of Unconditional Love. The more you practice, the bigger it gets.

Don't worry if you feel a little resistance the second or third time you do it. And for Weekiwakiwu's sake, don't worry if you don't feel the sensations right away. You will with time. In either case, that's your ego-intellect being a bit wary of something that could feel so good without outside stimulus. In no time at all, and with some consistent practice, you'll get used to it, and those feelings of super well being will become normal.

Here's the deal. To really get back to your Divine Soul knowing of how to consciously live and create with Unconditional Love in all situations, you'll need to do the meditation every day.

Think of it like brushing your teeth. If you don't want cavities, you've got to brush daily. Once a week just won't cut it. Same thing goes with the Basic Activation of Divine Light Vibrations Guided Meditation. You need to meditate daily if you want to get rid of mental cavities and maximize your possibilities.

### **Look, Let, Love Action Steps:**

1. Listen to the Basic Activation of Divine Light Vibrations Guided Meditation.

[Type [divinelightvibrations.com/free](http://divinelightvibrations.com/free) in your web browser. You'll be taken to a sign in page for the FREE Member's Area of [divinelightvibrations.com](http://divinelightvibrations.com). Fill in your details, create a password, and you'll be taken straight to the meditation page. You'll also find a present waiting for you. :-)  
Naturally, your sign in details will be kept private, just between us. To access the meditation at any other time once

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you're a member, click **FREE LOGIN** in the menu bar. You'll find the meditation listed under "Active Resources".]

2. While you do the meditation, try to observe your feelings and sensations without judging or putting a definition to them. If you're not used to meditating and your ego-intellect's thoughts are chaotic, simply repeat to yourself, "I choose peace." Then let yourself sink into the thought of peace. In the upcoming chapters, you'll understand why that works.

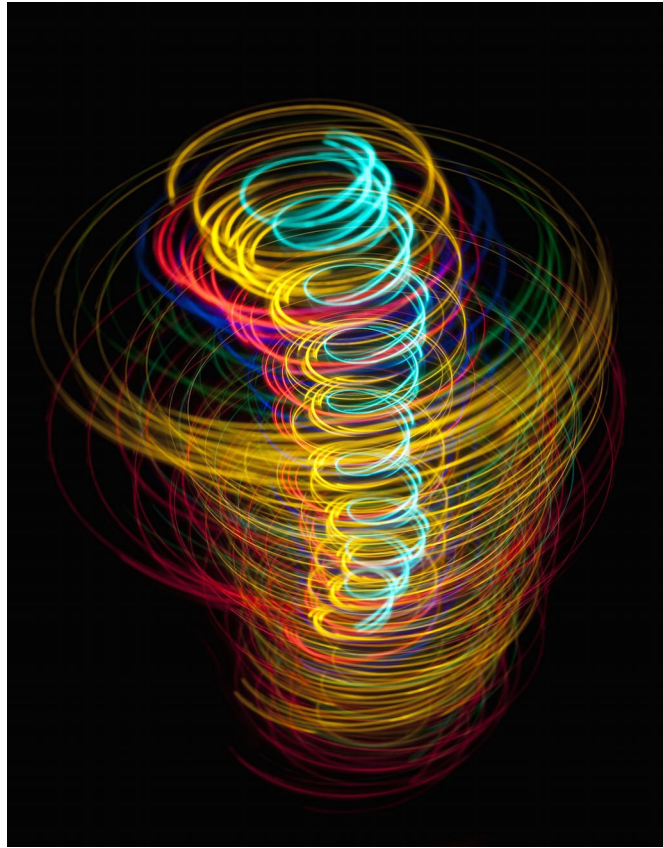
3. Note the differences you feel depending upon your headset of the day.

4. If you keep a journal, make written notes. This will help you measure your progress. If you don't keep a journal, I highly suggest you do, although it's not crucial. However, writing does help to get you out of your head, and it's fun to go back and see your progress written down in black and white.

Next up—meet your Divine Soul.

GLENN YOUNGER

YOUR DIVINE SOUL IS ALWAYS GUIDING YOU



*Light Spiral (courtesy of freedigitalphotos.net)*

The real voyage in consciousness begins when you fully embrace the concept of having a Divine Soul with an infinite capacity to love unconditionally, create freely, and directly access any information you'd ever need, or guide you to where you can discover it.

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As a side note, I use the term “She” to refer to a Divine Soul only because I’m living in a female body. Our Divine Souls aren’t male or female. Their male and female aspects are fully integrated as one, so it doesn’t matter if you call your Divine Soul She, He, or It. Choose whichever terminology gives you the sense of an intimate connection. It’s been my experience with clients that women have a tendency to call their Divine Soul “She” and men call theirs “He”. Clients who call their Divine Soul “It” have a tendency to take the long road home because “It” objectifies that aspect of themselves. Still, I suggest you start with what feels right for you.

The more you embrace your own Divine Soul in Her infinite capacity to Love and Create, the more courage you have to go beyond everything you thought you ever knew. In other words, you quit trying to be who you were taught to be—either by parents, teachers, spiritual gurus, friends, lovers, children, siblings, or your own interpretations of personal experiences. You start being who you really are: A Divine Soul having a human experience in an unlimited conscious Universe.

How do you do that experientially?

By ‘meeting’ your Divine Soul in meditation and feeling the vibrations of Her Unconditional Love for yourself. There’s no effective way around that, by the way.

If you’ve done the Basic Activation of Divine Light Vibrations Meditation for at least seven straight days, you’ll be ready to ‘meet’ your Divine Soul and start recognizing Her particular vibrational communication. If you don’t right away, don’t worry; you will with a little practice. You probably didn’t learn to walk in two seconds; but with a little trial and error,

you did learn to walk.

Your Divine Soul is always guiding you to your highest good, so the important thing is to start. From a physics point of view, it takes less effort to shift a body that's already in motion into a new direction than it is to get that body moving in the first place.

At first She'll seem separate from you, but She's not. You've just had your attention turned away from Her, that's all.

The important thing to remember is this: The answer you seek from your Divine Soul about anything under the Sun will be revealed to you in ways that are private to your understanding.

Back in April of 2008, I had the pleasure of witnessing still another direct example of this with someone whose profile I came across on the Daily Om website. He had a particularly beautiful picture of a waterfall with a figure of Light posted on his page. As I looked at it, I felt a vibrational upsurge of energy from deep within the trunk of my body, and I knew it was my Divine Soul guiding me to reach out and ask him to tell me about the photo.

Keep in mind, I didn't know why my Divine Soul gave me the urge to reach out, I just knew She did. And so I wrote to him to introduce myself and ask him about the photo.

His reply said he didn't know why he was so attracted to that image, but it made him feel peaceful when he saw it. He said he felt a deep connection with it. He told me that even though he knew all his questions would be answered one day, every time he'd asked his Higher Self about it in meditation, his head was filled with all sorts of noises so he hadn't gotten

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his answer yet.

I wrote back suggesting he take it into meditation once again and specifically ask his *Divine Soul*, not his Higher Self, what the connection was about.

“Place your attention behind your solar plexus when you ask,” I wrote.

Not much time at all had passed before he wrote back, very excited, saying he’d gotten an answer right away. The photo was connecting him to his brother with whom he had unfinished business and needed to forgive.

Reading it gave me goose bumps all over. At the time, goose bumps was my Divine Soul’s way of telling me, “Pay attention, Glenn. This is right on the money.”

Why was his meditation different that time rather than all the other times when he couldn’t hear through all the noise in his head?

Because, this time, he’d asked his Divine Soul to tell him. Even though he hadn’t ever heard about Divine Souls, just asking the concept of a Divine Soul was enough. The message came in clear and succinct, cutting right through all the ‘white noise’ of his conditioned thought processes.

It’s our Divine Soul that connects our human awareness to everything there is to know about ourselves and the Universe we live in.

Once you get going, you can ask your Divine Soul anything, and She will tell you which way to turn for your highest good and the highest good of all involved. There are so many wonderful teachers and coaches on the Internet, sometimes it’s difficult to know which way to turn. It’s enough to ask your Divine Soul if it’s for your highest good to

work with someone in particular and She'll tell you. A "yes" will have a sense of expansion to it, and a "no" will have a sense of non-movement or even a sense of contraction. If you've been doing the Basic Activation of Divine Light Vibrations Meditation daily, you're already beginning to discern the different ways Unconditional Love moves in your body and awareness.

Are you ready to meet yours?

### **Look, Let, Love Action Steps:**

1. Think of the last time you had a gut reaction or an instinctive knowing about something. You didn't need to question your perception—you just knew your perception was right. Remember that feeling? That was you instinctively hearing the whisper of your Divine Soul's voice. Your ability to recognize Her vibrational voice will grow in the coming days as you go through the action steps and put them into practice.

2. Write down your thoughts.

3. Do the Basic Activation of Divine Light Vibrations Meditation.

[Just in case you kept reading, and haven't stopped to do the meditation yet, here's one more reminder on how you get access: Type [divinelightvibrations.com/free](http://divinelightvibrations.com/free) in your web browser. You'll be taken to a sign in page for the FREE Member's Area of [divinelightvibrations.com](http://divinelightvibrations.com). Fill in your details, create a password, and you'll be taken straight to the meditation page. You'll also find a present waiting for you. :-)  
Naturally, your sign in details will be kept private, just between us. To access the meditation at any other time once



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you're a member, click FREE LOGIN in the menu bar. You'll find the meditation listed under "Active Resources". Seriously, the Basic Activation of Divine Light Vibrations Meditation makes a HUGE difference! Stop reading and go do it to see for yourself.]

4. Once the activation is completed, place your attention behind your solar plexus and contemplate the concept of having a Divine Soul that's consciously connected to everything that ever was, is, and will be.

5. Repeat the thought, "I have a Divine Soul," over and over until it becomes an actual realization. To help speed up the process, notice the sensations each time you say it. Your Divine Soul's vibrational voice will eventually come from deep in the trunk of your body moving upwards and outwards.

6. Ask your Divine Soul, "Show me what your 'yes' vibration feels like." If you don't feel it right away, don't worry; and keep practicing. Remember, Her 'yes' will have an expansive feel to it, while a 'no' will have a sense of non-movement.

Remember the three-word key: Look... Let... Love.

**Look...** towards your Divine Soul.

**Let...** yourself feel the...

**Love.**

Now it's time to get reacquainted with the Foundation Principles of Divine Light Vibrations...

# PART TWO

## PART TWO—THE FOUNDATION PRINCIPLES



*Reflections in a bus window. Dubrovnik, Croatia*

This section gives you the seven Foundation Principles of Unconditional Love (aka Divine Light Vibrations). Use these well and you'll stay right on track, straight into remembering how to use your inner power to consciously create your life experience.

Put yourself in the headset of learning how to play a new game. When you know the rules of a game, you can play it better. From there, it just takes practice to master it, right?

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Think of the Principles of Divine Light Vibrations as the game rules of living Unconditional Love.

The more you know, the easier it is to grow.

With consistent practice, you come to trust what you know. And trust lets you walk with a firm step.

Look at how you trust the earth will stay firm under your feet so you don't even think about it. Well, that is until you're in an earthquake or learning to walk in high heels. It takes some practice to move back into trusting you're on terra firma once again.

For those of you who are curious, or are drawn to understand more about any given Principle and want more details, there'll be an ebook coming soon, if it's not already listed as part of the "Vibrational Voyages Go-To Guides for Spiritual Beings" series. If you don't see what you need, send us an email and tell us what you're looking for. You'll find "contact" in the menu bar on [divinelightvibrations.com](http://divinelightvibrations.com). Or type [divinelightvibrations.com/contact](http://divinelightvibrations.com/contact) in your browser.

For now, let's look at the Foundation Principles of Divine Light Vibrations...

ALL THINGS COME FROM THE DIVINE LIGHT SOURCE



*Candle Flame. Vicenza, Italy*

Working off the premise that all of Creation comes from one point of origin makes a huge difference in how you approach your Earth experience. There's a distinct tendency to move away from seeing the world as separate from you, and you take a huge step towards understanding your connection to all of Creation.

For some, they envision it as the origin point of a huge river of flowing Love. Others see it as the center point of a sphere they call "Life." No two people will envision it exactly the same because we all filter knowledge through our current state of self-awareness. Your concept of how all things come from one Divine Light source will change and grow as you do.

## How to Make the Most of Your Earth Experience

For the sake of this conversation, let's call it the Divine Light Source. Privately, feel free translate it into whichever word(s) you choose.

Once again, we're using a neutral term—Divine Light Source—because it's not used by any organized religion. Its sheer neutrality can help you to move outside of your old perceptions and open yourself up to understanding what traditional spiritual words mean on deeper levels of awareness.

### **Divine Light Vibrations is made up of three essential elements:**

An Infinite Intelligence that knows all things about all things because it created all things.

An Omniscient (all-knowing) Wisdom that knows how to manage, transmute, and transform all things from any one given state to another, for the highest good of all.

Omnipotent (all-powerful) Unconditional Love.

This Infinite, Omniscient, Omnipotent Unconditional Love is always flowing through you directly from the Divine Light Source. It's always waiting to be formed into something concrete. If you've been doing the Basic Activation of Divine Light Vibrations Meditation, you've already experienced some of the physical sensations as it flows through you.

So, what does all this mean in practical terms?

The fact that it's infinite means it knows no bounds. You're the one who limits it.

The Omniscient Wisdom means it can manifest in the most direct way possible—beyond your ego-intellect's ability to orchestrate your desired change—and for the highest good of

all involved.

It's Omnipotent so there is no greater power. Because all things are made of this invisible Substance, it's equally everywhere present, manifested in some form or another.

It's Unconditional, which means it does not judge and will move in whichever direction you ask or direct it to. We'll talk more about this in upcoming chapters.

Book mark this page. It's been my experience with clients that when they forget the basic characteristics of Divine Light Vibrations, what they manifest for themselves isn't as refined as it could be because they weren't paying close enough attention.

Although Divine Light may still be invisible to you in one sense, it's easily visible through observing and sensing its effect. Very much like the air is invisible, yet you can see its effect as wind rustles through the trees, or you can feel air moving through to your lungs as you breathe in and out. You can see and sense the effect of Divine Light by taking a look at everything around you, including yourself. Yep, you got it. Everything you see is a manifestation of Divine Light, and it all comes from the Divine Light Source.

Like all of the basic Principles of Divine Light Vibrations, this one is simple, direct, and can take a lifetime to master remembering it, as well as understanding what it can mean on a practical level. Or, it could just take a flash of an instant. Remembering and learning about the vibration of Infinite, Omniscient, Omnipotent, Unconditional Love is not linear.

So how do you practice the Principle that "All Things Come From the Divine Light Source" and allow it to seep

## How to Make the Most of Your Earth Experience

into the pores of your traditional way of going about your daily activities? That's easy. You just decide to do it.

As you become more aware of how all things come from the Divine Light Source, you'll start to recognize the next Foundation Principle that "Divine Light is Equally Everywhere Present" in all things, at all times. It doesn't necessarily mean it will change the circumstances in your life if you don't want to. However, it will change the way you go about perceiving those circumstances, which will change the way you view the world in which you live, which will change the way you react to the world around you, which will change the quality of your life.

Naturally, you can also create a whole new life for yourself. This is your sojourn on Earth, so you can do whatever you want. That's a whole different challenge for many—knowing what it is you truly want. We'll talk in greater detail about what all this means in practical terms in the upcoming chapters.

For now, it's good to start expanding your awareness to the simple existence of this Divine Light and that all things come from the Divine Light Source.

### **Look, Let, Love Action Steps:**

1. Do the Basic Activation of Divine Light Vibrations Meditation every day.

2. Flirt with the thought, "What if this Divine Light (or God, Christ, Allah, Shiva, the Buddha, Weekiwakiwu, or however you choose to name the source of Divine Creation) IS equally everywhere present? Right here, right now." What would that mean to you? Write down your thoughts.

3. For just one week, try to do everything you would normally do as if you were in the presence of, and surrounded by, Divine Light. The goal is to shift your awareness to include even the mundane. As you cut the carrots for dinner, do it in the presence of Divine Light, knowing the carrots you're cutting are also made of Divine Light. As you eat them, know you're eating a form of Divine Light.

Try to remember it as you interact with others, whether at work discussing a business transaction... at the grocery store paying for groceries... sharing a smile, a hug, or a kiss... or even when you're late for work when another motorist cuts you off and you yell out in frustration, "WHERE'D YOU GET YOUR &\*\$%# LICENSE YOU #@#! MORON, OFF THE &\$#%& INTERNET!!?"

4. If you like the results, do it for another week. And then another, and another, until it becomes a habit. Even if you think it's already a habit, do it anyway. You're an infinite being, so you can always go deeper into your inner knowing. Just watch. Your brain will open new synapsis of understanding. Some people actually feel it as an electric crackling inside their skull.

By the way, when I first did this exercise five complete life chapters ago, I got frustrated because I kept forgetting. I have yet to meet someone who has emotionally and mentally taken this on board one hundred percent in the first try. So if you forget, just know that's pretty normal. If you don't forget, I say, "Way to go! The collective consciousness of Divine Light Vibrations has accelerated individual awakenings!"

To help me remember, and this was before the collective awareness of Divine Light had gotten as strong as it is now, I



## How to Make the Most of Your Earth Experience

put up yellow sticky notes that read “Practice the Presence.” I had them everywhere—on my refrigerator, bathroom mirror, bedside table, dashboard of the car, calendar, closet door, dining room table, television set, stereo. I mean everywhere. It got to where it looked like I was living in a sticky note world.

Then one day I realized that every time I simply saw the same yellow color of the sticky notes, I was reminded to consciously practice the Presence of Divine Light. When I finally recognized that practicing the Presence of Divine Light had become a part of my everyday living, I took down the sticky notes. How that came about is another story for another day.

I'm not saying you need to redecorate your world in neoclassical sticky-note décor in order to start changing your perceptions. I am saying do whatever it takes to remember that all things come from the Divine Light Source, and Divine Light is equally everywhere present in all things. Your Divine Soul will guide you on the best way to do just that.

However you do it, remember to have fun! Yes, even if you find yourself yelling at that motorist. Once you finish yelling, that's a good time to laugh out loud, shake your head, and say, “Like yelling at him is really going to change him and what just happened.” With practice, you'll soon learn to be in the flow where even the motorists don't cut you off. In the meantime, if they do, it won't push your angry buttons any more.

Have you started practicing the Presence of Divine Light yet? It's the beginning of a pretty exciting adventure. Your computer is Divine Light... the table is Divine Light... your chair is Divine Light... you are breathing Divine Light...

DIVINE LIGHT IS EQUALLY EVERYWHERE PRESENT



*Inspired by Monet's Painting in Paris, France*

If you've been actively practicing the presence of Divine Light and flirting with the concept of how all things come from the Divine Light Source, you've probably been feeling small shifts in your perceptions. Maybe even big shifts, depending upon how much you've let yourself experience the world around you in new ways.

Remember Look... Let... Love?

**Look** at the small changes in your perceptions.

**Let** yourself make the choice to experience them.

And take the time to **Love** the awakenings.

Just in case you aren't experiencing as much change as you'd like, loop back around to **looking** for the changes as

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you practice the Principles that “All Things Come From the Divine Light Source” and “Everything is Made Up of Divine Light.” Let yourself experience small shifts in perception. You’re going to love it when you do.

Let me share with you how I got off the yellow sticky notes and answer a question that might be circling around in your own mind.

My mother once asked me years ago, “I don’t get it. Why do you call it Divine Light?”

“Because I see it that way,” I said.

Her eyebrows shot up in surprise. “What? No.” The terminology was way outside anything she’d ever heard before, so it just didn’t make sense to her. Disbelief and a slight frustration showed in the tone of her voice. “You’re telling me you can see Divine Light.”

“Yes, I am,” I said calmly. “And it’s equally everywhere present. In all things.”

Then I told her how I learned the truth of this the dramatic way.

The illumination came in the way of a wake-up call with no forewarning, one late Friday afternoon in the early Eighties. The day had started out with blue skies and a crisp bite to the air before the skies turned grey, pushing down on those below with the threat of snow, like a father growling threats of ‘house arrest’ to a wayward child. That was the day my world turned upside down. Literally. Figuratively. Metaphorically. Philosophically. Emotionally. Really.

I was driving in a little, red Fiat convertible up I-77 North from Charlotte, North Carolina, heading towards Black Mountain for a spiritual weekend retreat in the

mountains. Since the last (and only) retreat I'd gone to at the Light Center had attracted an interesting mix of people of all ages and from all walks of life, I was looking forward to it.

To get me to say "yes" to going, my friends had told me it was so non-denominational that, in the same afternoon, it was common to sit down and talk to a Catholic priest with his starched white collar... a Hari Krishna with his or her exotic robes... an Orthodox Jewish Rabbi with his long curls... a teenager looking forward to his/her life... a grandfather looking back on his life... women and men trying to look for Love in better places than a bar... an aging hippy from the Sixties now wearing more wrinkles on his/her face than his/her clothes... a businessman or woman loathing to let go of his/her power suit and tie or scarf, but who were too curious not to come... Protestant ministers with different visions of their faith... a housewife looking for more than clean dishes and ironed clothes as a list of her life accomplishments... a chanting monk from Tibet... people who talked to angels... other people who talked back to them... a man who swore he was improving his golf game by coming to the Light Center... a pianist who was creating new music by channeling her Divine Soul's music... and people like myself who fell somewhere in between all of those social descriptions, but who had a curiosity to know beyond the appearances of everyday living where we'd been taught to 'get a good job, put a roof over your head and good food on the table; as well as collect as many bells, toys, whistles and the highest-end labels on your clothing that you could afford in your pursuit of happiness.'

In other words, some of us were looking to put more color into our tapestry of life, while others were looking to put

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more threads. Still others were wondering if the tapestry even existed, and if it did, where did it go when it was finished?

The eclectic group of people promised me had indeed been there. Which was one of the reasons I was going back. I loved the stimulus of talking to other active minds, even if I didn't yet understand very much what the founder Jim Goure had to say. I just knew I was curious and wanted to know more.

In his last talk of that weekend, Jim said that, if your consciousness were aligned with the awareness that everything was made of Light, you wouldn't even need gas for your car. Those were pretty big words for me at the time. Put it on top of the fact that, during the break, I'd met two fellows and a woman who said they actually talked to angels of all things. Well, that was a lot of 'out there' information for me in one afternoon and evening.

A few hours later, I came to have respect for all of that information.

Going home from that seminar, I had a lot to think about. I'd left late for the three-hour drive home because everyone was so interesting, I didn't want to leave. I knew I shouldn't have left so late, but I was thinking the drive home would give me time to digest the information. I figured I could get home by 1:30 am. Besides, I only had \$5.42 in my pocket, so I couldn't really afford to spend the night; and I was too proud to ask someone I didn't know to let me sleep on his or her couch.

You can imagine my distress when I was an hour down the road and saw that my gas tank was on empty.

“Dammit!” I banged the steering wheel in frustration. “I forgot to get gas on the way up.” In order to properly chastise myself, I threw in, for good measure, “I knew I forgot something!” Like that last little bit was really going to change the level of gas in my gas tank.

I drove on for a few miles in the hopes of finding a late-night gas station tucked between the miles and miles of forest of the North Carolina mountain country, but to no avail. Remember, this was the early Eighties before all-night, pump-it-yourself gas stations could be found every two miles; fast-food chains closed at 11:00 pm; hotels turned their lights off at midnight, unless they knew your arrival time in advance; and mobile phones were still a rich man's toy.

In short, I was busted. And I knew it. And I knew it was nobody's fault but my own. I was still busted anyway. Big time.

My second thought was to find a hotel and just bang on the door until someone opened up. After all, I did have a credit card with me, even if I couldn't really afford the expense. My gas gauge was registering deep in the red zone, on the wrong side of the letter E for empty, so it looked like I didn't have much choice. But there were no hotels along that stretch of the highway.

I fought an internal battle with fear. What do I do? What do I do?

It was too cold to stop on the side of the road for the night; yet, I couldn't keep going because I was going to run out of gas sooner rather than later. I started to panic, and then I remembered something Jim Goure had said about not

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needing gas if my consciousness was aligned with knowing the Light.

I fervently repeated the words I'd heard Jim tell us to say. "Light is all around me. I am driving through Light. My car is made of Light. My car runs on Light. I am Light living in a Light world. My car is made of Light. The engine is made of Light. The engine runs on Light. Gas is Light. I am driving..."

At first, I figured I'd keep going until I ran out of gas. I kept repeating the words non-stop, all the while refusing to look at the gas gauge in worry. Then my thoughts turned to thinking I didn't want to affirm "empty" for my gas tank, so I wouldn't look at the dial. It wasn't denial. Rather, it was a shift in focus. Illumination was being born.

Somewhere along the line, I let it go altogether, and the words became a kind of mantra that rolled off my tongue. They filled the car, kept me company on that lonely drive, and transformed my fear. I lost sight of time. I just kept driving and saying the words over and over.

I didn't stop until I drove into my parking lot all the way back in Charlotte. When I went to shut the car off, I looked down at the gas gauge and got goose bumps all up and down my spine. It registered more than a quarter tank full.

"How could that be??" I was stunned and couldn't move. "It was almost empty!" As the adrenaline I'd been holding during the drive drained from my body, a wave of exhaustion hit me. "I don't know," I answered myself, wearily dragging myself out of the car and up the walk to my apartment door. "I'll think about it tomorrow."

Friends tried to tell me later that the gas gauge was broken. I had it checked, though, and the mechanic said it was in perfect working order. Other friends tried to tell me I was tired and had misread the gas gauge. I knew that wasn't right, but I just shut my mouth rather than argue.

Although I couldn't articulate what had happened in a way they could understand, I knew something important had happened, and I couldn't deny it. In my heart, I had to stay true to the experience.

Which is why I was back on the road making the trip, once again, up to Black Mountain that fateful Friday afternoon. I was curious to know more and to understand how that could have happened the way it did. I had no idea what was in store for me.

Some really good Oldies music was playing on the radio, and I was driving along in the middle lane of a multiple-lane interstate, happily singing at the top of my lungs in whatever key that struck me at the moment, when it started to snow. I slowed down to about 70 mph and tested the brakes a bit to make sure the road wasn't icing up. It wasn't.

Three Beatles' songs later, it was coming down with increasing insistence in those fat, fluffy snowflakes of sentimental-Christmas-card variety. It was during the chorus of "All you need is love, love. Love is all you need" in which I was somehow managing to sing all parts of the chorus at the same time, that I thought to slow down still again. Okay, I was wise enough to slow down, but still young enough to think driving at 60 mph in snow was prudent.



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Right about then a car came speeding up on my right-hand side. The driver hit an icy patch and went into a skid, plowing into the front, right-hand side of my little sports car.

I heard the sickening crunch of metal hitting metal a split second before it registered that I was headed into a really big skid. All senses went on alert, and my Driver's Ed training in the New Jersey snow took over. My hands snapped into the two and ten o'clock positions on the steering wheel, and I was prepared to turn into the skid to keep control of my car.

When I realized I was going into a 360-degree turn at 60 miles an hour, the sickening realization washed through me, "This is bigger than me."

I felt the second crunch of metal as my car hit the one to my left. It, too, went into a skid.

Thoughts flashed through my mind in rapid succession. *Oh my God! This is it! I'm going to die. No! It's too soon. I'm not done yet.*

What came next was the last thing I expected.

I heard a commanding voice that said, "Let. Go."

This voice was so calm, so loving, so all-knowing, I went against everything my driver's training had taught me to do and followed the command. I let go. Literally. I took my hands off the wheel and placed them on my lap, took my feet off the pedals and rested them onto the floorboard of the car. An incredible calm washed over me.

Time slowed down, and I watched as my car went into two 360-degree turns on the icy highway. Passing by in slow motion, I saw the snow-covered banks on the side of the interstate, with some stubborn spikes of green grass that hadn't been mowed in quite some time still poking through,

refusing to be covered. Prickly bushes looked like ungainly bales of untended cotton, with snow clumped around their thorny leaves. The trees in the distance had begun to fade into the white of the field they bordered. The fence along that same field already had snow building up on its fence posts, making little igloo-coned shapes.

Then something else happened.

Just as I was thinking, "This is the most beautiful thing I've ever seen," I suddenly realized that something had shifted. I was seeing everything in its Divine Light form. For the entire second 360-degree turn of my car, I looked at everything as if I were watching a cinema-graphic movie. Every single thing emanated and pulsated Light—the fields, the trees, the cars, the road, all the dashboard instruments in my car, me.

And I knew it wasn't my time; I wasn't going anywhere. I also knew, in a flash of an instant, that there was no separation between anything because this Light connects us all. There was nothing that wasn't this Light. Even the air was made of Light. For the first time in my adult life, I understood what all the great sages throughout known history have been trying to teach us: We, all of humanity and everything under the Sun, are all One in this Divine Light.

All of this happened in very slow motion, giving me plenty of time during both 360-degree turns to digest what I was seeing and what was happening, before my car ended up in the grass median separating the north and south bound interstate lanes. When my car stopped, I sat for a moment to get my bearings, before getting out of the car to see if the driver of the other car I'd hit was okay.

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The other driver got out of her car about the same time I did. As we walked towards each other in the snow, our hair taking on lacy snow veils one fat flake at a time, we both wore expressions of incredulity and wonder. I didn't see her as a human being. How could I? She was literally a pulsating Light Being.

When we were still maybe 30 feet from each other, we both stopped and stared in disbelief at one other.

When she finally spoke, the wonder in her voice cut through the silently falling snow. "Did something just happen to you?"

"Yes. Did it to you?"

"Yes. It was a Divine miracle."

I murmured a sigh of agreement.

With that, she turned around, got in her car, and drove away. She didn't even bother to look at the obvious damage to the front of her car.

"Yes..." I trailed off, not quite sure what to do next. "It was a miracle."

I looked across the interstate at the man who'd started the domino effect. He waved and gave a thumbs-up sign to say he was okay. I waved and gave a thumbs-up back. He got into his car and drove off, leaving me standing alone with the snow gracefully falling onto my face, as if to give me a caress of its blessing and reassure me that everything was, indeed, okay.

I turned back towards my car to inspect the damage, hoping that I'd be able to drive it away. I wasn't worried, though. I knew everything was going to be fine.

What came next would've been a shock at any other time and place, but somehow it seemed so natural, normal even. There wasn't a single scratch on my car. Not one.

I got back into the car, said a heartfelt prayer of thanks, and started the car. So far, so good. I looked for something to put under the tires for traction so I could make it back up the snowy grass incline onto the interstate. Since my little sports car was woefully spare of something suitable, I decided I was willing to donate some clothes from my suitcase to the cause.

After two or three unsuccessful attempts of making it back up the snowy hill, only to slide back down further, I got fed up.

"Glenn, this is silly," I admonished myself. "Look at what just happened. Anything is possible. You now know that. So you WILL make it up this hill."

With that clear choice, I let Divine Light do the work and drove the car up the hill with no further ado.

By the time I was back on the highway, visibility was severely limited, and the snowflakes were falling into the beam of my headlights so fast and furious, it was hard to see the spaces between them. I felt grateful for the experience, but now my human fear of that close call raised its ugly head, with a roar like a beast pulled early from hibernation. My whole body was shaking, as the after-shock adrenaline raced through me. I knew I needed to do something about it, but what?

For another "first" in my adult life, I finally understood what they meant when they said to "pray without ceasing." The song of my earliest church training rose up from deep within me, and I spontaneously sang the Lord's Prayer non-stop, as I crawled down the now-deserted interstate. The

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words took on entirely new meanings each time I sang them.

At one point, I realized it was crazy to think I was going to make it all the way to the Light Center for the weekend seminar. Yet, after what had just happened, I knew that anything was possible. What was the right thing to do? I didn't know, so I asked, in my own words at the time, while trying to cover all my bases.

“Father/Mother/God, if You want me to go to the Light Center, I will. If not, I'll stop. Just give me a clear sign and I'll follow it.” That was back when I still needed “signs” and hadn't yet learned to listen within directly.

In answer, my car went into a spontaneous 360-degree turn. Once again, time slowed down. Once again, I saw things in their Divine Light form. It was like I was being given the confirmation my rational ego-intellect needed to accept that what had happened earlier, had really happened. It truly was time to wake up and start paying attention. My car finished its gentle spin with its nose facing the exit to the interstate.

“Okay, got it.” I laughed. “That's a pretty clear sign.”

There were four truck-stop hotels at that exit, and I got the last room at the last hotel.

That was a long time ago, and there's been a lot of learning since then. I'm sure I still have a long way I can go in my growth—infinity is a pretty big concept—and this thought brings me pleasure. Each step I've taken since then, whether easily earned or hard won, has always brought me to new freedoms and deeper senses of well being.

It's now habit for me to live in the knowing that everything is made up of Divine Light. It's easy to shift into

seeing people and the world around me in their Divine Light forms. It's also common that clients, sooner rather than later in a private session, see people and the world around them in their Divine Light forms. It depends upon the degree of one's willingness to let go of their worldview. I also know that, even if we don't always understand how they come to be, miracles are normal events in this vast Universe of ours.

It was another 20 years before I released all of the adrenaline from that event, in a somatic experience that was very enlightening, but that's another story for another day.

What's important right now is to acknowledge that, when I say the vibration of Divine Light is equally everywhere present in all things, at all times, I can say it with a certainty beyond the shadow of a snowy doubt. I just shared four examples in that one story.

What's more important, however, is that you know it for yourself. You don't necessarily have to wake up to it in such a dramatic way like I did. My bag of experiences is mine and will never be yours. The Principle remains constant for all of us, however, whether we realize it or not.

### **Look, Let, Love Action Steps:**

1. Make a list of thoughts or ideas you resisted in what you just read. This will give you an idea of where you're holding on to your old point of view, and it'll also give you the chance to feel where and how you hold resistance. This self understanding will serve you in the upcoming chapters.

2. Write down at least one reason why you feel it might be possible (or even probable) that all things are made of Divine Light.

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3. Write down one reason why you think it wouldn't be true.

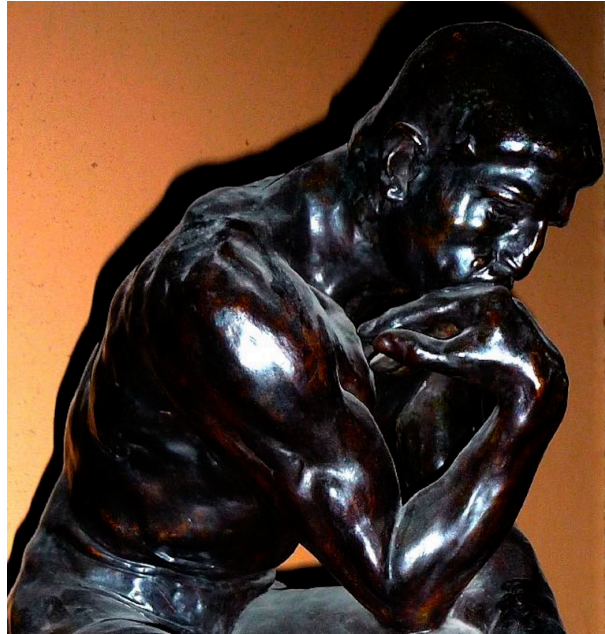
4. Do the Basic Activation of Divine Light Vibrations Meditation. At the end of it, to the best of your ability and if you feel like it, release to Divine Light Vibrations everything you wrote down and state: "Illumine me. I want to know the Truth."

Then be patient. It will come to you either right there in meditation or when you least expect it. If you're worried that the illumination will come in a way that's too dramatic, release the worry to Divine Light Vibrations, and ask for illumination to come in the most gentle way possible for your highest good. Your Divine Soul will take care of you.

5. Continue to practice the presence of Divine Light in all things in your everyday activities, and allow the Truth to reveal itself to you on deeper levels in the right way and in the right timeframe for you. Your Divine Soul knows how to do that. She just needs your permission and your open mind. The only thing you need to do is allow it. Be open, curious, interested, and detached to the outcome. This is your chance to be like a little child with all your curiosity still intact.

Next up, we'll take a look at the power of your thoughts.

THOUGHTS ARE THINGS THAT PRODUCE RESULTS



*Vatican City, Italy*

This Principle might resonate for you right away, or it might give your thought processes a good mental hiccup. If you do feel a small mental hiccup of resistance, try to open yourself up to some new points of view.

**Look...** at your resistance.

**Let...** Divine Light Vibrations transform it into illumination. You've been learning how with the Basic Activation of Divine Light Vibrations Meditation. Send some Unconditional Love of Divine Light Vibrations to your



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resistance, and ask for it to be transformed into illumination.

**Love...** yourself enough to let Divine Light Vibrations do the work. When you feel your resistance has melted, keep reading.

It's been known by many names, in many different great religions, but all of the great religions talk about how an Infinite Intelligence, Omniscient Wisdom, and Omnipotent Unconditional Love created all things. For the sake of neutrality, we've been calling this Divine Light.

We talked about that in the last chapters, but it bears repeating. Yes, it's that fundamental.

As you've come to understand—or, at the very least, are flirting with the concept and are coming to understand—this vibration of Divine Light is inherent in all things because It created all things. Its Omniscient Wisdom knows how to transform and transmute all things. There is no power greater than this Omnipotent Unconditional Love because all things come from the Divine Light Source.

So the question is...

**“How does Divine Light manifest itself from the invisible realm to the visible here in your Earthly existence?”**

It manifests through your thoughts.

Once you understand the Principle that “Thoughts are Things That Produce Results,” you're well on your way to spiritual, emotional, physical, intellectual, and psychic freedom.

To wrap your ego-intellect more fully around this

Principle, consider a thought as the motor of manifestation. The emotional weight you give to any given thought is the gas that makes the motor run.

Remember that Divine Light Vibrations are running through you all the time, unconditionally waiting to be formed into something concrete. Your thoughts and emotions are producing effects every single moment of every single day of your waking and sleeping life.

The next logical question would be, "How?"

Consider your school science lessons when you learned that everything is made up of molecules, and those molecules are in a constant state of vibration. Thus, each thing on this Earth has its own unique vibratory state, including us humans.

It's enough to take a moment to observe yourself to realize that each emotional situation you experience carries its own unique vibrational state. When you're happy, you feel a certain vibration (even if you haven't used this terminology before); you emit that vibration, and people respond to your happiness. Conversely, when you're angry, you feel a whole different vibration in your body; you emit a different vibration, and people respond to that vibration, each in their own way.

The same is true for all of your emotions, whether they're shades of happy, sad, angry, depressed, elated, or contented. You may think you're hiding your real thoughts behind a Social Mask, but the emotional vibration of those thoughts cannot be faked. They can, however, be shifted into new directions.

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When it comes to human interactions, sometimes it's not so easy to recognize how and when you're the one who starts the ball rolling in one direction or another. When you do, though, you've got a clear choice between freedom or self imprisonment.

I got my first adult glimpse of this Principle of how "Thoughts are Things That Produce Results," when I was in my early twenties. Has something similar ever happened to you?

I'd just gotten hired to go work on a cruise ship. As part of my training before I went to sea, I spent six months on the telephone lines in their reservations department talking to travel agents. I can't remember what was going on in my life at the time outside of work, but I do clearly remember the day I got the illumination that my inner thoughts do produce specific results. It was after I'd suffered through ten pissy travel agent phone calls in a row.

"Grrr..." I slammed the phone down and rubbed my temples in an effort to take the pressure off.

"What's wrong?" a colleague asked.

"Everyone's so negative today." My nostrils flared in frustration. "I'm a magnet for neg-o callers."

"Really?" she shrugged. "I'm getting all the good ones today."

"How about sending some my way," I grumbled at her self-satisfaction. I picked up the phone with tension still in my voice. "Thank you for calling—"

"Good morning, I need to—"

The voice that interrupted me was cheerful, but I

plugged on anyway and interrupted her back by saying the company name. Her voice tensed up, and the rest of the conversation went cordially downhill from there.

When we finished our business, I stood up and went to the ladies room to take a moment to regroup. It was when I looked at myself in the mirror and saw the tension in my eyes that it hit me. I was getting all the neg-o callers because I was *being* a neg-o. Even though my social face was being professional, it was my inner attitude that was turning them into neg-os.

That one realization reminded me I had the power to choose a new direction for my thoughts. I stood up straighter, squared my shoulders, and smiled at my reflection. My reflection told me I was lying, so I power gamed myself by trying to out-smile my reflection until I ended up laughing at myself. When my eyes smiled back at me, something shifted. I decided to give every single caller a smile, no matter what they said or did. The rest of my day went as smooth as can be.

In our modern culture, the book, “The Law of Attraction,” popularized this Principle that Thoughts Are Things That Produce Results, but it’s been around forever. The Kabbalah, the Bible, and the Koran all talk about this, as does Buddhism and Hinduism. Yet, it didn’t click in until I first started studying the ancient texts of Hermes Trismegistus. Why those texts in particular? Since there was no religious dogma in my mind attached to those texts, I was more open to what they had to say.

My first reaction to the idea that thoughts are things that produce results was a startled, “Holy camoli, I hope not!”

I was young, and my thoughts were often a jumbled mess

## How to Make the Most of Your Earth Experience

of contradictions, so the last thing I really wanted was some unseen omnipotent power manifesting itself through them. Naturally, I tried to control my thoughts through sheer willpower. That was a failed exercise from the get go. The more I tried to clamp down on them, the more chaotic they got.

*You've got to get that report done... Oh he's cute; great pecs... Stop it!... I wonder if he's single... Concentrate!... Maybe I'll have a salad for lunch... Will it rain today? Hope not... Oh, look at the daisies... Yellow makes me feel fat... I should go to the gym... I shouldn't have eaten ice cream last night... But a scoop of chocolate chip sure would taste good right about now... Concentrate!... What was it I was going to do?... Oh, that's right, my report... No, I need to call...*

I soon learned to insert the thought of “I choose peace,” in the midst of all that chaos. It calmed me down to the point that I could move forward in my growth. “Choosing peace” was one of the Look, Let, Love Action Steps in an earlier chapter. If you haven't already done so, try it; it works no matter how far along you are in your spiritual remembering.

A few years later, in an acting workshop, I learned a great technique that's directly connected to the Principle that “Thoughts are Things That Produce Results.” You can use it in your own life, too.

I was extremely nervous in this workshop because the teacher was also an active casting director, and I wanted to make a good impression. From a vibrational point of view, we cannot hide the truth of our feelings, so my nervousness showed up in my performance. Needless to say, my scene reading was a disaster.

The teacher took me aside and whispered, in secret, to repeat the following mantra silently between each of my lines: “I love you.” The secret was extremely simple, so simple that had I been anywhere else but in front of a casting agent with the power to get me professional work as an actress, my ego-intellect would have discarded it as being “not important enough to put into action.”

I soon learned how effective that simple mantra can be, if I let it.

My lines were the same, the blocking was no different, yet, it totally changed my performance. The thing that made it so interesting to me was that it also radically changed the performance of my scene partner as well, which, of course, affected the dynamics between us, even though he had no idea what the instructor had told me to do differently. Afterwards, the entire class clamored to know the secret.

In repeating silently to myself the words “I love you,” I was no longer able to hold on to my nervousness. It was the thought itself that took me out of my fear and focused me on a different vibrational level.

I experimented with this concept in later years in the acting classes I taught, and it works every time. Yes, even with non-actors.

Choosing a mantra, and consciously thinking it, is also a very good life technique in all your relationships—with others as well as with yourself.

**Look...** at your main point of view, when you’re speaking with someone.

**Let...** yourself become aware of how it’s affecting your interaction, then shift into a thought of

**Love...** and see what a difference it makes.

Just as a motor will go faster when finely tuned, so is the case for your thoughts. The more finely tuned your thoughts—with the added emotional understanding of the Infinite Intelligence, Omniscient Wisdom, and Omnipotent Unconditional Love of Divine Light Vibrations—the more rapidly you can produce changes in your life.

We'll go into more detail in the following chapters about the nature of thought, but for now, begin to pay attention to what thoughts habitually run through your mind. Since thoughts are things that produce effects, what results are your thoughts producing?

### **Look, Let, Love Action Steps:**

1. Take it to the next level by paying attention to your habitual inner dialogue, to any thought you repeat silently to yourself. I love you, I hate you, you make me sick, you're beautiful, I respect you, I don't like him/her, I really like him/her, you can do it, no you can't. Because each thought carries its own vibration, Divine Light is going to unconditionally manifest itself through each one.

2. If you want to improve your relationships with others, make a list of the people you interact with. Beside it, write down what habitual thought you think about each one of them. Then find something richer about them to focus on. Write it down as a new mantra, one that will help move you to a more rewarding level of interaction. Then silently repeat it to yourself the next time you see them. If you like the results, keep going until it becomes habit. If you don't, refine your inner dialogue until you do.

3. If you'd rather go a more generic route, here's a super-powerful mantra to say silently with each person you interact with: "The Divine in me greets the Divine in you. The Divine in you greets the Divine in me." (Or whatever word you're using for Divine.) Just in case you didn't know, that's what the words "Namaste" and "Aloha" are saying.

I've known people who've wanted to introduce spirituality in their workplace, but the culture didn't permit openly talking about it. They used this mantra silently and loved the results.

If you want to add some really good refined thought vibration to it, mentally send a wave of Divine Love from your heart center to their heart center, at the same time, and watch what happens. The more practiced you are in doing the Basic Activation of Divine Light Vibrations Meditation, the easier this is.

If someone is reading you the riot act while lambasting you with waves of anger, that's a really good time to practice this exercise. It'll be more difficult for sure, but their anger won't be able to keep its same intensity.

4. Do you want to change your circumstances? Move ahead on a dream? Do the Basic Activation of Divine Light Vibrations Meditation. Afterwards, take a look at any situation you have in your life, and try to discern what is the thought, or belief system, behind that circumstance. Write down whatever comes to you. Sometimes, it's easier to start with something obvious. If you're having trouble, place your attention behind your solar plexus and ask your Divine Soul for guidance.

Here's a list that you can use to help clarify your



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thoughts:

As much as you are able to recognize at this point, write down ways you have been conditioned to believe.

- ☯ I am “less than” \_\_\_\_\_
- ☯ I have “nothing left to learn” \_\_\_\_\_
- ☯ I need to fight for \_\_\_\_\_
- ☯ I feel out of control when \_\_\_\_\_
- ☯ I need to control \_\_\_\_\_
- ☯ I sense there is something more to \_\_\_\_\_  
and/or \_\_\_\_\_
- ☯ I've learned to be afraid of \_\_\_\_\_

Ask yourself, “Am I ready to release, and move on from, these old dynamics?”

If so, release them! One by one, give any and all of those thoughts and beliefs that no longer serve you to Divine Light Vibrations for transformation into illumination.

If not, then, at the very least, try to enjoy them more.

Remember, practice makes proficiency, and you've got the next Principle already working for you.

GLENN YOUNGER

DIVINE LIGHT "THINKS" ONLY IN THE POSITIVE



*Tower of London. London, England*

No, we're not saying Divine Light Vibrations is like a cosmic American cheerleader with glowing pom-poms cheering you on with a positive "You can do it, if you try!"

V-I-C-T-O-R-Y!"

Nor are we saying it in the traditional sense of positive and negative, good and bad. That's old New Age thinking and isn't the case at all.

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When we say Divine Light Vibrations only “thinks” in the positive, what we’re saying is the flow of Unconditional Love only moves freely on your “yes.” Remember the Principle that “Thoughts are Things That Produce Results.” Since it only knows creation, it can’t flow freely through words like “but” and “don’t,” because they exist to cancel out (or diminish) whatever came before them. The creation flow goes into a kind of holding pattern, as it cancels out the negative part of the thought and then flows towards creating what’s left.

Let me give you an example. Do not, and I mean, DO NOT think about elephants.

What did you think about? Most likely, you thought about elephants first and then forced yourself to think about something else. It took some work to stop and then decide on something else to think about.

Let’s try another one. DO NOT think about bananas.

What did you think about? Again, you probably thought about bananas before choosing something else to replace the image, like an apple for example. If you’re creative, your brain might have added a monkey holding the banana, before replacing the image.

Why? Because our mind thinks in positive images, as does the Divine Light.

When you read these negative commands that are on real signs, what comes to mind?

- ☹ DO NOT SPIT (You think about spitting!)
- ☹ DON’T CRY (You think about crying!)

- ☯ DON'T WRITE ON THE WALL (Maybe you see graffiti!)
- ☯ NO JAYWALKING (You think about jaywalking!)
- ☯ NO DRINKING AND DRIVING (You think about drinking and driving!)
- ☯ DON'T HIT HIM (You think about someone getting hit. If you're angry with someone right now, you might think about punching his lights out!)
- ☯ DON'T DRIVE FAST (And they're racing down the highway!)

Wouldn't it be more effective if the signs told you what they wanted you to do, instead?

- ☯ KEEP THE SIDEWALK CLEAN
- ☯ SMILE
- ☯ KEEP THE WALLS CLEAN
- ☯ CROSS ONLY AT THE CROSSWALK
- ☯ DRIVE SOBER
- ☯ GIVE HIM A HUG
- ☯ DRIVE WITHIN THE SPEED LIMIT

You might end up doing the opposite of what the signs ask, but you'd have to think about it first.

When I first learned this Principle that Divine Light Only "Thinks" in the Positive, I became aware of how often I used cancelling words in my everyday speech. I was blown away! As soon as I heard a "but" or "don't" come out of my mouth, I did a quick course correction to refine my thoughts and speech. Just that one little shift made a huge difference in my sense of well being and prosperity.

People are often more aware of what they don't want

## How to Make the Most of Your Earth Experience

because they haven't learned to give themselves full permission to have what they really want.

We've talked about how you're a conscious being living in a conscious Universe that's in a constant state of evolution and creation. We took a look at how thoughts are like things that produce results. So let's take a look at what happens when you think using words that cancel themselves out. What's the first thing that comes to mind?

- ☹ I don't want to get fat.
- ☹ I don't want to lose.
- ☹ I don't want to be poor.
- ☹ I don't want to laugh.
- ☹ I don't want to screw up.
- ☹ I don't want my husband/wife/partner to get mad.

Bottom line, it takes a lot less energy when you simply state what you want in the positive. Your brain can wrap itself around the image with a lot less wasted effort, and Divine Light Vibrations get the message loud and clear. Remember, Infinite, Omniscient, Omnipotent Love is Unconditional. It will manifest *exactly* how you request it to.

### **Look, Let, Love Action Steps:**

1. If you did the exercises in the last chapter, you wrote down some of the things you want. Go back and pull out anything that you stated in the negative. Rewrite it using a simple positive statement.

2. If you've identified any situations in your life that you want to change, write out your best interpretation of what it is you want. How will the situation be different once it's

changed? Go into free flow without editing your thoughts. Then refine it by stating it in the simple positive.

3. Look at what you've written and ask your Divine Soul if these are accurate interpretations of what it is you want? If you get a strong "yes," you're good to go. If you get a "no," or your "yes" is tepid at best, keep refining it until you get something that resonates as right. You learned how to do that in the chapter, "Your Divine Soul is Always Guiding You."

If you still don't hit on something that resonates and excites you, then take it into meditation. Do a blanket release of anything that's fogging up your ability to know what you want. Ask for it to be transformed into illumination and clarity. When you feel the expansion has reached its peak and returned to a state of rest, ask your Divine Soul, "Reveal to me what's in my heart of hearts." Then be patient and listen.

By the way, this is different from traditional goal setting where you're taught to project your past into your future, the more specific the better. You're now being asked to listen to your deepest heart song to discover what's right for you in your highest good.

4. Do the Basic Activation of Divine Light Vibrations Meditation, and ask for what it is you wrote *or something better*. Always leave a request open for something better than you could imagine at this point in your life. After all, your Divine Soul has a larger vision than you do of what's possible, as well as what's best for you.

It's important to take your time when you do this. Love yourself enough to let Divine Light Vibrations do the work.

5. Pay attention to how you put requests out to other people at home, at work, and at play. Try to ask in the simple

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positive. The same goes in the opposite direction. I'm sure most of us can look back in our lives and see the confusion we created simply because we weren't clear with ourselves or weren't clear with others in our communication. Not only does Divine Light Vibrations "think" in the positive, so do we.

If someone asks something of you that isn't clear or is stated in the negative, turn it around by clarifying what you think they're looking for in the simple positive. Not only is it much easier to work together when requests are stated in the simple positive, it makes life a whole lot more fun. They might not always agree with what you want from them (and vice versa), and you might not want to play in each other's sandbox, but at least you're giving each other the chance to understand clearly what it is you're saying "yes" or "no" to.

CREATION IS ALWAYS IN A STATE OF CHANGE



*Vicenza, Italy*

If you've wrapped your head around the concept that you're a conscious being living in a conscious Universe, then you're well on your way to understanding, on deep emotional levels, the Principle that "All of Creation is in a Constant State of Change." That includes you.

On a surface level, that seems like a no-brainer. It's enough to look at nature around you to see change. You see the four seasons come and go. You see changes in the weather day by day. You see erosion of the soil, the movement of dust, the industry of insects, the falling of leaves, the growth of flowers. Even though mountains can seem never changing, they're not the same formations as two hundred years ago.



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If you live in the city surrounded by concrete, you can still observe the changes around you. The sidewalks that get dirty or get cleaned, the paint on buildings that slowly fades in the sunshine, the changes in the air on a windy day, or the increase in pollution on hot summer days. Change is everywhere.

This includes your consciousness; it's always in a state of evolution, as it expands with new growth or constricts through new resistance or plain old atrophy. You might not notice it on a minute-by-minute basis, but it's enough to look back over a larger period of time, and it's easy to see the changes you've experienced.

If you feel resistance to that idea, look even further back. There's no way you can say you express yourself the same way today as you did when you were six months old.

Naturally, not everything changes at the same rate. Regardless of the time frame, however, the changes in nature are non-stop.

So if that's so easy to comprehend...

**Why would we ever get caught up thinking  
something is “fixed,” and then emotionally resist  
when it changes?**

The answer lies in two things—hope and fear—and they often exist simultaneously.

If things are just marvelous as they are, we have a tendency to want them to stay that way at all costs. Sure, you know in your gut that Creation is always in a state of change, so it's an unrealistic expectation; but your subconscious hope

is that this one marvelous situation might—just maybe, I hope, I hope—be the exemption to the rule.

Fueled by that one small hope, your ego-intellect does everything in its power to make sure it maintains status quo. It'll deny that things are changing by refusing to see it and pretend that everything is just as it was, conjure up illusions to keep that whisper of fear at bay, and metaphorically keep its fingers crossed for good luck. All the while, change is in motion because nature has its way.

On the other side of the coin, we might not like our circumstances, but we've all been taught to fear the unknown. The thinking goes, "This isn't good, but it could get worse." This creates a desire to feel in control. It makes us want to hold back the tides of change with willpower alone and put infinity into a box, no matter how rationally we know we can't. Fear of the unknown goads our ego-intellect into trying anyway, so we keep repeating behaviors in the hope that things won't get worse, instead of directing our attention towards making them better. It stirs our ego-intellect into wanting to understand what the change would be like before we actually experience it.

That's just downright backwards.

How can you know what it's like to swim in an ocean, if you live in a desert and can't even fathom that much water in one place? You can't. Someone can try to describe it to you by saying the ocean is like the vast expanse of desert sand, except it's water. But you'd be left thinking how on Earth could you be under the sand, much less move your body through it, and not be killed in the process? Ultimately, you have to enter the water to know what it is, even if you only do it one inch at a

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time.

Or how do you describe the taste of ice cream to someone who's only eaten bread? It's not necessarily salty, you don't chew it, and it stimulates different parts of your taste buds. Bottom line, she has to taste it for herself to truly experience, recognize, and understand the sensations of ice cream.

Yet, our ego-intellect has a tendency to want to understand what something will be like before actually doing and experiencing it.

Here's the deal. Experience brings you first-hand knowledge. That kind of knowledge brings you to recognition—it's like a tiny spark of illumination. From there, your ego-intellect can process a deeper truth *that's already happened* instead of trying to understand ahead of time.

That's why the Look, Let, Love Action Steps in this guidebook started off with asking you to feel the sensations of the Basic Activation of Divine Light Vibrations Meditation and to keep journal notes. If you've been doing it every day, you're discovering, through experience, some new flavors of your Earth experience.

It's enough to remember how you learned basic arithmetic in grammar school to see the logic behind it. If you didn't first experience holding one thing in your hand, you couldn't have recognized what the numbers one and two meant; and you never would've been able to get the concept that  $1+1=2$ . You picked up one apple, you picked up another apple, and oh look—flash of recognition—you're holding two apples.

If you feel resistance to this, then let it go; ask for illumination, and go do something else. Go play a video game, read a book, call a friend, go to a chat room, mash some potatoes, take a walk, or anything that appeals to you while you give it some space to register. Bookmark this page and come back when you're ready.

For the rest of us, let's move on.

You've accepted that experience leads to recognition, which leads to illumination, and intellectual understanding will follow. This means you're ready to understand how the alchemy of transformation functions when you give things to Divine Light Vibrations for transformation into illumination.

We've talked about how this invisible substance of Divine Light—this Infinite Intelligence, Omniscient Wisdom, and Unconditional Omnipotent Love—is equally everywhere present in all things, including you. It's flowing through you at all times, waiting to be formed into something concrete through the quality of your thoughts. We've also talked about how listening to your Divine Soul is important. It's this Infinite aspect of you that connects you to deep remembering of how consciousness is always in a state of evolution.

We've learned that all things are in a state of vibration. Keep in mind the sensations you've been feeling while doing the Basic Activation of Divine Light Vibrations Meditation. Each sensation is a distinct vibration in its own right. If you've been taking notes and paying attention, you'll recognize what comes next.

Some vibrations are dense, while some are more refined in nature. They all respond to one another and, in the interaction, create still another vibration. That's the essence of

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alchemy, only instead of turning base metals into gold, you're using Divine Light Vibrations to turn the dense material of your past conditioning into gold.

A simple example of how this works would be in music. The note Re has one vibration while the note Fa has another. When they come together, they resonate with each other and create a chord.

The vibrational mathematics get tricky here:  $1 + 1 = 3$ . One vibration plus one vibration makes three vibrations. There are the two individual vibrations as well as their collective vibration called a chord.

When that chord comes together with other notes and chords, beautiful music is created. Well, either that or something that's so filled with discord it makes you want to cover your ears and grimace, or something in between. In either case, as it moves into its peak or out of its peak and towards another state of being, that creation is in a constant state of change. This is true for everything under the Sun.

Why is it that some notes resonate better together than others? The answer is the resonation of their vibration.

There's a constant attraction and repulsion between different vibrations going on all the time. Two notes that might not create a pleasing resonance for you can be put together with a third note, and their combined vibrations create a whole different effect.

The notes are neutral in themselves. It's your vibratory response to them, and your interpretation of that vibratory response, that determines if you find them pleasing or not.

If you'd like a concrete example of this, play some music from another country or culture. That music exists because it's

pleasing to enough people to give it value in the collective consciousness of the culture. It might sound horrendous to your ears, if your vibration isn't attuned to it. If you listen to it long enough, however, you'll eventually discover what it is that others find so pleasing. You "tune in" to it.

When Rap music first became popular with a younger generation, many from an older generation grimaced in disgust saying, "That's not music!" After a few years of exposure, many crossed over and came to not only tolerate Rap music, but also add it to their music libraries. If you're a reader with enough linear Earth-time experience to remember, your parents did the same thing when Rock and Roll music came into being. Their parents did it before them when jazz came on the music scene.

Why? Because everything is in a constant state of change and creation.

In addition, all individual parts of the collective whole are constantly shifting to stay in balance with the rest of the whole. The individual balance is maintained with the collective through attraction or repulsion. If the vibe resonates, you move towards it. If you're repulsed, you either try to resist it, change it, or move away.

Pay attention and you'll see this attraction and repulsion is present in your thoughts, in families, cultures, ideas, you name it. That's why some of the older generation embraced rap music, and others complained or turned their backs on it. Regardless of their eventual choice, one way or another, they were all affected by it. If not directly, then they were affected indirectly through the fact of its existence in the lives of others.

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On a personal level, when you ask Divine Light Vibrations to transform a belief or behavior into illumination, you can notice that your ego-intellect's initial reaction is either to embrace, resist, or turn its back on the request altogether. We'll talk more about that in upcoming chapters, but suffice it to say that you're creating your own new kind of music called your Earth experience.

When we talk of the vibrations of Divine Light in general, it sometimes helps to put the different kinds of vibrations into a simple linear module. Please keep in mind that infinity goes in all directions at once, so I'm taking some poetic license here.

Think of it this way. The ones closest to the vibration of the Divine Light Source are more expansive and refined in nature. The ones furthest away, are denser in nature.

To look at the alchemy of these vibrations from a different point of view, there are two basic kinds:

- ☉ Those that are expansive in nature, which join to create something new, like the two musical notes that join to make a chord, which join to make music.
- ☉ Those that contract and make an effort to attack and consume a more expanded—or more refined—vibration. They'll usually attack those closest to them that are slightly more refined, rather than take on a giant light wave.

I call the second type the “gobblers” because when they get going, they like to gobble up everything in sight until they've gorged themselves full. Once they're full, they'll calm down for a while until the next gobbling spree. This is

because they look outside themselves for their nutrients, rather than directly pulling their nutrients from the fountain of Infinite Unconditional Love found within. (Sounds like some people we know, right?)

The only way “gobblers” really end up changing their nature is when they’re so surrounded by an expansion vibration, the small attribute of the expansion vibration in their essence gets activated and grows. In effect, the percentage of their makeup shifts, and their nature slowly gets transformed from a “gobbler” one into an expansion mode of being.

This is one way of looking at what happens to those limiting “gobbler” beliefs that you give to Divine Light Vibrations for transformation into illumination. If you don’t ask for the expansion of transformation, the “gobbler” belief uses unformed Unconditional Love to create more of its own density. When you ask for the belief to be transformed into illumination, Unconditional Love will keep supplying expansion vibrations *for as long as you allow it* and until the work of illumination is done. At that point, something new altogether has been created.

Once you open your eyes to it, you can also see this same dynamic being manifested on larger scales in human relations all the way from two individuals to the world stage and its political forums. Did you try the exercise of sending Divine Light Vibrations from your heart to someone else’s? This explains how their anger can get deflated when you greet it with waves of Unconditional Love.

Back to the big picture, remember that Divine Light only knows creation. So both kinds of vibrations—expansion and



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“gobbler”—are creating something in their own way. Even destruction is a form of creation as the old transmutes and transforms into something new.

We see this “gobbler” dynamic on a cellular level in the form of cancers that attack healthy cells in order to feed themselves. We also see it in how the vibration of our body's digestive system attacks and consumes the food we eat for its nutrients. In actual fact, the vibrations here in our third-dimensional Earth experience contain a percentage of both expansion and contraction qualities. Their “behaviors” depend upon the percentage of each type of vibration they have in their collective make up, and what you consciously or subconsciously ask unformed Unconditional Love to do with them.

### **Let’s look at how this applies in our emotional worlds.**

Emotions such as love and happiness, for example, are principally expansion vibrations. They wrap you in a huge vibrational hug, and you want to share that hug with the entire world. At the other end of the spectrum, anger and pain are “gobbler” vibrations that want to lash out and sink their teeth into metaphorical flesh—yours, or someone else’s, or both. Depression, which can be framed as unexpressed anger turned inward, is a “gobbler” vibration. It’ll literally eat away at its host.

Each of these vibrations, in their own way, is inherently endeavoring to move closer to the Divine Light Source. The only difference is the expansion vibration already knows it gets fed directly from the Divine Light Source and so expresses

itself in a more refined manner. Meanwhile, the consuming “gobbler” vibration moves in a misguided attempt to get closer to the Divine Light source by trying to feed off of the more refined vibrations closest to it. We'll talk about this more in the next chapter.

For now, let's keep the conversation on a personal level between yourself and... yourself.

The more you embrace change, the faster Divine Light Vibrations will manifest exactly how you want it to from your heart of hearts.

### **Look, Let, Love Action Steps:**

1. To observe the dance of attraction and repulsion between people, go sit in a public place—a train station, a bus stop, a park bench with people around you, a restaurant, a shopping mall, or any place where people are in motion—and observe their movements as they interact, or avoid interaction, with each other.

2. The next time you're sitting around chatting with friends, observe the body language of the people around you. They'll instinctively change posture to stay in alignment with the others around them. If you want to experiment with this, introduce a big change in the balance by making a dramatic change in your own body language. Then observe how organically, one by one, the others will instinctively move their bodies to maintain the balance of the group.

3. If you can catch a couple actively engaged in a heated argument, that's a golden opportunity to watch “gobbler” vibrations in action. How the two attack, defend, and/or counterattack is a vibrational dance unto itself.

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4. Writing things down helps you to focalize your thoughts, so write down your observations in your journal.

5. If you really want to pump up the recognition, do the Basic Activation of Divine Light Vibrations Meditation just before you go out and observe how change is all around you.

ANY EMOTION CAN BE TRANSFORMED INTO  
ILLUMINATION



*"Love." De Nang, Vietnam*

Emotions are an integral part of a rich human experience. Yet so many of us have been conditioned to ignore them, deny them, shove them down, be afraid of them, try to manufacture them, or find people and experiences to incite them. Mamma mia, that takes a ton of energy for such skimpy results!

We've talked about how Divine Light Vibrations are formed through your thoughts, and your emotions are like the fuel to the engine. So unless you're trying to turn yourself into

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a robot, why would you want to gobble yourself up with all that self-inflicted limitation? That'd be like taking a trip to Tahiti, only to sit looking at it through a grimy hotel window. What's the point?

Let's cut to the chase with two if's:

- ☪ If you're happy as pie about all aspects of your life, put this book down right now and go live it.
- ☪ If you're serious about making the most of your Earth experience and there's something about it you want to change, then you're going to want to upgrade your emotional fuel.

Any change in your Earth experience first has to come from within you. When you change your emotional habits on the inside, the world around you changes because you live it differently. We've talked about that.

If you've read this far, you already know how any emotion can be transformed into illumination. The question is: *Which* emotions do you want to be transformed into illumination?

The answer is: The ones that no longer serve you and you're ready to release.

The marvelous thing about our human makeup is there are so many ways of discovering which emotional habits are holding you back and which ones you're ready to release.

Here are six ways that you can determine that.

- ☪ Listen to your body.
- ☪ Watch your actions and reactions.
- ☪ Pay attention to your inner agenda and motivation.

- 🌀 Listen to your words.
- 🌀 Accept that you're fed up with feeling angry, sad, frustrated, or any one of the emotions that create contraction in your being.
- 🌀 Trust your Divine Soul for guidance.

### **Listen to your body.**

Our bodies will reflect the vibrations of our emotional worlds. Remember how we talked about the notes Re and Fa in the last chapter? And when you put them together, they create a new vibration called a chord? And how the chord is put together with the vibrations of other notes and chords to create music? Well, so do our emotional vibrations come together with the physical vibrations of our bodies to create the music we call our state of health.

If you're unable to intellectually discern your emotional motives, listen to your body. It'll clearly tell you if you're in a state of expansion or in the "gobbler" state of attack-and-consume that we talked about in the last chapter. If your body feels tranquil and open, you're in a state of expansion. If it feels tight or your stomach is knotted or you're not breathing freely, you're in some form of "gobbler" mode. If don't feel anything at all, or it's numb, it's a signal that the "gobbler" mindset has become a habitual state.

The good news is that your body will give you signals of its distress well before that density turns into an actual disease. There are books on the subject that connect physical symptoms with emotional dynamics. Since each person is unique, your physical symptoms may or may not match up

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with what the books say, so use them as a starting point if you want. If you're looking at a pre-defined list, I suggest you always ask your Divine Soul for final confirmation.

Or you can take it directly into meditation and ask your Divine Soul, "What's going on? What's this (physical ailment or tension) all about?"

Even if you don't subscribe to the belief that your emotions and body are connected, the exercise will still give you a good opportunity to release an old emotion and move deeper towards your heart of hearts.

Here's a quick checklist to ask your Divine Soul at the first sign of discomfort in your body:

- ☉ Do I need more sleep?
- ☉ Do I need more water?
- ☉ Do I need food?
- ☉ Do I need to calm down?
- ☉ Is there an emotional issue that's creating this discomfort? If so, what is it?

### **Watch your actions and reactions.**

The more attuned you are to the fine lines in your own behavior, the more you open the door to the gateway of being able to consciously choose personal freedom and the power of Unconditional Love. Let's talk about how those expansion vibrations and attack-and-consume "gobbler" vibrations can play out. Remember, the expansion vibrations refine your emotional fuel, while the "gobblers" are like throwing mud in the gas tank.

Until you cross over the barrier of past conditioning and into living in the conscious awareness of Unconditional Love at all times, you'll have both dynamics going on in your emotional psyche with a lot of shades of grey in between. Welcome to planet Earth and the human experience.

The more you "wake up" to the power of Unconditional Love already flowing through you, the more you increase your percentage of the expansion vibration in your total makeup.

The more you shut down to this Truth, the more "gobbler" vibration you have in your total makeup. This attack vibration doesn't necessarily have to be unleashed towards others in a torrent of misbehavior, by the way. It could be just as easily hiding behind the Social Mask of the nicest person you've ever met, while it's eating away at them on the inside. That could be unconsciously happening with you, too.

So the defining question to ask yourself at any given time is this: How do I want to use my creative abilities? Am I "gobbling" (at myself and others) or creating from the heart?

Let's talk about denial, one of the most insidious and common forms of self "gobbling."

If you try to lie to yourself about what you're feeling, you know you're in a "gobbler" state of attack-and-consume because you don't feel open nor free to share your feelings with the world. In effect, you're attacking the part of yourself that you're denying.

When you speak your truth—even if it's over the resistance of a blocked throat as you move beyond the fear of expressing it out loud—you'll feel a sense of relief afterwards. Whew! You finally moved out of that old density of self denial and into a more refined vibration.



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The most common emotions we've been taught to deny are anger, hurt, and human love. I know that last one sounds crazy, especially since everybody wants to love and be loved; but isn't it amazing how often we hold back on speaking words of love for fear of it not being returned? Or, at least, not being returned on our own terms.

When it comes to the anger and hurt, sure, you might want to temper your words until you can express yourself cleanly and clearly. If you're in the habit of counting to ten, direct your attention to your Divine Soul while you do the counting, and let the inspiration flow. If it's a huge wave of anger or hurt, take it into meditation. Release it for transformation into illumination, and ask your Divine Soul for guidance on the best way to express yourself. What is it you want? The important thing is to express yourself in a way that's clearly understood by others, so that you create bridges and not the need for heavy-duty damage control after the fact.

### **Pay attention to your inner agenda and motivations.**

There can be a fine line between the two opposites of the expansive vibration of Unconditional Love and the contractive attack-and-consume "gobbler" vibration.

For example, when you do a kind act with no strings attached, you're moving in an expansion vibration. If you do that same act, but get angry or hurt because it wasn't received the way you had in mind, you've got your "gobbler" going. If you do that same act for applause and recognition, you're looking to be fed from outside yourself, which is also a form

of a "gobbler" vibration. Maybe it's not as strong of a percentage as the "I'm going to put a knife at your throat, if you don't do what I want you to" variety, but it's still muddying up your flow of Unconditional Love because you're looking in the wrong direction.

Why settle for canned soda when you can drink from the nectar of life?

Another example is when you give a gift and aren't attached to what they do with that gift afterwards; you simply wanted to freely give. In that case, you're moving in an expansion vibration of Divine Light Vibrations. If you get hurt or angry, when the gift is not appreciated or not valued as you were looking for it to be valued, that wasn't a gift you were giving. You were endeavoring to manipulate another person to feed your sense of self, which is a subtle form of the "gobbler" vibration in action.

How about when you get emotionally defensive? You're moving in a "gobbler" vibration directed towards yourself because you're giving your sense of identity to another person. For that moment, you forgot how you are both Divine Souls having human experiences.

When you remember that Unconditional Love is at the core in each of us, and it's just covered up by limiting belief systems based in fear, you're able to listen to what the other person is saying with an open heart, knowing that you have the free choice to participate in their point of view or not.

If you're unsure of your motivation, go back to listening to your body and ask your Divine Soul. It doesn't know how to lie. Since you've been doing the Basic Activation of Divine Light Vibrations Meditation, by now you're more practiced at

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feeling the upward expansion of a “yes” and the stillness or contraction of a “no.”

### **Listen to your words.**

Another way to identify on very subtle levels when you're in a "gobbler" mode is to pay attention to the words you use to express yourself.

When you hear yourself saying things like, “I’m the kind of person who (fill in the blank),” what you’re doing is trying to limit yourself to a social description of some sort. You are more than that! You are a Divine Soul having a human experience. In trying to limit yourself, you’re “gobbling” at yourself. Okay, maybe you’re only nibbling in this case, but you’re still muddying the flow of Unconditional Love in your life.

Pay attention to these kinds of wake-up-call phrases where the "gobbler" is turned inwards and/or outwards:

- ☯ Why does this always happen to me? (Said in a poor-poor-me voice).
- ☯ You always... (...with some kind of accusation attached).
- ☯ You never... (...with some kind of accusation attached).
- ☯ How could you... (...with some kind of accusation attached). Actually, you can expand the list to include any accusation of being ‘less than’ or ‘too much’ in any way. Try to remember they’re doing the best they can with the fear-based belief system they have in place at that point. As are you.

**Accept when you're fed up with feeling any one  
of the emotions that creates contraction in your  
being.**

Although it's not always easy to accept that you're fed up with feeling those kinds of emotions, they're easy to recognize. You'll "feel" them in your body. A constricted throat as you try to speak an untruth, swallowing down tears, a knot in your stomach are a few of the signs.

You just looped back around to how your ego-intellect does like to hang on to the belief that things will magically get better without you changing anything about your behavior or perception. Try to be gentle with yourself. Look at the feeling. Let it go and let Unconditional Love transform it into a state of well being.

Basically, any emotion that you're tired of being imprisoned by is a good one to give to the Divine Light Vibrations for transformation into illumination.

Remember, you created those emotional habits in the misguided belief that you needed to protect yourself from other "gobbler" attack-and-consume vibrations. That belief was born out of having forgotten that you live in the invisible substance of Divine Light. Remember, It's made up of an Infinite Intelligence that created all things; an Omniscient Wisdom that knows how to manage all things; and an Unconditional Omnipotent Love that has the ability to do, create, and change all things. It's simply waiting for you to choose where and how you want to direct Its flow. You forgot all this when you stopped listening to your Divine Soul.

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As you continue in your remembering process, you'll start to recognize situations you've created in which you have the opportunity to either feed those "gobbler" emotional habits or move beyond them into the expansion vibration of your natural birthright—Unconditional Love.

If you recognize yourself in any of this, your question at this point might be: How do I decide which emotional habits to release for transformation into illumination?

The answer is: Whichever "gobbler" attack-and-consume emotional vibrations that no longer serve you and are holding you back.

### **Trust your Divine Soul for guidance.**

If you don't recognize which emotions and inner agendas are holding you back, go for a generic release of any old emotions stored in your body and psyche. My personal daily favorite is to release any and everything that no longer serves me for my highest good and for the highest good of all involved. Ask for it to be transformed into illumination and well being on all levels.

Your Divine Soul knows what's best for you and will let you know when you need to be more specific. Sometimes it's enough to make the conscious choice of being open to change and watch what comes up. As we talked about previously, your Divine Soul will speak to you in a language unique to you.

When you're ready to let go of the old way of mis-using the flow of Divine Light Vibrations, it'll be obvious. A situation will arise, giving you the opportunity to see it

through new eyes. It can come to you in meditation or someone's passing words can trigger your recognition. Depending upon your spiritual leanings, the recognition can be triggered through angels, animal totems, your religious holy book, the bag clerk at the corner grocery store, or even dialogue in a sit-com. As with anything, always confirm your understanding with your Divine Soul with a yes or no question. It'll save you the headache of going the long way home to your heart of hearts.

Remember, none of this moves at a faster pace than what you're willing to allow and able to handle. Divine Light Vibrations is truly unconditional, and you're the one who's doing the deciding.

Keep in mind that you can't transform all of them at once—change is evolutionary, not revolutionary. Emotionally, you might be able to handle an instant change in vibration, but your body instrument needs time to adjust. Think of it as a wire that can transmit an electrical current of 110 Volts that's suddenly given a surge of 220 Volts. It just couldn't handle the different current (vibration). With evolutionary change, your body evolves in its ability to hold and transmit more refined vibrations.

Let me give you an example of how all of this played out with a client of mine who wanted to have a better relationship with his son. On the surface, this was a noble motive.

"What would a better relationship look like to you?" I asked.

"I want to make my son understand the process I'm going through," he answered. "It'll help to make him a better person, and he'll stop acting out."

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From that alone, can you recognize the dynamics in play? Pay attention to his words and motivation.

First of all, he was looking outside himself for his son's approval in order to feed his own sense of self. Second, he wanted to manipulate his son into changing because he saw his son as being "less than enough."

It's no wonder the son wasn't open to his father's overtures and was shut down. Look at it from the son's point of view. For years, his father had been heavy handed in "guiding" him along the way; and now his Dad wanted his understanding??!!

That dynamic had the "gobbler" attack-and-consume vibration going all four ways at once:

- ☪ Father to son (in his manipulation).
- ☪ Father to father (in looking outside himself for his son's approval and affirmation that he was a good father).
- ☪ Son to father (in refusing to listen and, often, doing the opposite of what the father told him to do).
- ☪ Son to son (in acting out, all the while knowing it would get him into trouble).

The dynamic existed because both were operating from limiting emotional belief systems born out of fear conditioning.

We did the Basic Activation of Divine Light Vibrations Meditation together. Then we did the Divine Light work of releasing his past, as well as his relationship with his son, to Divine Light Vibrations for transformation into illumination. When the expansion finished its course and his Divine Soul

guided me to, I asked him to listen to his Divine Soul in his heart of hearts.

“What is it you truly want?” I asked.

The shift in his perception was palpable. Even if you can’t feel vibrations like I do, the difference in the tone of his voice rang clear, as he gave his new answer.

“I want to play with my son.” Then he clarified it further. “No, what I want... is... I want us to play together.”

That was a much more honest answer and is a far cry from trying to “make his son understand him.”

Afterwards, he said he felt the difference right away because the first interpretation of his desire put a knot in his stomach. The acknowledgement of wanting to play together with his son created a sense of openness in his being. He also saw right away how his attempts in the past to connect with his son had been based on “gobbler” motives. He’d wanted a buddy, yet had been acting like a tyrant (his words).

This is the first big step in allowing changes to occur in the emotional makeup of a relationship—recognizing the different dynamics when expansions versus “gobbler” emotional vibrations are in play.

My client recognized that the changes would be evolutionary, not revolutionary. His next step was to learn patience to allow the changes to unfold. It’d taken him 13 years to create the existing dynamic with his son, so the odds said it would take more than 13 seconds for the change he felt in himself to reflect in their relationship.

It's important to recognize that I never had to teach him this with words. The only thing I did was consciously hold a specific vibration of Divine Light, as his Divine Soul guided



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me to. That assisted him in seeing and feeling on deeper levels the choices he'd been making. Divine Light Vibrations did the transformational work. His Divine Soul did the true guiding. He was the one making his choices on how he was willing to let Divine Light Vibrations flow.

As a second chapter to this story, I had the pleasure of witnessing Divine Light Vibrations in action even further, when I sat down and did Light work with both he and his wife. Children will reflect what's going on within their parents. Through listening to their own Divine Souls, they were able to recognize the point in their son's life in which he'd shut down to them, as well as what they'd inadvertently done to feed that state in their son.

The session finished with them giving and asking each other for forgiveness. The expansion vibration was so active in that moment, we all had goose bumps on our goose bumps. You could almost feel the molecules in the room jumping for joy in a standing ovation. From there, their challenge was to allow the process to unfold, as they moved out of old belief systems and allowed their bodies and psyches to learn new biological synopsis and memory patterns.

That small example, by the way, could serve to illustrate a number of the other Principles: Thoughts produce results... the transformation of emotions... you get exactly what you ask for... Divine Light only 'thinks' in the positive... the more focused your thought, the clearer the result. Actually, I could list all the Principles; but I'm getting ahead of myself, so I'll stop here.

There is no separation. Everything is connected to everything else, even the Principles in these lessons.

### **Look, Let, Love Action Steps:**

1. Do the Basic Activation of Divine Light Vibrations Meditation. Keep a pen and paper handy.

2. Ask your Divine Soul, "How and where do I use a "gobbler" attack-and-consume vibration instead of an expansion vibration of pure Unconditional Love?" Write down the answer(s).

2. Choose which one you feel ready to release at this time. Place your attention behind your solar plexus, know that Unconditional Love is flowing through you waiting to be directed, and release the emotion to Divine Light Vibrations for transformation into illumination.

[Note: If it seems like the emotion is welling up and getting stronger rather than being transformed, ride it out. That's old stuff you've stored in your body and psyche that's ready to be transformed, too. Stay focused on letting Divine Light Vibrations do the work of transforming it into illumination.]

3. Once you feel the expansion has reached its peak and wanes into a new state of rest, ask your Divine Soul, "Now that that's out of the way, what would be for my highest good and the highest good of all?" Write down the answer.

Then do your best to follow through and put it into action. If it's not specific enough for you to picture yourself implementing the response, ask for more specific details. Keep the conversation going with your Divine Soul, until it really resonates for you.

Remember to give it time! Change is evolutionary, not revolutionary. Don't be shocked if you find yourself in situations that give you the opportunity to practice this change.

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It's in the practice that your body instrument learns to take on, hold, and transmit more refined vibrations of Unconditional Love.

ASK AND YOU SHALL RECEIVE—EXACTLY WHAT YOU  
ASK FOR AND ARE WILLING TO RECEIVE



*Making her own kind of living. Rome, Italy*

This Principle may very well push a lot of buttons and open up a lot of intellectual arguments in your head. So be it. You're not alone. Intellectual arguments, however, can't change the fact of the Principle: You have exactly what you asked for... and were willing to receive.

Remember the "Let" part of Look, Let, Love? Well, this is it in action, once again.

We've learned so far that thoughts are like "things" that produce results. So it serves you to pay attention to what you ask for, because this Infinite Intelligence that knows all things

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and created all things, Omniscient Wisdom that knows how to manage all things, and the **Unconditional** Omnipotent Love that can do all things is very precise. I highlighted unconditional because it's truly that. Since it'll move in whichever direction you ask it to, it's easy to screw yourself up, if you're not paying attention.

We'll go into greater detail in upcoming chapters, but for now, it's time to take a look at what you've been asking for.

Once they get beyond their initial flood of objections to this Principle, I can't tell you how many times I've heard people say things like:

**“But I only want (fill in the blank),” they say with a humble sigh and a small whisper of poor, poor me in their voice.**

Do you detect a little self “gobbling” going on with the victim bit? Go ahead and guess what they get if they're not too busy lolling around enjoying the victim vibe by lamenting that life hasn't given them more. Bottom line, they didn't ask for more!

**“I'd like (fill in the blank), but...” Then they come up with why it can't happen.**

The use of the word “but” automatically negates the request, and, so, what do they get? They get confusion and, most likely, more of why it can't happen.

**“I don't want to bother God because He's busy helping people worse off than I am.” So they**

**never get around to asking and struggle along  
making do.**

God is not some grandfatherly figure sitting in the heavens wearing a robe, holding a staff, and sporting a long white beard. Can we repeat the words Infinite, Omniscient, Omnipotent, and Unconditional? Why put human limitations on something that goes way beyond our capacity to understand in its fullness?

**“I kinda’ want (fill in the blank)...”**

So they only ‘kinda’ get because they’re not giving Divine Light Vibrations a very clear channel to work through.

Now for the big one.

**“I want (fill in the blank), or I’d love to (fill in the  
blank), but I don’t have the money.”**

First of all, they’re asking for poverty. Secondly, there’s that “but” negating the request again.

More important, they’re forgetting how the fountain of Unconditional Love is I-N-F-I-N-I-T-E. It isn’t restricted to moving only in the form of money. What you want can come about in other ways without cold, hard cash. Also, money is just a convenient form of energy exchange between people. It’s limited only by your own thoughts and beliefs about it.

Let me share two stories about people getting exactly what they asked for and were willing to receive. Both address the topic of money, since it’s such a hot topic here on Earth. You’ll also see the other Principles in action. Look for them.

A few years ago, there was a woman I know whose

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marriage had fallen apart, so she decided to leave. She'd been saving money, but she never seemed to get to the point of having enough for a down payment on her own home.

The only place she could find to stay was in a tiny, borrowed apartment. Since the owner was letting her stay there while he was away, it had a limited time frame attached to it. Needless to say, she was feeling insecure in her current situation and was spending an inordinate amount of energy worrying about it. Worry is only good for creating more worry.

"I don't want much," she said, trying to be worthy by being humble. "I just want a roof over my head."

"How much do you have in the bank?" I asked.

She told me, and I thought for a minute before saying, "Yep, that's about right. You have exactly enough for a roof over your head. The only problem is you forgot to ask for the four walls, windows, doors, and pavements."

She laughed because she realized that was exactly what had happened.

"Ask Divine Light for the rest," I suggested. "And while you're at it, you might as well ask for some furniture."

At first, she couldn't fathom how it was ever going to come about. From her current perspective, her earnings potential was rather limited.

We did the Basic Activation of Divine Light Vibrations Meditation together. Once it was completed, she did a blanket release of any and every belief system and fear that no longer served her and had been holding her back. In the course of the session, individual beliefs came to her attention. She then released each of them individually.

Once it became clear that she had nothing left to release *at that time*, she asked for “a house to live in, as well as furniture, or something better.”

“Does it matter to you what it looks like?” I asked.

“Not really.”

“No? Okay.”

“Well, wait a minute!” She grinned sheepishly. “Actually, it does matter.”

I loved that she was paying attention and loving herself enough to be honest. The pseudo humility was one of the things she’d released and had asked to be transformed into illumination. See how something will loop back around to tell you when you’re ready to release on deeper levels?

“Ask your Divine Soul two things,” I suggested. “First, for your highest good and the highest good of all involved, should you release that it matters to you? Or should you ask for something that appeals to you?”

It took a bit to get clear on which was the strongest “yes.” She had to release a bit more of that pseudo humility before she could accept that it was in her highest good to ask for an appealing situation and not just make do. She was officially launched on the road of learning about true prosperity.

In the end, she figured she’d go all out, no limits, and asked for, “A complete house to live in that gives me a sense of well being, as well as furniture and healthy food on the table, or something better.”

Then she let it go to allow Divine Light Vibrations to do the work.



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While she waited for it to manifest in her physical world, she set about appreciating her temporary living space as it was and planning what colors she was going to have in her new home.

Within a week, new contracts started coming in, including one with a house builder who didn't want to pay her in cash. Since his business was off and he wanted to keep his workers busy, he preferred to pay her in labor and only charge her for his costs of building materials. Basically, she was getting her new home built for the cost of pennies to the Euro.

Right about the same time, her recalcitrant husband, who had vowed to bury her in lawyer's fees if she didn't come back to him, had a change of mind and decided to help her financially in the building of her new home. I haven't seen it yet because she doesn't live nearby, but after she'd moved in, she sounded ecstatic on the phone. It'd been built exactly to her specifications.

As a side note, she shared the Principles of Divine Light Vibrations with the builder, and his business got back on track, too.

Ask and you shall receive—exactly what you ask for and are willing to receive. Make it work for you like she did.

To truly apply this Principle to your liking—and since you've already been applying it on a subconscious level anyway—take a hard look at what you've really been asking for and why you were willing to settle for less. Release the fears and limiting belief systems that no longer serve you to Divine Light Vibrations for transformation into whatever you want to ask for. Be specific.

Oh, and just as an FYI, in case the photo above touched some pre-prejudices you might have about that image, the gypsies in Italy have a good thing going. They live in deluxe campers on land donated to them by the Italian government. The Italian government pays their electricity bills. As if that wasn't enough, they're also exempt from paying taxes. After all, it's hard to put a number on the amount of cash they take in from their street activities. All of this is in an effort, on the part of the Italian government, to "contain" their activities.

The second story of seeing this Principle in action has to do with gypsies. It happened twenty years ago, when I'd just moved to Italy from the United States, and everything was new to me, including gypsies.

I was parked outside a store waiting for a friend to finish his shopping when I saw a gypsy walking through the parking lot offering to read palms for money. In general, if you don't accept their unsolicited palm reading services, they'll send you a torrential downpour of what Italians call "maledizioni." Loosely translated, this means the worst kind of luck imaginable. Italians are traditionally superstitious, so this highly-effective "gobbler" technique usually induces older generations to pull out gracious wallets. Their motivation to pay is probably more as insurance against the maledizioni than curiosity about the palm reading, but the gypsy women end up with the cash nonetheless.

I was studying her in the rear view and side mirrors, as I watched her make her way towards my car. I braced myself for the inevitable knock on the window when, to my surprise, she went up to the car next to me instead. It was a brand new, high-end-deluxe, navy blue Mercedes coupe with 18K gold

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trimmings. I mean, that one car could feed five Italian families of four for a year, plus pay for their vacations to the beach.

There was no one in the car, so I watched with curiosity to see what she was going to do.

Imagine my surprise when she actually opened the door and got in! Just as I was trying to shut my mouth, which was frozen in a state of open astonishment, the rest of her family came out of the store, got into the car with her, and they drove away.

When my friend came out of the store, I told him about what I'd seen. He was very nonchalant and told me about the sweet deal they had with the Italian government. Think about it. They pay no rent, no mortgage, no electricity bills, no taxes; and for their 'work,' they wear other people's old, cast-off clothes. That makes for super-low overhead, which makes it possible to have some very high-end toys like 18k-gold-trimmed Mercedes.

Driving home that afternoon, my friend took me to the overpass that allowed me see their trailer camp from above. It looked like a luxury car dealership with all the Mercedes, BMWs, Saabs, and even a Lamborghini. Seriously. A Lamborghini. According to one friend who sells cars, the gypsies are good clients because they pay in cash.

I have since made acquaintances with the gypsies because I always take the time to say hello and send them Divine Light, even as I'm saying "no" to their palm-reading services. It's a whole other world they live in, built on a very different logic than the societies I've lived in, but they have exactly what they ask for and have been willing to receive. The

Principle knows no cultural boundaries.

One thing I learned that day for sure is what I *thought* I was seeing in the parking lot was a far cry from the reality of their lifestyle. That's true for a lot of things in life. Appearances can fool you.

### **Look, Let, Love Action Steps:**

1. Contemplate the concept that you have whatever you were willing to have—no more, no less. Feel any resistance you have to the concept. If you do feel resistance, accept it unconditionally; then surround it with waves of Unconditional Love and ask for it to be transformed into illumination.

2. Take a look at a situation you want to change. What was the underlying belief behind it? What was it you asked for? If you're able to discern it, write it down. If not, do the Basic Activation of Divine Light Vibrations Meditation and ask your Divine Soul for illumination.

I can assure you that, if you find the courage to really dig down into your psyche, you'll discover the misguided belief system in place that brought you to limiting your fountain of possibility.

3. Now write down the things you DO want. Remember to state them in the simple positive like we talked about earlier in the chapter, "Divine Light "Thinks" in the Positive."

You'll refine this list as new information comes to light in Part Three—The Power Principles.

# PART THREE

## PART THREE—THE POWER PRINCIPLES



*Jeweled Door. Scotland.*

Welcome to the part where we get into the subtleties of working with Divine Light Vibrations. If you haven't bought into the Foundation Principles, **STOP RIGHT HERE!**

Go back, do a quick review, and practice them for another week.

## FOR EVERY WANT, THERE'S A NOT-WANT



*Goa, India*

Shakespeare does Divine Light Vibrations: To want... or not to want... that is the question.

Actually, the real question is: Which one is stronger? Your want? Or your not-want?

Once Divine Light Vibrations has finished forming something concrete from your thoughts and the emotional fuel feeding them, what you end up with is either your predominate desire or a muddy imitation that contains a smattering of both your want and your not-want.

Remember how we said Divine Light Vibrations is unconditional? It's also very literal.

Here's the tricky part. Until you're living 100 percent in conscious union with your Divine Soul knowing, where you live only your creative "yes," this want versus not-want

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dynamic will always be in play. It's the age-old struggle between our conscious and subconscious desires. So if you're not getting exactly what you ask for, and are willing to receive, it's time to take a look at what not-want is in play.

**It's useless to say, "It's not working," when  
Divine Light Vibrations always works perfectly.**

**The challenge lies in how you're directing It.** Remember when you first started to meditate and there was all this white noise of jumbled thoughts in your head, all jumping on top of each other shouting out for attention? Maybe you tried to clamp down on them in an effort to silence your mind. If that didn't work, maybe your ego-intellect stepped in with, "Okay, calm down. Stop this racket! I said put a lid on it! Grrrrr..." which actually created more racket. Part of the struggle for newbie meditators might have included the famous and erroneous conclusion, "I can't meditate."

Even now while in meditation, do you ever experience jumbled or conflicting thoughts right when you're asking Divine Light Vibrations to manifest in a specific way? If so, you're asking It to create through each and every one of those thoughts, complete and incomplete, competing and harmonious, conscious and subconscious.

That's why, back at the beginning of this guidebook, we suggested taming those jumbled thoughts by inserting this one:

**"I choose peace."**

It's a clear, direct choice that's easy for both your conscious and subconscious minds to understand and follow.

In the Look, Let, Love Action Steps of the last few chapters, you've been refining your idea(s) about what you want. When it comes to asking for something, that often crashes head on into our limiting self concepts and outdated belief systems that make up reasons why we can't have what we want.

Since Divine Light only "thinks" in the positive, it's going to move in whichever direction your thoughts send it. When you're unconvinced of what you want, or aren't really ready to let it unfold and receive it, the conversation with Infinite Intelligence, Omniscient Wisdom, and Omnipotent Unconditional Love might go something like this (the parenthesis indicate Divine Light's response to each thought):

"I want to have that dream job."

*"Okay."* (It puts itself in motion towards your dream job.)

"But, it'll never happen."

*"Okay."* (It stops in its tracks.)

"But, I deserve it."

*"Okay."* (It gets ready to move.)

"No, I don't."

*"Okay."* (It stops again.)

"I'm the best one for the job."

*"Okay."* (It starts to move again.)

"Or I hope they think so."

*"Okay."* (And slows down again.)

"Maybe they'll think I'm too old, or too young, or too



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anything.”

“*Okay.*” (It shifts direction again.)

“It’ll never happen.”

“*Okay.*” (It moves towards making it never happen.)

“I don’t want to stay stuck where I am, though.”

“*Okay.*” (It helps you reinforce a feeling of being stuck.)

“No, I’m going to focus. I want to have that dream job.”

“*Okay.*” (It starts moving towards that dream job.)

Get the picture? Divine Light Vibrations is going to say "okay" to anything you ask and respond literally. Its nature is to create, not decide for you what you really mean. After all, Divine Light is not some grandfatherly figure sitting in the heavens measuring what’s for your own good and getting pissed off because you didn’t behave well.

This start and stop motion is fine, if you’re doing a wild dance. It’s not so good, however, for creating a good life. Well, unless you want a jerky on-again/off-again kind of life. Then it’s a good thing. Like we said, this is your Earth experience, so you get to live it just as you choose.

Naturally, that kind of inner dialogue creates a lot of mixed signals, not to mention a lot of stress to the thinker. Plus, one thing always affects another. It’s going to affect the way you go about preparing for the dream job interview or setting up that dream job business plan. That’s still another reason why it’s good to ask your Divine Soul for guidance.

What gets created in your life is the collective whole of all of your thoughts including:

- ☯ The general themes of all your thought processes mixed together like one big pot of minestrone soup.
- ☯ Those focalized thoughts that rise up over the white noise. The ones that are fueled by your passion and willingness to receive their manifestation.
- ☯ Those situations you subconsciously manifested in order to help yourself grow through old limiting, fear-based belief systems.
- ☯ Those quirky leaps of reasoning that make sense to us at the time.

On the last item, a quirky inner thought process might sound something like this: If I accept this, then it means anything is possible, which means I'll have to accept responsibility for (fill in the blank) and quit blaming Joe Schmoe or other circumstances for my situation. Therefore, I can't accept this at all because...

- ☯ ...It's not my fault. Joe Schmoe is a schmuck.
- ☯ ...Everyone knows it's impossible.
- ☯ ...I'll be alone, because I don't know anyone who thinks it is possible.

You'll either understand that right away or not. If you do understand, you'll recognize the dynamic in your life and do something about it. If you don't, I'm going to leave it up to your Divine Soul to enlighten you whenever you're ready.

This brings us to the second tricky part: This is valid for both our conscious and subconscious thoughts.

Okay, it's not that tricky; it's actually very simple. It's only tricky if you think like one man who protested with, "That's not fair! I have no control over my subconscious

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thoughts!”

We’re not talking about “fair.” We’re talking about how Divine Light Vibrations work.

That's why we meditate! It's Look, Let, Love in action.

- ☪ It slows down our thought processes to where we can listen and comprehend all the myriad of stuff we've thrown into our subconscious mind for storage.
- ☪ We can discern what we've been trying to ignore.
- ☪ We can release any of the old, fear-based and hurtful stuff that we stored in our bodies and consciousness and then ask for it to be transformed into illumination.
- ☪ We can make clear choices and decisions about what we want to allow coming into our Earth experience.
- ☪ We can clean up the channels of communication between our ego-intellects and our Divine Souls who guide us along the way.
- ☪ We can listen to our heart of hearts and comprehend what's there.
- ☪ We can recognize our wants and not-wants clearly instead of having to wait for the ramifications of their manifestation.
- ☪ We can release the dynamics and habit patterns that no longer serve us so we give cleaner and clearer declarations to Divine Light Vibrations, both consciously and subconsciously.
- ☪ We get great practice time working with Divine Light Vibrations so we can handle graciously anything that comes our way when we’re not in meditation.

**Conflicting choices create conflicting results.**

If you were mentally arguing with the Principle, “Ask and You Shall Receive—Exactly What You Ask For and Are Willing to Receive,” from two chapters back, you now you have a piece of information to explain how some of the dynamics in your life appeared in the first place.

**It's important to work from where you are,  
not from where you'd like to believe you are.**

If you're not ready to receive what it is you want, then ask to be made ready. If you're not ready for that, ask to be made ready to be made ready to receive what you want. It's cleaner that way and a whole lot more effective because you're asking Divine Light Vibrations to move through self honesty, not self delusion. In the end, you'll get to where you want to be with less effort and in a faster time frame.

Bottom line? If you give lip service to Divine Light Vibrations, you're probably not going to get a bunch of hot romantic kisses in return. Resolve the conflict between your wants and your not-wants, and you'll have clear sailing ahead.

**Look, Let, Love Action Steps:**

1. In your journal, make an arbitrary list of the first five situations or dynamics in your life that come to mind. Big or small, go with your first impulse. Your Divine Soul will guide you to choose something that might seem silly to write down, but it could be the easiest to unravel, or it might contain the key to unlocking some other bigger dynamic. Just go with it and don't self judge.

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2. Add to the list any of the situations or dynamics you've been writing about in the exercises of the last lessons.

3. Do the Basic Activation of Divine Light Vibrations Meditation. Ask your Divine Soul to guide you in this next part: Discern and write down what were the want and not-want motivations behind each situation. Take your time. This is not an intellectual exercise. It's an exercise in listening within and is an inherent part of the journey where you also learn to activate and exercise curiosity, interest, and detachment from your ego-intellect's fear-based control issues.

It's fine if you come up with three or four or even more motivations. As we talked about earlier, most situations are born out of a conglomerate of thoughts, with each carrying their own emotional weight. Once you wake up to this dynamic, it's pretty cool how quickly you recognize it. You can give it to the Divine Light Vibrations right away for either manifestation or transformation into illumination.

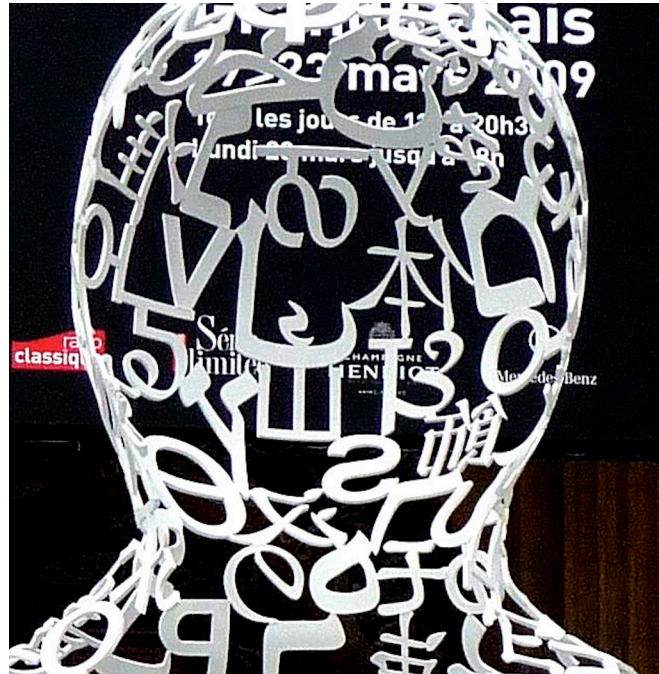
4. For now, when you do discern the two opposite poles of a want and not-want, release to Divine Light Vibrations whichever dynamic no longer serves you. If you can name the specific thought or belief system (and it might even be a part of both opposites), do so. If not, don't concern yourself with it. Your Divine Soul knows. Let Her do the driving.

To assist Her and let your ego-intellect play a pro-active role, you can always do a generic release: "I release whichever parts of this (situation or dynamic) that no longer serve me to the vibration of Unconditional Love, for transformation into illumination for the highest good of all involved." Pay

attention to the words you use. Like we said, Divine Light is very literal.

5. Remember to let the Divine Light do the work. Your job is to declare the request, release it, and let it unfold. This works in direct proportion to your desire to allow it to work and how deep you are in your heart space when you declare it. Oh, look! There's that want versus not-want thing again...  
§;D

## FOCUSED THOUGHTS CREATE CLEARER RESULTS



*Paris, France*

On the surface, this Principle, “Focused Thoughts Create Clearer Results,” may seem like something we already covered in the last chapter. We’re about to take it deeper.

It’s the depth of your intention—when combined with clear attention—that creates the quality of your focus.

### **Intention + Attention = Focus**

Think of it like pulling out your iPhone to take a picture.

If you wave it in the general direction of your subject and blindly press the shutter button with a vague hope that you end up with a shot good enough to post to your favorite social media site, you may or may not get lucky. Odds are, though, your shot will be slightly blurry and the composition hardly memorable. Why depend on luck when you don't have to?

If you want a memorable photo, you need to have that as your primary intention. If you do, you'll pay attention to the framing and lighting, hold the camera still when you press the shutter button, and double check your work right away, in case you want to refine any part of the photo. If you like it, you post it, right? If you don't, you make a few small changes to the lighting or composition and you take another one.

The same thing goes when working with Divine Light Vibrations and creating a memorable Earth experience. For best results, you need to keep a clear intention of what you want. You pay attention to how you're allowing Divine Light Vibrations to do its thing, and **keep your focus** until what you want finishes manifesting.

If any one of those wavers, Divine Light Vibrations will follow suit.

Since you've been working unconsciously with the flow of Unconditional Love your whole life, it's simply a question of recognizing where your weak point is at any step of the way. The Basic Activation of Divine Light Vibrations Meditation, as well as the Look, Let, Love action steps in this guidebook, were all designed to help you refine your focus.

**Take a pause and give yourself a big, "YAY!"**

Here's how you're now working more consciously with



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the infinite power of Unconditional Love:

- ☪ Through the Basic Activation of Divine Light Vibrations Meditation, you're more aware of the vibrations of Unconditional Love flowing through you.
- ☪ You're clearer on what you want.
- ☪ You're more aware of your wants versus not-wants.
- ☪ You've begun to recognize what limiting beliefs and habit patterns are holding you back.
- ☪ You know about stating with more clarity what you want Divine Light Vibrations to do.

Remember, you're an infinite spiritual being in an infinite Universe so your only limit is self-imposed. It always pays to look at the quality of your intention, attention, and focus, if you want to go deeper into your realms of possibility.

We talked about the vibration of the notes Re and Fa, which come together to make a vibration called a chord. If you're singing a sloppy re with a very clear fa, you still get a sloppy chord. If you mix sloppy focus with Infinite Unconditional Love, you get sloppy results.

Want to know your weakest link in how effectively you're working with the power of Divine Light Vibrations?

### **Ask yourself these four questions:**

1. Do I invest enough quality time to meditation?
2. When I'm in meditation, how much quality focus do I put to the Light work I'm doing? Could I be more centered in my heart of hearts? (The more centered you are, the more

focused your thoughts. You know what that means. Better results!)

3. Am I ever a little haphazard in my approach to giving things for transformation to Divine Light Vibrations? (If so, that Unconditional Love will be very precise in creating the perfect little haphazard for you, just like you asked.)

4. Do I ever give desultory attention to what I'm doing? (If so, Divine Light Vibrations will work in desultory synchronicity with that state of intention.)

Whichever one is the weakest link is the one you want to refine.

By the way, you also get some free cosmic bonuses when you refine your approach. It automatically moves you closer to your Divine Soul knowing in your heart of hearts... which refines your vibration... which gives Unconditional Love a more fertile terrain to work through... which increases the quality of the activation of Divine Light Vibrations... which gives you better and faster results.

### **Look, Let, Love Action Steps:**

1. Do the Basic Activation of Divine Light Vibrations Meditation. This time, do it with as much focus as possible, and ask your Divine Soul to guide you in how. It's enough to place your attention behind your solar plexus and give your Divine Soul permission to guide you. For your ego-intellect's sake, so it can play along, say, "Please refine my focus." Then pay attention.

2. Do the meditation once again, right away if you can. Before you do, ask your Divine Soul, "Take me deeper still towards the inner knowing of my heart of hearts. I give you

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full permission.” Then enjoy the ride. [IMPORTANT: Only say it if you mean it! Otherwise, you’ll create chaos.]

3. At the end of the second activation, ask your Divine Soul to show you Her “yes” vibration from a deeper level. You learned how to do that in the Chapter called, "Your Divine Soul is Always Guiding You." You’re asking this again now with the intention of expanding your vibrational vocabulary.

4. You’re now prepared to do your Light Work with more focused thought behind it. Go ahead and release whatever you want to release and ask for whatever it is you want to ask. Your results will show you how focused you really were.

Remember that a little lightness goes a long way. Go ahead and smile while you’re doing it. Feel the difference a simple smile makes. Remember how we talked about the signals your body gives in the Principle, “Any Emotion Can Be Transformed into Illumination”? Well, you can choose what you do with your body or facial expression and then allow your consciousness to follow suit.

KNOWLEDGE COMES FROM HOW AND WHERE YOU  
PLACE YOUR ATTENTION



*An Artist at Work. Paris, France*

Regardless of how and where you've wanted to express your innate creativity, whether it was through ...

- 🌀 Art
- 🌀 Music
- 🌀 Writing
- 🌀 Playing
- 🌀 Coaching
- 🌀 Building a business
- 🌀 Managing someone else's business
- 🌀 Serving the public
- 🌀 Practicing the rules

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- ☯ Thumbing your nose at the rules
- ☯ Managing a household
- ☯ Studying new knowledge
- ☯ Taking on a new discipline
- ☯ Making a mess of your life
- ☯ Getting out of the one you already created to go create a new one
- ☯ Forming new kinds of relationships or moving out of old ones
- ☯ The list is endless so (fill in your own blank here)

... there is one unifying Principle in them all: Success and failure, events and non-events, came about because of how and why you placed your attention—or didn't.

This Principle that “Knowledge Comes From How and Where You Place Your Attention” may seem a lot like the last one, but it's more like another facet to the diamond of how Unconditional Love works.

When you ask for Divine Light Vibrations to illumine you, what you're asking is for your attention to be placed in the right direction so new knowledge comes to your conscious awareness. If you're truly curious to know, then you'll be open to the illumination. If your intention is clear, then the right knowledge will come to you.

Look at how you first learned to walk as a baby. That's a great example of having a clear intention.

You decided, “I want to walk on two feet like I see the big people doing.”

So you placed your attention on raising yourself up to stand on two feet.

From there each baby is different as they come to learn the physical mechanics of walking. Maybe they try the butt-in-the-air technique and make it into a YouTube video of cuteness that goes viral. Or they lift themselves up by the nearest coffee table if there's not an adult nearby who jumps in to help them. No matter how they get up on two feet (and how much falling down and crying they do along the way), pretty much all babies go through a trial-and-error process of learning how to get all the parts of their body working together. That's how they learn balance, the right height to pick up their foot, how far to place it in front of them, and how to keep another new kind of balance in the process.

Your knowledge of walking came from how and where you placed your attention for *each phase* of the learning. If you were busy crying, you weren't learning to walk. You were learning to deal with failure... or the shock of not succeeding on the first try... or the pain of falling down hard... or even just the doggone frustration of being in a human body and having to learn how the \$%\*\$# thing works. When you were ready to start learning again, your attention went back to the task of getting your body walking.

You go through a similar process when you put this Principle into action and go deeper into remembering how to consciously work with Divine Light Vibrations. Yes, there's some trial and error involved. Through it all, though, your knowledge comes from how and where you place your attention.

Another way of saying this is whatever you pay attention to, you'll come to know more about it. This is true for everything from knowing your Divine Soul to knowing how

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to build an online business and all the games of Candy Crush in between.

The hard part is that by the time we get to adulthood, a lot of our natural curiosity has been conditioned out of us. We've been taught it's a good thing to have the answers, it's a weak thing to not have them; and being weak makes you both unlovable and a target for bullies. Yet curiosity is key to all new growth!

Let's look at the Principle in action with regards to learning about building an online business, as an example. It's the same process whether you want to create art, music, a successful coaching practice, a change in lifestyle, improve your golf game, or whatever set of circumstances you want that are new.

At first, you might feel a bit lost because you don't know where to start. It's actually quite simple. It starts with clarifying what kind of result you want. In this example, it's an online business. But what kind of business do you want? You might have to go through a process of trial and error as you go "shopping" within your own psyche for different interpretations of what you instinctively feel in your heart of hearts. It's learning to walk all over again, only this time, on a grander scale.

How can you learn to run, if you don't first learn to walk? And how can you learn to walk, if you don't first have the initial intention to learn? You can't.

So where does that initial intention come from? There's a small spark of desire that gets fanned into a flame through attention. It takes form, comes to your conscious awareness, and you make a decision to nurture it through attention. The

knowledge of how to bring it into reality through action then follows.

Eastern gurus might say desire is what holds you back from illumination. What they're saying is the *hunger* for something outside of yourself can eat you alive. We talked about that when we talked about "gobbler" vibrations.

When we say to nurture that innermost spark of desire, we're saying to nurture the Infinite Intelligence; Omniscient Wisdom; and Omnipotent Unconditional Love of you, your foundation spark of creation that inherently wants to create. Play with that thought and you'll add a new layer to your underlying sense of the Basic Activation of Divine Light Vibrations Meditation. When you do, new illuminations will naturally follow because of the Principle, "Knowledge Comes From How and Where You Place Your Attention."

Let's shift back into the example of building your online business. Traditional Western ways of thinking tell us we need to collect information and rework or copy what's already been done. Yet, it's so easy to get caught up in a frenzy of too much information, especially with the Internet at our beck and call. Information overload puts us back to having so much white noise in our heads, it either drowns out the voice of our Divine Soul or we forget to listen. If you've been consistently doing the Basic Activation of Divine Light Vibrations Meditation and the Look, Let, Love Actions Steps, this has already started to change for you.

Since your Divine Soul knows what's in your heart of hearts better than anybody, the simplest thing to do is place your attention on Her and ask. From there, She'll guide you depending upon where you are in your personal growth, and



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you can skip the information overload. She might give you a vision or sensation, remind you what jazzes you in a good way, direct you to a coach who can pose questions to help clarify your thoughts, or even coordinate behind the scenes with other Divine Souls to introduce you to someone who can assist you along the way. There's no limit to the possibilities.

If you listen to your Divine Soul each step of the way, and specifically ask, She'll guide your attention to where you can gain the knowledge you need for your highest good.

### **When in doubt, ask:**

- ☪ "What comes next?"
- ☪ "How do I go about (fill in the blank)?"
- ☪ Or even something as simple as, "Direct my thoughts to my highest good," can do the trick.

When you recognize any past conditioning that's getting in your way of fully expressing your Divine spark of desire, you know what to do. Love yourself unconditionally. Look at the conditioning, accept it, release it to Divine Light Vibrations. Let Unconditional Love transform it into illumination.

### **Look, Let, Love Action Steps:**

1. Do the Basic Activation of Divine Light Vibrations Meditation.
2. Then ask your Divine Soul to guide you in the best way to practice this Principle from your current state of awareness and need. It's enough to say, "Direct my attention

to what I need to know.” And see where it takes you.

3. Practice!

You’ll probably have some questions that come up, which leads us to the next Principle.

## THE POWER OF ASKING THE RIGHT QUESTION



*Reflections in a Vase. Jaipur, Rajasthan, India.*

Let's face it. Appearances can fool you and only give you a reflection of the whole picture. Life experience is about perspective, and questions help us gain a greater perspective on new knowledge.

Here's the secret:

**The question is the answer wanting to reveal  
itself to you.**

But it won't reveal itself to you until you ask the right question.

When I first discovered this aspect of “The Power of Asking the Right Question” over 25 years ago, I felt like a heavy, velvet veil had been lifted from my eyes. I’d gotten into the habit of asking questions that I didn’t think there were answers to, so I never bothered to stop and really listen for a response. I was too busy knowing what I already knew and let my curiosity atrophy. For a while, I numbed myself down and just stopped asking questions altogether. I hung on to trying to make an ever-changing world fit into my worldview or make me fit into the reflection of the world I saw around me.

Sound familiar? Maybe yes, maybe no.

What’s important is what a teacher told me in passing so long ago. “A question comes to you because it’s the answer wanting to reveal itself to you.”

“Whoa!” It hit me like a ton of bricks, and the light bulb in my head went off like a beacon in the night. “That makes so much sense!”

Lots of practice later, I understood that...

**You wouldn’t even think to ask the question  
if you weren’t ready to know the answer.**

I used to be attached to what I knew. Now, I’ve fallen in love with the question.

It’s the question that brings you to the answers, which bring you to new levels of awareness, which refines the flow of Unconditional Love in your life, which helps you create your life experiences on deeper and richer levels. Isn’t that what this whole process of activating the awareness of the power of

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Unconditional Love (aka Divine Light Vibrations) is all about?

When I first asked myself, “Where does the question even come from?” the very clear and precise answer was: My Divine Soul. I got goose bumps all over.

The questions that your Divine Soul communicates to you serve three purposes:

They open your mind.

They invite you to move beyond old belief systems that created your current worldview and your role in it.

So you can create more fully, freely, joyfully, joyously and with an unlimited and uninhibited perspective.

When I do individual Divine Soul Sessions with people, more often than not, their Divine Souls will give me the information they want to communicate and then simply ask me to pose specific questions to my clients to bring them to their own answers. I’ve lost count of how many times a client has said, “You know, lately that thought has crossed my mind.” They just hadn’t thought to ask any more about it. Don’t you just love how cool Divine Souls are?

Once their mental terrain is fertile and if their Divine Soul asks me to, I’ll provide other information that’s given to me. If the mental terrain isn’t fertile enough to handle deeper knowledge, their Divine Soul will tell me, “This is enough for now.”

Once you begin really communicating with your Divine Soul, which means more listening than you talking, you get your answers through the questions you pose.

**When you get an intuitive flash, or illumination,  
always confirm what you thought you  
understood.**

If you get a strong “yes,” you know it’s on the money. If you get a lukewarm “yes,” you know you still have a way to go to fully understanding what it is your Divine Soul is trying to tell you. If you get a really big illumination, I’m talking the “OMG-turn-my-world-upside-down-YOU’VE-GOT-TO-BE-KIDDING-ME!” variety, always recap what you thought you understood, and ask, “Is this True?” If you still feel the strong expansion vibration of “yes,” then let it sit for a while. Sooner or later, you’ll have another flash and say to yourself, “Of course! It’s so obvious!” You know what I’m talking about if you’ve been doing the Basic Activation of Divine Light Vibrations Meditation and the Look, Let, Love exercises from the beginning because you’ve experienced one or two (or more) of those “are-you-kidding-me?!?” flashes of illumination.

Another important thing to do, especially after a really big flash of illumination, is ask, “Is there something more?” You’ll probably feel some kind of “yes” vibration because there’s always something more. Infinity is a big concept. Follow up with, “Do you want me to know what it is now?” If you get a “yes,” keep digging for the right question.

If you feel the stillness or non-movement of a “no,” then leave it; instead, work with integrating what you’ve just learned into your comfort zone.

Remember how each thought carries its own vibration? And how your body has its own vibratory level created by your

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collective thoughts, emotions, and belief systems? Well, your Divine Soul is also working with the evolution of the vibration of your body, so the information that comes to your conscious awareness can only be but so far in front of your body's vibrational ability to handle. It's kind of like the difference between an old dial up Internet line and an ADSL broadband. Your Divine Soul is always guiding you towards building your body into a bigger and better conduit of Unconditional Love. Once the metaphorical ADSL band is established, you can move on to being fiber optics.

There is one little tricky part to this:

**You can take yourself down a blind alleyway  
by asking the wrong question.**

In the docu-film video, "What the Bleep, Down the Rabbit Hole," it talks about quantum mechanics and what physicists are discovering in their work with sub-atomic particles. There is a series of interviews with different experts from different fields of knowledge, in an effort to show how the evolution of scientific knowledge is slowly coming together with the essential spiritual aspects of religion. One physicist was talking about this very concept of how they can take themselves down blind alleyways by asking the wrong questions. He said, (according to my memory), "It's like asking if the number two is married." The question just doesn't apply.

**It's the quality of the question that leads you  
to the quality of the answer.**

So always ask your Divine Soul, "Am I asking the right question?" If you get a "yes," keep going. A "no" will tell you to get quiet and wait for the question to come to you. Once you really get going in your communication with your Divine Soul, you'll know you're asking the right question because you'll feel Her upwardly surging vibrational "yes" even as you're asking it.

**Look, Let, Love Action Steps:**

1. Sit down and get quiet using the Basic Activation of Divine Light Vibrations Meditation.

Once it's completed, ask your Divine Soul, "What is it you want me to know?" Write down or record whatever comes to you. Don't judge, just let it flow. If you have one lying around, a voice-activated recorder is a good tool to use with this exercise. (I suggest voice-activated since it records only when you're speaking). Because you can speak your thoughts out loud, rather than writing them down or trying to remember them afterwards, it'll help you keep your concentration as you converse and interpret your Divine Soul's guidance.

2. Write down some of the things you want to know the answers to. Open up a conversation with your Divine Soul to discover the answers. If you don't get an answer right away, just stay open and go about your daily business. Those answers can come at the most unexpected times and from the



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most unexpected people, without them even being aware of the fact that they're delivering the message to you. All of our Divine Souls are so connected, and are so AWAKE to that connection that they'll communicate with each other on levels we haven't even begun to imagine yet.

I once had a question about the development of my original website. When I didn't get the answer right away, I let it go. The following morning I had the urge to pop a short "Hello, I'm thinking of you and how are you?" to my ex-husband with whom I hadn't talked in a long time. Lo' and behold, right there in his short response back was the answer to my question. He didn't know he was being a messenger, but his Divine Soul did.

You can just as easily get your answer from a rock or a leaf. Your Divine Soul can use anything or anyone to show you your answer... if you are open to it.

Next up: What do you get when you resist?

PAIN COMES FROM RESISTANCE



*Metro Scene. Paris, France.*

Oh what pain we can create when we resist change!

To make the learning of this chapter as sensory as possible, I invite you to participate in a small experiment. For the duration of reading this chapter, make a fist and hold it as tight as you can.

Do that now.

Notice where you begin to feel pain. For me, I first feel my fingernails digging into my palm followed by pain in the knuckles. You're going to feel it in your own way. Even as you feel the density in your hand, keep making a fist as tightly as you can.

Now place your attention on what you're reading and let's keep going. Your awareness will soon shift off of your hand,

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and your attention will be diverted onto what you're reading. Keep holding your fist until I tell you to let go.

We've already learned that everything is in a constant state of change; so the more you resist change, the more pain you create. Resistance, by the way, is a subtle form of the "gobbler" attack-and-consume vibration that you learned about in earlier chapters. The degree of pain you feel in your emotional being is directly proportional to the degree of the "gobbler" attack-and-consume vibration you put into play.

If you're trying to hold onto an outdated Social Face, i.e., an outdated concept of who you are based upon social conditioning, you'll create pain for yourself. If you try to control another person and they don't behave according to your expectations, you'll create pain of another kind. If the social structure around you is changing—this can be family, political, work related, church related, any group of people making up a social structure of some form—and you resist that change, what will you create? You got it—pain.

Why? Because you're trying to hold on to something that's already in the past of an ever-changing Universe.

Keep holding your fist tight. You probably aren't feeling the pain as before because you're getting used to it, even if the contraction might be spreading up your arm.

This resistance creates density, which creates more pain. This is true for your physical being as well as your emotional being. One thing always leads to another.

You might notice that in all of the Look, Let, Love Action Steps, you've been guided to not resist a situation nor push against it, which is a direct form of resistance. Rather, you've been taught to redirect the energy by redirecting how

Divine Light Vibrations flows.

One of the most powerful things you can do to release pain in your emotional world, as well as your physical world, is to forgive. Forgiveness is powerful because it releases resistance on the deepest of levels and creates space in your heart for more refined vibrations of Unconditional Love to flow. If you want a visual image of this, think of your heart as the faucet through which Unconditional Love flows. If a faucet is blocked, it limits the amount of water that can flow through it. The same thing applies to the flow of Unconditional Love through your heart center.

Also, you learned at the very beginning of this Go-To Guide that the more you live from your heart space, the more you awaken to the fabulousness of who you really are, beyond all the social conditioning. Without forgiveness, you'll continue to hold density in your Being. That includes your physical as well as your emotional and intellectual bodies.

Keep holding your fist tight, even if you feel energy building up.

So it only stands to reason that forgiveness is the intelligent thing to do, despite the resistance you might feel towards forgiving the very person or people you need to forgive. Oh, there's that resistance thing again! When you forgive, it doesn't mean you have to forget. It simply means you'll no longer let the person or situation own you and imprison you in its density.

There are a few things to keep in mind at this point:

- ⑥ You wouldn't need to forgive if you hadn't had an expectation that was off the mark in the first place.

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- ☪ You wouldn't need to forgive if you were living totally in the conscious awareness of Divine Light being equally everywhere present in all things, **including all people.**

Let's say lack of forgiveness is what's holding you back. It's important to acknowledge that forgiveness is not a one-way street. There are always at least two people to forgive in the process of forgiveness. First, there's the other person for not living up to your expectations. Then, there's forgiving yourself for either...

- ☪ ... giving them more than they were willing or able to handle,
- ☪ ... for not communicating clearly enough for them to fully understand where you were coming from,
- ☪ ... and/or for not realizing how the person or people involved were operating from a more unenlightened state.

The whole idea of forgiving yourself, when someone else has done you wrong, may seem to be counterintuitive. But it's not. This is subtle stuff and what you're trying to get at is the buried, subconscious beliefs that you might be holding as a result. Forgiveness brings them to the light of day (no pun intended) so you can be relieved of their burden.

How's your hand doing, by the way? Keep holding it tight.

If they can come to forgive you as well, then you're both home free. If they can't because they just aren't there yet in their awakening process, then so be it. You can't change others, only yourself. Let it go and send them Divine Light

from your heart of hearts to theirs. They'll come around sooner or later.

At some point it'll probably be in your best interest, and theirs, to ask for their forgiveness. Wait until you've completed your own inner work, though. If you ask for their forgiveness before you've given it to them and yourself, you're still in a bit of the "gobbler" mode.

If you say you forgive someone, but you're still hanging on to some anger or bitterness, then you haven't forgiven at all; you've only given lip service to the concept. As you've well learned by now, words don't count for much if they don't have the real emotional intention behind them to give them substance. It's better to wait until you've done your own inner releasing and say it with true sincerity.

I remember the time when I first thought about forgiveness in a very real way as a young adult. I hadn't realized there was something to forgive until I went into my heart and discovered that I'd been holding anger towards my father. A lot of it was old anger that had culminated in one particular incident that I don't need to go into, since we've all experienced something with someone that created anger in our hearts. Hey, welcome to planet Earth and the human experience.

I was perusing the Christian Bible when I read how you need to forgive seventy times seven. Because the timing was right, it took on a practical meaning. So I pulled out a calculator and figured out this meant I needed to forgive him 490 times.

"Okay," I thought, "If that's what it's going to take, then that's what I'll do."

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I pulled out a piece of paper, stuck it in the typewriter, and took a breath. We've come a long way since then, haven't we? Not only was this before computers, it was before I'd learned how to put the alchemy of Divine Light Vibrations into motion. I took the long road home and began typing the words, "I forgive my father completely... I forgive my father completely... I forgive my father completely..."

Somewhere around number forty, I felt something shift inside of me. I kept going. As individual incidents came into mind, I kept typing the words, "I forgive my father completely," until I felt my anger melt away. Another incident came to mind, and another, and so I continued the process of forgiving my father completely. By the time I got to the number 400, the front of my shirt was wet from all the tears I didn't know I was shedding from the release of having held all that tension in my Being. I kept going until I hit 490 and added on seven more times for good measure.

Here's an interesting side affect. Not only did I feel lighter afterwards, and the colors of the world around me look brighter, the scale reflected a three-pound weight loss from that morning's measurement.

"Hmmm." I shook my head with a rueful laugh. "I guess it really was weighing me down."

Afterwards, our relationship went through some changes for the better and, from a social point of view, everything was fine. Because I'd forgiven him completely, I was eventually able to ask him if he could forgive me for having harshly judged his way of teaching me as a parent. I still didn't like how he had treated me, but my suppressed anger no longer held me back like it once had.

There was still one basic thing I was still holding onto, though. I might have let my anger towards my father be transformed, but I still had “gobbler” anger directed towards myself. I needed to forgive myself completely, too. That was a growing process in and by itself.

It wasn't until my father was on his deathbed that I finally came out of my spiritual closet with him. It was then, and only then, I finally finished the forgiveness towards myself for being what I'd labeled as “different” and self-judged as being “not-good.” It was more important for me to assist him in a smooth transition by emanating specific vibrations of Unconditional Love than it was to hang on to editing myself around him. He responded positively and patted my hand in acknowledgement. He instinctively knew what I was doing and, in that moment, I recognized how the circle of forgiveness was completed.

If the one you need to forgive has already made their transition out of the human body, you can still have this conversation on a consciousness level in meditation. It's still just as powerful if you're willing to give and receive that forgiveness.

To recap, forgiveness can go three ways. These are in no particular order, because each situation is different and depends entirely upon where your anger is directed and who's blaming whom for what:

1. Forgive them.
2. Ask them for forgiveness.
3. Forgive yourself.

Okay, are you still doing the experiment of holding your hand in a fist like I suggested at the beginning of this chapter?



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Notice how the pain has changed in this short time. Perhaps you forgot about it for a while and numbed yourself down to it. Maybe the pain has changed in nature and has spread into other areas than just your fist.

Squeeze your fist even harder and hold it as tight as you can for the count of thirty. Now, open your hand as much as you can in one big go, and see how much it opens up without forcing it to stay open.

Did you let out a big metaphorical “Aaaagh!” You’re probably feeling a big sense of pain in another way. Before, you were feeling the pain of holding on. Now you’re feeling the pain (or discomfort) of letting go, as the tissue of your hand accustoms itself to a new way of being.

Notice how your hand has a tendency to curl back up. That’s your body’s inclination to revert to its sense memory recall of when you held it in a tight fist.

If you focus too much on the pain of letting go, you’ll either hold onto the pain or try to force the process. That on its own is a form of resistance to the natural process of what happens when you let go.

If you relax into it, however, the pain will organically recede. Your hand will naturally continue to open up until it returns to the flexibility it had before.

Add on the thought that you’re allowing the vibration of Divine Light to flow through your hand. Do that now, with the intention of allowing it to work, and observe the small changes. At some point you’ll probably realize that you’re holding your hand in a fixed position when there’s actually more space it can relax into. Relax into it, bit by bit, until you get a new sense memory recall.

This exercise with your fist is a good metaphor for three things:

1. This is what you do to yourself when you hold in unexpressed emotions. The tension gets bottled up in your psyche just like the tension got bottled up in your hand.

2. It represents the sense pain your physical and emotional bodies experience when you hold on to dense emotions, and the sweet pain of release you go through when you let go of bottled up emotions and no longer resist the flow of life in and around you.

3. It also gives you a tiny example of the sense memory process you go through when you release something to Divine Light Vibrations for transformation into illumination.

As a side note, if you don't understand what sense memory recall is, try this little experiment. In your imagination, see a wedge of lemon in front of you. Mime picking it up and do your best to visualize it between your fingers. Think about its yellow color. Notice how the rind has a different color on the outside as compared to the part that touches the pulp. Squeeze it a bit and let a few drops of its sour juice escape. Now put it up to your mouth and bite into it. If you've ever tasted a lemon (and depending upon how much you allow yourself to participate in the experiment) your salivary glands will respond in some way. That's your sense memory recall of a past event of tasting a lemon or anything you know as sour.

Your body and psyche retain sense memory recalls of everything you've ever done and felt.

I encourage you to discern between the dense pain of holding on and the sweet pain of release and expansion. If you

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need to do the fist holding experiment again to understand this on a deeper level, go for it. The more you can relax into that sweet pain of release and expansion, the faster the process finishes and the faster you move into a conscious awareness of the flow of Unconditional Love in your life.

### **Look, Let, Love Action Steps:**

1. Acknowledge someone with whom you want forgiveness to flow between you.

2. Do the Basic Activation Divine Light Vibrations Meditation. Fill yourself with the conscious awareness of Divine Light all throughout your body. Allow this Divine Light to flow from your heart to the other person.

Declare, “The Divine in me releases (the name of the person) to the flow of Divine Light Vibrations.”

Then rest in that thought until you feel something happen. It’ll usually feel like a kind of softening, but each person is different so trust in your process.

Declare, “The Divine in (name of the person) releases me to the flow of Divine Light Vibrations. Only Divine Light is here and only Unconditional Love can come between us.”

Rest in that until you feel the softening between you. If you’re new to this, perhaps you’ll feel the softening only intellectually in the form of having less head chatter going on about that person. Again, trust the process and let the Infinite Intelligence, Omniscient Wisdom, and Omnipotent Unconditional Love of Divine Light Vibrations do the work. Soon you’ll be able to recognize the alchemy of transformation on many levels. This technique will be effective in direct proportion to your willingness for it to be

effective. No more, no less.

2. Acknowledge a situation that causes you pain. Take it into meditation. Fill yourself with the conscious awareness of Divine Light all throughout your body. Allow this Divine Light to flow outwards and surround the situation or circumstances that's causing you pain.

If you feel ready, declare, "I now release any resistance I'm feeling to Divine Light Vibrations for transformation into illumination."

Then allow the alchemy of transformation to be set in motion. Pay attention to the sensations. Again, if you feel a sense of expansion and/or lightness, then you know you're really letting go and letting Divine Light Vibrations do the work.

Next let Divine Light flow outwards from your heart center and surround all the circumstances and people involved in the situation. Declare, "Let all things and all people move into the highest good for each individual and for all involved."

Then let it go and allow the transformational attributes of Divine Light Vibrations do the work. Remember to be patient! Recognize that, at least from your point of view, it's most likely you who will be doing the most changing to begin with.

3. When you're ready, take a look at what you need to forgive in yourself.

Next up: Let's take a deeper look at the giving and receiving of what you just did in the action steps. Like always, if you read based on actual experience, your learning will come from sparks of recognition rather than intellectual understanding. Your choice, naturally.

## GIVING AND RECEIVING IS A TWO-WAY STREET



*Courtesy of Planet Art Sampler*

On the surface, the Principle, “Giving and Receiving Is A Two-Way Street,” seems like such a given that it’s easy to fall into the trap of thinking, “Yeah, yeah, so what’s the big deal?”

The big deal is it gives you another distinct way to measure how consciously or unconsciously you’re using and misusing the power of Unconditional Love.

If you’ve been doing the Look, Let, Love Action Steps, you’ve had practice at sending people Divine Light from your heart center to theirs. That’s a huge step towards eavesdropping on how Divine Souls are always talking to each other. Yes, we know; someone, somewhere along the line

probably told you eavesdropping is rude and could be dangerous. If curiosity killed the cat, then according to folk wisdom, eavesdropping could kill the dog. Not only is that metaphorical cruelty to animals, it couldn't be further from the truth.

Let's be clear. Eavesdropping on Divine Souls is a good thing. Curiosity will lead you to understanding what they're saying to each other, which is another good thing. Randomly killing cats and dogs—metaphorically or physically—is not such a good thing.

Sending Divine Light from your heart center to another's actively puts your ego-intellect in the vibrational conversation between your Divine Souls. This is NOT like spying with an illegally-planted listening device. That'd be a "gobbler" action on your part. Think of it like stepping up to two people talking to each other at a cocktail party. You hover on the sidelines until you get the drift of the conversation. Then once you do, and they invite you in, you can add your own two-cents worth. If they don't want you there, they'll let you know, right? When it comes to Divine Souls, if your ego-intellect isn't ready to be privy to the conversation, you won't understand what the vibrations are saying.

On another level, when you consciously send Divine Light to another person, you're establishing a vibrational communication between both your ego-intellecets that goes beyond human words. How open they are to consciously catching on to what you're transmitting depends on where they are in their own growth spiral.

**In short, sending Divine Light from your heart center to theirs benefits in more ways than one:**

- ☯ Increases the quality of your communication because you're actively communicating on more levels than just words.
- ☯ Increases your sensibilities to Divine Light Vibrations.
- ☯ Increases not only your ability to discern on deeper levels, but also to discern on multi levels, simultaneously.
- ☯ Increases your mental and emotional agility.
- ☯ Since you're actively acting like your Divine Soul, it brings you closer to your Divine Soul knowing.

[IMPORTANT! If you skipped that action step of consciously sending Divine Light from your heart center to another's *while they're standing in front of you in normal conversation*, the rest of this chapter might get a little heady for you. In the chapter "Creation is Always in a State of Change," we talked about how important it is to have experience.]

"Experience brings you first-hand knowledge. That kind of knowledge brings you to recognition—it's like a tiny spark of illumination. From there, your ego-intellect can process a deeper truth that's already happened instead of trying to understand ahead of time."

So if you haven't done that particular Look, Let, Love Action Step, go out and do it now! We've said it before and it bears repeating: "Intellectual knowledge only counts on written exams. You've got to live it to know it."

If you want to read on anyway, then pay attention to your body. If your head starts to feel foggy, take a break. Go buy an apple at the grocery store and practice sending Divine Light to whoever takes your money at the check-out counter.

**Let's add another layer onto the picture and take the earlier Principles into subtler, yet deeper levels.**

Traditional thinking tells us that life is give and take, right? Let's do a little Looking, Letting, and Loving at how that's affected us.

**Look** at how you've been conditioned to live life as give and take.

**Let** yourself understand it from a more

**Loving** point of view.

Both "give" and "take" are active verbs, which means they automatically include movement. When you visualize the verbs give and take, what's the first image that comes to mind? If you're like most, you'll get an image of using your hand to give something away and your hand to get something to bring it towards you. Since we've been conditioned into the human experience, both the verbs give and take are interpreted as something that go on "outside" of you.

Other common interpretations attached to what give and take mean are:

- ☯ Give and get.
- ☯ Give to get.



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- ☯ As a general concept, you've got to give up something. (Insert a small sigh of regret.)
- ☯ Compromise, compromise, compromise, which means you have to do without something. (Insert a small sigh of resignation.)

Because none of those interpretations pay much attention to expansive heart vibes, they all have a tendency to create a consciousness of lack. So let's go for a small shift in perception to move your focus towards your heart vibes, which will open you up to living with more expansive abundance.

When working with the power of Unconditional Love, it's not so much give and take, but rather more transmit and receive.

Visualize the word transmit. If you've been consistently doing both the Basic Activation of Divine Light Vibrations Meditation as well as the Look, Let, Love Action Step of sending Divine Light from your heart center to others, you'll instinctively think of transmitting through your heart. That's a far cry from giving with your hand, isn't it?

In effect, when you transmit Unconditional Love, you're *sharing* yourself with others.

Now visualize the word receive. Even if your hand comes into the picture, it has a much more open feel to it than the word take.

So invest the energy of putting new meanings to the words give and take. Turn them into transmit (or share) and receive. We won't touch the verbs of the Principle "Giving and Receiving Is A Two-Way Street" because it'll help you also put new meanings to other common words and

perceptions.

**Here's the deal: The giving and receiving of  
Divine Light Vibrations runs both ways *at the  
same time.***

How freely Unconditional Love runs between you and others depends upon the nature of the vibrations being transmitted, and to what degree they make up the basic qualities of the exchange. This is true whether it's with an individual person, a family, a group, a society, or the world at large.

We've talked about how all vibrations either attract or repel each other based upon their nature. Let's talk how expansion vibrations and "gobbler" attack-and-consume vibrations play out in the giving and receiving. In case you need to refresh your memory, the foundation of these vibrations was first presented in the chapters "All of Creation is in a Constant State of Change" as well as "Any Emotion Can Be Transformed into Illumination."

Expansion vibrations are outpouring vibrations and they open up in their creation process. The "gobbler" attack-and-consume vibrations are contractive by nature. They reach out and grab. This clogs up the expansive flow of Divine Light Vibrations like rocks can clog the flow of water moving through a tube. The water will get through eventually, but not in the same timeframe, quantity, and quality, as if the water were flowing freely.

We talked about how the act of giving can be either an

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expansion vibration or a “gobbler” attack-and-consume vibration, depending upon the motivation behind the giving. The same thing goes for the act of receiving. Remember, both the giving and the receiving are going on simultaneously. Any time there are strings attached in some way, shape, or form to the giving or receiving, there’s a subtle form of a “gobbler” attack-and-consume vibration in the mix.

Basically, when you receive something with a sense of pure appreciation, you set in motion an expansion vibration of well being. When you don’t, you feed the “gobbler” beast. Often, exchanges contain a degree of both.

Let’s look at some common approaches we’ve been taught about giving and receiving, and which vibrations are in play.

**The key is you want to consistently move into expansion vibrations until they become your habitual focus.**

### Keeping Score

A wide-spread subconscious belief system on the subject of giving and receiving deals with keeping score. The underlying motivation behind a lot of seemingly kind acts is, “I’ll give (fill in the blank) and then they’ll owe me.” Or “I’ll do this and then they’ll love me.”

The flip side to the same limiting belief is, “If I accept this, then I’ll be in debt to them, so I better not accept it.” That’s a lot of two-way “gobbling” going on!

Here are some other common ways that competitive scorekeeping muddies up the giving and receiving waters.

When you think you're receiving by...

- ☹ Getting something for nothing.
- ☹ Getting by with something.
- ☹ Getting one over on another.
- ☹ Thinking you deserve it because they owe you.
- ☹ Giving lip service to receiving without really feeling appreciation because the score is so weighted in your favor, you don't have to bother.

... think again. Those are all about taking, not *receiving*.  
Gobble, gobble.

It goes without saying that when you skip the scorekeeping altogether, you'll not only feel better, you'll live the flow of Unconditional Love with more freedom.

## Compliments

Someone pays you a compliment. Let's assume it's with an expansion vibration because they've been taught, "If you think something nice, say it out loud, no strings attached. Do it just for the pleasure of acknowledging your appreciation of the person for being that way, or acting that way, or even something as simple as wearing a color that brightened that moment of your day."

What's your habitual response to a compliment?

If you truly say, "Thank you," and actually receive it, an expansion vibration flows between you. Your receiving becomes a form of giving, and it amplifies the expansion

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vibration of the compliment. Not only is it a great feeling for both of you, that invisible expansion vibration will radiate outwards and touch all of those around you. Now that's good stuff!

However, if you reject or deflect it in any way, you block the flow between you. Socially, we've been taught to do this a myriad of ways by saying things like...

- ☯ "What? This old thing?"
- ☯ "Oh, I do it all the time. It's no big deal."
- ☯ "It's nothing special."
- ☯ "Agh," said with a shrug and a small hand flick.
- ☯ Or any other kind of deflection that comes from a subconscious inner dialogue of, "If they really knew me, they wouldn't say that," or "I don't really deserve compliments," or "Careful! You don't want to get a swelled head!"

In effect, you're throwing away the compliment as if it had no value. You probably wouldn't ever physically slap the compliment giver in the face, yet that's what you're doing energetically when you block their flow by refusing their compliment. Gobble, gobble.

A lot of people use compliments as a way to get attention and affirm their self worth. In fact, it's a fairly common "gobble"-giving technique.

So let's assume you believe the compliment is a gratuitous "gobbler." It doesn't matter whether it's really gratuitous or not. It's what you believe in that moment, so your conditioned defense mechanism may very well be to block it. At that point, you have two choices.

- ⑥ You can block it with words by physically turning your back on it, or giving back an equally gratuitous and fake response. However, you'd be playing directly into the "gobble" and creating more of it.
- ⑥ Or you can acknowledge it, accept it graciously as if it were given sincerely, and send some Divine Light back in their direction. Their "gobble" won't find fertile ground to land on, and you'll be lightening the vibe.

We say, "Go for the second one!" Since giving and receiving is a two-way street, it'll help open the flow of Unconditional Love. Plus, you'll be actively and concretely using your power to create with Divine Light Vibrations for the highest good of all.

### **Agreements**

When two people approach a difference of opinion with open minds and the headset of finding an agreement that's agreeable to both parties, they're operating in an expansion vibration mode.

If those same two parties enter into negotiations with the idea of getting the better deal than the other party, well, it's obvious, isn't it? They're operating from a "gobbler" attack-and-consume mentality.

You can try to beat the other one out. Or you can use your Divine Soul guidance and Divine Light Vibrations to discover an agreement that's for the highest good of all involved.

## **Gift Giving**

Two lovers (or any two people for that matter) give each other gifts. If it's given because it brings the giver pleasure to express their love in that way (while doing it with the sensibilities of their partner in mind) and it's received in that light, both will enjoy a ride in the expansion vibration.

They won't get quite the same journey if the motivation behind the gift giving is a sense of duty or obligation because it's a holiday, or birthday, or some event where gifts are expected. Nor will it be a nice ride if the gift is received out of expectation, because it's their right to be given it.

**It all boils down to one specific choice: Which  
do you want? Free flowing love or gobble,  
gobble?**

As you've learned, you can feel the difference between the two kinds of vibrations. It's not difficult to distinguish what's going on when you take the time to pay attention. The more you're in the habit of communing with your Divine Soul, the easier it is to discern the underlying vibrational dynamics of everyday life on planet Earth. Not only is your Divine Soul always there guiding you, you'll be more in the habit of feeling the expansion of Her "yes" vibration.

Should you find yourself in a "gobbler" mode, the good news is you can change it in a flash of an instant.

Stop.

Take a breath.

Ask your Divine Soul to guide you by asking, "What do I

do?”

Make a new choice. Move forward from there.

It's perfectly okay to tell the other person, “You know what? That's not what I wanted to say (or do). What I want to say (or do) is...” Then say or do it with your course correction in mind.

When you change directions and start coming from a more expansive space, they'll instinctively feel the shift. Of course, how the other person reacts to that change is directly related to their level of illumination. As you well know, you can't control the other person and their reaction, but you can make choices about the nature of your presence. Be patient. Send them Divine Light through your heart center to theirs. They'll eventually come around to discerning and understanding your shift in focus.

In short, when done in the expansion vibration...

- ☯ Inherent in the giving IS the receiving.
- ☯ Inherent in the receiving IS the giving.
- ☯ When you give freely, then you receive freely from the giving in and of itself.
- ☯ When you receive freely, you give back to the one doing the giving.

Giving and receiving is truly a two-way street whether you Love or you “gobble.”

### **Look, Let, Love Action Steps:**

1. Ask your Divine Soul to show you how you can apply this Principle of “Giving and Receiving Is A Two-Way Street” in your life. Write down the response.



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2. Pay attention this week to each time you give and each time you receive. While you're doing it, try to discern what percentage of each act is being done in an expansion vibration and how much of the "gobbler" is in play. Make the conscious choice to move in the expansion vibration of Unconditional Love, and keep practicing until it becomes a constant habit in your life.

3. Here's a really fun way to practice feeling the vibrations of giving and receiving. You need to do it with a partner, so if you don't have someone who lives close by, do it on a video chat. Just be sure to ask your Divine Souls to help you consciously keep the vibration at a level that won't send the video chat into electronic tilt.

Sit down facing each other. Be comfortable with your backbone straight and hands resting lightly on your lap, palms facing upwards. Look each other in the eyes with your right eye maintaining eye contact with their right eye.

Do the Basic Activation of Divine Light Vibrations Meditation together. Once you've completed it, fill your hearts once again with the conscious awareness of Divine Light.

The important key to what comes next is your focus on the intention of sending (or transmitting) Divine Light and then your intention of receiving it. Your Divine Souls will guide you. Just stay open to that guidance by letting your Divine Souls do the work. Your job is to maintain your focus by observing the effects of your intention.

To practice the receiving, let person A send it to B, while B concentrates on receiving. If it's received, you both will feel a sense of expansion or openness. The more practiced you are

at hearing your Divine Soul's vibrational "yes," the easier it is to feel the Divine Light Vibrations being sent to you. If you don't feel anything right away, don't worry, just keep practicing.

Now change directions and let person B send it to person A, while A focuses on receiving.

Once you both feel like you've practiced the giving and the receiving enough, try feeling Divine Light flow in both directions at once. It's enough to have the intention of sending Divine Light from your heart center to theirs, the intention of receiving, as well as the intention of discerning the two-way flow. I suggest you try this more than once, by the way. Practice creates awareness.

[MEGA IMPORTANT: Have fun! Be like little children—interested, curious and detached to the outcome. Just experiment and discover. The less you work at it, the bigger the results. The byproduct of this exercise is that you automatically activate more refined vibrations of Divine Light, which is not only super fun, it also refines the quality of how you work with Divine Light Vibrations.]

As an FYI, when I do this exercise with clients, more often than not, and sooner rather than later, they see the world around them in its Divine Light form. Literally everything emanates Divine Light, and it's gorgeous. Naturally, I know how to hold more refined vibrations to assist them in making that shift of perception. Still, you can do it on your own if you let your Divine Souls do the driving.

I'm telling you this so if it happens to you, don't resist. Go with it! It's normal when you're activating more refined vibrations of Divine Light.

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If it doesn't happen, though, don't worry about it. Just be where you are and continue to practice. Your Divine Souls will guide you. A lot depends upon your willingness to let go of your old perceptions, your patience levels, and most important, the evolution of your Being to handle the evermore-refined vibrations.

This is an evolutionary, not revolutionary process. Your job right now is to physically discern the flow of giving and receiving as a two-way street.

Next up: We've said it a lot, so it's time to recognize how it's an actual Principle.

LET DIVINE LIGHT VIBRATIONS DO THE WORK



*Ayers Rock, Australia*

You've been hearing this Principle, "Let Divine Light Vibrations Do the Work," in a lot of the Look, Let, Love Action Steps. It's time to focus on really putting it into action.

Out of all of the Principles, this one is probably the most challenging. Because it goes against all we've been conditioned to believe in the value of being proactive, it takes a LOT of practice.

The thing is you ARE learning to be proactive, just in a different way. Since you're learning to act more like the real pro you are, you're learning to be PRO-active.

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- ☯ You're being PRO-active by looking within, listening to your Divine Soul, and then consciously declaring what you want.
- ☯ You're being even more PRO-active in letting Divine Light Vibrations take your thought from an imagined idea to a manifested material state.

Once you've activated Divine Light Vibrations to move in a certain direction, another way you can PRO-actively cooperate with the process is don't speak about it to others unless you're working together on something specific. If you talk about it too much, especially to closed-minded people, it works towards dissipating the quality of the manifestation you just set in motion. Not because the sharing in itself dissipates the Vibration, but rather it has a tendency to dissipate your focus, which dissipates the Vibration.

### **“How often do I need to repeat a declaration for Divine Light Vibrations to finish manifesting what I declare?”**

The answer depends upon your state of awareness and the ease in which you allow Divine Light Vibrations to do the work. Remember, all manifestations occur based upon three things:

- ☯ How much you're willing to allow it to happen.
- ☯ How deep you are in your heart space when you ask.  
The deeper you are, the more focused is your attention.
- ☯ How willing you are to grow into it.

There obviously has to be some growing into it or you'd already have it in your life. Think of the experiment when you held your hand in a fist. Bit by bit you had to relax back into your hand being free of tension, remember? On that same note, bit by bit you'll grow into the new set of circumstances or the way of being that you asked for.

If you want to be a successful entrepreneur, for example, you'd need knowledge of how to run that successful business, right? You'd also need to grow into new belief systems about yourself and your abilities to run it; learn where to place your focus, time, and energy for best results; and let your consciousness expand and evolve to the point where your dream of being a successful entrepreneur is not something to strive *towards*, nor is it something to *build*, but it's something that naturally ***streams directly through you***.

Do you see the evolution of consciousness in that? If not, read it again!

That's why you've been learning and remembering how to use Divine Light Vibrations to transform limiting beliefs about yourself and expand the knowledge of your ego-intellect.

Be consistent in asking your Divine Soul, "What comes next?"

She'll guide you step by step, which means you'll shorten your trial-and-error learning curve. Do you need a specific piece of knowledge? Is there a limiting belief that's holding you back? No matter what your next step is, She'll tell you what it is and what you need to do about it.

The fact of the matter is, you really only need to declare what you want once, if you're totally awake in your Divine

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Soul knowing and allow Divine Light Vibrations free reign to do the work. If it's a significant personal transformation you've asked for, you might have to mentally, emotionally, and physically breathe through it for a period of time as you adjust to the changes in your perceptions. When you maintain your focus of allowing Divine Light Vibrations to do the work, it'll go much faster than if you don't.

More often than not, however, it takes practice to get to that point. If you feel any doubts after you've released something or made a declaration to Divine Light Vibrations, then you know you need to take it back into meditation and refine your focus. Remember the Principle "For Every Want, There is a Not-Want"? Your doubt is telling you that you probably have a not-want in play. If so, loop back around to that chapter and the Look, Let, Love Action Steps.

And for Weekiwakiwu's sake, don't ask and then forget about it!

Personally, I like immediate measurements to know the quality of work I'm doing with Divine Light Vibrations when I release something for transformation into illumination. Here are two immediate measurements you can use to determine your level of curiosity and willingness to let Divine Light Vibrations do the work:

- ☪ Measure it by how much expansion vibration you feel in your Being right afterwards. We've already mentioned this, but it bears repeating. The more practiced you are, the more you'll understand what the vibrations are telling you.
- ☪ Another measure would be if you were filled with an uprising sense of expectation and anticipation. That

comes from an inner recognition that your declaration has, indeed, been set in motion. From there, it's a point of maintaining focus and letting yourself grow into it.

If either of those sensations isn't as strong as you'd like, shift your focus even deeper. Since you're an infinite Being living in an infinite Universe, there's no limit to how deep your focus can go. Do a blanket release at that point. "I now release any and everything that's getting in the way of (whatever illumination or manifestation you declared)."

Do practice patience! Let Divine Light Vibrations do the work. Infinite Intelligence, Omniscient Wisdom, and Omnipotent Unconditional Love can get the job done with ease.

My neighbor shared one of her Serbian proverbs on patience with me, and I liked it so much I want to share it with you.

**"With patience, even grass becomes milk."**

Think about it. That proverb speaks about the alchemy of life here on Earth.

Just in case you didn't make the connection, add in the element of a cow eating the grass. §;D

### **Look, Let, Love Action Steps:**

1. Do the Basic Activation of Divine Light Vibrations Meditation.

2. Afterwards, ask your Divine Soul what activity(ies) can you do right after an activation that can assist you in allowing



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Divine Light Vibrations to do the work? Write them down so you can refer to them later in case you forget.

3. Then do them one at a time until they become a natural way of living, breathing, and letting Divine Light Vibrations do the work.

Last up: The most important thing to remember...

THE MOST IMPORTANT THING TO REMEMBER



*Flowers from Monte Berico, Italy*

Here's the most important thing to remember in all of this, and it's key to everything:

**Take the time to be still and listen  
to the voice of your Divine Soul.**

Let's recap what you know:

- ☪ Your Divine Soul is the part of you that's consciously aware of your connection to everything that ever was, is, and will be. This gives you direct access to whatever it is you want and need to know for your highest good.

## How to Make the Most of Your Earth Experience

- ☯ She resides in your heart of hearts.
- ☯ She has a lot to teach you and is the truest voice you'll ever hear in this world.
- ☯ She's also there for you any and every time you need a little (or a lot) of love.

Only you can say how *well* you know what you've learned to remember. You are the *only one* who can say how far into infinity you want to go in this finite Earth experience of ours. So whether you want to climb to the top of the highest mountain or tend a small pot of basil for the sheer pleasure of how it smells when you rub your fingers on its leaves, do it with Love.

Yes, you can, and should, ask questions and advice about any information or idea that comes your way. A dialogue with your Divine Soul is one small choice away so you can test out what rings "true" or not.

But you've got to take the time to listen. Without listening, all of this is intellectual knowledge at best. You know what that means by now. If you don't live it, you can't ever really know it.

Take the concept of "Look, Let, Love" to as many levels as you can so you'll live your Earth experience with all the richness of your natural birthright.

### Look...

- ☯ Look at what you want.
- ☯ Look at what's getting in your way.
- ☯ Look to your Divine Soul for guidance.

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- ☯ Look at how you're using and mis-using the infinite, unlimited, omnipotent, unconditional creation abilities of Divine Light Vibrations.
- ☯ Look periodically at the 14 Principles of Divine Light Vibrations (aka Unconditional Love) to keep your memory fresh.
- ☯ Look back on "Vibrational Voyages Go-To Guides for Spiritual Beings" whenever you feel off track.
- ☯ Look for other "Vibrational Voyages Go-To Guides for Spiritual Beings" to refine your knowledge deeper still. If they're not already published, they'll be coming soon.

### Let...

- ☯ Let yourself actively listen.
- ☯ Let yourself feel the love.
- ☯ Let your Divine Soul guide you.
- ☯ Let go of any and all limitations that hold you back.
- ☯ Let yourself understand where you need to place your attention right now in your life for your highest good.
- ☯ Let Divine Light Vibrations do the work of transformation and manifestation.
- ☯ Let yourself receive your highest good.
- ☯ Let your dreams become a reality.

### Love...

- ☯ Love how Unconditional Love is becoming a way of life, not just an ideal to strive for.
- ☯ Love how simple your Earth experience can be.

## How to Make the Most of Your Earth Experience

- ☯ Love how Unconditional Love is always creating, forming, and transforming.
- ☯ Love how much you're remembering about your innate power to create the Earth experience you came here to live.
- ☯ Love the results.
- ☯ Love yourself enough to go deeper still into the Infinite Unconditional Love of your Divine Soul and all of Creation.

**Live the love. Pass it on. You deserve it!**

From the Light of my Divine Soul to Yours,  
Glenn



*Traveler # 5G305G268Y*

AKA: Glenn Younger

Kota Kinabalu Sabah, Malaysia

“Sometimes it’s just fun to go a little kitsch.”

## RESOURCES AND ACKNOWLEDGEMENTS



*"Fringe Information." Edinburgh, Scotland*

Keep turning the pages! There's still some good stuff coming...

## RESOURCE #1: THE QUICK LOOK REMINDER

By now you know that all of us at The Divine Soul Travel Agency, Milky Way Division, want you to live the life you came here to live, and not the one you were conditioned to squeeze into! Yet, in the rush of everyday living, it's easy to forget the creation Principles of Divine Light Vibrations. Of course, you can always cruise the Table of Contents to have a recap reminder...

...HOWEVER... (Notice the deliberate STOP right here.)

We like free gifts.

We like convenience.

We like pretty things.

We like easy tools that help give results.

SO...

We're giving you a free gift that's convenient, pretty, and an easy-to-use PDF tool that you can refer to whenever you feel you're getting off track and need to refine your focus: Your **14 Principles of Divine Light Vibrations** quick look reminder.

Type [divinelightvibrations.com/freegift](http://divinelightvibrations.com/freegift) in your favorite Internet browser.

Download it, print it out, paste it in your calendar, make it your screen saver, do whatever you need to do to remember your innate abilities to consciously use the power of Unconditional Love!



## How to Make the Most of Your Earth Experience

Sign up for **Good Stuff! Updates** and you'll also get periodic reminders to help you along your way. We won't inundate your inbox—that's a promise! Plus, there's an extra goodie in the member's area waiting for you.

Type [divinelightvibrations.com/freegoodstuff](http://divinelightvibrations.com/freegoodstuff) in your favorite Internet browser.

You'll be glad you did.

## RESOURCE #2: BASIC ACTIVATION OF DIVINE LIGHT VIBRATIONS MEDITATION

We've talked about this meditation all throughout the Vibrational Voyages Go-To Guide for Spiritual Beings on "How To Make the Most of Your Earth Experience—14 Principles for Living Unconditional Love."

Accept no substitutes!

Meditating is all about reducing the white noise in your head so you can actually hear what's going on in your heart. The Basic Activation of Divine Light Vibrations Meditation is both gentle and profound in its effects.

**With practice, this particular meditation is  
designed to:**

- 🌀 Quiet your mind.
- 🌀 Shift your focus towards your Divine Soul knowing.
- 🌀 Activate new and more refined channels through which the vibration of Unconditional Love can flow. With practice, you'll become more aware of this both physically and mentally.
- 🌀 Specifically help you to learn the flow of your Divine Soul's vibrational communication.
- 🌀 Organically help to balance your body's energy centers (aka: chakras).
- 🌀 Open your conscious awareness to the flow of life on all levels.
- 🌀 And more... you'll discover that as you go.

## How to Make the Most of Your Earth Experience

You get all of that with a small daily investment of about 15 minutes!

Here's how it breaks down. The Basic Activation is about 9 minutes long. Then allow 5 minutes or so for doing whatever transformational Light work you want to do.

That's a small time investment for such big rewards!

If you're already in the habit of meditating, do the Basic Activation of Divine Light Vibrations Meditation before your regular practice and you'll find it takes you deeper than before. The same thing goes for any spiritual disciplines you practice.

Don't worry if you don't visualize right away what the words are telling you. Some people are visual processors, while others are not. Your Divine Soul will be guiding you so all you need to do to be PRO-active is observe the sensations you feel. Sooner rather than later a new focus will snap into place.

Just in case you decided to read this whole Go-To Guide for Spiritual Beings before doing the meditation, it's time you do! Remember our favorite quote?

**“Intellectual knowledge only counts on written exams. You've got to live it to know it.”**

One last time, here's what you do to access the free meditation.

Type [divinelightvibrations.com/free](https://divinelightvibrations.com/free) in your favorite Internet web browser. You'll be taken to a sign in page for the FREE Member's Area of [divinelightvibrations.com](https://divinelightvibrations.com). Fill in your details, create a password, and you'll be taken straight to the meditation page. You'll also find a present waiting for you. :-)

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Naturally, your sign in details will be kept private, just between us.

To access the meditation at any other time now that you're a member, click **FREE LOGIN** in the menu bar of the website. You'll find the meditation listed under "Active Resources".

## RESOURCE #3: OTHER GOOD STUFF!

### 1-ON-1 ATTENTION

I recently had the pleasure of doing a 1-on-1 Divine Soul Session with someone I first met 15 years ago when I was running my Improvisational Theater program. At the time, I'd given him the simple mantra of: I choose peace. We talked about it in the chapter, "Thoughts Are Things That Produce Results."

That one mantra organically calmed his mind, and he found his courage to follow his heart song of changing cities and becoming adept at acupuncture. He told me it was still his Go-To Mantra to this day.

Since he was recently at a crossroads looking for clarity, he asked to do a private session with me. During the session—after having done the Basic Activation of Divine Light Vibrations Meditation together—we uncovered the subconscious belief system that had been blocking his career growth. He released it for transformation, I held the vibration, and his illuminations came flowing forth.

Afterwards, he shook his head and smiled. "It's one thing to read about all of this and another to actually do it."

I laughed in agreement.

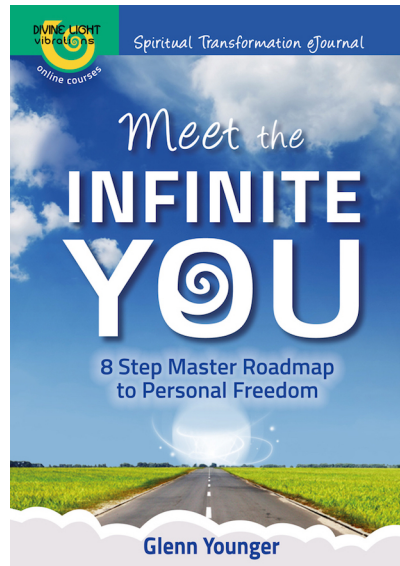
"You know," he added, "to actually feel the vibrations you add to the mix... well... they're powerful!" He lowered his head with that look adults give children to punctuate the idea that the child should know better. "You need to give people more direct access to you so they can feel the difference."

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He was right. I wouldn't be fulfilling my mission, nor passion, if I didn't offer you the possibility of doing a 1-on-1 Divine Soul session with me. If you want to find out more, type this into your favorite Internet browser:

[divinelightvibrations.com/1on1](http://divinelightvibrations.com/1on1)

## ONLINE COURSE



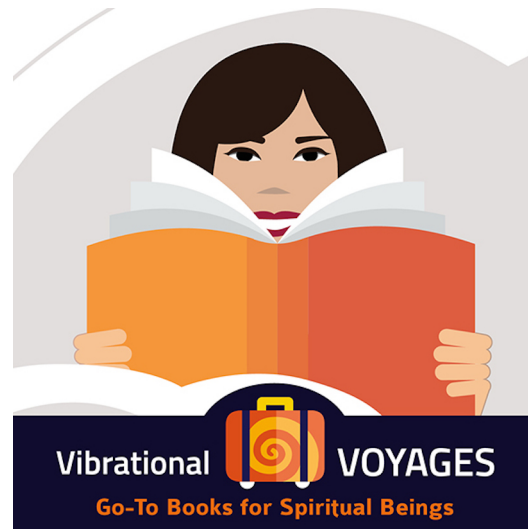
If you don't feel called to do an individual session, but you'd like to know more about how the different parts of your human makeup are wired to work together, be sure to check out the online course, **"Meet the Infinite You—8 Step Master Roadmap to Personal Freedom."**

Step by step video guides, written transcripts, more guided meditations, a Spiritual Transformation eJournal, and other bonuses are all designed to make your spiritual transformation journey as easy as a piece of cosmic candy.

To find out more, type this into your favorite Internet browser:

[divinelightvibrations.com/infinite](http://divinelightvibrations.com/infinite)

## RESOURCE #4: MORE “VIBRATIONAL VOYAGES GO-TO BOOKS FOR SPIRITUAL BEINGS”



To help you go deeper still into making the most of your Earth experience, Vibrational Voyages has both fiction and non-fiction “Go-To Books for Spiritual Beings”.

Once you sign in to the website [divinelightvibrations.com](http://divinelightvibrations.com) to access the Basic Activation of Divine Light Vibrations Meditation, you’ll automatically be kept in the loop of knowing when they’re published.

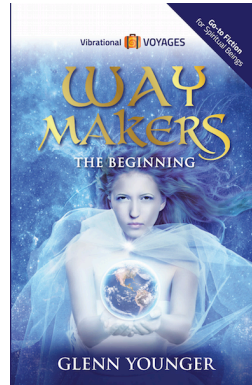
Come take a journey with fictional characters as they struggle with the past conditioning that holds them back from living their life’s dreams and missions. Following their stories—and how they awaken to the transformative power of Unconditional Love—can shed light on your life’s story, too.



## GO-TO FICTION FOR SPIRITUAL BEINGS

(Spiritual Fantasy / Sci-Fi without the guns and spaceships.)

### WayMakers—The Beginning



**Love. War. Fear. Laughter.  
Which will win?**

Rah thinks she's an everyday American living in Italy, but she's so much more. Buried underneath the labyrinth of her human conditioning is the memory of a force more powerful than she can imagine. With it, she can fulfill her Divine Mission: Show mankind how to ascend into their inborn super-power greatness.

Without it, the Graion mind manipulations have free reign to spread more fear and terror until all of humanity is under their control, including Rah.

Not even the All-Knowing can predict the outcomes when Rah's jewelry box mysteriously disappears, and then reappears against all logical explanation. Her search for answers sets off a chain reaction with far reaching consequences throughout the Universe.

(Spiritual Realism. Coming soon—check your nearest bookstore or Amazon.com.)

## The Art of COMING BACK TO ME

**Hopes and dreams dashed in an instant. With nowhere to turn, there's only one thing to do.**



Tandy's life is almost perfect. That is, until her almost-perfect dream falls apart at the seams in one fell swoop.

Dismissing her photography as “anything but art”, Tandy's boss gives her two weeks to land a new art client, or else Tandy is out of a job.

With her eyes on moving into the idyllic upper-east-side life promised by her perfect Soul Mate, Tandy takes her professional worries in stride. That is, until she discovers the lying scoundrel isn't what he seems. Now she's out on the street with no apartment, and her job hanging by a thread.

Just when she thinks it can't get any worse, it does. A green-eyed stranger delivers a mystery missive on Unconditional Love, and then vanishes before her eyes.

With her whole life up in the air, one thing is for sure: There's no going back.

But to move forward into living one's real dreams, sometimes takes looking back. And that's the last thing she wants to do.

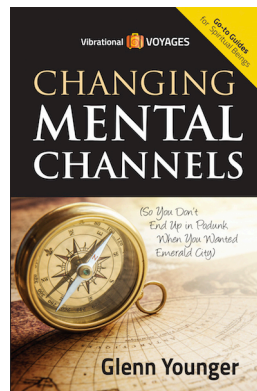
## GO-TO GUIDES FOR SPIRITUAL BEINGS

(Non-fiction. Coming soon—check your nearest bookstore or Amazon.com.)

### Changing Mental Channels

(So You Don't End up in Podunk

When You Wanted Emerald City)



What if there was a Universal Bank of Being where you could withdraw unlimited amounts of whatever it is you truly wanted? Happiness. Love. Fulfillment. Creative Expression. Prosperity.

Would that interest you?

What if your “Inner Critic” became your “Inner Cheerleader and biggest fan”? Would that make life easier? And more fun?

If you said, “yes,” then this little book is for you.

Those mystery missives that guided Tandy in “The Art of Coming Back to Me” through the pain of betrayal and the fear of being broke—all the way to expressing herself fully, freely, and with profound authenticity—are now available for you, too.

No, a green-eyed disappearing stranger like in Tandy’s story won’t deliver them to you. But they can help you live the fabulously authentic YOU on even deeper levels, with greater rewards than you could possibly imagine at this point.

## CARING & SHARING

Is there an application of Divine Light Vibrations that you want to know more about? Pop me an EMAIL and tell me about it. If I see a trend, you'll soon see another Go-To Guide for Spiritual Beings on the subject.

Type this into your favorite Internet browser:  
[divinelightvibrations.com/contact](http://divinelightvibrations.com/contact)

Do you have a story of how Unconditional Love has transformed a belief or circumstance in your life?

Would you like spread your Light by sharing it in an upcoming book of Light Stories?

If so, tell me about it. Remember to include specific details so your story can come alive for others. Type this into your favorite Internet browser:

[divinelightvibrations.com/contact](http://divinelightvibrations.com/contact)

# THANK YOU!

A super HUGE thank you for moving into the life you came here to live! The more people who do, the better off we'll all be.

Now that you're armed with the basics of how to consciously use the power of Unconditional Love, go forth and create really great experiences for yourself!

Remember, everything you do counts in a bigger way than you can possibly imagine. We're all connected. Remember? Just watch, and see how your Love spreads outwards to the world in even the smallest of acts.

Before you go, I'd appreciate it a BUNCH if you could leave a short (or long) review of this book on Amazon. Your sharing can help others to decide to remember their fabulousness, too.

Not only will I be very grateful, you'll be helping others to stop squeezing into the lives they were conditioned to live, and start living the ones they truly want in their heart of hearts.

Type this into your favorite Internet browser:

[amazon.com/dp/B015RJHENO](https://www.amazon.com/dp/B015RJHENO)

# ABOUT GLENN YOUNGER

Glenn Younger is a soon-to-be New York Times bestselling author... If you like her books and tell all your friends, who tell their friends, that is.

Her passion is helping ordinary people lead extraordinarily happy lives.

Her message is how to consciously live the power of Unconditional Love. Transform past conditioning the easy way. Create the Earth experience you came here to live. With a smile on your face to boot.

With a Ph.D in trial and error of working with practical spirituality for over 30 years, she knows first-hand how to transform the voice of the “Inner Critic” into the emotional freedom that lifts the weight of self-imposed limitations. She’s traveled to over 90 countries... won awards as a professional actress...been a motivational speaker... formed her own Theater Company...and after living 20 years in Italy, now splits her time between the Renaissance beauty of northern Italy and the modern day verve of the US.

Add on her experience of working with individuals and groups, she’s able to distill the immensity of Unconditional

Love into a simplicity that's fun, practical, and concrete.

The only passport you need is an open heart. All visas are extended to open minds. And the pilot is your own Divine Soul knowing. You can leave your baggage behind and skip those pesky TSA checks.

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The Author (Glenn Younger) has made every attempt to remain true to personal experience, illuminations, practice, and live examples of Divine Light Vibrations in action. She cannot assume responsibility for errors, omissions, or how you interpret the words contained herein. You must use the information in "Vibrational Voyages Go-To Guides for Spiritual Beings" as you best see fit. This will change and grow as you evolve in your own self-awareness. As a result, how you use the information will also evolve. The challenge is to accept personal responsibility for every choice you make.

Free choice is a gift given to all of us. It has its inherent responsibilities and subsequent freedoms. Please use your best interpretation (applying what is known as your current "common sense") when you use the power of Unconditional Love in your life. This guide is not intended to replace legal, medical, or other professional advice. Rather, it endeavors to assist you in deciding for yourself which advice best serves you at any point in your Earth experience.



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In short, this Guide is intended to inform, inspire, and entertain you, the reader, in such a way that you move into living a fuller and richer life, and stop trying to squeeze into the one you were conditioned to live. You only live once in your current body, so you might as well enjoy each chapter of your life as you create it. Now go forth... put it into action... create... and have fun!

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