

CHAPTER 1

Mindkeeping

My spiritual journey didn't start later in life. I was born this way. I was born with a heightened consciousness and an unusual sense of self. At times, it was good, but most times, I didn't understand it, and it scared me.

Most children have spiritual experiences and connections to otherworldly things. It is natural to have “imaginary friends” and know something about others they didn't tell you. Most people outgrow this as life starts filling in for spirit. For others, it never goes away. You mask it behind something else to fit in. That's what I did. I just pretended it wasn't there. I learned to distrust myself and put my trust in others so I wouldn't have to deal with what I felt or knew. I ignored the signs because they were painful. I ignored the signs because I wanted to feel loved and fit in. I ignored the signs because I felt isolated and misunderstood when I acknowledged them.

I disliked this part of me, and I was intrigued at the same time. I was not fond of how it made me feel, but I loved knowing things. I hated feeling overly sensitive, yet I loved feeling connected to a force far beyond me. It was not a religious connection. It was a spiritual pull. It was a force so strong within me that I could not have stopped it if I had tried, and believe me, I have tried many times. I equate it to trying to stop a wave from the ocean.

My hands and body are no match for that kind of power. It is ridiculous even to consider it, so instead of fighting, I decided to try to go with it, like a person on a life raft on the ocean. It has been an up-and-down ride with a lot of thrills and sorrows.

Some days were excellent, and some days sucked. Sometimes, I wanted to quit, and that force would pull me back in. *Why?* I would wonder. *What the hell is this all about? Why can't I be normal like other people? Why do I care so much? Why can't I go about life without constantly obsessing about it, not in the sense that I care about the outer me but obsessing about my inner mind?* The constant internal conflict to feel and heal, feel and heal. *Why?* What was I doing it for? Who was I

doing it for? How could I turn it off? Where was the off switch?

The answer is I am doing it for me. My life is about me, and your life is about you, and the only person who can change your life is you. You already know that, though, so what will I tell you that you don't already know? I'm telling you that you are not what you think you are. You are an evolving species. You are a human evolving into the next generation of consciousness called Lumen, as in light. You are entering Lumen beingness, and the pull or what you may experience as feeling stuck, wanting more, gaining purpose in life, feeling depressed, hurt, or pain is your way of evolving without consciously knowing it.

It is your pull to a higher power. It is your pull to higher intelligence. Like my obsession to feel and heal is my way of gaining more intelligence. The more I have, the more I want. The more I have, the more I know nothing, and the more I have, the more I know you because we are all connected to the same fabric, even though you experience yourself as separate from me. As artificial intelligence is to Alexa, evolution is to us. Evolution is our nature, and conscious evolution is our birthright.

Putting the process of Mindkeeping into words was one of my biggest challenges. After all the years of practicing, it had become automatic, and when others wanted to know more, I had to think about it. How did I do that? How do I explain that? What do I name this practice that is more experiential than explainable?

This process took years. At first, my explanation was so technical, I even bored myself explaining it. I was trying to make it more than it is. I thought you would feel it was more credible if it was complicated and scientific, but it's not. It is practical and easy. I like it that way; I don't like complex. I want the meat-and-potatoes, cut-to-the-chase, bottom-line approach, so here it is.

I created Mindkeeping because I wanted answers. I wanted to know how to change the way I felt. People on social media or podcasts tell you that you feel the way you do because of your childhood, upbringing, or environment. They may even offer you a seminar that helps explain that your mother didn't give you enough love or what have you. Yes, it is accurate, and it is helpful. I am not disputing that, but it doesn't make you mindful. It tells you the reason without finding a solution. If you know you feel unloved because your mother didn't give you enough attention, now what? Where do you go from here? Do you go home and yell at your mother for not giving you

enough attention? Of course not, as that doesn't help you solve the problem; it only enables you to recognize it. To solve or resolve, you have to evolve.

Mindkeeping evolves you past the hurts and pains of the physical world and moves you back into your spirit. When you live your nature as a spirit in human form instead of a human with a spiritual connection, your life significantly improves because you work with your soul instead of against it. You begin to understand yourself as a system instead of just a body. When the system connects, it gives you access to information, wisdom, and knowledge you can't reach now as an individual part.

Mindkeeping is the practice of self-discovery and change. It takes what is already there and improves it by simply addressing your mind as a system instead of just thoughts. Your mind is not what you think it is. Your mind is a system similar to a cell phone. Have you ever had an old cell phone? Why did you finally upgrade it? Because you wanted to have the latest, greatest, fastest, most efficient model to make your life easier

Very few, if any, of you still use a flip phone. You want the best technology. You don't want to settle for a second-rate product. You want better, faster, and more efficient. The same should apply to you. Why settle for a mediocre human mind when you can upgrade to your better, faster, and more efficient lumen mind? Both belong to you; however, one is old and outdated, and the other is better and more efficient. Technology has moved us into the twenty-first century; isn't it time you catch up?

WHAT IS MINDKEEPING?

Mindkeeping is a meditative technology, or in other words, it is meditation and technology rolled into one. It is a practice like meditation with built-in technology to help you heal yourself by transcending the limitations of the human mind.

Mindkeeping can bring you closer to God, whatever that is for you. Be it comfort, peace, healing, wisdom, understanding, confidence, or love. It gives you the courage to change and the freedom to create what you want, when you want, and how you want by training your mind to reach higher levels of consciousness.

Mindkeeping is easy. It is like tending to your house by housekeeping or your money by bookkeeping. You are watching and managing what comes

in and out of your mind, which monitors what comes in and out of your life. It is the practical application of mindfulness because it not only calms your mind but also changes it from being stuck and limited by your physical five senses and expands you into your sixth and higher senses. Higher senses mean higher intelligence and the ability to see and create beyond the physical realm. It's like a computer. You may not know exactly how it works, but you know that you input the information you want and trust that the answers come back to you. When that information is no longer needed, you delete it and start again. You upgrade to a more efficient model when the computer or information becomes outdated. Mindkeeping is as easy as that. You don't have to know precisely how it works. Just follow the process and you will achieve the results you want. Everything you do starts within your mind, so knowing and understanding how your mind works as a system is essential.

MINDKEEPING IS A HUMAN TECHNOLOGY

Technology has changed the world, but it has not changed you. Why, with all the technological advances in the world and beyond, how could you forget to include yourself? It's ridiculous to think that humans don't need technology too. We keep dumbing ourselves down as our machines smarten up. We have almost taken ourselves out of the mix of everything. How often do you actively participate in your own life? After all, if you don't catch up with artificial intelligence, will it eventually be more intelligent than you?

Do you do online dating? Do you swipe left and right to find your perfect mate or partner for the night? Why do you put more faith in a program or app than yourself? Does Alexa tell you it is five o'clock on Friday and the weekend started or notify you when it's time for you to reorder a product? Do you buy everything on Amazon because you want it tomorrow, no matter what it is? Why? Because it is convenient and easy. The easier life becomes, the lazier you become because there is an app for it. What about you? Where is the app for you? Where is the technology for you? What do you need to move you out of the dark ages of your mind and into the new, improved, faster, better, more advanced version of you?

Mindkeeping elevates your mind and makes you organically more intelligent. AI dumbs you down by giving you someone or something else's

answers, but OI (organic intelligence) makes you smarter by giving you your answers. This human technology makes you the driver of your life instead of the passenger in someone else's life. Mindkeeping moves you beyond the human mind's hurts, pains, beliefs, ideas, actions, and reactions and into the wisdom, knowledge, understanding, and confidence lying dormant and waiting in your lumen mind. It also advances you from third-dimensional linear thinking to the more progressive fifth-dimensional empathic thinking. OI is as easy as updating an app on your phone. The only difference is that you are the technology that is now updated.

MINDKEEPING IS EVOLUTION

Life is a constant cycle of evolution. Can you think of one thing that stays the same? You change whether you want to or not. It's human nature. Even when you are not paying attention to it, it still happens. Think about when you were born. You were not consciously aware of it or a week, month, or year later. You didn't stay the same; you changed. You grew, and as you grew, you evolved to childhood, puberty, and adulthood. Your body grew, as did your knowledge and ability to learn new things.

Most of that evolution happened without you putting much thought or focus into it. You were on autopilot, allowing it to take you in any direction. What if you could steer that ship in a specific direction? How would you grow? Would you increase your intelligence and knowledge? Would you give yourself superpowers? What would you do if you realized you were limitless? If you had the same intelligence as Alexa, what would you input? What would you want to know more about? If you knew that you could evolve as quickly as you update your cell phone, would you be willing to try it?

The world around us is evolving faster than we are. Think about how technology has grown in the past fifty to a hundred years. When my father was a child, his family was among the first to own a TV. When I was a kid, color TV had just started, and there were only a few channels to choose from. Now, there are hundreds of options, from live TV to streaming. In 1978, I was a telephone installer for New Jersey Bell Telephone Company (which no longer exists). It was a big deal for two reasons. The first was I was female in a male-dominated trade. The second is that job no longer exists because technology has made it obsolete. In my lifetime, my first real

career was extinct because technology made it so.

Do you know anybody with a hardwired telephone in their house? How about that second line for the teenager? No such thing. The portable phone took over the hard-wired telephone, and the cell phone took over the mobile phone, and who knows what is next? Technology moved it all forward and made life easier and, in most cases, better for all of us.

That is just one example. You can think of multiple ways technology has changed our lives. The point is that technology has helped humans evolve, and everything has developed except humans. Not in the conscious sense, anyway. You have developed physically but not consciously. If you did, you would understand that what you think and believe about yourself causes pain. As you consciously evolve your mind, you experience life from a higher perspective. From this perspective, you can input the information that propels you to the most advanced version of you. Isn't it time to catch up to our innate technology.

PRACTICAL APPLICATION OF MINDFULNESS

Mindkeeping is the practical application of mindfulness because it changes your mind as you practice. Meditation, yoga, and stress relief will calm your mind but not change it. Although you will temporarily feel calmer, it doesn't change the underlying issues that caused the stress in the first place. Changing your mind changes the frequencies of your consciousness, which helps you stay happier for extended periods. An example is when you decide to take a mental health day. You may get a massage, take a hot bath, or binge-watch movies on the couch. Whatever it is, you are happy to be in your space and to give yourself some much-needed downtime. You feel relaxed, rejuvenated, and comfortable until the kids come home from school and all hell breaks loose. One child needs a ride to dancing school and the other to football practice.

They begin to fight over who gets dropped off first. You have to be in two places at once quickly and go across town through traffic. You then have to drive home, make dinner, and turn around to pick up the kids. When you pick them up, one of them tells you they volunteered to bring in cupcakes for the party at school tomorrow. Your stress level is through the roof, and you want to escape but can't. You feel stuck.

Now, what do you do? You have two options. Calm your mind or change your mind. Calming helps you temporarily, but you still repeatedly deal with the same problems. Changing lets you resolve the issues by giving you greater insight and ideas to deal with problems permanently. Let's face it: life can be stressful, so why not use the tools to make it easier? Changing your mind is the conscious way to change your life positively. Is there anything more practical than that?

BEING MINDFUL

What does it mean to be mindful? Most people I talk to believe it is being aware of their thoughts and paying attention to their actions. Although that is true to a certain degree, it doesn't encompass the meaning of being mindful. If you are mindful, you pay attention to and cultivate the relationship between your mind, body, and spirit. It isn't about paying attention to how you breathe, how you sit, or what you ate for dinner last night. To truly live mindfully is to live as a spirit within the physical body.

Spirit is your nature; physical is your experience. Mindful is consciously understanding that your mind is more than your thoughts. It is your spirit personified in the physical. Being mindful helps you to understand yourself from that perspective and live from that higher octave of yourself. When you live from your spirit, you are mindful, not mindless. Mindless does not mean that you don't have a mind. Mindless means you must pay more attention to what comes in and out of your mind. When you are mindful, you make life happen consciously. When you are mindless, life occurs randomly.

TO BE MINDFUL INSTEAD OF MINDLESS

Mindfulness is not about reinventing the wheel. It is about taking the wheel and making it better and more efficient. When you direct your mind in the way you want, it merges with universal consciousness (lumen consciousness), giving you information and knowledge you didn't previously have access to. Mindkeeping enhances your life in all directions simultaneously. As you improve your mind, you improve your life.

For instance, let's say you want to feel more confident. Expanding your mind makes you feel more confident emotionally and in all aspects of your life, such as your finances, career, and relationships. Mindful moves you

forward; mindless keeps you stuck.

SOME OF THE BENEFITS OF MINDKEEPING

You Know

What a great feeling it is to know. I like knowing. Knowing helps me get through life in the easiest way possible. Of course, not everything I know is sunshine and roses. At least having an idea that something is going down helps me to prepare for it so it isn't so difficult when it happens. One thing I know is how I feel, and knowing how I feel gives me the power to understand how you feel. Knowing how you feel is my business. If I don't know, I can't help you, and I like helping you. It makes me feel good, and I enjoy watching you grow, too.

Knowing how you feel allows you to change the things you don't like. That makes intuition an essential and valuable tool. Think about it. You put more thought into what you like or don't like to eat than what or how you want to live. You may think nothing of passing on the broccoli at the buffet table but can't grasp the idea of walking away from a relationship that leaves a bitter taste in your mouth.

I like knowing when someone is lying to me. That's not to say that I am 100 percent accurate all the time, but when I feel uneasy, I walk away. That makes me feel good about myself. That's not to say that person is bad. It's just not someone I choose to be around or deal with.

I like knowing the right thing to say to someone when they need a pick-me-up or giving them tough love when they need a little push. I love knowing that I am being true to myself, which means I am being true to you too.

I like knowing what it feels like to trust myself even when uncertain. I like knowing that I always have a choice and deciding what that choice will be for me at any time.

I like knowing if something is off in my mind or body to address it before it becomes a significant issue. I like knowing I will always be okay, no matter the diagnosis or circumstances. I like knowing peace and living a peaceful life. I like knowing that if I don't have a solution for my problems, I can create one. Knowing adds a layer of confidence to everything you do, and who doesn't want or need a little more confidence?

Become a Better Person

Who wouldn't want to be a better person? I know I do, and I know I have. When I was younger, I didn't have the integrity or wisdom I have now. Some of that came with age, but most came from Mindkeeping.

I have become a better person in every way. Things that I did in my past I no longer need to do. I no longer look to others to feed my needs because I now fulfill them myself. For instance, when I was young, I felt very starved for attention, so much so that I would feed that need at all costs. It didn't matter if it was not good for me. What mattered was someone gave me attention. That attention made me feel loved and cared about until I realized the attention was at my expense. I was doomed as long as I looked to someone else to make me feel special, which trapped me in an illusion that became more important to me than my self-respect, self-esteem, self-value, and self-worth. I didn't care about me. I cared about whoever would give me that attention or that feeling that I was important, valued, or special.

My life hinged on ensuring those people had everything they needed to make me feel good. What a waste of time and energy. I allowed that need to take everything away because I didn't want to or know how to take responsibility for myself.

Once I took responsibility for myself, everything changed for the better. I became more intelligent, mentally and emotionally. I could see things before they happened or recognize the red flags to detour from things or people that weren't good for me.

I learned to be kind and to respect myself. With self-respect, no one can walk on you or make you do what you don't want to do. My self-esteem improved, as did my confidence and belief in myself. My integrity improved, and I no longer needed manipulation to get what I wanted.

I've gained trust in myself and know when to "hold 'em" and when to "fold 'em" because I know everything will work out in my best interest, and it does. Whether it is how I want it to go doesn't matter because the bigger picture will reveal itself to me.

My finances increased because my self-worth and value increased. I found my voice and became able to communicate my actual wants and needs, knowing that I was being heard and acknowledged.

My vision kicked in, and I could see the whole picture instead of a slice of

the truth. My insight gave me the wisdom to move forward with understanding and compassion.

My talent and skills for healing skyrocketed as my empathy increased. My ability to know what others need to move forward and help them heal from the past gave me the power to be a better mother, sister, friend, healer, mentor, and colleague. I am so proud of what I have become. I am proud of the person I am and the person I am continuously evolving into. I love myself and the better version of me that I am. Do you want to be a better person, too?

Self-Discovery

When I started, I had no interest in self-discovery. I wanted to be spiritual. I wanted answers. I wanted to know how I knew things. Self-discovery never entered my mind. What is self-discovery anyway? I know who I am. At least, I thought I did. How about you? Do you know who you are? When you look within, do you know what you are looking for or supposed to be looking for? I certainly didn't. I was a prime example of someone who knew nothing about myself. I believed that to be a good person, I had to be what everyone else wanted me to be.

So, I became what my husband wanted, what my kids needed, what my boss expected, and what my family had determined was right for me. I had no mind of my own, no opinion that I thought mattered, and no voice. I didn't stand up for myself and did whatever was necessary not to rock the boat. I tried to make others happy, but it was all at my expense. That is not to say anyone intentionally tried to hurt or harm me. Of course not, but I would suffer in silence because I could not think, speak, or act independently.

I see this over and over again in my clients. They are miserable because they don't know who they are. They don't know what they want. They don't know where to begin to find themselves, and they are angry about it. They resent others for holding them back, yet they don't know what they want or need to move forward. I even have clients who are racked with grief over the death of a loved one, not only because they miss them but because they don't know who they are without them. They have not had to stand on their own two feet, and it scares the heck out of them.

That's not to say they aren't resourceful. They are some of the most

intelligent, most accomplished people I've ever met; they just lost their identity.

Reclaim Your Identity

I don't know a soul on this earth that doesn't struggle with their identity. After all, isn't that counterintuitive to what you've learned? Don't act like a big shot; be a team player, and do what is in the best interest of all. You should sacrifice yourself for the greater good, so where is your individuality in that? It's challenging and confusing. You want to be a team player, but if you are unique, you subject yourself to ridicule, judgment, and feeling apart from the whole instead of part of it.

How do you reclaim your identity, be your own person, and still fit in? Have you taken the time to ask yourself? Who better to answer any questions about you than you?

What am I about? What is my character? What do I believe? How am I supposed to act? What do I expect from myself, and what do I perceive is expected of me? What do I want, and when I get it, will it be enough for me? Am I comparing myself to others? Do I measure up? If not, why don't I, and what can I do about it?

You have the answers. It would help to ask yourself the questions and be patient to receive the answers. The one question I always ask those seeking my help is how do you see yourself, and how do you want to be seen? You'd be surprised by how many people see themselves in a negative light. When asked what they think their strengths are, it almost always points to doing something for someone else. Such as "I'm a good mother or a good friend." It is rarely said, "I am sure of myself, confident, able to express myself in a way that I am heard, acknowledged, and respected." Why? Because you don't know who you are.

Men have one set of rules, and women have another neither is fair or honest to who you are or what you want. I have clients who have said they never knew who they were. Others have always told them what to do and how to act. They didn't act independently; they didn't know how to. They didn't want to upset their family, friends, or coworkers. They thought it was better to suck it up than to speak up for what they wanted, which they couldn't do anyway because nobody told them what that was.

It is a vicious cycle of doing for others at the sacrifice of yourself. That is

not to say that you don't want to help others. Of course you do. However, you can't give what you don't have. Too often, you overextend yourself to ensure the other person is happy. Their happiness is your goal, and as long as they are happy, you are happy. Right? Wrong. Their happiness is not your responsibility. You are existing and doing what you think you are supposed to do. Why? Because you don't have an identity or you had one and lost it.

I understand this dilemma. I have lived it myself. My family, society, and environment dictated most of who I thought I was. I lived and did for everyone else because that is what I knew. In my mind, I didn't exist outside of them. If they wanted something I didn't want, I would give in to what they wanted. My likes were their likes; my hobbies were their hobbies. It was as if I was the passenger in everyone else's life but my own.

I went along mindlessly. I wouldn't say I agreed with or liked it, but I didn't know how to escape it. I was angry. Angry at others for making me this way. Angry at them for bullying me and coercing me. I never thought at the time that I was afraid to have a mind of my own.

Losing one's identity happens all the time. I have client after client tell me they last knew themselves in high school or younger. They don't feel carefree anymore. They are afraid to take chances or try new things, not because of failure but because they don't know how to get out of their way. Once taught, they start to find themselves again, and life opens up in new and exciting ways. They feel better about themselves. They understand the stories that led them to where they are now and have the tools they need to move forward in a happy, healthy, confident way that uplifts them in every direction.

Find Your Purpose

Clients always come to me because they want to know their purpose. What am I here for? What am I meant to do? Truthfully, I don't know what you are here to do; you do. I can help you along the path and guide you in the right direction. I can even make suggestions based on your energy or what I am picking up from you, but ultimately, the choice is yours.

I struggled with finding my purpose for years. I kept thinking it was something that I had to do or accomplish, only to realize that it's not something you do but something you are. Your purpose is to be GREAT. To be more significant than you are now. Ever-growing, expansive, and

evolutionary. Moving beyond what you think you are into the truth of what you innately know you are. To do this, you have to know yourself.

Mindkeeping will help you find your greatness by allowing you to find yourself. So, what makes you great? What does your soul want to share with the world?

Your purpose is to be greater than you are now and find that which makes your heart sing when you are doing it. It's whatever moves your spirit, whether in an art form or just being randomly kind. It is constantly being respectful and kind to yourself and open to new ideas and possibilities. It is learning to feel first and think second instead of vice versa. It is to transform from physical linear thinking to abstract mystical feeling continuously. It is to find your unique expression of life and way of expressing it without fear or care of judgment. It is putting yourself first so you have the resources to help others.

To sum it up, your purpose is to be greater than you are now and live in that magical space that uplifts you and those around you. It doesn't matter what form it takes. I always say I am the same person whether teaching a crowd, shopping in the supermarket or just hanging out watching TV. My greatness remains the same; only sometimes, I am more focused on it than at other times.

Discover Happiness

Somebody asked me what is the one thing that everyone wants. I said, I have been asking myself that question for years, but most tell me they want happiness. When asked what that means to you, the usual response is, "Happiness is having a good family and friends."

That's a valid answer; however, most people I ask already have those things and still want to be happier. What if you took that statement out of the mix? What if you couldn't respond with good family and friends and had to focus on something else? Can you answer that question? Most people can't because they don't know what it is or can't define it. How can you have happiness if you don't know what that is for you? You can't.

Not knowing creates a dichotomy. Either you have what you want and are not happy, or you don't have what you want and are not satisfied. What is it that you want or need to make you happy? Is happiness what you are searching for, or is it something else? How much time do you put into

finding what you want? Most people don't put much time into finding the answers, especially if it requires real effort.

When teaching, I like to go around the room and ask each person their favorite color and number. Their responses are instantaneous. Blue fourteen because my son was born on the fourteenth. Another will yell out green and seven. The next is yellow and three. Without pause, they have their answers ready to share with the rest of us. They are ready and eager to share until I ask the next question. What does happiness mean to you? You would be amazed how that question stops everyone in their tracks. Why? Because they are so used to making their happiness about others that they don't know what that means for them as individuals.

Of course, having a happy family and great friends is rewarding, but this is not about them. It is about you. What makes you happy as an individual? Is it singing, dancing, creating, tinkering, gardening, learning, or something else? It can be a million things, and there are many variables; even with that, you still don't know how to answer the question. Neither could I. That's what prompted me to ask the question in the first place.

It all started because I wanted to paint my bedroom a new color. I thought, what color would make me happy? Well, that opened a Pandora's box. The next thing I knew, I pondered my favorite color, which led to my favorite number and what would make me happy. Within this cul-de-sac of my mind came the realization that I am more connected to my favorite color and number than I am to my happiness. Yikes! I realized I had better shift my priorities because if I can't answer that question, how can I achieve lasting happiness? My happiness is more important than any color or number. After all, who cares if my bedroom is blue, green, or purple? Who cares if my favorite number is six, nine, or ninety-six? Those things don't affect my life, but my happiness does. It affects not only my life but everyone and everything in my life, too.

What do you want and need to make you happy? Some will say to win the lottery. Is that really what you want? It could make your life easier in some ways, but is that the answer to your happiness? Some will say good health. Is that all you need? Does good health make you happy? If you regain your health, is that all you need? Some will respond by saying they want solutions to their problems only to take the advice and never act on it. Others wish to have answers but need to ask the right questions.

You ask about love and money. You ask what your future brings. You ask if that guy or girl you have your eye on is the right one for you. You don't think to ask about you. You ask about things and outcomes. You don't want solutions; you want a storyline with a happy ending. You want somebody to write your narrative. Not because you are lazy but because you don't know how to write it. You have not learned how to think independently for yourself without feeling guilty or wrong about it. If you continue that course, you will never find happiness or peace of mind.

Do you want peace of mind? What is it, and what does it feel like? If you knew how good it felt, you would strive for it. I know I do. I prefer it to stress, anxiety, and all the other drama happening worldwide. However, it takes time to have peace of mind. It doesn't happen overnight. You have to put some effort into it. The effort is well worth it, but let's go beyond that. What do we all want that encompasses everything? What is the one thing that can make us happy and gives us the time, energy, money, and ability to do what we want? Freedom!

I believe freedom is the answer. Freedom gives you the power to do what you want, when and how you want, without question or pause. Freedom from the limitations of guilt, worry, fear, pressure, responsibilities, burdens, and obligations. Freedom to experience yourself and what you can do without judgment of right or wrong, good or bad.

Freedom detaches you from the duality of the physical mind and into the unity of the nonphysical mind. You can be who you want, say what you want, and express what you feel in any way, shape, or form that pleases you and does no harm to others. It is the freedom of being without boundaries while consciously experiencing life. Freedom knows no boundaries and creates true happiness. Freedom is your highest, most divine expression of you in physical form.

Find Your Greatness

What's your greatness? Mine is self-discovery. It took me time to find that out. I thought that greatness meant I had to do something big or grand, but isn't doing something you love and are passionate about enough? I think so.

Find what you are good at and what makes your heart sing, and I guarantee your greatness is behind it. It doesn't have to be a grand gesture. It has to be passionate, and the way to uncover your passion is to look within

yourself. Many of you have yet to have the opportunity to explore this part of you, while others start and stop and stop again. I will warn you that looking within is not always the most comfortable feeling, but once you get past the discomfort, the truth will quickly reveal itself to you.

Greatness can be a struggle. Not in the way you would imagine; most people say they embrace greatness when, in truth, they do everything they can to avoid it. Some can only see their shortcomings, so embracing greatness is something they can't emotionally handle until they work on themselves while others know they feel something great inside, but they can't seem to bring it to the surface. I just had this conversation with a friend of mine. She feels she is supposed to do something bigger in her life. She wants to help others and be of service, but she needs help to define it. She can feel it but can't visualize it. She can't see it because she hasn't looked beyond her physical self. The answers do not lie within the human mind. They are in the lumen mind. When you only see yourself from your human perspective, you become stuck in that perspective, which is limited by physical beliefs and patterns. In her case, she believed what she thought or wanted wasn't as important as what others wanted for her. She didn't see herself as an individual with her wants, needs, and desires. She saw herself as insignificant, without a voice, and unable to make decisions for herself.

For instance, she came up with an excellent idea for a business. Something she loved and would have been great at, but her mother disapproved. Disapproval happened to her time and time again. She thought that if her mother didn't think it was good enough, it must not be good enough. After all, as children, isn't that what we want: their approval? Listen to your mother and father. Respect your elders, and don't question what they say. They know what is best for you and what you need, but do they?

They do their best with the information they have, but most of your parents won't know what is best for you after you reach a certain age. They may project what they want or think is right for you, but how many of them are living the lives they want? They, too, do what they've learned or believe is the right thing to do. Of course, I am not talking about character or morality; those are separate issues. I am referring to personal expression and individuality.

When you lose your individuality, you lose the power to make choices.

You do what others want instead of what you want for yourself because you don't trust yourself or it's easier than arguing.

Decisions are scary. You fear making mistakes. You allow others to make those decisions for you, blaming them if it doesn't work out. The crazy thing is that the more you make your own decisions, the fewer mistakes you make because you make decisions based on what is suitable for you rather than someone else. That's not to say that others don't have the best intentions. They do; however, no one can stand in for you. You are leading your life, which means creating your own identity.

Who am I? That question can be overwhelming when you don't know the answer.

Greatness isn't hard. It just has to be you being you in a way that makes you happy. Find what makes you happy. Look within and be willing to stand on your own two feet. It is when you step out of your comfort zone and into the awkward feeling of not knowing but trusting that you will end up in the right place at the right time.

Allow yourself the opportunity to find your voice and use it in a way that makes you feel empowered. Live knowing that being truthful to yourself is more important than if someone gets mad at you for it. Expect some resistance as you change, but don't allow that resistance to stop you.

Recognize the reference points along the way, and trust that you are on the correct path precisely as you should be. It is the new you in your most honorable and authentic form awakened from the most vulnerable and unsafe parts of you and into you that you have always wanted to be. Great.

Upgrade Your Mind

Upgrading is fun. Isn't it fun to buy a new car? How many more features does it have than your old car? How about a new TV, phone, or computer? Look at all the fantastic things you can do once you familiarize yourself with the new system. It's the same for you. Upgrading yourself is fun, and it is exciting to discover who you are and what you are capable of. My clients are happier than ever because they elevated their minds to higher levels of understanding, giving them the tools to live happier lives.

Not only does upgrading help you be a better person and have a happier life, but it also helps keep you safe. Just like the safety features on your car, upgrading makes you safer by alerting you to potential problems and

dangers before they happen by sending signals to your higher senses. Your higher senses pick up information that your lower senses can't. As you upgrade, you become more protected in all avenues of your life. Be it physical, mental, emotional, financial, or spiritual.

How much more fun will life be when you find new skills and abilities you hadn't known existed? Imagine how empowering it is to have the clarity, focus, confidence, and ability to connect with yourself and others in a way you have not experienced before. All because you chose to upgrade your mind and download new information to improve your life and the world around you.

Heal

If you practice Mindkeeping, you will inevitably heal because you resolve your problems from their point of origin as you evolve.

Healing does not start in the body, so addressing the problems in the body from a physical perspective is not always productive. The diseases you feel within the body are not your real problems but indicators that you have something to fix within your mind system. The cause of the issues relates to how you see yourself and the world from your inner self, directly affecting how you feel in your body.

Healing starts inside the mind and runs through multiple layers, including your thoughts, emotions, and memories, before reaching the physical level. The body is denser than the other etheric layers, and it takes longer for you to feel the effects. However, even if you do not feel immediate changes, they are still happening. The healing (repair) process is easy, as you will learn later in this book.

Find Inner Peace

Finding inner peace may be the most essential benefit because inner peace encompasses all the other benefits. I have experienced that peace that passes all understanding, and I can tell you there is no more fantastic feeling of peace, love, and trust that compares. A calm mind is an intensely beautiful feeling that frees you from the inner chatter that creates fear, doubt, distrust, lack of confidence, and discord that you feel within you.

Mindkeeping helps you recognize and find that inner peace to turn the discord into confidence, trust, well-being, and happiness. When you have inner peace, you have outer peace. Whatever happens inside of you or

whatever you are feeling inside of you is projected out into the world. If you have inner peace, you have outer peace. If you have inner turmoil, you have outer turmoil. Finding your inner peace is one of the best benefits of Mindkeeping.