

# Kindred Lights Soul Scriptorium

## *Master Resource for the Five Steps & Beyond*

*July, 2025*

Welcome to the Soul Scriptorium

A sanctuary of remembrance, resonance, and radiant truth

Dear Lightwalker,

Welcome. You've found your way to the inner sanctum—a curated treasury of the sacred truths, tools, and teachings that illuminate *The Hero's Path of Love*. Within these pages, you'll discover the spiritual DNA behind this journey: the Five Steps to Freedom, the Eight Eternal Aspects of Soul Essence, ancient wisdom echoes, visual metaphors, lived proofs, dream parables, and more.

This work was born through fire, softened by grace, and offered now as a lantern on your path.

You are a Lightwalker.

Not because of your perfection, but because of your willingness.

Your willingness to soften instead of steel.

To feel instead of fix.

To trust instead of control.

To love heroically.

The Soul Scriptorium exists so that you can return—and share what resonates.

And most of all, let it *live in you*.

With open hands and a luminous heart,

*Kindred*

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# The Five Steps Collection

## Five Steps to Freedom – The Hero's Path of Love

These five simple steps guide you from fear to freedom, Each one opens the heart, quiets the mind, and reconnects you with the Wise One within. Use them to move through triggers, release emotional pain, and return to your soul's light.

### Five Steps to Freedom—*The Hero's Path of Love*



#### **RECOGNIZE**

Here we go again. Mind busy. Heart Closed.



#### **RELAX**

Open heart. Breathe through fight or flight.



#### **RELEASE**

Feel it, don't fix it. Wait in the discomfort.



#### **RECEIVE**

Allow limiting beliefs to melt in the sun of Truth.



#### **RESPOND**

Effective and kind words & actions flow with ease.

## Trigger-Meter

As we recognize our transmute our triggers, we make higher consciousness and SQ available through our open heart.



# Five Steps to Freedom Reference Guide

## Five Steps to Freedom—*The Hero's Path of Love*



### **RECOGNIZE**



Here we go again ~ This shouldn't be happening ~ This is not OK  
I need to teach them a lesson ~ Looping thoughts  
Replaying conversations ~ Impulse to act NOW ~ Fix this!



Triggered ~ Angry ~ Fearful ~ Sad ~ Overwhelmed ~ Fight ~ Flight



### **RELAX**



This is the moment of choice ~ Pause now or pay later  
Open your heart and shoulders ~ Breathe deeply ~  
Have the patience to wait until right thinking, words & action occur



Consciously open the heart against its tendency to close



### **RELEASE**



Transcend blocked emotional energy, neither Suppressing, nor Expressing  
Don't go into the story ~ See the ego upset from the Silent Witness  
Feel it, don't fix it ~ It's only energy ~ Better out than in



Open heart good / closed heart bad ~ Whatever is there, let it flow



### **RECEIVE**



Where did that come from? ~ Of course that will help  
I knew that before, in my head, but not in my heart  
Clear, unambiguous insights without doubts



Inner peace ~ Grateful for insights ~ Filled with compassion & acceptance



### **RESPOND**



Right words, right action spontaneously occur at the right moment  
No thinking, rehearsing, trying to sound a certain way  
Surprisingly inspired, well received, effective, & productive words & actions



Giving and receiving the gift of love, compassion, blessing, & bonding

**REALIZE** the minimum viable miracle ~ a subtle but seismic shift that changes everything.

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## Sir Ego vs the Wise One

The Wise One and Sir Ego normally work together outside of our awareness. The Wise One is creative, inspired and in the flow. When Sir Ego follows his lead, we are fulfilled, productive, and passionate. But, when Sir Ego gets triggered, he hijacks the controls, closes the heart, and shuts the Wise One out.

The Five Steps to Freedom restores the Wise One to the helm.

The Challenges of Sir Ego	The Way of the Wise One
Loud, demanding, repetitive thoughts	Whispers clarity through intuition & stillness
Urgently tries to control the situation	Waits for deeper insight & inspired action
Reacts defensively to discomfort or pain	Opens to discomfort as a path to wholeness
Rehearses & replays conversations	Speaks & responds naturally in the moment
Needs to be right, in control, or validated	Accepts what is & trusts the unfolding
Measures success by outcomes & praise	Trusts alignment over appearance or result
Seeks to feel special, important, or superior	Honors unity & the highest good for all
Lives in stories about the past & future	Lives in presence, grounded in now
Uses fear, guilt, or pressure to get outcomes	Moves from peace, patience, & soul timing
Has a script of how life <i>should</i> go	Attunes to the divine script unfolding real time

## The Five Steps vs. Self-Help

Many spiritual and self-help practices are taught to the ego in an attempt for him to fix himself. But, the deepest fears and delusions of the ego ARE the problem. So, when we ask him to fix himself, we set him up for failure, inner conflict and cross-currents. This yields an increase in guilt and shame.

The Five Steps to Freedom places the Wise One back in his position of teacher, coach, advocate, and ally to the ego. As the ego sees the success of this practice, he learns to trust the Wise One, and is more open the next time.

Typical Spiritual & Self-Help	Five Steps to Freedom
Tries to fix Sir Ego by talking to Sir Ego	Allows the Wise One to lead & Sir Ego to follow in collaboration
Focuses on controlling thoughts, emotions, or triggers	Guides you to release triggers from the root, permanently
Promises results after months of shadow work & rituals	Gives you a tangible shift right now, using a real time method
Treats triggers as problems	Teaches you to follow the trigger to the buried treasure beneath
Offers concepts, but no process	Gives you the Five Steps – a repeatable process to change your energy
Keeps you trying to manifest your worth	Shows you how to remember your worth & radiate it naturally
Leaves you burnt out, doubting or waiting for shifts	Leaves you transformed, aligned, & radiant from the inside out



## The Five Steps and Sacred Teachings

The wisdom and practices of the Five Steps are for everyone..

Five Step	Universal Principle	Sacred Teaching	Quote or Teaching Summary
<b>RECOGNIZE</b>	Suffering is caused by misperception (ego script)	<i>Buddha Four Noble Truths</i>	"Life is suffering—attachment to desire causes suffering." Recognizing attachment is the first liberation.
	Fear is a call for love	<i>A Course in Miracles</i>	"Know first that this is fear. Fear arises from a lack of love." (T-2.V1.7)
<b>RELAX</b>	Stop fighting what is	<i>Holy Bible</i>	"Resist not evil... turn the other cheek." (Matthew 5:39)
	Cease striving, return to presence	<i>Tao Te Ching</i>	"Do you have the patience to wait till your mud settles & the water is clear?" (V15)
<b>RELEASE</b>	Liberation through letting go	<i>Patanjali Yoga Sutras</i>	"Yoga is the stilling of the fluctuations of the mind." (1.2) Letting go of grasping brings clarity.
	Emotional charge must be transmuted, not suppressed	<i>HeartMath Institute</i>	Emotions carry charge. Coherent breathing & heart focus bring physiological change.
<b>RECEIVE</b>	Truth is revealed through surrender	<i>Holy Bible</i>	"The kingdom of God is within you." Luke 17:21 Wisdom arises not from control but from within.
	Ask the Divine to choose for you	<i>A Course in Miracles</i>	"Say to the Holy Spirit only, "Decide for me," and it is done." (T-14.III.16)
<b>RESPOND</b>	Let love direct action	<i>Bhagavad Gita</i>	"Established in being, perform action." (2:48) Act without attachment to outcome, guided by soul.
	Act from an open heart	<i>St. Francis of Assisi</i>	"Make me a channel of Your peace..." Let your life be a vessel of divine love.



# The Five Steps and The Vedanta Path

Yoga has a sister science, Vedanta, which is the underlying foundation for the Five Steps.

Following the Five Steps Mirrors the Vedanta Path, developing awareness of True Essence

Five Step	Five Steps Embodiment	Vedanta Stage	Vedanta Description
<b>RECOGNIZE</b>	Notice the fear-based script, the trigger, and ego's grip on the narrative.	<b>IGNORANCE (AVIDYA)</b>	Mistaking ego, body, and roles for the Self; identifying with the material world.
<b>RELAX</b>	Soften fight/flight energy, open the heart, choose the path of surrender and breath.	<b>INQUIRY (VICHARA)</b>	Beginning self-inquiry: Who am I? Questioning ego narratives, external validation, and false identity.
<b>RELEASE</b>	Allow emotions to surface, release control, and trust in divine orchestration.	<b>PURIFICATION (SHUDDHI)</b>	Purging limiting beliefs, emotional reactivity, karmic baggage, and fear-based patterns.
<b>RECEIVE</b>	Receive Truth from the Wise One; glimpse spiritual reality and shift identity from ego to soul.	<b>AWAKENING (BODHA)</b>	Direct realization and inner experience of Self beyond thought with glimpses of peace, unity, and truth.
<b>RESPOND</b>	Live from the heart's clarity, act in love, embody freedom, and co-create with the Divine.	<b>LIBERATION (MOKSHA)</b>	Fully rooted in divine awareness; acting without attachment; expressing eternal essence freely.

# A Tale of Six Transformations - Essays from Exalted Quest

## I. Grief – Death of My Mother: The First Gate of the Heart

*Crisis (Sir Ego's Script):*

When my mother died, I was still operating under the Sir Ego script - clinging to the illusion that she was the sole channel of unconditional love. Without her, it felt like love itself had died. The foundation of my world collapsed. I longed to crawl into the grave with her, back to the safety of the womb. Eventually, I buried my grief deep in my heart - along with her memory.

*Soul-Level Truth (Script of Creation):*

The mother-child bond is a sacred soul contract, a key pillar of the Karmariculum. The Script of Creation unfolds across generations, with each lifetime a chapter in an eternal book. Her passing had a purpose - one I wouldn't recognize for decades.

*Surrender Point:*

Loss like this cracks open the big questions: *Why? Where is God?* That search fueled my spiritual journey for decades until I was finally ready to believe... she had never truly left.

*Outcome:*

I came to recognize the sacred circle between my mother, myself, and my children. She had crossed over to help all of us in deeper ways, especially during our darkest hours. Now I can glimpse the mission we four are on together - interwoven across lifetimes - and it is profoundly beautiful.

*Five Steps Snapshot:*

It took years to RECOGNIZE that the wound was not her death, but my misunderstanding of it. Once I could RELAX that grip, the long-buried grief began to RELEASE. As I RECEIVED deeper wisdom, I could finally RESPOND by keeping her alive in my consciousness - and honoring the divine choreography of our shared path.

*Exalted Soul Aspect(s):*

The ego's distorted idea of LOVE clings to form. Exalted LOVE transcends time, body, and even death.

*Exalted Quest Chapter Reference:*

Chapter 2 "Until We Meet Again, Fair Soul"; Chapter 18 "A Higher Octave"

## 2. From Abuse to Family Peace: Transcending the Narcissist–Empath Karmic Loop

### *Crisis (Sir Ego's Script):*

I tried to find someone to love me the way my mother did - and my father couldn't. That search led me straight into the karmic web of codependency with a narcissistic husband. I over-gave, over-functioned, and believed that if I loved him enough, he would change. I took on responsibility for his happiness and mine.

### *Soul-Level Truth (Script of Creation):*

Difficult intimate relationships are often soul contracts designed for transformation. These contracts are meant to evolve from "special relationships" (ego scripts of need and control) into sacred ones (soul-level catalysts for awakening). Often, the fastest path to divine love is through its opposites - rejection, betrayal, abandonment.

### *Surrender Point:*

After multiple DUIs and landing in jail, I saw that the machinery of my ego life had collapsed. I knew I needed mercy, grace, and forgiveness - and that I had to give those same gifts to my ex-husband if I wanted to receive them.

### *Outcome:*

The forgiveness was never spoken - but it was felt. And it created a sacred space our family could step into. Eventually, we all did. Even my ex began to shift. His worst behaviors didn't survive in the higher field of consciousness we now shared. Our family began to heal from the inside out.

### *Five Steps Snapshot:*

I RECOGNIZED I couldn't change him, only myself. I RELAXED the futile fight. I RELEASED the hooks - fear, guilt, unworthiness - that bound me to his story. I RECEIVED divine insight into the true purpose of our bond. I RESPONDED by becoming an energetic alchemist, transmuting pain into grace and leaving a path for others to follow.

### *Exalted Soul Aspect(s):*

This journey purified both the POWER and LOVE aspects. It taught me that true love is never responsible for another's happiness - and that real power arises when we stop trying to earn love and start becoming it.

### *Exalted Quest Chapter Reference:*

Chapter 3 "The Wedding of Sir Ego and Dame Ego"; Chapter 9 "The Unwinnable War"; Chapter 10 "The Special One"

### 3. The Black Hole of Addiction and the Transcendence of the Compulsion

#### *Crisis (Sir Ego's Script):*

Addiction is Sir Ego's emergency shutoff valve - the momentary escape from being me. The fix stops the inner screaming... until it doesn't. Each cycle adds more shame, more demons, more craving. I convinced myself: *I deserve this. I need this.* But the truth? It was slowly destroying me.

#### *Soul-Level Truth (Script of Creation):*

While the ego may become entangled in cycles of shame and craving, the soul remains untouched. Addiction isn't moral failure - it's unhealed pain seeking false relief. If we meet the pain instead of avoiding it, we can transmute collective wounds through personal transformation.

#### *Surrender Point:*

After my final DUI, in a jail cell, I knew: I could never drink again and still be a mother to my children. I didn't know how, or if I could. But something stronger than the addiction rose in me - the soul's determination that what happened to me would *not* happen to them.

#### *Outcome:*

Triggers came like tidal waves. But I didn't reach for old coping tools. Instead, I chose divine transmutation: feel it, forgive it, release it. I honored the pain without feeding it. This cracked open faith, forgiveness, and lasting change - not just sobriety, but soul liberation.

#### *Five Steps Snapshot:*

I RECOGNIZED the trap. I couldn't RELAX it at first - until that jail moment broke the spell. RELEASE was messy and raw. I RECEIVED insight into my soul power, and the karmic purpose of my pain. I RESPONDED with empowered boundaries for my ego, my cravings, and my past.

#### *Exalted Soul Aspect(s):*

Addiction distorts both JOY and POWER. Ego joy numbs. Exalted joy liberates. Ego power grasps. Exalted power surrenders.

#### *Exalted Quest Chapter Reference:*

Chapter 7 "The Black Hole"; Chapter 8 "Doing Time"

## 4. Workplace: From Competition to Servant Leadership

### *Crisis (Sir Ego's Script):*

Sir Ego entered the workplace as a stage to prove his brilliance - driven by the need to be seen, rewarded, validated, and in control. The job was not just a job, it was an identity: "Look at what I've made, built, led, fixed!" But every ego in the room had its own script starring *them*, and this led to dissonance, power struggles, miscommunication, and chronic friction. The more effort poured into his solo vision, the more stalled the collective energy became.

### *Soul-Level Truth (Script of Creation):*

From a soul perspective, the workplace is not a proving ground - it's a training ground. Every mismatch of values, every disagreement, every inefficient meeting is part of the Karmariculum designed to teach exalted collaboration, humility, attunement, kindness, and patience. The true fruits of work are not output or accolades, but the noble qualities cultivated through interactions. What endures is not the product, but the love.

### *Surrender Point:*

After a brilliant, high-stakes project stalled due to lack of buy-in, it became clear that the issue wasn't technical - it was relational. No matter how visionary a plan is, unless it's born of shared energy and mutual respect, it won't flow. Sir Ego began to step back and listen - not control.

### *Outcome:*

Defensive posturing gave way to genuine listening. New qualities emerged: sincere appreciation, diplomatic bridge-building, strategic kindness, and the ability to redirect energy toward what *was* flowing. Projects that had been frozen in tension began to move. Everyone felt seen. Collaboration replaced competition, and shared momentum began to build.

### *Five Steps Snapshot:*

I RECOGNIZED that controlling the outcomes and pushing my agenda was creating gridlock and resentment. I RELAXED the belief that only my vision was right and softened my defensiveness. I RELEASED my attachment to specialness, recognition, and proving my worth. I RECEIVED insight into meeting people where they were, emphasizing shared values, and letting go of conflict-driven energy. I RESPONDED with open-hearted professionalism - modeling collaboration and uplifting the whole team.

### *Exalted Soul Aspect(s):*

This transformation reflects the exaltation of **Wisdom** - no longer the need to *be* the

wisest, but to *recognize* wisdom in others and co-create with it. It also touches **Power**, as the need to dominate gave way to the ability to lead through alignment.

*Exalted Quest Chapter Reference:*

Chapters 11 "The Moment of Choice"; Chapter 12 "Why Do I Care?"; and 13 "Acknowledging Unacknowledged Resistance"

## 5. Parenting: Creating a Safe Harbor for My Children's Souls

### *Crisis (Sir Ego's Script):*

After losing custody, I was consumed with shame, grief, and the desperate need to "get it right" with my kids. Sir Ego panicked - if I didn't perform perfect parenting, I might lose their love forever. I tried to compensate with emotional overreach, overexplaining, overdoing. My heart was wide open - but also overwhelmed with guilt and fear.

### *Soul-Level Truth (Script of Creation):*

Parenting is not about perfection; it's about presence. My children are sovereign souls with their own Karmariculum. My job is not to mold or fix them, but to *see* them, *hold* space for their truth, and model how to walk back to the light after failure.

Unconditional love flows through me - not because I'm flawless, but because I'm willing.

### *Surrender Point:*

The turning point came when I stopped trying to control the healing and simply began to love them as they were. I dropped the need for outcome, apology, or repair timeline. I saw that every open-hearted moment I gave them was eternal - even if it wasn't recognized in the moment.

### *Outcome:*

Today, I have a deep, peer-level relationship with my children. They are wise, loving, and aware of our shared spiritual journey. We laugh, we reflect, and we stand together in the aftermath of so much upheaval - with humility, not pride. Parenting has become a shared walk between loving companions.

### *Five Steps Snapshot:*

I RECOGNIZED the fear driving my parenting. I RELAXED my grip on perfection. I RELEASED the guilt that clouded my presence. I RECEIVED divine help in seeing my children as eternal souls - not projects or reflections of me. I RESPONDED with simple love and presence, again and again.

### *Exalted Soul Aspect(s):*

This journey awakened my **Compassion, Truth, and Love** aspects in tandem. From distorted guilt and over-responsibility came the ability to see clearly, feel deeply, and love wisely.

### *Exalted Quest Chapter Reference:*

Chapter 14 "Double Trouble"; Chapter 15 "The One Truly Serious Philosophical Problem"; Chapter 16 "Love, Heroically"; and Chapter 17 "Breaking Up the Band"



## 6. Cancer: Surrendering the Body to Reveal the Light

### *Crisis (Sir Ego's Script):*

When I was diagnosed with breast cancer, my mind raced to take control. What had I done wrong? What do I need to fix? Sir Ego wished to solve the mystery - through diet, treatments, spiritual practices - anything to avoid the terror of helplessness or mortality.

### *Soul-Level Truth (Script of Creation):*

Cancer was not a punishment, but a portal. My soul wasn't in danger - only my illusions were. The Karmariculum allowed this karmic moment not to destroy me, but to bring me home. My body became the altar where I laid down all self-punishment, all mistrust, all false control. I began to *listen* instead of demand.

### *Surrender Point:*

There came a moment when I realized I was attacking my body the way I had once attacked my heart - with shame, pressure, and blame. I dropped to my knees and said, "I will not be at war with you anymore. Teach me how to love you." This was not about curing the cancer. It was about healing the hatred I had internalized.

### *Outcome:*

I experienced a new radiance - gentle, cellular, divine. It was not about test results. It was about the intimacy of love between spirit and flesh. I came to know myself as an eternal being walking gently through a temporary experience. The pain dissolved into presence.

### *Five Steps Snapshot:*

I RECOGNIZED the subtle self-attack hiding behind my health obsession. I RELAXED my desperate efforts to "earn" wellness. I RELEASED the fear and unworthiness that had lodged in my cells. I RECEIVED divine love in a visceral, embodied way. I RESPONDED by living each day with reverence and softness.

### *Exalted Soul Aspect(s):*

The **Body** and **Power** aspects were fully reborn here. My body became a divine ally, not a problem to fix. And true power returned—not forceful, but radiant and surrendered.

### *Trigger Happy Chapter Reference:*

Chapter 16 "The Wise One Faces Disease Fearlessly"

## Kindred Light Glossary of Terms

A metaphor for any spiritual path

Welcome to the Quest: A Few Things to Know Before You Begin...

We are each on a unique quest to experience duality — the seeming opposites of our true nature — in order to gain deeper understanding of our divine essence beyond duality.

But the ego doesn't know this. It embarks on worldly quests of its own, rooted in fear and illusion. This misalignment is the source of all our suffering.

The Five Steps bring us back into harmony with our divine plan and purpose.

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### The Trinity

In the Kindred Light Universe, the Trinity is not a religious doctrine but a living metaphor — a map of your soul's origin, purpose, and return.

- **The Creator / God / Heavenly Father** is the unmanifest Source — infinite, silent, radiant Consciousness beyond form and time.
- **The Divine Mother** is the manifest aspect of the Divine — the creative power of Aum, the Holy Spirit, Nature, Life itself. She bridges heaven and earth, spirit and form. When you feel guidance, grace, or inner resonance, it's her voice, her current, her Aum.
- **The Radiant One** is you — the awakened soul, made in the image of the Creator, carrying His light through the creation of the Divine Mother.

This is not a belief system to adopt. It is a relationship to remember.

The pen is in your hand now. The next line is yours.

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### Eight Eternal Aspects of the Soul

You were made in the image of the Divine — not in physical form, but in essence.

Yogic teachings describe eight aspects of God; these are also the eternal aspects of your soul.

A small part of your soul incarnates to explore what God is *not*: abandonment, betrayal, rejection, hatred, powerlessness, ignorance, fear, anxiety — all the painful emotions that don't exist in your true nature.

As the ego wrestles with these distortions, it slowly remembers the truth: our soul essence has never been harmed. The ego ping-pongs between extremes, trying to fix itself, until it finally surrenders to what was always whole. In this remembering, guilt and shame dissolve.

The Eight Aspects are:

- **Wisdom** (distorted as confusion or pridefulness)
- **Light** (distorted as deception or harsh exposure)
- **Love** (distorted as rejection or attachment)
- **Joy** (distorted as depression or manic distraction)
- **Peace** (distorted as vengeance or avoidance)
- **Calm** (distorted as anxiety or apathy)
- **Power** (distorted as control or helplessness)
- **Vibration** (distorted as disconnection or noise)

Every challenge is an invitation to restore what already lives within you.  
This is the journey home to your Radiant One.

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## The Script of Creation

The Divine Mother — also known as the Holy Spirit or the vibration of Aum — directs the Script of Creation.

Biology, chemistry, physics, psychology, sociology, astrology (and more) all conspire to deliver each lesson at the perfect time. Not to punish you, but to set the stage for your liberation — your return to the Eight Aspects.

The Script is always running. It weaves your soul's lessons and contracts into the fabric of daily life, using synchronicities and circumstances to guide you. It always serves the highest good — even when it hurts, because the ego is still attached to the distorted aspects.

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## Karmariculum

Your Karmariculum is the soul's unique curriculum — a divine syllabus of purpose and growth.

You chose birth circumstances to anchor your key lessons. Major milestones and soul tests are loosely mapped, but always shaped by your free will.

It includes soul contracts with family, partners, friends, coworkers — each playing a specific role in your evolution.

Your free will?

- Choose love, and the moment is elevated — past and future alike.
- Choose fear, and the lesson repeats — louder.  
No judgment. Just optional pain.

This is the engine of your Karmariculum.

And here's the miracle:

You're not just reading the script — you're writing it in real time.

Unconsciously, through fear and unhealed wounds...

Or consciously, through divine remembrance and soul alignment.

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## The Wise One

The Wise One is the calm, intuitive voice of your higher self — speaking through felt sense, inner knowing, and subtle nudges that only reach you when:

1. Sir Ego quiets down, and
2. Your heart is open.

The Wise One is attuned to your Soul Council, your Karmariculum, and the Script of Creation. He waits patiently for your readiness. When you finally listen, his truth feels like home — like something you always knew.

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## Soul Intelligence - SQ

IQ and EQ help us manage the world. But they can't heal what lies beyond the mind.

**Soul Intelligence (SQ)** is the realm of the Wise One — where divine guidance flows from beyond the physical. As we listen, we begin to embody our noble essence: compassion, forgiveness, gentleness, generosity, kindness.

The more you invest your attention and energy in the Wise One and the Script of Creation — and withdraw it from Sir Ego — the more SQ becomes your default.

This is how we solve problems at the root — not just trim the branches of suffering, but heal the tree at its source.

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## Sir Ego

Sir Ego is the well-meaning but misguided knight of your inner story.

He believes he's separate from God, separate from others, separate even from his own soul. So he identifies with the body and survival, acting from fear, control, protection, and projection.

Not because he's bad — but because he forgot where he came from.

Sir Ego is not to be slain or shamed.

He is to be gently disarmed, lovingly retrained, and humorously managed — like a confused squire who thought he was supposed to storm castles alone.

When you see Sir Ego's antics with compassion, you are free to follow the Wise One within.

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## Sir Ego's Script

Sir Ego's Script is the unspoken rulebook in your head — the one that says how *you* and everyone else *should* behave.

Every "I should" or "They shouldn't have" is a line from this imaginary manuscript — one that feels universal, but in truth? Everyone's carrying a different version.

That's why it leads to so much disappointment, frustration, and judgment.

Recognizing Sir Ego's Script for what it is — a fear-based narrative — is the first step toward freedom:

Compassion. Flexibility. Truth beyond control.

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## Triggers

Triggers happen when Sir Ego's Script collides with the Script of Creation — BAM.

They may feel like setbacks, but they are soul-designed portals for transformation.

Each one offers you a choice:  
Will you spiral into reactivity?  
Or pause and walk the path of purification?

A trigger is a swirling micro-storm of unprocessed emotion and memory. Sights, sounds, meanings — clustered echoes of past pain that were too much to digest at the time.

When something in the present matches their frequency, it opens the vault.  
Your ego and body panic as if it's happening all over again.

But this isn't failure. It's sacred design.

Triggers are the breadcrumb trail of your Karmariculum.  
They're not there to punish you — they're here to set you free.

Recognize the pattern.  
Walk the Five Steps.  
And the trigger becomes transformation.

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## The Soul Council

Your Soul Council is your personal spiritual team — guides, angels, ancestors, or ascended masters who walk with you across lifetimes.

They are devoted to your healing, awakening, and growth. They offer support through dreams, intuitive nudges, synchronicities, and heart whispers.

Inviting their help is a practical way to receive higher wisdom.

You never walk alone.

# Radiant One Matrix

## 8 Aspects Chart

Yoga tells us these are the eight aspects of God. As we are made in the image of God, these are also the eight aspects of our eternal, divine essence. We come into the material world to explore the opposites that we can't explore in our natural state.

### Eight Aspect of the Soul's Experimentation, Ascension and Eternal Essence

Exalted Aspect	<i>Sir Ego's</i> Duality	Hero's Crucible	<i>The Wise One</i>
<b><i>SOUND</i></b>	From Ruckus to Stoic	Stillness & Contemplation	Vibrant Heart, Mind & Body
<b><i>LIGHT</i></b>	From Deception to False Righteousness	<b><i>RECOGNIZE</i></b> Triggered State	Radiance, Integrity & Purity
<b><i>WISDOM</i></b>	From Ignorance to Pridefulness	<b><i>RECEIVE</i></b> Divine Wisdom	Clarity & Insight
<b><i>JOY</i></b>	From Depression to Intoxicated	Aligned with Divine Passion &	Flow, Ease & Synchronicity
<b><i>LOVE</i></b>	From Hatred to Infatuation	Allow Others to Be Themselves	Soulful, Harmonious Relationships
<b><i>POWER</i></b>	From Victim to Perpetrator	<b><i>RESPOND</i></b> Right Words & Actions	Creative & Effective Expression
<b><i>PEACE</i></b>	From Fearful to Denial	<b><i>RELEASE</i></b> Fear & Bitterness	Unshakable Faith in Divine Plan
<b><i>CALM</i></b>	From Fight to Flight Reactivity	<b><i>RELAX</i></b> Over reactivity	Cool & Centered Under Pressure



# Heart Hacks and Contemplation Seeds

Develop everyday habits that gently shift your ego heart & mind to the Wise One.

## Developing SQ through Heart Hacks & Contemplation Seeds

Soul Aspect	Heart Hacks	Contemplation Seeds
<b><i>SOUND</i></b>	Think of something you've been chasing, planning, or trying to control. Pause. Soften your grip. Then take the next step that life is offering you—even if it wasn't part of your plan.	My ego believes I must chase, plan, or earn my way forward... AND my Wise One knows that the Script of Creation always presents the next stepping stone of my Karmariculum—and how to take it.
<b><i>LIGHT</i></b>	When you're tempted to correct or criticize someone, pause and find something they did right. Thank them for it sincerely, and say nothing else.	Though I may feel attacked by thoughts, words, or actions, I can always raise my consciousness to the silent witness that is untroubled by these events.
<b><i>WISDOM</i></b>	Admit to someone that you misjudged them, and share how you see them differently now. No justifying. No explaining. Just clear seeing, honestly spoken. This is how illusion dissolves.	My ego creates opinions and stories that distort reality, AND the Wise One sees beyond the veil and responds with clarity rooted in eternal Truth.
<b><i>JOY</i></b>	Think of someone you envy. Tell them what you genuinely admire and why it inspires you—with no ask, no apology, and no self-deprecation. When you celebrate another's light, you spark your own.	The ego seeks happiness in outcomes that shift and fade, AND the Wise One finds joy in every heart-lit moment—whether comic, tragic, or uncertain.
<b><i>LOVE</i></b>	Send someone a message of appreciation—not for what they've done for you, but for who they are. Name a soul quality like patience, warmth, or courage. This affirms the Truth.	I feel the heartbreak of seeming separation from love, AND I remember that true love cannot be lost. I am love, loved, and loving—eternally.
<b><i>POWER</i></b>	In a conversation where you'd usually try to assert control or "win," try affirming the other person's view or letting them lead. This isn't defeat—it's a test of the deeper power of surrender, which draws others toward truth.	I see my ego wanting to dominate or defend, AND I trust that love—quiet and steady—always triumphs in the end.
<b><i>PEACE</i></b>	Reach out to someone you've resented and apologize for your part in the conflict — no explanation, no justification, no expectations. Just own your piece.	I see my ego in fear and turmoil, AND I trust there is a divine plan unfolding beneath the chaos.
<b><i>CALM</i></b>	When you're tempted to correct or criticize someone, pause and find something they did right. Thank them for it sincerely, and say nothing else.	Though I may feel attacked by thoughts, words, or actions, I can always raise my consciousness to the silent witness that is untroubled by these events.

# The Five Steps to Freedom Free Guide

The Hero's Path of Love

This isn't information. It's transformation.

Radiant wisdom for when you're triggered, overwhelmed, or stuck.

Read on.

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# Deep within, you know life was meant to be more... *And you're right.*

## The Truth: The Trinity & Soul Design

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You weren't born to struggle and prove yourself.

And you're not here to earn your worth or manage the cosmos.

Your innermost being is pure, innocent, loving, and loved beyond measure. You're here to experience loving relationships and express your uniqueness — but that's on the other side of the veil of remembrance.

Still, somewhere deep inside—even if you doubt it—you've always sensed this was true.

Before you had a body, a name, or a favorite flavor of ice cream, you were *LIGHT*.

You were part of a cosmic trio:

**THE FATHER – INFINITE AWARENESS**

**THE MOTHER – THE CREATIVE FORCE OF LIFE**

**THE RADIANT ONE – YOU!**

This is the **Trinity**—not a doctrine, but a soul-level family portrait. You're the child of divine love, here on a journey to remember what you never really lost.

In your heart, you already know the truth:

You were made for love, creativity, peace, and harmony.

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**What you're really learning here is spiritual intelligence (SQ).**

You've probably heard of IQ and EQ—but SQ is your ability to hear the voice of your divine higher self, even when your mind is loud.

Each time you pause, open your heart, and follow the quiet truth instead of fear, your SQ grows stronger.

The Five Steps to Freedom don't just help you feel better—they help you shift who's in charge inside you.

**YOU WERE BORN INTO A SACRED PARADOX —  
TO FORGET YOUR LIGHT JUST LONG ENOUGH  
TO REMEMBER IT WAS ALWAYS YOURS.**

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# You came here to play a soul-level game... and forgot it was a game.

## Sir Ego & the Two Scripts

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Meet **SIR EGO**: His job is to protect the body, maintain control, and avoid risk. He believes this will keep you safe. And in many ways, it has.

He's your well-meaning, often-frazzled inner manager—the one who makes dinner, finds lost car keys, files your taxes, and keeps the toddler from licking the outlet. **SIR EGO** is a 3D superhero. You literally couldn't function in the world without him.

He's been carrying the weight of the world, trying to protect you from ever getting hurt again. But he's been doing it alone—without access to the full plan, and without knowing the mission has evolved.

He's been operating from an unconscious script—one that tells him exactly how everything and everyone should be.

**SIR EGO'S SCRIPT** is full of *shoulds*, *rules*, *roles*, and *emergency backup plans*.

It's how he tries to keep you feeling safe, respected, and approved of.

Unfortunately, no one else is following his script—they're all acting out their own.

**SIR EGO** isn't wrong. He's just exhausted. And it's time for him to have some help.

Normally, the collaboration between your Higher Self—the **WISE ONE**—and **SIR EGO** happens outside your awareness. The **WISE ONE** flows through creativity, love, intuition, and stillness... while **SIR EGO** manages the hands and feet. You've heard the **WISE ONE** before—you just may not have realized there was a choice of who to listen to.

The true, eternal **WISE ONE** is calm, clear, and aligned with the **SCRIPT OF CREATION**.

When the **WISE ONE** leads and **SIR EGO** follows, the whole system begins to harmonize.

The **SCRIPT OF CREATION** is the flow of life, of nature, of seasons, and of divine unfolding.

It's not about perfection—it's about learning how to love, even when it's hard.

It activates your **KARMARICULUM**—the soul-designed curriculum for a life of love, growth, and joy.

And you're not doing it alone.

You have a **SOUL COUNCIL**—intuitive guides, wise ancestors, and cosmic teammates—whispering reminders of the truth you came here to remember.

*YOU DIDN'T KNOW THERE WAS A CHOICE.  
NOW THAT YOU DO, THE QUESTION ISN'T "WHAT SHOULD I DO?"  
IT'S WHO'S GUIDING ME RIGHT NOW?"*

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## ***Your discomfort is not the problem— it's the clue.***

### **What is a Trigger?**

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Here's the deal:

The *SCRIPT OF CREATION* is trying to stretch and grow you.

*SIR EGO'S SCRIPT* is trying to avoid anything painful, vulnerable, or uncertain.

When these two scripts collide, it creates friction.

That friction is called a *TRIGGER*.

A *TRIGGER* is more than a bad mood or passing irritation.

It's a full-body, full-system red alert.

The heart constricts.

The breath shortens.

The thoughts swirl in loops.

The ego reacts to this discomfort by trying to:

*Fix it*

*Control it*

*Blame someone*

*Escape it*

*Rehearse it obsessively*

But the discomfort isn't the enemy.

It's the invitation.

It's the wave.

*SIR EGO* is often stuck in past regret or future worries.

He's either regretting the last wave, wishing for Bob's wave next door, or panicking about the next one.

"This one's too small."

"This one's too big."

"This one's too fast."

"This one's too... wrong."

But your *WISE ONE* knows:

*This wave is not a mistake.*

The *SCRIPT OF CREATION* doesn't make mistakes.

Ride the wave you are on,  
Or you are going to wipe out,  
and it won't be the wave's fault.

***TRIGGERS MAKE SIR EGO PANIC—BUT THEY'RE JUST WAVES.  
YOU DON'T NEED TO CONTROL THE OCEAN.  
YOU JUST NEED TO RIDE THE WAVE YOU'RE ON.***



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# Before you can transform your triggers, you have to recognize them as doorways.

## Anatomy of a Trigger

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*SIR EGO* says

👹 “This shouldn’t be happening!”

But when the *WISE ONE* sees the same event, he leans in with love and says:

🚪 “Ah, here’s the next sacred doorway.”

A *TRIGGER* shows up in multiple layers:

**Emotionally** – You feel anger, fear, shame, or powerlessness.

**Mentally** – Your thoughts spiral: “Here we go again...”

**Energetically** – Your heart closes, you shut down to avoid more pain.

**Physically** – Your body tightens, breath shortens, heart pounds.

This is not just stress. It’s a **sacred moment** where your old *EGO SCRIPT* is colliding with your soul’s evolution.

If you meet the trigger with compassion instead of panic, the wave becomes a surfboard—and you begin to glide.

### ***Don’t Believe Everything You Think***

(aka: What’s Really Happening During a *TRIGGER*)

Ever noticed your mind racing after a *TRIGGER*?

Cue the full cast of characters:

**Monkey Mind** swinging from thought to thought

**The Committee** debating 27 possible reactions

**Fix-It Energy** starts drafting, speeches, and escape routes and chore charts for the apocalypse.

That’s not strategy. It’s *SIR EGO* in emotional quicksand—trying to control the outside world *and* calm the inner world at the same time. Spoiler: it never works.

His script doesn’t match the moment.  
His thoughts are looping because he’s lost.

But here’s the shift:

**This isn’t a moment to think harder.**

It’s a moment to feel deeper.

The *WISE ONE* knows what’s really happening.

But *SIR EGO* is yelling too loudly to hear.

***RECOGNIZING THIS PATTERN IS THE BREAKTHROUGH —  
WHERE THE WISE ONE BREAKS THROUGH SIR EGO’S CHATTER.***

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## Contrast the default *Sir Ego Reaction Loop* with the FIVE STEPS TO FREEDOM.

The Moment of Choice Becomes Clear and Empowering.

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### *SIR EGO'S* Reaction Loop

(aka "Why does this keep happening?")

When a trigger hits, *SIR EGO* leaps into action:

- Emotional blowup 🤯 (rage, panic, despair)
- Mental looping: fix-it plans, imaginary arguments 🌀
- Blame and judgment (of others or self) 🗣️
- Withdraw, over-control, or overcompensate 😞
- Default to a habitual reaction (protective, defensive, or people-pleasing)

Repeat the same result:

- Another fight 🥊
- More debt 💳
- Emotional fallout at work
- 🚫 Ineffective a.k.a. pushing Jello uphill

You get the idea: same loop, new day. No wonder you feel exhausted.

### *FIVE STEPS TO FREEDOM*

The Hero's Path of Heart

When a trigger hits, the *WISE ONE* pauses:

- **RECOGNIZE** — Here we go again. Mind busy and heart closed.
- **RELAX** — Open heart. Breathe through fight or flight.
- **RELEASE** — Feel it, don't fix it. Heart open despite discomfort.
- **RECEIVE** — Allow limiting beliefs to melt in the sun of Truth.
- **RESPOND** — Right words, right action, at the right time.

You have the answer key inside you.

Your inner world becomes peaceful.

Your relationships improve.

Your worldly challenges start to fade.

Everyone wins.

New blossoms sprout everywhere in your life.

*YOU CAN KEEP YOUR TRIGGER AND RE-EXPERIENCE IT AS MANY TIMES AS YOU LIKE...  
...OR YOU CAN TRANSCEND IT FOREVER.*



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# **The more you release, the more you remember who you are.**

## **The Mirror Was Never Broken**

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It's like cleaning a long-forgotten mirror.

Some distortions vanish with a single swipe.

Others take time, compassion, and a little spiritual elbow grease.

But the mirror itself?

It was always whole.

Each time you practice the *FIVE STEPS TO FREEDOM*,

you wipe away another layer of confusion and pain.

Not to become someone new—

but to see the radiant truth that was there all along.

And the more you remember...

the more peace you feel.

The more love you live.

And the more your outer world begins to reflect your inner light.

Every time you choose to *pause, breathe, and stay open*, you rewire your mind and heart toward truth.

It's like working out—except instead of muscle, you're building resilience, compassion, and clarity.

You stop being afraid of your feelings.

You stop running from hard conversations.

You stop abandoning yourself in the moment that matters most.

And something incredible happens:

The trigger doesn't hit as hard.

The story dissolves faster.

And soon, it doesn't even stick at all.

*EVERY TIME YOU CATCH IT EARLIER, YOUR NERVOUS SYSTEM REWIRES,  
YOUR HEART OPENS, AND YOUR LIFE SHIFTS.  
IT'S WORKING—EVEN WHEN IT'S SUBTLE.*

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# When the inner shift happens, the world reflects it back to you.

## The Miracle Happens

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The world may not change overnight.

But your *relationship* with it does.

Your closest connections start to feel easier—less tension, fewer expectations, more kindness.

Work no longer feels like a war zone.

You might even enjoy it. (We know, wild.)

The same old conflict shows up... and you respond in a brand new way.

No explosion. No collapse. Just calm.

Even your body starts to shift—because it's no longer absorbing all that fear and effort.

You move differently. You speak differently. You start to feel... free.

This is what happens when the *WISE ONE* leads and *SIR EGO* follows with trust.

You've found the rhythm of the Soul.

### *It Happened Without Trying*

As I forgave others,

I didn't expect to forgive myself—  
but one day, I noticed I had.

As I stopped defending,  
compassion appeared quietly,  
like sunlight through a window I forgot was open.

As I accepted others without judgment,  
my own harshness melted too.  
I could give praise... and receive it.

Patience became a friend.

Grace became a habit.

Mercy showed up on her own.

I stopped trying to be a better person—  
and somehow became one.

*WHEN YOU CHANGE YOUR INNER WORLD,  
YOUR OUTER WORLD HAS NO CHOICE BUT TO FOLLOW.*

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## **This isn't just possible. It's already happening.**

### **Can You Feel It?**

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If this guide stirred something in you, trust it.

A new path is already unfolding.

You didn't come here to fix yourself.

You came to remember yourself.

The **RADIANT ONE** was always you.

Your **WISE ONE** is calling you home.

Listen. Can you hear it?

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Ready for more support?

You can talk to **RADIANT ONE AI**—a gentle, heart-centered guide trained in the Five Steps to Freedom. Ask a question, name a trigger, ask for a blessing, or just start where you are.

**RADIANT ONE AI** doesn't judge, interrupt, or need sleep.

Just help, anytime you need it.

Go to [KindredLights.org](https://KindredLights.org)

You'll find it right in the top menu.

## **Five Steps to Freedom The Hero's Path of Heart**

*YOU DON'T BECOME THE RADIANT ONE.  
YOU REMEMBER YOU ALWAYS HAVE BEEN.*

# The Mystical Dream of Paradise and Accidentally Making the Monkeys Extinct

When my formerly successful, social, athletic, teenagers were in a dark night of the soul, I prayed for wisdom. And this dream offered it to me – it taught me more than years of study.

In this dream, I was walking through Eden. Not a storybook Eden, but a living, breathing paradise. Everything shimmered with life – ferns unfurled beside wild orchids, birds sang harmonies I somehow recognized, and light filtered through the trees like a blessing.

I wasn't alone. I was walking with the Creator. We strolled in silence—comfortable, companionable, whole. There was no need to ask questions. The entire garden felt like an answer.

But then something pulled at my attention: a group of monkeys up ahead, shrieking, tumbling through the branches, wrestling and wild. Their sound grated on me. It reminded me of my brothers' childhood brawls – chaotic, uncontrolled, uncomfortable.

Without thinking, I wished it would stop. And it did. Apparently, walking beside the Creator came with certain perks. My thoughts became reality. I smiled at first – what power! But within moments, I saw all the consequences fall like dominos.

First those monkeys stopped fighting. Then all monkeys stopped fighting. But their rough play, I soon learned, was part of their mating ritual. No fighting meant no mating. No mating meant no babies. Before I could speak again, the monkeys were extinct. I gasped. I hadn't meant that. We kept walking. I was quiet now.

We came upon a lion crouched over a freshly killed gazelle. The scene horrified me – the blood, the brutality. I wished it would stop. And it did. No more lions eating gazelles. Which meant: lions starving. Dying. Extinct.

Without predators, the gazelles overpopulated, devoured the greenery, and soon they too disappeared. And just like that, paradise became barren.

All because I didn't want to hear noise... or see blood.

When I awoke, I realized the meaning of this dream. It revealed the true nature of our relationship with the Creator – as His beloved creations, made in His image, gifted a paradise not for performance or perfection, but for exploration. We were never meant to follow a script written in fear. We were meant to co-create with love.

I felt the deep shock of realization: I had made the monkeys extinct. Not out of hatred, but out of misunderstanding. I didn't see the harmony and balance woven through Creation. In trying to fix it, I broke it. First the monkeys. Then the lions. Then the gazelles. How could this be? My *brilliant opinions* were flawed? I'm not qualified to improve paradise?

The Creator designed the Garden in perfect divine order. Outside of duality, God simply is – expressing through eight infinite aspects: Peace, Power, Joy, Wisdom, Love, Light, Presence, and Vibration. These are not distant ideals. They are the structure of your soul.

I always try to remember when I try to "fix" paradise, I made the monkeys extinct.