

Praise for **Conquer Your Karmic Relationships**

“This book is a deeply insightful guide about relationships on multiple levels, in multiple timeframes, and multiple forms. Karma serves as the *thread* of one’s intricate connections to multiple existences, both linearly and laterally. It provides an explanation for an individual to use in resolving major patterns of conflict that prevent the quality of life that one desires. Yet, it includes practical examples throughout the book that one can connect with and gain valuable insights about one’s self without becoming mired in complex conceptual ideas. A key element to conflict resolution is the *courage* to confront and resolve an associated fear, commonly experienced over lifetimes, until it loses its power of control. In a sense, this book might be described as a manual for life management—similar to Louise Hays’ classic—“You Can Heal Your Life.”

William A. Guillory, Ph.D.

Author of The Pleiadian Series:

The Pleiadians; The Hunt for the Billionaire Club;

The Consortium The Aftermath

“A semiautobiographical guide to the dynamics of karma in everyday life.

A Los Angeles-based shaman and “spiritual empath,” Dunblazier stays faithful to the spirit of her earlier books, which include *Heal Your Soul History* (2017). She sees karma as “the accumulation of the energy of all your actions and the responses to them over time and space”—in both your past and present lives—and says that in her past lives, she’s been an African tribal leader from around 1000 BCE and a French American from the 1900s. Each of the five parts of her book begins with a parable from one of her past lives and goes on to cover a range of everyday challenges from time management to how to handle feeling attracted to someone already in a relationship. At the end of each section, the author suggests a self-help ritual that can help you achieve a goal, such as “Free Yourself from the Opinion of Others.” Dunblazier keeps her message positive, reflecting her belief that “regardless of your circumstances right now, your patterns do not obligate

you to continue them if they no longer serve you,” and she packs an extensive amount of material into 325 pages. Not everyone will buy her views on subjects like demons or telepathy... Nevertheless, even readers skeptical of whether they are reading the words of a reincarnated Chief Running Bear may be intrigued by her information on how people make use of concepts like totem animals. For most readers, this book will provide different ways of looking at things. And who wouldn't want to believe, as the author does, that in the end “you are the master of your universe”? A personal view of karma, likely to appeal mainly to readers curious about reincarnation and related topics.”

Kirkus Reviews

“I was blown away by the amount of content covered in this life-changing book. From food, money and romantic partners to fear, creativity and spirituality, this comprehensive guide will help you heal your deepest wounds, even those you may not yet be aware of. This should be mandatory reading for anyone who wants to live a more peaceful and joyous life.”

Stephanie Chandler

CEO of the Nonfiction Authors Association and
author of *The Nonfiction Book Publishing Plan*

“In a time where so many souls are seeking true guidance and wisdom, Tracee Dunblazier’s spiritual gift, *Conquer Your Karmic Relationships*, offers a powerful and accessible map to cultivate personal responsibility and global empathy. She combines profound metaphysical knowledge with insightful sanity, thus offering the reader tools and techniques to vanquish any karmic relationships. A must read for any truth seeker who wishes to shatter limiting illusions and trumpet their true empowerment.”

Austyn Wells

Spiritual Medium & Soul Gardener & author
*Soul Conversations: A Medium Reveals How to
Cultivate Your Intuition, Heal Your Heart,
and Connect with the Divine.*

“Conquer Your Karmic Relationships takes the reader right into the undiscovered territory of healing the energy that you have carried over from your biological or spiritual past. Written in accessible, clear language, you’ll be guided through new, life-shifting understandings. This book will change how you perceive yourself and give you the tools needed for a radical transformation and breakthrough. Tracee Dunblazier has shined a light on trauma in a way that makes it safe to heal.”

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“Though science has led us to see the quantum origins of our DNA and has given us a glimpse of the outer Universe, minimal science related to the study of living Life exists. Today, we better understand things and physical matter, but what occurs in the ethereal and spiritual realms remains undeclared.

Tracee Dunblazier took on the task of unveiling some of the unseen realms of the ethereal-spirit-driven world, which, in part, embraces the practice of Holistic Psychology. She addresses those quagmires of communicating with our souls, getting a hold of the realms and the effects of karma, struggling to know our life’s purpose and mission, and how individuals coil at the moment needed to confront a situation, which tempts ourselves into denial and apathy.

Exploring the hard-to-believe unseen realities of life gleams excitement for me and serves as the frontiers of a new humanity. Caring for our brothers and sisters, and the planet intrinsically motivate me and my work endeavors. Ms. Dunblazier enables her readership to educate and participate in the ancient quest to achieve answers that the evolution of our consciousness challenges us to discover.

Conquer Your Karmic Relationships serves as an excellent and challenging read for those who desire to break out of their comfort zone and awaken to the prosperities of the Light.”

Robert V. Gerard

Holistic Psychologist & Visionary Healer

Author of *Change Your DNA, Change Your Life,*

Handling Verbal Confrontation: Take the Fear Out of Facing Others,
and *Divine Quick Fix Healings*

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THE DEMON SLAYER'S HANDBOOK SERIES

Conquer Your Karmic Relationships

Heal Spiritual Trauma to Open Your
Heart and Restore Your Soul

Tracee Dunblazier



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Dedication

A friend shared a recurring dream with me, in it she was about to jump off a cliff and was terrified. We began to speak about the metaphor of the cliff as surrender. Learning to flow with the healing energy of grief, and the process of transformation the Creator offers us, it requires our complete surrender. I, then, told her about a recurring dream I had. In it, I was always driving or travelling straight up, in multiple vehicles, over many different surfaces, but always at a ninety-degree angle—hoping that the vehicle I was in had enough torque to get me to the top.

She asked me if I had trouble jumping off the cliff, and I said, “No, evidently my challenge is getting back up the mountain.”

I'd like to dedicate this work to my many karmic partners, living and in spirit. You have brought clarity in times of confusion, comfort in times of distress, and love in times of self-loathing. All that I am and all that you are—spirit to spirit—we achieved together.

Thank you for helping me up the mountain.

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Foreword

by *Christian McBride*

Many have said that religion and spirituality are two different things. Some say you can't have one without the other. Some admit that they don't know... or care. I was raised with Christian values, however, my mother was by all accounts at the time "new school." She always taught me that brow-beating someone to attend church every Sunday did not make them more spiritual. She instructed me early on in life that some of the biggest hypocrites were the altruistic bible-thumpers that went to church *religiously*.

I was encouraged to believe in God: that there were other dimensions, larger forces out there greater than humans, and that faith in a higher power and the ability to surrender to this divine knowledge was being spiritual. Whereas, giving practice to these beliefs was being religious. Naturally, I was shown to respect all religions. To consider someone unrighteous because they practiced another religion was about the most unrighteous thing a person could do. With that being said, I find that my longest standing friendships have been with people who are aware of other dimensions and greater forces—spiritual people. They believe in something greater than themselves and are always on a journey to find harmony with it.

I began my professional jazz career at the age of fifteen and played night-clubs and auditoriums from that point on. I was eighteen when I met Tracee in New York City at the now defunct jazz-haven Bradley's, where I played often. What I remember to this day is Tracee's straight-shooting authenticity that made me feel at ease—like a musician playing harmonies with an unseen orchestra. I knew from that moment on that Tracee had a special connection to the world: she was "in tune."

One of the reasons I love playing jazz music is because of the unspoken communication that must happen between the musicians. It's unlike any other style of music, in that the ultimate goal is to emote the joy (and danger) of improvising. You can develop a level of communication with any group of musicians if you play together long enough, but there are times when you just "click" with someone immediately.

Pianist Benny Green is someone I listened to on records with legends like Betty Carter and Art Blakey while I was in high school. When we first met in 1989, I literally felt like I'd met a long-lost brother. I don't know why, but we've remained the best of friends for over thirty years, and we still play together often. I can remember one night performing with Benny at Bradley's, and at

some point, I lost my place in the song. That's the absolute worst thing a bass player can do, considering we're responsible for underlining the form of the song and harmonically supporting the melody. In a moment of panic, I opened my eyes, looked over at Benny and murmured out the side of my mouth,

"Where are we? I'm lost." Benny silently mouthed back, "Me too!"

We intuitively just picked a spot in the song to reconnect and it worked! We laughed so loud. I'm sure no one in the audience knew what happened. Then again, if they did know, it was probably that much more entertaining and incredible. That rare connection and telepathy with a person is something that Tracee probes in this amazing book. Soulmate is a term I find all too casually thrown around. It tends to be used in the context of two people in love, but goes far beyond romance. In *Conquer Your Karmic Relationships: Heal Spiritual Trauma to Open your Heart and Restore Your Soul*, Tracee reveals not only the different types of soulmates we encounter in life but also the deeper spiritual connections we have within ourselves that guide our relationship to everything we experience. She explains not only why we connect with the people and things we do but—more importantly—why we endure with them. Much like music, karma is the glue that brings us all together. The few karmic relationships that don't look at the clock, keep score, or hold grudges, but know when to step in and help (or step out and help), are the ones that play through to the next bridge.

When I discovered that Tracee had become the author of the Demon Slayer's Handbook Series, it gave form to the deep spiritual knowledge I'd first witnessed from her those three decades ago, as our lives' paths were rerouting to bigger and better things. The great thing about this book? You don't have to be of any particular religious association to understand where Tracee is coming from. It will put you at ease in contemplating traditionally difficult topics and leave you with a new perspective that will empower you to be the changemaker in your own life. You will come away from reading her latest masterpiece truly comprehending the meaning of soulmates and spirituality.

Tracee is an inspiring, spiritual vessel who can connect with all of us in a soulful way, guiding us to connect with ourselves and the rhythm of the world around us.

So, my friend, let the rhythm move you and your music play on....

Christian McBride

Grammy Award-Winning Jazz Bassist and Composer

Preface

My Spiritual Bounty

The phenomena we call karmic relationships ultimately becomes a profound investigation into the indelible human spirit, which is the through line of each soul that acts as mother, father, teacher, lover, and friend. I was born into a life steeped in the deep karmic patterns invading every aspect of my day and night, controlling all I came across (or so it felt). Even so, I never begrudged them. They kept my beloved spiritual family with me: ancestors from multiple cultures, time periods, and life experiences—the reason for my love affair with history.

After all, if you don't know where you've been, you can't know where you're going.

I can't say, even with all the struggles, that the karmic relationships that I've engaged in have been hard on me, as there was always an incredible feeling of growth, accomplishment, and love that came with each one. I gained knowledge and empowerment from my karmic relationship to sexuality. I gained discipline from my karmic relationship to food and money. I gained true love and compassion from my karmic relationship to men. And I gained leadership from my karmic relationship to my environment and the Creator.

I think what was most difficult to navigate was the judgment of my friends, family, and confidants over the years. The linear cultural traditions of how relationships are *supposed* to go, what a romantic relationship *should* look like, and how a young woman growing up *should* engage the world—all those standards, as people call them, didn't really help a gal like me. They were not the pathways that could lead me to relief, resolution, wisdom, or peace. I was left to find those on my own, which I now understand was my karma.

Yes, it took me decades to comprehend that not everyone is like me, with such a wide berth for connection, acceptance, and compassion for all beings. To tell you the truth, I still don't believe it. I believe humans are fundamentally—underneath all the layers of insecurity, self-doubt, bitterness, and anger—people who want to love and be loved. But also, inherent in the human design is our fundamental desire to grow and expand on every level. This urge to expand, combined with the fear that must be overcome in order to do so (if one is to expand in a way that includes everyone), is the dynamic that leaves us in the position we find ourselves today.

I have always been deeply aware of my spiritual imprints and patterns, even when I didn't have the language to communicate about their presence.

What I came to understand is all our relationships to everything we encounter are because of these subtle karmic patterns that reverberate through our lives. They connect us to the people, places, things, and experiences that will reveal something about us and a bit of our spiritual history. Whether you consider yourself and your life to be simple or complicated—or somewhere in between—your soul calls to you, informing you as to what you need for your growth.

Finally, I have arrived at the end of a very long cycle of soul-to-body healing on every level. Being here also ends the cycle of suffering anonymously with the publishing of my first three books, *The Demon Slayer's Handbook Series*, which are—among other things—a chronicle of my personal struggles and the road I took to restore my soul. A natural part of that path was chronic depression, anxiety, and multidimensional experiences that have left many days, including birthdays and holidays, often a bit rough. This was most notable since the loss of my father several years ago, which seemed to warrant the end of any real joyous celebration.

Over the years, I have worked hard to overcome the sadness through many different rituals, but the abiding relief did not come over night. It arrived with the reconciling of layer upon layer of spiritual, mental, emotional and physical dynamics that my soul and DNA carried. I hadn't been cognizant to the depth of my own biological shroud of sadness until it was lifted from me.

This led the way to a joyousness of such magnitude and depth I've never felt, and somehow, it seems to be emerging a little more each day. While my suffering may have been anonymous, I certainly was not alone. I have a tremendous amount of gratitude for the many who have walked with me on this road and the ones to forge the path ahead. Doing spiritual work gave me answers to many unanswered questions and returned to me, from time and space, the missing pieces to restore my heart and soul.

It is my wish for you to find comfort, love, wisdom, and courage among these pages—as I have. Drawing on the deep well of forgiveness within your heart, it is my hope that you will share your light with others and own every inch of space you take up, knowing you are seen and loved dearly in this Universe.

**10,000 blessings to you,
Tracee**

Introduction

Everything in the universe expresses itself through patterns. All beings can be understood by the continual reverberations of energy they emit while moving through the world, attracting similar vibrations to support their momentum. Ultimately, we are all collectors, and what we collect is an expression of the spiritual, mental, and emotional patterns that make up our soul. It is these patterns and the response to them that make up our karma.

Karma is a Sanskrit word that literally translates to mean *action*, or the more comprehensive concept of action and reaction (or cause and effect). It is the fundamental spiritual understanding that all actions send out a ripple in consciousness effecting change long after the original action has been taken. Karma is not necessarily fate, but the spiritual guarantee that we will all get what's coming to us, on all levels. How that happens is up to us and our personal will—we all have multiple options in any given situation. However, once an option has been taken, it begins your path of karma.

Relationships occur with the combining and intersecting of spiritual, mental, emotional, and physical patterns between partners—your partners can be anyone or anything. Much how Mother Earth has the unwavering ability to right the wrongs that have been carelessly or blindly committed against her, our karma—or the weight of our spirit—has the same healing magic. It is this alchemy that will pave the way for your very personal healing path to spiritual redemption, mental reason, emotional transformation, and physical freedom. Regardless of where you start, the chain of events leading to your richness has already begun.

On the human front, the leading factor in how we relate to life and others is through our soul patterns and the frequency they transmit into the world, which connect us to and impact all we come across. It is only through the recognition and mindfulness of these patterns that we begin to unravel who we really are as spiritual beings and the power we hold.

Our connections are the lifeblood of our existence. We have them everywhere we go. Our perception, or lens through which we look at life, is the foundation of all our relations. And these relationships take work, negotiation, and compromise. Now, add to the mix: karma. In our contemporary world, karma describes the spiritual dynamic of the sum of a person's actions in any previous state of existence, as well as the spiritual patterns those actions create and how they impact their fate in future realities. Often, people make the mistake of seeing karma as meaning *an eye for an eye* or *punishment and reward*, but really, it speaks to two patterns of behavior that are created for every experience.

Every notable activity has two sides: the action and the response to it. In relationships, one person carries out an action and the other experiences the

impact of it. Karma means we will eventually get to encounter both sides in order to understand the entire dynamic.

Let's say you slap someone in the face. Karma doesn't dictate you will experience a slap in the face necessarily, it says you will experience the pain or impact of the slap you caused. You can experience the shock, degradation, or rejection of that slap in the face—without ever being hit. Any activity happening repeatedly cements into our spirit an energetic fabric we carry with us from lifetime to lifetime, until it is fully expressed and we understand the purpose of its meaning and decide to change the pattern.

Most of all, your karma is your *whole truth*. It can be frustrating to find self-acceptance when our society wants us only to focus on half of our truth: usually the part that is pretty and shiny, which is, very possibly, obscured from our vision—especially in times of distress. In fact, there are people who've lived lifetimes never seeing the beautiful glowing power inherent in their wholeness.

It is a Universal Truth that we're all born with self-loathing. It is the dynamic that occurs the more self-aware we become. It is the spiritual mechanism that inspires us to dig deeply into who we are in our entirety: mind, body, and spirit in a multidimensional life experience.

The less fear we have of acknowledging and honoring our darkness and our light, the more we'll be able to let go of our hang-ups about sex, our attachment to drugs and addiction, the fervor for power and money, and our need to judge and control others.

Take a moment to imagine a world without those things.

Karmic relationships come in all forms and pull from us a profound unconditional love and compassion for ourselves and our soulmates. They feel different, more connected than other unions; we are familiar with their vibration. They are our spiritual family. Like it or not, humans are naturally selfish and self-involved—until they feel safe and connected to our world. Until that point, all we strive for is success towards that end.

Reincarnation and Spiritual Imprints

Everyone carries with them a spiritual history, even those who do not believe in reincarnation. For the non-believers: I don't think how we conceptualize reincarnation matters. Do past-lives equal literal previous incarnations? Or, do spiritual imprints equal metaphorical lives stored like holograms in your spirit? Either way, their presence brings the same knowledge of your personal soul memories—and everyone has them.

I've personally experienced many recollections of past-lives that were as real as I sit here today. It makes perfect sense that I would bring the

memories from those spiritual imprints and past-lives into this incarnation to complete the knowledge and hone the wisdom I've cultivated from them. Thinking of them as literal or metaphorical is based on the person needing to understand them and being able to reconcile them with the other *truths* they carry. Both ways tell one's spiritual story.

The soul is eternal, ever-changing, and growing. When trauma occurs, aspects to the spirit and personality can split off or spiritually create another dimension of energy, which will wind up being fed and nurtured by the soul in question or another's life force, becoming a powerful and sometimes dominant influence in the person's perspective and experience of life. So, when the soul's journey fosters the need to retrieve, heal, and balance those aspects of the self, it may spend a lifetime, or several, doing so.

A client asked me if she needed to believe in all this hooey in order to benefit or be impacted by it. My response was definitely *not*. As is with healing, one does not need to believe they can be healed, they must have an undeniable desire to heal. The energy will enact the flow of life force that will inspire and conjure all they need in order to heal and restore balance. Belief is a mechanism to connect you with expanding information. Whatever you believe calls the Universal Truth to you, it does so in stages—for optimum receptivity. Your truth will always lead to the Truth.

The Pathway to Conquer Your Karmic Relationships

This book has been designed in a very specific way. Each part begins with a parable that is one of my personal karmic journeys. Although it is true for me, it can be fiction for you. The purpose is to engage your intuitive brain in finding something within the story with which you can relate or that engages your empathy for the ancestors who've paved the way for our lives today. Certainly, it's not expected that you've had any of these traumatic experiences, as all the stories are of the history, ancient and modern, that blazed the trail for the condition in which we find ourselves and the planet at this time.

The purpose is for you to exercise your compassion by connecting to similar feelings, beliefs, fears, or genuine joys you may have experienced in the accomplishments and trials of your life. Open yourself to empathize with the ancestors and the powerful experiences of their times. Ultimately, acknowledging their stories and offering them the opportunity to grieve through you or receive your authentic gratitude for their wisdom, which can now become your own.

Each part includes eight sections:

The Slayer's Weapons are a set of keywords that are positive or negative dynamics we all experience, such as joy or self-pity. It is through these

dynamics that the slayer is able to witness themselves and others by learning about their deepest spiritual expression—transforming their patterns and environment.

The Karmic Story, as mentioned previously, is from my personal soul history. Its objective is to connect you to your compassion, empathy, and the stories of your own spiritual archive and those of your biological and spiritual ancestors.

The Illustration has been derived from aspects of the spiritual and physical journey of the Karmic Story to help one visualize the magic of the multi-dimensional realm. It personifies how our unresolved past intermingles with present time and creates the future.

The Slayer's Path is the overarching theme a slayer must confront in life by embodying a new way. The concept helps the slayer discover their truth and align with it during the particular phase of development that the path heralds for the slayer.

The Warrior's Hidden Motto is the internal dialogue or the underlying beliefs rooted in insecurity that are the basis of the warrior's conflict to be overcome. At the heart of every warrior is a cause they struggle to resolve. Once dealt with, another will appear—that is the way of the warrior. To become a slayer, one must learn to challenge their need for conflict by releasing themselves from the opinions and actions of others—finding cooperative ways to prosper into the future

The Slayer's Dilemma is the spiritual, mental, or emotional dynamic the slayer must cultivate in order to shift their spiritual patterning. Doing this allows for the reconciliation of discordant or undesired relationships that are no longer necessary to the slayer's growth.

The Slayer's Motto is a tag line or affirmation that a slayer can repeat to remind themselves of their chosen path.

The Slayer's Pact is a unifying idea that all slayers commit to on their journey.

The Slayer's Altar and Ritual is the formula to create a sacred space (altar) and process (ritual) in your home, assisting the slayer in aligning with their highest good and cultivating the mindfulness necessary to recognize the deeper spiritual patterns impacting their lives. It is the physical-world offering that completes and cements the slayer's commitment to overcome any deeply rooted pervasive energy and heal on every level.

The information in the chapters will offer an opportunity to expand your understanding of how you relate to the fundamental building blocks of your life in every way and the spiritual patterns that currently govern them. You will take an in depth look at: your relationship with food and money; your

friends, lovers, and family; your environment; the dynamics of authority, fear, hate, and death; and your karmic relationship to sexuality, creativity, spirituality, and the Divine. The purpose of the book's design is for you to access your own stories and self-truths.

Through the process of reading and working the exercises in the book, you will gain insight on how your karma was created. Most importantly, many of the exercises consist of stream-of-consciousness questions—asked in a succinct manner, to be answered quickly and without deliberate thought—to help you recognize your subconscious chatter and your spiritual imprints, which are waiting to reveal what you have and what you will need to transform your karmic relationships. Along with the karmic patterns that are being healed, you'll gain understanding of the personal spiritual tools you've brought into this life.

There are many anecdotes among the pages. Some are actual experiences of clients, friends, and colleagues, written in their own words. Some are stories inspired by real-life accounts where the names and details have been changed to protect privacy and make the spiritual value of the story apparent. I've created them to illustrate, in a defined way, the specific spiritual phenomena at work. Finally, each chapter holds the tales of my life, containing some of the events, past-life visions, and spiritual experiences that illuminated my karmic stories.

I've always been empathic, psychic, and fully aware of my spiritual knowledge, even in the crib. I am not unique in this experience; people across the globe are having quantum spiritual shifts and moving their awareness into the fourth and fifth dimensions of psychic experience (your ability to channel, feel, hear, and see spirit). Sometimes, in the moment, we're not looking for a miracle. We're just looking for an upgrade—an upgrade of our thoughts, feelings, circumstances, and opportunities. Just a minor adjustment in perspective lets in more light on a situation. That light becomes wisdom. And that wisdom, overtime, becomes the resolution we need.

Everywhere, people are opening to their own personal karmic diaries and that of their biological and spiritual ancestry. All, so that together we may begin to heal our many cultural wounds, unwanted karmic patterns, and restore our collective heart and the planet that sustains us all.

This time of cataclysmic politics, earthly changes, and humanitarian confusion is both powerful and life affirming for those who will accept the challenge of digging deep to unravel and heal their own self-contempt.

GOTRACEE PUBLISHING

PART ONE

PLENTY

*Your Karmic Relationship
to Food and Money*

GOTRACEE PUBLISHING



**Your Karma Wants You to Believe There
is Not Enough—There is Always Enough**

The Slayer's Weapons:

Balance, Math, Reason, Abundance, Ebb, Flow,
Memory, Consumption, Input, Output

GOTRACEE PUBLISHING

The Karmic Story: The Art of Remembering What's Important

Everything was dark for so long. In fact, I didn't think it would ever be any other way. At the end, there was not much of a transition from life to death; the darkness permeated both. It took decades in this spiritual dimension where my soul exists to recall the slow and steady reduction of my people—first in rumor, then by slander and harassment, next through registration and organization, followed by segregation, and finally via deportation and murder. This was the devastation of the Jewish Holocaust from the early 1930s to May, 1945.

A celebration on the farm was always plentiful. We were a simple family of pig farmers in southeastern Poland, near the Dunajec River. Oh, how my mother loved to set the table with her special dishes lined with gold, resting upon freshly pressed linens. The clanking of the pots and pans in the kitchen signaled the preparation of a feast with at least two different meats, roots with cabbage salad, dumpling soup, and pierogi. But my most favorite part of those dinners was my grandmother's cherry pie at the end. The women would cook all day and let me help.

I had been hunting in the mountains when the Nazis began their invasion of Poland. It wasn't long until they had commandeered our farm, and we were shuttled off to the city of Kraków. Eventually, the Nazis registered what little property we took with us. I, however, was able to keep hidden from them my grandfather's gold pocket watch.

In retrospect, I'm not sure why we hadn't seen the genocide coming, as it had just happened to the Armenians by the Turks of the Ottoman Empire. It was a devilish time we were living in. The memories of those special dinners kept me afloat.

One night, a friend decided to have a secret gathering for his birthday. He lived in the middle of the city, and a small group of us met early in the day so as to make the curfew that had been established. There wasn't much to celebrate with, but it was good to spend time with friends.

I remember trying to get home undetected; it was already past curfew that night and the SS (Nazi police) were out in force. It was colder than usual, and I'd forgotten my gloves. The cobblestone street was dark and silent, and I heard some of the SS men coming down the way. I ducked into a rounded stone entrance to the airshaft of a building to hide myself until they passed, when I was conked on the head by someone waiting for me. They must have been lurking in the shadow.

As it turns out, there was another entrance to the alley on the other side of the building where a little light shown through. They must have seen me from the minute I walked out of my friend's door and were toying with me the whole time—thriving on my fear—waiting to see how long it would take me to realize there was no hope of escape.

I woke up in a building somewhere. I believe it was Altdorf, one of the camps of Auschwitz. It was dirty and the smells were atrocious. I couldn't imagine what was causing them. They had me propped up in a chair, and while they never tended to my injury, they clearly wanted to keep me alive to see what else I was hiding. As fate had it, they'd seen the glimmer of the full moon on my grandfather's gold pocket watch; I'd glanced at it as I stepped out from my friend's flat onto the street. Meanwhile, the hit on the head I had sustained concussed my brain. From that moment on, most of my memory vanished.

The Nazis kept me with them for days, believing I was a spy, or maybe hiding other things. Finally, they transported me to another camp at Auschwitz, and over the coming days and months, I was shuttled from place to place and given odd jobs. I wracked my brain, trying to summon to mind anything before the night I was taken. I couldn't remember who I was or what I did. Was I really a spy? Did I actually have a treasure hidden somewhere? Little did I know, I was just a pig farmer.

It was the fall of 1942. They passed me around from one location to another, doing anything from laundry to office work, until I took ill. I couldn't remember my last decent meal, and the memory of grandmother's cherry pie was gone. I was sickly and holed up in a basement where someone occasionally looked in on me.

Mostly, I was left alone with deafening silence, seeing the faces of people in my head whom I couldn't remember—neither their names nor our relation. In the end, I took comfort in their presence, in the blankness of seeking the understanding of a meaningful life forgotten. We were all victims of this senseless tragedy perpetrated by criminals—vacant of their humanity—disguised as the authority.

I was feeling the sovereignty of my spirit leaving my body more every day, until finally freedom came. Yet still, there was darkness.

Lucas and Me

For years, the subtle presence of father's fourth great-uncle Dornblaser has clung to life within my spirit. From the childhood moment I sat at my mother's feet looking at the book she'd handed me as she worked at her

desk, to the current constant gnawing anxiety in my stomach as I sought to uncover the real account of the story I'd read back then (for which there is no lengthy record), I have been haunted by that book. It revealed the story of Lucas Dornblaser and his dismal demise from dysentery at Auschwitz. You have just read his account of what happened, not from any book but from his spirit to mine.

My mother was a wife and a homemaker, but also a genealogist. It was her passion (among many). The perfect fit for the life she and my father had created—a life that revolved around him. One day, as she sat at her desk in the little formal dining room off the kitchen, she sat in awe of something she'd found while tracing the ancestral roots of my father. It was a book that chronicled the many stories from Auschwitz, or World War II in general—I'm not sure exactly. What I do know is the book she handed me, and the paragraph she pointed to, told the story of a man she believed to be the fourth great-uncle of my father.

The words of that seemingly harmless paragraph left an imprint on me and crystallized the one that already existed in my soul. Together, they forged the way I expressed myself in my life in many ways. Not because I was young and impressionable, no. Children are less suggestible than you'd think: they'll receive the energy that their soul already supports.

As the book conveyed, Lucas died a painful death in a concrete basement in Auschwitz in 1942. However, there was no factual accounting of who he was or how he got there. So, for the many months of writing this book, I sought to call down the anecdote of his life from the source.

As an empath, I experience life by allowing the spirit of a person, an event, or an emotion to move through me until I have a complete understanding of every detail I need for the story to make sense. Every day, I gleaned the images of his life: calling on him to speak his truth, anticipating my ancestors to come forth, and waiting for his spiritual guides to offer a morsel of his evolution that could connect the two of us. And every day: nothing. It was a grey blank screen. I began to feel fearful. A little constant anxiety of a pending failure surrounded me. My world was a little darker. My mind became blank and my heart had a shade of apathy I didn't recognize. The once beautiful red roses I'd cut from the garden had slumped and died, and I hadn't noticed.

A trifecta of depression had taken over: weariness, fear, and apathy. This was all that was left of the once creative desire to give voice to an ancestor who deserved his dignity revealed—who deserved to have his story told.

“Why wasn't he speaking to me?!”

I felt so impotent and frustrated. But, as with anything, often the very thing we're looking for is already right in front of us. Finally, it occurred to me that those were the images of his life—at least the ones he could remember. I was experiencing his trauma: the feelings of powerlessness, darkness, and apathy that came from his amnesia.

I reflected back on what I'd been asking: who was he? And as it turned out—*he didn't remember*. It took an enormous amount of time and focus, speaking with him on the subtle levels, bringing his soul out of the darkness. Until, finally, a dream...

Our beliefs are the inner path to discovering our character, ultimately connecting us to our common spirit.

Welcome Home

Yom HaShoah: Holocaust Remembrance Day

On May 2nd, Yom HaShoah, I was given a dream. The six-million-plus humans who were murdered in the Holocaust are back. They've reincarnated—members of the new global-tribe—here to reawaken hope for the weary.

The Dream:

The doorbell rang. I felt an enormous delight as I approached the large sky-blue glossy-painted wood door to the vast antebellum home I appeared to live in. I looked through the peephole. (Evidently, I still needed security in my dream.) There were endless groupings of people streaming onto the wrap-around porch of this ample home. They were every size, shape, ethnicity, and culture. You couldn't see their religion, or their sexual orientation, or notice even their gender for that matter.

Some were carrying plates, bowls, trays, pots, and casserole dishes full of food. There was a spiritual richness—a wisdom—emanating from this crowd. I could feel authentic character reverberating from each of them. I anticipated an experience akin to sitting for tea with Dorothy Parker at the Algonquin Round Table or conversing with Harriett Tubman under a shady oak. The folk in my dream all brought something, whether or not it was immediately obvious to the eye. Everyone was dressed in colorful, casual elegance, genuinely happy to see one another as if it were just another Thursday night. I think I was the only one new to the party.

Some of them I knew, others I did not; regardless, my heart pounded out such joy as I embraced each of them. And then there was Father's fourth great-uncle Dornblaser, adorned in a fresh linen suit with a straw fedora (classic,

yet contemporary). He looked so young, beautiful, glowing—standing with his arms outstretched. I lost my breath.

Next thing I know, I'm walking back into the house, leaving the front door open, and heading towards the kitchen. It was filled with people laughing and chatting while they were preparing and cooking the food. I continued on to the dining room where the long rectangular table was beautifully set with crystal and hints of gold. It appeared to have no end.

As I gazed out over the crowd, every face was unique. They brought a tradition of love, a culture of kindness, and a defiant peace. And it's what I became filled with in their presence: the human values that connected them to one another. Their spirits carried a voracious dignity. They embodied an integrity of knowing the formidable price claiming a title carries. They had gained the understanding that our beliefs are the inner path to discovering our character, ultimately connecting us to our common spirit.

Most of all, their spiritual heritage had shown them that hate was nothing but a faulty alarm system—eventually costing everything. It signals you to what you fear or despise in yourself, not others. Hate is the enmity that keeps you in a low place—vulnerable to the voices that would have you believe this hate is righteous, necessary, and powerful. It deceives you and hides from you the very casualty of wartime weariness—equality. Finally, in the end, hate combined with delusional fantasy, narcissism, and spiritual evil propels a human to do unspeakable things.

Yes, these slayers have reincarnated throughout the decades, but in force (especially now) to recapitulate what may have been overlooked before—so history will not repeat. This time of cataclysmic politics, earthly changes, and humanitarian confusion is both powerful and life affirming for those who will accept the challenge of digging deep to unravel and heal their own self-contempt.

Endless Ripples in Time

The truth is my father's fourth great-uncle had been with me the whole time, telling me his story through the only images he had to offer: the subtle faint impressions left from his amnesia, and the emotional essence of all the ways he'd been led to such a fate.

One of the elements alive in the karmic spiritual patterns of genocide, but often diminished in the collective emotional memory of the subsequent decades following war and tragedy, are the subtleties and seemingly minor decisions made by those alive at the time. It is the collective effects of those minor decisions that create cultural agreements. For example, an individual's decision not to respond to societal issues because they don't appear to affect the individual directly—this creates an unspoken cultural agreement.

You see, he'd been speaking to me about what it feels like to trivialize each right as it is slowly being taken away. He was too tired and fearful to make a stir. The world outside him appeared normal enough, or at least he grew used to the effects of each mental, emotional, or spiritual assault by the governing body until he no longer remembered what it was like before. He put out of his mind what he saw happening to others, until it was happening to him. Circumstances never seem nearly as important or life threatening until they're happening to you; that is how he got there.

Understanding karma means being able to recognize the multiple ripples an event sends out through time and space, and how each of those layers affect each generation, based on their specific vantage point to it. For example, there are several lenses through which we are born into a relationship to a previous tragedy. Here are a few of the current soul groups and the unique vantage from which they process an event like the Holocaust:

- The current living survivors
- The people left to address the geographical space where the event took place and the energy it holds
- The friends and family who have experienced a direct loss from the tragedy
- People who have experienced an indirect loss from the event, i.e., the shame, grief, guilt, anger, depression, fear, anxiety, and dismay that is created in the collective culture as they relate to the event
- Those who have reincarnated with the spiritual memory of the event
- Those in subsequent generations who learn of the event through history books or another person's viewpoint

When speaking of the Holocaust, no matter the position from which you look, there is a subtle yet deeply abiding impact in ways that may appear rational and some that may not. For me, as you will read in the upcoming pages, the direct ancestral-spiritual impact of this event was the foundation of my relationship to food, nutrition, and health. I was constantly monitoring and focusing on how much I had or how much I needed—on every level. May the following pages trigger and reveal your own spiritual patterns regarding food and money, as well as the self-knowledge and acceptance inherently attached and exposed as the unraveling begins.

"AMORAL LEADERS HAVE A WAY OF REVEALING THE CHARACTER OF THOSE AROUND THEM...
MR. TRUMP EATS YOUR SOUL IN SMALL BITES."¹

— JAMES COMEY

The Slayer's Path: The Practice of Remembering, Learning, and Having

Uncovering your soul's innate blueprint, discovering new ways of managing or changing those unconscious habits, and making peace with what you have—are powerful challenges. Having a lot is often complicated, having too little can be disheartening, and having just enough makes you wonder if you need more. Cultivating balance is a lifelong pursuit and is dependent on the spiritual imprints of your soul, your subconscious relationship to food and money, and how well you manage the most basic elements of all you possess.

A slayer must:

- Develop self-awareness of their personal and cultural spiritual imprints (or karma)—the practice of remembering the vital elements of the mental, emotional, and physical conditioning and ideology with which they are born, and grieving or celebrating the truth about it.
- Become adept at learning the process of receiving new information that challenges their beliefs.
- Have the processes established to manage emotion, knowledge, and the physical world—all in a balanced way.

Essentially, our spiritual and often unconscious relationship to food and money are the two things that become the foundation of all other connections we will make in our life. Especially if we have *more than*, or *not enough*. For those who find their porridge *just right*—they can celebrate their good fortune with gratitude for the opportunity to experience the foundation of prosperity and build from there.

Auschwitz: It Is Safe to Remember

“Endlösung der Judenfrage” was the Nazi plan to murder Jews living in the territories occupied by the Third Reich. Translated it means: Final Solution to the Jewish Question. You might ask: *It may be safe to remember everything that happened, but why would I want to?* Within the very fabric of your spirit is the essence of every cultural trauma that has occurred—not just the ones connected to your specific heritage but all of them—as they continue to exist today in some way, shape, or form.

We keep the energy of those events woven in our spiritual memory in many ways: via our past-life or soul history, by the energetic imprints in the environment, or through the experiences and beliefs of others that

are spoken over us like paint poured on a canvas. They are kept in motion for a few reasons: first, so we don't commit those tragedies again; second, because the people who lived through it in one generation now grieve their pain through us; and third, spiritual pain has a cumulative effect—it is a powerful teacher.

The continual change of perspective leads to an upgrade in ideas that brings about a release of grief and pain until they are definitively transformed into a completely new energetic vibration. We are not free of the memory, but we are imbued with the wisdom to understand and transform what caused the trauma in the first place. This renders the memory powerless.

Remembering means taking an honest look at the cultural climate that cleared the way for such barbaric human behavior. The only way to truly understand what we consider evil from our viewpoint today is to bear witness to it without hate, anger, or fear—in peace—opening your heart to where others went astray. When you break it down to the very slim foundations of any deafening cultural assault, you can always find the illusion of scarcity at its origins—the deep tendrils of lack that inspire in a few vacant souls: gluttony, power mongering, and greed.

The purpose of resurrecting the memory of instances of cultural genocide is to grieve the specific pain left in the collective emotional body of all those affected, to offer perspective, and to release the emotions attached to the response that was given or denied. Finally, we remember to create a moratorium in similar present day behavior. Karma means understanding the journey leading up to an event, the processing of all the elements of emotional expression caused by the event, and then applying that new conscientiousness to your choices today.

Overcoming Scarcity

Forgiveness is a way of life. It is a perspective that allows for bitterness to seep into the ground and become useful for the seeds of inclusivity to grow. It is important to begin by using your deeply held beliefs to uncover and reveal the Truth. *Your* truth leads to *the* Truth—the convictions we hold that are true for us and become the basis of our separation from others. Ultimately, they make way to what universally connects us and includes everyone.

We all carry a bit of social bias and bigotry. And all bias is anchored in scarcity in some way: what you can't have, what you don't have, what others are keeping from you—anything you believe implies there just isn't enough

for you. Now is a good opportunity to admit these subtle or obvious beliefs exist. Explore what they are. Recognize them. Find out why they live in you—then grieve.

Cry, explain, and wonder your way to forgiveness—giving compassion to yourself and your ancient broken heart—through letting go. The first step to overcoming scarcity is to evaluate your relationship to food and money.

War Equals Money

As long as there have been humans on Earth, there have been wars. Albeit, in simpler times there were simpler skirmishes, but conflict is always about the search for a better life or protecting life itself. In less populated centuries, battles were initiated over land and food, human and geographical resources, and then opportunity and commerce. But ultimately, wars have been—and still are—instigated over the illusion of ownership and money. No matter the wartime facade (whether it be freedom, independence, anger, entitlement, retaliation, or human rights), war equals money.

Spiritually speaking, after the mask is lifted from the wartime machine meant to garner forces and generate the flow of cash to the few who benefit from it, what is left for decades to come? What is left are the waves of breaking down and building back up of the human condition on all levels. The mental, emotional, physical, and spiritual effects of war will endure for lifetimes and are imbedded in our culture today. If you look deeply, you will see the subtle reverberations of war-based scarcity impacting your current relationship to money, with very few degrees of separation if any.

Food Equals Life

Yes, this is the general rule. However, it may not be the truth for some: there are accounts and scientifically noted claims of yogis abstaining from food and water for up to 70 years², hunger strikes for over 70 days, and a man addressing his obesity by fasting for over a year to lose more than half his body weight. I, myself, have gone over four months without solid food. The truth about food and water, for each individual, is where they put their attention and belief.

When you focus on the spiritual elements of yourself, your world opens up to another level of need and self-awareness. This allows for a wider array of opportunities that meet all your needs. Whereas, when you focus on your physical experience, you become centered on fulfilling all your needs through your body—which isn't possible.

Your Relationship with Food

Your relationship with food isn't only your connection to the multiple kinds of foods, recipes, and meals you will traverse in a lifetime, but it speaks to the very essence of how you relate to your ability to have sustenance, nurturing, safety, and life.

I have always had a fairly common relationship with food; that is, I've always needed to have a little extra of everything, just in case. Emptiness was akin to vulnerability, in my mind. I've never hoarded, per se. I just wanted to be sure I wouldn't run out of anything—certain household goods, for example. When shopping for toilet paper, I'd buy 36 rolls even though there was only room for six. I'd buy 12 cans of tuna, just in case of an unexpected event. Other canned goods would sit in my cabinets for years, never to be eaten.

Food is a type of currency, but it is also a lens by which we see all other currencies in our lives. The way we handle money, the way we process love, the way we feel secure—all are a result of our original relationship to food. It is also how we gage whether there is enough for us in all our relationships, and the value of our ability to receive all that we want or need.

Understanding how we value currency, then, is the obstacle each of us must resolve within ourselves in order to survive. Ultimately, we must match the magnificent, regenerative, restorative abilities of the physical body with the limitlessness of our spiritual connection to light. When you open and expand your understanding of how you relate to food, a whole new world of receiving opens-up—all the way to the cellular level.

When your body becomes fluid, any stagnation or *dis-ease* that exists becomes obvious. What else becomes obvious are the finer patterns of where the stagnation began. On every level—mentally, emotionally, spiritually—you will see the thoughts and events that formed the energy of that broken leg when you were five, or that cancer you are fighting so hard to overcome. You'll be able to see and understand why things happened the way they did and what you gained from them, giving you the ability to release yourself from the spiritual trauma left behind. This will allow you to view yourself, and all of your encounters, in a way that most serves you today.

That's not to imply that any suffering we experience doesn't serve us and that we shouldn't choose it, it's exactly the opposite. Suffering is an opportunity for us to be clear about what we're doing and why we're doing it—to see the historic patterns, understand them, and embrace the entirety of the experience.

A little refresher from the previous *Demon Slayer's Handbook* volumes: grieving for ten minutes or more actually changes the neurons in the brain, essentially transforming the information being grieved, and leaving room to repopulate the brain with a new concept, idea, or reality. Grieving allows us to recognize the shadow (or unknown parts of ourselves). It is the real honey in the hive—the rich karmic patterns that sustain us through time and space.

We rediscover each recurring spiritual design of our soul and its purpose, knowing we can be released to another vibration of patterns that deeply express and transform all we are capable of. This, in turn, leads us to an inexhaustible sense of self-dignity and a more genuine compassion for others far and wide—from all who reside on this planet to galaxies across our solar system.

The Relationship Between Grief and Food

The indelible connection between food and grief is powerful. People naturally attempt to over feed or starve the grief they feel instead of expressing it. Our desire to eat comes from signals sent from the amygdala, the primal emotional center of the body found in the brain. These emotions also are responsible for interpreting our level of safety. When someone is feeling unsafe, regardless of the threat—physical, mental, emotional, or spiritual—they will seek to counter that lack of safety.

Those of us who have a deeper awareness of (or more exposure to) the subtle vibrations that connect us to the feelings and psychic terrain of others will often receive those psychic signals as an unconscious threat, from which they must protect themselves. The actual threat is the taking on of others' emotions that consolidate our own into an impending wave of grief that is at best uncomfortable, and at worst, overwhelming. The real antidote to this psychic threat is grief; regardless, depending on how one feels about it, eating can create a false sense of comfort.

It's common for anyone who has deep empathy or is in the helping business, or who has experienced abuse and been victimized in some way, to use food as a tool of comfort in times of stress. Any extra pounds the body carries serves as a layer of protection to the intuitive frequencies around us. In my experience, it doesn't work for long and puts off the inevitable grief for another time—or even a different lifetime.

Cinnamon's Story

One such account is that of a longtime client I met over a decade ago. For the purpose of this book and anonymity's sake, I asked her what her pseudonym should be.

“I’ve always wanted to be named Cinnamon,” she replied.

It made perfect sense: she’s spicy and sweet and leaves a lasting impact anywhere she goes. I’d like to share with you Cinnamon’s story.

Cinnamon spent her life feeling too big for the world. By kindergarten she was the largest, tallest kid on the playground, even amongst the boys. The youngest of five children, and as a member of an ultra-thin family (rail thin by her memory), she always felt different. With the sudden loss of her father at the age of two, tragically, this young family was left in emotional ruins. Her mother confessed many years later that Cinnamon would sit and watch her cry way too often, and that always, her daughter’s response was to say that she would make it better. Cinnamon became the empath of the family, taking on the grief, anger, and frustration from which the other family members found it easier to look away.

As a teen, and on into adulthood, she became an emotional eater. Like a binge drinker, it soothed and quieted the demons inside—for a time. As her weight exploded and health deteriorated, an overwhelming feeling of hopelessness took root. There was no way out—no way to lose the more than 100 pounds needed to come off in order to assuage her many anxieties and physical issues. She told me she would’ve sold her soul to lose that weight. Deep inside there was a constant desire to be happier and to find some peace. Soon, she began therapy with an eating disorder specialist. She had some success, but not the relief she needed.

“By the time I met Tracee I was on a path to heal,” she reported, “but still searching for what I knew was missing: the piece that would fill that deeply lingering void. Our first session surprised and startled me—I was astonished that my soul was so willing and eager to help me.”

I remember meeting Cinnamon for the first time. She was majestically stunning, with a hero’s laugh. We were in the heart of the Bible Belt. I had a lot of respect for all my clients who had the courage to step forward, addressing their deep-seated spiritual patterns and the entities they carried, outside of a religious context. It’s one thing to face the scary, hidden parts of yourself and another to do it while moving against the cultural norm of your family and friends.

As Cinnamon and I began to dig into her relationship to eating, it became clear that her connection to the extra weight wasn’t related to food. It was connected to her desire to ground the additional emotional energy she took on from everyone in her environment. Not only did she receive energy from those she knew and loved, she was also a magnet for other spiritual entities. She recalled the following experience from one of our sessions.

“I remember sitting with Tracee; I think it was our second session. She had spoken of the difference between ghosts and other entities in our first session. In fact, I think I originally went to see her about my haunted century-old house. We were talking about my body consciousness, and she asked if I was happy with myself. I said, in general, I was, but that I’d been frustrated that my new weight loss program was not progressing at all. Tracee suggested that we try an intuitive exercise and asked me to close my eyes.”

I guided Cinnamon’s attention to the place in her body that was holding her resistance to losing weight. She immediately identified her belly. When I asked her to acknowledge the energy in that area, she laughed out loud and said, “They told me to fuck-off.”

“Oh, I see. How many critters are there?”

Cinnamon laughed again and said, “Too many to count: a horde. A horde?! Terrifying!”

This time we both laughed uproariously. It’s common, during a shamanic healing, to have an experience you can’t possibly imagine having until you have it—and often, laughter is the best response. Once the guffaws subsided, we went through a visualization process to remove the spiritual energies from her body, and she immediately felt the energy shift. We visually filled that hidden space with the energy of hope and a golden-yellow light.

Later she recalled:

“It was profound. It gave me the emotional expansion I needed to accept myself fully and for my soul to heal. A new space opened up in me that was filled with hope and peace. After that, I made the decision to have weight loss surgery and have lost 135 pounds. The surgery itself was just a tool, a tool that I am able to use to this day—exactly four years later. I don’t believe it would have worked if I’d not rid myself of those spiritual entities, which I affectionately call *The Horde*.”

Releasing the horde of entities allowed Cinnamon’s energy to shift completely and to change her resonance—no longer feeling an obligation to take on the grief and pain of others. It was just the lift she needed to change and sustain her detrimental relationship to food to one based on actually feeding her body the nutrients it needed to remain in balance. Cinnamon has since opened her own art studio and has dedicated her life to creating art that helps others expand their perspectives on life.

A little refresher from the previous Demon Slayer's Handbook volumes: grieving for ten minutes or more actually changes the neurons in the brain, essentially transforming the information being grieved, and leaving room to repopulate the brain with a new concept, idea, or reality.

Food Intake and Output: A Child's First Opportunity to Control

If you've ever spent time around a willful child, it's common for food to become a negotiation tactic to get them to follow instructions or behave. Essentially, a child's first ability to control themselves or others is to refuse or embrace food, and at times, dictate at what point they release waste by peeing during a temper tantrum—ramping up the emphasis on their willpower.

Not for nothing, but your irritating little human is beginning the art of self-mastery. The most profound job of a parent is to define and enforce boundaries under all circumstances, and when it comes to food, naturally, their habits can easily become the habits of their children. Every morning my father would drink a six-ounce glass of orange juice and raise his pinky finger as he drank it. These days, I don't drink juice too often. When I do, it brings pleasant feelings—and you can bet I'm flying that pinky every time without thought.

The first five years of life can reveal a child's spiritual predisposition towards food (their food karma) and can inevitably dictate their eating behaviors and patterns in conjunction with cultural traditions, familial beliefs, and food availability. The combination of these factors and a child's rapid growth ultimately builds their connection to their physical bodies, sense of safety, environmental mastery, and self-control.

It's been proven that we eat for multiple reasons other than being hungry; in fact, we may feel hungry when we are sad, thirsty, anxious, bored, or dealing with any other conditioned response we have connected to a snack. If we were children who were rewarded with food in our early development, it can be expected that we will reward ourselves with food as adults. So, how do we go about recognizing the mental, emotional, and spiritual connection to the what, why, and when of our eating dynamic?

Take a moment now, to jot down some notes on your childhood experience with food to include in the ritual at the end of the chapter.

Self-Loathing and Food

In American culture today, we make great strides to honor all shapes and sizes, but the focus is still superficial. The fact that someone is or isn't overweight is not the issue. The issue is the individual's relationship to food and their behavioral eating dynamic. The spiritual root of the way we acknowledge our physical body is understood through the concept of self-loathing.

Human beings take in millions of pieces of information at all times. The goal is to access, metabolize, and interpret as much of that information as we need, based on our evolution. Imagine for a moment you are your bodiless soul, floating around the universe free and unencumbered by physical matter; your vision, awareness, and feelings—as they are today—are all intact. The only things missing are the physical responses to those feelings.

Now imagine being injected into a little infant body—a little fatty blob of flesh generated for you by your parents—no access to the soul memory of who you are. Feel the brief moment of devastation the spirit feels entrapped by that body's inability to express the spirit's vast information and experience. That is self-loathing.

In this context, self-loathing is the initial lens by which we perceive all the ways we relate to our physical needs, getting them met, and often the way we make efforts to interpret, ground, or ignore our emotions. It's important as you contemplate self-loathing to be mindful of the true meaning of its presence. All those things you don't like about yourself or others are the hidden, powerful aspects of your spiritual and emotional knowledge. Once uncovered, they will reveal your unique skillsets in life. Start by taking a moment to review your connection between emotions and food.

How many times have you used food as a bridge to:

- Celebration?
- Comfort?
- Boredom?
- Distraction?
- Quelling anxiety or grief?
- Making friends?
- Contemplating a decision?

These are only some examples. There may be others that come to mind for you.

Rejection: The Beginning of Self-Mastery

We all have a baseline of rejection—how we are conditioned to receive it and use it. Whether we are rejecting ourselves or others, things or ideas, food flavors or consistencies—it is a pathway to meeting our own needs. In this life, it begins with the body's processing of food.

If you eat something that isn't right for you, your body will reject it in some way, shape, or form. Whether a subtle or obvious response, your body's intelligence knows what is right for you at any given time during your life cycle and its changing needs. Learning to listen to your inner voice and your subtle physical responses—outside of any fear-based conditioning—is the key. As a child, I would break out in hives any time I ate a tomato product. My memory of this faded, but my antipathy toward them remained. It wasn't until the last decade I started to question why I disliked tomatoes. My sister, in a conversation, revealed to me that in my early years I had an allergy to them—the experience of which I had no memory. I decided to give tomatoes a go again, and to my surprise, I enjoyed the taste and no longer broke out in hives.

Physical and emotional pain or irritation is the first obvious physical response to something that doesn't serve us. But before pain comes, there are the subtle impulses of rejection. The glimmering thoughts of *I don't like that* or *I don't want that* are the initial messages often drummed out of our realm of authority early on in life. This happens when a parent insists their child eat the brussels sprouts or drink the milk, in spite of their objection. This can be based on anything from socio-economic status, as we learn to like what we can afford, to a controlling, fearful, or delusional parent. A person can only educate another with what they have or know—the best or worst of their experiences.

We had several rules at the dinner table in my family: dinner was served every night at 5:30 sharp, no elbows on the table (or you'd squish the invisible fairies), and you had to eat all the food you served yourself. One of the most potent memories I have of childhood dinnertime was chatting while passing around the food dishes, as we each served ourselves a portion from each bowl. Not paying attention, I served myself a half plate of lima beans—my most despised food. You can imagine the response of horror I had when remembering the finish-everything-on-your-plate rule while looking at my nearly full plate of limas. I burst into tears and begged to put them back. For a five-year-old, it was pure terror.

Even though my mother compromised and let me return half the limas, it took dressing them with a quarter stick of butter to get them down. In spite of it all, I occasionally enjoy them today. I do believe, however, it was the beginning of my love affair with butter.

Today, as I sit down at the table for a relaxing meal and nonchalantly plant my elbows on the table, my body reels back with a brief pang of guilt for the possible murder of my beloved fairies. And then I think: *fairies can't die that way!*

Your Relationship with Money

The connections we make between food and money are indelibly linked. Often, the food options and habits you have are a direct result of your access to money. Money affects everything from what you eat, when you eat it, and how much of it you waste. If money has been free-flowing in your life, then you are more apt to have a relaxed physical connection with food. It most likely has always been available to you anytime you wanted it. Conversely, if at any point you have genuinely hungered for a meal, you are more likely than not to focus on every meal that comes your way.

Similarly, learning to have money is just as much of an acquired skill as learning how to go without. Our karmic, familial, cultural, and experiential beliefs—for a time—dictate how we feel about and use money. The illusion of my solidly middle-class upbringing immediately hollowed out with the death of my father. Although we had practically paid off our nice house in a stable neighborhood, it was only because of my mother's ability to fiercely wield a budget that the bills were settled every month. We went from eating many fresh foods to more canned options, and we used dry milk to supplement the whole milk we had been used to drinking.

Interestingly, my older sister remembers using powdered milk before my father passed, as a lower fat option. My direct memory is starting the dried milk after my father died, as a money saving option. Both of those memories could have some truth to them. But importantly, they reveal the underlying, differing spiritual relationship to having enough that was unique to each of us.

It is these subtle perceptions that make us individuals. Distinct in our special combination of imprints, we hold different truths based on our perspective and experiences. Those subtle personal truths will lead us to the overarching spiritual Truth we all have in common. It is these subtle personal beliefs that garner our social biases, not only dictating our relationship to ourselves but also our relationship to others.

Today, there is no situation where we don't need the influence or connection of another to access food or money. Think about that, everything we do, on some level, includes others; understanding this will help make clear to you your foundational relationship to food and money. This comprises any

inherent conflicts or solutions you hold on any level: mentally, emotionally, physically, spiritually, or etherically (the etheric body is the first layer of the energy body that governs physical habits). Go forth, reassured that anything you learn—good, bad, or indifferent—is certainly better known as opposed to hidden. What is within our conscious perspective, we are empowered to choose or change.

The Warrior's Hidden Motto: Need Less

The warrior's path is always one of conflict and struggle. A warrior seeks out conflict in order to find its path to resolution. Once resolved, he will move on to the next conflict. The warrior's hidden motto is the underlying belief or emotion that drives their mission. When we are struggling with the dynamic of having enough or more than we require, we must overcome the sneaky fear of being a burden to others. I've heard at least a thousand people in my career negotiate prosperity by trying to need less, so that their needs don't impact others. Counter-intuitive as it may seem, we tend to draw back, diminish ourselves, or reduce our needs in times of conflict.

Unfortunately, one cannot create more by needing less. We create more, first, by needing more. When you set your lowest common denominator of expectation to meet your needs, you eventually will create a life that meets all your requirements. Prosperity is born by surpassing your necessities and setting your sights on fulfilling your desires, contentment, love, and happiness. As you make the shift from the physical realm to your emotional wellness, your physical stability, wealth, and health will follow suit.

The Slayer's Dilemma: How Much is Enough?

Imagine your whole life you've gone without. There's not been much, and what you had, you had to share with others. One day, you are brought to a remote island with a cave deep in its volcanic matrix. The door to the cave is opened for you. In it is everything you've ever wanted, whether it's gold and jewels (riches beyond your comprehension), a banquet of food that replenishes itself, a group of people to love and serve you, or time to do, see, and express all that you are effortlessly.

The slayer's fear is that he will be escorted out as quickly as he was brought in, or that soon after her arrival, the many people with whom she must share will appear. Because, how do you believe in enough when there has never been enough? As we learned from Cinnamon's story, her life turned

around the minute she made the decision to put herself first. Her prosperity gained traction the moment she gave herself permission to be the artist she'd always been but had been afraid to reveal to others. Now she makes a living through her art studio and gallery, and her entire family thrives. Once you acknowledge your fear and allow yourself to learn a new way of life, you will find ways to receive and manage more of everything.

"PAIN IS THE BREAKING OF THE SHELL THAT ENCLOSES YOUR UNDERSTANDING."³

– KAHLIL GIBRAN

Complaining: Valuable Waste of Time

Complaining is a lazy way to avoid asking for what you want. When we complain, it is our intellectual way of accessing the pain, frustration, disappointment, or trauma that we are dealing with regarding the topic of our grievance. Unfortunately, if your protestation continues on into days and weeks, the next order of business is most likely grief. Emotionally releasing what bothers you first, allows for your objection to lead to a conceptual resolution of the problem. It frees you up to go to work on it, ultimately finding a way to figure out and then communicate what you want.

Remembering Your Karma

Becoming aware of your silent karmic patterns isn't as difficult as you'd think. But there are two things required: a deep desire to know the truth, and a complete willingness to be honest with yourself every step of the way. The spiritual patterns that govern your decisions are like a next-door neighbor, in that they've been there as long as you can remember. You may never speak, but you recognize the pattern of their footsteps or the jingle of their keys as they make their way to the front door.

You must now become aware of your own personal self-talk about food and money. Often, we can look at the things we are surrounded by to give us an indication of the beliefs we may be secretly harboring. One of the ways we do this is by paying attention to the biases we hold about others.

Take a few moments to contemplate what those biases are. Start with politics, weight, religion, healthcare, fashion, or immigration. No matter where you stand on the issues, there's a hotbed of information about you and your relationship to food and money that's dying to, unashamedly, spill out. But this time, instead of focusing on what others are doing, ask yourself:

What am I doing to help myself? What am I afraid of? Why? Remember, the point of this game is complete honesty—no judgment—just the opportunity to investigate the current beliefs and feelings you have.

The Slayer's Motto: I Create My Reality

We are always emboldened to create our own reality, even when it feels as if our destiny is set in stone. Believing our success is controlled by others or an outside force, and then overcoming it, is a stop on the path to prosperity. Its true lesson is teaching that we never really do anything by ourselves—even when we are independent. Our lives are made up of a series of things we are given and those we purchase, both connecting us to others. If we grow our own food, where did the original seed come from? In order for you to create the reality you want for yourself, you must get on board with collaborating with others for your success.

Doing that requires two things: letting go of money or resources being an obstacle to your fortune and accepting that your true collaborator is the Creator and Universe. Your intention and choices drive your spiritual energy to send signals to the collective energy source, informing it of what or who to send to you to amass what is necessary in achieving the result you're expecting.

Yes, the result you expect. The reality you have is based on the way you perceive your circumstances. The karmic connection governs the circumstances you are born into and the patterns you recreate over and over—until you don't. Whatever the state of your affairs, what's valuable is whether or not you perceive you are empowered within them.

Scott's Story

Many years ago, I counseled a man whose business was failing. It had been in the family for decades and survived three generations. Since his early twenties, the trade had been very successful, but at the point we met, every day was a struggle. He was thousands of dollars in debt and behind in payments. Not only that, the work had lost its luster for him. Every week we spoke of what his life might be like doing something else, and every week he was sure things were going to turn around.

It wasn't until he was about to lose the house and his wife threatened to leave that he was willing to have an honest conversation about what came next. The resistance he had at considering closing the door on this way of life didn't match what he had to lose. Of course, there were feelings of failure,

disappointment, and grief at letting down everyone in his family who'd worked so hard to build the entity that had sustained them all. Still, there was something else that was blocking him from letting go.

I decided to take him on a shamanic journey to meet face to face the obstacle that was holding him back. We called on the spirit guides that would join him in the endeavor, and at first sight, he burst into tears. It was his father who had passed several years back. He was overwhelmed at the idea his father wasn't angry with him for losing the business. In fact, the first thing his father said was:

"Son, that business is no longer necessary for everyone; that's why it's not doing well. It's not your fault. It was the trade of my father and his father, not yours. I am grateful you held on to it until I could let go, but now it's your time to find what suits you and your generation. Do something you enjoy and maybe something that serves others."

As he quieted himself from this completely unexpected message, we continued our visualization and walked through the door to meet what was truly holding him back. As he passed through, he absolutely fell into his grief, crying uncontrollably. Encouraging him to continue crying until there was nothing left, I waited. It was about twenty minutes later when we spoke.

I asked, "Who's in the room waiting for you?"

He said, "It's the man I killed."

Many years prior, he had been in a car accident and had hit a man on a bicycle. His name was Aaron. He did his best to help Aaron until the ambulance arrived, but the biker died on arrival to the hospital. Although the police deemed it an accident, Scott never forgave himself. Some years after the accident, he met with the family, and they offered their forgiveness; still, he couldn't forgive himself. He couldn't tolerate receiving compassion from everyone around him, so he began, in many ways, to punish himself. He pulled away from his wife, stopped spending time with friends, and began spending all his time at the business—which, despite all of his attention, was slowly losing steam.

Scott continued: "Aaron is telling me I have to forgive him. He says he's happy, and that it was his time. I don't understand. He wants me to know that he'd known of his pending death. Somehow he'd known, and he was at peace with it. He's asking *me* to forgive *him!*" Scott cried, covering his face with his hands.

"Scott," I said, "I think he's asking you to let him go."

About a week later, Scott announced the liquidation of his business. For the final month, he decorated a wall with photos of every family member

and person who'd contributed to its life—including Aaron. He figured, without Aaron the business would have diminished years before. Shortly after the liquidation was done, he learned how to install solar panels and got on a crew with a local company that was rapidly expanding. Today, he's a project manager. His family is happy. And most of all, Scott is at ease with himself and his life.

Addiction is Karma: Targeting Your Addiction at Its Core

Addiction is your longtime not-so-friendly companion. If you're going to win the war, you've got to know your enemy. Right? It's the most common approach people take when battling their dependency. But what happens when your problem is your friend?

Addictive patterns exist on every level of human experience: behavioral, physiological, emotional, and spiritual. That's why the suffering and disappointment continue even after the substance has been overcome. You can be addicted to work, a feeling, a behavior, or the attachment to an event—not just a substance, an action, or an activity.

So how do you address your recurring spiritual patterns that anchor your addictive choices—the ungrieved traumas from lives or centuries past—the ones you've lived with since birth? The first step is to recognize that the repetitive patterns you experience, at one time, had great purpose.

They were your champions, companions, and friends. They served you and even saved you from continuing harm. They are the revered elders of your soul's tribe, whose mission is to carry forward your power and spiritual history for generations to come. Doesn't that sound like something that deserves your respect?

Everything we do has purpose. The point at which we are ready to transition from the thought, emotion, or behavior of our once righteous, now outdated and inappropriate great warrior, is the moment we must take stock of his accomplishments. Through research and consideration, we must either give her a new job or our unfettered gratitude and retirement.

When it comes to our addictions, we must look for their place of origin. We have the power, knowledge, discipline, and love to transmute and transition all of them—at the time of our choosing.

The Karma of Eating Disorders

Many people suffer from deep-seated eating disorders like anorexia and bulimia. An eating disorder on the spiritual patterning level often has nothing to do with food and more to do with life, death, and control. I've worked with many clients who suffer with lifelong addictive patterns. Often, included in their spiritual imprints, is the soul memory of a death at the hands of another. Entering into the new life with spiritual memory of loss and death, manifests in the current incarnation as self-controlling behaviors.

One such client who recalled a past life memory of being gassed at Auschwitz-Birkenau had come into this life with the compulsion to help others in a holistic way. As a young man he suffered from anorexia. This peaked in his second year of college, weighing approximately 130 pounds with his 6'2" frame. Soon, he learned through therapy that he needed to replace the impulse to control his life through his eating dynamic with another eating habit that didn't threaten his existence. Embarking on a holistic path, he chose a vegan diet, worked as a colon hydro-therapist, and has devoted every day since college to helping others. He supports them in understanding and retraining their relationships to their bodies, eating patterns, and digestion.

Even so, he suffered greatly from nightmares, fear, and an irrational anger at having to waste so much time on food. The horrors of one of his nightmares led him to me. During our session, we regressed him back to the karmic point of origin of his conflict with food. As it turned out, the issue wasn't about food at all. The prevailing memory was the moment his frail body collapsed in the gas chamber of Birkenau.

After the past life imprint-recall, he grieved for seven days. He didn't work. He didn't see anyone. He stayed, for the most part, in bed and mourned. Today, he's now chosen the Flexitarian diet (occasionally adding meat or fish to a predominantly plant-based diet), still runs his holistic care business, and is in a satisfying relationship. These are things he believed he could never have while constantly under assault from his nightmares.

The Slayer's Pact: The Choices I Make are an Extension of My Power

A slayer must eventually accept their choices are theirs alone. No matter the inspiration or influence, a slayer knows that she is the one accountable for her actions. There comes a time in any situation or condition that we no longer want to continue—where we decide that things can be different. Once we've made that decision, the Creator can conspire with the Universe on our behalf to show us a new path forward.

Communication Takes Practice

The place to start is to accept exactly where you are: your feelings, your physical condition, your environment, and your beliefs. Next, if you're ready, state fully and completely what you want. What will be the end result of the change? It's almost impossible for anyone to give us what we need if we are unable to ask directly for it. Consider that communicating your needs and desires takes practice, even ones that are simple common sense.

When I was eighteen, I moved to New York City. After two weeks I landed a job as the cashier at Tom's Diner on 113th and Broadway. *Pete the Greek* was the boss. (That's what everyone called him.) Pete was thirty-six years old, about 6'2", and—of course—Greek. His pale skin (the kind you get from working 20 hours a day) distracted from his beautifully chiseled face. He had a handle-bar mustache that was big enough to take away the focus from his good looks, and was blessed with a charming *I am here to serve you* attitude. Pete made everyone who walked through the door feel welcome.

I was grateful for the work and the little money it brought. But soon, as all my circumstances began to change, I came to understand that NYC was my new home, or rather, it was the home I'd always wanted. And so, I was going to need a new place to live that I could afford and a job that would produce the amount of money needed to support my new life.

I'd worked as a waitress in my hometown—at the Souper Salad; surely, the skill would translate. Pete gave me a Sunday night table-serving shift to see how I'd work out, and I was off and running (to what quickly appeared to be the end of my waitressing career). As it turned out, the drink-serving skills I'd acquired from my previous job didn't translate to the fast pace of a New York City diner, particularly at dinner hour.

Pete the Greek was spinning me like a top. His everything-is-beautiful attitude soon gave way to another disposition. He was a yeller and enjoyed

screaming about everything, whereas I was non-confrontational and very uncomfortable with loud talking. There weren't more than twenty tables in the place and there were two of us servers working, plus Pete. But the number of dishes, side dishes, soups, salads, breads, drinks, and condiments per person was unreal. I was overwhelmed at the sheer quantity of details to remember, not to mention the momentum of the activity.

I asked Pete to make an ice cream sundae for table twelve—twice. They'd been waiting for almost fifteen minutes since I'd cleared their dinner plates. At this point in my life, I had never raised my voice to anyone. It was difficult for me to ask for something once, let alone repeat it twice. Finally, table twelve complained to Pete about the wait for their ice cream. Immediately, he called me over and began to yell.

I'm not sure if it was the pressure-cooker effects of the diner (I was stressed and exhausted) or because it was midnight and I didn't care anymore, but all of a sudden I became aware of the words coming out of my mouth as I stood down counter, about ten feet from Pete.

"Do not fucking yell at me. I asked you twice for the ice cream and you've been standing there flapping your jaw. Now, make the fucking ice cream sundae and shut up!"

I stood, stunned, as a smile slowly took over my face. I started to laugh and then cry. Pete stopped what he was doing and made the sundae as if it were nothing. I served it to the customer, and as I walked back over to Pete's domain at the counter, he gave me a hug—and we both laughed.

From that moment on, while I no longer had a job waitressing at Tom's, I had a new freedom. I was free to ask for what I needed; though, it still took a lot of work and practice to become comfortable with communicating my needs. It was now clear: not only was it my job to ask for what I needed, but to ensure what I communicated was understood.

Pete didn't actually fire me; we both agreed that Tom's was not for me. He recommended me to a restaurant across the street owned by a family member, a casual bistro named Gargantua where the pace was a bit more leisurely. Gargantua was the beginning of my new independent life, where I forged relationships I still nurture today.

The Infinite Connection Between Food, Pleasure, and Hope

Consider how we've made the presentation of a broccoli casserole an expression of our condolences or a sweet potato pie our welcome to the neighborhood; culturally, we have made the connection between food, pleasure, and hope

a palpable one. In my many reflections of food and hope over the years, I've begun to think of it as a respite. Hope is the rest we take on the road to having what we need or want. When we're tired, we stop and hope for things for a while. And when we're done hoping, we make plans to get them. Hope is a generator of possibility. Not sure what you want? Make a snack and hope on it.

And if food is the agent of hope, then money is it's warrior. Always, at the end of the line, we are taught that food or money is the answer (or will bring the answer) to just about anything. We use them to speak on our behalf, care for others, and pacify ourselves. This gives them a huge, undeliverable responsibility and creates a cycle of addiction.

In the cycle of human needs, we must first be full and safe, then we long to feel good about ourselves and belong to a community. If we've achieved that, we seek understanding, meaning, and balance in life. Finally, with all those things under our belt, we are free to achieve personal fulfilment and help others do the same. The resources we have can only influence these things, not offer them. So the question is: how can a slayer create a quantum shift in their cycle of needs?

My first summer in New York City, I was in between apartments. (A natural state of affairs for me, as I moved eight times in my first two years there.) I was nineteen and trusted people meant what they said. I'd made a friend, Frank, who lived a few floors down from the apartment I'd been staying in, and a couple floors up from the apartment I was going to move into (when it was ready in a month's time).

I'd had a peripheral, but good, platonic relationship with him for about six months, so when he offered me the opportunity to stay with him in his studio apartment for the remaining few weeks, I accepted.

"No worries," he said. "You take the bed. I'll take the floor."

"Are you sure?" I said in disbelief. "I don't want to inconvenience you, and I'm not going to sleep with you. Are you okay with that?"

"Oh, of course... Of course," he responded.

With that, I was comfortable, and I headed over with my suitcase. As I'm sure you've already figured out (this stuff writes itself), after two weeks of sleeping on the floor, he was certain he could leverage my appreciation by joining me in the bed. And, of course, that wasn't going to happen. As it went, our little arrangement ended with him throwing a fit and stealing money from my suitcase one night while I was at work. I left the next day. Believe it or not, that wasn't the most potent memory of the experience. Those are the facts of the story I laugh about today, and I have absolutely no regrets.

What is seared in my mind? Frank was an early bird like me, and every morning we would get up and sit at his little bistro table placed near the kitchenette of his 200 sq. ft. studio. He'd make tea and toasted pita. Serving it with honey and cream cheese—we'd eat, laugh, and talk about life as the sun rose on the day. I think those mornings were the most tranquil moments I had that entire first year in New York, and because of them, I now associate the feeling of renewal with pita, honey, and cream cheese.

Filling the Void

All of us, at some point, have a void to fill. The gap for me, that first year in NYC, was feeling safe and stable. So when it came to Frank—being around someone whose company I genuinely enjoyed, not having to leave the building I'd been living in for months, staying only a couple of blocks away from where I worked—all those elements were assets that far outweighed the inevitable impasse around sex.

I don't remember getting mad about the money he stole, either. I sincerely understood. I'm not condoning his immature, passive-aggressive behavior, but I had anticipated the eventual outcome and knew I'd be safe. I think he ended up giving the money back after all, sticking it in my suitcase where he'd found it. When I left, I split it with him for a rent payment.

Specifically, crossing a void is the conscious connecting of all our needs together. In the case with Frank, I was joining my need for safety, stability, clarity, and friendship without compromising my integrity. And, as with any integration, there are a few casualties—my friendship with Frank disappeared.

We learn to investigate the ethereal realms of idea and emotion, the information that propels us, by shifting our focus from what we're feeling or thinking to the bigger picture—the end result. When you gain perspective from your worry or query, you begin to see the space in between things as the intricate detailed information you must understand to resolve them.

For example: if you're bored, learning something new will bring to mind the energy causing the boredom; when you're lonely, finding things to do can make clear for you what you're missing; when you're sad, being of service to others can help you be mindful of what you're grieving.

Back to the question at hand: how can a slayer create a quantum shift in their cycle of needs? We start by believing it's possible. Once security and the basics are achieved, we focus our essentials on the mental, emotional, and spiritual bodies. The auric and chakra system are the energy fields that govern these frequencies of experience and are what we refer to when we talk about being spiritual. We are all spiritual—independent of our

religious beliefs. You can use any form of ritual, meditation, or contemplation to begin cultivating your awareness of these other energetic dimensions. The first to address: your lowest common denominator.

Shifting Focus From The Lowest Common Denominator

Each of us have a lowest common denominator. Many ancient religions and rituals were created to instill in their followers the discipline and self-knowledge necessary for spiritual growth. If there is a deficit in managing 100 dollars, then that deficit will be amplified in managing 10,000 or 100,000 dollars.

It is the same for you spiritually. Let's say you are asking to be a millionaire or to lose 100 pounds but have an unspoken resentment attached to money or food. The pivotal information to accomplish your goal often lies hidden in your mental, emotional, and spiritual bodies. It is in the gap between what you want and what you are able to handle. In that gap, or space, is the information needed to obtain your desire. This is called the principle of the lowest common denominator (LCD).

In times of stress you will always resort back to the LCD of your thinking and feeling patterns. To create a quantum shift, the LCD is where you begin. It is important to know what your lowest common denominators are, and to understand yourself in a deeper, more conscious way.

Unconsciously, we use our judgment of others to become aware of ourselves. Consciously, we become aware of our LCD through the feelings and self-talk we generate about ourselves, they allow us to become clear on what we perceive as our vulnerabilities.

Write a few sentences to answer each of these questions:

- How much money do you need in your pocket to feel safe?
- What was it like the first time you didn't have enough food or money?
- Do other people control your finances or access to food?
- Do you eat or spend emotionally?
- How many meals a day do you need to feel healthy?

Itemize these answers. Sit with them. How do they make you feel? What issues do they bring up for you? They may help to simplify your recognition of a complex emotional dynamic that underlies how you relate to yourself and the world—breaking down the most basic elements of your relationship to food and money. Once you have a deeper understanding of your feelings of safety, you'll have a better idea of where you need to focus your mind to make the needed changes.

What You Need to Change Your Karma: Soul Retrieval

Once you understand your comfort level (LCD), and the place you'll return in times of stress, you can, through compassion, begin to cultivate a new level of comfort. Spiritually speaking, when we experience a trauma, on any level, a portion of our energy stays in that space and time where the event or experience occurred. In addition, we leave pieces of our spirit with others when we are hurt and speak unfortunate words over them. It's called an energy construct. Throughout our lives and lifetimes, we leave little pieces of our soul in these other dimensions. Calling them back is a process called soul retrieval.

Retrieving these pieces of your spirit will allow you to claim peace and forgiveness and complete the karmic process of understanding that is the obligation of the spiritual pattern.

For years I struggled with my relationship to money. I've always been a great generator but felt more at peace with debt than with considerable reserves of cash. As I began to tackle the pattern, I realized the issue was not with money itself but with the banking system. Banks are beasts in and of themselves. I've always found their systematic, dry structure to be stifling. Nonetheless, I've no interest in hiding my meager fortunes in my Tempurpedic, so bank like a normal gal I must.

I've gone into debt multiple times, eventually paying it all in full—which I attribute it to my strong money luck. The other strong karma I carry is an integral need to be accountable to no one but myself, deliberately or by default. I don't like leaving messes for someone else to clean up.

A few years after relocating to Los Angeles from New York City, I met a man named Zach. I was living my pre-psychic career of working special events in the cosmetic industry—one of these was a temporary product launch at the Macy's Men's store in Beverly Hills. Zach, an employee, had flirted with me multiple times, and I found him intriguing, sexy, and slippery—all at the same time. He wasn't classically good-looking, but he was swarthy, charming, and had a seductive-swagger. I was definitely attracted.

Finally, at the store one day, he wore me down—charming me into giving him my phone number. Within minutes of him walking away, I heard a voice in my head telling me to turn and look. As I pivoted my body 180 degrees, my eyes focused in on a moment happening about fifty feet away from where I was standing. It was Zach. He was leaning over a counter, whispering to a new female employee as he slid her his business card. She blushed, giggled, and took it. I couldn't believe that my vision had zeroed in on that less-than-a-minute event. But on multiple levels, it would sum

up who he was and our on-again, off-again five-year relationship. He was a liar, and I always knew it.

Shortly after going on our first date, I had a vision. It was me: as a white man in the 1800s, somewhere in Colorado, sitting on a horse directly beneath gallows with a noose around my neck. While another man on horseback slapped the horse's flank—I watched as I dangled to my death. My reaction wasn't grief; it was pure vicious rage. No, I didn't date Zach because I was naive or because he was a good person. I spent time with him because I needed to know what that vision was about. Over the years I have had multiple emotions for Zach, but I understood he was a conduit for a richer mystery that needed to be uncovered: ultimately, I would discover it to be the foundation of my relationship to money and the karmic wound that underlay it.

It wasn't until years passed that I thought of Zach again. A memory flooded back to me that was somehow connected to him, but its meaning wasn't obvious. I was in a historic Hollywood bank. I'd received a large check written from an account at the bank by a company who was paying me to provide psychics for a party they hosted every year. Cashing the check then and there, as opposed to depositing it in my own account, would allow me to pay everyone that night. The bank teller, with a blank face and no emotion at all, said: "I can't cash this check."

We went back and forth for almost fifteen minutes. It was not computing why they weren't cashing the check, it was written from an account at their bank. I don't remember the reason they gave. All I remember is standing there being taken over by the most powerful, dark, vacant, distant, unemotional rage. As the energy crept in, I understood what a mass shooter feels: the power and overwhelming desire to annihilate. In that moment, I had no empathy for any of the bank employees; any humanity they had was removed from my vision in those few seconds. As I looked at them all, behind the bullet-proof glass, my eyes welled up with tears at the awareness of what I was feeling. I took my check and ran—not walked—ran from the bank. I sat in my truck, wailing for over an hour.

Piece by piece, vision by vision, my karmic history with money revealed itself. The appointed day of healing soon came. I was triggered by a short conversation with a delightful agent of the Internal Revenue Service. She was giving me some information, when the subtle echoes of anger washed over me. It wasn't her, the information, or the issue at hand. It was the subtle presence of my spiritual wound signaling to be revealed and healed. After the conversation with her, I sat back in my comfy chair and asked to see the story in its entirety.

In the early 1800s I was a young man going to find his freedom and new life in southwest Colorado from the Eastern Seaboard. Traveling by himself, and with the money from his late father's estate, he made his way. Stopping in a minimally populated western town, he found a room to rent and began to meet the locals. One, in particular, was the town's bank owner and con man (currently known in this life as Zach). Somehow or other, the young man was convinced to put all the cash he had into the bank for safe keeping. Understanding finally, after multiple attempts to withdraw his money from the bank, he'd been conned. As it turned out, the bank owner and the local law were in cahoots, which ultimately led to my dear young man's untimely death at the gallows.

While I'm certain there were many more details and others involved, I was satisfied and relieved. My grief was not for money or our formidable banking structure; it was for one murderous con man I had the unfortunate experience of meeting twice—back then, and now. I sat in total forgiveness, feeling complete nothingness for any of them: no anger, grief, or sadness; no love, desire, or longing; no absence or presence. It was almost as if it had never happened, any of it. I was complete, beyond ready to move on; I had been thoroughly transformed. My journey of over two decades ended with the only response that seemed fitting: hmm, okay.

Opening to Receive and Retain the New Pattern

Much as anger was connected to my relationship to money, grief and change correlated to my relationship to food. I binged so often those first few months in New York City that I gained fifty pounds. It took almost two years to ferret out all the emotional burdens that were contributing to my desire to eat more than I needed.

The process of releasing and transforming a karmic spiritual pattern is multifaceted and arduous, comprised of multiple experiences, people, and levels of understanding. It's like a big quilt, filled with details put together piece by piece and culminating in an expansive, masterful tapestry of your history. And like many quilt makers can attest to, an unfinished project gets folded up and put in a closet for a period of time while more fabric or threads are gathered. Once it's finished, though, you're free to do with it what you will.

One of the next steps is to begin to receive and integrate the new pattern: how you want to be and the changes you'd like to see in your life. You must call down in thought and form, from the furthest reaches of your soul, the antidote to the old pattern that has ailed you. For most, the way this happens is through grieving and the explicit and relentless desire for total change.

When we cry, focus, or experience all-encompassing emotion—it activates the body's life-force energy that moves through the endocrine system, energizing specific layers of your physical body and the subtle bodies (auric field) that govern them. This activation reveals the soul information they hold.

Contained in these layers of energy are the blueprints for the new patterns that will manifest in you and your life. It is in the storage of these karmic designs from which springs your destiny—a fate that contains multiple options to choose from—to create your new self. How it all breaks down and then rebuilds is completely up to you and your relationships. The plans do not create the opportunities, per se, but help you to receive and recognize the new options as they flow your way. It is your willingness to move against what has been habitual, taking deliberate steps towards the things you say you want, that moves you forward.

A few questions to answer:

- What are five things you get from money?
- What's the first thing you'd do if you won the Lotto?
- If you had to change your job or career, what would you most like to do?
- What are five things you get from food?
- What's the first thing you think of when preparing to cook and eat?
- What would you most like to change about your eating dynamic?

Answering these questions and contemplating their answers will allow you to explore the energy you have around your ideas, feelings, and habits regarding food and money. It is in this information you'll discover simple, yet impactful, realizations on how to make any changes you desire.

As human beings, we cultivate a constant state of preparation—we are always working with what we have while we wait for what we want. Whether it be with grace and gratitude, or bitterness and frustration, we'll eventually get where we're going; the attitude determines the condition in which we arrive.

The Universe and Prosperity: Understanding Deficit Driven Choices

Does conjuring what you want require positive thinking? Well, to be accurate, you get what you focus on—any thought, positive or otherwise. A colleague of mine used to preface every prayer by asking for the highest and best, as if not saying it would automatically bring the lowest and worst. Being clear is a phase of the manifestation process—phrasing accurately your desires. When we go about the task of describing what we want or expressing our current condition, we often find we've not seen or accepted the circumstances as they are. It's impossible to build on something when you are unable to be honest about the starting point.

I've had many a discussion with a disgruntled client who sought to manifest a new job or circumstance, but then found themselves blindsided by an aspect of their life falling apart as they begin their prosperity work. They feel upset and betrayed, as if the Universe has been disloyal. The more they focus on having, the more things fall apart.

Simply put: as you focus on the object of your desire, all the reasons come to the fore as to why you don't yet have what you want. They arise in the space to be evaluated and renegotiated. This process can feel like things are falling apart, when they're actually falling away to create space for the object of your focus to be brought into the picture.

Your ability to manifest a life you want is based on energy flow: how easily you receive and how quickly you are able to let go of what doesn't serve you. Allowing conscious ebb and flow of energy—in relationship to the things you want—is a skill that is cultivated over time. For example, if the job you have doesn't bring the kind of money you want, makes you unhappy, or doesn't make you feel good about yourself for doing it, you'd think that letting it go would be easy. In fact, there is a lot more to letting go than just letting go.

The presence of grief, as we've mentioned several times, indicates where we have attachment based on our beliefs and ideals—like losing weight because you think you'll be prettier or folks will like you more. Consciously allowing the flow of energy in your life requires you to be receptive: ready, willing, and able to receive and manage what you want. As human beings, we cultivate a constant state of preparation—we are always working with what we have while we wait for what we want. Whether it be with grace and gratitude, or bitterness and frustration, we'll eventually get where we're going; the attitude determines the condition in which we arrive.

Start Where You Are

Things may seem like they get worse before they get better, but in truth, possibly you didn't see how bad they were when you started. Self-honesty is the first step of manifesting what you want. For example, if you want money, do well with the money you have. Are your goals in alignment with what you have? Do you spend within your means? Are you respectful of your money? Do you want money because you feel you lack other things? Taking a little inventory on the motivation for the object of your inquiry will go a long way in helping you get it.

You Can't Get What You Want, if You Don't Know What You Want

After you've studied your motivation, you'll begin to understand why you are in your position, and you can create a strategy to change it. This part is going to take a little imagination, thinking outside your normal box about the things you wish for. First of all, write out your top five desires about health and wealth. Now, think of five people you've heard of who have achieved these things.

If you have a money goal, choose the next logical level of acquisition for yourself and focus on people you know or people in the public eye that have the amount you want to create for yourself. Do your research—learn as much as you can about the habits of these people. Your aim is to learn how to have what you're asking for—not just get it, but have it. Let the Universe create the design of how you receive your objective. Keep in mind: anything is possible in its logical progression, and what is reasonable for you could very well be a miracle.

Manage What You Have

Notice the emphasis is not on how to manifest your target, but how you will experience having it. When you focus on how to get something, you become process oriented, which is really important if you want to teach someone else or be able to communicate how you got it. If that's not your intent—focus on managing well what you have.

If you want to feel healthier in your life, focus on doing things in moderation. Eating small portions, two-minute-interval exercises, and limit your time in places or with people who compound your stress. If money is your object, pay your bills on time, put money in your savings, and only spend on things you really want—no wasteful spending. It is the natural alignment of the Universe to amplify what you are already doing.

The Universe Responds to Action

The physical world is the last stop on the manifestation train. It's where ideas are realized, broken down, or reborn. Because the physical world is slower moving than any other creative level, an idea, in order to become manifest, must be in alignment with other things in your physical life.

For instance, if all you think about is wanting more money, what you'll wind up feeling is frustration at work, and what you'll wind up doing is living so far beyond your means that you'll worry about paying the bills every month. The Universe receives this as: *I'd prefer to have barely enough to get by, thank you.*

This translates in your life as attracting people and situations in crisis, being caught unawares, or constantly being asked to spend time doing things you don't like. The Universe multiplies what you do, not what you say.

Your Thoughts Promote Your Choices

Now, this is where your thoughts become important, they lead to every choice you make. Your karmic patterns contain images and feelings that lead to your thinking. At every level in between we have the opportunity to nurture, change, or erase what's already there. So, as you become mindful of thoughts and feelings without letting them dictate your choices, you'll get clear results. Relaxation is the optimal state to create from, so patience and self-acceptance are your most valued assets when it comes to figuring out what you want, getting it, and living with it.

Angelic Teachers of Manifestation

Every stage of manifestation can be fun when you embrace it. Getting comfortable with asking for help and working in the spirit of collaboration with your human companions or your spirit guides, and capitalizing on their support, will strengthen all you do. I love working with the angels and the many spiritual teachers of this process.

- Galgaliel: the angel of vibration
- Jamaerah: the angel of manifestation
 - Amitiel: the angel of truth
 - Metatron: the angel of thought

They are waiting to assist you when it comes to manifestation, if you'll ask. If ever there was a time in life to be brave, bold, and think outside the box, it's when you are creating a new life for yourself.

Living With Surplus: Having Too Much Equals Waste?

Unconscious bias is the way we use judgment as a guidepost to reveal our deeper truths. Let me tell you about one of my own biases. But I'll start with the simple portion of the discussion. I am bigoted toward fat—not other people's fat, just mine. For me, on a conscious level, having a lot of fat is synonymous with being unwell (that's just always how I've felt). But subconsciously, something else was going on.

Have you ever considered what makes you a bigot? No judgment here. We are all partial and intolerant about something at any given time—but when you strain it down to the core ingredients of your own bias, what you have left are the seeds of your own self-loathing. Whatever we despise in ourselves, at times, we reject in others. That's the simple portion of the discussion.

The complicated part is acknowledging and defining the multiple layers of long-held beliefs, ancestral traditions, cultural misunderstandings, experiential events, personal agendas, and mounds of fear that make up your karmic patterning.

One day I'd gone for lunch with a longtime friend and client. I was acutely aware of the amount of food I was serving myself from the afternoon Tibetan buffet, and the building anticipation of the most amazing freshly baked naan bread they served just after you sat down with your plates.

This stuff evoked the most profound pleasure for me. The sight and smell of it's soft, tender, lightly browned surface with the most delicate air bubbles—promoting blissful childhood memories of eating Navajo fry bread with honey—set off endorphins of joy that could easily bring a tear to my eye.

However, mindful of not being particularly hungry, I imbibed in a bit of the yellow lentil soup, ate a few bites of the chicken curry and enjoyed two halves of the beautiful naan. Already feeling full, I focused on the jovial conversation at hand.

Then, on the car ride home, all the emotion I'd been carrying got real. You see, for several days I'd been engulfed in a reality of being old and fat. *Fat and old*, had been reverberating in my mind repeatedly. Because my health and genuine feelings of youthfulness had always been a sign of success to me, the thoughts filled me with intense anger and sadness—propelling the outburst: "I am old and fat!"

To which my friend responded in horror, "Oh no, Tracee. Don't put that out there."

He looked at me and winced, slouching away from me towards the car door as he said it. For a brief moment I saw myself in his deep rejection of my words. As if saying it out loud is what causes it.

“Oh, it’s already out there,” I said.

Over the years I’ve done battle with fat. The first phase of my opposition were the many ways my consciousness sought to bring my attention to the subtle body dysmorphia that lay dormant, just waiting to be revealed. It would come out when a boy I liked suggested that my lean and muscular thighs were fat, or I’d be prettier if I were five pounds thinner. Five pounds? Today, I belly laugh like a villain at five pounds.

It took me years to recognize that overcoming weight was just the first skirmish in the war. I had to keep going back, deeper into my history each time, to find the winning strategy. The problem wasn’t the fat, the issue was the unconscious notion I held deep within—to be thin equaled death.

When I was a child, I’d say under ten, a girl from the neighborhood and I would hoard food. She and I would steal food stuffs from our respective kitchens, anything from packets of Saltines and butter to leftovers. We would hide our cache of nourishment in the evergreen shrubs outside my bedroom window and meet periodically to indulge in our extra meals. I never ate too much but couldn’t stand the feeling of being hungry. I never questioned why I was doing it, and surprisingly, I never got sick from it. Sometimes our collections would be out there for a few days.

Next stop on my train ride back through time is my miracle birth. I was born at seven months during the sixties. Weighing in at 2.2 pounds, I was promptly placed into an incubator where people could look but not touch. I do not have any direct recollection about my time in the incubator, but I know that touch and affection was a struggle for me for many years—either getting too much or not enough. It seems fat makes a very nice incubator.

All of these unconscious layers, along with very little parental input growing up, drew to me others who were in conflict with my independence and promoted in me a highly critical self-view. I’ve always known that my relationship with food had connections that preceded the habits I learned in my upbringing. It took years of working with different healthy lifestyles, much contemplation, and the multiple soul-retrievals I endured for me to bring into balance what took centuries to create. The final step was the revelation of my father’s dear Uncle Dornblaser. I needed to tell his story, grieve his loss, and make peace with feeling hungry.

Love, Not Shame, Your Fat

As I’ve just touched on, I have struggled with my own relationship to fat—and the many layers of spiritual and emotional need—leading me to carry more of it than my body required. I’m not judgmental about other

people's relationship to fat—whether it be a circumstance, a proclivity, or an unaddressed response to one's inner or outer world—it is a person's health that I give the most value. However, each individual has their own karmic pattern that will bring to them their greatest knowledge regarding balance and self-esteem on any level. This will be their highest priority and most certainly guide their relationship to weight.

When we carry a lot of fat in our bodies, it isn't about vanity or the lack of it, it's about the existence of safety on many levels—either currently or karmically. Biologically, our body is intrinsically trained to hold on to the fat we eat instead of using it for current energy needs. The cells of the body communicate to one another when fat is being processed, essentially, deciding whether to use the fat for energy or send it to a fat store. Your body can harbor fat in many places, not just the belly, arms, or hips which are common for both men and women; but the organs and other tissues as well.

The storing of fat in your body is to keep you safe and alive should you ever have to go without a meal for a day, or even a season—as was common in different times, when food was not so readily available. Your body can also hold the spiritual memory of starvation and illness from past lives, that trigger the biological need to hold on to fat so as to never have the unwanted experience again. These fat cells, in turn, can carry the current life memory of any form of habit, discord, or traumatic event.

We have a tendency to hold on to extra fat as a physical barrier to our emotional traumas or sensitivities. I know many abused men and women (including myself) who've gained a substantial amount of weight in response to a trauma and the grief that comes after. I gained about sixty pounds within a year of addressing my own grief around the loss of my personal power after being raped. So, when in the process of assessing your own weight and health, be conscientious of why you carry the weight you do and the energy that lies beneath it all.

The Slayer's Altar and Ritual: Living Wealthy

Collaboration is key to a new start.

Wealth isn't just about having money, it's about expansion in all aspects of your life. It includes feeling confident in accessing, managing, and utilizing all of your resources. Each component of this matrix is vital to sustaining balance. If you don't have confidence, you may not react in a timely fashion nor trust your instinct when opportunities arise. If you are unable to manage what you have, being overwhelmed will also limit your prospects. If you lack trust, you diminish your options for collaboration with others.

Living a healthy and wealthy life will always include working with others. No matter what resource or goal is the focus of the Slayer's Ritual for you, the intent is to recognize all the ways you will collaborate with yourself, others, and your universe to achieve your aims.

This ritual is intended for you to reveal the deeper story you may have about your relationship to food and money, and the way you integrate your network and resources. Take a few moments to gather the necessary items, and be prepared to spend the time to follow through on the process.

The Altar

What You Need:

- Seven-day red jar candle
- Tobacco, corn, or cornmeal
- Paper and pen (not your digital device)

How to Proceed:

Clean and clear a space in the western direction of a room in your home, ideally the kitchen. Put some corn, cornmeal, or tobacco in a small bowl as an offering of gratitude for all you will receive from your Creator.

Sit in the space where you are creating your altar and take four deep breaths, breathing in through the nose and exhaling through the mouth. Close your eyes and imagine a light turning on in your head, throat, heart, stomach, lower abdomen, and the perineum (this is the space below the pelvic diaphragm and between the legs). Now, sit quietly.

Ask yourself: on what main topic would you like to focus the energy of this altar regarding your dynamic with food and money? Write down whatever comes to mind. If you're looking to manifest something specific or are looking for a particular outcome, write it down now.

Create clarity by using as few words as possible to express your thoughts. Also, gather any notes you've taken while reading Part One.

Now, after organizing your intent for this altar, you're going to gather together a few objects that represent the answers to the following questions. Where they come from is not important; the ingenuity you use to get them is the point. They can be from nature, bought, borrowed, or something you already own.

- What is your first adult memory about money?
- Who handled the money in your childhood?
- What represents your mother's feelings around money?
- What represents your father's thoughts about food?
- What is your first childhood memory with food?
- How do you want to feel about yourself that you don't already?
- If you had limitless resources, what is the first thing you'd do?

Take each of the objects that represent your answers and place them on the altar, or in the altar area. Fold your papers full of notes and place it underneath the candle. For the next seven days light the candle and allow it to burn a few hours every night until it's down to the socket. Each morning, take a few notes of any dreams you had or any thoughts and feelings that have come to the surface. At the end of the ritual, if you have a fireplace or firepit, burn all your notes.

This ritual will bring together clarity on your spiritual patterning regarding food and money, and the decisions that have followed them. In addition to this new self-awareness, you will begin to understand the elements of your life and self that you'd like to change. You'll have a new foundation of thinking that will set you up for success.