

11 SPIRITUAL LESSONS FOR
UNSHAKABLE INNER PEACE

RETURN TO YOU



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 **sounds true**
BOULDER, COLORADO

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INTRODUCTION

I can't believe this is happening again," I screamed to myself. "How did I get here?" It was the fall of 2019, and I was on a national book tour for my latest book, *Joy Seeker*. I was vibing high and really feeling the message; I was pretty much drinking my own Kool-Aid. But one night, after speaking to a group about seeking authentic joy, I was back in my hotel room and it happened—I was suddenly overtaken with panic and fear. I felt short of breath, my vision went blurry, and there were deep, gnawing pains in my stomach. I started to tear up and knew right away that this was a full-on anxiety attack. My thoughts ran rapidly in my mind; they were like an avalanche, destroying everything in their path. I couldn't stop them. I kept worrying to myself, "What if all this goes away—my dream of writing, traveling, speaking, and being of service with my teaching? This is what I live for, and what if, for some reason, it all goes away?" My ego was screaming, "Who do you think you are to live in joy when there is so much pain in the world?"

It wasn't until later that I understood that this crazy panic attack was a result of my mind's insecurities projecting my hidden fears. Luckily, I was able to calm myself down, but over the next few weeks, the anxiety attacks became my constant—interrupting my daily routine, ruining my workouts, and forcing their way into my conversations with others. Anxiety became my new normal.

One night, after yet another outburst of tears and anxious emotions, things got so bad that my entire body felt paralyzed. I knew I should go see a doctor; these panic attacks were debilitating and severely impacting my life. I screamed out in frustration, "I am desperate, I need help!" But just as I was picking up the phone to set an appointment with my doctor,

it was as if an invisible force field prevented me from dialing. I heard my inner voice saying, *You can't fix an "internal" (spiritual) situation with an "outside" (physical) solution.*

And that's when I realized that my particular path was taking me deeper than I had ever gone before . . . and no amount of numbing, eating, shopping, exercising, crying, texting my ex, pill popping, doctor's visits, or panicking would save me. There had been times in my life when those things did help me—in fact even saved me, and I still believe, at times, they can be beneficial on our journey—but for me in that moment, I needed to break free from outer distractions and go on an inner journey. I couldn't hide from myself anymore.

When I started to practice the spiritual lessons that I lay out in this book, I discovered that my anxiety attacks were a manifestation of the unhealed and unbalanced aspects of me—the parts of me that were out of alignment with my true nature. Despite everything I'd learned thus far, I still had old wounds, insecurities, and hidden traumas that masked my deeper, innate wisdom. It suddenly seemed so obvious—I couldn't keep moving forward with fragments of me left behind. And so, it began: my road to recovery became a process of piecing myself back together, one spiritual lesson at a time, to reclaim my true power.

As someone who had spent the past decade teaching others how to find their happy, reach self-love, and become joy seekers (after having found these things for myself), I struggled with two questions: *Why anxiety, and why now?* I discovered that what was happening in my life was a personal growth battle: the outside world versus my inner world, my old self versus the emerging me, my mind versus my heart. It was time to transmute my own stuckness into wholeness, my panic into peace, and the chaos that lived within me daily into calm.

I came to see that I needed to learn what faith meant to me, and if I could truly be peaceful in the midst of the unknown and chaos of the world. I also needed to find out, *Who was God to me?* As you read more, you'll see that I use the words "God," "Divine Love," "Universe," "Source Energy," "Infinite Creator," and "Divine Source" interchangeably. This is my way of pointing toward the magnificent, benevolent force behind all creation. There are many names for this Divine energy,

so feel free to insert whatever you most relate to. And if these words specifically don't resonate with you, by all means just feel into what is best for you. (The concepts in this book will still apply no matter what your belief system is.)

As I started to implement the spiritual lessons I share in this book, they became my guiding light and daily focus, and soon enough, things started to shift. It was the difference between being out of alignment with my true self and being in alignment. When we are out of alignment, we are often frantic, worried, consumed with fear, trying to control outcomes, and obsessing about situations. In contrast, when we are in alignment with our true self (or what I refer to as “innate wisdom” or “your true nature”), we are at ease, calm, relaxed, and in the moment. When we are in tune with the loving energy of the Universe and aligned with our highest potential self, we are at peace, no matter what is happening outside of us. Focusing on being in alignment was my new main priority, and it really worked.

LIFE TRUTH: WHEN WE COMMIT TO FEELING BETTER, THE UNIVERSE SUPPORTS US IN OUR ACTIONS.

Flash forward six months to the winter/spring of 2020, when the world was hit with a new strain of the coronavirus. Fear set in on a collective, global level, and I witnessed intense anxiety and panic every day in my neighbors, strangers, clients, and friends. I had been scheduled to go on a yearlong speaking tour, leading retreats and giving keynote speeches on stages across the globe, but within days, every single event for the indefinite future was canceled. My first thought was “*This* is what I feared six months ago! All of it *is* going away!” But I rapidly caught myself and was able to turn my thoughts around because of everything I had been practicing. I made the choice to trust in the innate wisdom of the Universe and to remain focused on my radical alignment. I did this by trusting my intuition, which helped me navigate the ever-changing new world that was emerging through all the chaos and fear.

This dynamic was interesting because we quickly stepped into one of the most turbulent times in all of human history: the entire world seemed to shut down, we encountered the most divided political landscape we've ever seen, and climate change disasters were spanning the globe. Fear was at an all-time high—the planet we inhabit was in crisis, and so was humanity. Yet amidst all this chaos, I experienced a consistent calm; so calm, even, that I felt zen, like the Buddha. My peace was my constant. As I watched other people running about in panic, extreme anxiety, fear, and worry, I realized I had learned how to embody my truest, most Divine Nature by implementing all of the practices I lay out in this book. This gave me the confidence to know that all is always in right order, always—even when it might not seem like it.

Throughout these pages, you'll see the exact steps that I took to arrive at an unshakable inner peace. Within each lesson, you will find certain key phrases that I've labeled as Life Truths—these are universal laws or pieces of spiritual wisdom that you can repeat as mantras or simply use as reinforcement for the lesson's core teaching. I also share the same tools I used to realign with my true nature, including journal prompts, mantras, meditations, and prayers. These are also gathered in the back of the book for your personal use, or to use in book clubs or group studies. All is presented with the goal of realigning you with you.

This is not a specific faith-based or religious book, but rather a process to help you connect with love in all forms, to align with what is real and true. When you have a connection to your true self and the Divine, you will be in harmony with the world. No matter what is going on outside of you, you will be able to access real inner peace.

**LIFE TRUTH: WHEN YOU ARE CONNECTED TO
YOUR TRUE NATURE, YOU ARE FREE FROM
FEAR, AND PEACE IS YOUR POWER.**

By using the eleven spiritual lessons I lay out in this book, I was able to maintain a deep calm and inner peace throughout one of the most

disruptive times humanity has ever endured. I say this to inspire you, because you too have the power within you to hold the light and be the peace. No matter what you are going through, peace can be your primary state. It is my greatest wish that you become free of worry, fear, and anxiety, and step into your true path and activate your own power—the light and love within. Whether you are longing for a more fulfilling career, stronger relationships, a healthier body, or more abundance, it is all possible and much easier to attain when you are connected to intuition and love, versus fear and frustration. And when you understand the spiritual lessons available to you, you shift your energy and find yourself in a natural flow.

Chances are you've come to books, courses, classes, and coaches before, and you've tried to make things work. Maybe they worked a little, but not a lot. You've tried to apply the tools to your life, but you still feel anxious, worried, uncertain, or even just plain off. I know the feeling. I lived in this emotional state for over three decades. I tried to make things work by addressing them on the outside of me—a new diet, a new relationship, or a new creative project—all in the hopes that the successful outcome would give me what I felt I was missing. But it never did—it was always fleeting. This is why I sat down to write this book. Looking back, I realized my journey had led me through a kind of life course, because it felt as if I was taking myself through the Divine lessons to graduate into a state of wholeness. Once I discovered it was no longer okay for me to wait on feeling better, I no longer wanted to outsource my own peace and power.

The lessons in this book are a way of life. They are a philosophy to help us enjoy a deeper, more rewarding connection to our true selves and the world. Many of us struggle to see real positive change or results because we remain stuck in our past. If you have come to this process feeling hopeless, you are not alone. I, too, felt helpless and hopeless, which is why I needed a safe place to put myself back together again. This journey you are about to embark on is a safe place to help you regain trust and faith in yourself and the Universe. It will bring you back into alignment with who you really are, and from this place of wholeness, everything that does not serve you anymore—whether it is added body

weight, self-sabotaging patterns or addictions, low bank accounts, toxic relationships with yourself and others, drama-filled days, or anxious tendencies—will naturally fall away and be replaced with peace and love.

What you hold in your hands are *spiritual lessons* in the form of Life Truths. This is an inspirational life guide based on spiritual, natural, and universal laws that govern all of creation. These are not only the guiding principles I use in my own life, but the principles that hundreds of coaching clients and workshop participants have applied in their lives and have seen the power of firsthand. In learning, understanding, and applying them, I've turned my life into my message. I am present, peaceful, and in love with myself and all of life. My anxiety, worry, and depression are long gone. I've lost over forty pounds (and counting) without much focus or effort. I've become completely debt free and feel calmer and more connected to myself and others. Life is much easier, less dramatic, and definitely more fun. Of course, I still have off moments and days when I feel down, but I return to the lessons in this book and bounce quickly back into alignment. These lessons can guide you forward and serve as gentle reminders that all is in right order when you activate the love inside of you, rather than leaning into fear that is outside in the world. In any given moment, we have only two choices: we can be inspired and influenced by our innate wisdom and true nature or by fear and worry. I choose truth and wisdom. Join me.

Another reason this book is so important to write and release at this time is because we are collectively shifting into a higher vibration of consciousness as we move into the new age of intuition, or in astrology often called the Age of Aquarius. As the vibration of this planet continues to accelerate, we are being called to awaken our intuitive nature. To function optimally, we need new tools. Gracefully navigating transitions, staying calm amid chaos, and turning fear into faith are not skill sets we have been taught. There is no modern road map to navigate this shift, which is why I wrote this guide—to help us all understand and accelerate into the next phase of our lives and to help bring more peace to the planet. By applying the lessons in this book to your own life, you will tap into an unshakable inner peace, which is your truest nature. I share effective strategies to help you master your

own self-transformation by awakening to your inner wisdom (trusting intuition) and stepping into your authentic true power (the innate wisdom of the Universe).

Imagine having an inner faith and trust so magnificent that you are always 100 percent aligned with your true self and confident with your choices. No more worry, self-doubt, judgment, fear, or insecurities. No more shame, jealousy, or guilt. Wow, what kind of life would you live if you were operating from a place of love, kindness, and compassion for all? That is the life I wish for us all, and I know it is possible. It is why you are here; you were born with access to a steadfast inner peace, and it all starts with the return to you—your true essence and awareness of your Divine Self.

This is more than a book—it is a rallying cry, a manifesto, a call for you to tap into your inner awesome so you can shine your bright light. It's time to come together with our light, with our love, grounded in our humanity.

Over the past decade, I've studied and learned from spiritual masters all over the world. My work and perspective in life are inspired and influenced by my own teachers and guides, including Abraham and Esther Hicks; Kryon and Lee Carroll; Dr. Peebles and Summer Bacon; Sanaya Roman and Duane Packer, who work with Orin and DaBen; Paul Selig and the Guides; Taoism; Buddhism; spirituality; and lessons from *A Course in Miracles* and *The Ra Material: The Law of One*. This book in your hands is a combination of their collective wisdom guiding us to a more loving world. So many of us are seeking enlightenment or spiritual mastery from the human perspective, but once we realize our true power is our own spirit—and we shift, align, and center ourselves to that realization—our lives become softer and easier.

The foundation of the work we will do together aligns with these core ideas.

1. We are not human beings having a spiritual experience. We are spiritual beings having a human experience.¹

1 Wayne W. Dyer, *You'll See It When You Believe It* (New York: HarperCollins, 2001).

2. You create your own reality through your thoughts, perceptions, choices, and awareness.²
3. Everything is made up of Source Energy. All energy vibrates at a different frequency. And like vibration attracts like.³
4. Your life is an unfolding creative adventure.⁴

When we understand and implement these core ideas, life becomes a dance, and we literally start to play with the world as we feel more peace than we ever knew possible. You are here to enjoy your life, not worry yourself through it. As you dive deeper into your own journey, trust the process and relax into each experience. Soon, without much effort, you will be living in synchronicity and ultimate flow. It all starts with you. By picking up this book, you've declared, "I want peace. I am ready to return to me."

2 Summer Bacon, *This School Called Planet Earth* (Flagstaff, AZ: Light Technology Publishing, 2005).

3 Esther and Jerry Hicks, *Ask and It Is Given: Learning to Manifest Your Desires* (Carlsbad, CA: Hay House, 2004).

4 Dr. James Martin Peebles, "The Three Principles," accessed September 8, 2020, summerbacon.com/the-three-principles.html.



LESSON 1

YOU ARE IN A SCHOOL CALLED PLANET EARTH

A childhood friend reached out to me the other day, someone I hadn't heard from in over twenty-eight years. He mentioned he was going through old boxes and had found a letter and poem that I'd written for him when I was thirteen. He sent a photo of the handwritten poem and letter, along with the message "You always know how to make people feel special." Little did he know how special it was to me that he'd sent me that note.

When I read the letter, I flashed back in time to thirteen-year-old me, the one who loved writing and expressing herself through words. I didn't know it when I was little, but I was an extremely sensitive and empathic child, so I felt into other people's energy. I always wanted to make people feel better; this was my superpower, my natural-born gift. I wanted so much to take away others' pain, and writing became the avenue through which I could do that best.

I believe we all have natural gifts that stem from what I call our true nature, that unique aspect of us that brings us immense joy and peace. For me, it has always been writing and helping people feel better. Thank goodness this is now what I do for a career as an author and empowerment coach, but it was a long, winding road to return to me.

My thirteen-year-old self didn't know this was my true essence, and fitting in and being liked became a bigger priority than liking myself or doing what I enjoyed. When I was younger, I had a learning disability that made it difficult for me to learn how to read, spell, and write efficiently, and because of this, I was almost held back a grade in elementary school. I had to take summer classes and work with yearlong grammar and spelling tutors to stay afloat. Other kids made fun of me for this. The bullying continued each year, so in order to feel safe from the ridicule, I gave up my natural expressions of self and quit writing and being there for people. By age fourteen, I had fallen away from me. It's no coincidence that my eating disorders started then, as well as my negative self-talk and self-hate.

This story isn't just my story. We all seem to have a pivotal moment, or multiple moments, throughout our younger years that shapes our adult patterns. In these moments, there are aspects of ourselves that we shy away from, hiding who we are in order to fit into the world. We fall away from our true nature.

It is no secret that we live in a world that invites us to abandon our true selves in the pursuit of fitting in. We want so desperately to be liked that we sacrifice our real self, never asking, Who am I really? For over three decades, my need to be liked and to fit in, along with my concern about what others thought about me, overshadowed my ability to be my true self. This is called the *split*: it's the moment our soul falls away from its whole self in an effort to maintain safety and the status quo.

It works for a while; we feel safe as we morph ourselves to fit the standards set by the outside world. Until it doesn't work anymore. For me, it turned into eating disorders, drug addiction, toxic relationships, self-hate, corporate burnout, clinical depression, anxiety attacks, and multiple rock bottoms. Not until I looked at this tendency to try to fit in did I see what was really happening—the quiet death of my soul and spirit.

I knew I needed to find a way back to me, but I couldn't ignore all of the experiences I had suffered through. I wanted to know why I went through what I did, and in studying Eastern philosophy and Buddhist traditions, it became clear that life is a classroom and everything is our teacher.