



CHAPTER SEVEN

Recreating Eden: The Time Is Now!

*I*F YOU HAVE EVER ASKED THE QUESTION, “WHY AM I HERE?” then you now have your answer. You are here to recreate Heaven on Earth by becoming your Self. You become your Self by surrendering to the dominion of your Spirit—God-In-You—and loving your Spirit completely. In so doing, you raise yourself up in frequency so that you are seamlessly aligned and vibrationally merged with this highest level of your being, thus becoming the perfect expression of your Spirit in human form, radiating Love to bless all of Creation.

As this occurs, it creates an effect so powerful, everything in your world is utterly transformed and Eden manifests in your experience. Even before you reach the vibrational level of Eden, you will experience improvements in your life that you can hardly even fathom from where you are now! As you raise your own frequency upward toward Eden, the frequency of the Whole of Creation is raised as well and brings all within it closer to Eden, too. When enough of us reach the vibrational level where Eden is our reality,

this paradisiacal state of being will begin to rapidly manifest as a widespread phenomenon—not just for the relative few that have chosen to lead the way—but, in time, for all.

Indeed, that is why you are here on Earth at this particular moment. I know this about you because, unless you are my relative, friend, or a book reviewer, you would not have been attracted to this book and read this far if you were not! I submit that you are here on the planet now because you have *chosen* to be. You have chosen to participate in the restoration of humanity to the Garden. If you have wished to be “one of the Chosen Ones,” I can assure you that you are. You chose yourself . . . or rather, your Self.

Many—perhaps even you—have thought that the “Chosen Ones” meant those who were going to be tapped to physically escape Earth and be whisked away to some faraway heaven where they would not be touched by energy in reverse polarity. This is a gross misunderstanding. While you will, indeed, escape the travails of Earth and the ravages of the schema for disharmony, *abandoning* our beautiful planetary home is not what is intended at all. Rather, we “Chosen Ones” are to do the simple but vital things that are necessary to raise all of humanity up in frequency and create a new heavenly reality here, where energy in reverse polarity is not in control but where Love and harmony with the Whole of Creation are what we live by. And it is not to happen in some future time. It is to happen *now*.

If this sounds like a superhuman challenge, let me first assure you that as you rise in frequency, superhuman attributes are automatically yours—however, it will not take any superhuman effort from your personality-self at all. It will simply require that you let the divine, superhuman part of you steer your life so that you can align with the schema for harmony, thus empowering it in your own life and in the Whole of Creation. Because of the way the Divine Design works, the person you are *right now* is truly capable of this task no matter how daunting it may seem! As this chapter further unfolds, you will see just how this can be.

As I have written this, I have so many times asked the questions: “Is this *really* doable? Will this actually work—not just in theory but in reality? Will people really get on board with this, as ego-invested

as most are in the current way things are on Planet Earth?" The answer that has come back over and over again is, "Absolutely!"

Why? We all have the memories of Paradise encoded in us. We all know, at least subconsciously, life on Earth is currently but a shadow of that—a dark shadow—and we all know that a radical change is needed but we just haven't understood the mechanics of what was wrong and how easily it could be changed. Not to mention, many—if not *most*—of us have reached our tolerance with the messed-up way things are! Restoring Earth to the Eden it was meant to be has looked like an impossible challenge—something only a band of saints could accomplish. After all, few of us are altruistic enough to make huge, personal sacrifices for the common good, however much we might like to be. Nor are most human beings induced to radical action by the unlikely seeming prospect of a big-picture concept like Utopia, however seductive a notion. If so, it would have been accomplished by now.

But altruism is not a requirement, nor is saintliness or sacrifice! The genius of this system of restoration is that it takes human nature fully into account, and inherent in it is all the motivation needed to get us on board with it. What could be more enticing than immediate life enhancement without hard work? Though human nature doesn't easily accommodate the giving up of what we personally treasure now for a distant dream of a better life for all, most of us can really get behind something that offers instant benefits for ourselves—something that offers relief from our miseries, and a far better life experience *now* and forevermore. Most of us can buy wholeheartedly into something effortless that pays out in vast *personal* riches—the true riches that will fill your yearnings like nothing else ever will.

That's the beauty of this process—you can't recreate Paradise on the planet without making your *own* experience of life one of exquisite joy and harmony. It can't be created from anywhere but within yourself. Only by improving your own life beyond measure will the larger story of Heaven on Earth unfold. When you take care of the "small picture," and do what is necessary to elevate yourself in frequency to the realm of joy, the Big Picture will take care of itself! And the only thing you will need to sacrifice is the behavior

that got us into this mess—the tendency our ego-minds have to try to “run the show” without the stewardship of our Spirits. That is hardly a sacrifice, as will be evident as your life is brought into harmony by your Spirit!

This plan for restoration is so exquisitely simple, so remarkably easy, and so amazingly ingenious, you would almost think it was designed by the Highest Intelligence! (Please remember, this is not *my* plan. I’m just describing the Divine Design, in existence well before the first humans were ever created.) Not only is the restoration of Heaven to Earth a cinch to accomplish, the time has arrived for this plan to be implemented and for Eden to manifest once again. It’s been a long, long time coming, but the time is *now*.



INDEED, THIS POINT IN HUMAN HISTORY IS UNPRECEDENTED. Many factors have at last lined up to make Paradise accessible to us once again, not the least of which is cosmic timing. In almost every spiritual tradition, there is mention of the larger cycles of Creation—the overriding succession of events that governs things from the highest levels to the most minute. One such concept, woven in one form or other throughout many spiritual teachings, is the idea that *God breathes in and out*.

Though these breaths are brief in the history of Creation, they encompass many thousands of years in human time. As God breathes out, Creation is expanded away from its core. When God breathes in, Creation contracts and is drawn back to the core. At this point in the cycles governing Creation, we have reached the end of the “out-breath” of God, and the “in-breath” has begun. Because of this, we are now, at last, able to more easily accomplish the return to Eden as the very in-breath of God is pulling us closer to the core of Creation and, thus, *higher in frequency*. Remember, the Garden exists at the highest frequency possible for human beings to experience, a frequency far higher than that at which we are currently operating.

It is also true that many, many humans have been working toward this—some knowingly, some not—for hundreds, for thousands of years. The substance they have generated in this regard and the

holding of the line vibrationally, so to speak, have made it possible for us to be awake and aware of this now. If you think *you* have had a hard time overcoming spiritual inertia, be glad you aren't trying to achieve this in centuries past when God was still breathing out and the Whole of Creation had yet to be "turned around." Talk about a challenge! I have immense appreciation for those souls whose job it was to maintain spiritual awareness in the darkest of times before the conditions were optimal for humanity to head for Home.

Can you even imagine what it took for Jesus to incarnate on Earth over two millennia ago when human consciousness was hardly at its peak, and when expressing revolutionary ideas was likely to be fatal? Can you conceive of the immense Love he demonstrated by agreeing to leave his vibrational position close to the Core of Creation and lower his frequency sufficiently to reenter the schema for disharmony so that he could help us see the way up out of it? What amazing courage he displayed by subjecting himself to a reverse-polarity world experience of horrific pain, suffering, and death so that he could show us that it is possible to go from the depths of the schema for disharmony to the heights of Heaven by loving and obeying God with all our hearts and minds. And what amazing lessons he produced for us in showing the power of high frequency to heal when he touched the sick to make them well, and raised the dead with the mighty flow of Life Force he was channeling! And I can't leave out how he showed us the ultimate healing power of the Spirit when he resurrected his body by infusing his Spirit fully back into it before ascending once again. He called us to demonstrate the same "miracles" that he did—and when our frequency is at the necessary level, we will do as Jesus tapped us to do in a sort of passing of the baton: "Truly, truly, I say to you, he who believes in Me, the works that I do, he will do also; and greater works than these he will do; because I go to the Father."¹

While there have been relatively few advanced souls whose sacrifices have been quite so visible as those of Jesus, there have been legions of "ordinary" folks whose job it has been to quietly maintain spiritual awareness in the darkest of times before the

1 John 14:12, *New American Standard Bible*.

conditions were optimal for humanity to head for Home. You may, indeed, have felt like this hard road was your lot, and I thank you from the bottom of my heart for holding steady and continuing to grow—and glow—in the dark. Those of us who have chosen to awaken prior to this current accelerated time have been catalysts for this process, and it hasn't always been fun. I asked Spirit once why I had to awaken and achieve my spiritual awareness amid so many people who were still asleep and who didn't honor my knowing or my process. I asked why I couldn't just go live in an ashram or a convent and “be spiritual” where I wouldn't feel so alone, misunderstood, and oppressed, and where it would be easier to consistently behave in concert with the level of consciousness I had attained. The answer that came was, “The yeast can't raise the bread unless it is mixed into the dough. It does no good for the yeast to float on top—it has to be *a part* of the dough if it is to lift it up.”

And so it has been with you, too. That is why you have been experiencing the awakening process in the milieu of your everyday life, challenging though it has been. It is no accident that you find yourself in the midst of what may sometimes seem like an alien existence, surrounded by people who may not have a clue about what you are up to, much less share your perceptions. This is no accident or misfortune! Your Spirit has chosen to position you as you are because your increasing frequency is the leavening agent that raises up that which surrounds you.

Yes, in order for the yeast to be able to raise the bread, it must first grow and multiply and be incorporated into the dough. Once it is, it can create a loaf that is light as a feather in relatively short order. The happy news for humanity is that the yeast is finally developed, it is well mixed into the dough, and all the conditions are right for the loaf to rise.



WHEN I FOUND MYSELF BACK IN EDEN THAT AMAZING DAY at the top of the Zürichberg, I experienced such ecstasy I might never have left. But though I couldn't have explained it at the time, I felt the consensus

reality generated by so many minds operating out of alignment—the currents of energy in reverse polarity—tugging me back. So not only was my ego-mind eager to jump in and weigh and measure the experience and claim it for itself, thus pulling me back to the more familiar world of separation, it was as if the weight of the world was pulling me back as well. At first, I felt like a failure for not having been able to stay—for not having been able to prolong the experience of Oneness. As it turns out, this was not a failing at all. It just wasn't time yet.

I realize now that in addition to my ego-mind's powerful drive to stay separate, there simply was not enough vibrational support available in the world around me to assist me in staying at the lofty level I had attained. There was not yet sufficient human substance in conscious alignment—not only within me, personally, but within all of humanity—to make it easy for my ego to let go completely to the place in consciousness called “Oneness.”

The currents of energy in reverse polarity were too strong, and I had not developed completely enough to maintain that state of being despite those reverse-polarity currents. What I needed—and what we have all needed—was for enough magnets to be aligned, both within what we consider “ourselves” and within the Whole of Creation, that we would be vibrationally buoyed up, not dragged down.

The point in the larger cycle of the Whole of Creation where unity-consciousness could reign once again had not yet been reached because, it would seem, the usefulness to the Creator of the dynamics of ego-separation had not yet been exhausted. As hard as it may be to understand, our ego-minds, with their drive to maintain separation, have been purposeful in the Creator's great experiment called humanity. The Creator manifested human beings with free will—the potential to develop out-of-control egos—as a way to experience duality and all the sometimes messy, horrifying ramifications thereof. We were given free will not as a mistake but as an exciting dynamic.

But the Creator also gave us the yearning to return to the ecstatic state of Oneness, and the free will to choose to do so. Only now has that desire reached the point where we have a stronger drive

to embrace Oneness again than the drive to maintain separateness. The cycle of separation that started with Eve and Adam exercising their free will in a way that aligned us with the schema for disharmony is almost complete.

At last the critical mass of desire for Oneness that is needed to trigger the restoration process on a large scale has been reached. While by no means is everyone yet *consciously* on board with this, there are finally enough people who can no longer tolerate living in the misaligned world, enough awakened consciousness to comprehend the situation, and enough people who, whether they looked at it that way or not, have offered up enough of themselves to God-In-Them so that the process of recreating Paradise as a sustainable reality can progress more rapidly and easily than has ever been possible before.

For the first time since that sad day in the Garden when humans first used their free will to move *away* from God, humans are, at last, in an optimal position for using their free will to consciously and purposely initiate realignment with the Creator's Design for Harmony and Wholeness and draw as close to God as possible once again. This book is intended as a catalyst for that—a clarion call to humanity to use the gift of free will to make the choice to restore itself to Paradise. Yes, this is an auspicious time indeed.



WHAT ENSURES THAT EDEN WILL BE RECREATED, and that we will all get there, is Prime Principle, the unfailing universal law that governs all that occurs in this realm of being. Specifically, what empowers—and, indeed, guarantees—the success of this undertaking is the ingenious and infallible aspect of Prime Principle called *unified radiance*. Just as in our chapter 2 exercises with the ring magnets where the magnets increased in power and could flip other magnets around when enough of them grouped together and acted as one, unified radiance causes this effect within you, too. When even a tiny part of you intentionally aligns with the Big Magnet (God), the magnetic power of God-In-You is increased exponentially, drawing even more of you into alignment—effortlessly! Spontaneously! The

more of you that is drawn into alignment, the greater the magnetic power becomes. Like dominoes, the effect continues until your restoration is complete.

This principle plays out on multiple levels simultaneously. As unified radiance works within you at a personal level, it is working at the planetary level as well. The power of your own increased magnetic force exerts pull over other aspects of Creation, including other people, bringing more and more substance into alignment. The more people, or aspects thereof, that are in alignment, the greater the magnetic power grows until, at last, *all* is drawn back into alignment.

So you see, while it affects more than just you as an individual, the process of recreating Paradise on a large scale truly does depend on what YOU do. It depends on *your* intention and *your* choices. The more you choose to obey and actively love your Spirit, thus powerfully radiating Love the way you were designed to, the more of you is in alignment. The more of you that is in alignment, the more of you is pulled into alignment! The more of you that is in alignment, the more it influences other magnets in the Whole of Creation to come into alignment, too!

So you see, it doesn't even require getting *all* of yourself on board with it. There will likely be some ego resistance even in those whose conscious minds fully see the wisdom in it. There may be parts of you so habituated to and invested in this lower-level existence that they will only come along at first kicking and screaming. "But I *like* feeling separate and I *like* stuff that keeps me at a lower frequency!" might be their hue and cry. Happily, as you surrender, unified radiance will take care of these aspects of you, too, and once you have experienced rising in frequency even a little bit, any resistant parts of you will be easily—and willingly—pulled into alignment. Believe me: however much fun you're having at the lower range of frequency, you will have far, *far* more fun in a higher one! And it is not transitory, conditional fun as we're used to, but the kind of fun that lasts.

As far as this process unfolding on a large scale goes, unified radiance makes it so that we don't have to proselytize or hit anyone over the head with it. We don't have to beat the bushes to find people

to sign up for it. We simply need to *do it ourselves*. So even though the more people that commit to this, the faster the process will go, this is not about rounding up a bunch of people and saying, “This is what you have to do!” Nor do we have to have a roll call or count heads on this. Though in the larger sense, numbers count; the only number that really needs to concern you is the number *one*. There is only *one* person you need to bring on board with this—yourself. Unified radiance will handle the rest!

Of course, your Spirit certainly may prompt you to share this information with others, and if so, by all means, do. But when you share it, offer it to whomever you are guided to and then let it go. Know that those whom you are guided to share it with will recognize it and embrace it *when the time is right for them to* and not before. Consciousness has a way of tuning out and not being able to see what it is not ready for—what is not a frequency-match—and wholly embracing whatever it is ready for. That’s a function of Prime Principle, of course; it’s the “like attracts like” factor and it cannot be manipulated or rushed. Only your ego would want to do that anyway!

Based on the way unified radiance works, the greatest part of this process will take place at a level which we won’t be able to witness, but we will certainly see clusters of people magnetically drawn together to accelerate the unfolding of Heaven on Earth. Indeed, there are already many of these clusters which have been drawn together for this purpose whether they see their reason for being together in these terms or not. When two or more people who are committed to recreating Heaven on Earth by their intention to operate purely in response to the guidance of their Spirits come together, the power of their union evolves the Whole of Creation.

These are synergies—combinations of energies that produce an exponential effect—an effect greater than the sum of the effects possible from each individual alone. These *evolutionary synergies* cause us to grow faster as individuals and as a whole. Though we can facilitate such synergies by making the intention to gather with others who seek to recreate Eden, the ego-mind does not have the power to create them. True evolutionary synergies are instigated

by Spirit and orchestrated by unified radiance. When people are following the guidance of their Spirits, they will find themselves naturally drawn to others with whom they can truly expedite the unfolding of Heaven on Earth.

Once again, I must exclaim, “What an elegant system we have here!” All we have to do is love God completely as we were designed to do, which, of course, includes obeying our own Spirits, and Heaven on Earth will materialize spontaneously! Like the little snowball rolling downhill, picking up more and more snow and more and more speed, growing larger and going faster from only the small initial effort to form a little ball and get it rolling, unified radiance guarantees it.

Thus, the recreation of Paradise is up to you. You are a vital element in this whole thing because by your intention to do so, and by choosing to align with your Spirit—who not only embodies the blueprint for your own personal salvation but for the restoration of the Whole of Creation—you are the one that gets the ball rolling to expedite the restoration of humanity to the schema for harmony. You are the one who initiates the recreation of Eden for all of us.

Jesus explained this when he was planting the seeds in consciousness so long ago for the Tree of Life to flourish once more. He said, “The kingdom of heaven is like to a grain of mustard seed, which a man took, and sowed in his field which indeed is the least of all seeds: but when it is grown, it is the greatest among herbs, and becometh a tree, so that the birds of the air come and lodge in the branches thereof.”²

Likewise, within your small, but highly significant, initial actions toward letting your Spirit take over so that Heaven can manifest for you, are contained the patterning and initiation of something far greater. You are sowing nothing less than the seeds for the Tree of Life—the Divine Design for harmony—to grow, not only in your experience, but for us all. Be assured that, like most seeds, though they germinate and begin to grow where they cannot at first be seen, they are, indeed, growing, and will mature to become a magnificent new world.

2 Matthew 13: 31-32, *King James Version*.

The restoration to Eden has been slowly and quietly happening without the conscious awareness of most. Right now it is like a wave taking form far out in the ocean. What would appear to be the smallest of ripples is in actuality a powerful force gathering energy to become a mighty swell that lifts up and carries all in its path to shore. While it is true that those who don't consciously coordinate with the process in the beginning will be swept up by the wave eventually, anyway, if you are to fulfill your reason for being here now, and experience true bliss in this lifetime, not to mention if the ride is to be smooth and optimally enjoyable, it is necessary to approach this proactively and be on the leading edge of it.



BECAUSE YOUR OWN LEVEL OF FREQUENCY RAISES OR LOWERS the overall frequency, and because being at higher frequency equals the experience of joy, it is literally true that in order to raise up the world and deliver it from suffering, it is imperative that you are joyful. And most people think saving the world requires sacrifice and suffering! In fact, the very opposite is true. Indeed, the most magnanimous—and *effective*—thing you can possibly do for the planet and its inhabitants is to raise your frequency up out of pain and struggle to that of peace, joy, and ease so that the collective joy level increases, thus lifting all out of pain and struggle. What a grand plan! We are, I will reiterate, personally rewarded beyond measure for doing what needs to be done. It is built into the Creator's Design.

Now, I fully understand that joy is the last thing you may spontaneously experience when you learn of some of the perverse things that are going on here on Planet Earth, and of the distressing things that are happening in the lives of people you know and care personally for, but please understand I'm not suggesting you are to be joyful *about* the inharmonious things you see in the world; I'm saying we need to be joyful *despite* them. While this may sound cold and unfeeling, it is truly anything but.

When we go to the joy space, we lift our own frequency and, thus, the collective frequency. When we allow the horrors and sad events we observe in this world to polarize us to turmoil, fear, and sorrow, our frequency is lowered, and thus the frequency of

the Whole is lowered. Allowing the inharmonious things you see occurring in the world to take you out of the joy space—or further from it—contributes to the lower-frequency energy that created it and sustains it. (Unified radiance works in the other direction, too.)

The effective response to any undesirable condition is, first and foremost, to radiate Love—the Love that comes only through correct alignment with your Spirit. This not only raises your frequency and the collective frequency, it puts you in position to receive instruction from your Spirit as to what you need to do to further lift up and change the situation in a tangible, physical way. Remember that your Spirit's omniscient guidance is available to you when you are receptive to it—something you can't be when you are receptive to circumstances.

Though the word “compassion” is rooted in the idea of feeling another's misery, *true* compassion is not demonstrated by being emotionally involved in someone's troubles. Enlightened compassion calls for you to be committed to peace and joy. Does this mean to abandon someone in times of difficulty? Absolutely not. It merely means that your job is to lift the situation up, not hang out with them at the level of the distress or focus on the distress, thus adding more energy to it. Real, useful compassion is recognizing when someone is suffering because of a lower frequency event or condition and then to build a vibrational bridge upward for them.

Thus, when you become aware of someone in distress, make a point to feel the immense Love from your Spirit filling you up, and allow the Love response to bring you into the realm of peace and joy. Then, mentally and emotionally, bring the one or ones in distress into that space with you to lift them up. This is what compassion truly is—not jumping into the sadness or stress with them and thus lowering everyone's frequency, but providing a vibrational lifeline that can help to move them out of distress and closer to joy, too.

I realize that until you are more consistently dwelling at a higher frequency, it can be a challenge to go from an awareness of what is going on in the misaligned world—especially if it is something that is touching you or someone you care about—straight up in frequency to the joy space. However, it is possible to at least feel

peace—the peace of alignment with your Spirit—despite any circumstance. Simply release it to your Spirit to lift it up. The point is to bring yourself into proper response so that you can raise the frequency level of all instead of adding to the disharmony by investing passion in it.

It is important to stay attuned with your feeling nature in this process, even while you are refusing to be embroiled in the distress. As feeling beings, we register energy with our emotions. When emotions are triggered, it is important to allow the energy that activated them to move on through, be it through crying or other emotional release. While your goal is to increase your tenure in the realm of joy, clearing out any less-than-joyful feelings that arise in you *as they arise* is vital. To block them is to lower your frequency. Energy must be able to move freely through you to keep your frequency high. Allowing emotional energy to express and then letting it move along *without getting caught up in it* frees you to be joyful and at peace. You can't be fully joyful or peaceful when the vibrational weight of trapped emotions is weighing you down.



IN THE PROCESS OF RENOVATING OUR LIVES, and thus, the glorious home we call Earth, things may at times appear to be a big mess, both up close and globally. Just as when a house is remodeled, a certain amount of disarray—even apparent chaos—is bound to ensue before the new, improved structure emerges. If you don't know what is going on, you might see the remodeling mess as a sign of disaster. But when you *do* know the plan, you are aware that the mess is simply a part of the process of creating something new and more desirable. The way we can most efficiently remodel our home and stay unfazed and unaffected by the chaos is by holding steady and refusing to buy into the illusion that something is going wrong.

Though it is true that *only peace, joy, and harmony* exist when you are operating at the frequency of your Spirit, and though it is true that your life experience will improve dramatically by simply beginning to hand your life over to your Spirit, you may encounter some turbulence along the way. Even though your experience of joy

will increase as you rise in frequency, and your experience of those things that manifest at lower frequencies will diminish, you must remember that recreating Eden is a *process*, and while instantaneous transformation is certainly possible, disentangling from the schema for disharmony may not be without times of challenge. Indeed, you may find that rising up to close the magnetic gap brings with it a mix of joy and, shall we say, “less-than-joy.” (But definitely more of the former than the latter!)

As long as you are an amalgam of magnets in alignment and magnets out of alignment, there will be some degree of turmoil present in you—but not nearly as much or as pervasively as before you began allowing your Spirit to restore your life. I would be remiss, though, if I did not caution you that increasing your frequency might bring with it some symptoms to get through before you reach the point where you have completely left conflict and pain behind to dwell in continuous harmony and peace. To put it in coarse terms, it can really stir up your “stuff.”

While this is definitely a sign of progress, it sure may not seem that way when you’re in the midst of it! Adding more pure Light—more Life Force—by intentionally merging with your Spirit is sure to displace the lower frequency energy and the manifestations thereof in your being. And when that gunk is stirred up and in the process of realigning and clearing, sometimes it can block the Light from your awareness. It can deepen the shadows in your consciousness so that if you are not aware and prepared, it can *appear* that things are going wrong. Do not be fooled!

Just remember that as the shadows deepen, they do so because they only exist by virtue of the Light. The deepest shadows in the physical world are created by being adjacent to the brightest light—and so it is with this process. When your stuff comes up, it is something to celebrate—it is a sign that the Light within you has increased—even if it doesn’t look or feel much like it in the moment! The more you can go through such times without getting emotionally caught up in them, and avoid buying into the illusion that the Light is gone, the faster you will move upward and out of it, and the easier it will be.

To get through the rough times, you need to withdraw your en-

ergy and focus from the darkness and invest it in the Light. Fighting, or even simply resisting, the shadows only empowers them. If you get emotionally or psychologically caught up in the shadow stuff, you lower your frequency, enabling the darkness to continue. Focusing your attention on the shadow, or giving any passion to it at all, aligns you with it instead of with your Spirit. The shadow remains because it has found a frequency match—a way to be fed with energy, something every entity needs to be able to exist. Remember: don't feed the serpent!

As you focus your attention on the Light instead—on your Spirit—you withdraw energy from the shadows of reverse polarity and increase the Light. There is only one way to get rid of a shadow. You must flood it with Light. And of course, you do that by continually surrendering to and loving your Spirit. Even when the Light *seems* to be eluding you, cling to your Spirit as if It were a life buoy—It is. As you do, such challenging times will occur less and less until they disappear altogether. In the meantime, I can assure you that your overall increased harmony, joy, and peace will more than make up for any patches of difficulty you may encounter on the way to the trouble-free zone we're calling "Eden!"



WHEN I STUMBLED THROUGH THE GARDEN GATE THAT AMAZING DAY in Switzerland, I had no awareness whatever of frequency, of unified radiance, of an energy hierarchy, of my Original Self, or even that Paradise was an accessible state. I had no clue what I was moving toward—I was simply, albeit out of desperation at first, following my Spirit's guidance to get out of the pain I was in. The more obedient I was, the greater the rewards. The more I felt the Love from my Spirit and loved my Spirit in response, the more joyful I became!

As I let go to the upward surge of my energy, which I now understand was my frequency rising, even the most difficult problems were solved like magic. The pain that once ruled my life subsided dramatically and, in a short time, was gone altogether. Even in those early months before Switzerland, before I was able to do all that my Spirit had guided me to do to heal myself—even

when my body was still manifesting symptoms that were potentially horrifying—I was so immersed in my new Love-relationship with my Spirit that I was above it all and experiencing immense joy despite the condition my body was in. Of course, once I was able to do the physical things that needed to be done and I rose even higher in frequency, the physical symptoms vanished, too.

I didn't bother to analyze it then, but I now understand that what I experienced was exactly the predictable response. As we rise up in frequency, we enter the vibrational realm of our Spirits. In this realm, joy is the emotional response to that frequency spectrum; disease, pain, and suffering do not even exist there! So just like Paradise doesn't exist until you are at a certain frequency, lower-frequency experiences such as illness, pain, and sorrow do not exist unless you are operating at *their* frequency. The higher your frequency, the less possible it is for lower-frequency experiences to manifest for you, as you are no longer an energy match.

Though you can leave that higher-vibrational realm and return to a lower frequency where you can once again embrace suffering and less-than-joy if you choose to, when you are in the frequency range of your Spirit, there is no such thing. There is only ease, joy, and peace. Peace prevails at the higher frequencies your Spirit inhabits because *peace is a function of perfect magnetic alignment*. When all magnets are in perfect alignment, the conflict that occurs between energies moving in different directions just doesn't exist!

As you climb higher in frequency, close the magnetic gap, and bring all that is under your dominion in the energy hierarchy up with you as a result, the only energy that is a match with you is of higher frequency, too. Therefore, anything that isn't a frequency match simply drops off your radar and ceases to exist for you! They are no longer a part of your reality. You literally *leave them behind*. Your new reality is one of only higher-frequency energies. In this sense, you can say that you actually *do* escape the trials of Earth-life and “go to another place” as you approach Eden.

Not only will everyone and everything vibrating at a frequency below your frequency range disappear from your awareness, you will disappear from theirs! Just as Eden cannot be seen from the level where most Earth-dwellers currently operate, neither can the

residents of Eden. Once you reach a certain vibrational level, you will seem to have vanished to those vibrating significantly lower than that!

Even now, as your internal magnets are realigning, there are parts of you operating at a higher frequency, and those aspects of you may as well not even exist from the vantage point of lower frequency. You may have had the sensation before of someone in your physical sphere being utterly unaware of you or of parts of you. This is because that part of you is virtually invisible to them. This can be particularly disconcerting to your ego. (I say this from personal experience!) But when you let more and more of yourself be absorbed by your Spirit, it will not be a problem at all—after all, your ego will be vanishing, too!

Happily, this works the other way around as well. As you rise in frequency, those parts of other people vibrating at a lower frequency than is a frequency match for you will seem to disappear as well, and the parts of them vibrating at the higher frequency that matches yours will be enhanced in your awareness. It will seem to you as if everyone is more delightful when you rise in frequency! If you've ever heard the advice "You can't change anyone else, you can only change yourself," this is the ultimate manifestation of that! (Of course, by changing yourself, unified radiance will change them, but till then, it's nice to know about this other aspect of the process and how it affects your perceptions!)

As you approach Eden, anyone who is within your frequency range will remain a part of your life, and anyone who is not will cease being a part of your reality—until they rise in frequency. Remember, *everyone* will be coming along in time due to the awesome power of unified radiance—but only those who have surrendered to their Spirits and dropped their baggage can make it through the Garden's security system, and it will take some of us longer than others. So worry not. This does not mean you will experience a permanent distancing from loved ones, but it will change your relationship and may mean being without them—or at least a full consciousness of them—temporarily. However, it will not be a problem. Your whole perception of things—of time, of distance, of separation and connection—is about to change, and I can promise

you when the time comes, you will not be the least bit concerned. Think of it as going on ahead to Paradise to prepare for their arrival so that you can all have a wonderful time when they get there!

This process will bring delightful, amazing surprises, and some of them may include the seemingly magical, unexpected transformations of people you would have sworn could never turn around so quickly! And yes, even people you may currently dislike will be in Eden, too, but worry not—they can't get there as long as they are operating contrary to the Divine Design for harmony and wholeness. (Nor can you!) Once you are in the frequency range of Eden, everyone you meet there will have escaped the bonds of reverse polarity and will be in harmony. By the time you reach the higher levels of frequency, you will hold no rancor toward anyone nor will anyone feel enmity for you—indeed, such attitudes won't make it through the security system! When you're in Oneness, remember, there is no judgment at all—only Love.

Imagine—Heaven on Earth. A world where Love prevails, and real happiness is not something you long for, but is the foundation of your existence. Imagine a world in which no one is motivated to harm another, no one suffers, no one has to do anything that is against his or her true nature, and where everyone is free to be infinitely creative and follow their enthusiasm. Imagine a world of fulfillment and unending pleasure. If it sounds almost *too* perfect—even a little dull—just you wait! By the time you draw close to the Garden, you will see that such perfection is exactly what you—and the rest of us—were designed for, and that a whole new universe of excitement is opening up for you—a realm of infinite fascinations that you couldn't even fathom before, let alone access. You won't miss the old lower-level stuff *at all*.



WOW. WE ARE RECREATING EDEN! Can you feel the excitement? Since Adam and Eve left there so very long ago, this has been the elusive dream for humanity: the pure harmony, exquisite simplicity, boundless joy, and enduring peace of Home. These have been in our collective psyche since the beginning. We have longed for them,

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quested for them, begged God for them, and, in our ignorance, even fought wars for them, but these heavenly qualities have remained out of our collective reach. Not anymore.

No longer is our true home to be just vague memories and a mythical quest—it is to be our very reality. From this frightening world where violence, greed, cruelty, deceit, suffering, and filth are rampant, we are rising up to a world where these perversions of Love cannot even exist, much less affect us. Where we are headed, pure Love holds sovereign power and radiates from us as brightly as light from the sun. In this sparkling fresh world we are creating, *all* is restored to the original design of harmony and wholeness, and our remarkable Earth is free to become the shining star she was intended to be.

I hope you now see why you are here. I hope you now understand who you really are and what you are here to do. I hope you now understand how you, the hero of your own story, is saved! I hope you see how simple and possible it is. I hope you realize how joyous the trip home is going to be. I hope you are as excited as I am over the prospect of returning to Paradise! And most of all, I hope you will now join me in recreating Eden. The dream is in reach. Our beautiful new world is calling us home.

In case I don't see you on the way, I'll meet you there!

Excerpted from *Recreating Eden: The Exquisitely Simple, Divinely Ordained Plan for Transforming Your Life and Your Planet* by Julia Rogers Hamrick



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