

# *Redvelations*

A SOUL'S JOURNEY  
TO BECOMING HUMAN

SERA BEAK



sounds true  
BOULDER, COLORADO

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# Welcome

This is my soul's story of becoming human.

It is my personal revelation (in red)  
about the universal importance of recovering and embodying  
the lost parts of our soul so we can become fully human  
and genuinely, wildly alive.

I'm offering this revelation in an unorthodox way:

through my experiences  
of remembering and reclaiming Sarah,  
the forgotten daughter of Jesus and Mary Magdalene,  
as the lost part of my own soul.

If your eyebrows have raised,  
or you want to close this book now,  
I understand.

My aim is not to convince or convert,  
and you are welcome to interpret my experiences  
however you wish.

What's more important than believing in *my* soul's reality  
is getting up close and personal with *your* soul's reality  
and doing whatever it takes to bring all of you home.

Although our soul is the truest and most essential part of us,  
we *can* lose our soul, or parts of it.

In fact, soul loss is an epidemic on this planet  
even, and sometimes especially, afflicting  
those of us who have done a tremendous amount  
of psychological and spiritual work.

Symptoms may include:

A lack of meaning, purpose,  
and intimacy with ourselves.

Persistent physical ailments; emotional blocks; addictions;  
harmful, stuck patterns; and unhealthy relationships.

Tendencies toward transcendence, light, and perfectionism,  
and (often unconscious) avoidance of immanence, darkness, mess.

Feeling separate from and distrustful of  
our bodies, each other, and Life Itself.

Difficulty knowing our truth  
and expressing our unique gifts.

A haunting sense that no matter *what* we do,  
something vital is still missing.

And an unremitting ache in our heart  
for a Love we cannot find,  
and perhaps don't believe exists,  
or feel that we deserve.

Soul loss is behind many global issues we face, including:  
injustice, whether political, religious, or social; violence; disease;  
excess consumerism; and the ever-growing environmental crisis.

Which is one reason why I wrote this book:  
to do my small part in helping  
to improve and ease this hurting earth.

Here's the other reason:

When I turned thirty-four years old,  
it became frighteningly clear  
that if I did *not* embody my soul,  
I could not continue living.

While I put up quite a fight,  
eventually I chose to Live.

I chose to undergo the mysterious process  
of embodying my soul and becoming human,  
part of which required that I remember and reconcile  
my experiences of Sarah and share them in this book.

Although my particular process and soul's story may appear  
more unusual than some, its themes of

love and loss,  
betrayal and forgiveness,  
suffering and healing,  
death and resurrection,

are part of *every* human's experience.

In fact, *being human* is a wound and a trauma we all share.  
And yet, it is by embodying our soul and thereby becoming *fully human*  
that we can help heal ourselves and this planet.

Embodying our soul involves purposefully entering our wounds  
and facing, feeling, and embracing all parts of ourselves  
as well as the dark luminosity of Life.

Embodying our soul entails valiantly wrestling  
our divinity to the ground  
and spreading our humanity all over the place.

Embodying our soul and becoming human is *how*

Love lands  
here  
and transforms  
here.

And it is, I believe,  
*why* we are here.

It ain't easy.  
Incarnation takes work.

It takes blood, sweat, and tears;  
a wicked sense of humor;  
outrageous courage;  
and a heaping dose of devotion  
to Something  
our minds might not ever understand.

Unfortunately, due to dire conditions on this planet,  
soul work has become a privilege, and therefore a responsibility  
for those of us who have the time and means to do it.

I am aware of my privilege,  
and I take my responsibility seriously.

I know that everything we do for our soul  
supports all souls and this earth.

In other words, soul work is a form of activism.

It's a movement toward wholeness  
that we make together.



Therefore, *Redvelations* is more than a book  
about my personal journey toward wholeness.

It's a raw Call to a rare kind of action.

It's a fiery Reminder  
of the absolute necessity  
and indomitable power  
of *your* soul.

It's an open-handed offering  
respectfully placed  
on the often-overlooked  
Altar of Our Humanity.

It's an honoring of the Lineage of Life  
and a testament of True Love.

More intimately,

*Redvelations*

is  
my  
heart

*smashed*

onto  
pages.

Handle with care.

## *Cautions*

*Redvelations* is not a light read  
because the soul is not a light thing.

There are suggested “breaks,”  
but follow your body’s lead.

I swear. Swear words and soul work  
go hand in hand, for me.

What I share in this book  
is not intended  
to diagnose or treat others.

When working with past trauma,  
a safe and secure environment  
and a strong support team are needed.

*Redvelations* shares an intimate relationship  
between a man and a woman.

I also use the labels: “Divine Masculine” and “Divine Feminine,”  
“father” and “mother,” and the binary pronouns “he” and “she.”

Rather than interpret this literally or as heterosexism,  
I encourage you to focus on the *metaphoric* meaning

and the contrary, but mutually supportive, aspects we *all* contain,  
no matter our sexual preference, sex, gender(s), or beyond.

Bringing these universal aspects together  
within us

shatters all restrictions  
to Love,  
and creates and sustains Life.

## *Soul Speak*

The fluctuating voice and prose-in-verse format of *Redvelations* are not literary devices, dramatic affects, poetic posturing, spiritual performance, or method (like channeling).

In “The Past” part of the book  
I allowed my soul to speak in her native tongue,  
which is not limited by time or historical language or references.

In “The Present” part of the book  
I allowed my humanity and my divinity  
to collide in my body  
and I wrote from their meeting place.

## *The Soul's Reality*

*Redvelations* comes from  
my lived experiences, my body,  
and my soul's memories.

I used no outside sources (save the quote below),  
only inner Sources.

You might want to know more details  
than are provided in “The Past,”  
but my soul shared only what she needed to.

Many of my soul's memories contradict  
what we have been taught as history.

Expressing our soul  
exposes a Reality  
that can upset the reality  
we have subscribed to  
and collectively agreed upon.

The soul does not rely upon evidence,  
facts, or rationality.

The soul cares less about what you think  
and more about what you feel.

The soul's reality  
doesn't make a lot of sense,  
but it makes a lot of Love.

Much of this book takes place in the soul realm.  
The soul realm contains our past, present, and future.

It is where I remember my past experiences,  
locate and heal my core wounds, process my feelings,  
resource my innate wisdom, release trauma from my body,  
and reconnect with and retrieve fragmented pieces of my soul.

I do not use techniques, special abilities, practices, or tools  
like hypnosis, psychic powers, meditation, or hallucinogens  
to enter or work within the soul realm.

I simply and soberly  
sink into my body,  
ground into the earth,  
and open my heart.

The soul realm is easily accessible.  
It blazes inside each and every one of us  
and permeates the physical reality outside of us.

It's *Organic* Reality.

In her brilliant book *The Meaning of Mary Magdalene*,  
Cynthia Bourgeault describes this realm as follows:

It is a realm that objectively exists . . . and it is from this realm  
that our human sense of identity and direction ultimately derive. . . .  
However one names it, the point to keep uppermost in mind  
is that it designates a sphere that is not less real but more real  
than our so-called objective reality and whose generative energy  
can change the course of events in the world.

Put differently: the soul realm is just as real  
as our external or material reality,  
and, some say, even more real.

Whether we are aware of it or not,  
we are profoundly influenced by this realm  
because before, after, and beyond our body  
we are a soul.

When we consciously enter this realm,  
we can connect intimately with our soul,  
and all souls, including the Soul of this Universe.

Therefore, our experiences in the soul realm  
are both personal and universal.

And, what we do in this realm directly impacts  
our daily lives, our bodies, humanity,  
and this entire planet.

In other words, what happens in the soul realm  
doesn't stay in the soul realm.

It affects All of Life.

## *Soul Authority*

I do not believe we need  
any more spiritual authorities  
telling us what The Truth is.

However, I have learned that it is  
extremely important to allow the soul  
to express *its* truth with authority.

Especially if the soul has been silenced  
for a long time, like mine has.

In *Redvelations* I have (finally) allowed  
my soul to speak her truth with authority  
about such things, like

Who We Are, Where We Come From, Why We Are Here,  
and the Nature of Reality in this Universe.

I have also (finally) allowed my soul to share  
her experience of Jesus and Mary Magdalene,  
and her perspective on their teachings.

While I honor and champion  
your spiritual authority,  
reality, and truth,