
BOOK PROPOSAL KINDRED LIGHTS

Love Heroically
Five Steps to Freedom

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BOOK OVERVIEW

***Love Heroically* is not a mindset shift - it's a heart revolution.**

We came into this life for a divine purpose: to explore who we truly are and experience the beauty, challenge, and joy of Earth as a soul on an adventure – an exalted quest.

The higher self - the **Wise One** - understands that quest. He sees the bigger picture, holds the divine map, and remembers why we came - our calling, our purpose, our inspiration. It's the source of our creativity, our guidance, and the soul lessons we're here to embody. Through the Wise One, we experience our divine nature—love, joy, power, and wisdom.

Sir Ego, our lower nature, is the well-armored knight - brave, loyal, and determined to protect the realm. He executes the plans, drives the car, runs the meetings, cooks the meals.

Together, the Wise One and Sir Ego form an ideal team. The Wise One offers love, insight, creativity, and direction. Sir Ego brings action, structure, and courage. And for much of life, they coexist outside our conscious awareness - functioning in harmony when the heart is open.

But when Sir Ego gets triggered, fight or flight energy arises and everything changes. He panics. He forgets the partnership. Like a knight gone rogue, he tries to lead alone - fighting imaginary enemies and reacting from fear. He charts his own course without even knowing it.

Most people don't realize this shift has happened - because no one ever taught us how to tell who's at the controls. This book does. It shows how to catch that moment of takeover... and how to choose again. Not by suppressing the Ego, but by restoring his trust in the Wise One - so the Exalted Quest can continue, guided by love. In this path, Sir Ego is not asked to "fix" himself.

The central teaching is a 5-step heart-based process:

- *Recognize* when you're triggered and your heart is closed.
- *Relax* the fight-or-flight response, opening the heart on purpose.
- *Release* emotional energy - not by thinking, but by feeling without resistance.
- *Receive* divine insight that replaces the Ego's delusion with the soul's Truth.
- *Respond* with right words, right actions, and right timing - aligned with love.

Each step is taught twice: first from Sir Ego's triggered perspective, then from the Wise One's path back to love and peace. This parallel structure is what makes the book uniquely usable - every chapter is a mirror and a map.

While many books promise healing or mindfulness, *Love Heroically* offers something more: a practical method to develop **spiritual intelligence (SQ)** - the ability to recognize which inner voice is speaking (ego or soul) and choose the higher path in real time. Most people are familiar with **IQ** (intellectual intelligence) and **EQ** (emotional intelligence), but **SQ** is rarely discussed—and even more rarely taught. Yet SQ is the key to living from your highest self, your soul.

Sir Ego and the Wise One both live within us. Sir Ego is the loud, reactive voice trying to control the world. The Wise One is the quiet presence that speaks through clarity, compassion, and intuitive knowing. The more time we spend aligned with the Wise One, the more SQ we embody—and the more our life transforms from the inside out.

The Five Steps to Freedom are how we raise our SQ - not through theory, but by shifting our state in the moment. The result is not just emotional relief, but a rewiring of our internal leadership. Over time, the Wise One becomes the default, and life unfolds from soul alignment.

Rather than offering spiritual platitudes or self-help hacks, *Love Heroically* is a manual for heart-led transformation in real time - during a trigger, not after. The book is rooted in the author's lived experience of healing addiction, navigating loss, and restoring her family - not through control or force, but through the daily choice to return to love, one trigger at a time.

This is not a path of perfection. It's a path of courage. And it's how we change the world.

Origin Story: The Fire That Forged the Five Steps

How These Five Steps Came to Be: A Personal Journey

Twenty-five years ago, I had toddler twins, an alcohol dependency, and a toxic marriage I was too broken to leave. When my husband finally left me, I lacked the strength and clarity to embrace single motherhood - and my addiction flourished in what became a full-blown dark night of the soul.

It wasn't a psych ward or cardiac ICU that jolted me awake. It was the cold cement floor of a jail cell after multiple DUIs.

The one thing I had - what no one else in that jail had - was just enough grounding in *A Course in Miracles* to know that this was an upside-down dream world of Egos. I knew I had a unique role in a divine plan. That this was not the life God intended for me. And that forgiveness would be the chariot to carry me onward.

For the next few years, Jesus was my teacher - at church and in *The Course*. I studied the bizarre inner workings of my own guilt-ridden, shame-saturated Ego. I survived a multi-year custody battle while newly sober, navigating a legal and emotional warzone initiated by my ex (an active alcoholic and textbook narcissist). Miraculously, through deep spiritual practice and hard-won forgiveness, my children and I were reunited in love.

Still, the inner war raged - until my next teacher appeared: Michael Singer and *The Untethered Soul*. He introduced me to triggers, inner energy, and the yoga of surrender. When he quoted the Buddha's teaching that "desire is the root of suffering," I saw it clearly: my Ego had unconsciously written a Script to chase desires and avoid fears. And it was this Script - this invisible blueprint - that was causing all my pain. The bigger Script, the divine plan, hadn't received the memo.

As my family healed, hidden wounds showed up at work. My next teacher was Lao Tzu. *The Tao Te Ching* showed me how the Ego ping-pongs between seeking importance and giving up in defeat. The Wise One - the calm center - was found in the still point between extremes.

Over twenty years of sobriety, I've come to embody these teachings and distill them into the 5-step practice in this book. From the most hysterical and disempowered place of addiction and abuse, I developed the inner calm, peace, wisdom, and presence to walk my teenagers through their own dark nights with love and grace.

Sir Ego no longer tries to control the universe—he stays in his lane, doing what he's good at, while trusting the Wise One to lead with love, vision, and truth. In this way, we can express our soul essence in service to others.

Miracles abound - in my heart, in my family, in my outer world. And they are all testimonies to the power of these practices.

MARKETING PLAN

KINDRED LIGHTS PLATFORM:

- Website: www.KindredLights.org
- Free Guide (PDF): *The Five Steps to Freedom*
- Radiant One AI: Live soul-companion chatbot accessible to readers
- Newsletter sign-up & early access community
- Social media outreach
- Collaborations with spiritual influencers and recovery communities
- Previously published books: *Exalted Quest* and *Trigger Happy*
- Although *Trigger Happy* was professionally edited and reviewed by Pacific Book Review. Several hybrid publishers expressed interest, but I paused the project based on intuitive guidance which led to the creation of *Love Heroically*.

Kindred Lights TikTok Series

To promote *Love Heroically* and Radiant One AI, I am launching a TikTok series featuring short-form spiritual skits and insights using a repeatable visual and narrative format. Each video explores a core teaching through the lens of:

- **Sir Ego vs. Wise One** – humorous contrasts highlighting spiritual delusion vs. soul clarity
- **The Five Steps to Freedom** – real-life triggers illustrated with how-to spiritual navigation
- **The Eight Aspects of Soul** – personified archetypes of the divine self reclaiming their throne
- **Kindred Barbie Series** – soulful humor with characters like Twin-Nursing Kindred, Jailbird Kindred, Crone Kindred, and Radiant Kindred, each representing a role I've transcended

MARKET SIZE & TRENDS:

Target Audience:

- Readers of Michael A. Singer, Glennon Doyle, Eckhart Tolle, or *A Course in Miracles*
- People in emotional recovery or spiritual transition (burnout, divorce, deconstruction, addiction, trauma, abuse)
- Women ages 30+ who feel emotionally exhausted and spiritually underfed
- Therapists, coaches, and seekers who want to integrate psychology and soul

Who This Book Is For:

- Spiritually curious but emotionally exhausted
- High-functioning but quietly triggered
- Devoted to healing but disillusioned by vague teachings or cold technique
- Trauma-aware but craving a soul-based alternative to endless analysis
- Recovering from burnout, addiction, codependency, religious shame, or identity loss
- Ready to transform, not just cope

Market Snapshot:

- Over 70 million adults in the U.S. identify as “spiritual but not religious” (Pew Research)
- Content tagged #triggered and #ptsd receive billions of views on TikTok and Instagram
- The rise of somatic healing, trauma literacy, and spiritual psychology points to a public hunger for integrated, whole-person transformation tools
- Readers of *Untethered Soul*, *The Body Keeps the Score*, and *Radical Forgiveness* are actively seeking next-step frameworks that blend emotional reality with spiritual truth

Comparable Titles:

- *The Untethered Soul* by Michael A. Singer
- *Radical Forgiveness* by Colin Tipping
- *The Way of Integrity* by Martha Beck
- *Return to Love* by Marianne Williamson
- *Loving What Is* by Byron Katie

FEATURES & DIFFERENTIATION:

- The core problem in human suffering is this: most people don't know there are two voices inside them - and no one has ever taught them how to tell the difference. Normally, we seamlessly and unconsciously shift between the two: the higher self inspires, and the lower self speaks and acts. This book offers a clear, usable method for recognizing who is at the controls - and most importantly, how to put the higher self in charge when the lower self, the Ego, is triggered and about to sabotage everything that matters.
- Aligned with ancient wisdom and modern science: This work draws from Vedic teachings about the nature of consciousness, which are now being echoed by discoveries in quantum physics - such as quantum entanglement, which suggests that what we hold in our heart affects others across time and space, and the double-slit experiment, which implies that the quality of our attention influences what becomes real. These discoveries support what mystics have always known: prayer, forgiveness, and heart-aligned consciousness are not passive - they are energetic transmissions that shift outcomes at the deepest level. In this light, choosing love is not just personal - it is quantum activism.
- Grounded in emerging science: The Five Steps are supported by research in heart-brain coherence (HeartMath Institute) and Ego psychology. HeartMath shows that the heart regulates emotional flow and intuition, aligning with this method's teaching that the heart acts as the valve for soul energy and the Eight Eternal Aspects. See Note A
- Psychologically resonant: Recent studies on the 'quiet Ego' (highlighted in The Atlantic, May 2025) affirm that cultivating humility, empathy, and self-awareness - central outcomes of this process - leads to greater happiness, resilience, and emotional regulation.
- Includes 'heart hacks': practical emotional shifts supported by emoji-based maps that help readers recognize and transform Ego patterns in real time.
- Goes beyond mindfulness: While mindfulness teaches awareness of the storm, this method teaches how to sail through it with soul guidance and emotional alchemy.
- Integrates Ego psychology with mystical soul wisdom (5 Steps + 8 Eternal Aspects)
- Uses narrative voice (Sir Ego, the Wise One) to make abstract concepts intimate
- Includes metaphors, short phrases, and emoji maps to support practical transformation
- Connects to a working custom GPT: Radiant One AI, providing live demonstration of the method
- Speaks to CPTSD and chronic triggering with gentleness and accuracy

AWARDS AND ENDORSEMENTS:



Trigger Happy (now known as *Love Heroically*) received the Notable Book Award from Pacific Book Review, a distinction recognizing excellence in spiritually impactful and transformational literature.

It has also earned critical acclaim from industry reviewers:

“Throughout Trigger Happy Kindred Light relates her personal story of overcoming trauma. Her enthusiasm and trust, her attitude of I made it through this and so will you, lends a sense of realism. Through her journey of reconciling and connecting Sir Ego and the Wise One, she discovers her ability to forgive unconditionally, and with that, an infinite capacity for love. Kindred Light is not a stereotype. She is humble and accepting within her inner peace, and above all, you trust her intentions to teach.”

- Pacific Book Review

“Trigger Happy is a beautiful book... Even if you do not yet believe in yourself, within these pages, here is a teacher who believes in you.”

- Pacific Book Review

“Thoughtful, engaging, and a beautiful symphony of hope within the struggle of life... a must-read self-help and spiritual book... The relatability of the darker aspects of doubt and destruction, which resides within us all, were aptly discussed and showcased how important it is to take these steps in our lives.”

- Hollywood Book Reviews

“The honesty and depth of the author’s writing felt powerful ... and the chemistry the author found between the grounded-self and the higher-self was so fascinating to read about.”

- Hollywood Book Reviews

“At a Miracles Workshop I did in Truckee, CA, I was witness to one of the most profound transformations I have ever seen occur in a person. But even then I saw only the tip of the iceberg. Everything that came before and after that amazing turning point in Marie’s life is revealed in this book—and it makes fascinating reading. She completely turned her life around by applying the principles of Radical Forgiveness and continues to use the method today in her everyday life. You cannot read this book without being changed for the better by it.”

- Colin Tipping, author of *Radical Forgiveness*

“This is a modern sacred text.” —Amazon reviewer

“As a spiritual teacher myself, I can say this book is rare: wise, funny, precise, raw, and absolutely true.” - Pilgrim Explorer

Exalted Quest - A Tale of Transcendence Over Trauma received positive editorial reviews from Pacific Book Review and the screenplay adaptation was a finalist at the 2023 California Women’s Film Festival.

CHAPTER OUTLINE

This book is structured in four parts: the soul’s origin, the 5-step transformation path, real-life applications, and planetary integration. Each step is taught through contrast—the voice of Sir Ego and the voice of the Wise One—and applied to common life challenges through dedicated vertical chapters. Each chapter summary emphasizes the heart focus of that topic. ♥

The chart below offers a high-level overview of how these two inner voices respond to emotional discomfort. Sir Ego reacts from fear, habit, and control. The Wise One responds from presence, clarity, and love. This visual map helps the reader track their own journey and see that every moment of reactivity contains a hidden choice—a chance to return to the heart.

<i>The Five Steps: Sir Ego vs. the Wise One</i>		
5 Steps	Sir Ego	The Wise One
Recognize	This is not OK. I must fix it.	I see I’m triggered. This is a choice point.
Relax	Panic. Fight of flight.	I soften. I breathe. I don’t react.
Release	Suppress emotions or lash out.	I feel the emotional energy. I let it move through.
Receive	Judge the present moment based on old stories.	I receive the soul’s Truth and insight.
Respond	Control, punish, or withdraw.	I act from clarity and love.

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Part I: Remember Who You Are

These chapters introduce the soul's nature, the dream of separation, and the unique paradigm of the book.

1 Remember Eden - You Are Not the Dreamer

This chapter opens with a story that reframes the Garden of Eden- not as a myth or a fall, but as a dream we entered to explore the themes of “not-God.” In this dream, we chose to forget our divine essence in order to experience separation, fear, and control. The Ego believes it must control this dream and clings to its illusions to survive. But the truth is that we were created in divine image, imbued with the same creative power- and now, we are invited to awaken.

♥ The reader learns that the world's chaos isn't personal punishment - it's a reflection of unconscious fear projected outward. The goal is not to escape the dream, but to awaken within it and reclaim authorship through love.

2 The Truth of Who You Are - Eternal, Essential, and Wise

This chapter reveals the soul's true nature - not as a concept, but as the Wise One who is calm, kind, and ever-present. The reader is introduced to the 8 Eternal Aspects of Soul Essence: Peace, Power, Joy, Wisdom, Love, Light, Presence, and Truth. These are not traits to acquire; they are the unshakable essence beneath all pain and story.

♥ We stop striving for qualities like peace or power and begin embodying them through heart alignment. The Wise One isn't a stranger to be summoned - it's the real you, emerging as the heart opens.

3 Learning to Walk the Path - What This Book Will Teach You

This chapter introduces the *Five Steps - Recognize, Relax, Release, Receive, Respond* - as a heart-centered path out of Ego-driven reactivity and into soul-guided living. Each step is taught twice: first through the automatic responses of Sir Ego, and then through the grounded presence of the Wise One.

Key terms are gently defined so the reader can begin to recognize the internal landscape:

- Sir Ego is the fearful mind trying to control life in order to feel happy, safe, and loved.
- The Wise One is the higher self - your calm, clear, loving essence that always knows the next right step.
- Sir Ego's Script is a mental plan built from past experience, trying to avoid pain and ensure validation.

- The Script of Creation is the divine, soul-aligned path that orchestrates the highest fulfillment and deepest purpose for all humanity.
- A trigger occurs when these two Scripts collide - when reality doesn't match Sir Ego's plan.
- The Karmariculum is the soul's unique curriculum - those repeating challenges and relationships that carry lessons tailored for your evolution.

This chapter assures the reader that mastery isn't required - just a willingness to begin noticing. The steps don't ask for perfection. They invite presence.

♥ **The path of the Wise One is a return to an open heart. In a world that conditions us with** fear, guilt, and shame, the Five Steps offer a way home to love. Readers are reassured that they don't need to understand the path to walk it - they only need to remember that love is the only true antidote to fear.

Part II: The Five Steps - From Fear to Freedom

Each step is taught through contrast: first through the habitual pattern of Sir Ego, then through the embodied path of the Wise One.

4 Recognize - Sir Ego Perceives a Threat

This chapter opens the 5-step journey by showing how the Ego misidentifies discomfort as danger. Originally designed to protect the body, Sir Ego now leaps in to defend identity, pride, or past wounds. When triggered, the nervous system is hijacked - fight/flight responses fire, the mind races with fix-it thoughts, and the heart closes. Sir Ego doesn't recognize this as a heart emergency. Instead, he acts urgently to fix the outside world so he doesn't have to feel the inner one.

Until now, we didn't even know there was a choice. We were powerless against our triggers. But something new happens when we recognize the pattern: "This is a trigger. This is Ego." That moment of awareness opens the door to the path of the heart.

♥ **The heart closes the moment Sir Ego decides the problem is someone else. "It's not me—it's you."** From there, blaming, judging, or trying to force others back into alignment with his Script feels not only justified, but necessary. This is where we all get stuck—not because we're bad, but because we're triggered and don't yet realize there's another way. In this chapter, we stay fully in that pattern, naming it with compassion and clarity—because you can't choose differently until you recognize what's actually happening.

5 Recognize - The Wise One Notices an Opportunity

This chapter introduces the first of the five Wise One responses—recognition from the soul's perspective. Instead of perceiving the trigger as a threat, the Wise One sees it as a cue: a sacred invitation rising from the Karmariculum. The reader begins to catch the moment between impulse and action, recognizing familiar phrases like "This needs to stop now," or "I can't handle this," as signals that Sir Ego is in charge.

The heart may still be racing. Nothing feels resolved. But the Wise One knows from experience: this lump of coal has the potential to become a diamond. If the Five Steps are followed, the pain will transmute. The chaos will clarify. The pattern will break. For now, the only shift is this: the reader sees they have a choice where before there was none.

♥ **The heart is not open yet—it's on fire. But now there's a flicker of light: the awareness that** this isn't the first time, and it doesn't have to go the same way. The Wise One sees the emotional storm for what it is and chooses not to act from it. That pause is everything. The miracle hasn't come - but the invitation has.

6 Relax - Sir Ego Resists

This chapter captures the raw, reactive aftermath of a trigger. The nervous system is hijacked—fight, flight, or freeze fully engaged. Emotions flood the system. Sir Ego may not realize it, but he's no longer responding to the present moment. He's been pulled into an old memory—reacting to the past as if it were happening now. Sights, sounds, and sensations feel distorted. The intention of others is misread. A simple comment feels like a betrayal. A delay feels like abandonment. The pain is familiar, but its source is buried.

In this state, Sir Ego lashes out, shuts down, overreacts, or overcorrects. He is desperate to restore control, to escape the discomfort, to get back to some version of safety. But nothing seems to work—because what he's really trying to avoid isn't out there. It's the storm in his own heart. The external resistance is just a mirror of the internal war. He is resisting the Script of Creation, yes—but even more so, he's resisting the feeling itself.

♥ **The heart is in 911 mode—tight, pounding, flooded with fear, rage, pain, anguish, or shame.** The emotions are old, familiar, and overpowering. The heart tries to shut down to stop the flood, but it only makes the pressure worse. There is no peace in this moment—only the compulsion to do something, say something, fix something. But none of that will help until the storm inside is faced.

7 Relax - The Wise One Allows

This is where real power begins - not control, but allowing. The Wise One doesn't like what's happening. The trigger is real. The body is still tense. But instead of fighting reality, the Wise One lets it be. No one has changed. The problem hasn't been fixed. But one thing has shifted: the war with the moment is over.

This is the “be here now” moment. Instead of living in the Ego's Script about how it should be, the Wise One sees what is. This is the beginning of the witness perspective. The reader learns simple physical and energetic tools—relaxing the shoulders, opening the chest, disengaging the mind. These create the conditions for awareness to rise and love to stay.

♥ **The heart begins to soften - not because it understands, but because it's no longer in a fight.** This is the Wise One's secret: the power to stay present with discomfort without needing to escape or explain it. It's like a yoga stretch for the heart. You feel the instinct to contract, to pull away from the pain - but instead, you breathe into it. You hold the opening. You build strength and flexibility by staying open one breath longer than before. That's the power that begins here.

8 Release - Sir Ego Suppresses or Expresses the Pain

The energy of a trigger is real. It doesn't just feel like something—it *is* something: raw emotion, memory, tension, and story all rising through the nervous system like steam in a kettle. As the pressure builds, the brain tries to offload it. Sir Ego takes control, not to heal, but to *do something*—anything—to escape the discomfort.

Sir Ego usually chooses one of two responses: suppress or express. Suppression means mental looping—fixing, analyzing, rehearsing. “*I should’ve said...*” “*They never should’ve...*” The goal is to shut the heart back down and make the feelings go away. But suppression only compresses the energy, fuses it with new thought, and locks it deeper in the system—until it erupts again. Expression, on the other hand, means action: the angry text, the slammed door, the dramatic exit. It may feel powerful, but the pain isn't cleared—just cast outward. The habit deepens. The karma expands. And nothing actually releases.

♥ The heart, in both cases, is holding on tighter. It clutches the anger, the righteousness, the blame. There is a momentary illusion of strength—of having said the thing, made the point, shut it down. But beneath the surface, the loop continues. Low-vibe emotions attract matching thoughts. Thought feeds feeling. Feeling feeds thought. The heart isn't clearing—it's spinning. Sir Ego believes he has resolved something. But the trigger remains, ready to rise again.

9 Release - The Wise One Transmutes the Pain

The energy of a trigger wants to move. It wants to rise, flow, and release. This is the spiritual crucible - the place where all the energy that Ego couldn't fix, suppress, or express is finally felt, witnessed, and alchemized. The Wise One doesn't analyze the pain or try to understand it. Instead, he sits with it, breathes into it, and holds it in loving awareness. The heart stays open, not because it feels good, but because the reader has learned to let the storm pass through, not into.

This is what we came here for. In our non-dual origin, these feelings don't exist. But in the dream of separation, we chose to explore the not-God themes - abandonment, powerlessness, betrayal - not as punishment, but as the path to remembering. And here, in the very heart of pain, we begin to transmute it back into Peace, Power, Joy, Wisdom, Love, Light, Presence, and Truth - the 8 Eternal Aspects of our Soul Essence.

The Ego believes if you don't act, you'll be destroyed. The Wise One knows that stillness is power. The reader is introduced to tools like silent witness, heart presence, energy movement, and soul-level forgiveness - not as techniques to “get rid” of pain, but to allow it to transform. This chapter affirms: you don't release pain by solving it - you release it by letting it burn clean.

♥ This is the deep stretch of the soul. The heart is open on purpose, even while the energy of shame, rage, fear, or grief is flowing. The reader learns they are not the pain - they are the presence that can hold it. This is where the vibration shifts. This is where the Karmariculum is passed. This is where miracles begin.

10 Receive - Navigation Set to Sir Ego's Script

Sir Ego is always navigating from a limited frame of reference. Even when he seems calm and rational, his worldview is shaped by past pain and unconscious scripts. He sees patterns where there are none and assumes meaning where none was intended. His thinking is tragically narrow - he can't access the realm of quantum possibility, where grace, surprise, and divine orchestration reside. That's why the core insight of this chapter is simple but transformative: *don't believe everything you think.*

When we try to navigate from this distorted mindset, we lose clarity. We aren't tuned in to what's actually happening - we're reacting to old emotional energy projected onto the present. The people in front of us are filtered through a lens of past conflict. We assign motives, then respond to our own assumptions. The result is disconnection and mistrust - not because of what's happening, but because of how we're interpreting it.

♥ *In the heart, the initial wound has already caused a contraction. But each new thought, judgment, and justification tightens it further. The heart becomes not just hurt, but hardened - more biased, more closed, more resistant to truth. Over time, this pattern builds into a habit of mistrust and defensiveness. What began as pain is now a posture. The heart no longer receives - it guards, filters, and refuses.*

11 Receive – Navigation System Set to the Script of Creation

After you have released and remained open and receptive, the life-changing insight appears—as if from nowhere. And yet, it feels obviously true, unmistakably wise, and deeply loving. It doesn't come from the mind - it lands in the heart. This is the moment when the Wise One begins to tune into the Script of Creation, the soul's original trajectory - one that leads not to Ego safety, but to soul fulfillment. Unlike the ego's narrow path, the Wise One taps into the infinite potential of the quantum realm—where possibilities are not limited by past pain, but expanded by divine intelligence. The ego cannot even conceive of these kinds of outcomes - its very limitation is why expansion is needed.

This is not about submission or passivity. It's not “giving up”—it's getting in alignment. The Script of Creation doesn't avoid pain—but it never wastes it. Every heartbreak, delay, and trigger becomes the next breadcrumb on the path. The Wise One navigates not by fear or logic, but by resonance: peace, clarity, and that quiet “yes” that vibrates deeper than thought.

♥ *This is where the reader realizes that the heart is not just a feeling center—it's a valve. Everything the soul longs for—love, peace, clarity, abundance, forgiveness—is already flowing from Source. But it only reaches us in proportion to how open the heart is. The more you let these qualities move through you, the more you experience them yourself. This is the turning point where the heart shifts from seeking to allowing—and becomes the channel, not the container.*

12 Respond – Sir Ego Reacts Ineffectively

Now fully merged with the past, Sir Ego responds to the present with the wrong tools and the wrong story. He doesn't see clearly—not the situation, not the other person, and not himself. His only goal is to force reality back into alignment with his script. So he manipulates, persuades, punishes. He might yell, shut down, guilt-trip, lie, or triangulate—whatever it takes to make others behave in a way that restores his sense of safety and control.

These are routine ego behaviors. Narcissists may play them at volume 10, but the rest of us do them too—at a socially acceptable volume 2 or 3. It's all on the same spectrum of wounded reaction. The ego isn't evil. It's confused. It was hurt in the past, and it learned the only tools it had: control, fear, withdrawal, aggression. Sir Ego isn't trying to be cruel. He's trying to stop the pain. He just doesn't know how.

♥ To behave this way, we must abandon our own innocence. We dissociate from the heart in order to justify actions that betray it. Somewhere deep down, we feel the split: the ache of doing something that doesn't feel right while convincing ourselves it's necessary. We tell ourselves *the end justifies the means*—but it never does. Not to the heart. The more we force our script, the more we violate the sanctity of our own soul. That's why these moments leave a bruise—not just on others, but on us.

13 Respond – The Wise One Responds Effectively

When the Wise One responds, it does so with quiet clarity. No rehearsals. No inner debates. No performance. The right words arise spontaneously, the gesture lands gracefully, the timing is uncanny. This is not magic - it's alignment. Because the Ego's storm was fully felt and released, the soul's response can now emerge from stillness, not survival.

This chapter teaches that right words, right actions, and right timing are natural outcomes of a heart that has been kept open through the previous steps. The Wise One doesn't delay out of fear or act out of urgency. They move when it's time to move - and when they do, it's unmistakably effective. This is the seat of true power - not force, but sacred flow. It's where synchronicity, fulfillment, and healing ripple outward without effort.

♥ The heart is always a magnetic field - but what it attracts depends on its vibration. When clenched by fear or pride, it pulls in struggle, misunderstanding, and resistance. But when relaxed, open, and surrendered, it becomes a channel for the divine: Peace, Power, Joy, Wisdom, Love, Light, Presence, and Truth. The Wise One doesn't chase outcomes - they attract them by becoming the frequency that matches their soul's true path. From this place, manifestation flows, synchronicity abounds, and right relationships and purpose align with ease. The response becomes the embodiment of the heart's highest calling.

14 Reveal – The Sacred Self Emerges

This chapter reveals the embodied result of the Five Steps: not a better mask, but the unveiling of the true self. The reactive patterns that once ran the show have been dissolved at the root, and in their absence, something unexpected arises - nobility. Kindness. Generosity. Courage. The Eight Aspects of Soul Essence emerge not because the reader has tried to “be good,” but because the blocks to their presence have been removed.

The Five Steps have revealed the false beliefs behind the old triggers - and in their place, Truth has been received. Now, the reader lives in alignment with the Script of Creation. They recognize when synchronicities, resources, and relationships are magnetized by an open heart. Their intuition is tuned. They can feel what is true and what is false - not just in personal decisions, but in the cultural noise of manipulation and misinformation. They are no longer driven by fear or seduced by control. Their compass is love.

♥ **The heart's new habit is to open - not out of discipline, but because it feels safe. Triggers still** happen, but the first response is compassion, not defensiveness. Forgiveness becomes a natural reflex. The Wise One now leads not only in moments of practice, but as a way of being. Life no longer feels like a competition for worthiness, where we strive for heaven while subtly hoping others are exposed or punished. Now, we feel abundant - surrounded by golden blessings we're eager to give away, knowing that in the giving, we are blessed ourselves.

The Heart's Journey: Ego Closure vs. Soul Opening

Most adults have no idea how often their heart is closed. It's become the default—hidden beneath stress, responsibility, performance, and disappointment. For many, the heart only opens in rare moments: a wedding vow, a child's birth, a long-awaited success. But in daily life? It remains guarded. Walled off. Shaped by too many letdowns, betrayals, rejections, and snarky comments. We see the open heart in children, in moments of love, in glimpses of awe—but somewhere along the way, Sir Ego took over, convinced it was safer to stay closed.

This chart reveals what's actually happening inside the heart during each of the Five Steps—contrasting Sir Ego's defensive contractions with the Wise One's softening presence. This is the real journey: not a change of mind, but a return to the heart.

The Heart's Journey: Ego Closure vs. Soul Opening		
5 Steps	♥ Sir Ego's Heart	♥ Wise One's Heart
Recognize	Alarmed. The heart contracts automatically to protect.	Senses a disturbance in the flow of peace and love. Heart is out of alignment—time to return.
Relax	Overwhelmed. Tight, bracing, shut.	Intentionally opens the heart against the fight-or-flight instinct. Eternal safety is reclaimed.
Release	Turbulent. Overwhelmed. The intensity pulls in more negative thoughts, deepening the spiral.	Willing to feel, knowing it's just energy. Open to divine love's healing presence and insight.
Receive	Hardened. This isn't OK. Judgment closes the heart and attracts more of what Sir Ego fears.	Heart attunes to truth. What arrives is knowingness—loving, aligned, and beyond doubt.
Respond	Split. The hardened heart betrays itself—justifying actions that violate its own values. And now, the heart turns on itself in guilt and shame.	The heart bursts open—what was pain becomes love in action. This is the miracle, the alchemy, the energy that reverberates forever.

Part III: Where the Path Meets the Fire

These chapters explore how to keep the heart open in the places it most wants to close. Each one brings the path into real-life crucibles—not as theory, but as lived experience. These truths weren’t discovered in silence. They were forged in heartbreak, rage, surrender, and grace. This is where the path gets personal. This is where love becomes real.

15 Trauma - Breaking the Loop of Victimhood

This chapter speaks to the deep soul-wound of trauma, where Sir Ego’s carefully crafted Script is shattered by betrayal, abuse, loss, or violence. The trauma becomes the defining story, and Sir Ego clings to it - desperately trying to restore what was lost, seek justice, or return to the “before.” The nervous system is hijacked, the heart is frozen, and the mind goes on strike, waiting for the world to rewind or repair. But the world won’t. And many souls remain stuck here for decades - or lifetimes.

From the Wise One’s perspective, trauma is not the end of the path but the beginning of a sacred reckoning. The wound becomes a portal. The grief, betrayal, and rage become energy to be transmuted, not justified or avenged. Through the 5-step path, the reader is gently shown how to step off the trauma treadmill - not by denying what happened, but by releasing the energy, reclaiming the heart, and receiving a truth so radical it can only be seen from above: you are not broken - you are becoming.

♥ **Victimhood traps the heart in the past. The Wise One doesn’t bypass or minimize the pain—** but it does not let the past dictate the future. This chapter teaches the sacred art of releasing the story, feeling the grief, and allowing the soul to move forward - not in spite of the trauma, but through it. This is not a return to what was. It is the birth of something holy.

16 Healing Depression and Anxiety - From Script Lock to Soul Flow

This chapter reframes depression and anxiety as emotional signals - not symptoms to suppress, but invitations to realignment. Depression often arises when Sir Ego’s Script has been catastrophically violated by the past. The blow is so severe that the Ego shuts down, like a system crash, unable to process or integrate what happened. It goes on strike, clinging to a vision of how things “should have been,” yet powerless to make it so. The result is stagnation, paralysis, and disconnection.

Anxiety, by contrast, is the Ego’s desperate attempt to avoid future mismatches. Haunted by past betrayals of its Script, it tries to preemptively control every outcome - spinning endless plans, predictions, and worries. This hypervigilance is not presence - it’s panic.

The Wise One gently restores movement. It doesn’t argue with the pain of the past or try to fix the future - it meets the moment. Through the Five Steps, the reader learns how to soften

resistance to what was, release fear about what might be, and return to the living stream of now, where peace and possibility dwell.

♥ **Depression is the heart in lockdown. Anxiety is the heart on edge. Both stem from the Ego's** tight grip on a story that no longer fits. The Wise One doesn't force the heart open - it sits with it, breathes with it, and waits until it is ready to return to flow. This is the cocoon where transformation begins, not by force, but by faith. The past cannot be changed, and the future cannot be controlled - but love can be present now. Peace and calm return not through understanding, but through surrender to the greater Script of Creation.

17 Addiction Recovery - Transmuting Triggers, Not Coping With Them

Addiction is the Ego's strategy for avoiding overwhelming emotional energy. It begins as a way to suppress pain, but over time it generates new layers of trauma, shame, and disconnection. When someone enters sobriety, they don't just face the original wounds - they face the full mountain of unprocessed emotion that accumulated during the addiction itself. Most recovery models focus on coping mechanisms to manage these triggers, but coping is symptom relief—not root healing.

This chapter introduces a deeper path. The Five Steps offer a way to transmute the triggers themselves, meeting emotional energy with presence and allowing it to move without suppression or projection. Rather than resisting cravings or white-knuckling through discomfort, the reader learns to walk directly into the emotional fire - with the heart open. Each time a trigger is transformed instead of avoided, the risk of relapse is reduced. Over time, this becomes a path not of struggle, but of sovereignty.

♥ **At the core of addiction is a closed heart trying to protect itself. The miracle isn't that the** triggers vanish - it's that the soul builds the strength to face them with love. This path permanently transmutes triggers at their root rather than continually coping with them. Relapse risk decreases with every trigger that is released permanently.

18 Parenting - Keeping Your Heart Open When It Hurts the Most

This chapter reframes parenting not as a project of shaping behavior, but as a sacred soul contract. Sir Ego tries to create perfect children—obedient, impressive, and emotionally tidy. But in doing so, it projects fear and control, often unconsciously repeating inherited trauma. The Wise One recognizes that our children don't need to be molded—they need to be mirrored in love.

Parenting from the Wise One means showing up as sanctuary, not sculptor. It means holding your child's journey with curiosity instead of control, courage instead of fear. The goal is not to raise perfect adults, but to protect the sacredness of the child while walking beside them through their Karmariculum with grace.

♥ **Parenting often disguises fear as care. But true love does not cling or control. It holds with open hands.** The Wise One knows: the one you would give your life for, you must also learn to let go of. That's the paradox of parenthood. The power lies not in controlling outcomes, but in attuning to the Script of Creation that is already unfolding through your child's soul. We learn to parent our children the way God parents us - by reveling in the joy of witnessing the soul's unfolding. This is parenting as a sacred agreement - an act of love, not fear.

19 Relationships - Releasing the Ego Script to Love Freely

All relationship conflict comes from clashing Ego Scripts - two people projecting their wounds and trying to script each other's behavior to feel safe, loved, or right. Sir Ego believes that if others would just follow his Script, everything would be fine. But this only leads to control, disconnection, and disappointment.

This chapter reveals how real intimacy begins when we release the Ego's story and tune into the Script of Creation unfolding through both souls. The Wise One doesn't need to be right or protected. It seeks truth, not dominance. It allows the other person their own soul path—and finds the deeper lesson even in conflict. This is the transformation of relationship from battlefield to blessing.

♥ **The heart wants to love - but it cannot do so when shackled by conditions and Scripts.** Releasing the Ego's plan makes space for connection, compassion, and clarity. Even difficult relationships become sacred when seen through the Karmariculum lens. Every soul you meet has something to teach you... especially the ones who trigger you the most.

20 Grief and Loss - Healing the Illusion of Separation

Grief is more than sadness—it is the soul echo of the original illusion: separation from God. Sir Ego experiences loss as devastation because it believes something essential is gone forever. When a loved one dies, a relationship ends, or a dream collapses, the Ego feels abandoned, disconnected, and powerless. It relives the core wound it has never understood—being cast out of Eden.

The Wise One sees grief not as proof of loss, but as a sacred trigger to heal that illusion. This chapter reveals how the pain of grief can open the heart to something more eternal: the knowing that love cannot die, and soul bonds cannot be severed. What feels like an ending is often an awakening.

♥ **Grief hurts because it brushes up against the deepest lie we've believed - that we could ever** be separate from love. But the Wise One sits with this pain long enough for the truth to emerge: nothing real can be lost, and what is real has never left. When the heart stays open in grief, the separation dissolves—and the connection becomes even more profound.

21 Illness and Healing - Listening to the Body's Sacred Message

In most spiritual traditions, the body is not the enemy - it's the messenger. But Sir Ego treats illness as an interruption to his plans, something to battle, fix, or fear. He sees symptoms as failures rather than signals. And because he believes the body should obey his Script, illness feels like betrayal.

The Wise One listens instead. This chapter reframes illness as part of the Karmariculum - a vibrational signal that something is out of alignment across body, mind, and soul. Healing doesn't always mean curing. Sometimes, it means releasing resistance and coming into deep peace with what is. The path of true healing leads not only to greater well-being, but to wisdom.

♥ **The heart knows what the mind cannot: that your body is not broken, it's communicating.** When the heart opens to the message rather than shutting down in fear, healing becomes possible—whether physical, emotional, or spiritual. The Wise One doesn't fight the body; it allies with it. Love flows where fear once lived, and that shift alone changes everything.

22 Work and Purpose - Trading the Ego's Hustle for the Soul's Flow

Sir Ego believes success comes from striving. He builds his career around status, productivity, and performance - chasing security through achievement while secretly fearing failure and comparison. He competes, overworks, and loses connection to joy. Worst of all, he forgets why he started. His definition of success leaves him drained and disconnected.

The Wise One sees work not as performance, but as purpose. This chapter reclaims vocation as a soul-aligned path - one that honors your gifts, serves others, and unfolds from the Script of Creation. When the heart is open, synchronicity replaces stress, and creativity flows. Work becomes not something you survive, but something that fulfills you.

♥ You were not made to hustle - you were made to contribute. When the heart is attuned to joy, service, and alignment, your purpose becomes magnetic. You attract opportunities that fit your soul, not your résumé. From this place, you no longer chase meaning—you embody it.

23 Money and Abundance - From Scarcity to Sacred Provision

Sir Ego sees money as power—the tool to execute his Script, control outcomes, and avoid vulnerability. He measures abundance by accumulation and believes safety lies in numbers. But this scarcity mindset leads to fear, competition, and a sense of never-enough. Ironically, it creates the very lack he hoped to escape.

The Wise One sees money differently - not as a measure of worth, but as a flow of energy aligned with purpose. This chapter shows how abundance arises naturally when we release control and offer our gifts from the heart. Provision meets purpose. The Wise One doesn't hoard or hustle - it receives and responds. True wealth isn't stored; it's shared.

♥ The Ego tries to get. The heart learns to give. And in that giving, the circuit of abundance completes itself. The Wise One knows: the more open your heart, the more you become a channel for peace, generosity, creativity, and yes - material support. You attract not because you chase, but because you radiate.

24 Spiritual Awakening - From Seeking Light to Embodying Truth

Sir Ego makes spirituality another goal to conquer. He seeks enlightenment, worthiness, and divine approval - still trying to earn what was never missing. He studies, performs, compares, and resists anything that doesn't fit his vision of what a "spiritual person" should be. In chasing God, he outruns himself.

The Wise One doesn't seek - it sees. This chapter reorients spiritual awakening not as an achievement, but a remembrance. The soul isn't trying to become something higher; it's returning to what it has always been. The triggers, the setbacks, the mess—they aren't failures. They're the curriculum. Awakening is not about bypassing suffering, but transforming through it, one open-hearted moment at a time.

♥ **The heart doesn't need to be enlightened. It already is. The moment you stop striving and start softening, the divine within you begins to shine. You stop climbing and start glowing. Awakening isn't a mountaintop - it's a daily homecoming to love, truth, and presence—one trigger at a time.**

Part IV: Becoming the Transmission

The final chapter integrates the personal with the planetary, showing how heart-based living becomes a heroic act.

25 How to Live Heroically in a Broken World

This final chapter zooms out to the macrocosm. The reader has walked the five-step path and learned to choose the Wise One in daily life—but the world still appears to run on fear, ego, and injustice.

Here they see that the same spiritual mechanics apply at the collective level. Just like individuals, nations have karmic lessons. In the U.S., the resurfacing of wounds around racism, militarized power, and social Darwinism isn't random—it's the karmariculum reactivating for healing. The ego reacts and fights. The Wise One witnesses and radiates.

Living heroically doesn't mean fixing the world. It means refusing to match its dysfunction. It's not about being louder—it's about being clearer, more rooted in truth.

♥ **Their heart becomes a lighthouse in a stormy world. Whether they serve as activists, officials, parents, or simply hold space in quiet ways, the most important contribution they can make is the condition of their own heart. That's the true ripple. When the heart is open, it brings in more light, more love, more wisdom, more peace, more power. This is how compassion becomes real power. This is how the Karmariculum becomes purpose.**

FUTURE TITLES

Radiant One - Becoming the Soul the World Needs Now

Where *Love Heroically* offers the method, *Radiant One* reveals the destination—the Eight Eternal Aspects of the soul, the Ego loops that obscure them, and the path of luminous remembrance. It is a deeper, more mystical exploration for those ready to live as their Wise One.

Exalted Quest Series: *Exalted Healing, Exalted Recovery, Exalted Parenting, Exalted Workplace, Exalted Grief, Exalted Relationships*

AUTHOR BIO

Kindred Lights is a soul who walked through fire and found the path home. From the depths of addiction, public shaming, and soul-shattering grief, she rose - not by pretending, perfecting, or bypassing, but by surrendering. Her journey led her to uncover the Five Steps and the 8 Eternal Aspects - not as a method, but as a miracle.

Along the way, she led nonprofit organizations, supported spiritual communities, and helped thousands of others begin their own healing journeys. She has offered teachings in silent service for years, always trusting that divine timing - not Ego effort - would determine when this work was meant to shine.

She holds an MBA, a CPA, and is a certified yoga teacher, and is trained in trauma-sensitive heart coherence through HeartMath's Resilient Heart™ program - but none of those were the key to freedom. That came through devotion to truth, years of relentless inner work, and an unshakable trust in Divine Mother's plan.

She is not a guru, nor a saint, nor someone who claims to have all the answers. But she has walked the path from fear to freedom - and now offers the map she discovered, so you don't have to walk it alone. She combines the mental mastery of *A Course in Miracles* with the energy wisdom of Michael Singer and yogic philosophy. Her path is not puritanical or performative - it's real, raw, funny, and deeply human.

She writes under the name Kindred Lights to honor the shared radiance in all of us. The name is not a brand - it's a reminder.

You are not broken. You are not alone.
You are one of the Kindred Lights.

Final blessing:

I followed the path and now I pass the lantern to you.

Still not enlightened. But getting better at listening to the Wise One before a wipeout.

NOTE A - SCIENTIFIC SUPPORT & CITATIONS

While *Love Heroically* is not a book of science, its heart-based path aligns with emerging research in trauma recovery and nervous system regulation. The Relax and Release steps echo principles validated by decades of research into heart-brain coherence and HRV (heart rate variability), including those published by the HeartMath Institute. These findings confirm that shifting from fight-or-flight to heart-centered awareness can dramatically improve emotional resilience, clarity, and overall well-being.

For example, HeartMath research shows that coherent heart rhythms are directly correlated with increased emotional regulation, cognitive clarity, and physiological resilience. These outcomes reflect what *Love Heroically* teaches experientially through its Five Step path. While the method is spiritually framed, its results harmonize with well-documented physiological and psychological benefits.

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Tan, G., Dao, T. K., Farmer, L., Sutherland, R. J., & Gevirtz, R. (2011). Heart rate variability (HRV) and posttraumatic stress disorder (PTSD): A pilot study using HRV biofeedback. *Applied Psychophysiology and Biofeedback*.

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SAMPLE CHAPTERS

Chapter 1: The Great Forgetting – The Dream of Eden

Eden Was Never Broken

There is a place your soul remembers. Not a location, but a state of being. A time before time. A way of knowing where everything made sense – not because it was easy, but because you were whole. The eternal aspect of your being is made in love, of love, and for love. And this silent song is forever in your heart. You know this is true because somewhere deep inside you know this world doesn't make sense. It doesn't feel right. You are meant for more. And you're right.

Some call this hidden paradise Eden. Others call it Source, God, Creator or Home. I don't need you to believe in it. I just ask you to let something in you exhale as I say: You didn't fall from Eden. You fell asleep in it. And your life – the pain, the triggers, the breakdowns – they're not evidence that you've failed. They're signals that you're dreaming. And the dream is trying to wake you up.

My Path Was Not Easy

Before we go any further, I need you to know something: I didn't come to these insights through ease, or peace, or transcendence. I didn't float into Eden on a cloud of affirmations. I was dragged through the underworld first.

I've lived through narcissistic abuse, addiction, the heartbreak of a custody battle, and long seasons where I felt powerless, misjudged, and spiritually disoriented. I tried to fix life from inside the illusion – controlling, managing, spiritually outperforming – until it all broke open.

But even there... something deeper was present. A voice that didn't panic. A knowing that didn't collapse. A presence I had ignored but never lost. That was the beginning of the inner Wise One – my higher self. It wasn't that I deserved the pain or that every action was just – it's that the Wise One is powerful enough to transform even the darkest experiences. This may not feel true yet. That's okay. Let it sit with you. You don't need to force it. I found courage and strength that I didn't believe I had until I needed it.

I didn't just survive. I didn't even just heal. I now live on a trajectory I couldn't have imagined. I see my life with a renewed sense of clarity, vision, purpose, and love. The Wise One guided me through parenting my teenagers as they passed through their own dark night of the soul. I have a profound relationship of acceptance and unconditional love with my children – as peers, not as progeny.

Forgiveness and acceptance have created a healthy and respectful dynamic in my family, despite the dysfunction of the past. I've been sober for over 20 years – not through willpower, but through transcendence of triggers. The guilt and shame I once carried have dissolved – not because I earned forgiveness, but because I remembered who I am.

And who I am... is the same as you. Not in life history, but in soul structure.

I found the Wise One inside me. And everything changed. So when I speak of Eden, or the

Dream, or waking up—I'm not speaking *at* you. I'm walking *with* you. You already have what you're looking for. It's just buried under a dream.

The Dream of the Monkeys and the Lions

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.

Divine Design and the Soul's Structure

We were made in God's image – each of us a reflection of those same eight aspects. Not symbolically. Not poetically. Actually. Eternally. In Truth, we can never experience rejection, abandonment, betrayal, disempowerment, cruelty, ignorance, fear, hatred, anger, grief, and other challenging emotions.

So, God created the material world where we could experience such not-God emotions. As we walk with Him through this adventure, experiencing our divine aspects in distortion of duality – abusive/abused, infatuated/hated, prideful/ashamed – we come to understand our divine essence in more depth and richness.

God created the cosmos – the word, the vibration, the divine intelligence and energy behind the world material world is called many things – the Holy Spirit, the Divine Mother, the Aum vibration. It is a dynamic bridge between Oneness and material form. It is the living intelligence that makes experience possible, lovingly offering the Script of Creation as a way home. We are never forsaken, no matter what trouble we get ourselves into, we have a built-in escape route.

I refer to the Script of Creation as the universal plan for the material world of Earth and her inhabitants that offers each of us an individualized Karmanic curriculum, a lesson plan, and the sum total of the Karmanic curriculums is the plan for the highest possible outcome for everyone. All of cosmology, biology, sociology, psychology, anthropology, chemistry, physics, astronomy, astrology, and more conspire to lay the steppingstones of our interrelated Karmanic curriculums – through synchronicities, soul contracts, and pre-birth life plans.

We are forever held safe in the arms of the divine and will live our highest life when we align with this plan for our purpose, mission, and lessons. It leads to a life beyond our wildest dreams—far surpassing the reach of our limited mindset. The Script of Creation designed the circle of life and the lions as carnivores to cull the gazelle herds.

Sir Ego and His Script

But then comes the veil of forgetfulness. We wouldn't be able to experience not-God aspects if it weren't for the veil of forgetfulness. On this side of the veil, our ego, our soul attached to this body experiences the robust human experience in all its Shakespearean depth. I call the lower self, the ego, Sir Ego. He is the brave knight on a quest in the material world to overcome fears, obstacles, challenges and limitations to remember his divine essence. As his material form is separate from God, other people and the natural world, he believes he must fend for himself.

Based on his experiences, Sir Ego creates his own unconscious script for the way the world should be so that he feels happy, secure and loved. Having denied his divine love, joy and power, he creates his own script – Sir Ego's script.

He wants comfort over creation. Control over connection. Safety over sovereignty. This script is being referenced every time we think something should be a particular way. The monkeys

should be quiet, and the lions should be vegetarian. I should have this kind of house, car, job, and bank account. Sir Ego's script also has unspoken, implicit roles for everyone in his life: partners, parents, children, coworkers, neighbors, friends, social organizations, even enemies.

Do you see the problem here? The Script of Creation, the one that is actually happening, is designed to challenge Sir Ego's limitations while Sir Ego's script is designed to maintain his limitations and expecting the outside world to accommodate them.

Meanwhile, everyone else has a *different* ego script. And no one is playing the roles the way they *should* play them because of the inconsistencies written into the competing scripts. As long as Sir Ego's script is unconscious, we are blind to the mismatched assumptions in everyone's script. Which, of course, explains everything—from failed marriages to awkward staff meetings. And our noble quest to be proven right—preferably loudly and with witnesses.

And yet, his desire for love is real. It's just misdirected. He creates a quest not for truth, but for emotional survival - believing everything depends on the world obeying his preferences. Sir Ego's primary objective is to ensure the safety, comfort, and pleasure of the physical form. What he doesn't realize is that his entire script is rooted in fear—fear of pain, fear of loss, and fear that his desires will go unmet.

The Wise One Within

But Sir Ego is not alone. He walks with a silent companion: the Wise One. The part of you that *remembers*. The one who knows the original Script of Creation. The one who understands the harmony behind the chaos and the design behind the discomfort.

Before birth, each soul co-authors its Script of Creation – a life path written with our personal advisors, Soul Council, in collaboration with the Divine Mother. Every challenge, every trigger, every curveball – it's not random. It's sacred. It's meant to bring you home.

The Wise One experiences this dream like Shakespearean theatre. Whether comedy or tragedy, it's all meaningful. Every act is part of your awakening. So here is the deeper truth: We are not here to edit the garden. We are here to *remember how to walk in it*. Not as critics. Not as victims. As creators. And through that remembrance, Eden is restored.

In the dream, the Creator still holds the divine order and does not interfere with the ego's mistakes and miscreation. The Divine Mother still offers every experience as a pathway home. And every moment, your free will offers you the choice between Sir Ego's or the Wise One's worldview – between fear and love. When you choose the Wise One, you advance to the next lesson in your Karmanic curriculum and when you choose Sir Ego you circle back until you complete that lesson. Take as long as you like, this is not a timed test.

From the Wise One's perspective, there is no failure, no sin, no guilt, and no shame. You came here to explore not-God themes—so of course you've encountered disempowerment, rejection, loss, anxiety, grief. If something didn't work out—a relationship, a dream, a goal—it wasn't a failure. It simply wasn't in the Script of Creation. Maybe Sir Ego had it in his script, but the soul had something else in mind. I was never going to be a ballerina. And that's okay.

Along the way, you were meant to make mistakes. No one passes the calculus final on the first day of class. Mistakes aren't unforgivable sins—they're how we learn. And when the real learning happens, we don't keep the old homework to prove we suffered. We let it go.

Guilt may be culturally conditioned, but it's a terrible teacher. Fear and punishment don't accelerate growth—they shut it down. You wouldn't beat a child for missing a math problem. Why beat yourself?

The Wise One... is already inside you. This book isn't about fixing the garden.

It's about remembering how to walk through it – awake. Next, we meet the voice who remembers. The one who never left. The one who already knows the way back to love. You.

How the Two Work Together

Sir Ego and the Wise One have always been with you, even if you haven't been formally introduced. The Wise One expresses as love, flow, creativity, insight, resilience, adventure, and spontaneous generosity—the kinds of things that make your heart feel ten pounds lighter and your eyes go misty at a sunset.

Sir Ego? He's the boots-on-the-ground manager. He color-codes your calendar, files your taxes, remembers your Starbucks order, and somehow keeps your limbs moving during 8am Zoom meetings. He's very proud of his work. He believes he's running the whole show.

And when inspiration strikes—say, the perfect line in a heated conversation or a wildly creative solution that makes no logical sense but totally works—Sir Ego beams. *“Look what I did!”* he says, already polishing his Employee of the Month plaque.

Never mind that ten minutes earlier he was panicking, Googling “how to fix my entire life in five steps.” The truth is, Sir Ego is a decent driver, but the Wise One is the engine, the compass, the road, and the breathtaking view. Without the Wise One, Sir Ego would still be stuck at the roundabout of childhood coping mechanisms, honking at strangers and wondering why everyone's so emotional.

And then, Sir Ego gets triggered. Triggers arise when the Script of Creation doesn't match Sir Ego's personal script: *That shouldn't have happened, You shouldn't have said that, I shouldn't have done that, and You should have told me.* These are the moments when it is most important for the Wise One to step in—to bridge the gap between what is and what was expected. But tragically, these are also the moments Sir Ego is most likely to ignore the Wise One, turning instead to habitual coping mechanisms and reactive behavior.

You may be reading this book because Sir Ego is filled with fear, anxiety, anger, disappointment, frustration, or hopelessness. Maybe it's because of personal issues - relationship problems, even narcissistic abuse, parenting challenges, workplace friction, a health crisis, mental health struggles, or addiction. Or all of them, like I was. Or maybe it's because you see our society being overtaken by power - hungry lions, devouring the disenfranchised communities crying out in pain. It might be the chattering monkeys on the news or social media, spreading apocalyptic doom and gloom.

You're reading this because Sir Ego is not walking placidly among the flowers of Eden.

Yet you, too, walk with your divine aspect: the Wise One. The one who chose this book.

While the steps in this book are simple—in theory—they can be profoundly challenging for Sir Ego. We are asking him to trust the Wise One... and he's not quite sure the Wise One is real, just yet. At times, Sir Ego may even wish to make this book extinct—because it pokes at something more uncomfortable than even the screeching monkeys. A soft whisper: “This isn't talking about me... is it?” “This can't be right... can it?”

But you can find the inner Wise One to help Sir Ego, just as a parent helps a child who's going to the doctor. The child knows something hurts and wants help, but the doctor's office is unfamiliar and uncomfortable. Still, the Wise One makes those first overtures—as the loving parent—and consoles Sir Ego. He strokes his hand and says gently, *This is safe. I will be with you the whole time, right here. Squeeze my hand if you get scared.*

Some things the doctor does may hurt - a quick injection, a few stitches, or swabbing an infected wound. But you assure Sir Ego: *If you endure this, two things will happen. First, the immediate pain will ease. And second, you'll be less afraid next time.*

Over time, Sir Ego begins to trust the Wise One - and, frankly, is relieved. He no longer has to control the universe, make dinner during a Zoom meeting, solve all the family problems, and remember to feed the dog.

Each time Sir Ego follows the five steps, and the Wise One appears with a diamond of love and a pearl of wisdom, he grows to trust the process. Now, when my ego gets triggered, it (almost always) immediately looks to the Wise One for comfort, counsel, wisdom, and effective solutions. Sir Ego stayed the course long enough to witness the miracles - time and again.

Why Suffering Exists in the Dream

In truth, you only have one problem: Sir Ego believes he is on his own in a giant, threatening world filled with forces far greater than he - thunder, volcanoes, global economies, pandemics, social unrest, and yes, even mosquitos. From his perspective, he must control, defend, and manipulate life to feel safe. But the truth is, we are always loved and protected beyond measure - beyond even our understanding.

It's natural to wonder how a loving God could allow such suffering - cruelty, tragedy, death. But there are two truths the Wise One sees clearly. First, there are limits to what God allows. We cannot harm the Divine, destroy each other's souls, or fall forever outside Love's reach. There are no fallen angels - only temporarily sleeping ones. Second, everything that happens in this world happens within the dream. The pain feels real, and it is valid, but it does not touch the eternal soul. Death does not sever the bond with those we love. Violence cannot reach the truth of who we are. The soul cannot be broken. It can only forget - and be gently called home again.

The tragedies and traumas of life are not signs of God's absence. They are reminders that Sir Ego is too small to edit the entire script. In those moments of helplessness, we are invited to surrender - to remember the greater power, wisdom, and love of our heavenly Mother and Father. Even in my darkest hours, I found comfort like a child resting in the arms of the Divine - cradled in something eternal, safe, and wholly beyond this moment. That's the truth Sir Ego forgets. And that's the truth the Wise One remembers. Always.

This is the crucible for heroes. These are the moments where we discover that we are more than we believed ourselves to be - where superhuman courage, faith, strength, and love rise from within. From personal experience, I can tell you: it's in these moments of surrender and overcoming that I've found who I truly am. Not who I hoped to be. Not who I tried to become. But the deeper self I was always meant to remember.

This is the moment for *The Impossible Dream*. Because when everything falls apart, and you realize you cannot fix it - cannot control it - you are left with only your soul. And in that emptiness, something holy stirs.

To dream the impossible dream...

To fight the unbeatable foe...

To bear with unbearable sorrow...

To run where the brave dare not go...

This is not a song of triumph. It is a song of devotion. It is the sound of the soul rising, not because it is strong, but because it is faithful.

To right the unrightable wrong...

To love pure and chaste from afar...

To try when your arms are too weary...

To reach the unreachable star...

The Wise One knows that the dream was never about winning. It was about becoming. About loving anyway. Continuing anyway. Trusting anyway. Not because the world made sense, but because your soul remembered something greater. That is what carries us through the fire. That is what transforms us in the dark. That is what lifts Sir Ego, trembling and tired, back to his feet.

And that is the moment he begins to trust the Wise One—not because life got easier, but because he saw that something deeper had carried him through.

Love. Heroically.

Chapter 5: Recognize – The Wise One Notices an Opportunity

The Anatomy of a Trigger

A trigger isn't just a feeling. It's a full-body chain reaction.

The moment Sir Ego senses a mismatch—between what's happening and what should be happening – Sir Ego's Script - he sounds the alarm. Instantly, the amygdala takes the wheel. Your prefrontal cortex (the rational, reflective part of your brain) goes partially offline. Neurochemicals flood the system: adrenaline, cortisol, fight-or-flight energy. The heart constricts. The breath shortens. The body prepares for war - emotionally, psychologically, sometimes even physically.

This isn't imagination. This is biology. And it all happens before a single conscious thought. A trigger isn't just a feeling—it's a signal from a story you thought was over.

Somewhere in the past, something painful happened that you couldn't fully process. The energy of that moment got stored like a half-written sentence... the pen lifted mid-thought. But emotional energy doesn't go away—it waits. It bookmarks itself in your nervous system, ready to resume whenever a present moment feels just familiar enough.

That's what a trigger is: an old story bursting through the seams of the present.

And like a tea kettle whistling as steam builds pressure, your brain starts to boil. The emotional energy rises and activates the mind—suddenly you're flooded with fix-it thinking, imaginary arguments, catastrophic predictions, and the desperate urge to make the feeling stop. But you're not reacting to this moment. You're reacting to the entire unresolved memory rising through your body like steam—without context, without warning, and without your consent.

The Wise One sees this, without judgment—only clarity. Not everything that feels urgent is urgent. And not every alarm deserves your obedience. These rising energies aren't punishments—they're invitations. In superconscious awareness, we begin to see these trigger reactions not as warnings, but as revelations. They reveal the parts of us still acting from fear instead of love, from memory instead of truth.

The purpose of this chapter isn't to shame you for getting triggered. It's to help you recognize the machinery while it's running - and to offer the radical idea that you might not need to obey it.

Why Reactivity Feels Justified

Let's be honest - when you're triggered, your reaction feels entirely justified. The story in your head is loud and convincing. The emotions are real. The urge to fix, correct, punish, or withdraw seems not only reasonable, but noble. You might even think, "If I don't stand up for myself right now, I'm letting them win."

This is the trap Sir Ego lives in: the belief that emotional urgency equals truth.

But the Wise One sees a deeper pattern. Reactivity is often just projection. Sir Ego externalizes the discomfort: “It’s not me - t’s you. ” From that stance, any reaction is fair game. If you’re off script, it becomes okay to guilt, punish, correct, or even shame you into compliance. It feels righteous, but it’s still fear.

And it isn’t merely happen in intimate relationships. It happens everywhere: in politics, religion, comment threads, even parenting. Sir Ego clings to his identity and script because it gives him a sense of safety and self-worth. But when someone challenges it - by being different, disagreeing, or simply existing in a way he finds threatening - he feels invalidated. And that’s the true trigger.

You’re not reacting to them. You’re reacting to what it says about you.

This is why people attack others over their religion, sexuality, or beliefs - often without ever meeting them. Because deep down, Sir Ego is terrified that if your truth is valid, his might not be. And if he questions his truth, his whole identity might collapse. That’s what makes people dangerous - not evil. Afraid.

But let’s be clear: this doesn’t make your reactions shameful. They’re simply unconscious. And now, you’re becoming conscious.

When Urgency Isn’t Wisdom

The moment you’re triggered, everything feels urgent. Do something. Say something. Send the email. Make the call. Get the last word. Fix it. Punish them. Protect yourself.

But here’s the thing: urgency is not the same as wisdom.

Think of firefighters. Surgeons. Navy SEALs. These are people who deal with literal life-and-death situations - and even they are trained not to react from impulse. They breathe first. They assess. They wait for clarity before taking action. Because in high-stakes situations, the worst thing you can do is throw the bomb. The wise thing - the life-saving thing - is to learn how to defuse it.

Sir Ego, on the other hand, wants to light the fuse. React now. Blow it up. Teach them a lesson. But as the smoke clears, it’s usually our own heart that gets damaged in the blast. Sir Ego doesn’t know this yet. He still believes that acting quickly = acting effectively. He’s running on ancient programming that says “if I don’t do something right now, I’ll lose control. ”

But let’s be honest: how many times has that urgent reaction actually improved the situation? When you snap back, escalate the conversation, fire off the message, or walk out the door—does it usually bring resolution... or more pain?

The Wise One knows: if it truly needs your attention, it will still need it a minute from now. If it can’t wait 60 seconds for your heart to open, it’s probably not your soul asking you to act. This isn’t about becoming passive. It’s about becoming powerful. Real power doesn’t urgency. It pauses.

The Pattern Beneath the Trigger

Triggers can feel like sudden storms, but they follow precise weather patterns. Same kinds of people. Same tones of voice. Same situations. Over and over.

This isn't because the world is out to get you - it's because your nervous system is playing a

familiar loop. Every time Sir Ego overreacts, and you follow that reaction, the pattern deepens. The brain learns, "This is how we handle this. This is the right response." Neural pathways get reinforced. Emotional habits get grooved in. Eventually, the trigger doesn't even need a real event - just the tone of

something familiar, and boom: you're in DEFCON mode. This is why healing can feel hard. Because you're not just facing a moment—you're facing the accumulated weight of every moment like this one that came before.

But here's the miracle: you don't have to solve them all at once. You just have to interrupt the pattern once. One time, pause instead of reacting. One time, let the emotion move through without acting on it. One time, don't send the text. Don't escalate the tone. Don't walk out. Just... pause.

That one moment breaks the loop.

And if you do it once, you can do it again. You're not trapped in your karma. You're just rehearsing it. The Wise One isn't asking you to be perfect. Just to notice. Just to pause. Just to choose something new - once. You might start to notice: it's not just random moments that set you off. It's the same themes, again and again.

Someone doesn't respond to your message → Abandonment.

You get passed over at work → Disempowerment.

A friend cancels plans → Unworthiness.

Someone criticizes you → Shame.

The news shows chaos → Fear.

These aren't just emotional reactions. They're echoes of deeper soul themes. We call them Not-God distortions - false stories we've internalized about who we are and what the world is.

At the root of every trigger is a lie about your essence.

- Love gets distorted into I'm unlovable or unwanted.
- Power becomes I have no control or I don't matter.
- Truth warps into I'm misunderstood or what I say doesn't count.
- Presence becomes I'm invisible.

How to Recognize a Trigger

Triggers aren't always loud. Sometimes they feel like familiar tension or looping thoughts. Here's what to look for:

- Tight shoulders, clenched jaw, shallow breath
- Emotional overreaction to a minor situation
- Looping thoughts or mental rehearsals
- Fix-it thinking that feels urgent and repetitive
- Rerunning conversations in your head
- Resistance to advice or well-meaning input
- Strong desire to make someone see, agree, or change

If it feels like "I have to do something now"... that's your clue. Not a signal to act. A signal to pause.

- Calm becomes I'm unsafe.
- Joy becomes I'm too much or not enough.
- Wisdom becomes I can't trust myself.
- Peace becomes I don't belong.

These distortions aren't flaws. They're part of your Karmariculum - the soul curriculum you came here to heal. And every trigger is actually an invitation to remember the truth of who you are.

You don't need to obsessively trace every pattern back to childhood or a past life. You just need to notice what hurts now. The Wise One doesn't analyze the trigger. He listens to it. And slowly, the story that once felt like suffering becomes a signal. A path. A door.

Unacknowledged Resistance: The Trigger You Don't Know You Have

Not all triggers are explosive. Some are quiet—so quiet they go unnoticed. You're not yelling, crying, or spiraling. You might even think you're fine. But underneath, something in you is pushing away what's right in front of you. The moment feels off. People feel frustrating. And your mind is stuck in a loop.

That's unacknowledged resistance.

It's the subtle, insidious form of being triggered—one that doesn't wave red flags but ties your energy in knots. You're not present. You're in your script. Rigid, inflexible, quietly frustrated, and secretly convinced it's everyone else who's being difficult.

Often, you'll recognize it first in other people. You'll watch them argue a point that's clearly not landing. You'll see how they shut down every option but their own. You'll feel how their energy pushes people away—and how ineffective they are, even if they're technically "right."

But eventually, you begin to recognize it in yourself. You see that familiar pattern of repeating the same point, stuck in the same energetic loop. You're pacing circles like a dog on a leash. The more you try to push, the less movement there is.

Sometimes, you're the one out of alignment—and you can't see it. Other times, you *are* right—but your resistance still isn't effective. Being right doesn't make you clear, present, or connected. It doesn't build a bridge.

Personal Example – The Quiet Trigger

In the same job where I once spiraled from a simple edit request (see next section), I had another experience that taught me even more. My boss loved my business intelligence ideas—we were completely aligned. He gave me a big budget and brought in a Berkeley PhD consultant who also supported my vision. But IT? Not so much.

We were locked in a polite stalemate. I kept pushing, confident I was right. They kept resisting. Outwardly, we were "collaborating," but nothing was moving forward. I couldn't see it at the time, but I was treating them in a controlling and superior way. And shocker—they didn't like that. I thought I was the only one who didn't like being treated that way.

Once I recognized my unacknowledged resistance—my belief that pushing harder would get us there—I could finally soften. That shift in energy began to change everything.

The wise path? Recognize the resistance—and don't double down. Build a bridge.

If you're the only one who sees the truth, it's still your job to create a way for others to reach it. You don't have to betray your knowing—you just have to meet others where *they* are and walk together. And sometimes, they won't go all the way. But even if the bridge only spans halfway, it's better than the standoff that was happening before.

Over time, these small acts of grace begin to add up. The person who resisted you last month begins to soften. The colleague who always stonewalled starts to listen. Not because you argued better—but because you dropped the resistance and became the bridge.

This is emotional maturity. It's how leadership grows. And it's why Sir Ego resists it—he doesn't want to deal with the in-between. “They just don't get it” feels easier than “How do I help them understand?”

But the Wise One knows: if something truly matters, you'll build a path, not just repeat the point.

And sometimes, that path includes surrender. There's injustice, cruelty, and darkness in this world that may never fully change in our lifetime. But our resistance to it—when unconscious—keeps us reactive instead of effective.

If you're more upset about the annoying coworker than world hunger, take it as a clue: this moment is your Karmariculum. It's not about how bad the situation is—it's about what it's here to teach you.

Identities and the Scripts We Kill For

At the deepest level, we don't just get triggered by events. We get triggered by threats to our identity.

Sir Ego isn't merely have preferences. He has a self-concept to protect. He needs to be the good one, the right one, the smart one, the kind one, the spiritual one, the victim, the hero - whatever identity he's built his worth around. And when something or someone contradicts that role, he reacts not just emotionally... but existentially.

Because if your identity is at stake, everything feels like a survival issue.

This is why people will go to war over religion, politics, gender, race, or culture. Not because they're evil - but because something about your existence threatens the stability of their script. It's not just that they disagree with you. It's that your truth makes them question their own - and Sir Ego would rather attack than ask, “Could I be wrong?”

That's the brutal irony of identity defense: we'll hurt people we've never met just to protect a version of ourselves we're afraid to outgrow. This isn't merely play out on a global level. It plays out in families, friendships, and inner monologues.

“I’m a good mother. ” → So if my kid is struggling, I must fix it immediately to preserve that identity.

“I’m a spiritual person. ” → So I shouldn’t feel anger—and when I do, I pretend it’s compassion with better lighting.

“I’m a strong person. ” → So I can’t admit that this actually hurt me.

I know this one intimately. For years, my identity as a good mother was my anchor—my pride, my purpose, my entire sense of self. So when I lost custody of my children, the trigger wasn’t just grief - it was obliteration. Sir Ego was in full meltdown. “I must be terrible. Or the system is terrible. Someone must be punished. This cannot be real. ”

I was still in their lives, still showing up - but the identity I clung to had been cracked wide open. I didn’t just feel pain. I felt like I didn’t exist anymore.

It took time, love, and an open heart to see that being a mother isn’t about having control. It’s about connection. And the Wise One slowly showed me: my worth as a soul was never based on performance. Not even as a parent.

Sir Ego has tied his worth to the mask. The Wise One gently invites us to take it off. But that only happens when we stop fighting for the identity—and start healing the fear underneath it.

Let’s be clear: you’re not being asked to dissolve who you are. You’re being invited to remember who you’ve always been beneath the role. Not less. More. Not empty. Full. Not undefined - but undefended.

You’re not bad for reacting. You’re just still holding onto an old identity. And now, you’re being shown that you don’t have to.

When They’re the One Triggered: Staying Open in the Line of Fire

Sometimes, *you’re* not the one triggered.

But you’re standing in front of someone who is.

The projection hits like a wave—guilt, shame, blame, attack energy. If you’re not careful, you absorb it or mirror it. You get defensive. You collapse. You retaliate. And just like that, two nervous systems are at war.

But here’s the higher path: keep your heart open... and turn sideways.

Energetically, this means you don’t resist the wave. You let it pass by without letting it in. You stay rooted in peace while allowing their chaos to move through. You don’t shrink. You don’t attack. You presence.

This takes incredible strength. But it changes everything.

Because it’s nearly impossible for someone to keep projecting when you’re not resisting. You’re not giving them your energy. You’re not fueling their fire. And paradoxically, your spaciousness becomes their medicine.

This doesn't mean you agree with them. Or let yourself be mistreated. It means you don't believe the lie that their pain is about you. This is just what egos do. It has nothing to do with you—don't make it so. You discern: *Is there something useful in what they're saying, even if it's distorted?* If yes, integrate it. If not, bless it and release it.

You're not responsible for their trigger. But you can be a safe space for their healing.

Sometimes, the most loving thing you can do is hold steady and let their storm pass through. Not by fixing it. Not by absorbing it. But by anchoring the possibility that peace is still available.

And in that moment, you're not just managing their reaction—you're modeling a new way to be.

You're doing the five steps on their behalf: Recognizing that they're off. Relaxing instead of matching their intensity. Releasing your need to defend. Receiving clarity. Responding with presence.

You become the lighthouse.

A Better Way, Even If You Don't Trust It Yet

By now, you may be realizing just how much of your life has been shaped by automatic reactions. The triggers, the identities, the patterns - they've been driving the show. And maybe that's overwhelming. Maybe it even feels like too much to undo.

But here's what the Wise One wants you to know: You're not broken. You're just practiced. You've spent years - maybe lifetimes - responding from fear, urgency, and survival. Of course that feels normal. Of course pausing feels unnatural. But that doesn't mean you're incapable. It just means you haven't learned the better way yet.

This chapter hasn't asked you to change anything. It's only asked you to see. To recognize the system. To feel the moment of choice. And maybe - just maybe - to consider that another choice is possible. Before, you didn't know there was a choice: Sir Ego's reaction or the Wise One's response. Now you do.

Even if you don't trust it yet. And that's okay. You're not being graded. You're being guided. In the next chapter, we'll talk about that moment of choice. The precise, holy instant where Sir Ego wants to hit send, raise his voice, storm out, collapse in shame—and instead, something in you says: "Wait."

It might not look like much. But that pause? That breath? That's the doorway.

And even if you miss it - even if you go full-blown Sir Ego and only realize it afterward - that's still a win. That's still awakening. Because you saw it. You felt the pattern. You realized, "That wasn't the only way."

And the moment you can see it... you're already free to choose differently next time.

But what about situations that really do seem urgent? Dangerous? Even criminal?

I once received third-hand information that a child - my child's friend - might be experiencing abuse at home. It wasn't something I had witnessed directly. But I was advised by someone else

that I should report it to the school, which is a mandated reporter. Legally, I had the right. And emotionally, I felt the responsibility. I acted quickly, thinking it was the right thing to do.

But the fallout was devastating. The situation became more complicated and painful for everyone involved - including my child, who felt I had betrayed their trust. In the end, nothing was resolved. The outcome wasn't protection. It was rupture.

Looking back, I can see it clearly: I acted from fear, not guidance. I didn't wait for the Wise One to give me clarity, timing, or direction. I didn't lead with love. I led with urgency.

That doesn't make me bad. It makes me human. But now I know: even if something is criminal, unethical, immoral, or illegal - pausing is still wise. Because when you pause, you give space for something greater than fear to speak.

The Wise One isn't saying, "Don't respond. "

He's saying, "Don't react from a closed heart. Wait until love can speak through you. "

The Garden Isn't Broken

Before we close this chapter, let's return to the Garden.

Creation, in its original design, was never broken. It was - and still is - harmonious, interdependent, radiant with divine intelligence. But Sir Ego, armed only with his limited script, couldn't see the whole picture. So when the monkeys chattered, he saw only chaos, not their purpose. He thought, "This one thing is bothering me - I need it to be different. "

He didn't realize how many other threads were tied to it.

That's what happens when we get triggered. We zoom in on one discomfort, one conflict, one unmet need - and we try to fix it in isolation, as if that one moment were the whole problem. We forget that the entire scene, even the noisy parts, may be serving a sacred design.

Sir Ego sees violation. The Wise One sees invitation.

Every time your script clashes with the Script of Creation, it feels like something's gone wrong. But what if nothing's broken? What if this is the sacred knot you came here to untie?

What if the chattering monkeys are part of the music? And what if—even if the lions were vegetarians - the gazelles would still be extinct... because the herd wasn't being culled?

Sometimes, what looks like pain is actually evolution. What looks like disruption is actually orchestration. The Garden isn't broken. It's just too vast for Sir Ego to grasp.

From Reflex to Reverence

At some point in this process, something changes.

You still get triggered. The stories still flare. The tension still rises. But instead of rushing to react, you start to see it happening in real time. You catch the thought. You feel the tightening. You remember the choice.

And that's the beginning of reverence. Reverence doesn't mean you're calm and saintly all the time. It means you stop treating your triggers like emergencies - and start treating them like messages. You begin to ask not, "How do I get rid of this?" but "What is this here to show me?"

That shift is everything. Because every reaction you've ever had, every hurt, every habit, every defensive maneuver - it all made sense at the time. You were doing the best you could with the tools and awareness you had. And now, something in you is ready for more.

This isn't about behavior. This is about consciousness. Not suppression, but expansion. Not reaction, but remembrance.

You won't get it right every time. But that's not the point. The point is: you're not asleep anymore. You're not just repeating the pattern. You're seeing it. Feeling it. Pausing inside it. And slowly, Sir Ego begins to trust that something wiser is available.

That's the movement we're making - from reflex to reverence. From urgency to awareness. From a life ruled by triggers... to a life guided by love.

And it begins, every time, with one simple, sacred step:
Recognize.

Optional Practice:

Here are some practices and exercises to help you tune into Sir Ego, the Wise One, the Scripts and Triggers. You don't need to fix yourself. You only need to remember who you really are.

A Prayer for Transition

Hold me and comfort me in this moment of need. In truth, I am safe in Your arms; it is only a delusion that I am in danger. Help me to cut every bond from the past that has been activated by this trigger, so that I will no longer carry this blockage with me. I wish to be free of this trigger.

Distorted vs. Exalted Aspects

As you begin to notice the moment of choice, it can help to name the energy you're currently in. The table below shows how each of the 8 Eternal Soul Aspects has a distorted form when the heart is closed and an exalted expression when the heart is open. There's no judgment here—just information. Recognizing the distortion is the first step in returning to your true nature.

<u>Soul Aspect</u>	<u>Sir Ego Distortions</u>	<u>Wise One Truth</u>
Power	Control, Force	Courage, Strength
Love	Clinging, Control	Unconditional Warmth
Wisdom	Righteousness, Blame	Clarity, Discernment
Joy	Distraction, Numbness	Delight, Presence
Peace	Avoidance, Apathy	Stillness, Trust
Truth	Self-righteousness	Integrity, Authenticity
Creativity	Chaos, Manipulation	Inspired Flow
Devotion	Obsession, People-pleasing	Sacred Commitment

Journaling Prompts for Reflection

- Why do I care about this?
 - What part of me is being activated right now?
 - What am I afraid this moment says about me?
 - What is the harm in pausing to gain calmness and clarity?
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