

# How To Let Your Light Shine

The sun doesn't have to learn to shine and neither do you.  
Just uncover the YOU that ALREADY shines!

Kai Hu

A WellBeing Alignment Publication

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**By Kai Hu**

**A WellBeing Alignment Publication**

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# Introduction

To truly shine is to know ourselves as Self. Not our concept of ourselves but the alive, aware, vibrating peaceful presence we are, even if we haven't yet noticed that is what we are. You, Self, Presence, are already whole, complete, shining, and happy.

Even if you haven't noticed you are this shining Presence, it is still always present. However, if your attention is habitually on thoughts and identified with thoughts, which appear in the foreground of your attention, you will not consciously experience the shining Self you actually already are, in the background of your attention.

Generally, we are conditioned to believe we first have to have happy life circumstances and THEN we can be happy. But it's actually the other way around. When we notice the Source of happiness within us and discover we ARE that, then no matter what is going on in our lives, our experiences in this dream soften and become easier.

What we keep our attention on predominantly sets the tone of our lives. If you shift your allegiance away from the ever-shifting river of thoughts, emotions and circumstances that pass through, and instead give your allegiance to the You who is aware of this constantly changing phenomena, then your life will take care of itself in the highest and best way for all concerned.

It is only then that you can know your Self, which is a true, permanent happiness that isn't based on your outer circumstances.

Where we choose to place our attention determines the quality of our lives. So if our attention is predominantly on thinking about what we don't like or how to make a better "me," then we are identified with being a small, limited, flawed "me." If you believe you ARE this "me," then you're at the mercy of the polarity of this plane, where everything continually shifts from one polarity to the other, constantly changing.

So even if your self-concept is a wonderful, accomplished, beautiful "me," since it is only a self-concept, it will at some point flip into its opposite — "I'm inadequate," or "I'm a horrible person."

On the other hand, if your attention is on the Truth of what you already are — Pure Presence, Self, Awareness, Peace (whatever word you want to use to describe what cannot be described) — then your life reflects that light back to you.

So how do you DO that? How can you know your shining, peaceful Self?

Great question! In fact, it is the most important question you can ask.

We'll explore the answer together in the following pages...

# From Pain To Peace

For most people, our conditioning tells us we are a body which has a mind, self concepts, emotions, and experiences, as well as a history and an imagined future. We group all this ever-changing phenomena together and call it “me,” which appears to be separate from all the “others” who appear to be “out there.”

Deep within being we know we are not just this separate “me.” Innately we KNOW we are much more than that. Therefore, it feels like something is terribly missing when we believe this separate “me” is who we are.

However, the truth of the happiness we already are is never missing. It is just that we have our attention glued to the “me” we think we are (thoughts, concepts, emotions, and body experiences), and NOT on the background it is all appearing in, which is the infinite, ever-present, pure consciousness you actually ARE.

Everything else comes and goes. Therefore, the thoughts, concepts, emotions and etc. which constantly come and go, can't be what YOU are, because you, Self are still here, after a thought or an emotion goes.

When we think we are just a separate "me" we think in order to be happy, the "me" must reach for something we think will make us happy and push away whatever we think is a threat to the happiness we already have or the happiness we hope to gain. For many of us, these two activities make up the content of most of our lives, and neither of these activities give us permanent happiness.

This entire dream is based on polarity. Feels good / feels bad. Black / white, up / down. Everything we experience here in the dream is constantly shifting from one polarity to the other. The entire dream is BASED on polarity.

Therefore, even if you received every experience or thing you can think of that you want in this moment, if your happiness is based only on gaining those things or experiences, I guarantee you, you will not find a true, lasting happiness.

So does this mean we can never be happy? Not at all. It just means we've been looking in the wrong place for it.

All this reaching for and pushing away activity is based on the "me" — body, thoughts, emotions, self concepts, history and etc. — we think we are. But it is not who we are.

We are actually the Awareness, which is aware of this ever-changing phenomena. We are what all the thoughts, emotions and events arise IN. The Awareness which is aware of the passing phenomena isn't hurt or changed at all by what arises in it. A movie screen is not affected at all by the movie appearing within it.

# **If We Already ARE Peace, Why Isn't Everyone Happy?**

If your attention is distracted and caught up in the reaching for and pushing away which comes from identifying with the passing phenomena you call "me," your attention is not on the fullness of Being within which your life and what you call "me" is arising IN. Therefore you suffer, because you are identifying yourself as a separate, limited, flawed being.

Happiness really comes down to a shifting of attention away from what you think you are, to what you actually are.

When we learn to let thoughts, concepts, feelings and experiences be as they are and shift our attention to the simple, present aliveness we already are, here, right now, in this present moment, something amazing gets uncovered — HAPPINESS!

And this happiness already IS you. You don't have to "do" anything to add it to yourself. You ARE it already.

# Why Do We Suffer?

All suffering comes from a case of mistaken identity. As I mentioned before, we think the entirety of what we are is a body which has a mind, a name, emotions, self-concepts, thoughts, and a history. Thought bundles all this together and calls it "me." It is what we've been conditioned to do for eons.

Even as we begin to suspect there is something more to our reality and we begin meditating and / or reading spiritual books or attending spiritual gatherings, there is a sense of being aware, however there is still a "me" who is now aware of spiritual concepts. We may even be aware of being aware, but there is still a sense being a separate "me," who HAS this thing called awareness.

We think, "Okay, I get it, I'm a Soul. I'm a spiritual being. I'm not just this body." But even the concept of being a Soul, is still a separate "me." It's a concept of being a higher vibration of "me," but it's still a "me."

We are the Awareness which the experience of a Soul, body, mind, thoughts, concepts and emotions arise IN. All this comes and goes, but you, Awareness are what it all comes and goes in. So, the "me" doesn't HAVE Awareness. You, Awareness, has the "me" which thinks it is aware.

Until we realize we are the Awareness / Pure Consciousness within which all experiences and concepts come and go, we suffer. As long as we continue to invest attention and energy into believing we are a body / mind / "me" we suffer because innately we KNOW this isn't the totality of what we are.

Also, as we continue to invest most of our energy into reaching for something to make us feel "more" and pushing away anything which seems to threaten our concept of ourselves, this not only does not bring permanent happiness, it actually adds to our suffering.

Why? Because it keeps our attention locked on and immersed in being a self concept about a separate, and therefore inadequate, "me" who needs something more to be happy. Therefore, we actually feed energy to the suffering.

# Does Suffering Have A Purpose?

There is a powerful metaphor I've heard in various forms from many spiritual teachers:

*In order to truly know the pure peace of our Being,  
our desire for peace must be as strong  
as a drowning person's desire for air.*

In other words, to overcome the ingrained mind habit of believing we are a separate "me," we need to really WANT peace in order to discover it, and suffering plays an important part in this.

After we've spent lifetimes reaching for everything imaginable we think will make us happy, and we've done our best to push away anything we feel threatens us, we discover we are STILL not permanently happy.

Eventually we come to realize the permanent happiness we want isn't IN the dream.

By this point, we've noticed other characters in the dream, career, money, substances, concepts, experiences, activities and pleasures have never entirely filled the void we feel within. Also, the pain of not getting or losing what we think will make us happy is quite intense.

We are tired of suffering and now VERY motivated to look for happiness somewhere besides the dream. We are open to different possibilities we would not have been open to before.

This realization is evidence of a spiritual maturity which occurs organically for all of us. We are naturally drawn to methods which point our attention within instead of without, enabling us to finally notice our Self, Pure Awareness, which is now and has always been in the background of our attention, even when immense suffering arises in the foreground.

You, Pure Consciousness were here all the time! You just didn't notice your Self because your attention was literally on other things.

# Is This Life Real?

This life is like a dream or a movie playing on a computer screen.

Generally, our attention is narrowed down to just the main character in the movie, which we think is the entirety of “me.” However, in actuality, it is the screen which gives life to the movie, including the character. Without the screen there would be no movie or character.

After the character in the movie has looked for happiness everywhere in the movie, they eventually realize the whole movie is based on polarity: feels good / feels bad, up / down, and etc., and that even when they find what feels like happiness it always flips into unhappiness.

At this point the character begins to suspect (or at least hope) there must be something else that is REAL — some kind of permanent happiness that doesn’t keep changing into unhappiness. This creates a strong desire to FIND real and unchanging happiness.

As this desire arises, we begin to wake up from the movie. Gradually we realize there is a screen within which the movie is playing, and we ARE this screen. This screen, Pure Conscious Awareness, permeates everything in the movie, including the character we thought was all we were.

We begin to see that everything comes and goes in the movie, constantly changing, but we, the Self, Pure Consciousness, stay always the same, at peace, shining, whole and complete. We aren't changed, no matter if a scary movie is playing on the screen or a tender love story. The screen still shines the same either way, even when depression, sadness, anger, guilt or fear arise in the character in the movie.

Your EXPERIENCE of the movie is real. Just like at night when you have a dream, you can feel your feet pounding the ground and your heart beating as you run from someone chasing you. Then you wake up in the morning and the other person isn't chasing you anymore and you're not the person you thought you were inside that body, running for your life. The "me" you thought you were, your emotions, thoughts and experiences, and all the other characters in your dream

disappeared back into the Pure Consciousness the entire dream arose from.

Likewise, at some point THIS dream and the dream character you think you are will melt back into You, the Pure Consciousness it is arising in.

# How Can I Be At Peace?

The only way we can know true and lasting peace is to shift our attention to the Self / Pure Consciousness we already are, beneath the thoughts.

There are two main ways to do this:

- Total surrender — letting go of everything that pulls your attention away from the Self you already are.
- Self inquiry — find out the truth of who you are, this which is ALREADY peace.

If you really want wellbeing and peace, I recommend practicing both methods daily.

## Total Surrender

Sometimes when we hear the word “surrender,” we think it implies we have to sacrifice something we want. However, in true surrender what we let go of is our investment in suffering, which seems to veil the happiness which we actually already are.



## \* Exercise: Surrender

(Note: For this and all the exercises in this book I recommend reading each exercise through first, then doing what is suggested. This helps to disengage the linear mind.)

As an experiment, for just the next 10 seconds, let go of all your likes, dislikes, individuality, and opinions. Release what you want and don't want, what you think you know, what you've done you're proud of or not proud of. Turn loose of your name, "me" and "mine." Let go of trying to solve any problems.

Just be here, in this moment.

Now, notice what is here when you let go of all that. Do this sincerely and entirely, just for 10 seconds.

During the 10 seconds, be still and let everything empty out and off. Then notice the alive energy which is "you" and is still here. Start with just 10 seconds. Later you'll be able to gradually extend it.

I find it helpful to include the body in this letting go, by going into the Child's Pose yoga position, as shown in the picture above. Let everything drain out of your hands, forehead, head, body and mind. Give it to the ground.

If you have a spiritual teacher or a feeling connection with a spiritual being such as an angel, Buddha or Christ, connect with them and visually, mentally, or energetically, lay everything at their feet. You can even think of a mountain or a tree you feel a resonance with and do the same.

You and all beings are already pure, joyful Consciousness, but we don't realize it because our attention is identified with the passing river of thought. Therefore, it helps to give the mind something to focus on which points it into the truth of Being. The focal point then serves as a bridge in focusing and aligning our attention with ourSelf – Presence, Consciousness, God, Source (whatever name you know it by).

At some point these bodies we've identified with will die. We will let go of everything then anyway. I encourage you to practice doing it daily

now, rather than waiting until the body dies. You'll find all you are giving up is suffering. Meanwhile, as your life unfolds you still get to enjoy your life. In fact, you'll find you enjoy it much more!

Here is a helpful metaphor, inspired by my teacher Ramana Maharshi:

*You've boarded a train, bringing your suitcase with you.  
Inside the train, you realize you are still standing,  
still straining to hold on to your suitcase.  
All the while, the train is happily transporting  
you and your suitcase to your destination,  
whether you strain to hold onto your luggage or not.*

*Put your baggage down, sit down and relax.  
God has you.*

**You'll find more about letting go here:**

<http://www.wellbeingalignment.com/how-to-let-go.html>

<http://www.wellbeingalignment.com/let-go-and-let-god.html>

## **Self Inquiry — Who Am I?**

The most important question you can ever ask yourself is “Who am I?”

We assume we are a body, which houses our thoughts, self-concepts, memories, and emotions. It is what we've been conditioned to believe we truly are. However, you are the Self who is aware of the body sensations, thoughts, memories, and emotions which continually move through you.

## \* Exercise: Newborn Baby

In this moment, let go of your thoughts and concepts about being a body. Pretend you have no idea what you are. The only thing you know for sure in this moment is your direct experience. As you give up your thoughts ABOUT what you are experiencing, your direct experience in this moment is simply that you are here.

Just notice that whatever this is that you are, it is clearly here. Something is here which is you.

All you know of what the mind would call “the body” is sensations. There is the sensation of how the chair feels on the back of the body if you are sitting down, or an emptiness in your stomach if the body is hungry. You are aware of breath moving in and out of the body. You may notice places that feel tight and constricted.

Pretend you are a newborn baby and you don't know any words. No one has taught you that you have a thing called "your body." You don't even know what a "me" is.

All you know is that you are here, as well as sensations, colors, vibrations, and feelings. However, you don't have any words, concepts or thoughts about these things. It is all just experience, experience, experience, without definition or categorizations.

Just be this which is here.

It is actually only thought which tells you you are a body. Without giving your allegiance to those thoughts, you'd more readily identify yourself as the Awareness which is aware of these varied and ever-changing experiences called thoughts, feelings, sights, sounds and vibrations.

A direct way to bypass the mental concepts of what you think you are, and bring your attention to the Awareness underneath the mental chatter is self-inquiry.

**\* Exercise: Self Inquiry**

*“When thoughts arise, one should not pursue them,  
but should inquire: ‘To whom did they arise?’*

*It does not matter how many thoughts arise.*

*As each thought arises, one should inquire with diligence,  
‘To whom has this thought arisen?’*

*The answer that would emerge would be ‘To me.’*

*Thereupon, if one inquires, ‘Who am I?’*

*the mind will go back to its source,*

*and the thought that arose will become quiescent.*

*With repeated practice in this manner, the mind will  
develop the skill to stay in its source.”*

**~ Ramana Maharshi**

Leave your eyes open and bring them to rest on something in that is unmoving and small, like a corner of a picture or a spot on the wall. The spot you are looking at is simply a place to park your eyes.

Let your eyes go soft and relaxed. Rather than engaging mentally or visually with whatever you're looking at, just be here. You may notice a kind of blurriness, such as what happens in a state of day-dreaming.

Let the question "Who am I?" come into your mind.

Don't ask your mind for the answer. Instead, let go of trying to answer the question. Turn loose of any assumptions that you know the answer to the question.

Just be empty, alert and present. Let go of preconceived ideas of what you think is supposed to “happen.” Just be here. Notice what you notice.

If you find your attention gets pulled back into thoughts, just gently come back to the question.

You can also let the mind repeat the word “I” to keep your attention focused.

When your attention is engaged in this way you are no longer feeding the belief of being a “me” who is separate, and either flawed or wonderful. No matter what the self-concept is, it isn't you. You are this which is here, uncovered when you decline to give allegiance to a self-concept you think you are.

# How Can I Get Rid Of Guilt, Sadness, Anger, Fear, And Other Uncomfortable Feelings?

Trying to get rid of uncomfortable feelings feeds energy to them, which increases suffering. Emotions are energies arising within you, made up out of your own energy field. They aren't good or bad. They just ARE, just as your foot isn't good or bad. It just IS.

To try to get rid of anything appearing in you keeps you dividing and fighting with yourself, and keeps you identified with a "me" who is suffering, which only creates more suffering.

These uncomfortable emotions are like hurt children within. All they need is to be seen and accepted as they are. This is unconditional love.

Imagine you hear a knock on the door. You go to the door and open it. Standing there on your doorstep is a very young version of you and this precious child is hurting. The child is feeling unloved and is also judging themselves as not BEING lovable.

Imagine how this child might feel if you say to them, "You need to go away. I need to release you. I want to get rid of you."

This would be layering yet another layer of trauma in the mind of an already traumatized child. In essence, this is exactly what we do to ourselves when we try to release or get rid of our sensations of hurt.

Instead, what would be most healing to the child?

It would be to open your arms wide and tell this precious little one, "I'm so happy to see you! You are totally welcome here. Thank you for finding the courage to get my attention. Please come in just as you are and I will BE with you as you are. You don't have to change in any way. I am happy to be with you in whatever way you are appearing. I make space for you. You get to take up as much as space here as you want to or need to. We are here together."

A hurt child treated in this way would eventually realize they are loved just as they are and more importantly, that they ARE love.

Our beliefs don't shift until our EXPERIENCE shifts. As these uncomfortable energies within you experience being accepted by you as they are, your beliefs about not being accepted / loved will gradually shift automatically.

All emotions come from believing thoughts and investing attention in them. All painful emotions will let go on their own when we stop fighting with them and the thoughts which produce them. We let them be as they are, but decline to identify with them.

However, we can't fully see and accept these uncomfortable feelings from the mind, personality, self-concept we think we are. The mind isn't capable of love or acceptance.

Full, true acceptance and unconditional love can only come from your Self, Awareness. It is the Awareness which is aware OF these feelings in the first place. Later the mind creates concepts about these feelings and that is the actual suffering. The sensations of the emotions themselves is actually just energy, when you stand as Awareness and just notice the emotions.

Think of something which evokes a strong emotion in you. Now be the “Noticer” which notices the emotion. Next, notice you, the “Noticer” is not at all changed by the emotion arising, whether it is joy or sadness, or any other emotion.

You, Awareness, are not trying to make anything go away, because You, Awareness aren’t threatened by anything.

### **\* Exercise: Who Is Feeling This?**

You can use this simple process below with any emotion, thought, circumstance or sensation you experience.

Let’s say you are feeling anger. Ask within “Who is angry?” Then, as described previously, don’t ask your mind. Just sit with the question. Be more interested in noticing what you notice when you ask this question than the thoughts which can only keep running the story about who did what to who.

Notice the “Noticer” which is aware of the anger. Be the “Noticer.”

Ask, "What is this that I am?" Again, don't ask your mind. Just be empty of any ideas about what you think the answer is. Be here and alert.

If you notice you are caught up in thoughts, you can do the same thing, asking within, "To whom are these thoughts occurring?"

Also, if you're around a situation or person you feel annoyed with, ask within "Who is annoyed with this?"

You can also ask within, "Who is this person? (regarding the person who appears to annoy you.)"

Again, for all these examples, don't ask the question of your mind, and don't be interested in what your mind has to say about any of these situations. Just ask the question, be here, open, and alert and simply notice what you notice. Notice the "Noticer."

You'll find uncomfortable emotions unwind by themselves when we give up trying to get rid of them and instead focus on the Self they are appearing to.

More about how to let uncomfortable emotions unwind by themselves here:

<http://www.wellbeingalignment.com/energy-healing-therapy.html>

# Why Must I Practice Techniques Like These If I Already Am Peace?

*“We limit ourselves first, then seek to become the unlimited that we always are. All effort is only for giving up the notion that we are limited.”*

*~ Ramana Maharshi*

The momentum of the conditioning which tells you you are a separate “me” has been running for lifetimes and is very strong. Because of this, we all have an entrenched habit of listening to our thoughts and then creating a “me” concept around them. This concept can flip back and forth between good-feeling concepts and not-so-good-feeling concepts. No concept, however is what YOU are. You are the Self, Awareness, which is aware of thoughts and concepts.

Not only is this habit carried on through numerous lifetimes, it is reflected back to us in the world we think we live in.

So, yes, you already ARE peace, but if your attention is on your thoughts and concepts of who you think you are, you won't experience your Self as peace.

Imagine a beautiful, clear, pristine lake which has debris floating on its surface. This lake, of course, is actually Water. If the lake keeps its attention only on the ever-changing debris which comes and goes on its surface, it will believe it IS this debris, especially after it has been focusing its attention there for eons.

It requires effort for the lake to shift attention from the debris to itself, Water, because it's not used to doing that.

As the lake shifts attention away from the debris and onto the Water the debris appears in, it experiences true peace. But then the age-old habit of keeping attention on and identifying with the debris floating on the surface will arise again, because this habit has momentum behind

it. This habit also includes getting involved in the debris, trying to move it around, fix, change, or heal it.

Because of the momentum of this habit, the lake would need to regularly practice shifting its attention back to itself — Water.

The more the lake shifts its attention to Itself — Water — the debris sorts itself out gradually.

# Does This Mean My Life Will Be Easy Now?

The momentum of your past tendencies, concepts of yourself and past actions will continue to play themselves out in this lifetime, and perhaps further lifetimes.

If you have a fan plugged into a socket and turned on, the fan will keep turning. Then if you unplug the fan, the fan doesn't stop turning immediately. The momentum of movement will keep it going around for some time, as it gradually slows and then comes to a stop.

Every moment we spend listening to and identifying with our thoughts is like plugging the fan of suffering back into the electrical socket, giving it more juice.

On the other hand, every moment we spend in total surrender and / or in true self inquiry, by asking "Who am I?" and "Who is suffering?" the fan of suffering is unplugged.

Because we notice we FEEL better when we decline to listen to and identify with thoughts and when we practice total surrender or self inquiry, we tend to repeat these practices. We are naturally drawn to what feels good, especially when we innately know this “feel good experience” is not just an experience. It is resting in the infinite, permanent peace we truly are.

No experience in this dream feels as good as the Peace of your own Being, your own Self. When your attention is in Self, you occupy the same space as God, Source (whatever name you know it by), and all life. This is HOME.

# For More Help

## WellBeing Alignment Sessions

*You don't have to make suffering go away.  
Instead, discover your Self, Pure Awareness.  
Then suffering unwinds by itself.*

In WellBeing Alignment Sessions, through various exercises, we shift your attention to your Self, the "Noticer" / Awareness of all your experience.

From here, together we invite up whatever is troubling you at the time. We remain within the neutral, unlimited peace of Pure Awareness, accepting, allowing, and making space for whatever arises within you as thoughts, beliefs, emotions, and body sensations.

As a result, submerged energy tangles begin to unwind and release, stimulating healing on all levels of your being. You will be taught various exercises and methods to continue this practice on your own.

*“Just finished my first session with Kai. Wow!  
What an enlightenment! I can’t wait until my next session.  
Thanks Kai!!”  
~ Karen*

**More information about WellBeing Alignment Sessions here:**

<http://www.wellbeingalignment.com/wellbeing-alignment-sessions.html>

## **Information And Support**

For in-depth information and support about resting in the Self and releasing suffering...

**Visit WellBeing Alignment here:**

<http://www.wellbeingalignment.com>

## **Free Ezine**

Sign up for the free ezine at WellBeing Alignment. You'll receive lots of help for healing on all levels of your being. You'll also receive notifications about new information added to the site, as well as special deals for WellBeing Alignment Sessions.

Ezines generally go out once or twice a month.

**Subscribe to the free ezine here:**

<http://www.wellbeingalignment.com/newsletter.html>

## About Kai

At 5 years old, the question “Who am I?” repeatedly arose within Kai. The answer was revealed simultaneously as an experience of bright, alive, Alertness. She knew this as the truth of her Being and of all life.

As her life unfolded, the desire to be free of sadness, depression, anxiety, anger, suicidal tendencies, self-judgment, and destructive habits, coupled with the unshakeable knowingness of Being, culminated in her life goal: to learn how to live from the Pure Beingness she knew to be the truth of all life, and share the way out of suffering with those who still suffer.

In 1992, during an 18-year involvement with Eckankar, she became a minister. She taught Co-Counseling and Emotional Release workshops, while also seeing clients privately. Concurrently, she was a hospice caregiver, accompanying beings as they released their bodies.

Exploration of contact improvisation and other forms of conscious, authentic movement deepened her awareness of how Being expresses in the body.

In 1995 she met her True Teacher, Ramana Maharshi, through a picture in a book catalog. His eyes called her back to the Radiant Light she had previously discovered with the "Who am I?" question as a 5-year-old child. He continues to guide her to this day.

She studied with Gangaji, a teacher in the Ramana Maharshi lineage, for 10 years, attending and working at workshops around the US.

In 2007, as Kai continued to experience relief from suffering, the desire to share the tools she had discovered resulted in the birth of her website.

She trained in various healing techniques, including The Yuen Method of Full Spectrum Healing, Shamanism, Ho'oponopono (ancient Hawaiian healing practice), Quantum Touch, and Quantum Entrainment.

However, her greatest breakthroughs came from following Inner Guidance. She realized that although energy healing techniques can temporarily relieve suffering, until the underlying cause of suffering is addressed — identification with a “me” who is a collection of thoughts, emotions, body and history — the suffering recreates itself. It is only when we notice and rest in the truth of Being that suffering can unwind.

Being empathic, Kai is highly sensitive to energy. She feels and sees things going on beneath the surface, in both her inner world and within others, especially when they ask for her help.

In 2009, while experiencing a breakthrough, she heard her Inner Guide say, “This isn’t just for you. It’s time to offer what you’ve been given to others.”

She began experimenting with ways to translate what she had been practicing with herself to coaching others in the same processes. This early experimentation laid the groundwork for the WellBeing Alignment Sessions she still offers today, sharing the way out of the prison of

suffering with beings all over the world, as her own surrender into Being continues to deepen.